

Topic	Instrument	Question	Responses
Introduction	Understanding Arsenic Consumption within the Celiac Disease/Gluten-Free Community	<p>We are a team of researchers and community engagement specialists from Dartmouth College, (Hanover, New Hampshire) working in collaboration with Dr. Daniel Leffler of The Celiac Center at Beth Israel Deaconess Medical Center, Tricia Thompson RD, MS (The Gluten Free Dietician), Marilyn G. Geller, MSPH of the Celiac Disease Foundation and Kristin Voorhees, MA of Beyond Celiac.</p> <p>We are studying human exposure to arsenic, a naturally occurring metal that is harmful to human health. We are setting up a study on arsenic exposure from a gluten-free diet, and are seeking to build a research partnership with the celiac disease community.</p> <p>As you may already know from stories in the media, rice has been found to contain varying amounts of arsenic. Rice plants absorb arsenic from flooded paddy soils, but the amount and type of arsenic depends on many factors, such as the type of rice, the way the rice is grown, and the way it is processed. Rice is a common alternative grain in the gluten-free diet, and rice-based ingredients are used in many foods, from sweeteners and syrups to flours. This raises the concern that people who frequently eat a lot of rice may have an arsenic exposure level that will affect their long term health.</p> <p>We want to hear your concerns about arsenic in your diet, and give you the opportunity to tell us what studies you think should be done.</p> <p>Please Note:</p> <p>* You must be 18 or older to complete this survey.</p> <p>* This survey should take 15-20 minutes to complete.</p> <p>* This survey is being promoted through a variety of national partners. Should you receive this survey from more than one source, please do not complete the survey more than once.</p> <p>Thank you so much for your time</p>	
Background Information	Background Information	Please select your age category:	18-20,21-25,26-35,36-45,46-55,56-65,66 or older,I would prefer not to answer
Background Information	Background Information	Please select your gender:	Male,Female,Transgender, I would prefer not to answer
Background Information	Background Information	Do you have celiac disease?	Yes,No
Background Information	Background Information	How long have you had celiac disease?	Less than 1 year,1-5 years,6-10 years,11-20 years,Over 21 years
Background Information	Background Information	Have you been diagnosed with celiac disease by a physician?	Yes,No
Background Information	Background Information	If you do not have celiac disease, but follow a gluten-free diet, how long have you followed a gluten-free diet?	Less than 1 year,1-5 years,6-10 years,11-20 years,More than 21 years
Dietary Habits	Dietary Habits	On an average day within the last 12 months, how many servings of whole grain rice (rice as a whole food, not as part of a packaged or process product) do you consume?	0,1-2,3-4,5-6,More than 6,I don't know

Dietary Habits	Dietary Habits	On an average day within the last 12 months, how many servings of products containing rice as a main ingredient do you consume?	0,1-2,3-4,5-6,More than 6,I don't know
Dietary Habits	Dietary Habits	Please identify how many children (under 18) live in your household:	
Dietary Habits	Dietary Habits	Please identify how many adults live in your household (excluding yourself):	
Dietary Habits	Dietary Habits	Please identify how many children (under 18) who live in your household eat a gluten-free diet:	
Dietary Habits	Dietary Habits	Please identify how many adults who live in your household eat a gluten-free diet (excluding yourself):	
Dietary Habits	Dietary Habits	Are you the person who does most of the shopping for or cooking of gluten-free foods in your household?	Yes,No
Dietary Habits	Dietary Habits	When buying packaged gluten-free food products, how easy or hard is it for you to understand the nutritional information?	Very easy,Easy,Neither easy nor hard,Hard,Very Hard
Dietary Habits	Dietary Habits	Overall, how easy or hard is it for you to eliminate gluten from your diet or avoid dietary exposure to gluten through cross-contact from gluten-containing foods?	Very easy,Easy,Neither easy nor hard,Hard,Very hard
Dietary Habits	Dietary Habits	What are some of the challenges you have when following your gluten-free diet? Please select all that apply.	Eating out,Cross contamination,Attending Social Events,Eating while traveling,Appropriate labeling of foods and beverages,I don't know where to go for additional information or support,Other
Dietary Habits	Dietary Habits	Other (please specify):	
Arsenic and Rice	Arsenic and Rice	Have you ever heard of the possible association between rice consumption and arsenic exposure?	Yes,No
Arsenic and Rice	Arsenic and Rice	How well do you feel you understand the issue of arsenic in rice and in products containing rice?	No understanding,Basic understanding,Moderate understanding,Strong understanding,Extremely strong understanding
Arsenic and Rice	Arsenic and Rice	On a daily basis, how concerned are you about arsenic in rice and in products containing rice?	No concern,Slight concern,Moderate concern,Strong concern,Extreme concern
Arsenic and Rice	Arsenic and Rice	Has your doctor or dietitian ever discussed arsenic, as it relates to celiac disease or a gluten-free diet, with you?	Yes,No,I don't remember
Arsenic and Rice	Arsenic and Rice	Are you currently taking steps to reduce your exposure to arsenic in rice and/or in products containing rice?	Yes,No

Arsenic and Rice
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Please select all actions you take on a regular basis which you believe will reduce your exposure to arsenic in rice and in products containing rice. Please select all that apply.
Other (please specify):

Reduce consumption of rice,Substitute with other food choices,Stopped eating all whole rice and packaged products containing rice,Check where rice was grown,Rinse, wash or soak the rice well before cooking,Cook rice in extra water,Only eat organic rice,Only eat certain types of rice,Other

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Please select why you are not currently taking steps to potentially reduce your exposure to arsenic in rice or in products containing rice. Please select all that apply.
Other (please specify):

I don't eat that much rice in general,I don't really think this is a big deal,There are no good alternatives to rice, so I cannot stop eating it,Eating rice is an important part of my culture,I think rice is part of a healthy diet,I was not aware of this issue,My doctor or dietitian says I don't need to worry about it,Eating a gluten free diet is hard enough; I can't remove or reduce rice or rice based products right now,Rice is a gluten-free grain that is least likely to come into cross-contact with wheat, barely or rye,Other

Community Support
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When you have questions about the gluten-free diet, where do you go for additional information or advice? Please select all that apply.
Other (please specify):

Family doctor,Dietitian,Gastroenterologist,Alternative medical professional,Medical books/journals,Cookbooks,Gluten-free diet books,Gluten-free diet magazines,General interest newspaper/magazine,Social media, e.g. Facebook, Twitter,Blogs,Basic internet search,Celiac disease support association/organization,Another person with celiac disease,None of the above,Other

Community Support	Community Support	Are you a member of or regularly follow any celiac disease or gluten-free online communities? This may include subscribing to a blog, checking a website, following an organization or person on social media, etc.	Yes, No
Community Support	Community Support	Do you attend any in-person gluten-free or celiac disease support or meet-up groups in your local community?	Yes, No
Educational Resources	Educational Resources	How often do you access or research information on celiac disease or a gluten-free diet? Please list the top three online resources you visit/use for accurate and up-to-date information on celiac disease and/or gluten-free living.	More than once a day, Once a day, Several times a week, Once a week, Several times a month, Once a month, Never
Educational Resources	Educational Resources	Number 1: Please list the top three online resources you visit/use for accurate and up-to-date information on celiac disease and/or gluten-free living.	
Educational Resources	Educational Resources	Number 2: Please list the top three online resources you visit/use for accurate and up-to-date information on celiac disease and/or gluten-free living.	
Educational Resources	Educational Resources	Number 3: Do you currently use any mobile apps or webpages to monitor or track your gluten-free diet/nutritional intake?	Yes, No
Educational Resources	Educational Resources	Would you be willing to use a smartphone app that helps you track your arsenic exposure from rice or products containing rice?	Yes, No, I'm not sure
Educational Resources	Educational Resources	Would you be willing to use a webpage that helps you track your arsenic exposure from rice or products containing rice?	Yes, No, I'm not sure
Research Questions	Research Questions	We are exploring a number of potential research topics. Please rank each of the following from 1-5, with 1 indicating the topic is not important to you and 5 indicating the research topic is extremely important to you.	1 Not important, 2 Somewhat important, 3 Moderately important, 4 Very important, 5 Extremely important
Conclusion	Thank you for completing this survey	We appreciate the time you took to complete the survey questions. We look forward to sharing results of our work with you.	