

Thank you for responding to this survey, which has 43 questions that we expect will take 15-20 minutes to complete. You may skip any question, and if you do answer will be asked for an assessment of your confidence in that ranking on a 1-10 scale (where 1 is least certain, and 10 is the highest possible certainty). You will also be given a free-text field after each group of questions where you can enter any comments, explanations or other considerations. If you are interrupted, you may return to this link with the same browser to complete your responses.

The survey will remain open for 14 days from the time you received the invitation email. The mean response for each item will then be posted on www.apollosurveys.org, along with the individual responses of each participant. If you choose to not have your name shown, your responses will be listed as "Anonymous" on www.apollosurveys.org.

* 1. Would you like your responses to be anonymous?

Anonymous Show my name

2. Participant Info (we will only display this if you choose not to be anonymous)

Full Name

Institution (typically a university name)

3. Would you like to be invited to a recurring panel of experts for future questions? (Only non-anonymous respondents are eligible)

Yes No

The following questions ask for your scientific opinion regarding the relative importance and strength of the evidence regarding major aspects of the U.S. food system, by ranking the options from 1 to 5 (where 1 is most important). If you do not have an opinion you may skip the question. If you do answer you can state your confidence in that ranking on a 1-10 scale (where 10 is the highest possible certainty), and also enter any comments, explanations or other considerations in a free-text field.

4. What do you believe caused the sharp rise in U.S. obesity rates since the mid-1970s, as shown by [this chart of NHANES data](#) among other sources?

- Higher **incomes**, allowing consumers to buy more of all foods
- Change in **prices** of existing foods, leading consumers to buy less healthy & more unhealthy foods
- Change in **composition** of available foods, from food manufacturers & restaurants
- Change in **marketing** of foods, including more frequent snacking & larger portion sizes
- Reduced **physical activity**, either at work or in everyday life

5. How confident are you in your ranking, on a scale of 1 (the least confident) to 10 (the most confident)?

6. Any comments? These will be shown with your responses. (Limit to 50 words.)

7. What do you believe should be the highest-priority policies or programs by which to improve nutrition and health for greater longevity and quality of life of the American people?

- Higher **incomes for people in poverty**, through either employment or social safety nets
- Better **access to healthy foods**, through lower prices or vouchers and availability in local markets
- Marketing **regulations on unhealthy foods and drinks**, with rules on what can be sold and how
- Excise **taxes on unhealthy foods and drinks**, to raise price and discourage use such as soda taxes
- Improvements in **consumer decision-making**, via education and empowerment

8. How confident are you in your ranking, on a scale of 1 (the least confident) to 10 (the most confident)?

9. Any comments? These will be shown with your responses. (Limit to 50 words.)

The following questions ask for your scientific opinion regarding whether the following changes would improve or worsen overall health and average life expectancy in the United States. The options for each change are that it would "greatly worsen, slightly worsen, not alter, slightly improve, much improve" health and longevity. If you do not have an opinion you may skip the question. If you do answer you can state your confidence in that ranking on a 1-10 scale (where 10 is the highest possible certainty), and also enter any comments, explanations or other considerations in a free-text field.

*On balance, **for overall health and average life expectancy of the U.S. population**, what do you expect would be the effect for most people of having a larger fraction of their overall diet that*

10. Follows the **Dietary Guidelines for Americans**, instead of the dietary patterns they now follow

- Greatly worsen Slightly worsen Not alter Slightly improve Much improve

11. How confident are you in the previous answer, on a scale of 1-10?

12. Any comments? These will be shown with your responses. (Limit to 50 words.)

13. Meets **Dietary Reference Intake (DRI) criteria** for all nutrients, instead of intakes they now have

- Greatly worsen Slightly worsen Not alter Slightly improve Much improve

14. How confident are you in the previous answer, on a scale of 1-10?

15. Any comments? These will be shown with your responses. (Limit to 50 words.)

*The following set of questions use the same format, and are about **individual types of food**. Confidence question and comments are at the end of this set.*

*On balance, **for overall health and average life expectancy of the U.S. population**, what do you expect would be the effect for most people of having a larger fraction of their overall diet that:*

16. Includes more **fruits and vegetables**, instead of other foods in current diets

- Greatly worsen Slightly worsen Not alter Slightly improve Much improve

17. Includes more **cow's milk and dairy**, instead of other foods in current diets

- Greatly worsen Slightly worsen Not alter Slightly improve Much improve

18. Includes more **beans and lentils**, instead of other foods in current diets

- Greatly worsen Slightly worsen Not alter Slightly improve Much improve

19. Includes more **eggs**, instead of other protein-rich foods in current diets

- Greatly worsen Slightly worsen Not alter Slightly improve Much improve

20. Includes more **fish**, instead of other protein-rich foods in current diets

- Greatly worsen Slightly worsen Not alter Slightly improve Much improve

21. Includes more **beef**, instead of other protein-rich foods in current diets

- Greatly worsen Slightly worsen Not alter Slightly improve Much improve

22. Includes more **nuts and seeds**, instead of other foods in current diets

- Greatly worsen Slightly worsen Not alter Slightly improve Much improve

23. Includes more **sugar-sweetened beverages**, instead of other beverages in current diets

- Greatly worsen Slightly worsen Not alter Slightly improve Much improve

24. Includes more **whole grains**, instead of refined grains and simple carbohydrates such as potatoes

- Greatly worsen Slightly worsen Not alter Slightly improve Much improve

25. How confident are you in the previous **set** of answers, on a scale of 1-10?

26. Any comments? These will be shown with your responses. (Limit to 50 words.)

*The following set of questions use the same format, and are about **individual nutrients**. Confidence question and comments are at the end of this set.*

*On balance, **for overall health and average life expectancy of the U.S. population**, what do you expect would be the effect for most people of having a larger fraction of their overall diet that:*

27. Includes **more of all carbohydrates**, instead of protein and fats

- Greatly worsen Slightly worsen Not alter Slightly improve Much improve

28. Includes **more of all proteins**, instead of fats and carbohydrates

- Greatly worsen Slightly worsen Not alter Slightly improve Much improve

29. Includes **more of all fats**, instead of protein and carbohydrates

- Greatly worsen Slightly worsen Not alter Slightly improve Much improve

30. Includes **more plant oils**, instead of other ingredients

- Greatly worsen Slightly worsen Not alter Slightly improve Much improve

31. Includes **more added sugars**, instead of other ingredients

- Greatly worsen Slightly worsen Not alter Slightly improve Much improve

32. Includes **more added sodium**, instead of other ingredients

- Greatly worsen Slightly worsen Not alter Slightly improve Much improve

33. How confident are you in the previous **set** of answers, on a scale of 1-10?

34. Any comments? These will be shown with your responses. (Limit to 50 words.)

The following set of questions use the same format, and are about **farming, processing, and cooking**.
Confidence question and comments are at the end of this set.

On balance, **for overall health and average life expectancy of the U.S. population**, what do you expect would be the effect of more people having a larger fraction of their overall diet that:

35. Uses more foods **produced under organic certification**, instead of other methods now being used

- Greatly worsen Slightly worsen Not alter Slightly improve Much improve

36. Uses more foods **cooked at home**, instead of the restaurants where they now eat

- Greatly worsen Slightly worsen Not alter Slightly improve Much improve

37. Uses more foods **processed using older methods**, instead of the more recent processing now being used

- Greatly worsen Slightly worsen Not alter Slightly improve Much improve

38. Is made without **sub-therapeutic antibiotics** in livestock, instead of the practices now being used

- Greatly worsen Slightly worsen Not alter Slightly improve Much improve

39. Is made without **growth hormones** in cattle, instead of the practices now being used

- Greatly worsen Slightly worsen Not alter Slightly improve Much improve

40. Is made without **pesticides and herbicides** on plants, instead of the practices now being used

- Greatly worsen Slightly worsen Not alter Slightly improve Much improve

41. Is grown without **genetically modified organisms (GMOs)**, instead of the varieties now being used

- Greatly worsen Slightly worsen Not alter Slightly improve Much improve

42. How confident are you in the previous **set** of answers, on a scale of 1-10?

43. Any comments? These will be shown with your responses. (Limit to 50 words.)