



Polish Annals of Medicine

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SUPPLEMENTARY MATERIALS

Horvath A, Stróżyk AK, Szajewska H, Dziechciarz P. Infant feeding knowledge and practices among parents of infants aged 4–12 months in Poland: an online cross-sectional survey study. *Pol Ann Med.* <https://doi.org/10.29089/paom/146442>. [in press].

Appendix 1. A study questionnaire.

SCREENER

1. Gender
 - a) Female.
 - b) Male.
2. Do you have a child aged 4-12 months?
 - a) Yes.
 - b) No → finish.
3. How old is your child?
_____ months.

MAIN QUESTIONNAIRE

1. How do you assess your knowledge regarding child feeding at his/her first year of life (*one-choice question*)?
 - a) Very good.
 - b) Sufficiently.
 - c) Average.
 - d) Insufficiently.
 - e) Definitely insufficiently.
2. There are a few advices regarding child feeding in his/her first year of life, please choose the most appropriate level of your agreement with each of the following advice.

Advices	Completely agree	Rather agree	Neither agree, nor disagree	Rather disagree	Completely disagree
Fruits are a good source of vitamins in infants					
Fruit juices should be given to infants younger than age 1.					
Plant-based beverages, 'plant-based milks' [e.g., coconut or almond milk] are an appropriate alternative to breast-milk substitutes such as an infant formula or protein hydrolysate.					
Potentially allergenic foods such as eggs, wheat, fish should be only included into infant diet after other complementary food had been introduced.					
If an infant develops symptoms following the introduction of a new food such as an egg, the introduction of other potentially allergenic foods should be delayed.					



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3. Which of below complementary foods (other foods than cow's milk formula) have you already introduced to your child's diet (*multi-choice question*)?
 - a) Fruits, mouses, fruit smoothies in tubes/sachets.
 - b) Fruit juices.
 - c) Cow's milk.
 - d) Plant-based beverages e.g., coconut-based, rice-based.

4. What sources of information regarding child feeding do you use during COVID-19 pandemic (*multi-choice question*)?
 - a) Other parents, family members, or friends.
 - b) Webinars/experts' recommendations.
 - c) Internet and apps.
 - d) Professional expert guides.
 - e) No need to deepen knowledge on child feeding.
 - a) Other sources.

5. Did the COVID-19 pandemic impact on the way of feeding your child (*one-choice question*)?
 - a) No.
 - b) Rather no.
 - c) Rather yes.
 - d) Hard to say/I don't know.

4. What has changed in the diet of your child during the COVID-19 pandemic (*multi-choice question*)?
 - a) My child is currently fed by someone else.
 - b) My child receives more new tastes/foods.
 - c) My child received less new tastes/foods.
 - d) My child receives more home-made food.
 - e) My child receives more ready-made food for children.
 - f) My child receives more often less expensive foods.
 - g) My child receives more often more expensive foods.
 - h) My child receives more foods from ecological farms ('bio/eco').
 - i) My child is more often breastfed.
 - j) My child is less often breastfed.
 - k) My child received less often cow's milk formula.
 - l) My child receives more often cow's milk formula.

5. How do you introduce new complementary foods to your child's diet during COVID-19 pandemic (*one-choice question*)?
 - a) Pandemic did not impact the way of feeding and introducing new flavors.
 - b) I introduce a majority of products, with extension of time between new flavors/meals.
 - c) I introduce a majority of products, delaying introduction of potentially allergenic products as having higher risk of allergy (e.g., eggs, fish, wheat).
 - d) I am extending the time between new meals/flavors, especially potentially allergenic products.
 - e) I do not introduce new products as I am afraid of intolerance.



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6. Does your child receive any food supplements during COVID-19 pandemic (i.e., probiotics, synbiotics, multivitamin) (*one-choice question*)?
- Yes.
 - Irregular supplementation.
 - No.

What was your first point of contact when having problems with the feeding of your child during the COVID-19 pandemic (*one-choice question*)?

- Public healthcare doctor (incl. telehealth).
- Private visit to a doctor.
- Websites.
- More experiences parents, friends, family members.
- No need for looking for support.
- Other sources.
- Hospital.

In your opinion, what was the most infant-feeding related issues during COVID-19 pandemic?

- Lack of access to doctor for consultation about feeding.
- Lack of access to fresh and safe food.
- Limited access to ready-made foods for children.
- Others.

DEMOGRAPHIC CHARACTERISTICS

- How old are you?
 - _____ years old.
 - Response refusal.
- What is your level of education (*one-choice question*)?
 - Primary.
 - Secondary.
 - Tertiary.
 - Vocational.
 - Response refusal.
- How would you assess your family material situation (*one-choice question*)?
 - Enough money and some savings.
 - Enough money, but not enough for savings.
 - Living sparingly and, therefore, have enough money.
 - Living very sparingly to save money for more serious expenses.
 - Money only for basic need.



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4. How will COVID-19 pandemic influence on your family material situation (*one-choice question*)?
 - a) Change for better.
 - b) Rather change for the better.
 - c) No change.
 - d) Rather change for the worse.
 - e) Change for the worse.

5. What is your city of residence (*one-choice question*)?
 - a) Village
 - b) City of 20 000 of citizens.
 - c) City of 20 000–100 000 of citizens.
 - d) City of 100 000–500 000 of citizens.
 - e) City of above 500 000 of citizens.

QUESTIONS ASKED ONLY IN 2021 QUESTIONNAIRE

6. Do you think that the COVID-19 pandemic impacted access to doctors and the possibility to discuss infant-feeding related problems?
 - a) Yes.
 - b) Rather yes.
 - c) Rather no.
 - d) No.

Did you use telehealth at least once to discuss the health of your child?

- a) No.
- b) Yes.

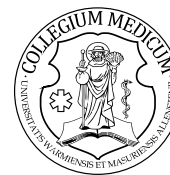
Do you think that telehealth gives you the possibility to discuss nutrition problems of your child?

- a) Yes.
- b) Rather yes.
- c) Rather no.
- d) No.



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Appendix 2. Sociodemographic characteristics of survey participants, *n*(%).

Characteristic	<i>n</i> (%)
Total	6934
Gender	
Female	6880(99.2)
Male	54(0.8)
Age, responders	
Up to 25 y	1132(16.3)
26–30 y	3267(47.0)
31–35 y	2066(29.8)
>36 y	469(6.8)
Age, infants	
4–6 months	1695(24.4)
7–12 months	5239(75.5)
Education	
Primary	41(0.6)
Secondary	654(9.4)
Vocational	1197(17.3)
Tertiary	4995(72.0)
Answer denial	47(0.7)
Financial family status (perceived by parents)	
Enough money and some saving	3519(50.7)
Enough money, but not enough for savings	2144(30.9)
Living sparingly and, therefore, have enough money	999(14.4)
Living very sparingly to save money for more serious expenses	136(2.0)
Money only for basic needs	136(2.0)
Impact of COVID-19 pandemic on family material situation	
Change for the better	59(0.85)
Rather change for the better	135(1.95)
No change	3984(57.5)
Rather change for the worse	2012(29.0)
Change for the worse	744(10.7)
City of residence	
Village	1862(26.85)
City of 20k citizens	746(10.8)
City of 20–100k citizens	1382(19.9)
City of 100–500k citizens	1224(17.65)
City of above 500k citizens	1720(24.8)



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Appendix 3. Summary of the responses ($n = 6934$).

Question	n (%)
Participants self-assessment of knowledge on infant feeding	
Sufficient	4769 (68.8)
No opinion	1873 (27.0)
Insufficient	292 (4.2)
Agreement with the selected infant feeding statements	
Fruits are a good source of vitamins in infants	
Agree	5222 (75.3)
No opinion	141 (2.0)
Do not agree	1571 (22.7)
Fruit juices should be given to infants younger than age 1.	
Agree	1667 (24.0)
No opinion	1029 (14.8)
Do not agree	4238 (61.1)
Plant-based beverages, 'plant-based milks' [e.g., coconut or almond milk] are an appropriate alternative to breast-milk substitutes such as an infant formula or protein hydrolysate	
Agree	1255 (18.1)
No opinion	1525 (22.0)
Do not agree	4154 (59.9)
Potentially allergenic foods such as eggs, wheat, fish should be only included into infant diet after other complementary food had been introduced.	
Agree	1587 (22.9)
No opinion	605 (8.7)
Do not agree	4742 (68.4)
If an infant develops symptoms following the introduction of a new food such as an egg, the introduction of other potentially allergenic foods should be delayed.	
Agree	2377 (34.3)
No opinion	698 (10.1)
Do not agree	3859 (55.7)