

Thank you for participating in the final round of our Delphi study!

This is the third and final round of the Delphi study around portion size interventions and population nutrition and we appreciate your continued participation. It is crucial for the success of the study to go through all three rounds to achieve consensus and build an agenda, so your final contribution is very important.

Below you will find a quick summary of the most common answers given for the second questionnaire and you will be asked to agree with or rank them. The goal of this final round is to get respondents the closest possible to a natural consensus. Please be honest in your answers so that we can capture your true perspectives.

It should take you approximately 10-15 minutes to complete the survey.

* 1. In round 2 you were asked to pick the 3 most impactful tools for improving nutrition. These are the ones that were chosen by the majority of you, please rank them:

	1 - Most important	2 - Second most important	3 - Third most important	4 - Fourth most important
Patient/ consumer diet education & counseling (e.g. knowledge, attitudes, beliefs, behavior change)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Marketing for healthy food	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Limit junk food marketing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Limit portion size	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

* 2. In round 2 you were asked to rank your level of agreement with the greatest challenges for the private sector in taking social action in population nutrition. Below you will find the ones that were selected by the majority of you, please choose your level of agreement with each one of them:

	Strongly disagree	Disagree	Agree	Strongly agree
Consumer misinformation about nutrition, which drives what food they buy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Food companies need to cater to consumer tastes and preferences	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Social norm	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
There is no consensus among stakeholders	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Profit versus responsibility	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Additional comments:

* 3. In round 2 the majority of respondents agreed that, on a scale of 1 to 10 (1 being the least and 10 the most), the extent to which the private sector can shape population nutrition is 7. Do you agree?

- Agree
- Disagree, it should be higher

* 4. In round 2 the majority of respondents stated that they think that portion size interventions will provide consumers with **less** options (no longer offering the "regular/big" size, only smaller). Do you agree?

- Agree, it would provide consumers with less options
- Disagree, it would provide consumers with more options

* 5. Below you will find a summary of the advantages of portion size interventions selected by the majority of respondents. Please choose your level of agreement with each one of them:

	Strongly disagree	Disagree	Agree	Strongly agree
Decrease caloric intake	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Allow for small "treats" (e.g., bite-size dessert)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Enable automatic behavior change	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
It could educate consumers on appropriate portion sizes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Additional comments:

* 6. Below you will find a summary of the disadvantages of portion size interventions selected by the majority of respondents. Please choose your level of agreement with each one of them.

	Strongly disagree	Disagree	Agree	Strongly agree
It is hard to implement (without great deal of resources and support from industry)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
It will be very hard to convince food companies as big portions bring big profits	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
It doesn't take into account the context of a total diet	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Consumers might get angry as they perceive more value with bigger portions	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Price/value might be a problem for communities with low socioeconomic status	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Additional comments:

* 7. The majority of respondents in round 2 stated that supply side strategies are more important than demand side ones in shaping norms around portion size. Do you agree?

- Agree, I believe that supply side strategies are more important
- Disagree, I believe they are both equally important

* 8. In round 2 you ranked the most impactful strategies to enhance the psychological value of smaller food and beverage options. Between the following two, which one do you think is the most effective?

- Media advertisement
- Point of sale display (offering smaller foods in more valued places of the store)

* 9. In round 2 you were asked to rank the most effective strategies to reduce food consumption. Between the following two, which one do you think is the most effective?

- Create an artificial stopping point (e.g. separating a large package into several smaller sub-packages, using internal sleeves, etc.)
- 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)

* 10. In round 2 you were asked to choose the top settings in which portion size interventions could have the most impact on improving population nutrition. Between the following two, which setting do you think is the most effective?

- Restaurants
- Grocery stores

* 11. In round 2 the majority of respondents identified product reformulation as the most impactful intervention to improve population nutrition. Do you agree?

- Agree
- Disagree

If disagree, explain why

* 12. In round 2 the majority of respondents stated that portion innovations should be stealth and unnoticed by the consumer. Do you agree?

- Agree, portion innovations should be quiet and unnoticed
- Disagree, portion innovations should be explicitly advertised

* 13. Below you will find the elements that were described as features of the restaurant/cafeteria of the future by the majority of respondents. Please tell us if you agree that a restaurant/cafeteria in 2030 would have such features:

	Disagree	Agree
More options of healthy food	<input type="radio"/>	<input type="radio"/>
Price of healthy food is reasonable	<input type="radio"/>	<input type="radio"/>
There is detailed nutritional information for all meals	<input type="radio"/>	<input type="radio"/>
Nutrition information is personalized (most likely through our smartphone)	<input type="radio"/>	<input type="radio"/>
Healthy food is less expensive than unhealthy food	<input type="radio"/>	<input type="radio"/>
In cafeterias healthy food is beautiful and appealing (e.g. attractive salad bars)	<input type="radio"/>	<input type="radio"/>

Additional comments:

14. What is your e-mail address?

* 15. Below you will find the elements that were described as features of the supermarket/grocery store of the future by the majority of respondents. Please tell us if you agree that a supermarket/grocery store in 2030 would have such features:

	Disagree	Agree
Most of the food sold is fresh and healthy	<input type="radio"/>	<input type="radio"/>
Food is beautiful	<input type="radio"/>	<input type="radio"/>
Healthy food is less expensive than unhealthy food	<input type="radio"/>	<input type="radio"/>
Healthy food is very visible and accessible (end cap, check-out)	<input type="radio"/>	<input type="radio"/>
There is detailed nutritional information for everything	<input type="radio"/>	<input type="radio"/>
There is information on the source of food (farm, city)	<input type="radio"/>	<input type="radio"/>
There is more control over food marketing	<input type="radio"/>	<input type="radio"/>
More options of package sizes	<input type="radio"/>	<input type="radio"/>
Sizes are smaller	<input type="radio"/>	<input type="radio"/>
Shopping is a personalized experience	<input type="radio"/>	<input type="radio"/>
There are healthy pre-packaged options	<input type="radio"/>	<input type="radio"/>
There are monitors that display cooking tips/recipes	<input type="radio"/>	<input type="radio"/>
Incentives to eat healthy (e.g. a points card)	<input type="radio"/>	<input type="radio"/>

Additional comments:

16. Thank you for completing our study! Please feel free to add anything else you want to share with us.

