

Introductory Questionnaire (Used for the collection of basic data from pregnant women, farmers, or local food traders)



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Purpose of This Instrument:

- Dig deeper into the consumption and availability of local food for pregnant women.
- Understand the perceptions of the community, farmers, and traders related to the potential and challenges of local food.
- To know policies and interventions that can support the improvement of food security and nutrition through local food in East Kalimantan.

With this guide, it is hoped that the interview can run more detailed, structured, and in-depth, so that the results of the research will be more comprehensive and informative.

[A] Demographic Data

- [1] Respondent Name: (Used for respondent identification and maintaining data personalization)
- [2] Age: (Current age in years, it is very important to look at relevant nutritional consumption patterns in pregnant women)
- [3] Address: (Region of residence:
 - city
 - village
 - rural or remote areas
- [4] Work: (Primary occupation or livelihood, whether working in the formal or informal sector)
- [5] Final Education:
 - SD

- JUNIOR
- SMA
- Diploma
- Bachelor
- >S2

[6] Socioeconomic Status:

- Earnings per month: (Low, Medium, High)
- Access to health insurance: (Do you have BPJS or other health insurance?)
- Number of family members: (How many people in the household are your dependents?)

[B] Health Conditions and Nutritional Status of Pregnant Women

- [1] Are you currently pregnant?
 - (Yes/No) If so, what pregnancy is this to?
 - First, second, or third trimester?
- [2] What is your current gestational age? (Months or weeks of pregnancy)
- [3] Have you ever had any health problems during this pregnancy? (Anemia, chronic lack of energy (KEK), hypertension, gestational diabetes, etc.)
- [4] Do you take supplements or vitamins during pregnancy? (Iron, folic acid, calcium, vitamin D, etc.)
- [5] How do you assess your daily food intake?
 - Do you think it already includes essential nutrients such as: iron, protein, calcium, and vitamin D?
 - How often do you eat protein-rich foods

such as fish, meat, eggs, or plant-based foods?

- Do you feel full and energized every day, or are there days where you feel less energized?

[C] Consumption Patterns and Food Security

- [1] What are the main foods you eat during pregnancy? (Rice, corn, cassava, fish, meat, vegetables, fruits, *etc.*)
- [2] Do you eat local foods in your daily diet? (Yes/No) If so, mention examples of local foods that you often consume (*e.g.*, local vegetables, local fish, local tubers, local fruits).
- [3] Do you think your nutritional needs during pregnancy have been met with the available food? (If not, what part do you think is missing? (For example: protein-rich foods like eggs or meat, energy-giving foods like rice or bread, foods with vitamins like fruits, or foods with minerals like green vegetables).)
- [4] How do you have access to local food? (Easy or hard to find? Is it affordable for all walks of life?)
- [5] Are there any challenges or difficulties in getting nutritious local food? (For example, seasonal local food availability, high prices, limited distribution, *etc.*)

2. In-Depth Interview Guide

(For ****Pregnant Women, Farmers/Traders, and Community Leaders****)

[A] Interview with Pregnant Women

- [1] Experience during pregnancy:
 - How has your physical condition been since the beginning of pregnancy? (Do you find it easier to get tired, nauseous, or face other health problems?)
 - Can you tell us about your experience of eating food during pregnancy? (What do you usually eat daily, and are there any changes in diet compared to before pregnancy?)
 - Have you ever received nutrition education for pregnant women? (If so, from whom? Health workers, midwives, or other media?)
 - Do you feel that the information you get is sufficient to help you make nutrition-related decisions during pregnancy? (Is there any information you still need?)
- [2] Local Food Consumption Patterns:
 - What are the types of local foods you consume during pregnancy? (For example, local vegetables or fruits, local fish, or local tubers.)
 - Why did you choose these foods? (Is it for reasons of price, tradition, taste, or other factors?)
 - What do you think of the quality of local food available around you? (Is it easily

accessible and has good enough health benefits for pregnant women?)

[3] Availability and Accessibility of Local Food:

- Do you find it easy to access quality local food? (If not, what are the main challenges? Such as limited availability, high prices, or difficult accessibility?)
- Are there differences in local food availability between specific seasons? (Are certain types of local foods only available in certain seasons?)

[4] Food Preferences and Traditions:

- Are there any dietary restrictions in local traditions that affect your diet during pregnancy? (For example, the prohibition of eating certain fish, or the belief not to eat certain foods while pregnant.)
- ****How does family and environment play an impact on your diet? (Do they support local food consumption or tend to prefer modern/instant food?)**

[B] Interview with Local Food Farmers/Traders

[1] Local Food Production:

- What are the types of local foods that you grow or sell? (Mention the types and production quantity per season.)
- Has there been a change in demand for local food in recent years? (Is it increasing or decreasing? What is the reason?)
- How do you manage local food production? (Is it using traditional or modern methods? Are there any challenges in the production process, such as weather, capital, or labor?)

[2] The Role of Local Food for Food Security:

- What do you think is the role of local food in supporting food security in this region? (Can local food be a better alternative to commercial products from outside the region?)
- Do you get support from the government or the community in developing local food? (Assistance in the form of training, counseling, or access to the market?)

[3] Availability and Demand:

- What is the demand for local food from consumers, especially pregnant women? (Is there an upward or downward trend?)
- Are local food prices stable or change frequently? (What are the factors that affect price changes?)

[C] Interviews with Community Leaders

[1] Views on Local Food:

- What is the public's perception of the importance of local food for the health of pregnant women? (Are the community aware of the nutritional benefits of local food?)

- Are there any traditions or customs of the community regarding the consumption of local food during pregnancy? _(For example, special foods that should be consumed by pregnant women for fetal health.)_

[2] Nutrition Interventions and Support:

- Are there any government or non-governmental programs that encourage the use of local food for pregnant women? _(For example, health campaigns or local food giving as social assistance.)_
- What do you think can be done to

increase the use of local food in supporting the nutritional security of pregnant women? _(What is the role of society and government in this?)_

Interview Conclusion:

Is there anything else you would like to convey regarding the use of local food and the nutritional security of pregnant women?

(For example, suggestions for government programs, expectations from the community, or unanswered challenges.)

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