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## Mott Poll Questions



## Protein Supplements

The following questions were answered by parents with children age 13-17 years old.

Q1. In the past year, has your [x]-year-old child consumed any of the following protein supplements? *Select all that apply.* 

- 1. Protein shakes
- 2. Protein powder
- 3. Protein bars
- 4. High-protein diet (e.g., keto diet)
- 5. None of the above

[If Q1 = 1, 2, or 3]

Q2. In a typical week, how often does you [x]-year-old child consume protein shakes, powders, or bars?

- 1. Every day (7 days)
- 2. Most days (4-6 days)
- 3. A few days (1-3 days)
- 4. None
- 5. Unsure

[If Q1 = 1, 2, 3, or 4]

Q3. For what reason does your [x]-year-old child consume protein supplements/high protein diet? Select all that apply.

- 1. Build muscle
- 2. Help with weight loss
- 3. Have a balanced diet
- 4. Sports training/performance
- 5. Replace a meal when busy/don't feel like eating
- 6. Doesn't get other sources of protein
- 7. No particular reason

Q4. Have any of the following encouraged your [x]-year-old child to use protein supplements or eat a high-protein diet? *Select all that apply*.

- 1. Parents or other family members
- 2. Coaches or trainers
- 3. Other students or teammates
- 4. Healthcare provider
- 5. Social media / ads
- 6. None of the above

## Q5. In general, how important are the following to your [x]-year-old child?

	Very important	Somewhat important	Not important
a. Getting in shape/building muscle			
b. Losing weight			
c. Looking attractive			
d. Improving sports performance			
e. Being healthy in general			

Q6. Do you think the amount of protein your [x]-year-old child is getting is:

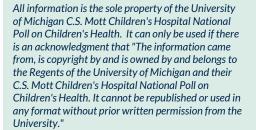
- 1. Too much
- 2. Too little
- 3. About right
- 4. Unsure

Q7. Do you think a high-protein diet is healthy for your [x]-year-old child?

- 1. Yes
- 2. No

Q8. Do you use protein supplements or eat a high protein diet?

- 1. Yes protein shakes, bars, or powders
- 2. Yes high-protein diet
- 3. No





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