

Health and Diet Questionnaire

ID

This is a short survey to see your health and dietary status, and ask your knowledge, attitude, and behavior regarding your eating habit. Your responses are very important to plan health promoting hospital activities which improve health and wellbeing of patients, visitors, and staff yourselves. If you find any problems during the survey, please contact Health promotion committee members.

Please check the appropriate option(s) for the following questions.

[1] How is your current health?

☐Very good ☐Good ☐Neither ☐Bad ☐Very bad

[2] Are you satisfied with your current eating life?

☐Very satisfied ☐Satisfied ☐Neither ☐Dissatisfied ☐Very Dissatisfied

[3] Are you aware of any of the following regarding your diets on a daily basis?
Please check all which apply.

☐Adequate energy intake ☐Reducing salt intake ☐Taking sufficient vegetable
☐Taking fruits everyday ☐Taking sufficient dairy product ☐Taking well-balanced meal consists
of staple food (grain), main dish (mainly fish and meat) and side dish (mainly vegetables)
☐None ☐Other ()

[4] How often do you eat out?

☐ Twice a day or more ☐Once a day ☐4-6times a week ☐2-3times a week ☐Once a week or less

[5] How often do you use take-out service?

☐ Twice a day or more ☐Once a day ☐4-6times a week ☐2-3times a week ☐Once a week or less

[6] How frequently do you refer nutrition labeling when you buy groceries or eat out?

☐Every time ☐Occasionally ☐Seldom ☐Never

[7] Where do you usually get your meals at work? Please choose **only one** which is the most common.

☐Bring cooked lunch from home ☐Use delivery service ☐Eat out
☐Buy at the convenience store in the hospital ☐Buy at stores near the hospital
☐I don't eat meals at work

[8] Suppose you want to buy lunch at a convenience store. If you choose rice balls as the staple food, which of the combination would it be to make your lunch well-balanced? Please choose **two** that you think are correct.

☐A boiled egg & A banana ☐Fried chicken & Salad ☐Tofu & Simmered pumpkin
☐Vegetable juice & Yogurt ☐Grilled fish & Instant miso soup

[9] Please choose the correct recommended amount of salt per day for each target from the box below and write the number in ().

Adult male () Adult female () Hypertensive patients () WHO recommendation ()

1. 5g or less 2. 6g or less 3. Less than 7g 4. Less than 8g 5. Less than 10g

