

	Emotional/ psychological	Financial	Medical	Information	Practical support (e.g. housing, childcare, clean- up, food delivery)	Material goods/donations (e.g. furniture, clothing)
counsellor, spiritual leader, financial advisor)						
General media (TV, internet, social media)						
Provincial or Federal Health authorities (e.g. help/information phone lines, websites, social media)						
Government (financial support, financial relief, resources)						

ANTHROPOMETRICS

Not only does our height and weight change as we age, the COVID-19 pandemic may have caused changes in your eating and activity habits. Please tell us your current height and weight, following the measurement instructions provided.

AM01. How tall are you?

Please answer the question using feet and inches or centimeters.

Feet ____ & Inches ____

Centimetres ____

Prefer not to answer

Don't know

AM02. How much do you weigh?

Adjust your scale to zero;

Weigh yourself with your clothes off, or wear light clothing. Remember to remove your shoes.

Step on the scale. Make sure both feet are fully on the scale.

Record your weight in pounds or kilograms.

Pounds ____

Kilograms ____

Prefer not to answer

Don't know

ATP ADDITIONAL QUESTIONS - OPTIONAL FOR PARTICIPANTS

COVID-19 has prompted us to revisit some of our activities of daily living, and to find ways to cope during store closures, working from home, and physical distancing. We are interested in activities you have been able to enjoy more since COVID-19. (Select ALL that apply)

Domestic activities (e.g., cooking, cleaning, de-cluttering)

Household projects (e.g., renovations, gardening)

New or re-kindled hobbies (e.g., arts and crafts, reading books, writing, blogging)

Spending more time with family or housemates doing activities (e.g. playing board games)

Educational activities (e.g. online language course)

Physical fitness or self-care (e.g., yoga, running, strength training, meditation)

Connecting with friends and family (e.g. using video or phone calls)

Other – (text box)

None

We'd like to ask you a few more questions about your health and diet/nutrition and physical activity habits.

In general, would you say your health is:

Excellent

Very good

Good

Fair

Poor

For the next five questions, please indicate which statements best describe your own state of health today by selecting one option in each group.

Mobility

I have no problems in walking about

I have slight problems in walking about

I have moderate problems in walking about

I have severe problems in walking about

I am unable to walk about

Self-Care

I have no problems washing or dressing myself

I have slight problems washing or dressing myself

I have moderate problems washing or dressing myself

I have severe problems washing or dressing myself

I am unable to wash or dress myself

Usual activities (e.g. work, study, housework, family or leisure activities)

I have no problems doing my usual activities

I have slight problems doing my usual activities

I have moderate problems doing my usual activities
I have severe problems doing my usual activities
I am unable to do my usual activities

Pain/discomfort

I have no pain or discomfort
I have slight pain or discomfort
I have moderate pain or discomfort
I have severe pain or discomfort
I have extreme pain or discomfort

Anxiety/depression

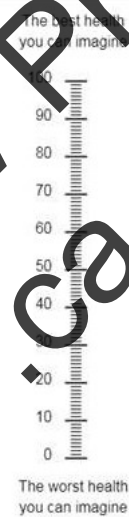
I am not anxious or depressed
I am slightly anxious or depressed
I am moderately anxious or depressed
I am severely anxious or depressed
I am extremely anxious or depressed

We would like to know how good or bad your health is TODAY.

This scale is numbered from 0 to 100.

100 means the best health you can imagine.
0 means the worst health you can imagine.

Please click on the scale to indicate how your health is TODAY.



We are interested in how your diet/nutrition habits may have changed since March 2020 (the start of the provincial public health emergency). For the next few questions, please compare your current behaviours to your previous behaviours (before March 2020) when responding.

Food sources

	A lot less	A little less	About the same	A little more	A lot more	Not applicable
Preparing and/or cooking meals at home						
Baking at home						
Meal planning						
Budgeting for food or food shopping more carefully						
Visiting the grocery store						
Using grocery or food/meal delivery services (e.g., Hello Fresh, GoodFood, etc.)						

Eating patterns/habits

	A lot less	A little less	About the same	A little more	A lot more	Not applicable
Eating restaurant food (please consider restaurant food overall, including dining in takeout and delivery)						
Snacking						
Reaching for 'comfort' foods						
Skipping meals						
Thinking about or being pre-occupied with food						
Having food go to waste						
Eating alone						

Eating with others (including family)						
------------------------------------------	--	--	--	--	--	--

Types of foods

	A lot less	A little less	About the same	A little more	A lot more	Not applicable
Eating fresh fruit and vegetables						
Eating frozen/canned fruit and vegetables						
Eating brown rice, whole grain pasta or bread, oats, barley and other whole grains						
Eating meat, poultry, fish, dairy and other animal proteins						
Eating nuts, beans, peas, lentils, tofu/soy products and other plant proteins						
Eating packaged or prepared foods						

Which of the following statements best describes the food eaten in your household in the past 12 months, that is since MM of last year?

- You and other household members always had enough of the kinds of foods you wanted to eat.
- You and other household members had enough to eat but not always the kinds of foods you wanted.
- Sometimes you and other household members did not have enough to eat.

Often you and other household members didn't have enough to eat.
 Prefer not to answer
 Don't know

We are interested in how your physical activity habits may have changed since March 2020 (the start of the provincial public health emergency). For the next few questions, please compare your current behaviours to your previous behaviours (before March 2020) when responding.

Walking

	A lot less	A little less	About the same	A little more	A lot more	Not applicable
Walk in my neighbourhood alone						
Walk in my neighbourhood with family members						
Walk to a store, café, or shop						
Walk to work						

Locations of Activities

	A lot less	A little less	About the same	A little more	A lot more	Not applicable
Be physically active inside my home						
Be physically active in a facility outside my home						
Be physically active outdoors alone						
Be physically active outdoors with family members						
Drive in motor vehicle (in your vehicle or with someone else)						
Spend time outdoors						

Visit parks						
Use pathways						

Types of Activities

	A lot less	A little less	About the same	A little more	A lot more	Not applicable
Use online workout videos						
Do cardio-based activity						
Do weight training or bodyweight based activity						
Watch television						
Use screen-based devices (smart phone, computers, etc. - not television)						
Play video games						
Interact with your neighbour face to face						
Talk to others in your neighbourhood face to face (at a park, on a sidewalk or pathway)						

C_ATP_PETS. Do you have pets in your household? (Select all that apply)

- Yes – dog(s)
- Yes – cat(s)
- Yes – bird(s)
- Yes – other(s)
- No
- Don't know

We are interested in how people are staying up to date and learning about COVID-19. Which are the main sources you have used for information on COVID-19? (Select all that apply)

- News outlets including local, national and international sources
- Provincial daily announcements by public health and political leaders (e.g. Dr. Deena Hinshaw, Alberta Chief Medical Officer of Health)
- Federal daily announcements by public health and political leaders (e.g. Dr. Theresa Tam, Chief Public Health Officer)
- Municipal health agency (e.g. website, public service announcements)
- Provincial health agency (e.g. Alberta Health Services or Alberta Health website, public service announcements)
- Federal health agency (e.g. Public Health Agency of Canada website, public service announcements)
- Social media (e.g. Facebook, Instagram, Twitter, SnapChat, TikTok, YouTube)
- Family, friends or colleagues
- Health professionals
- Schools, universities, colleges (e.g. email, website)
- Place of employment
- Other
- or
- None of the above

[If any chosen except for Other or None; only show options they chose from the above question) How informative do you find this source? Here, informative refers to something that is useful, helpful and relevant. Please choose an option from 1 (not at all informative) to 5 (very informative).

	1 Not at all	2	3	4	5 Very
News outlets					
Provincial daily announcements by public health and political leaders					
Federal daily announcements by public health and political leaders					
Municipal health agency					
Provincial health agency					
Federal health agency					
Social media					
Family, friends or colleagues					
Health professionals					
Schools, universities, colleges					
Place of employment					

[If any chosen except for Other or None) Which source of information did you find the most helpful (choose one)?

(show options they chose from above and allow one choice)

Thank you for responding to our COVID-19 survey. The following is a list of questions to help us understand how well we did with this survey administration. Your feedback is valuable to us and will help us plan for future survey deliveries.

What drew you to complete this survey? (Select all that apply)

Because I am an ATP participant

Because I would like to contribute to the understanding of COVID-19

Other (open text)

How would you rate your experience completing this survey?

Excellent – did not encounter challenges

Good – encountered minimal challenges

Neutral

Poor – encountered some challenges

Very poor – encountered many challenges

Why did you give this rating? (open text)

How would you rate the invitation asking you to participate in the COVID-19 survey?

Excellent

Good

Neutral

Poor

Very poor

Why did you give this rating? (open text)

Did you feel the frequency of the survey reminder emails was appropriate?

Yes

No

In your opinion, how can we continue to keep you engaged in future data collections? (open text)

This is the end of the questionnaire! Thank you for taking the time to complete this questionnaire!

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