

Fruit and Vegetable Consumption among Adults aged 18 years and above.

WHAT IS THIS RESEARCH ABOUT?

This study is to assess the Factors Associated with Inadequate Knowledge, Wrong Attitudes and Practices on Fruits and Vegetables among Adults in the Kumasi Metropolis of Ghana..

WHAT WILL I BE ASKED TO DO?

The survey contains various questions which aim to assess your level of knowledge, attitude and sources of fruits and vegetables and also seek to evaluate practices related to the consumption of fruits and vegetables and factors that influence these variables. The survey will take less than 15 minutes to complete.

WHAT ARE THE POSSIBLE BENEFITS?

The findings of the study are expected to inform food and nutrition security, health, and environmental sustainability policies in Ghana.

WHAT WILL HAPPEN TO INFORMATION ABOUT ME?

Any information collected will remain completely confidential. To protect your privacy, we will remove any identifying information (called de-identification). Your de-identified data will be analysed by researchers and findings will be reported in a report and/or scientific papers. Nobody will be able to identify you from the de-identified data we analyse or from any publications.

WHERE CAN I GET FURTHER INFORMATION?

If you would like to get more information about the project, please reach out to the researcher via coowusu16@idl.knust.edu.gh. Thank you in advance for your time and participation.

CONSENT

I herewith declare that, as a participant of the study "Factors Associated with Inadequate Knowledge, Wrong Attitudes and Practices on Fruits and Vegetables among Adults in the Kumasi Metropolis of Ghana": 1. I have read and understood the above information leaflet for participants. I have been informed about the nature, duration and purpose of the study and about what is expected of me. 2. I understand that participation in the study is voluntary. I know I can withdraw my participation at any time without having to justify this. 3. I authorize the researchers to store my answers in a confidential way according to the data and security management policy of KNUST. 4. I authorize the researchers to process and report my results in a confidential way. 5. Since completing the questionnaire is completely confidential, I do not have the possibility to change, review or delete my reported data afterwards.

Do you agree to participate in the study?

☐ Yes

☐ No

SECTION A: SOCIO-DEMOGRAPHIC CHARACTERISTICS

What is your gender?

☐ Male

☐ Female

What is your age?

- ☐ 18 – 29 years
- ☐ 30 – 39 years
- ☐ 40 – 49 years
- ☐ 50 – 59 years
- ☐ ≥60 years

What is your marital status?

- ☐ Married
- ☐ Single

What is your highest level of education

- ☐ Primary/Basic
- ☐ Secondary
- ☐ Tertiary

Which religion are you affiliated with?

- ☐ Christian
- ☐ Muslim
- ☐ Traditional
- ☐ Other

Specify if you selected other

What is your occupation?

- ☐ Trader
- ☐ Civil Servant
- ☐ Banker
- ☐ Doctor
- ☐ Pharmacist
- ☐ Nurse
- ☐ Student
- ☐ Pensioner
- ☐ Unemployed
- ☐ Other

Specify if you selected other

What is your level of income?

- ☐ 100 – 999 Cedis per month
- ☐ 1000 – 2000 Cedis per month
- ☐ above 2000 Cedis per month

SECTION B: KNOWLEDGE OF FRUITS AND VEGETABLES

What are the benefits of eating fruits and vegetables?

- ☐ Fruits and vegetables help prevent disease
- ☐ Fruits and vegetables make one feel better
- ☐ Fruits and vegetables make a diet more varied
- ☐ Fruits and vegetables help maintain weight
- ☐ Fruits and vegetables are a substitute for unhealthy foods

How likely is it to have poor health if you do not eat fruits and vegetables?

- ☐ More likely
- ☐ Less likely
- ☐ Do not know

What is the recommended number of daily servings of fruits and vegetables?

- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5
- ☐ 6

How often do you consume fruits and vegetables?

- ☐ Never
- ☐ Daily
- ☐ Every other day
- ☐ Weekly
- ☐ Twice in a week
- ☐ Other

Specify if you selected other.

Will cooking vegetables or fruits result in the loss of their nutrients?

- ☐ Yes
- ☐ No
- ☐ Do not know

Eating fresh fruits and vegetables is better than canned ones?

- ☐ True
- ☐ False
- ☐ Do not know

Have you ever participated in a health education session or seminar?

- ☐ Yes
- ☐ No

How many times have you attended a health education seminar?

- ☐ Once
- ☐ Twice
- ☐ More than twice

Have you ever attended a nutrition education seminar?

- ☐ Yes
- ☐ No

How many times have you attended a nutrition education seminar?

- ☐ Once
- ☐ Twice
- ☐ More than twice

SECTION C: ATTITUDE AND SOURCES OF FRUITS AND VEGETABLES

Are there any cultural or religious beliefs, practices or customs that encourage you to eat fruits and vegetables?

- ☐ Yes
- ☐ No
- ☐ Do not know

Are there any cultural or religious beliefs, practices or customs that discourage you from eating fruits and vegetables?

- ☐ Yes
- ☐ No
- ☐ Do not know

What are some barriers that prevent you from eating fruits and vegetables?

- ☐ Fruits and vegetables are expensive
- ☐ Fruits and vegetables are tasteless
- ☐ Fruits and vegetables spoil quickly
- ☐ Fruits and vegetables are chemically polluted

Are there any policies or programs that encourage the intake of fruits and vegetables in your region?

- ☐ Yes
- ☐ No
- ☐ Do not know

Are there any policies or programs that discourage the intake of fruits and vegetables in your region?

- ☐ Yes
- ☐ No
- ☐ Do not know

Where do you purchase or obtain your fruits and vegetables from?

- ☐ Backyard garden
- ☐ Market from a local vendor
- ☐ Supermarket
- ☐ Mall
- ☐ Other

Specify if you selected other

SECTION D: PRACTICES RELATED TO THE CONSUMPTION OF FRUITS AND VEGETABLES

Where are you likely to eat fruits and vegetables?

- ☐ Home
- ☐ Away from Home
- ☐ School

What makes it easy for you to eat fruits and vegetables?

- ☐ Nutritional value
- ☐ Convenience
- ☐ Easy to prepare
- ☐ Other

Specify if you selected other.

What makes it difficult for you to eat fruits and vegetables daily?

- ☐ Poor taste
- ☐ High Cost
- ☐ Lack of access to fresh products
- ☐ Allergic disorders
- ☐ Medical conditions
- ☐ Other

Specify if you selected other.

How do you usually eat your fruits and vegetables?

- ☐ Raw (without any additions)
- ☐ Cooked
- ☐ Juices/beverages/smoothies

With your present knowledge, resources and skills, are you likely to eat fruits and vegetables every day?

- ☐ Yes
- ☐ No
- ☐ Possibly