

Mott Poll Questions



C.S. MOTT
CHILDREN'S HOSPITAL
UNIVERSITY OF MICHIGAN HEALTH

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 your [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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