

Participant's ID : _____

Interview Guide

Date of visit: ____/____/____
 D M Y

Preamble: This project aims to learn more about the users of the OLO follow-up care, to assess the contribution of the OLO follow-up care to your diet during your pregnancy and your appreciation of the services, food and supplements offered. It is important for us to know your opinion, since your experience is unique and could help many more women in your situation.

1) Introduction (icebreaker)

- How is your pregnancy going so far?

2) Characteristics of the socioeconomic environment (living conditions).

- Can you tell me where you are from? Your living arrangements? Can you tell me about your family situation?
- Your current employment or employment history? Income – how do you get by financially on a day-to-day basis? Do you (or I suppose) you get some money by the government- is it sufficient? Can you talk to me about that?
- Can you tell me about your health?

Lifestyles and eating habits related to the material, human and organizational resources.

3.1) Eating habits

- Can you please to talk to me about your current eating habits (since you are participating in the OLO follow-up care); for example, the amount and variety of the food you eat, the frequency of your meals, your meal planning, the context in which you eat your meals (people, place, noise, etc.)?
- Can you tell me what “eating well” during pregnancy means to you?
- Can you tell me about the things that prevent you (barriers) from or help you (facilitators) to eating well during your pregnancy?
 - Barriers:
 - Facilitators:
- What has changed since your participation in the OLO follow-up care (don't be afraid to say nothing has changed; this is not an exam)? Have your eating habits changed? Why? Besides the food provided by OLO, have you added new foods to

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your diet? Which ones? Do you avoid or limit certain types of food that you previously consumed? Which ones and why?

- Do you consume the foods and supplements offered by OLO? If yes, do you follow the recommended amount and frequency? If not, which food(s) do you not consume according to the recommended amount and frequency, and why?

3.2) Material resources-related practices

- What do you think about the foods offered by the OLO follow-up care (eggs, milk, orange juice)? Do you think these are good foods? Are they easy to include in your diet? Why?
- Would you prefer to replace those foods by others? If yes, by what? Why? For example, what would you think of replacing the orange juice with frozen fruits or vegetables? Why? Are there any other types of food that would be of interest to you?
- What do you think of the multivitamin supplements offered by the OLO follow-up care? Do you think this supplement is important for you and your baby's health? Why?
- Tell me about the tools (ex: cookbooks, videos, pamphlets...), if applicable, that you have received since your participation in the OLO follow-up care. What do you think of these tools? Do you use them? Why?

3.3) Human resources-related practices

- Tell me about the meetings with the nutritionist (again, don't be afraid to say what you think, this is not an exam, it is confidential and anonymous. We will not punish anybody; we want to provide better services). What do you think of these meetings? Are they useful? Why? Did you meet with another OLO caregiver to discuss your diet?
- What do you think of the tips you received regarding your eating habits from the nutritionist (or caregiver)? Are the nutritionist's (or caregiver) recommendations adapted for your needs? How?
- Have the meetings with the nutritionist (caregiver) contributed to changing your eating habits? Why?
- How did you feel during those meetings?

3.4) Organizational resources-related practices

- What do you think about the coupon exchange system? Why? Do you think that this system is accessible and easy to use?
- How often do you use your coupons? Do you think this is appropriate? Why?

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- How often do you meet with the nutritionist (caregiver)? Do you think this is appropriate? Why?
- Is it easy for you to attend the various meetings at the CSSS (ex: cooking classes)? What are the factors that prevent you from participating in those meetings (if applicable)? What facilitates your access to those meetings?

3) Closing questions

- Generally speaking, what advice would you give to help improve the OLO follow-up care?
- Before I finish, I would like to know how you feel about the interview we just completed for this pilot research project (ex: number and lengths of the visits, questionnaires/interviews). Is there anything else you would like to discuss that we did not mention regarding your experience with the OLO follow-up care? Here is my email address; feel free to send me a message if you would like to add anything that could be useful for this interview.

Thank you so much for your time.