**Supplementary Table 3: RA Script for Participant Interaction & Interview Guide**

**START RA, when introducing the study to participant:** Note – please ask the participant of their interest in participating after they have completed the START study visit.

**Introduction:** Thank you so much <<name of the participant>> for your and your child's time in the START study. All of the data we collect will help us learn more about the risk factors of overweight, obesity and risk for diabetes and heart disease among the South Asian population. At this time, we are also conducting a small study with a few families in START to understand the factors that influence healthy lifestyle behaviours among young children and their families. This study is called HAPPY (Health Attitudes, Perceptions, and Practice among Young families). We will be asking you more details about your physical activity and diet, and barriers and facilitators for healthy eating and adequate exercise. This study will help us determine the perceptions, attitudes, and practices of families with young children (i.e. infants, toddlers, and young children) using qualitative interviews and analyses to identify levers and/or opportunities for future health-behavior interventions, aimed at preventing the development of the obesity, diabetes and related problems in adult family members, as well as girl and boy offspring.

If you agree to participate in this study, you will:

1) Review and sign a separate Informed Consent Form (I have a copy here for your review and to keep)
2) Meet with a research assistant (either by phone or in-person), named Sabina Mirza, from the START team at a convenient location and time for you
3) Discuss your and your family’s beliefs, attitudes and practices about healthy lifestyle, including physical activity, diet and other related behaviors.

“Would you be interested in learning more about the study”? OR “If consent to be obtained by study staff before contacted by Sabina (START). Would you be willing to participate in a 1 hour interview session?”

Yes – Thank you for your support. I will provide your name, phone number and email address to Sabina so she can contact you directly to set up a time for the interview.

No – Thank you for your consideration. We appreciate your time with START. I keep in touch with you for our next appointment.

**Interviewer, when calling the participant:** Introduction: Hello, my name is Sabina Mirza. May I please speak with <<name of the participant>>? Is this a good time to speak to schedule our interview?

Yes: Great. What is your availability over the next 2 weeks when I can come and do the interview with you at either your home or by phone?

No: When can I call you back.

**Interviewer during the interview:** Hello << name of the participant >> thank you for speaking with me. I will begin by getting you to sign this consent. (Hand over 2 copies of the consent, allow the participant time to review and ask questions). Please ask me if you have any questions.

Inform the participant that you are going to record the interview so that you can go back to the exact words and are not introducing your bias in taking the notes.

Once ready proceed with the interview:

Once done. Thank the participant for their time and inform them that they will be contacted by the START study RA for any future study related information.

**START Semi-Structured Interview Protocol**

**Physical Activity:** Please consider the forms of physical activity you have been able to do in the past that were helpful to your health and, at times, enjoyable and/or invigorating. Can you identify a form or forms of physical activity of this kind?

When able to do this form or these forms of physical activity, can you specify how often this is typically possible? (For each form of physical activity noted above, aim to elicit specific information)

**Check one for frequency:**

<table>
<thead>
<tr>
<th>1 time/week</th>
<th>2 times/week</th>
<th>3 times/week</th>
<th>4 times/week</th>
<th>5 times/week</th>
<th>6 times/week</th>
<th>7 times/week</th>
</tr>
</thead>
</table>

When able to do this form or these forms of physical activity, can you specify how long you could do them for? (i.e. for what mean duration, e.g. in min./activity period?)

**Check one for average duration/time:**

<table>
<thead>
<tr>
<th>10 minutes/time</th>
<th>20 minutes/time</th>
<th>30 Minutes/time</th>
<th>40 minutes/time</th>
<th>50 minutes/time</th>
<th>60 minutes/time</th>
<th>or more (specify how much more)</th>
</tr>
</thead>
</table>

Can you specify your average duration of physical activity of this kind per week?

**Check one for average duration/time:**

<table>
<thead>
<tr>
<th>10 minutes/time</th>
<th>20 minutes/time</th>
<th>30 Minutes/time</th>
<th>40 minutes/time</th>
<th>50 minutes/time</th>
<th>60 minutes/time</th>
<th>or more (specify how much more)</th>
</tr>
</thead>
</table>

If you had difficulty identifying a preferred mode of physical activity, or believe that you might want to engage in different approaches (other than those mentioned) please review the options below and indicate your preference for doing them.

Walking
Jogging
Hiking
Running
Swimming
Bicycling
X-Country Skiing
Downhill Skiing
Skate-boarding
Soccer
Softball
Badminton
Tennis
Squash
Bowling
Ice-cycling
Step-climbing
Treadmill exercise
Resistance exercise using elastic band
Fixed-Weight Training
Free-Weight Training
Ta Chi
Hatha Yoga
Bangra Dance
Yoga (type) 
Pilates
Other – Print in
If there was a more convenient way of doing your most preferred mode or modes of physical activity (as indicated above), how often do you feel you could do them?

Check one for frequency:
- 1 time/week
- 2 times/week
- 3 times/week
- 4 times/week
- 5 times/week
- 6 times/week
- or more (specify how much more)

Can you define what ‘more convenient way’ would mean in this context? Is it the option you indicated above or could you specify what other option(s) you have in mind?

Check one for average duration:
- 10 mins
- 20 mins
- 30 mins
- 40 mins
- 50 mins
- 60 mins or more (specify how much more)

Related Semi-Structured Interview Questions

1. Do you think you could follow through on the activity plan you indicated above over the next 12 months, i.e. during all four seasons (including winter)? If you anticipate any difficulties following through, can you help us understand what those difficulties might be? For example, would it be more difficult following through during winter or summer, fall or spring?
2. Is the activity plan for yourself linked to activity plans that you involve one or more offspring? (e.g., would you consider attending or have you been attending a gym, community activity program or YMCA where multiple family members effectively exercise during a certain period of day or evening?)
3. Is there an activity plan for one or more offspring that makes it more difficult for you to follow through on the plan for yourself? (e.g. watching your offspring’s soccer game or his/her gymnastics practice requires you to be sedentary while watching). How much impact does this difficulty have on carrying out your plan? Is there an alternative plan that might result in both you and your offspring engaging in common, shared activities (e.g. hiking together)? How difficult is it to carry out such plans? Are there community resources that you feel address these needs? Can you envision a community-type program that could help you and your offspring jointly engage in vigorous physical activity (together)?
4. Does your spouse engage in a physical activity program? If so, is his/her program linked in any way to your program? Do you sometimes engage in vigorous physical activity together or in some ‘linked’ way where you encourage or support each other in engaging in moderate-to-vigorous physical activity (MVPA)?
5. Are there some activities where all family members engage in MVPA together (i.e. spouse, self, offspring)?
6. Now, in referring to the current plan and/or the most typical activity pattern engaged in, what about this plan or pattern ‘works effectively’ for you?
7. What about this plan or pattern is most challenging to keep up or maintain, or sufficiently and consistently do? Are there particular times of the calendar year, or school year, or month that makes that especially difficult? What could be done to address these particular difficult times? How long do they last and how much do they reduce the quantities of your overall activity output?
8. If you do not think you can follow this activity plan, generally (although following it would be ideal), why not?
9. What changes would you like to make your plan better fit your current lifestyle and available time?
10. What challenges do you anticipate confronting in being able to reach your exercise goals? And those you have for your offspring? Do you have goals for your spouse’s exercise? If so, what are they and what difficulties do you see him/her confronting in achieving them? Altogether, can you provide a summary of the difficulties and/or challenge in supporting yourself and your family in obtaining healthy amounts of moderate to vigorous physical activity.
11. What resources do you think you would need to overcome these barriers?

Semi-Structured Interview Protocol

Dietary Activity: Please consider the following forms of healthy eating that you may have been able to adopt in the past, that were helpful (even temporarily) and, at times, enjoyable. These approaches to healthy eating would apply to you, individually, and to your offspring and spouse (if currently living with a spouse). Can you identify the most relevant forms of healthy eating? Is there one that applies?

Check one for consistency:
- Increasing my intake of vegetable protein (e.g. eating more chicken, fish, beef, etc.)
- Increasing my intake of animal protein (e.g. broccoli, carrots, apples, oranges, etc.)
- Reducing my total intake of calories (e.g. eating less sweet or low nutritional value - calorie rich foods including pastries, ice cream, muffins, etc.)
- Reducing my total intake of sugar (e.g. eating less sweet or low nutritional value foods and adding less sugar to foods - including pastries, ice cream, muffins, etc.)
- Reducing my total intake of animal protein (e.g. eating less chicken, fish, beef, etc.)

Please now identify any other forms of healthy eating that are relevant to you?

Check one for frequency:
- 1) Dictated description
- 2) Dictated description
- 3) Dictated description
- 4) Dictated description
- 5) Dictated description
- 6) Dictated description

When able to do this form or forms of healthy eating, can you specify how consistently you would be able to work towards your personal goal?

Check one for duration:
- For about 1 year (or more) – and I’m still working on it
- For about 9 months – and I’m not currently working on it
- For about 6 months - and I’m not currently working on it
- For about 3 months – and I’m not currently working on it
- For about 6 months - but I’m currently working on it
- For about 9 months – but I’m currently working on it

1. Consider how frequently you prepare meals for the family. For the most part, are you the only meal preparer in the family (i.e. nearly 100% of the time)? Or the most frequent meal preparer in the family (sharing 10% or less of these responsibilities with another relative or spouse or older offspring)? Or do you significantly share the meal preparer role in your family (sharing 10 - 25% of these responsibilities with another relative, or spouse or older offspring)? Or, at least, equally sharing the meal preparer role in your family (sharing 50% or more of these responsibilities with another relative, or spouse or older offspring)?
2. How frequently do you, or the person with whom you share a meal preparer role, opt to ‘take-in’ food from a nearby restaurant? Is the nearby restaurant ‘food quality’ as healthy as that which you usually prepare or not as healthy as that which you usually prepare? Is any of the food you and your family members eat outside the home conventionally considered ‘fast food’ (e.g. McDonalds, Wendy’s, Burger King, Tim Hortons, etc.)? When fast food is eaten, are the foods eaten particularly related to the most healthy (fast-food) menu options? What proportion of the foods eaten by your family qualify as ‘fast foods’?
3. Do you think you and your family are currently able to follow a healthy eating plan to reach the goals you have identified?
4. If so, what foods would you most want to emphasize in your plan?
5. What factors would help you to emphasize or eliminate in your healthy eating plan?
6. If not able to follow a healthy eating plan of your choosing, why do you think you could not do it? Can you be as specific as possible? (e.g. my family members all prefer different meals and it’s difficult to prepare them healthy versions of their preferences, we attend family and multi-family celebrations where unhealthy foods are freely available and eaten, and we consume leftovers from celebrative eating that undermine our healthy eating goals)
7. What changes would you make to your current plan to make it fit your lifestyle and time available?
8. What are the major obstacles and challenges you see in being able to follow healthy eating suggestions?
9. What resources do you think health promotion professionals could make available to help you overcome these barriers?

Physical Activity and Dietary Activity (in combination)
1. Considering both healthy physical activity and eating, would you be more willing to change either your physical activity or eating habits to achieve your health goals?
2. If so, would one be easier to change than the other?
3. What changes would you do in being able to change both eating and physical activity patterns?
4. What resources do you think you will need to overcome these barriers?

Online Applications Application
1. Do you or members of your family currently use any online resource to assist the tracking and undertaking of healthy diet and/or exercise? If so, can you name the ones used?
2. If so, can you describe the ‘apps’ used and how often they are used by whom? Are they deemed helpful? Can you imagine an online set of contacts that would be most helpful in your aiming to reach fitness and dietary goals related to yourself and members of your family.