

SIMPLE Modules for Diet

Overview | Indicators

Food Prices



Public policy

Taxes or levies on unhealthy foods and beverages (e.g. sugar-sweetened beverages, foods high in nutrients of concern) are in place and increase the retail prices of these foods to discourage unhealthy food choices where possible.



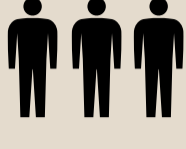
Community

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Organizational

Relative/absolute cost of healthy and unhealthy foods



Interpersonal

Relative household income (household income/household size)
Financial strain



Individual

Fruit and vegetable intake, number of portions per day



Health Outcome

BMI

Food Promotion



Children & Adolescents

Adults

Public policy

Governmental policies are implemented to restrict commercial marketing (including sponsorship, promotion and advertisement) of unhealthy foods and beverages to children, including adolescents, in settings where children gather (e.g. preschools, schools, sports clubs and facilities and cultural events).

Public policy

Governmental policies are implemented to support social marketing and fund campaigns to promote healthy and sustainable eating.



Community

Exposure to food adverts for unhealthy food and beverages through all media and marketing channels

Community

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Organizational

School food environment

Organizational

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Interpersonal

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Individual

Sugar-sweetened beverages, glasses per day
Consumption frequency /day of ultra processed snack food



Health Outcome

BMI

Food Provision



Children & Adolescents

Adults

Public policy

The government ensures that there are clear, consistent policies (including nutrition standards) which can be feasibly implemented in schools and early childhood education services for food service activities (canteens, food at events, fundraising, promotions, vending machines etc.) to provide and promote healthy food choices.

Public policy

The government ensures that there are clear, consistent policies, which can be feasibly implemented, in other public sector settings for food service activities (canteens, food at events, fundraising, promotions, vending machines, public procurement standards etc.) to provide and promote healthy food choices.



Community

Exposure to food adverts for unhealthy food and beverages through all media and marketing channels

Community

Neighbourhood healthy food availability



Organizational

School food environment

Organizational

Portion size from manufacturers and food outlets in settings



Interpersonal

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Individual

Fruit and vegetable intake, portions per day



Health Outcome

BMI

Equity



Public policy

There are processes in place to ensure that population nutrition, health outcomes and reducing health inequalities or health impacts in vulnerable populations are considered and prioritized in the development of all government policies relating to food.



Community

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Organizational

Waste reduction policies for food retail and food service outlets are in place.



Interpersonal

Relative household income (household income/household size)



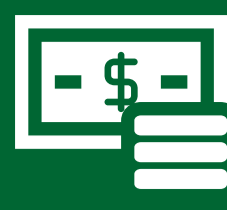
Individual

Fruit and vegetable intake, number of portions per day



Health Outcome

BMI



SIMPLE Modules for Diet

Set 1 | Survey Questions & Answer Categories

Food Prices

**Public policy**

Are fiscal policies implemented to reduce the consumption of unhealthy foods and beverages or to encourage the consumption of healthier foods and beverages?

- Yes
- No

If yes, what kinds of fiscal policies are implemented? Multiple responses may apply:

- Removal or reduction of taxes on healthier foods and beverages
- Introduction of or increase in subsidies on healthier foods and beverages

(WHO Global Nutrition Policy Review)

**Community**

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**Organizational**

[Harmonized Index of Consumer Prices]

(Eurostat food price monitoring tool)

**Interpersonal**

Net monthly equalized income of the household

Household size

(EHIS, questions not publicly available / might differ from country to country)

Total household gross income

(EU-SILC, questions not publicly available / might differ from country to country)

Thinking of your household's total income, is your household able to make ends meet, namely, to pay for its usual necessary expenses?

- With great difficulty
- With difficulty
- With some difficulty
- Fairly easily
- Easily
- Very easily

(EU-SILC)

Which of the descriptions [on this card] comes closest to how you feel about your household's income nowadays?

- Living comfortably on present income
- Coping on present income
- Finding it difficult on present income
- Finding it very difficult on present income

(European Social Survey)

**Individual**

In a typical week, on how many days do you eat fruit?

- ___ days per week

How many servings of fruit do you eat on those days?

- ___ servings / day

In a typical week, on how many days do you eat vegetables?

- ___ days per week

How many servings of vegetables do you eat on one of those days?

- ___ servings / day

(STEPS)

**Health Outcome**

How tall are you without shoes?

- ___ cm

How much do you weigh without clothes and shoes?

- ___ kg

(EHIS)



Food Promotion

Children & Adolescents

Adults



Public policy

Are school health and nutrition policies, programs or related standards being implemented?

- Yes
- No

(WHO Global Nutrition Policy Review)

Public policy

Are media campaigns on healthy diet and nutrition conducted?

- Yes
- No

(WHO Global Nutrition Policy Review)



Community

Are measures to regulate or guide marketing of food and non-alcoholic beverages to children being implemented?

- Yes
- No

For which communication channels, settings and contexts are the measures mandatory or voluntary?

- TV
- Radio
- Advertising (in streets and stores)
- Internet
- Social Media
- Apps
- Sponsorship
- Promotions
- Give-aways
- Using celebrities

Has any work been done to determine the extent and nature of food marketing in your country (for example through a study or survey)?

- Yes
- No

(WHO Global Nutrition Policy Review)

Community

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Organizational

Which of the following kinds of foods or beverages can pupils obtain on the school premises, excluding lunch provided by the school? Please click all items that apply.

- Water [free / paid / N/A]
- Tea [free / paid / N/A]
- 100% fruit juices [free / paid / N/A]
- Fruit juices or other non-carbonated drinks [free / paid / N/A]
- Flavoured milk [free / paid / N/A]
- Hot drinks (cocoa, tea, coffee with milk) [free / paid / N/A]
- Fruit [free / paid / N/A]
- Vegetables [free / paid / N/A]
- Sweet snacks (e.g. chocolate, sugar confectionery, cakes, breakfast and/or cereal bars, sweet biscuits and/or pastries) [free / paid / N/A]
- Ice-cream [free / paid / N/A]
- Savoury snacks (e.g. potato crisps, salted popcorn, salted nuts, savory biscuits and/or pretzels) [free / paid / N/A]
- Carbonated (soft) drinks [free / paid / N/A]

Does your school have a canteen?

- Yes
- No

Does your school have a shop or cafeteria where foods or beverages can be purchased?

- Yes
- No

Does your school have vending machines where children are allowed to purchase foods or beverages (other than water, fruits and vegetables)?

- Yes
- No

(COSI)

Organizational

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Interpersonal

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Individual

How many times a week do you usually drink...
... coke or other soft drinks that contain sugar?

- ___ times per week
- ___ glasses per occasion

(HBSC)

Over a typical or usual week, how often do you eat the following kinds of foods, savory snacks, sweet snacks?

- Never
- <1 per week
- some days (1-3)
- most days (4-6)
- every day

(COSI)



Health Outcome

How tall are you without shoes?

- ___ cm

How much do you weigh without clothes and shoes?

- ___ kg

(EHIS)



SIMPLE Modules for Diet

Set 3 | Survey Questions & Answer Categories

Food Provision

Children & Adolescents

Adults



Public policy

Are school health and nutrition policies, programs or related standards being implemented?

- Yes
- No

(WHO Global Nutrition Policy Review)

Public policy

Are there national nutrition policies, strategies or action plans or other policies and plans (e.g. health sector plans, social protection plans, food security strategies) which focus on nutrition or healthy diet?

- Yes
- No

Which nutrition related actions or interventions are included in the policy, strategy or action plan?

- Creation of healthy food environment in workplaces
- a) in hospitals
- b) other places (please specify)

(WHO Global Nutrition Policy Review)



Community

Are measures to regulate or guide marketing of food and non-alcoholic beverages to children being implemented?

- Yes
- No

For which communication channels, settings and contexts are the measures mandatory or voluntary?

- TV
- Radio
- Advertising (in streets and stores)
- Internet
- Social Media
- Apps
- Sponsorship
- Promotions
- Give-aways
- Using celebrities

Has any work been done to determine the extent and nature of food marketing in your country (for example through a study or survey)?

- Yes
- No

(WHO Global Nutrition Policy Review)

Community

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Organizational

Which of the following kinds of foods or beverages can pupils obtain on the school premises, excluding lunch provided by the school? Please click all items that apply.

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Does your school have a canteen?

- Yes
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Does your school have a shop or cafeteria where foods or beverages can be purchased?

- Yes
- No

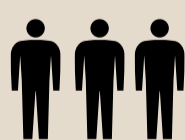
Does your school have vending machines where children are allowed to purchase foods or beverages (other than water, fruits and vegetables)?

- Yes
- No

(COSI)

Organizational

-



Interpersonal

-



Individual

In a typical week, on how many days do you eat fruit?

- ___ days per week

How many servings of fruit do you eat on one of those days?

- ___ servings/day

In a typical week, on how many days do you eat vegetables?

- ___ days per week

How many servings of vegetables do you eat on one of those days?

- ___ servings/day

(STEPS)



Health Outcome

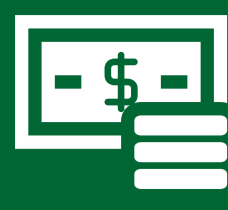
How tall are you without shoes?

- ___ cm

How much do you weigh without clothes and shoes?

- ___ kg

(EHIS)



SIMPLE Modules for Diet

Set 4 | Survey Questions & Answer Categories

Equity



Public policy

[Currently not measured in an ongoing EU surveillance system]



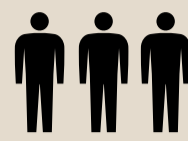
Community

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Organizational

[Currently not measured in an ongoing EU surveillance system]



Interpersonal

We put answers into income bands. Would you tell me which band represents your total personal income before all deductions. Is it...

(EU-SILC)



Individual

In a typical week, on how many days do you eat fruit?

- ___ days per week

How many servings of fruit do you eat on those days?

- ___ servings / day

In a typical week, on how many days do you eat vegetables?

- ___ days per week

How many servings of vegetables do you eat on one of those days?

- ___ servings / day

(STEPS)



Health Outcome

How tall are you without shoes?

- ___ cm

How much do you weigh without clothes and shoes?

- ___ kg

(EHIS)