

# **American Time Use Survey**

## **2022 Eating & Health Module Questionnaire**

**September 2023**

The 2022 Eating & Health Module (EHM) was collected under OMB control #1220-0187 with an expiration of December 31, 2024.

## Section 1: Introduction

The EH Module begins with an introductory screen explaining the purpose of the module questions, and then proceeds to the screen asking the secondary eating questions.

EATINT

Universe: ALL

I would now like to ask you some questions about eating and health. **We're interested in** finding out more about how people fit meals and snacks into their schedules.

Enter 1 to Continue [Go to EAT]

## Section 2: Secondary Eating

Secondary eating questions are designed to provide information on the amount of time that respondents spend eating while engaged in other activities during their diary day.

EAT

Universe: ALL

[Fill: Yesterday, you reported eating or drinking between [\*read times below.] [Fill: You did not report any eating or drinking as a main activity yesterday] Were there any [fill: other] times you were eating any meals or snacks yesterday, for example while you were doing something else?

When thinking about meals or snacks also consider any fruits, veggies, sweets, or salty snacks you ate.

1. Yes [Go to EATSUM]
2. No [Go to FDPRP]

**Don't know/Refused** [Go to FDPRP]

EATSUM

Universe: EAT = 1

[\*Times: [FILL:] until [FILL:]] During which activities?  
*\*Read if necessary: Were there any other times you were eating yesterday?*

1. Select activities [Go to EATWHN]
97. None/no more eating activities [Go to FDPRP]

**Don't Know/Refused** [Go to FDPRP]

EATWHN

Universe: EATSUM=1

Were you eating the entire time you were [fill: ACTIVITY]?

\* Use up/down arrow keys to move to the correct row.

- |                           |                              |
|---------------------------|------------------------------|
| 1. Yes                    | [Go to next row in the grid] |
| 2. No                     | [Go to HOURDUR]              |
| <b>Don't Know/Refused</b> | [Go to next row in the grid] |

HOURDUR

Universe: EATWHN=2

About how long would you say you were eating while you were [fill: ACTIVITY]?

\* Enter hours

- |                            |                           |
|----------------------------|---------------------------|
| 0-24 hours, empty          | [Go to MINDUR]            |
| <b>Don't Know/ Refused</b> | [Go to next line of grid] |

MI NDUR

Universe: Entry in HOURDUR

About how long would you say you were eating while you were [fill: ACTIVITY]?

\* Enter minutes

- |                           |  |
|---------------------------|--|
| 0-1440 minutes, empty     | [Go to next line of grid. When grid complete, go to FDPRP] |
| <b>Don't Know/Refused</b> | [Go to next line of grid. When grid complete, go to FDPRP] |

### Section 3: Grocery Shopping and Food Preparation

FDPRP

Universe: ALL

Now I'd like to ask some questions about grocery shopping and food preparation.

Enter 1 to Continue [Go to GROSHP2]

GROSHP2

Universe: ALL

How much of the grocery shopping in the household do you usually do?

*Read if necessary: "Grocery shopping" includes both in-store shopping for groceries, and shopping for groceries online or by phone, and either picking them up or asking for them to be delivered to you.*

READ ALOUD ITEMS IN BOLD [interviewers select one]:

- |                           |                 |
|---------------------------|-----------------|
| 1. None                   | [Go to FASTFD2] |
| 2. A little               | [Go to GROSHP3] |
| 3. Some                   | [Go to GROSHP3] |
| 4. A lot                  | [Go to GROSHP3] |
| 5. All                    | [Go to GROSHP3] |
| <b>Don't Know/Refused</b> | [Go to FASTFD2] |

GROSHP3

Universe: GROSHP2 = 2, 3, 4, 5

How much do you enjoy doing the grocery shopping for your household?

READ ALOUD ITEMS IN BOLD [interviewers select one]:

1. Not at all
2. A little
3. Somewhat
4. A lot
- Don't Know/Refused**

All entries: [Go to STORES]

STORES

Universe: **GROSHOP3 = 1, 2, 3, 4 Don't Know, Refused**

Where do you get the MAJORITY of your groceries when shopping IN-PERSON? Do you get them at the

*\* Read if Necessary: Supercenters are stores that offer clothing, housewares, and other items in addition to featuring full grocery stores. Examples include Wal-Mart Supercenters and Super Targets. Warehouse clubs are stores that sell food and non-food items in bulk. They also require shoppers to have paid memberships. Examples include Costco, Sam's Club, and BJ's.*

READ ALOUD ITEMS IN BOLD [interviewers select one]:

- |   |                  |
|---|------------------|
| 1. Grocery store  | [Go to STREASON] |
| 2. Supercenter, such as Wal-Mart or Target                  | [Go to STREASON] |
| 3. <b>Warehouse club, such as Costco, Sam's or BJ's, or</b> | [Go to STREASON] |
| 4. Drugstore or convenience store?                          | [Go to STREASON] |
| 5. Other  | [Go to STREASON] |
| Don't know/Refused  | [Go to ONLINE1]  |

STREASON

Universe: STORES = 1, 2, 3, 4, 5

What is the MAIN reason you shop there? Is it because of

READ ALOUD ITEMS IN BOLD [interviewers select one]:

1. Price
  2. Location
  3. Quality of products
  4. Variety of products
  5. Customer service, or
  6. Physical Safety?
  7. Other
- Don't know/Refused

All entries: [Go to ONLINE1]

ONLINE1

Universe: GROSHP2 = 2, 3, 4, 5

Thinking back over the LAST 30 DAYS, how many times did you purchase GROCERIES ONLINE for pick up or delivery for your household?

*Read if necessary: Examples of online grocery shopping include grocery delivery, in-app purchases, curbside pickup, or meal kit delivery and subscriptions.*

\_\_\_\_\_ Number of times

If zero	[Go to ONLINE4]
If 1 or more	[Go to ONLINE2]
Don't know/Refused	[Go to FASTFD2]

ONLINE2

Universe: ONLINE1 = 1 OR MORE TIMES

Did you usually pick up your online grocery order or did you have it delivered?

1. Usually pickup
  2. Usually delivered
  3. About equal between pickup and delivery
- Don't know/Refused**

**All entries: [Go to ONLINE3]**

ONLINE3

Universe: ONLINE2 = **1, 2, 3, Don't Know, Refused**

What is the MAIN reason you chose to purchase groceries ONLINE instead of in person?  
[Interviewers assign the category based on the response; select one]:

- |   |                    |
|---|--------------------|
| 1. Price  | [Go to FASTFD2]    |
| 2. Quality of products  | [Go to FASTFD2]    |
| 3. Variety of products  | [Go to FASTFD2]    |
| 4. Customer service   | [Go to FASTFD2]    |
| 5. Needing specialty foods (such as gluten free or vegan, etc.) | [Go to FASTFD2]    |
| 6. Easier to compare prices across stores                       | [Go to FASTFD2]    |
| 7. Transportation limitations                                   | [Go to FASTFD2]    |
| 8. Time constraints   | [Go to FASTFD2]    |
| 9. Physical safety concerns                                     | [Go to FASTFD2]    |
| 10. Other, specify  | [Go to ONLINE3_SP] |
| Don't know/Refused  | [Go to FASTFD2]    |

ONLINE3\_SP

Universe: ONLINE3 = 10

Question text:

\*Specify

All entries: [Go to FASTFD2]

ONLINE4

Universe: ONLINE1 = 0 TIMES

What is the MAIN reason you did not buy groceries online?

[Interviewers assign the category based on the response; select one]:

1. Delivery fee
2. Higher prices online
3. **I can't find the products I like online**
4. I like being able to see and touch products in person
5. **I can't wait for the delivery**
6. **I don't like missing, or wrong items in the delivery**
7. **It is difficult to get substitutions I like if an item isn't available**
8. It takes too long to put an order together
9. The grocery websites or apps are too hard to use
10. **I don't have access to the technology to place an order**
11. Delivery is not available in my neighborhood
12. Other reason  
Don't know/Refused

All entries: [Go to FASTFD2]



FASTFD2

Universe: ALL

See special instructions

In the LAST 7 DAYS, excluding frozen foods, how many times did you PURCHASE prepared, READY-TO-EAT food from a deli, carryout, delivery food, fast food place, or restaurant, for [fill: yourself/yourself or household. \*\*]?

*\* Read if Necessary: "Prepared foods from a deli" include ready-to-eat foods from a grocery store deli department, such as rotisserie chicken, pizza, sandwiches, and salads from a salad bar. Frozen foods, including frozen meals, are not included.*

\_\_\_\_\_ Number of times  
Don't know/Refused

All entries: [Go to FASTFD\_YEST2]

**\*\* If household size = 1, fill "yourself"; if household size > 1, fill "yourself or household"**

Special Instructions: If the number of times is greater than 21 then display a soft edit message "Probe: Is that for the last 7 days?" If no, press Go To and enter new number of times. If yes, press Suppress to confirm entry.

FASTFD\_YEST2

Universe: ALL

YESTERDAY, did you EAT food prepared by any food service provider, such as a deli, restaurant, fast food place, cafeteria, or any other type of eatery?

*\*Read if Necessary: "Prepared foods from a deli" include ready-to-eat foods from a grocery store deli department, such as rotisserie chicken, pizza, sandwiches, and salads from a salad bar. Frozen foods, including frozen meals, are not included.*

1. Yes
  2. No
- Don't Know/Refused

All entries: [Go to PRPMEL2]

PRPMEL2

Universe: ALL

How much of the meal preparation in the household are you usually responsible for?

READ ALOUD ITEMS IN BOLD [interviewers select one]:

- |                           |                 |
|---------------------------|-----------------|
| 1. None                   | [Go to FDSIT2]  |
| 2. A little               | [Go to PRPMEL3] |
| 3. Some                   | [Go to PRPMEL3] |
| 4. A lot                  | [Go to PRPMEL3] |
| 5. All                    | [Go to PRPMEL3] |
| <b>Don't</b> Know/Refused | [Go to FDSIT2]  |

PRPMEL3

Universe: PRPMEL2 = 2, 3, 4, 5

How much do you enjoy doing the food preparation for your household?

READ ALOUD ITEMS IN BOLD [interviewers select one]:

1. Not at all
  2. A little
  3. Somewhat
  4. A lot
- Don't** Know/Refused

All entries: [Go to FDSIT2]

FDSIT2

Universe: ALL

The next question is about the food eaten in your household. Which of the following statements best describes the amount of food eaten in your household in the last 30 days—enough of the kinds of food [fill: I/we. \*\*] want, enough but not always the kinds of food [fill: I/we] want, sometimes not enough to eat, or often not enough to eat?

1. Enough of the kinds of food [fill: I/we] want to eat
2. Enough, but not always the kinds of food [fill: I/we] want to eat
3. Sometimes not enough to eat
4. Often not enough to eat

**Don't know/Refused**

All entries: [Go to FDSTP]

\*\* If household size = 1, fill "I"; if household size > 1, fill "we"

FDSTP

Universe: ALL

In the past 30 days, did you or any member of this household receive [fill State SNAPNAME], SNAP, or food stamp benefits?

*\*Read if Necessary: SNAP is the Supplemental Nutrition Assistance Program that was formerly known as the Food Stamp Program; it provides benefits for the purchase of groceries.*

NOTE: The fill <SNAPNAME> is the State program name. If the State name is SNAP or Food Stamps, then the question reads, "...SNAP or food stamp benefits."

1. Yes
2. No

**Don't Know/Refused**

All entries: [Go to WIC if household has a woman ages 15-50 or a child age 0-5]  
[Else go to DIET]

Interviewer instruction: Do NOT include WIC, the School Lunch Program, or assistance from food banks.

WIC

Universe: Households that have at least one woman between the ages of 15-50 or at least one child age 0-5

*\*Read if Necessary: WIC is short for the Special Supplemental Food Program for Women, Infants, and Children. This program provides food assistance and nutritional screening to low-income pregnant and postpartum women and their infants, as well as to low-income children up to age 5.*

In the last 30 days, did [fill: you/you or any member of your household \*\*] receive benefits from the WIC program, that is, the Women, Infants and Children program?

1. Yes
2. No

**Don't Know/Refused**

All entries: [Go to DIET]

\*\* If household size = 1, fill "you"; if household size > 1, fill "you or any member of your household"

DIET

Universe: ALL

**In general, would you say that the quality of your diet is...**

READ ALOUD ITEMS IN BOLD [interviewers select one]:

1. Excellent
  2. Very good
  3. Good
  4. Fair
  5. Poor
- Don't Know/Refused

All entries: [Go to HLTHINT]

## Section 4: Physical Health

HLTHINT

Universe: ALL

**Alright, we're almost done here. I'm going to switch topics and ask you a few final questions about your physical health that might affect how you use your time.**

[Go to HEALTH]

HEALTH

Universe: ALL

**In general, would you say that your health is...**

READ ALOUD ITEMS IN BOLD [interviewers select one]:

1. Excellent
  2. Very good
  3. Good
  4. Fair
  5. Poor
- Don't Know/Refused

All entries: [Go to EXERCISE]

EXERCISE

Universe: ALL

During the past seven days, [fill: other than your regular job,\*\*] did you participate in any leisure-time physical activities or exercises for fitness and health such as running, bicycling, working out in a gym, walking for exercise, or playing sports?

- 1. Yes [Go to EXFREQ]
- 2. No [Go to HEIGHT]
- Don't Know/Refused** [Go to HEIGHT]

\*\* For the DP if: FWK=1 (worked for pay or profit in previous 7 days) OR  
BUS2=1 (in previous 7 days, received pay for work in a family business)  
OR  
BUS2 in (2, DK, R) and (HRUSL1 GE 15 OR HRUSL1 = -4) (in previous 7 days, did unpaid work for a family business and usually work 15 hours or more or have work hours that vary) OR  
BUS1=2 and (HRUSL1 GE 15 OR HRUSL1 = -4) (in previous 7 days, did unpaid work in a family business and usually work 15 hours or more or have work hours that vary) OR  
ABSRSN in (4-12, DK, R) AND (HRUSL1 GE 15 OR HRUSL1 = -4) (in previous 7 days, was absent from work but usually work 15 hours or more or have work hours that vary),  
**fill "other than your regular job,"**

EXFREQ

Universe: EXERCISE = 1

How many times over the past seven days did you take part in these activities?

\_\_\_ Times per past seven days

**Don't Know/Refused**

All entries: [Go to EXINT]

EXINT

Universe: Entry in EXFREQ

How much of this leisure-time physical activity and exercise was vigorous enough to cause a large increase in breathing or heart rate?

READ ALOUD ITEMS IN BOLD [interviewers select one]:

1. None
2. A little
3. Some
4. A lot
5. All

**Don't Know/Refused**

All entries: [Go to HEIGHT]

HEIGHT

Universe: ALL

How tall are you without shoes?

- |                           |                   |
|---------------------------|-------------------|
| 1. U.S. Customary         | [Go to HEIGHT_FT] |
| 2. Metric                 | [Go to HEIGHT_M]  |
| <b>Don't Know/Refused</b> | [Go to WGHT]      |

HEIGHT\_FT

Universe: HEIGHT = 1

How tall are you without shoes?

\*Enter height in feet.

- |                           |                   |
|---------------------------|-------------------|
| 0 - 8 feet                | [Go to HEIGHT_IN] |
| <b>Don't Know/Refused</b> | [Go to WGHT]      |

HEIGHT\_IN

Universe: HEIGHT\_FT = 0 - 8

How tall are you without shoes?

\*Enter inches.

\*Enter 0 if exactly [fill: HEIGHT\_FT] feet tall.

\*Enter a value between 0 - 97.

0 - 97 inches [Go to WGHT]

**Don't Know/Refused** [Go to WGHT]

HEIGHT\_M

Universe: HEIGHT = 2

How tall are you without shoes?

\*Enter height in meters.

\*Enter a value between 0 - 3

0 - 3 meters [Go to HEIGHT\_CM]

**Don't Know/Refused** [Go to WGHT]

HEIGHT\_CM

Universe: HEIGHT\_M = 0 - 3

How tall are you without shoes?

\*Enter value in centimeters.

\*Enter a value between 0 - 250

0 - 250 centimeters [Go to WGHT]

**Don't Know/Refused** [Go to WGHT]



WGHT

Universe: ALL

How much do you weigh without shoes? [fill: Since pregnancy affects weight, please let me know if you are currently pregnant.\*\*]

- |                           |                   |
|---------------------------|-------------------|
| 1. U.S. Customary         | [Go to WEIGHT_LB] |
| 2. Metric                 | [Go to WEIGHT_KG] |
| 3. Pregnant               | [Go to INCOME]    |
| <b>Don't Know/Refused</b> | [Go to INCOME]    |

\*\*For the DP, if SEX = 2 and AGE = 18-50, fill "Since pregnancy affects weight, please let me know if you are currently pregnant"

WEIGHT\_LB

Universe: WGHT = 1

How much do you weigh without shoes?

\*Enter weight in pounds.

- |                           |                |
|---------------------------|----------------|
| 0-997 pounds              | [Go to INCOME] |
| <b>Don't Know/Refused</b> | [Go to INCOME] |

WEIGHT\_KG

Universe: WGHT = 2

How much do you weigh without shoes?

\*Enter weight in kilograms.

- |                           |                |
|---------------------------|----------------|
| 0 - 500 kilograms         | [Go to INCOME] |
| <b>Don't Know/Refused</b> | [Go to INCOME] |

## Section 5: Income

INCOME

Universe: ALL

The next question is about your household income.

Enter 1 to continue [Go to INCOME3]

INCOME3

Universe: ALL

Last month, was your total household income before taxes more or less than [fill: 200 percent of poverty threshold\*\*] per month?

*\*Probe (if necessary): that would be [fill 2] per year.*

1. More
2. Less
3. Equal

**Don't Know/Refused**

\*\*Amount for fill depends on the number of household members and poverty thresholds. See Appendix A for a complete list of values.

**All entries: [Go to THANKYOU]**

## Appendix A

### INCOME3

**INCOME3** is a variable that provides information on the respondent’s household income. A respondent is asked if his or her monthly household income is greater than, less than, or equal to a given amount. This amount approximates 200 percent of the poverty threshold for a household the size of the respondent’s household. This amount changes depending on when the interview was conducted because poverty thresholds are revised annually by the U.S. Census Bureau.

Number of persons in household	(Fiscal Year 2021 Poverty Thresholds) (rounded up to nearest \$100)	(Fiscal Year 2022 Poverty Thresholds) (rounded up to nearest \$100)
1	\$2,200	\$2,300
2	\$3,000	\$3,100
3	\$3,700	\$3,900
4	\$4,500	\$4,700
5	\$5,200	\$5,500
6	\$6,000	\$6,200
7	\$6,700	\$7,000
8 or more	$\$7,500 + (\$757 \times \text{each additional household member})$ (round up to nearest \$100)	$\$7,800 + (\$787 \times \text{each additional household member})$ (round up to nearest \$100)

Note: The Fiscal Year 2021 values were used in the Fiscal Year 2022 instrument and the Fiscal Year 2022 values were used in the Fiscal Year 2023 instrument.

For more information about these variables, see the ERS Eating and Health Module documentation, available online at [www.ers.usda.gov/data-products/eating-and-health-module-atus/documentation/](http://www.ers.usda.gov/data-products/eating-and-health-module-atus/documentation/). This information is maintained by the U.S. Department of Agriculture’s Economic Research Service.