

Appendix 6

Additional tables of parent responses to family environment questionnaires

Child Feeding Questionnaire

Parent responses to each item within the five factors of the Child Feeding Questionnaire, with the 5 response categories collapsed into 3 is presented in Table A.

Table A: Parent responses to the Child Feeding Questionnaire

Perceived Responsibility	Parent response Frequency (%)		
	Never/ seldom	Half the time	Most of the time/ Always
When your child is at home, how often are you responsible for feeding them?	1.9	5.7	92.5
How often are you responsible for deciding what your child's portion sizes are?	3.8	4.7	91.5
How often are you responsible for deciding if your child has eaten the right kind of foods?	0.9	2.8	96.2
Concern about child's weight	Unconcerned/ A little concerned	Concern ed	Fairly concern ed/ Very concern ed
How concerned are you about your child eating too much when you are not around him/her?	70.8	10.4	18.9
How concerned are you about your child having to diet to maintain a desirable weight?	77.4	13.2	9.4
How concerned are you about your child becoming over weight?	73.3	12.4	14.3
Restriction	Disagree/ Slightly disagree	Neutral	Slightly agree/ Agree
I have to be sure that my child does not eat too many sweets (lollies, icecream, cake or pastries).	10.4	14.2	75.5
I have to be sure that my child does not eat too many high fat foods.	12.3	13.2	74.5
I have to be sure that my child does not eat too much of her favourite foods.	29.2	21.7	49.1
I intentionally keep some foods out of my child's reach.	33.0	10.4	56.6
I offer sweets (lollies, icecream, cake, pastries) to my child as a reward for good behaviour.	58.5	18.9	22.6
I offer my child their favourite foods in exchange for good behaviour.	61.3	17.0	21.7
If I did not guide or regulate my child's eating they would eat too many junk foods.	30.5	12.4	57.1
If I did not guide or regulate my child's eating they would eat too much of their favourite foods.	29.2	14.2	56.6

Pressure to eat	Disagree/ Slightly disagree	Neutral	Slightly agree/ Agree
My child should always eat all of the food on their plate.	62.3	20.8	17.0
I have to be especially careful to make sure my child eats enough.	47.2	20.8	32.1
If my child says "I'm not hungry", I try to get them to eat anyway.	34.9	21.7	43.4
If I did not guide or regulate my child's eating, they would eat much less than they should.	50.9	29.2	19.8
Monitoring	Never/ Seldom	Sometim es	Mostly/ Always
How much do you keep track of the sweets (lollies, icecream, cake, pastries) that your child eats?	0.00	12.3	87.7
How much do you keep track of the snack food (potato chips, donuts, biscuits) that your child eats?	0.9	7.5	91.5
How much do you keep track of the high-fat foods that your child eats?	4.7	11.3	84.0

Food Involvement Scale

The Food Involvement Scale has two subscales, one referred to as the "Set and Disposal" Involvement subscale (items 6, 11 and 12) and the second "Preparation and Eating" Involvement subscale (remaining 9 items). The scoring for items 1,2,4,8,9, and 11 was reversed, that is a score of 1 was recoded as 7 and 7 recoded as 1. A higher score represents greater food involvement. The mean parent responses to each item is presented in Table B.

Table B: Parent responses to the Food Involvement Scale

	Mean (SD)	Min	Max
1. I don't think much about food each day.*	4.88 (1.48)	1.00	7.00
2. Cooking or barbequing is not much fun.*	5.45 (1.44)	2.00	7.00
3. Talking about what I ate or am going to eat is something I like to do.	4.10 (1.66)	1.00	7.00
4. Compared with other daily decisions, my food choices are not very important.*	5.56 (1.28)	1.00	7.00
5. When I travel, one of the things I anticipate most is eating the food there.	4.17 (1.76)	1.00	7.00
6. I do most or all of the cleaning up after eating.	4.93 (1.68)	1.00	7.00
7. I enjoy cooking for others and myself.	5.09 (1.54)	2.00	7.00
8. When I eat out, I don't think or talk much about how the food tastes.*	5.57 (1.27)	1.00	7.00
9. I do not like to mix or chop food.*	5.52 (1.49)	1.00	7.00
10. I do most or all of my own food shopping.	6.31 (1.31)	1.00	7.00
11. I do not wash dishes or clean the table.*	6.14 (1.38)	1.00	7.00
12. I care whether or not a table is nicely set.	5.07 (1.47)	1.00	7.00
Set and Disposal (21)	16.15 (3.13)	6.00	21.00
Preparation and Eating (63)	46.77 (7.20)	30.00	63.00
Food Involvement Scale (84)	62.92 (8.07)	39.00	79.00

*Scoring reversed for these items.

Family Food Environment

Parents responded to items about the family food environment on a scale of 1 to 5. One usually represented the least affirmative response such as “strongly disagree” or “never” and five represented the most affirmative response such as “strongly agree” or “4 or more times per week”. To simplify the interpretation of results the five response categories were collapsed into three for the following analysis. The parent responses to items within the different constructs of the family food environment are presented in Table C.

Table C: Parent responses to the family food environment questionnaire

Opportunities for modelling of eating behaviours	Parent response Frequency (%)		
	Strongly disagree/ Disagree	Neutral	Agree/ Strongly agree
Adult work schedules often make it difficult to have breakfast together.	39.6	9.4	50.9
Adult work schedules often make it difficult to have an evening meal together.	67.0	7.5	25.5
In our family it is OK for the children to eat dinner separately from the adults.	57.5	22.6	19.8
The evening meal is a pleasant time for the family.	3.8	20.8	75.5
The evening meal is usually a time when our family connects and talks with each other.	4.8	16.2	79.0
I am satisfied with how often my family eats the evening meal together.	12.3	10.4	77.4
In our family we have a rule against answering the phone during the evening meal.	51.9	21.7	26.4
	Never/Once a month or less	2-3 times per month	1-3 times per week/4 or more times per week
How often would you say a disagreement about eating occurs during the evening meal?	43.1	20.6	36.3
How often does your whole family sit down together for the evening meal?	1.0	2.9	96.2

Opportunities to model food related behaviours: Meal Preparation – Parents views	Parent response Frequency (%)		
	Strongly disagree/ Disagree	Neutral	Agree/Strongly agree
I plan the evening meal in advance.	7.5	14.2	78.3
I enjoy cooking for the family.	8.5	22.6	68.9
I feel confident to cook a wide range of meals.	8.5	8.5	83.0
I feel confident cooking new dishes and trying new ingredients.	6.6	17.9	75.5
It is difficult to find the time to cook the evening meal.	71.4	14.3	14.3

Opportunities to model food related behaviours: Meal Preparation – Parents Practices	Parent response Frequency (%)		
	Never/Once a month or less	2-3 times per month	1-3 times per week/4 or more times per week
How often would you cook an evening meal?	0.0	1.0	99.0
How often does your child help to prepare the evening meal?	36.8	30.2	33.0
How often would you use prepared dishes (eg crumbled meat/fish, oven fires, pre-prepared vegetables)?	41.0	27.6	31.4
How often would you use ready made sauces (eg Domino Pasta Bake, Chicken Tonight) ?	46.2	27.4	26.4
How often would you buy take-away for the evening meal?	42.5	37.7	19.8
How often would your child have take-away for lunch?	71.4	13.3	15.2
How often would your child come shopping for food with you?	28.3	36.8	34.9
How often is your child involved in making their own breakfast?	14.2	10.4	75.5
How often is your child involved in making their own lunch?	43.4	23.6	33.0

Perceived Adequacy of the Child's Diet	Parent response Frequency (%)		
	Strongly disagree/Disagree	Neutral	Agree/Strongly agree
My child eats many different vegetables.	19.8	11.3	68.9
My child eats many different fruits.	11.4	11.4	77.1
My child eats enough vegetables to keep him/her healthy.	9.4	12.3	78.3
My child eats enough fruit to keep him/her healthy.	4.7	5.7	89.6
My child eats many different foods.	15.1	12.3	72.9
Overall, I am satisfied with my child's eating habits.	9.4	12.3	78.3

Perceived Food Availability	Parent response Frequency (%)		
	Strongly disagree/Disagree	Neutral	Agree/Strongly agree
At the shop where I buy my groceries, the variety of fresh fruits and vegetables is limited.	85.7	6.7	7.6
At the shop where I buy my groceries, the condition of fresh fruits and vegetables is poor.	71.7	18.9	9.4
I do not buy many fruits because they cost too much.	88.6	4.8	6.7
I do not buy many vegetables because they cost too much.	88.7	5.7	5.7
The fresh produce in my area is usually of a high quality.	8.5	19.8	71.7
It is easy to buy food in my area.	4.7	1.9	93.4
I do not buy many fruits because my family doesn't like them.	92.5	4.7	2.8
I do not buy many vegetables because my family doesn't like them.	93.3	2.9	3.8

Television Exposure and Meal Interruptions	Parent response Frequency (%)		
	Strongly disagree/Disagree	Neutral	Agree/Strongly agree
Adults in the family want the television on during meal time.	47.2	19.8	33.0
	Never/Once a month or less	2-3 times per month	1-3 times per week/4 or more times per week
How often is the television on during the evening meal?	28.6	12.4	59.0

Family Physical Activity Environment

Parents responded to items about the family physical activity environment on a scale of 1 to 5. One usually represented the least affirmative response such as “strongly disagree” or “never” and five represented the most affirmative response such as “strongly agree” or “4 or more times per week”. To simplify the interpretation of results the five response categories were collapsed into three for the following analysis. The parent responses to items within the different constructs of the family food environment are presented in Table D.

Table D: Parent responses to the family physical activity environment questionnaire

Opportunities for Parent Role Modelling of Physical Activity Behaviours	Parent response Frequency (%)		
	Strongly disagree/ Disagree	Neutral	Agree/Strongly agree
Adult work schedules often make it difficult to have time to play or be active with our child.	44.3	12.3	43.4
Despite work schedules we try to make time to spend time with our children on most days.	2.9	4.8	92.4
Spending time with our child is usually a pleasant time for the family.	2.8	3.8	93.4
In our family we have rules about how much television our children are allowed to watch.	10.4	20.8	68.9
In our family we have rules about how much time the children can spend playing computer games.	5.7	16.0	78.3
The activities we do together as a family is usually a good time for us to connect and talk with each other.	0.9	5.7	93.4
I am satisfied with how often my family does activities together.	21.7	18.9	59.4
Adults in the family like watching television.	3.8	23.8	72.4

Activity Preparation – Parent Views	Parent response Frequency (%)		
	Strongly disagree/ Disagree	Neutral	Agree/Strongly agree
I plan the active things we are going to do in advance.	22.6	33.0	44.3
I enjoy spending time being active with the family.	3.8	7.5	88.7
I feel confident being involved in activities with the family.	2.9	7.6	89.5
I feel confident trying new games, sports or playing with my children.	5.7	11.3	83.0
It is difficult to find the time to be active most days with my children.	39.6	21.7	38.7

Activity Preparation - Parents Practices	Parent response Frequency (%)		
	Never/Once a month or less	2-3 times per month	1-3 times per week/4 or more times per week
How often would you do 30 minutes or more of moderate to vigorous activity?	10.4	13.2	76.4
How often would you do 30 minutes or more of moderate to vigorous activity with your child?	13.2	34.9	51.9
How often would you take your child to somewhere to play sport or play?	5.7	16.0	78.3
How often does your family do something active together?	17.1	33.3	49.5
How often is your child involved in organised sports or active play time?	5.7	6.6	87.7
How often do you stay and watch your children while at sport or active play?	10.4	9.4	80.2

Physical Activity Involvement	Parent response Frequency (%)		
	Strongly disagree/Disagree	Neutral	Agree/Strongly agree
I don't think much about being active each day.	62.5	15.4	22.1
Exercising or being active is not much fun.	79.0	7.6	13.3
Talking about what activity I have done or am going to do is something I like to do.	38.5	20.2	41.3
Compared with other everyday decisions, my exercise choices are not very important.	67.6	15.2	17.1
When I travel, one of the things I anticipate most is how I am going to be active there.	47.2	17.9	34.9
I do most or all of the planning for family activities.	26.9	27.9	45.2
I enjoy exercising by myself and with others.	21.9	3.8	74.3
I don't think or talk much about how much I am being active or involved in sports.	47.1	19.2	33.7
I do not like to plan exercise for myself or activities for my family.	74.5	14.2	11.3
I do most or all of my exercise sessions alone.	41.9	25.7	31.4
I do not like getting sweating and / or feeling tired after exercise.	77.4	8.5	14.2
I care what I look like or people think of me when I am exercising.	59.4	17.9	22.6