

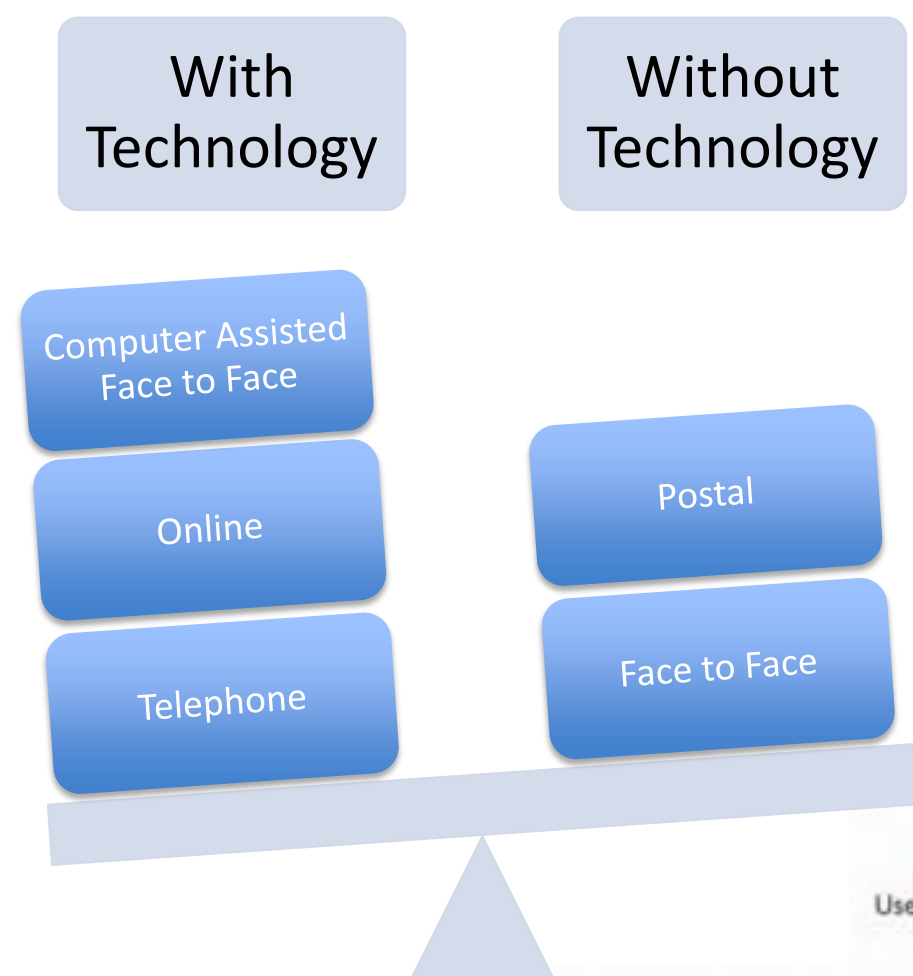
Designing a questionnaire for couples.

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Introduction

- Focused on collecting data from couples about their food preferences.
- Evaluated different types of data collection methods, as shown in Fig. 1.
- Created online survey.

Figure 1: Survey Methods.



Background

- We are on the verge of an obesity crisis.
- This is a problem for many countries, obesity is costing them 2%-6% of their health care money.
- The Food Standards Agency created an eat-well plate (Fig. 2).

Methods

- Selected the best online survey software to create the survey, using criteria below:
 - Allow uploading of images;
 - Allow both members of the household to answer the questionnaire separately;
 - Record the respondents contact details;
 - Make sure that the respondents answered all of the questions;
 - Make sure that every respondent in the household completed the questions in the same order;
 - Save the responses and produce analysis on the results.

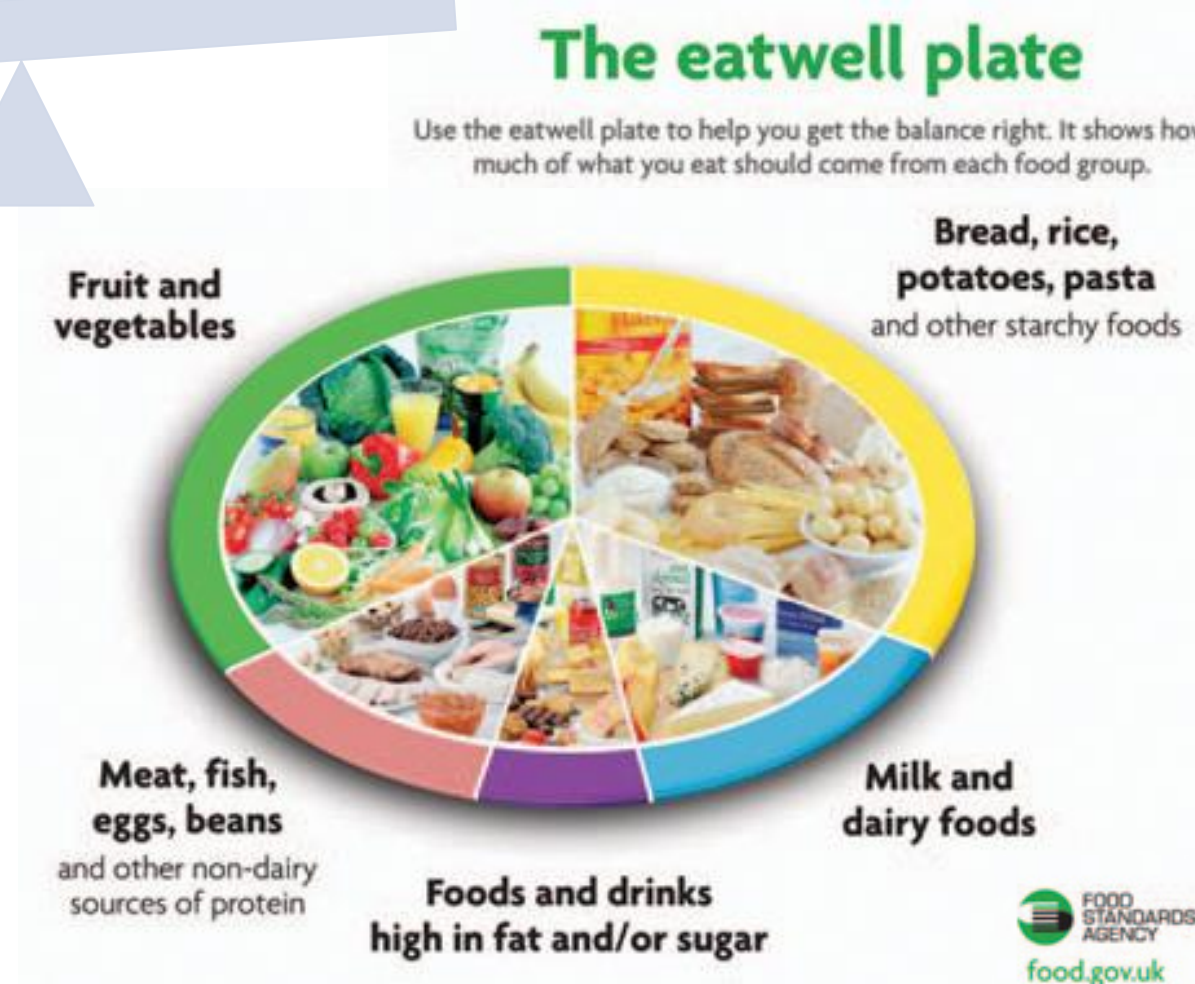


Figure 2: FSA eat-well plate.

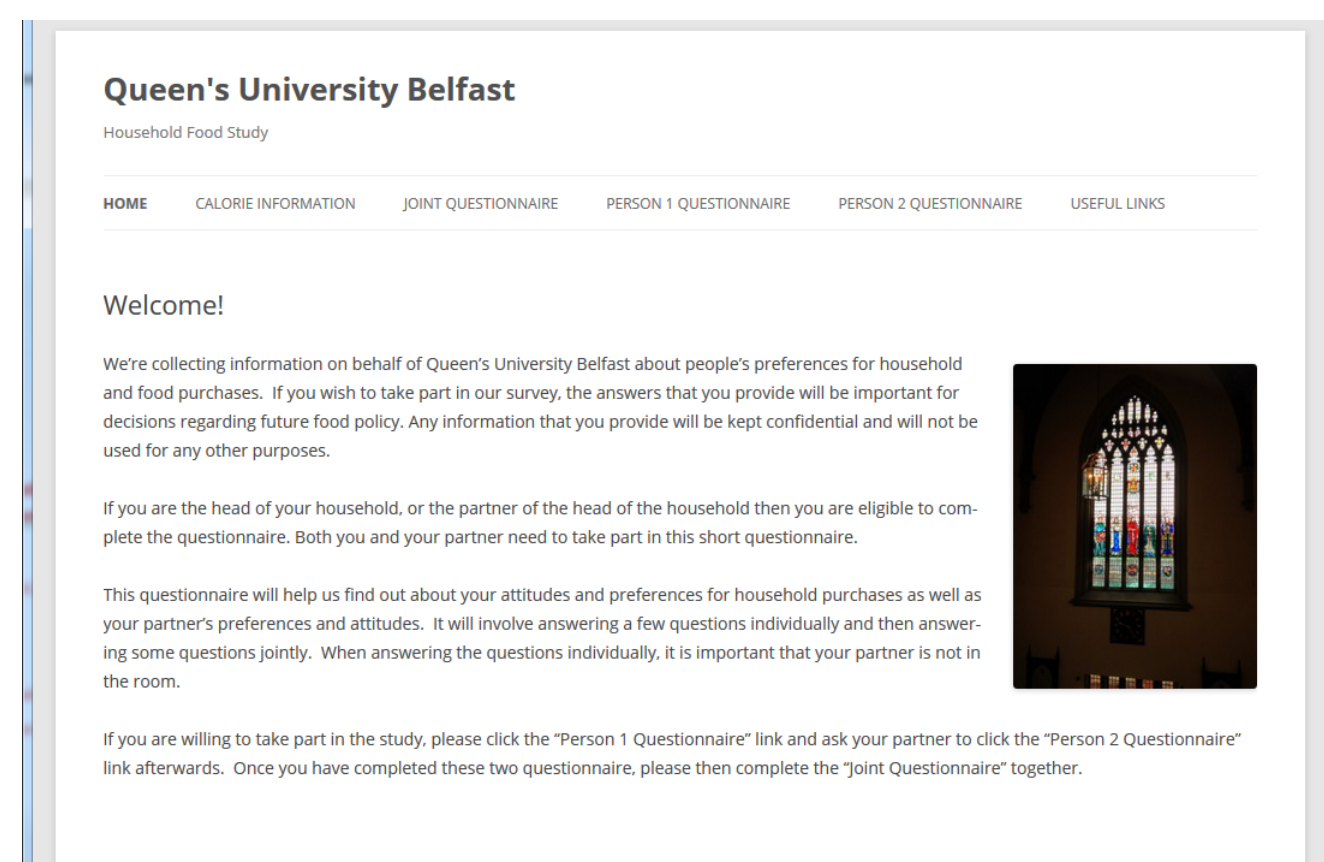


Figure 3: Completed webpage.

Conclusions

- Using WordPress I created an online survey (see Fig. 3).
- WordPress was found to be an effective way to design online surveys.
- With the feature to include additional information, couples will find the survey easy to complete.

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