

QUESTIONNAIRE

Please tick [✓] in the box provided for appropriate action.

SECTION A: PERSONAL CHARACTERISTICS

1. Sex:

(i) Male ☐ (ii) Female ☐

2. Age range (Years)

(i) 30-40 ☐ (ii) 41-50 ☐ (iii) 51-60 ☐ (iv) 61-70 ☐ 70 and above ☐

3. Household Size (including father and mother) (i) 1-3 ☐ (ii) 4-6 ☐ (iii) More than 6 ☐

4. Marital status:

(i) Married ☐ (ii) Single ☐ (iii) Widowed ☐ (iv) Divorced ☐

SECTION B: SOCIO ECONOMIC CHARACTERISTICS

1. Educational level:

(i) Primary ☐ (ii) secondary ☐ (iii) tertiary ☐ (iv) professional training ☐
(please specify).....

2. Monthly income

(i) ₦50-100,000 ☐ (ii) ₦101-150,000 ☐ (iii) ₦151-200,000 ☐

(iv) ₦201- ₦250,000 ☐ (v) ₦251-300,000 ☐

(vi) ₦301-350,000 ☐ (vii) ₦351,000 and above ☐ Others (please specify).....

SECTION C: FEEDING PRACTICES

1. Where do you get most of your food from?

(i) farm ☐ (ii) purchased from our local market ☐ (iii) Purchased from outside local market ☐ (iv) Gift from neighbours and friends ☐ (v) Daily market ☐
(vi) Supermarkets ☐ (vii) Others specify...

2. What are your favourite foods?

(i) gari with soup ☐ (ii) Beans ☐ (iii) Yam ☐ (iv) Pasta like indomie, spaghetti ☐
(iv) fruits ☐ (iv) Nuts ☐ (v) Meat pie ☐ (vi) chicken pie ☐ (vii) fish pie ☐
(viii) Sandwich ☐ (ix) Others (please specify).....

3. How many meals do you eat in a day?

(i) One ☐ (ii) Two ☐ (iii) Three ☐ (iv) More than 3 (please specify).....

4. If you eat more than three meals a day, why?.....

5. Reasons for missing meals?

Reasons	Meals missed			
	Breakfast	Lunch	Dinner	Snacks
Usually miss it.				
I don't have the time				
Not hungry				
Do not like to eat in the office				
Cannot afford it				
Too busy to eat it.				
Others specify				

6. How do you compensate for meals?

(i) Snacking ☐ (ii) eating larger portions in the next meal ☐ (iii) taking soft drinks ☐

(iv) Wait for next meal ☐ (v) Any other (please specify).....

7. At what meals do you eat heaviest?

(i) Breakfast ☐ (ii) Lunch ☐ (iii) Dinner ☐

8. Why do you eat heaviest at this meal?

Reasons for eating heaviest at this meals	Meals		
	Breakfast	Lunch	Dinner
When I am usually very hungry			
I need all the energy I can get			
Because my work is strenuous			
Habit			
I have time set and eat well			
I am most active after			
My favourite foods are served at this meal			
Any others (Please specify)			

9. How do you prefer your foods cooked?

- (i) Boiled ☐ (ii) Roasted ☐ (iii) Fried ☐ (iv) Steamed ☐
 (v) Any other (please specify).....

10. How do you prefer these specific foods cooked?

Foods	Preferred method of preparation						
	Boiled	Fried	Roasted	Steamed	Baked	Grilled	Any other (please specify)
Eggs							
Fish							
Meat							
Chicken							
Yam							
Rice							
Potatoes							
Plantain							
Beans							
Corn							
Sweet potatoes							

11. How many times do you normally eat snacks every day?

- (i) Once ☐ (ii) Twice ☐ (iii) Thrice ☐ (iv) More than 3x ☐

12. Why do you eat snacks?

- (i) I am usually hungry between meals ☐ (ii) As part of tea break ☐ (iii) To take the place of some meals ☐ (iv) I like them ☐ (v) They are part of the job/position ☐
 (vi) Habit ☐ (vii) Any other reason (please specify).....

13. When do you eat snacks most?

- (i) Watching TV ☐ (ii) Between meals at work ☐ (iii) Whenever I am not busy ☐
 (iv) During business meetings ☐ (v) when I am agitated ☐ (vi) No specific time ☐
 (vii) Whenever I am close to a fast food joint ☐ (viii) Others please specify.....

14. What type of oil do you generally use in your home?

- (i) groundnut oil ☐ (ii) Soybean oil ☐ (iii) palm oil (iv) Corn oil ☐
 (v) Olive oil ☐ (vi) Others (please specify brand).....

15. What beverages do you normally drink?

Beverages	How many bottles	How often	Why do you drink it
Tea			
Herbal tea			
Coffee			
Decaffeinated coffee			
Coca drinks			
Others please specify			

16. What alcoholic beverage do you drink?

Alcoholic beverages	How many bottles	How often	Why do you drink it
Red wine			
All wine			
Whisky			
Rum			
Beer			
Stout			
Others specify			

17. What soft drinks do you take?

Non- alcoholic Beverages	How many bottles	How often	Why do you drink it
Coke, Fanta			
Malt			
Fruit juice			
Zobo			
Others please specify			

18. What nutrition supplements do you use?

Reasons	Supplements
Good for the heart	Vitamin A
Good for general health	Vitamin C
Increases longevity	Vitamin E
Protect against disease	Centrum
Doctor's prescription	Omega-3
Habit	Multivite
Reduces weight	Fish oil
Others please specify	

19. How much time do you spend on the following activities?

Activity	Hours	Minutes	
Playing soccer			
Playing tennis			
Running			
Jogging			
Bricks walking			
Moderate walking			
Car driving			
Sweeping			
Laundry			
Gardening			
Light walking			
Cooking			
Standing			
Watching TV			
sleeping			
Others (Please specify)			

24 HOURS DIETARY RECALL

Please kindly tell me all the foods you ate yesterday.

TIME	DESCRIPTION	AMOUNT TAKEN
Before breakfast		
Breakfast		
Between breakfast and lunch		

Lunch		
Between lunch and dinner		
Dinner		
Between dinner and when you woke up		
This morning		

FOOD FREQUENCY QUESTIONNAIRE: How many times do you consume these foods

Food	No. of days							Weekly	2x Weekly	Monthl y	Rarely
	1	2	3	4	5	6	7				
Cereals											
Maize											
Akamu (Pap)											
Rice											
Others											
Green leafy vegetables											
"Ugu"											
Ukazi											
Utazi											
Ugboghororo											
Anara leaf											
Curry leaf											
Uziza											
Bitter leaf											
Nchanwu											
Others											
Food	Days							Weekly	2x Weekly	monthly	Rarely
	1	2	3	4	5	6	7				
Non-leafy vegetable											
Egg plant											
Okra											
Tomato											

Onions													
Others													
Roots and tubers													
Gari													
Cassava													
Abacha													
Yam													
Sweetpotatoes													
Irish potatoes													
Cocoyam													
Three leaf yam "Una"													
Water yam													
Others													
Legumes													
Beans													
Akara													
Moi-moi													
African yam bean (Odudu)													
Soybean													
Groundnut													
Okpa													
Ugba													
Breadfruit (Ukwa)													
Egusi													
Others													
Food	Days							weekly	2x Weekly	monthly	Rarely		
	1	2	3	4	5	6	7						
Milk group													
Ice cream													
Cheese													
Yoghurt													

Others												
Baked and fried products												
Bread												
Biscuit												
Chin-chin												
Cake												
Doughnut												
Others												
Fats and oil												
Red palm oil												
Margarine												
Palm kernel												
Groundnut												
Coconut												
Other												
Pastas												
Indomie												
Spaghetti												
Macaroni												
Others												
Soft drink/beverage												
Malt												
Cola drink												
Coconut drink												
Bournvita												
Lipton												
Ovaltine												
Others												

Food	Days							week ly	2x Weekly	monthly	Rarely
	1	2	3	4	5	6	7				
Confectionaries											
Sugars											

Sweets												
Others												
Starchy fruits												
Plantain												
Banana												
Others												
Fruits												
Orange												
Pineapple												
Guava												
Mango												
African pear												
Avocado												
Pear (Ube ngba)												
Cashew												
Nkwa (Icheke)												
Apple												
Pawpaw												
Sour soup												
Others												

Food	Days							weekly	2x Weekly	monthly	Rarely
	1	2	3	4	5	6	7				
Meat, fish and their products											
Beef											
Goat											
Pork											
Frog (Akiri)											
Crab											
Dry fish											
Fresh fish											
Frozen fish											
Chicken											
Crayfish											
Snail											
Termites											
Bush meat											
Eggs											
Others											

BIOCHEMICAL ASSESSMENT

Total cholesterol

LDL

HDL

Triaglycerol

ANTHROPOMETRY MEASUREMENT

Weight (kg)

Height (cm)

BMI = Weight (kg)

Height (m²)

Mid-arm circumference