

SURVEY



We want to help people in Exeter reduce their sugar intake – we want Exeter to become a “**Sugar Smart City**”. In order to do this we need your help. Please answer the questions below.

Prizes to be won!

1) Do you think you eat more sugar than the recommended 7 teaspoons per day?

- Yes
- No
- Not sure

2) Do you think your children eat more than the recommended 5-6 teaspoons of sugar per day?

- Yes
- No
- Not sure

3) Are you worried about (tick all that apply):

- Effects of sugar on my dental health
- Effects of sugar on my weight
- Effects of sugar on my behaviour and mood
- Increased risk of type 2 diabetes
- None of the above

4) Would you like help to reduce the amount of sugar you eat?

- Yes
- No

5) What do you think would help you to reduce the amount of sugar you or your children eat?

6) Would you like to be involved in making Exeter a Sugar Smart City?

- Yes
- No

If yes, please answer questions 7 and 8.

7) I would be able to:

- A) Get one (or more) schools involved
- B) Use social media such as Twitter, Facebook or blogging to raise awareness about the campaign
- C) Speak to local food outlets in my network
- D) Involve my local community for consultations

8) I would be able to do this because:

9) Would you be happy to take part in research to express your views?

- Yes
- No

If yes, please leave your contact details on the reverse

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10) What do you think would help you to reduce the amount of sugar you or your children eat?

Strongly agree Agree Neither Disagree Strongly disagree

- A) Asking shops and restaurants to have fewer price promotions on high sugar foods and more on healthy foods.
 - B) Reducing the amount of advertising of high sugar food and drinks.
 - C) Asking food companies and restaurants to reduce the amount of sugar in food and drink.
 - D) Asking food companies and restaurants to reduce portion sizes.
 - E) Introducing a sugar tax on soft drinks.
 - F) Selling healthier food and drinks in public places like hospitals and leisure centres.
 - G) Providing people with practical steps to help them reduce their sugar intake.
- For example, Change4Life have produced leaflets suggesting food swaps and an app that tells you the sugar content of foods.



10) What do you think would help you to reduce the amount of sugar you or your children eat?

Strongly agree Agree Neither Disagree Strongly disagree

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To be entered into the Prize Draw please tell us a bit more about yourself...

Name

Phone number or email

What age were you on your last birthday?

What is your postcode?

Your response will be used to inform the Sugar Smart campaign and may be shared with partners for statistical and research purposes only. Please tick this box if you would rather your personal details were not shared for this purpose. Your details will not be used for commercial purposes.

The following prizes have kindly been donated to Sugar Smart Exeter

- Exeter City Football Club tickets** 2 Adults and 2 Childs tickets for Exeter City V Newport 8th April 2017
- Veg Boxes** containing local, fresh and ecologically produced vegetables from Embercombe Exeter
- £10 Love Local Food Vouchers**, donated by Devon and Cornwall Housing
- Veg Box** containing local, fresh, organic vegetables from Shillingford Organics Veg

Winners to be announced on 31st March 2017. Good Luck!

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