

In-depth Interview Guide

Hello,

My name is (*RESEARCH ASSISTANT'S NAME*).

Thank you for agreeing to talk with me today. This interview is part of a research study called, "Pudong Canteen Intervention to Promote Health." We are trying to understand what factors might help employees eat healthy foods and what factors might make eating healthy foods more difficult.

More specifically, the aim of this interview is for you to help me understand the barriers and facilitators of making positive changes to the healthfulness of foods provided at the canteen.

There are no right or wrong answers to the questions I am about to ask you. All of your thoughts are important to us. If a question is unclear, please ask me to explain.

If you agree, I would like to record the discussion so that I don't miss anything, but I will not include your name on the audio recording.

Your participation is entirely voluntary. You have the right to refuse to participate, refuse to answer any question, and to stop the interview at any time. In addition, your participation will be confidential. The results of this study may be published on a scientific journal or be shared at scientific conferences but your identity will always remain anonymous.

Let's begin!

I. Perception of healthy and unhealthy foods

1. In your opinion, what is “healthy food”?
2. In your opinion, what is “unhealthy food”?
3. In your opinion, what is the relationship of food with diabetes and obesity?

Probe 1: Which foods contribute to causing diabetes and obesity?

Probe 2: Which foods prevent diabetes and obesity?

4. Among the foods available in the canteen, which of them do you consider “healthy”? Why do you consider them to be healthy?
5. Among the foods available in the canteen, which of them do you consider “unhealthy”? Why do you consider them to be unhealthy?

II. Willingness and acceptability to change

1. How long have you been working in the canteen?
2. What changes have you seen in the canteen since you started working? (Probe with respect to changes in price, food options, physical layout, and management.)
3. Do you know of any changes that were made in the canteen but were not successful? If so, why do you think they were not successful?
4. What changes would you like to see in the canteen? (Probe with respect to changes in price, food options, physical layout, and management.)
5. What changes can be made in the canteen and its food options to make it healthier?

Probe 1: What healthy foods can be added (breakfast, lunch, and snacks)? What are the enablers and barriers of adding those foods? If participant does not respond, probe further on fruits

Probe 2: What unhealthy foods can be substituted (breakfast, lunch, and snacks)? What are the enablers and barriers of removing those foods? If participant does not respond, probe further on white rice and red meat

Probe 3: What do you think about the use of oil in cooking the recipes at the canteen?

Probe 4: What do you think about the use of salt in cooking the recipes at the canteen?

6. What is the overall management process of the canteen? How is the menu and price determined?

III. Specific interventions

Price interventions

1. What do you think about the price of foods offered in the canteen? Which foods are expensive? Which foods are cheap?
2. Do you think that the price of the foods should be changed in the canteen? If so, in what way?
3. What do you think about increasing the price of healthy foods and decreasing the price of unhealthy foods such that the total revenue remains constant?
4. What do you think is feasible percent to increase the price of unhealthy foods?
5. What do you think is feasible percent to decrease the price of healthy foods?
6. What are the enablers and barriers of changing prices in the canteen?

Food labeling interventions

7. What do you think about adding nutrient information to the canteen menu? What are the enablers and barriers of making these changes in the canteen?
8. What do you think about adding color codes to the foods such as green for healthy foods and red for unhealthy foods? What are the enablers and barriers of making these changes in the canteen?

Capacity building interventions

9. What training have you received since you joined the canteen?
10. What training do you think is necessary for you and other canteen workers in order to make the canteen healthier?