INTRODUCTION TO THE PARTICIPANT

- You are invited to participate in a research study titled "**Anthropometric Characteristics and Dietary Practices among Adolescents in Nnewi, South-eastern Nigeria"** involving adolescents aged 11–18 years. The questionnaire asks about some of your general information and eating practices.
- There are no right or wrong answers. Please answer the questions as honestly as possible.
- Your responses will be kept confidential and will only be used for research purposes. You are free to withdraw from the study at any time or decline answering any question.

SECTION A: PARTICIPANT INFORMATION

For researcher use

Participant ID	
Date of interview	
Recruitment site	☐ School ☐ Household ☐ Community
Interviewer ID	

A1. Age

How old are you?

Age: _____ years **Date of birth**: ____ / ____ / _____

A2. Sex/Gender

☐ Male

☐ Female

A3. Residence

Do you (*and your parents*) currently live in Nnewi?

☐ Yes

☐ No

SECTION B: DIETARY PRACTICES

B1. Meals consumed during the preceding 24 hours

Thinking about yesterday, did you eat or drink anything that constituted a meal at the following times?

1. Breakfast

Did you have breakfast yesterday?

☐ Yes

☐ No

2. Lunch

Did you have lunch yesterday?

☐ Yes

☐ No

3. Dinner/Supper

Did you have dinner/supper yesterday?

☐ Yes

☐ No

B2. SNACKS CONSUMED DURING THE PRECEDING 24 HOURS

Thinking about yesterday:

4. Morning snack

Did you have a snack between breakfast and lunch?

☐ Yes

☐ No

5. Afternoon snack

Did you have a snack between lunch and dinner/supper?

☐ Yes

☐ No

6. Evening/late snack

Did you have a snack after dinner/supper or later in the evening/night?

☐ Yes

☐ No

SECTION C: MEAL-SKIPPING FREQUENCY

For each meal, indicate whether you usually skip that meal three or more times in a week.

7. How often do you skip breakfast?

☐ *Never*

☐ *Less than 3 times per week*

☐ *3 or more times per week*

8. How often do you skip lunch?

☐ *Never*

☐ *Less than 3 times per week*

☐ *3 or more times per week*

9. How often do you skip dinner/supper?

☐ *Never*

☐ *Less than 3 times per week*

☐ *3 or more times per week*

SECTION D: FAMILY MEAL PRACTICE

10. During a normal week, how often do you eat dinner/supper together with your family?

☐ Never

☐ Less than 3 times per week

☐ 3 or more times per week

SECTION E: ANTHROPOMETRIC MEASUREMENTS

To be completed by the researcher

Measurement	**1st Trial**	**2nd Trial**	**Unit**
Standing Height			cm
Mid-upper arm circumference (MUAC)			cm
Waist circumference			cm
Neck circumference			cm
Waist-to-height ratio (WHtR)			ratio

E1. Average Standing height

Height: _____ cm

E2. Average Mid-upper arm circumference

MUAC: _____ cm

E3. Average Waist circumference

WC: _____ cm

E4. Average Neck circumference

NC: _____ cm

E5. Average Waist-to-height ratio

WHtR = Waist circumference (cm) ÷ Height (cm)

WHtR: _____

Researcher/interviewer

Date [Time]

Comments (if any)