Parent Interview Handout

Instructions: During the interview, if you do not feel comfortable in answering a question, it is okay to skip. You can write your answer on this handout but we will not be collecting it.

= Question about the coronavirus (COVID) pandemic

1. 🦠 Tell me about your work/employment situation since the COVID pandemic.

2. 🦠 Since the COVID pandemic, has anything changed with who is living in your home?

3a. How many times does your child eat meals or snacks in a typical week (7 days) when you and/or other caregivers are not around?

Select one option:
1) Never   2) 1-2 times per week   3) 3-4 times per week
4) 5-6 times per week 5) Once a day 6) 2 or more times a day

3b. 🦠 Has that changed since the COVID pandemic? If so, how?

4a. How do you keep track of what your child is eating when you are not around him/her?

4b. 🦠 How has this changed since the COVID pandemic?

5a. How do you teach your child about eating healthy foods and drinks when you are not around?

5b. 🦠 How has this changed since the COVID pandemic?

V1.20210116

Ancillary material, IE Data collection instruments such as tests, surveys, interviews (for review, but not published)
6. Since the COVID pandemic, what has changed about how your child prepares food or gets food for him/herself when you are not around?

7. Since the COVID pandemic, what has changed about what food you prepare for your child to eat when you are not around or how you prepare it?

8. Since the COVID pandemic, what has changed with regard to the foods and drinks available to your child in the home to eat/drink when you and other caregivers are not around?

9. Since the COVID pandemic, how has any of your rules about what your child eats or drinks when you are not around changed?

10a. Since the COVID pandemic, how has what your child eats when you are not around changed?

10b. Do you feel your child is eating more or less of the following foods since the COVID pandemic?

Circle one option:

<table>
<thead>
<tr>
<th>More / Less</th>
<th>Fruits</th>
</tr>
</thead>
<tbody>
<tr>
<td>More / Less</td>
<td>Vegetables</td>
</tr>
<tr>
<td>More / Less</td>
<td>Regular soda or pop</td>
</tr>
<tr>
<td>More / Less</td>
<td>Easy to make foods like frozen pizza or macaroni and cheese</td>
</tr>
<tr>
<td>More / Less</td>
<td>Snack foods like potato or corn chips</td>
</tr>
<tr>
<td>More / Less</td>
<td>Sweets like cookies, cakes, donuts, or candy</td>
</tr>
</tbody>
</table>

11a. How often do the people in your home eat meals/snacks together per week?
   Select one option:

1) Never  
2) 1 or 2 times  
3) 3 or 4 times  
4) 5 or 6 times  
5) 7 times  
6) More than 7 times

11b. Does this happen more often, less often, or the same since the COVID pandemic?
11c. If it has changed, how has it changed?

11d. What do you think led to the change?

12. 🌟 *Since the COVID Pandemic,* have you noticed a change in your child’s weight? If yes, what change did you notice?

13. 🌟 *Since the COVID pandemic,* tell me about the conversations you have with your child about his/her weight/physical activity and eating habits.

14. 🌟 Has the amount of sleep your child is getting changed *since the COVID pandemic?* If so, how?

15. 🌟 Has your child’s use of screens/devices changed *since the COVID pandemic?* If yes, how has it changed?

16. 🌟 We are just about finished with the interview. Before we wrap up, I want to give you a chance to share any other changes relative to your child’s eating habits or your expectations or parenting around his/her eating habits when you are not around since the *COVID pandemic?*

End of interview. Thank you!
Instructions: During the interview, if you don’t feel comfortable in answering a question, it is okay to skip. We will not share your answers with your parents. You can write your answer on this handout but we will not be collecting it.

 nominees = Question about your main caregiver. 🌐 = Question about the coronavirus (COVID) pandemic

Main caregiver = The person who prepares food for the child at home most of the time and based on who the child identifies in question #4 below.
Other caregivers = Other parents or adult family members, but not teachers or school staff.

1. What does the phrase “COVID pandemic” mean to you?

2. Tell me about how you are going to school these days.

3. 🌐 Since the COVID pandemic, has anything changed with who is living in your home?

4. 📝 Who is the main caregiver who prepares food for you at home most of the time?

Select one option:

1) Dad/Stepdad  2) Mom/Stepmom  3) Grandfather  4) Grandmother
5) Aunt/Uncle  6) Guardian/Foster parent  7) Adult sibling  8) If none of the above, specify who:_______

5a. 🎃 How many times do you eat meals or snacks in a typical week (7 days) when your (answer in Q4) or other caregivers are not around?

Select one option:

1) Never  2) 1-2 times per week  3) 3-4 times per week
4) 5-6 times per week  5) Once a day  6) 2 or more times a day

5b. 🎃 Has that changed since the COVID pandemic? If so, how?
6a. 💖 How does your (answer in Q4) or other caregivers keep track of what you eat when they are not around?

6b. 🦠 How has this changed since the COVID pandemic?

7a. 💖 How does your (answer in Q4) or other caregivers teach you about healthy foods and drinks to have when they are not around?

7b. 🦠 How has this changed since the COVID pandemic?

8. 💖 🦠 **Since the COVID pandemic**, what has changed about how you are preparing foods or getting food for yourself when your (answer in Q4) or other caregivers are not around?

9. 💖 🦠 **Since the COVID pandemic**, what has changed about how your (answer in Q4) or other caregivers are preparing foods or getting food for you to eat when he or she is not around?

10. 💖 🦠 **Since the COVID pandemic**, how has anything changed about the foods and drinks that are available to you to eat/drink when your (answer in Q4) or other caregivers are not around?
11. 😷 💪 Since the COVID pandemic, how have any of your (answer in Q4) or other caregivers’ rules changed about what you eat or drink when they are not around?

12a. 😷 💪 Since the COVID pandemic, how has what you are eating or drinking when your (answer in Q4) or other caregivers are not around changed?

12b. Are you eating more or less of this type of food (or drink) since the COVID pandemic?

Circle one option

<table>
<thead>
<tr>
<th>More / Less</th>
<th>Regular SODA or pop like Coke, Pepsi, Sprite, Dr. Pepper, etc.</th>
</tr>
</thead>
<tbody>
<tr>
<td>More / Less</td>
<td>FRUIT like apples, bananas, melon, etc. COUNT fresh, frozen, canned and dried fruit.</td>
</tr>
<tr>
<td>More / Less</td>
<td>NON-FRIED VEGETABLES like carrots, broccoli, collards, green beans, corn, etc.</td>
</tr>
<tr>
<td>More / Less</td>
<td>PIZZA like frozen, fast food or homemade pizza</td>
</tr>
<tr>
<td>More / Less</td>
<td>TACOS, BURRITOS, NACHOS or other dishes like these</td>
</tr>
<tr>
<td>More / Less</td>
<td>HEAT AND SERVE or make from a box like fried mozzarella sticks, Hot Pockets, macaroni and cheese, etc.</td>
</tr>
<tr>
<td>More / Less</td>
<td>COOKIES, CAKES, CUPCAKES, DOUGHNUTS, BROWNIES, POP-TARTS, etc. Count homemade and packaged treats like Little Debbie, Hostess Twinkies, etc.</td>
</tr>
<tr>
<td>More / Less</td>
<td>POTATO CHIPS, corn chips or cheese puffs like Lays, Doritos, Cheetos, etc.</td>
</tr>
</tbody>
</table>

V1. 20210127
More / Less

CANDY OR CHOCOLATE. COUNT candy bars, lollipops/suckers, sour candies, etc.

13a. How often do the people in your home **eat meals/snacks together** each week? Select one option:

1) Never  
2) 1 or 2 times  
3) 3 or 4 times  
4) 5 or 6 times  
5) 7 times  
6) More than 7 times

13b. Does this happen more often, less often, or the same **since the COVID pandemic**?

13c. If it has changed, how has it changed?

13d. What do you think led to the change? (If this topic was explored in response to a previous question, skip to Q14.)

14. **Since the COVID pandemic**, have you noticed a change in your weight? If yes, what change did you notice?

15. **Since the COVID pandemic**, tell me about conversations you have with your (answer in Q4) or other caregivers about your weight, physical activity, and eating habits?

16. Has the amount of sleep you are getting changed **since the COVID pandemic**? If so, how?

17. Has your use of screens/devices changed **since the COVID pandemic**? If yes, how has it changed?
18a. 🌶️ 🌶️ We are just about finished with the interview. Before we wrap up I want to give you a chance to share any other changes you have seen in your eating habits when your (answer in Q4) or other caregivers are not around since the COVID pandemic.

18b. 🌶️ 🌶️ Is there anything else you would like us to know about your eating habits or your (answer in Q4) or other caregivers’ expectations around your eating habits since the COVID pandemic?

End of interview. Thank you!