



Survey

OBESITY AND SOCIAL LIFE

1. NAME:

2. AGE:

3. GENDER:

4. CITY OF RESIDENCE:

5. OCCUPATION:

6. Some people are born to be fat and some thin, there is not much you can do to change this.

➤ Strongly agree ➤ Somewhat agree ➤ Somewhat disagree ➤ Strongly disagree

7. What you eat can makes a big difference in your chance of getting a disease or cancer?

➤ Strongly agree ➤ Somewhat agree ➤ Somewhat disagree ➤ Strongly disagree

QUES:- When you buy food how important is each of the following? (Q8 – Q11)

8. How safe the food is to eat?

➤ Very important ➤ Somewhat important ➤ Not too important ➤ Not at all important

9. Nutrition (how healthy the food is)?

➤ Very important ➤ Somewhat important ➤ Not too important ➤ Not at all important

10. How easy the food is to prepare?

➤ Very important ➤ Somewhat important ➤ Not too important ➤ Not at all important

11. Taste (whether the person likes the food or not)?

➤ Very important ➤ Somewhat important ➤ Not too important ➤ Not at all important

12. Obesity makes a person “invalid”?

➤ Strongly agree ➤ Somewhat agree ➤ Somewhat disagree ➤ Strongly disagree

13. Because of obesity, a lot of people suffer through body-shaming.

➤ Strongly agree ➤ Somewhat agree ➤ Somewhat disagree ➤ Strongly disagree

14. Excessive exercising and starving is the only solution of being fit.

➤ Strongly agree ➤ Somewhat agree ➤ Somewhat disagree ➤ Strongly disagree

15. Being obese can lead to medical issues.

➤ Strongly agree ➤ Somewhat agree ➤ Somewhat disagree ➤ Strongly disagree

16. Are you currently doing anything to improve your health or lose weight?

➤ Eating healthier ➤ Doing more cardio exercise ➤ Dieting ➤ No, I'm not currently doing anything

17. If you do want to get healthier and in better shape, what, if anything, do you feel holds you back?

➤ Stress ➤ Lack of energy ➤ Busy schedule ➤ None of the above

18. How often do you eat fast food?

➤ Everyday ➤ A few times a week ➤ About once a week ➤ Rarely or never

19. How often do you usually eat with friends?

➤ More than three times a day ➤ Twice a day ➤ Once a day ➤ Never

20. What in your opinion, a person should do in order to avoid obesity?