

The Role of Healthy Diet Literacy in Promoting Sustainable and Healthy Eating Behaviors in Türkiye: Implications for Environmental Health

Dear participant,

This research titled “**The Role of Healthy Diet Literacy in Promoting Sustainable and Healthy Eating Behaviors in Turkey: Implications for Environmental Health**” is conducted by Çağdaş Salih Meriç, a faculty member at the Department of Nutrition and Dietetics, Faculty of Health Sciences, Gaziantep University. The research was planned to evaluate the relationship between healthy nutrition literacy and university students' sustainable and healthy nutrition behaviors. An adequate and balanced nutrition program can be planned with the results obtained from your answers. Therefore, you must answer all the questions sincerely.

Your participation in the study is voluntary. The information obtained through this form will be kept confidential and will only be used for research purposes (or “scientific purposes”). **You may choose not to participate in the study or you may terminate the survey if you do not wish to do so.**

Do not write your name and surname on the survey form.

Our survey consists of 5 sections. In this study, which will take 5-6 minutes and has 62 questions, please indicate your answers by circling the appropriate option among the options below the questions or by writing it in the space provided below the question in open-ended questions. In questions where you can mark more than one option, mark all the options that are appropriate for you. If there is an “other” option among the answers to the question and your answer is not among the available options, then write your answer in the space in the other option.

Thank you for answering the survey.

If you have any questions regarding the study, you can contact the following person(s):

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Research Team

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If you agree to participate in the study, mark the box below with an X and continue.

☒ I accept.

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***I declare that I participate in this study voluntarily and I accept that the information I provide will be used for scientific purposes.**

I approve ☒ **I do not approve** ☐

Demographic Information

1.Age(years):.....

2.Gender: 1.Male 2.Female

3.Where do you stay?

1.With family 2.In dormitory 3.At home with friends 4.At home alone 5.Other (please specify).....

4.Height:.....cm 5.Body Weight:.....kg

5.Do you have a disease diagnosed by a doctor? 1.No 2.Yes(Specify.....)

6.Do you smoke?

1.Yes(.....piece/day) 2.No 3.I quit.

7.Do you drink alcohol? 1-Yes, 2-No, 3-I used to drink alcohol, I quit

8. What is your monthly income? 1-Our income is less than our expenses, 2-Our income is equal to our expenses, 3-Our income is more than our expenses

9. How would you describe your body weight?

1. Fat 2. Normal 3. Thin

10. How would you describe your height?

1. Short 2. Normal 3. Tall

Nutrition and Daily Habits

11.Do you skip meals? 1.No 2.Yes

12.If your answer is yes, please specify the meal you skipped.

1.Breakfast 2.Lunch 3.Dinner

13.If you skip meals, what is the reason?

I don't have time

To lose weight

I don't have an appetite

I don't have the environment to consume

14.How many main meals do you consume per day?.....

15.How many snacks do you consume per day?.....

16.Do you have breakfast regularly?1.No 2.Yes

17.Do you consume at least 3 glasses of milk or yogurt per day?1.No 2.Yes

18.Do you consume at least 5 portions of vegetables and fruits per day?1.No 2.Yes

19.Do you add salt before tasting the food?1.No 2.Yes

20.Do you consume ready-made/packaged foods containing refined sugar?1.No 2.Yes

21.Do you eat out often? (Including take-out/online ordering) 1.Yes 2.No 3.Sometimes

22.What amount of salt do you prefer in your food? 1.Unsalted, 2.Low salt, 3.Normal salt, 4.High salt

23.Do you think you eat healthy? 1. Yes, 2. Partly, 3. No

24.What is your average water consumption DAILY? (Not including tea, coffee, etc.)

1- Below 1 Lt, 2- Between 1 - 2 Lt, 3- Between 2 - 3 Lt, 4- Over 3 Lt

25.How often do you do physical activity (sports or exercise)?

1-I don't do physical activity, 2-I rarely do it, 3-1-2 times a week, 4-3-4 times a week, 5-5 or more times a week

26.How many hours do you sleep on average per day?

1-less than 7 hours, 2-7-9 hours, 3-more than 9 hours

E-Healthy Diet Literacy Questionnaire (e-HDLQ)

****cited in the main manuscript (2.4. Data collection tools // 2.4.3. E-Healthy Diet Literacy Questionnaire (e-HDLQ)).**

The “e-Healthy Diet Literacy (e-HDL)” Questionnaire, which was first developed by Van Duong et al. in 2021 to measure the e-healthy NL levels of adults, consists of 5 factors and 15 items [13]. The validity and reliability of the “e-Healthy Diet Literacy Scale” in Turkish adults were made by Karahan Yılmaz et al. in 2023 and were adapted as the “e-Healthy Diet Literacy Questionnaire (e-HDLQ)” [14]. The e-HDLQ has 4 sub-dimensions, which are “Accessing”, “Understanding”, “Appraising,” and “Applying,” and 11 items. The total score of the e-HDLQ is obtained by summing the scores for all items. A higher total score reflects a higher level of e-healthy diet literacy among the participants.

Sustainable and Healthy Eating (SHE) Behaviors Scale

****cited in the main manuscript (2.4. Data collection tools // 2.4.4. Sustainable and Healthy Eating (SHE) Behaviors Scale)**

The Sustainable and Healthy Eating (SHE) Behaviors Scale is developed in accordance with the “Food and Agriculture Organization” 's (FAO) definition of the concept of a sustainable diet, the LiveWell approach, and the principles of SHE habits. This scale, first developed by Zakowska-Biemans et al. in 2019, consists of 8 factors and 34 questions [15]. The Turkish adaptation was made by Köksal et al. in 2022 and was adapted as the “SHE Behaviors” scale [16]. The Turkish adaptation of this scale consists of 7 factors and 32 questions in total. These 7 factors include “quality marks (local and organic), seasonal foods and avoiding food waste, animal health, reducing meat consumption, healthy and balanced nutrition, local food, and low fat”. An increase in the total score indicates an increase in the level of SHE behavior.