

# Assignment B1: Iodine awareness quest: crafting a community questionnaire

Work with your classmates to create a questionnaire that asks family and friends or people in your community about iodine and how it affects their health.

Steps:

1. **Choose your topic:** decide what you want to learn about iodine and health in your community. Discuss and brainstorm the key topics related to iodine and health that you want to investigate.
2. **Choose your target group(s):** consider the specific target group you wish to explore. If you wish, you can refer to the target groups mentioned in the booklet on page 11.
3. **Crafting your questionnaire:** draft a set of questions for your questionnaire. Aim for 6-10 questions and design your questionnaire. Test your questionnaire and make any changes, if needed.
4. **Data collection:** decide if you want people to fill out the questionnaire in person or online. Collect answers from at least 10 people.
5. **Data analysis:** look at the answers to see what people in your community know about iodine and health.
6. **Presentation:** make a presentation and share what you have found.

When you create your questionnaire consider the following:

- **Know your goal:** clearly define what information you want to gather from the questionnaire.
- **Keep it simple:** use clear and straightforward language in the questions.
- **Avoid bias:** make sure the questions are neutral and don't influence responses.
- **Be respectful:** be mindful of cultural sensitivity and treat respondents with respect.
- **Test it out:** pilot the questionnaire with a small group to identify any issues, e.g. do respondents have the answering options they need?
- **Protect privacy:** ensure the survey is anonymous and confidential if needed.
- **Keep it short:** keep the survey concise to avoid boredom or fatigue.
- **Use visuals:** consider using visuals like images or charts to make the survey more engaging.

**What is a biased question?** A biased question is one that leads or influences people to answer in a specific way. E.g.: “Do you agree that pizza is the greatest food?” Or: “Do you believe that weekends are far better than weekdays, or are you just a fan of endless work and no play?”

### Template for questionnaire and sample questions

You can use one or more of these sample questions and/or answer categories or revise according to your chosen objectives.

#### 1. Have you ever heard about iodine and its importance for health?

- Yes
- No

#### 2. What does iodine do in your body?

- Ensures normal growth and development in children
- Supports muscle growth
- Aids in blood clotting
- Helps to maintain normal metabolism
- Prevents blindness
- Ensures a healthy development of the foetus
- I am not sure



#### 3. What are the potential health consequences of a too low intake of iodine?

- Increased risk of goitre
- Increased risk of mental impairment
- Increased vulnerability to infections
- I am not sure

#### 4. What sources of iodine are you aware of? (Select all that apply)

- Iodised salt
- Seafood
- Dairy products
- Vegetables
- I am not sure

**5. I think eating a healthy diet is important.**

| Completely agree<br>① | Agree<br>② | Neither agree nor disagree<br>③ | Disagree<br>④ | Completely disagree<br>⑤ |
|-----------------------|------------|---------------------------------|---------------|--------------------------|
|                       |            |                                 |               |                          |

**6. Would you consider changing your diet to include more iodine-rich foods if you knew it would improve your health?**

- Yes
- No
- Maybe