

Dietitians of Canada is seeking to understand the impact of its EatRight Ontario program with clients. The information that you provide will tell us what we are doing well and what could be improved or enhanced.

The evaluation is part of a study being conducted by a team led by Dr. Cameron Norman from Cense Research + Design working with Dietitians of Canada for the EatRight Ontario service. The evaluation involves a short survey with questions about your previous experience with EatRight Ontario. The survey should take less than 10 minutes to complete.

To show our thanks, participants who complete the survey are eligible to win one of 10 Dietitians of Canada cookbooks through a random draw.

Finally, if you have already completed this survey, we sincerely appreciate your past participation and you do not need to complete a second survey.

By participating in this project, I understand that:

1. The purpose of this project is to provide feedback on my experience of EatRight Ontario's services through a short survey;
2. I will complete a short survey via the Internet that is expected to take less than 10 minutes;
3. There are no right or wrong answers to the questions asked on the survey;
4. I will be asked about my experience and my name will not be included on the survey;
5. My answers may be used to inform EatRight Ontario and the Dietitians of Canada about their programs;
6. My participation is voluntary. This means that I am not being forced to participate. I can choose not to participate or to leave the project at any time. I understand that I don't have to answer any questions that I don't want to answer. I may stop completing the survey at any time;
7. My choice to participate or not will have no effect on the service provided by any dietitian or EatRight Ontario now or in the future;
8. By choosing to participate in this study and completing the survey, I am eligible to enter a draw for a cookbook or similar healthy eating book from Dietitians of Canada. If I choose to receive this book I will be asked to provide my contact information (email, mailing address or phone number) through a separate form to allow the researcher or Dietitians of Canada to send the book to me. I do not have to provide this personal information if I do not want a book.

If you have any questions or concerns about your rights as a research participant, please contact the lead researcher, Dr. Cameron Norman at [cdnorman@cense.ca](mailto:cdnorman@cense.ca)

This project has been reviewed and approved by the Community Research Ethics Board. If you feel you have not been treated according to the descriptions in our information, or your rights as a participant in research have been violated during the course of this project, you may contact the Chair, Community Research Ethics Board, at: Community Research Ethics Office (Canada) Corp. c/o Centre for Community Based Research, 190 Westmount Road North, Waterloo ON N2L 3G5; Email: [creo@communitybasedresearch.ca](mailto:creo@communitybasedresearch.ca) Telephone: 1-888-411-2736.

Thank you for your time!

Please indicate your consent by checking the box below.

I have read the information and agree to participate in the survey.

## EatRight Ontario (ERO) Survey 2017

How did you get the link inviting you to complete this survey? (check one only)

I saw it in the EatRight Ontario eNewsletter

I received an email from EatRight Ontario

Thinking back to when you last used EatRight Ontario, which services or information did you use? (check all that apply)

I used the "Call A Dietitian" telephone service.

I used the "Email A Dietitian" online service.

I used the EatRight Ontario website.

I read my EatRight Ontario eNewsletter.

I followed EatRight Ontario on Social Media (Twitter, Facebook).

I don't remember

How many times have you used any of the EatRight Ontario services or information in the past year?

- Once
- Twice
- 3 to 5 times
- 6 to 10 times
- More than 10 times
- I don't remember

When did you last use an EatRight Ontario service or information?

- Within the last week
- 1-2 weeks ago
- 3-4 weeks ago
- 1-3 months ago
- 4-6 months ago
- More than 6 months ago
- I don't remember

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Which of the following website features did you use? (check all that apply)

- Articles
- Food Portions Toolkit
- My Menu Planner
- Recipes
- Videos
- I don't remember

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The last time you contacted EatRight Ontario, what was your primary question or request about? (check one only)

- Diabetes (prevention, pre-diabetes, managing)
- Infant/Child Feeding (aged 0-5 years)
- Other health concern (e.g., healthy eating, heart disease, weight loss, etc.)
- To request a promotional item (e.g., recipe book, salad shaker)
- I have never contacted EatRight Ontario

EatRight Ontario (ERO) Survey 2017

Thinking back to when you last used EatRight Ontario, please rate each of the following statements.

	Completely Disagree	Somewhat Disagree	Neither Agree nor Disagree	Somewhat Agree	Completely Agree	N/A
I understood the information provided.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel better informed.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I got the advice I needed.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am able to use the advice provided.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am satisfied with EatRight Ontario services.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

EatRight Ontario (ERO) Survey 2017

Please indicate which changes (if any) you made for yourself or the person you called about since your last contact with EatRight Ontario. (check all that apply)

- Eat more frequently
- Eat smaller portions
- Follow the Eat Well Plate model
- Eat more fiber-rich foods
- Eat more vegetables
- Count carbohydrates
- Do more physical activities
- Prepare food at home more often / Eat out less often
- Bring lunch from home
- Choose healthier foods
- Set a goal
- I haven't made any changes yet, but I plan to
- I don't plan to make any changes
- EatRight Ontario confirmed what I was already doing
- Other (please specify)

Please indicate which of the following changes you made for yourself or the child you called about since your last contact with EatRight Ontario. (check all that apply)

- Transitioned from breast/formula to homo milk
- Let child decide how much to eat from foods offered
- Offer child iron-rich foods
- Offer child a variety of foods
- Offer child a variety of textures
- Offer child food at set times
- Give less juice
- Serve one meal to the family
- Sit at the table as a family
- Prepare food at home more often
- Do not use electronics at the table
- Set a goal
- I haven't made any changes yet, but I plan to
- I don't plan to make any changes
- EatRight Ontario confirmed what I was already doing
- Other (please specify)

Please indicate which of the following changes you made for yourself or the person you called about since your last contact with EatRight Ontario. (check all that apply)

- Improve portion control
- Increase fiber-rich foods
- Increase variety of healthy foods
- Increase physical activity
- Decrease salt intake
- Decrease fat intake
- Decrease sugar intake
- Prepare meals at home more often
- Bring lunch from home
- Follow the Eat Well Plate model
- Read food labels
- Set a goal
- I haven't made any changes yet, but I plan to
- I don't plan to make any changes
- EatRight Ontario confirmed what I was already doing
- Other (please specify)

If you had not used EatRight Ontario, where would you have gone for healthy eating advice or information?  
(check all that apply)

- To see my doctor
- Paid to see a Dietitian
- Free community or medical dietitian service
- To another health professional
- Searched the Internet
- Asked family or friends
- To the library or bookstore
- Would not have looked for an answer
- Not sure / do not know
- Other (please specify)

EatRight Ontario (ERO) Survey 2017

Which types of other health professionals would you have consulted? (check all that apply)

- Public Health
- Nurse Practitioner
- Nutritionist
- Naturopath
- Homeopath
- Other (please specify)

EatRight Ontario (ERO) Survey 2017



Please rate the extent to which you have benefited from using EatRight Ontario services.

- A lot
- A fair amount
- A little
- Not at all
- Not sure

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Please describe how you have benefited.

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Would you recommend EatRight Ontario to others?

- Yes
- No
- Not sure

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Why not?

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Please indicate your age group.

- 18 years or less
- 19 to 30 years
- 31 to 50 years
- 51 to 70 years
- 71 years or older
- I prefer not to say

Where do you live?

- Ontario
- Another Canadian province or territory
- Outside of Canada
- I prefer not to say

EatRight Ontario (ERO) Survey 2017

If you would like to be entered into a draw for a Dietitians of Canada cookbook, please provide your email address below. Your email will only be used to contact you if you are one of the winners. Your personal information will not be shared with others.

EatRight Ontario (ERO) Survey 2017

Thank you for your feedback and your time. Information from this survey will be used to inform future planning of Dietitians of Canada services.