

# Children's Hospital Boston Beverage Survey

## Introduction

We are collecting information about beverage choices in the workplace and would be interested in your opinions. The goal of this survey is to better understand how people select beverages in the workplace at Children's Hospital Boston (CHB) and to guide future hospital plans.

All of your answers are completely anonymous. We will make survey results available in aggregate in the next several months.

### **\*1. First, which of the following best represents your current status at Children's Hospital Boston at the Longwood campus?**

- ☐ Employee full-time at CHB
- ☐ Employee part-time at CHB
- ☐ Volunteer at CHB
- ☐ Not working at CHB

## Beverage Consumption

# Children's Hospital Boston Beverage Survey

**\*2. Which of the beverage types do you typically consume during work and in the workplace?**

**Please check all that apply.**

- ☐ Coffee or tea, with caloric sweeteners (sugar)
- ☐ Coffee or tea, unsweetened or with no/low calorie sweetener
- ☐ Energy drinks (e.g., Red Bull, Monster Energy, etc.)
- ☐ Sports drinks (Gatorade, Powerade, etc.)
- ☐ Soda, regular (e.g., Pepsi)
- ☐ Soda, low-calorie (e.g., Diet Pepsi)
- ☐ Milk, plain/unflavored
- ☐ Milk, flavored or sweetened
- ☐ 100% fruit juice
- ☐ Juice drinks with added sugar (e.g., Sunny Delight, fruit punch, cranberry cocktails)
- ☐ Non-carbonated drinks, regular sweetened (e.g., Coolattas, Vitamin water)
- ☐ Non-carbonated drinks, low-calorie or diet (e.g., flavored waters)
- ☐ Water, bottled
- ☐ Water, filtered
- ☐ Water, plain from the tap
- ☐ Other sweetened beverages
- ☐ Other unsweetened beverages

## Beverage Consumption

## Children's Hospital Boston Beverage Survey

**\*3. Now, think about where you get the beverages you drink at CHB during the typical workday. In the boxes below, estimate the percent of beverages you get from each source. Please make sure your responses add up to 100%.**

CHB cafeteria	<input type="text"/>
CHB kiosks (i.e. Jazzman Kiosk)	<input type="text"/>
Food sellers onsite at CHB such as Au Bon Pain, CVS	<input type="text"/>
Restaurants and other offsite food vendors (e.g., Bertucci's, Bolocco Starbuck's)	<input type="text"/>
Vending machines	<input type="text"/>
Meetings that are catered	<input type="text"/>
Patient/work floor	<input type="text"/>
I bring drinks from home	<input type="text"/>
Other	<input type="text"/>

**\*4. In general, which of the following best describes how available free drinking water is to you during the day? Please check one answer only.**

**Free drinking water is:**

- ☐ Easy to access
- ☐ Available, but not easy to access
- ☐ Not available to me

## Beverage Categories

For the purposes of the rest of the survey, we will categorize beverages into five (5) groups with definitions as noted below. Please answer the rest of the questions as best you can with these definitions in mind.

- Sugar-sweetened beverages (SSBs): Any non-alcoholic drink that contains caloric sweeteners from sugar, including high fructose corn syrup or sucrose (table sugar). Examples: Pepsi, Gatorade, Energy drinks, chocolate or flavored milks, sweetened soy milk, presweetened teas from Nantucket Nectars, coffee drinks such as Coolattas, Frappuccinos, sweet tea, etc.
- Milk: Milk without flavoring, soy or almond milk without added sugar
- 100% Fruit Juice (apple juice, orange juice)
- Artificially sweetened beverages: Diet sodas and other low or no-calorie drinks. Examples include: Diet Pepsi, Diet Iced Tea, coffee or tea with no or low calorie sweeteners
- Unsweetened low calorie beverages: These beverages include tap water, bottled water, seltzer water, coffee or tea without sweeteners, etc.

# Children's Hospital Boston Beverage Survey

## Beverage Categories

**\*5. Now, thinking about the categories of beverages you just reviewed, we would like you to estimate the amount of beverages you consume in a typical work day while at Children's Hospital Boston.**

**Please enter the approximate number of ounces of each beverage type. For example, a typical can of soda is 12 ounces (3 cans is 36 ounces, 5 cans is 60 ounces). A typical bottle of Pepsi is 20 ounces.**

Sugar-sweetened beverages (SSBs) (Soda, Gatorade, Nantucket Nectars, chocolate milk, sweetened juices etc.)	<input type="text"/>
Milk (Unsweetened)	<input type="text"/>
100% Fruit Juice (Apple, Orange)	<input type="text"/>
Artificially sweetened beverages (Diet Pepsi, Diet iced tea, diet flavored waters)	<input type="text"/>
Unsweetened Beverages (Water, unsweetened tea or coffee)	<input type="text"/>

**\*6. Using the scale below, please indicate the degree to which you disagree or agree with the statement:**

**The beverages I drink during my typical workday at CHB are healthy.**

- ☐ Strongly Disagree
- ☐ Somewhat Disagree
- ☐ Neither Agree nor Disagree
- ☐ Somewhat Agree
- ☐ Strongly Agree

## Knowledge

# Children's Hospital Boston Beverage Survey

**\*7. Here are statements on different topics. Please indicate the degree to which you agree or disagree with each statement.**

	Strongly Disagree	Somewhat Disagree	Neither Agree nor Disagree	Somewhat Agree	Strongly Agree
Sugar-sweetened beverages (SSBs) have no negative health effects for those who drink them regularly	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The high rate of people drinking sugar-sweetened beverages (SSBs) is a public health concern	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Employees of CHB should set a positive health example for the patients they treat	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
During work, I am typically able to get the beverage I want easily	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
During work, I will make an extra effort (e.g., walk to a more distant location) to get the specific beverage I want	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
During work, I will pay extra to get the specific beverage I want	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## Knowledge

**\*8. In the boxes below, please indicate the maximum number of 12 ounce sugar-sweetened beverages (SSBs) you believe are OK for consumption per week (i.e., no negative health effects) by adults and by children under age 18. Please insert separate answers for each group.**

# SSBs per week that are OK for adults

# SSBs per week that are OK for children

**9. Are you aware of whether Children's Hospital Boston has a policy on the sale of sugar-sweetened beverages around campus?**

- ☐ Yes, CHB currently has a policy regarding SSBs
- ☐ No, CHB has no policy regarding SSBs
- ☐ Don't know

# Children's Hospital Boston Beverage Survey

## Attitudes

**\*10. Here are statements on different topics. Please indicate the degree to which you agree or disagree with each statement.**

	Strongly Disagree	Somewhat Disagree	Neither Agree nor Disagree	Somewhat Agree	Strongly Agree
No efforts should be made to change how much SSB people drink	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Changing what you drink may be a good idea but it should be a personal initiative	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Education and public messaging is the best way to encourage less consumption	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Changes to the environment should be made to promote lower consumption such as product positioning, selling smaller portion sizes etc...	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Taxes and pricing should be used to promote lower consumption	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
CHB cafeteria and kiosks should not sell SSBs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**\*11. Using the scale below, please indicate whether you believe it is appropriate for Children's Hospital Boston to have sugar-sweetened beverages available for each group.**

**Please select one answer for each group.**

	Completely Inappropriate	Somewhat Inappropriate	Neither Appropriate Nor Inappropriate	Somewhat Appropriate	Completely Appropriate
Patients under 18	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Adult patients	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Family members of patients	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Employees of CHB	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**12. Please use the space below to share any additional thoughts you have not yet shared regarding sugar-sweetened beverages at Children's Hospital Boston.**

## Demographics

# Children's Hospital Boston Beverage Survey

In this last section, we have just a few more questions to help us interpret your answers.

**\*13. What is your age?**

**\*14. Please indicate your gender.**

- ☐ Male
- ☐ Female

**\*15. How many children under 18, if any, do you have?**

**\*16. I generally work:**

- ☐ Day shifts only
- ☐ Night shifts only
- ☐ A mix of day and night shifts

## Thank You!

Congratulations! You have completed the survey. Thank you very much for your participation. Your answers will help shape decision-making in the future.