

## Delphi Study - The Impact of Portion Size Interventions on Population Nutrition

### Questionnaire goals & instructions

**The objective of this survey is to determine the role of the private sector in improving population nutrition (diet & physical activity) and ways in which food portion size management could serve as a vehicle for effecting cross-sectoral partnerships and change. For this purpose, private sector is defined broadly to include not only food and beverage companies and manufacturers but also retailers, restaurants, corporate food service providers and others.**

**You have been chosen because of your expertise in your field and are part of a selective group. Your insights will help us identify the most pressing issues and prioritize needs and intervention strategies that could help inform this agenda.**

**Try to spend approximately equal time on each question and feel free to express all your opinions. Your answers will be kept confidential. Only aggregated and de-identified responses will be used in any reporting.**

\* 1. What is your email address?

\* 2. What organization/company do you work for?

\* 3. In what industry/ area do you work?

- |  |   |
|--|---|
| <input type="radio"/> Food/ beverage manufacturing | <input type="radio"/> NGO/ Philanthropy   |
| <input type="radio"/> Retail                       | <input type="radio"/> Government  |
| <input type="radio"/> Food service                 | <input type="radio"/> Healthcare  |
| <input type="radio"/> Restaurant                   | <input type="radio"/> Professional, technical and scientific services (e.g. consulting, advertising, scientific research) |
| <input type="radio"/> Academia                     |   |
| <input type="radio"/> Other (please specify)       |   |

\* 4. What is your job title? If appropriate, indicate the division in which you work (i.e. Manager, Public Affairs)

\* 5. In the last decade many public health efforts have focused on improving nutrition. List in order of importance (**1 being the most important and 10 the least**) the key tools for improving nutrition at the population level:

<input type="checkbox"/>	<input type="text"/>	Patient/ consumer diet education & counseling (e.g. knowledge, attitudes, beliefs, behavior change)
<input type="checkbox"/>	<input type="text"/>	Increase physical activity programs and/or sports
<input type="checkbox"/>	<input type="text"/>	Marketing for healthy food
<input type="checkbox"/>	<input type="text"/>	Limit junk food marketing
<input type="checkbox"/>	<input type="text"/>	Limit portion size
<input type="checkbox"/>	<input type="text"/>	Increase price of energy-dense food
<input type="checkbox"/>	<input type="text"/>	Decrease price of healthy food
<input type="checkbox"/>	<input type="text"/>	Display of calories/ nutritional information
<input type="checkbox"/>	<input type="text"/>	Change the built environment to increase physical activity opportunities
<input type="checkbox"/>	<input type="text"/>	Change the built environment to improve food access

\* 6. What are the greatest challenges for the private sector in taking social action in population nutrition? (200 words max)

\* 7. On a scale of 1 to 10 (1 being the least and 10 the most), what is the extent to which the private sector can shape population nutrition?

1  10

**Thank you for answering the questions so far. We will now start the second part of the questionnaire focusing specifically on portion size.**



\* 12. On a scale of 1 to 10, how effective do you believe the following strategies to reduce food consumption can be:

	1 - Non effective	2	3	4	5	6	7	8	9	10 - Extremely effective
Create an artificial stopping point (e.g. separating a large package into several smaller sub-packages, using internal sleeves, etc.)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Offer reduced-sized packages— along with the normal-sized packages—and charge a premium (per unit) price for the smaller products	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Offer a "vice-virtue bundle" (holding the overall portion of food the same while combining in the same offer a varying quantity of more virtuous food (carrots, apples, garden salad) and less virtuous options (chips, brownies, and fries)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

\* 13. In order of importance, choose the top 3 settings in which portion size interventions could have the most impact in improving population nutrition

- |  |  |
|--|--|
| <input type="checkbox"/> School        | <input type="checkbox"/> Other retailers (convenience stores, drug stores, etc.) |
| <input type="checkbox"/> Work site     | <input type="checkbox"/> Home  |
| <input type="checkbox"/> Grocery store | <input type="checkbox"/> Cafeteria   |
| <input type="checkbox"/> Restaurant    | <input type="checkbox"/> Vending machine   |

\* 14. On a scale from 1 to 10, rank the following portion size interventions in terms of impact:

	1 - Lowest impact	2	3	4	5	6	7	8	9	10 - Greatest impact
Reduce the size of the single serving of a large package on its nutrition label	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Produce smaller packages	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Tax particularly big packages of energy-dense food/ beverages	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Product reformulation (reduce energy density of the food while keeping the same size)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Offer a larger variety of portion sizes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

\* 15. Should portion innovations be stealth and unnoticed by the consumer or explicitly announced?

- Quiet and unnoticed
- Explicitly advertised

Elaborate on why and/or add other comments

\* 16. Close your eyes for a moment; imagine you are in 2030. What does your food selection look like in a restaurant/ cafeteria? (in terms of nutritional information, sizes, offers, price points, etc.)

(200 words max)

\* 17. Close your eyes and imagine you are in 2030 again. What does your food selection look like in a supermarket/ grocery store? (in terms of nutritional information, package sizes, proportion of fresh/canned/frozen, price points, advertisement, display, etc.)

(200 words max)

\* 18. What is your gender?

- Female
- Male
- Non-binary/ third gender
- Prefer not to say

\* 19. What is your age?

- 18 to 24
- 25 to 34
- 35 to 44
- 45 to 54
- 55 to 64
- 65 to 74
- 75 or older

\* 20. Which race/ethnicity best describes you? (Please choose only one.)

- American Indian or Alaskan Native
- Asian / Pacific Islander
- Black or African American
- Multiple ethnicity / Other (please specify)
- Hispanic
- White / Caucasian

21. Is there anything you would like to add?