

To the kind attention of the Teacher,

The attached Fact Sheet is designed to provide some information on lifestyle behaviours of primary school children and on the national “OKkio alla Salute” surveillance system on overweight, obesity and associated risk factors, promoted by the Ministry of Health/CCM (National Center for Disease Control and Prevention), coordinated by the National Institute of Health (DPCM march 2017) and in which you **Region** is involved.

We ask you to please dedicate a few minutes of your time to answer all the following questions, especially with regards to clarity of contents and graphic layout, in order to help us improve the Fact Sheet. Your responses will be treated with complete confidentiality and anonymity.

Please be informed that by continuing with this questionnaire you agree to participate to the study.

THANK YOU FOR YOUR PRECIOUS COLLABORATION!

Fact Sheet: “HEALTHY DIET”

1. Did you find any useful information for your work in the Fact Sheet you just read?

- ☐ Yes ☐ No

1.1 If not, why? (*you can give more than one answer*)

- ☐ a) I'm already familiar with the data from OKkio alla Salute
☐ b) I'm already familiar with the data on at risk behaviour in children
☐ c) I'm already familiar with the recommendations to promote healthy behaviours at school
☐ d) I don't believe this is a priority issue for schools
☐ e) Other (*please specify*) _____

2. Having read the Fact Sheet, which do you think was the main message? (*only one answer allowed*)

- ☐ a) Healthy eating means consuming five well-balanced adequately-sized meals each day
☐ b) The main meals should include: carbohydrates, proteins, fats, fruits and vegetable in the right proportions
☐ c) Lifestyle is closely related to eating habits and physical activity
☐ d) In Italy, 1 child out of 3 experiences excessive weight
☐ e) Other (*please specify*) _____

☐ f) I don't know

3. Which do you think was the strongest recommendation in the Fact Sheet? (*only one answer allowed*)

- ☐ a) Health can be promoted through multidisciplinary nutrition education programmes
☐ b) It is important to address food traditions in different cultures
☐ c) The meals offered in schools are nutritionally balanced and comply with health and hygiene standards
☐ d) It's important to share with families the food choices made at school and the school menu
☐ e) Other (*please specify*) _____

☐ f) I don't know

4. In your opinion, the Fact Sheet:

- | | | | | |
|---------------------------|------------------------------------|-----------------------------------|-----------------------------------|-------------------------------------|
| a. Captures the attention | ☐ Very much | ☐ Somewhat | ☐ A little | ☐ Not at all |
| b. Is interesting | ☐ Very much | ☐ Somewhat | ☐ A little | ☐ Not at all |

4.1 If you answer to one of the previous questions is “a little” or “not at all”, why? (*you can give more than one answer*)

- ☐ a) The conveyed message is unclear
- ☐ b) The message is not enticing
- ☐ c) The message is not believable
- ☐ d) The message is unpleasant
- ☐ e) Other (*please, specify*) _____
- ☐ f) I don't know

5. Did you find something in the Fact Sheet that is hard to understand or open to misinterpretation? (*you can give more than one answer*)

- ☐ a) No
- ☐ b) The conveyed message is unclear
- ☐ c) There is too much information
- ☐ d) Some words are hard to understand
- ☐ e) Other (*please, specify*) _____

6. Do you like the design of the Fact Sheet?

- ☐ Very much ☐ Somewhat ☐ A little ☐ Not at all

6.1 If you answer is “a little” or “not at all”, what would you change? (*you can give more than one answer*)

- ☐ The colours ☐ The illustrations ☐ The layout
- ☐ The format ☐ The font ☐ Other (*please, specify*) _____

7. In your opinion, do the fonts and the colours help increase the readability of the contents?

- ☐ Yes ☐ No

8. In your opinion, do the illustrations help convey the content of the text?

- ☐ Yes ☐ No

9. In general, do you have any suggestions on how the Fact Sheet could be improved?

THANK YOU FOR YOUR PRECIOUS COLLABORATION!

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Fact Sheet: “HEALTHY DIET”

1. Did you find any useful information in the Fact Sheet you just read?

- ☐ Yes ☐ No

1.1 If not, why? (you can give more than one answer)

- ☐ a) In our family, we already pay attention to this aspect
☐ b) I already know what should be done to improve my child's health
☐ c) It's hard to address these issues with my child
☐ d) This is not a problem that affects my child
☐ e) Other (please specify) _____

2. Having read the Fact Sheet, which do you think was the main message? (only one answer allowed)

- ☐ a) Healthy eating means consuming five well-balanced adequately-sized meals each day
☐ b) The main meals should include: carbohydrates, proteins, fats, fruits and vegetable in the right proportions
☐ c) Lifestyle is closely related to eating habits and physical activity
☐ d) In Italy, 1 child out of 3 experiences excessive weight
☐ e) Other (please specify) _____
☐ f) I don't know

3. Which do you think was the strongest recommendation in the Fact Sheet? (only one answer allowed)

- ☐ a) Meals should be consumed at the table and TV and digital devices should be switched off
☐ b) It's important to offer a variety of different foods every day
☐ c) Food shouldn't be associated to gratification or punishment
☐ d) It's important to take part in the initiatives promoted by the school
☐ e) Other (please specify) _____
☐ f) I don't know

4. In your opinion, the Fact Sheet:

- | | | | | |
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| a. Captures the attention | ☐ Very much | ☐ Somewhat | ☐ A little | ☐ Not at all |
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5. Did you find something in the Fact Sheet that is hard to understand or open to misinterpretation? *(you can give more than one answer)*

- ☐ a) No
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- ☐ d) Some words are hard to understand
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6. Do you like the design of the Fact Sheet?

- ☐ Very much ☐ Somewhat ☐ A little ☐ Not at all

6.1 If you answer is “a little” or “not at all”, what would you change? *(you can give more than one answer)*

- | | | |
|--------------------------------------|--|---|
| ☐ The colours | ☐ The illustrations | ☐ The layout |
| ☐ The format | ☐ The font | ☐ Other <i>(please, specify)</i> _____ |

7. In your opinion, do the fonts and the colours help increase the readability of the contents?

- ☐ Yes ☐ No

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THANK YOU FOR YOUR PRECIOUS COLLABORATION!

Fact Sheet: “FREE PLAY AND ORGANISED SPORTS”

1. Did you find any useful information for your work in the Fact Sheet you just read?

- ☐ Yes ☐ No

1.1 If not, why? (*you can give more than one answer*)

- ☐ a) I'm already familiar with the data from OKkio alla Salute
☐ b) I'm already familiar with the data on at risk behaviour in children
☐ c) I'm already familiar with the recommendations to promote healthy behaviours at school
☐ d) I don't believe this is a priority issue for schools
☐ e) Other (*please specify*) _____

2. Having read the Fact Sheet, which do you think was the main message? (*only one answer allowed*)

- ☐ a) Regular physical activity improves physical, mental and cognitive health
☐ b) It's important that children engage in physical activity every day
☐ c) All forms of active movement contribute to reaching the recommended levels of physical activity
☐ d) In Italy, 1 child out of 5 does not practice physical activity every day
☐ e) Other (*please specify*) _____
☐ f) I don't know

3. Which do you think was the strongest recommendation in the Fact Sheet? (*only one answer allowed*)

- ☐ a) The school environment should be redesigned to promote active movement
☐ b) It's important to offer children a variety of different opportunities to engage in active movement to promote physical activity at school
☐ c) Encourage the participation and inclusion of all students
☐ d) Implement interventions in collaboration with parents and local health authorities
☐ e) Other (*please specify*) _____
☐ f) I don't know

4. In your opinion, the Fact Sheet:

- | | | | | |
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5. Did you find something in the Fact Sheet that is hard to understand or open to misinterpretation? *(you can give more than one answer)*

- ☐ a) No
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- ☐ c) There is too much information
- ☐ d) Some words are hard to understand
- ☐ e) Other (please, specify) _____

6. Do you like the design of the Fact Sheet?

- ☐ Very much ☐ Somewhat ☐ A little ☐ Not at all

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- | | | |
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| ☐ The format | ☐ The font | ☐ Other (please, specify) _____ |

7. In your opinion, do the fonts and the colours help increase the readability of the contents?

- ☐ Yes ☐ No

8. In your opinion, do the illustrations help convey the content of the text?

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Fact Sheet: “FREE PLAY AND ORGANISED SPORTS”

1. Did you find any useful information in the Fact Sheet you just read?

- ☐ Yes ☐ No

1.1 If not, why? (you can give more than one answer)

- ☐ a) In our family, we already pay attention to this aspect
☐ b) I already know what should be done to improve my child's health
☐ c) It's hard to address these issues with my child
☐ d) This is not a problem that affects my child
☐ e) Other (please specify) _____

2. Having read the Fact Sheet, which do you think was the main message? (only one answer allowed)

- ☐ a) Regular physical activity improves physical, mental and cognitive health
☐ b) It's important that children engage in physical activity every day
☐ c) All forms of active movement contribute to reaching the recommended levels of physical activity
☐ d) In Italy, 1 child out of 5 does not practice physical activity every day
☐ e) Other (please specify) _____
☐ f) I don't know

3. Which do you think was the strongest recommendation in the Fact Sheet? (only one answer allowed)

- ☐ a) Children should be taught the importance of practicing active movement every day
☐ b) It's important to promote active movement and physical activity within the family
☐ c) Parents/carers should set the example for their children
☐ d) The proposed activities should be appropriate for the age, the abilities and the interests of each child
☐ e) Support children if they wish to start practicing sports
☐ f) It's important to take part in the initiatives promoted by the school
☐ g) Other (please specify) _____
☐ h) I don't know

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6. Do you like the design of the Fact Sheet?

- ☐ Very much ☐ Somewhat ☐ A little ☐ Not at all

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THANK YOU FOR YOUR PRECIOUS COLLABORATION!

Fact Sheet: “BREAKFAST”

1. Did you find any useful information for your work in the Fact Sheet you just read?

- ☐ Yes ☐ No

1.1 If not, why? (*you can give more than one answer*)

- ☐ a) I’m already familiar with the data from OKkio alla Salute
☐ b) I’m already familiar with the data on at risk behaviour in children
☐ c) I’m already familiar with the recommendations to promote healthy behaviours at school
☐ d) I don’t believe this is a priority issue for schools
☐ e) Other (*please specify*) _____

2. Having read the Fact Sheet, which do you think was the main message? (*only one answer allowed*)

- ☐ a) It’s important to establish the habit of eating breakfast from an early age
☐ b) Often children don’t eat a balance breakfast or skip it all together
☐ c) A healthy breakfast improves attention and learning abilities
☐ d) Eating breakfast regularly contributes to the adequate consumption of meals during the day
☐ e) Portions should be age-appropriate
☐ f) Other (*please specify*) _____

☐ g) I don’t know

3. Which do you think was the strongest recommendation in the Fact Sheet? (*only one answer allowed*)

- ☐ a) Health must be promoted through school educational programmes that actively engage children
☐ b) Children should be educated on the importance of a healthy breakfast to feel well, be active and learn better
☐ c) Implement interventions in collaboration with parents and local health authorities
☐ d) Other (*please specify*) _____

☐ e) I don’t know

4. In your opinion, the Fact Sheet:

- | | | | | |
|---------------------------|------------------------------------|-----------------------------------|-----------------------------------|-------------------------------------|
| a. Captures the attention | ☐ Very much | ☐ Somewhat | ☐ A little | ☐ Not at all |
| b. Is interesting | ☐ Very much | ☐ Somewhat | ☐ A little | ☐ Not at all |

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- ☐ c) The message is not believable
- ☐ d) The message is unpleasant
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- ☐ f) I don't know

5. Did you find something in the Fact Sheet that is hard to understand or open to misinterpretation? *(you can give more than one answer)*

- ☐ a) No
- ☐ b) The conveyed message is unclear
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- ☐ d) Some words are hard to understand
- ☐ e) Other (please, specify) _____

6. Do you like the design of the Fact Sheet?

- ☐ Very much ☐ Somewhat ☐ A little ☐ Not at all

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- ☐ The colours ☐ The illustrations ☐ The layout
- ☐ The format ☐ The font ☐ Other (please, specify) _____

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- ☐ Yes ☐ No

8. In your opinion, do the illustrations help convey the content of the text?

- ☐ Yes ☐ No

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Fact Sheet: “BREAKFAST”

1. Did you find any useful information in the Fact Sheet you just read?

- ☐ Yes ☐ No

1.1 If not, why? (you can give more than one answer)

- ☐ a) In our family, we already pay attention to this aspect
☐ b) I already know what should be done to improve my child's health
☐ c) It's hard to address these issues with my child
☐ d) This is not a problem that affects my child
☐ e) Other (please specify) _____

2. Having read the Fact Sheet, which do you think was the main message? (only one answer allowed)

- ☐ a) It's important to establish the habit of eating breakfast from an early age
☐ b) Often children don't eat a balance breakfast or skip it all together
☐ c) A healthy breakfast improves attention and learning abilities
☐ d) Eating breakfast regularly contributes to the adequate consumption of meals during the day
☐ e) Portions should be age-appropriate
☐ f) Other (please specify) _____

☐ g) I don't know

3. Which do you think was the strongest recommendation in the Fact Sheet? (only one answer allowed)

- ☐ a) It's important to instill the habit of eating breakfast
☐ b) Breakfast should be nutritionally balanced and adequate in quantity
☐ c) In the morning, sufficient time should be devoted to the preparation and consumption of breakfast
☐ d) It's important to take part in the initiatives promoted by the school
☐ e) Other (please specify) _____

☐ f) I don't know

4. In your opinion, the Fact Sheet:

- | | | | | |
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6. Do you like the design of the Fact Sheet?

- ☐ Very much ☐ Somewhat ☐ A little ☐ Not at all

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- ☐ Yes ☐ No

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THANK YOU FOR YOUR PRECIOUS COLLABORATION!

Fact Sheet: “ACTIVE MOBILITY”

1. Did you find any useful information for your work in the Fact Sheet you just read?

- ☐ Yes ☐ No

1.1 If not, why? (*you can give more than one answer*)

- ☐ a) I'm already familiar with the data from OKkio alla Salute
☐ b) I'm already familiar with the data on at risk behaviour in children
☐ c) I'm already familiar with the recommendations to promote healthy behaviours at school
☐ d) I don't believe this is a priority issue for schools
☐ e) Other (*please specify*) _____

2. Having read the Fact Sheet, which do you think was the main message? (*only one answer allowed*)

- ☐ a) Active mobility is an ideal opportunity to practice physical activity every day
☐ b) When practiced in group, active mobility can promote social relations and independence
☐ c) Active mobility is a viable choice
☐ d) In Italy, 1 child out of 4 goes to school on foot or by bike
☐ e) Other (*please specify*) _____
☐ f) I don't know

3. Which do you think was the strongest recommendation in the Fact Sheet? (*only one answer allowed*)

- ☐ a) The school environment should be redesigned to promote active mobility
☐ b) Educational interventions should be designed to incorporate the notions of environmental protection and civic education in the promotion of active mobility
☐ c) Families and communities should be involved in the realization of active mobility initiatives, such as the Pedibus
☐ d) Implement interventions in collaboration with parents and local health authorities
☐ e) Other (*please specify*) _____
☐ f) I don't know

4. In your opinion, the Fact Sheet:

- | | | | | |
|---------------------------|------------------------------------|-----------------------------------|-----------------------------------|-------------------------------------|
| a. Captures the attention | ☐ Very much | ☐ Somewhat | ☐ A little | ☐ Not at all |
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5. Did you find something in the Fact Sheet that is hard to understand or open to misinterpretation? (*you can give more than one answer*)

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- ☐ e) Other (*please, specify*) _____

6. Do you like the design of the Fact Sheet?

- ☐ Very much ☐ Somewhat ☐ A little ☐ Not at all

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- ☐ The format ☐ The font ☐ Other (*please, specify*) _____

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Fact Sheet: “ACTIVE MOBILITY”

1. Did you find any useful information in the Fact Sheet you just read?

- ☐ Yes ☐ No

1.1 If not, why? (you can give more than one answer)

- ☐ a) In our family, we already pay attention to this aspect
☐ b) I already know what should be done to improve my child's health
☐ c) It's hard to address these issues with my child
☐ d) This is not a problem that affects my child
☐ e) Other (please specify) _____

2. Having read the Fact Sheet, which do you think was the main message? (only one answer allowed)

- ☐ a) Active mobility is an ideal opportunity to practice physical activity every day
☐ b) When practiced in group, active mobility can promote social relations and independence
☐ c) Active mobility is a viable choice
☐ d) In Italy, 1 child out of 4 goes to school on foot or by bike
☐ e) Other (please specify) _____

☐ f) I don't know

3. Which do you think was the strongest recommendation in the Fact Sheet? (only one answer allowed)

- ☐ a) Create opportunities to promote active mobility in your family
☐ b) Set an example for your children
☐ c) Support children if they express the wish to go to school on foot or by bike
☐ d) Protect children's safety by ensuring they wear a helmet
☐ e) It's important to take part in the initiatives promoted by the school
☐ f) Other (please specify) _____

☐ g) I don't know

4. In your opinion, the Fact Sheet:

- | | | | | |
|---------------------------|------------------------------------|-----------------------------------|-----------------------------------|-------------------------------------|
| a. Captures the attention | ☐ Very much | ☐ Somewhat | ☐ A little | ☐ Not at all |
| b. Is interesting | ☐ Very much | ☐ Somewhat | ☐ A little | ☐ Not at all |

4.1 If you answer to one of the previous questions is “a little” or “not at all”, why? *(you can give more than one answer)*

- ☐ a) The conveyed message is unclear
- ☐ b) The message is not enticing
- ☐ c) The message is not believable
- ☐ d) The message is unpleasant
- ☐ e) Other (please, specify) _____
- ☐ f) I don't know

5. Did you find something in the Fact Sheet that is hard to understand or open to misinterpretation? *(you can give more than one answer)*

- ☐ a) No
- ☐ b) The conveyed message is unclear
- ☐ c) There is too much information
- ☐ d) Some words are hard to understand
- ☐ e) Other (please, specify) _____

6. Do you like the design of the Fact Sheet?

- ☐ Very much ☐ Somewhat ☐ A little ☐ Not at all

6.1 If you answer is “a little” or “not at all”, what would you change? *(you can give more than one answer)*

- ☐ The colours ☐ The illustrations ☐ The layout
- ☐ The format ☐ The font ☐ Other (please, specify) _____

7. In your opinion, do the fonts and the colours help increase the readability of the contents?

- ☐ Yes ☐ No

8. In your opinion, do the illustrations help convey the content of the text?

- ☐ Yes ☐ No

9. In general, do you have any suggestions on how the Fact Sheet could be improved?

THANK YOU FOR YOUR PRECIOUS COLLABORATION!

To the kind attention of the Teacher,

The attached Fact Sheet is designed to provide some information on lifestyle behaviours of primary school children and on the national “OKkio alla Salute” surveillance system on overweight, obesity and associated risk factors, promoted by the Ministry of Health/CCM (National Center for Disease Control and Prevention), coordinated by the National Institute of Health (DPCM march 2017) and in which you **Region** is involved.

We ask you to please dedicate a few minutes of your time to answer all the following questions, especially with regards to clarity of contents and graphic layout, in order to help us improve the Fact Sheet. Your responses will be treated with complete confidentiality and anonymity.

Please be informed that by continuing with this questionnaire you agree to participate to the study.

THANK YOU FOR YOUR PRECIOUS COLLABORATION!

Fact Sheet: “SNACKS”

1. Did you find any useful information for your work in the Fact Sheet you just read?

- ☐ Yes ☐ No

1.1 If not, why? (*you can give more than one answer*)

- ☐ a) I'm already familiar with the data from OKkio alla Salute
☐ b) I'm already familiar with the data on at risk behaviour in children
☐ c) I'm already familiar with the recommendations to promote healthy behaviours at school
☐ d) I don't believe this is a priority issue for schools
☐ e) Other (*please specify*) _____

2. Having read the Fact Sheet, which do you think was the main message? (*only one answer allowed*)

- ☐ a) Consuming appropriate snacks fosters learning, higher levels of attention and weight control
☐ b) Snacks should be light
☐ c) Industrial snacks contain excessive amounts of salt, sugar and fats
☐ d) Snacks that contain too many calories can lead to imbalanced consumption of meals during the day
☐ e) In Italy, the mid-morning snack of over 50% of children is too high in energy
☐ f) Other (*please specify*) _____

☐ g) I don't know

3. Which do you think was the strongest recommendation in the Fact Sheet? (*only one answer allowed*)

- ☐ a) Promote multi-disciplinary projects that support the provision of healthy snacks in schools
☐ b) Children should be involved in the process of selection of healthy snacks
☐ c) The selection of products in vending machines should be chosen carefully because it can negatively affect food choices in children
☐ d) Implement interventions in collaboration with parents and local health authorities
☐ e) Other (*please specify*) _____

☐ f) I don't know

4. In your opinion, the Fact Sheet:

- | | | | | |
|---------------------------|------------------------------------|-----------------------------------|-----------------------------------|-------------------------------------|
| a. Captures the attention | ☐ Very much | ☐ Somewhat | ☐ A little | ☐ Not at all |
| b. Is interesting | ☐ Very much | ☐ Somewhat | ☐ A little | ☐ Not at all |

4.1 If you answer to one of the previous questions is “a little” or “not at all”, why? (*you can give more than one answer*)

- ☐ a) The conveyed message is unclear
- ☐ b) The message is not enticing
- ☐ c) The message is not believable
- ☐ d) The message is unpleasant
- ☐ e) Other (*please, specify*) _____
- ☐ f) I don't know

5. Did you find something in the Fact Sheet that is hard to understand or open to misinterpretation? (*you can give more than one answer*)

- ☐ a) No
- ☐ b) The conveyed message is unclear
- ☐ c) There is too much information
- ☐ d) Some words are hard to understand
- ☐ e) Other (*please, specify*) _____

6. Do you like the design of the Fact Sheet?

- ☐ Very much ☐ Somewhat ☐ A little ☐ Not at all

6.1 If you answer is “a little” or “not at all”, what would you change? (*you can give more than one answer*)

- ☐ The colours ☐ The illustrations ☐ The layout
- ☐ The format ☐ The font ☐ Other (*please, specify*) _____

7. In your opinion, do the fonts and the colours help increase the readability of the contents?

- ☐ Yes ☐ No

8. In your opinion, do the illustrations help convey the content of the text?

- ☐ Yes ☐ No

9. In general, do you have any suggestions on how the Fact Sheet could be improved?

THANK YOU FOR YOUR PRECIOUS COLLABORATION!

To the kind attention of the Parent/Tutor,

The attached Fact Sheet is designed to provide some information on lifestyle behaviours of primary school children and on the national “OKkio alla Salute” surveillance system on overweight, obesity and associated risk factors, promoted by the Ministry of Health/CCM (National Center for Disease Control and Prevention), coordinated by the National Institute of Health (DPCM march 2017) and in which you **Region** is involved.

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THANK YOU FOR YOUR PRECIOUS COLLABORATION!

Fact Sheet: “SNACKS”

1. Did you find any useful information in the Fact Sheet you just read?

- ☐ Yes ☐ No

1.1 If not, why? (you can give more than one answer)

- ☐ a) In our family, we already pay attention to this aspect
☐ b) I already know what should be done to improve my child's health
☐ c) It's hard to address these issues with my child
☐ d) This is not a problem that affects my child
☐ e) Other (please specify) _____

2. Having read the Fact Sheet, which do you think was the main message? (only one answer allowed)

- ☐ a) Consuming appropriate snacks fosters learning, higher levels of attention and weight control
☐ b) Snacks should be light
☐ c) Industrial snacks contain excessive amounts of salt, sugar and fats
☐ d) Snacks that contain too many calories can lead to imbalanced consumption of meals during the day
☐ e) In Italy, the mid-morning snack of over 50% of children is too high in energy
☐ f) Other (please specify) _____

☐ g) I don't know

3. Which do you think was the strongest recommendation in the Fact Sheet? (only one answer allowed)

- ☐ a) It's easier for children to make healthy choices in an environment that supports them
☐ b) Buying less industrial snacks reduces their consumption by the entire family
☐ c) The consumption of processed snacks should be limited in favor of healthier snacks
☐ d) It's important to take part in the initiatives promoted by the school
☐ e) Other (please specify) _____

☐ f) I don't know

4. In your opinion, the Fact Sheet:

- | | | | | |
|---------------------------|------------------------------------|-----------------------------------|-----------------------------------|-------------------------------------|
| a. Captures the attention | ☐ Very much | ☐ Somewhat | ☐ A little | ☐ Not at all |
| b. Is interesting | ☐ Very much | ☐ Somewhat | ☐ A little | ☐ Not at all |

4.1 If you answer to one of the previous questions is “a little” or “not at all”, why? (*you can give more than one answer*)

- ☐ a) The conveyed message is unclear
- ☐ b) The message is not enticing
- ☐ c) The message is not believable
- ☐ d) The message is unpleasant
- ☐ e) Other (*please, specify*) _____
- ☐ f) I don't know

5. Did you find something in the Fact Sheet that is hard to understand or open to misinterpretation? (*you can give more than one answer*)

- ☐ a) No
- ☐ b) The conveyed message is unclear
- ☐ c) There is too much information
- ☐ d) Some words are hard to understand
- ☐ e) Other (*please, specify*) _____

6. Do you like the design of the Fact Sheet?

- ☐ Very much ☐ Somewhat ☐ A little ☐ Not at all

6.1 If you answer is “a little” or “not at all”, what would you change? (*you can give more than one answer*)

- ☐ The colours ☐ The illustrations ☐ The layout
- ☐ The format ☐ The font ☐ Other (*please, specify*) _____

7. In your opinion, do the fonts and the colours help increase the readability of the contents?

- ☐ Yes ☐ No

8. In your opinion, do the illustrations help convey the content of the text?

- ☐ Yes ☐ No

9. In general, do you have any suggestions on how the Fact Sheet could be improved?

THANK YOU FOR YOUR PRECIOUS COLLABORATION!

To the kind attention of the Teacher,

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THANK YOU FOR YOUR PRECIOUS COLLABORATION!

Fact Sheet: “PHYSICAL ACTIVITY IN SCHOOL”

1. Did you find any useful information for your work in the Fact Sheet you just read?

- ☐ Yes ☐ No

1.1 If not, why? (*you can give more than one answer*)

- ☐ a) I'm already familiar with the data from OKkio alla Salute
☐ b) I'm already familiar with the data on at risk behaviour in children
☐ c) I'm already familiar with the recommendations to promote healthy behaviours at school
☐ d) I don't believe this is a priority issue for schools
☐ e) Other (*please specify*) _____

2. Having read the Fact Sheet, which do you think was the main message? (*only one answer allowed*)

- ☐ a) Practicing physical activity with classmates fosters personal growth and expression and socialization
☐ b) Engaging in physical activity helps manage stress and anxiety
☐ c) Practicing physical activity at school promotes equity among children
☐ d) In Italy, approximately 1 class out of 2 practices 2 hours of physical activity a week, as recommended
☐ e) Other (*please specify*) _____

☐ f) I don't know

3. Which do you think was the strongest recommendation in the Fact Sheet? (*only one answer allowed*)

- ☐ a) Redefine school settings and teaching methods with a view to creating a positive environment for children and promoting physical activity
☐ b) Include the recommended 2 weekly hours of physical activity in the school curriculum
☐ c) School personnel should be trained to promote physical activity
☐ d) Implement interventions in collaboration with parents and local health authorities
☐ e) Other (*please specify*) _____

☐ f) I don't know

4. In your opinion, the Fact Sheet:

- | | | | | |
|---------------------------|------------------------------------|-----------------------------------|-----------------------------------|-------------------------------------|
| a. Captures the attention | ☐ Very much | ☐ Somewhat | ☐ A little | ☐ Not at all |
| b. Is interesting | ☐ Very much | ☐ Somewhat | ☐ A little | ☐ Not at all |

4.1 If you answer to one of the previous questions is “a little” or “not at all”, why? (*you can give more than one answer*)

- ☐ a) The conveyed message is unclear
- ☐ b) The message is not enticing
- ☐ c) The message is not believable
- ☐ d) The message is unpleasant
- ☐ e) Other (*please, specify*) _____
- ☐ f) I don't know

5. Did you find something in the Fact Sheet that is hard to understand or open to misinterpretation? (*you can give more than one answer*)

- ☐ a) No
- ☐ b) The conveyed message is unclear
- ☐ c) There is too much information
- ☐ d) Some words are hard to understand
- ☐ e) Other (*please, specify*) _____

6. Do you like the design of the Fact Sheet?

- ☐ Very much ☐ Somewhat ☐ A little ☐ Not at all

6.1 If you answer is “a little” or “not at all”, what would you change? (*you can give more than one answer*)

- ☐ The colours ☐ The illustrations ☐ The layout
- ☐ The format ☐ The font ☐ Other (*please, specify*) _____

7. In your opinion, do the fonts and the colours help increase the readability of the contents?

- ☐ Yes ☐ No

8. In your opinion, do the illustrations help convey the content of the text?

- ☐ Yes ☐ No

9. In general, do you have any suggestions on how the Fact Sheet could be improved?

THANK YOU FOR YOUR PRECIOUS COLLABORATION!

To the kind attention of the Parent/Tutor,

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THANK YOU FOR YOUR PRECIOUS COLLABORATION!

Fact Sheet: “PHYSICAL ACTIVITY IN SCHOOL”

1. Did you find any useful information in the Fact Sheet you just read?

- ☐ Yes ☐ No

1.1 If not, why? (you can give more than one answer)

- ☐ a) In our family, we already pay attention to this aspect
☐ b) I already know what should be done to improve my child's health
☐ c) It's hard to address these issues with my child
☐ d) This is not a problem that affects my child
☐ e) Other (please specify) _____

2. Having read the Fact Sheet, which do you think was the main message? (only one answer allowed)

- ☐ a) Practicing physical activity with classmates fosters personal growth and expression and socialization
☐ b) Engaging in physical activity helps manage stress and anxiety
☐ c) Practicing physical activity at school promotes equity among children
☐ d) In Italy, approximately 1 class out of 2 practices 2 hours of physical activity a week, as recommended
☐ e) Other (please specify) _____
☐ f) I don't know

3. Which do you think was the strongest recommendation in the Fact Sheet? (only one answer allowed)

- ☐ a) Create opportunities for open-air play and physical activity
☐ b) Teach children the importance of being active also during free time
☐ c) Propose activities that are appropriate for the age, the abilities and the interests of each child
☐ d) Promote children's involvement in sports groups both within and outside school
☐ e) It's important to take part in the initiatives promoted by the school
☐ f) Other (please specify) _____
☐ g) I don't know

4. In your opinion, the Fact Sheet:

- a. Captures the attention ☐ Very much ☐ Somewhat ☐ A little ☐ Not at all

b. Is interesting ☐ Very much ☐ Somewhat ☐ A little ☐ Not at all

4.1 If you answer to one of the previous questions is “a little” or “not at all”, why? (*you can give more than one answer*)

- ☐ a) The conveyed message is unclear
- ☐ b) The message is not enticing
- ☐ c) The message is not believable
- ☐ d) The message is unpleasant
- ☐ e) Other (*please, specify*) _____
- ☐ f) I don't know

5. Did you find something in the Fact Sheet that is hard to understand or open to misinterpretation? (*you can give more than one answer*)

- ☐ a) No
- ☐ b) The conveyed message is unclear
- ☐ c) There is too much information
- ☐ d) Some words are hard to understand
- ☐ e) Other (*please, specify*) _____

6. Do you like the design of the Fact Sheet?

☐ Very much ☐ Somewhat ☐ A little ☐ Not at all

6.1 If you answer is “a little” or “not at all”, what would you change? (*you can give more than one answer*)

- ☐ The colours ☐ The illustrations ☐ The layout
- ☐ The format ☐ The font ☐ Other (*please, specify*) _____

7. In your opinion, do the fonts and the colours help increase the readability of the contents?

☐ Yes ☐ No

8. In your opinion, do the illustrations help convey the content of the text?

☐ Yes ☐ No

9. In general, do you have any suggestions on how the Fact Sheet could be improved?

THANK YOU FOR YOUR PRECIOUS COLLABORATION!

To the kind attention of the Teacher,

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THANK YOU FOR YOUR PRECIOUS COLLABORATION!

Fact Sheet: “FRUIT AND VEGETABLE CONSUMPTION”

1. Did you find any useful information for your work in the Fact Sheet you just read?

- ☐ Yes ☐ No

1.1 If not, why? (*you can give more than one answer*)

- ☐ a) I'm already familiar with the data from OKkio alla Salute
☐ b) I'm already familiar with the data on at risk behaviour in children
☐ c) I'm already familiar with the recommendations to promote healthy behaviours at school
☐ d) I don't believe this is a priority issue for schools
☐ e) Other (*please specify*) _____

2. Having read the Fact Sheet, which do you think was the main message? (*only one answer allowed*)

- ☐ a) Fruits and vegetables are essential for a balanced diet
☐ b) It's important to eat 5 portions a day of fruit and vegetable distributed throughout day
☐ c) Seasonal, local products, consumed raw or cooked with simple methods, should be preferred
☐ d) In Italy, 1 child out of 4 doesn't eat fruit and/or vegetables every day
☐ e) Other (*please specify*) _____
☐ f) I don't know

3. Which do you think was the strongest recommendation in the Fact Sheet? (*only one answer allowed*)

- ☐ a) The teaching curriculum should support the food choices made by the school
☐ b) It's important to organize open-air activities and multidisciplinary food education programmes with a special focus on fruit and vegetable consumption
☐ c) Food shouldn't be associated to gratification or punishment
☐ d) It's important to inform and actively engage families in school initiatives on food education
☐ e) Other (*please specify*) _____
☐ f) I don't know

4. In your opinion, the Fact Sheet:

- | | | | | |
|---------------------------|------------------------------------|-----------------------------------|-----------------------------------|-------------------------------------|
| a. Captures the attention | ☐ Very much | ☐ Somewhat | ☐ A little | ☐ Not at all |
| b. Is interesting | ☐ Very much | ☐ Somewhat | ☐ A little | ☐ Not at all |

4.1 If you answer to one of the previous questions is “a little” or “not at all”, why? (*you can give more than one answer*)

- ☐ a) The conveyed message is unclear
- ☐ b) The message is not enticing
- ☐ c) The message is not believable
- ☐ d) The message is unpleasant
- ☐ e) Other (*please, specify*) _____
- ☐ f) I don't know

5. Did you find something in the Fact Sheet that is hard to understand or open to misinterpretation? (*you can give more than one answer*)

- ☐ a) No
- ☐ b) The conveyed message is unclear
- ☐ c) There is too much information
- ☐ d) Some words are hard to understand
- ☐ e) Other (*please, specify*) _____

6. Do you like the design of the Fact Sheet?

- ☐ Very much ☐ Somewhat ☐ A little ☐ Not at all

6.1 If you answer is “a little” or “not at all”, what would you change? (*you can give more than one answer*)

- ☐ The colours ☐ The illustrations ☐ The layout
- ☐ The format ☐ The font ☐ Other (*please, specify*) _____

7. In your opinion, do the fonts and the colours help increase the readability of the contents?

- ☐ Yes ☐ No

8. In your opinion, do the illustrations help convey the content of the text?

- ☐ Yes ☐ No

9. In general, do you have any suggestions on how the Fact Sheet could be improved?

THANK YOU FOR YOUR PRECIOUS COLLABORATION!

To the kind attention of the Parent/Tutor,

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THANK YOU FOR YOUR PRECIOUS COLLABORATION!

Fact Sheet: “FRUIT AND VEGETABLE CONSUMPTION”

1. Did you find any useful information in the Fact Sheet you just read?

- ☐ Yes ☐ No

1.1 If not, why? (you can give more than one answer)

- ☐ a) In our family, we already pay attention to this aspect
☐ b) I already know what should be done to improve my child's health
☐ c) It's hard to address these issues with my child
☐ d) This is not a problem that affects my child
☐ e) Other (please specify) _____

2. Having read the Fact Sheet, which do you think was the main message? (only one answer allowed)

- ☐ a) Fruits and vegetables are essential for a balanced diet
☐ b) It's important to eat 5 portions a day of fruit and vegetable distributed throughout day
☐ c) Seasonal, local products, consumed raw or cooked with simple methods, should be preferred
☐ d) In Italy, 1 child out of 4 doesn't eat fruit and/or vegetables every day
☐ e) Other (please specify) _____
☐ f) I don't know

3. Which do you think was the strongest recommendation in the Fact Sheet? (only one answer allowed)

- ☐ a) It is important that fruit and vegetables are consumed by all the family. This is likely to encourage children to do the same
☐ b) Healthy habits acquired during childhood tend to persist into adulthood
☐ c) Different shapes, colours and taste can stimulate children's interest in plant-based food
☐ d) It's important to take part in the initiatives promoted by the school
☐ e) Other (please specify) _____
☐ f) I don't know

4. In your opinion, the Fact Sheet:

- | | | | | |
|---------------------------|------------------------------------|-----------------------------------|-----------------------------------|-------------------------------------|
| a. Captures the attention | ☐ Very much | ☐ Somewhat | ☐ A little | ☐ Not at all |
| b. Is interesting | ☐ Very much | ☐ Somewhat | ☐ A little | ☐ Not at all |

4.1 If you answer to one of the previous questions is “a little” or “not at all”, why? *(you can give more than one answer)*

- ☐ a) The conveyed message is unclear
- ☐ b) The message is not enticing
- ☐ c) The message is not believable
- ☐ d) The message is unpleasant
- ☐ e) Other (please, specify) _____
- ☐ f) I don't know

5. Did you find something in the Fact Sheet that is hard to understand or open to misinterpretation? *(you can give more than one answer)*

- ☐ a) No
- ☐ b) The conveyed message is unclear
- ☐ c) There is too much information
- ☐ d) Some words are hard to understand
- ☐ e) Other (please, specify) _____

6. Do you like the design of the Fact Sheet?

- ☐ Very much ☐ Somewhat ☐ A little ☐ Not at all

6.1 If you answer is “a little” or “not at all”, what would you change? *(you can give more than one answer)*

- ☐ The colours ☐ The illustrations ☐ The layout
- ☐ The format ☐ The font ☐ Other (please, specify) _____

7. In your opinion, do the fonts and the colours help increase the readability of the contents?

- ☐ Yes ☐ No

8. In your opinion, do the illustrations help convey the content of the text?

- ☐ Yes ☐ No

9. In general, do you have any suggestions on how the Fact Sheet could be improved?

THANK YOU FOR YOUR PRECIOUS COLLABORATION!

To the kind attention of the Teacher,

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THANK YOU FOR YOUR PRECIOUS COLLABORATION!

Fact Sheet: “WATER AND SOFT DRINKS”

1. Did you find any useful information for your work in the Fact Sheet you just read?

- ☐ Yes ☐ No

1.1 If not, why? (*you can give more than one answer*)

- ☐ a) I'm already familiar with the data from OKkio alla Salute
☐ b) I'm already familiar with the data on at risk behaviour in children
☐ c) I'm already familiar with the recommendations to promote healthy behaviours at school
☐ d) I don't believe this is a priority issue for schools
☐ e) Other (*please specify*) _____

2. Having read the Fact Sheet, which do you think was the main message? (*only one answer allowed*)

- ☐ a) Children should drink at least 6-8 cups of water every day
☐ b) Sweetened and carbonated drinks are not a good alternative for water
☐ c) Daily consumption of soft drinks can increase the risk of becoming overweight
☐ d) In Italy, 1 child out of 4 consumes sweetened and/or carbonated drinks every day
☐ e) Other (*please specify*) _____
☐ f) I don't know

3. Which do you think was the strongest recommendation in the Fact Sheet? (*only one answer allowed*)

- ☐ a) Water supply points should be easily accessible
☐ b) It's important to teach children the differences between the various kinds of beverages
☐ c) It's important to promote multidisciplinary programmes about sustainability and waste reduction
☐ d) It's important to encourage water consumption both during school hours and during extracurricular activities
☐ e) Other (*please specify*) _____
☐ f) I don't know

4. In your opinion, the Fact Sheet:

- | | | | | |
|---------------------------|------------------------------------|-----------------------------------|-----------------------------------|-------------------------------------|
| a. Captures the attention | ☐ Very much | ☐ Somewhat | ☐ A little | ☐ Not at all |
| b. Is interesting | ☐ Very much | ☐ Somewhat | ☐ A little | ☐ Not at all |

4.1 If you answer to one of the previous questions is “a little” or “not at all”, why? (*you can give more than one answer*)

- ☐ a) The conveyed message is unclear
- ☐ b) The message is not enticing
- ☐ c) The message is not believable
- ☐ d) The message is unpleasant
- ☐ e) Other (*please, specify*) _____
- ☐ f) I don't know

5. Did you find something in the Fact Sheet that is hard to understand or open to misinterpretation? (*you can give more than one answer*)

- ☐ a) No
- ☐ b) The conveyed message is unclear
- ☐ c) There is too much information
- ☐ d) Some words are hard to understand
- ☐ e) Other (*please, specify*) _____

6. Do you like the design of the Fact Sheet?

- ☐ Very much ☐ Somewhat ☐ A little ☐ Not at all

6.1 If you answer is “a little” or “not at all”, what would you change? (*you can give more than one answer*)

- ☐ The colours ☐ The illustrations ☐ The layout
- ☐ The format ☐ The font ☐ Other (*please, specify*) _____

7. In your opinion, do the fonts and the colours help increase the readability of the contents?

- ☐ Yes ☐ No

8. In your opinion, do the illustrations help convey the content of the text?

- ☐ Yes ☐ No

9. In general, do you have any suggestions on how the Fact Sheet could be improved?

THANK YOU FOR YOUR PRECIOUS COLLABORATION!

To the kind attention of the Parent/Tutor,

The attached Fact Sheet is designed to provide some information on lifestyle behaviours of primary school children and on the national “OKkio alla Salute” surveillance system on overweight, obesity and associated risk factors, promoted by the Ministry of Health/CCM (National Center for Disease Control and Prevention), coordinated by the National Institute of Health (DPCM march 2017) and in which you **Region** is involved.

We ask you to please dedicate a few minutes of your time to answer all the following questions, especially with regards to clarity of contents and graphic layout, in order to help us improve the Fact Sheet. Your responses will be treated with complete confidentiality and anonymity.

Please be informed that by continuing with this questionnaire you agree to participate to the study.

THANK YOU FOR YOUR PRECIOUS COLLABORATION!

Fact Sheet: “WATER AND SOFT DRINKS”

1. Did you find any useful information in the Fact Sheet you just read?

- ☐ Yes ☐ No

1.1 If not, why? (you can give more than one answer)

- ☐ a) In our family, we already pay attention to this aspect
☐ b) I already know what should be done to improve my child's health
☐ c) It's hard to address these issues with my child
☐ d) This is not a problem that affects my child
☐ e) Other (please specify) _____

2. Having read the Fact Sheet, which do you think was the main message? (only one answer allowed)

- ☐ a) Children should drink at least 6-8 cups of water every day
☐ b) Sweetened and carbonated drinks are not a good alternative for water
☐ c) Daily consumption of soft drinks can increase the risk of becoming overweight
☐ d) In Italy, 1 child out of 4 consumes sweetened and/or carbonated drinks every day
☐ e) Other (please specify) _____

☐ f) I don't know

3. Which do you think was the strongest recommendation in the Fact Sheet? (only one answer allowed)

- ☐ a) Tap water is a safe, cost-effective and environmentally sustainable choice
☐ b) Soft drink consumption should be limited to special occasions
☐ c) “Sugar-free” drinks generate habituation to the sweet taste
☐ d) It's important to take part in the initiatives promoted by the school
☐ e) Other (please specify) _____

☐ f) I don't know

4. In your opinion, the Fact Sheet:

- | | | | | |
|---------------------------|------------------------------------|-----------------------------------|-----------------------------------|-------------------------------------|
| a. Captures the attention | ☐ Very much | ☐ Somewhat | ☐ A little | ☐ Not at all |
| b. Is interesting | ☐ Very much | ☐ Somewhat | ☐ A little | ☐ Not at all |

4.1 If you answer to one of the previous questions is “a little” or “not at all”, why? *(you can give more than one answer)*

- ☐ a) The conveyed message is unclear
- ☐ b) The message is not enticing
- ☐ c) The message is not believable
- ☐ d) The message is unpleasant
- ☐ e) Other (please, specify) _____
- ☐ f) I don't know

5. Did you find something in the Fact Sheet that is hard to understand or open to misinterpretation? *(you can give more than one answer)*

- ☐ a) No
- ☐ b) The conveyed message is unclear
- ☐ c) There is too much information
- ☐ d) Some words are hard to understand
- ☐ e) Other (please, specify) _____

6. Do you like the design of the Fact Sheet?

- ☐ Very much ☐ Somewhat ☐ A little ☐ Not at all

6.1 If you answer is “a little” or “not at all”, what would you change? *(you can give more than one answer)*

- | | | |
|--------------------------------------|--|--|
| ☐ The colours | ☐ The illustrations | ☐ The layout |
| ☐ The format | ☐ The font | ☐ Other (please, specify) _____ |

7. In your opinion, do the fonts and the colours help increase the readability of the contents?

- ☐ Yes ☐ No

8. In your opinion, do the illustrations help convey the content of the text?

- ☐ Yes ☐ No

9. In general, do you have any suggestions on how the Fact Sheet could be improved?

THANK YOU FOR YOUR PRECIOUS COLLABORATION!

To the kind attention of the Teacher,

The attached Fact Sheet is designed to provide some information on lifestyle behaviours of primary school children and on the national “OKkio alla Salute” surveillance system on overweight, obesity and associated risk factors, promoted by the Ministry of Health/CCM (National Center for Disease Control and Prevention), coordinated by the National Institute of Health (DPCM march 2017) and in which you **Region** is involved.

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THANK YOU FOR YOUR PRECIOUS COLLABORATION!

Fact Sheet: “SEDENTARY BEHAVIOUR”

1. Did you find any useful information for your work in the Fact Sheet you just read?

- ☐ Yes ☐ No

1.1 If not, why? (*you can give more than one answer*)

- ☐ a) I'm already familiar with the data from OKkio alla Salute
☐ b) I'm already familiar with the data on at risk behaviour in children
☐ c) I'm already familiar with the recommendations to promote healthy behaviours at school
☐ d) I don't believe this is a priority issue for schools
☐ e) Other (*please specify*) _____

2. Having read the Fact Sheet, which do you think was the main message? (*only one answer allowed*)

- ☐ a) Excessive use of media and digital devices can lead to a sedentary lifestyle
☐ b) Excessive use of media and digital devices negatively affects children's health
☐ c) Screen exposure should be limited to no more than 2 hours per day
☐ d) In Italy, 1 child out of 2 spends more than two hours in front of screens
☐ e) Other (*please specify*) _____

☐ f) I don't know

3. Which do you think was the strongest recommendation in the Fact Sheet? (*only one answer allowed*)

- ☐ a) Take every opportunity to break the sedentary cycle during school hours, for example by incorporating active breaks throughout the day
☐ b) During leisure time, encourage alternative interests, such as music, reading or active movement, to digital media and devices
☐ c) Promote positive and responsible use of media and new technologies through educational events for teachers, students and their families
☐ d) Implement interventions in collaboration with parents and local health authorities
☐ e) Other (*please specify*) _____

☐ f) I don't know

4. In your opinion, the Fact Sheet:

- | | | | | |
|---------------------------|------------------------------------|-----------------------------------|-----------------------------------|-------------------------------------|
| a. Captures the attention | ☐ Very much | ☐ Somewhat | ☐ A little | ☐ Not at all |
| b. Is interesting | ☐ Very much | ☐ Somewhat | ☐ A little | ☐ Not at all |

4.1 If you answer to one of the previous questions is “a little” or “not at all”, why? (*you can give more than one answer*)

- ☐ a) The conveyed message is unclear
- ☐ b) The message is not enticing
- ☐ c) The message is not believable
- ☐ d) The message is unpleasant
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5. Did you find something in the Fact Sheet that is hard to understand or open to misinterpretation? (*you can give more than one answer*)

- ☐ a) No
- ☐ b) The conveyed message is unclear
- ☐ c) There is too much information
- ☐ d) Some words are hard to understand
- ☐ e) Other (*please, specify*) _____

6. Do you like the design of the Fact Sheet?

- ☐ Very much ☐ Somewhat ☐ A little ☐ Not at all

6.1 If you answer is “a little” or “not at all”, what would you change? (*you can give more than one answer*)

- ☐ The colours ☐ The illustrations ☐ The layout
- ☐ The format ☐ The font ☐ Other (*please, specify*) _____

7. In your opinion, do the fonts and the colours help increase the readability of the contents?

- ☐ Yes ☐ No

8. In your opinion, do the illustrations help convey the content of the text?

- ☐ Yes ☐ No

9. In general, do you have any suggestions on how the Fact Sheet could be improved?

THANK YOU FOR YOUR PRECIOUS COLLABORATION!

To the kind attention of the Parent/Tutor,

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Fact Sheet: “SEDENTARY BEHAVIOUR”

1. Did you find any useful information in the Fact Sheet you just read?

- ☐ Yes ☐ No

1.1 If not, why? (you can give more than one answer)

- ☐ a) In our family, we already pay attention to this aspect
☐ b) I already know what should be done to improve my child's health
☐ c) It's hard to address these issues with my child
☐ d) This is not a problem that affects my child
☐ e) Other (please specify) _____

2. Having read the Fact Sheet, which do you think was the main message? (only one answer allowed)

- ☐ a) Excessive use of media and digital devices can lead to a sedentary lifestyle
☐ b) Excessive use of media and digital devices negatively affects children's health
☐ c) Screen exposure should be limited to no more than 2 hours per day
☐ d) In Italy, 1 child out of 2 spends more than two hours in front of screens
☐ e) Other (please specify) _____

☐ f) I don't know

3. Which do you think was the strongest recommendation in the Fact Sheet? (only one answer allowed)

- ☐ a) Create opportunities for active movement by involving the children in the choice of activities
☐ b) Limit children's exposure to media and digital devices to no more than 2 hours a day
☐ c) Set an example to your children by limiting sedentary behaviours
☐ d) Promote physical activity gradually, increasing duration, frequency and intensity
☐ e) It's important to take part in the initiatives promoted by the school
☐ f) Other (please specify) _____

☐ g) I don't know

4. In your opinion, the Fact Sheet:

- | | | | | |
|---------------------------|------------------------------------|-----------------------------------|-----------------------------------|-------------------------------------|
| a. Captures the attention | ☐ Very much | ☐ Somewhat | ☐ A little | ☐ Not at all |
| b. Is interesting | ☐ Very much | ☐ Somewhat | ☐ A little | ☐ Not at all |

4.1 If you answer to one of the previous questions is “a little” or “not at all”, why? *(you can give more than one answer)*

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- ☐ e) Other (please, specify) _____
- ☐ f) I don't know

5. Did you find something in the Fact Sheet that is hard to understand or open to misinterpretation? *(you can give more than one answer)*

- ☐ a) No
- ☐ b) The conveyed message is unclear
- ☐ c) There is too much information
- ☐ d) Some words are hard to understand
- ☐ e) Other (please, specify) _____

6. Do you like the design of the Fact Sheet?

- ☐ Very much ☐ Somewhat ☐ A little ☐ Not at all

6.1 If you answer is “a little” or “not at all”, what would you change? *(you can give more than one answer)*

- | | | |
|--------------------------------------|--|--|
| ☐ The colours | ☐ The illustrations | ☐ The layout |
| ☐ The format | ☐ The font | ☐ Other (please, specify) _____ |

7. In your opinion, do the fonts and the colours help increase the readability of the contents?

- ☐ Yes ☐ No

8. In your opinion, do the illustrations help convey the content of the text?

- ☐ Yes ☐ No

9. In general, do you have any suggestions on how the Fact Sheet could be improved?

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