

1992
Colorado Behavioral Risk Factor
Surveillance System Questionnaire

CORE SECTIONS

Section A: Seatbelts	3
Section B: Hypertension	4
Section C: Exercise	6
Section D: Weight Control	9
Section E: Tobacco Use	10
Section F: Alcohol Consumption	12
Section G: Preventive Health Practices	14
Section H: Health Insurance	17
Section I: Demographics	19
Section J: Women's Health	23
Section K: AIDS.....	27

OPTIONAL MODULES

Module 1: County of Residence.....	32
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STATE-ADDED QUESTIONS

Income	21
Osteoporosis.....	33

HELLO, I'm _____ calling for the Colorado Department of Health. We're doing a study of the health practices of Colorado residents. Your number has been chosen randomly by the Health Department to be included in the study, and we'd like to ask some questions about things people do that may affect their health.

Is this (____) _____ - _____ _____ **No** ➡

Thank you very much, but I seem to have dialed the wrong number. It's possible that your number may be called at a later time. STOP

Is this a private residence? **No** ➡

Thank you very much, but we are only interviewing private residences. STOP

Our study requires that we interview only one person who lives in your household. How many members of your household, including yourself, are 18 years of age or older?

--	--

If "1" go to page 3 ➡

(29-30)

How many are men and how many are women?

Men Women

--

(31)

--

(32)

Who is the oldest man who presently lives in this household?

Who is the next oldest man who presently lives in this household? Etc.

Who is the oldest woman who presently lives in this household?

Who is the next oldest woman who presently lives in this household? Etc.

The person in your household that I need to speak with is _____

If "you", go to page 3 ➡

To correct respondent

➡ Hello, I'm _____ calling for the _____. I'm a member of a special research team. We're doing a study of _____ residents regarding their health practices and day-to-day living habits. You have been randomly chosen to be included in the study from among the adult members of your household.

The interview will only take a short time and all the information obtained in this study will be **confidential**. First, I'd like to begin by asking you about using seatbelts....

Section A: Seatbelts

1. How often do you use seatbelts when you drive or ride in a car? Would you say: (33)

Please read:

- a. Always 1
- b. Nearly always 2
- c. Sometimes 3
- d. Seldom 4
- or
- e. Never 5

- Do not read these responses* | Don't know/Not sure 7
- Never drive or ride in a car 8
- Refused 9

Section B: Hypertension

These next questions are about hypertension or high blood pressure:

2. About how long has it been since you last had your blood pressure taken by a doctor, nurse, or other health professional? Was it:

Please read (34)

- a. Within the past six months (0 to 6 months ago) 1
- b. Within the past year (7 to 12 months ago) 2
- c. Within the past 2 years (13 to 24 months ago) 3
- d. Within the past 5 years (25 to 60 months ago) 4
- or**
- e. More than 5 years ago (61 + months ago) 5

**Do not
read these
responses**

- Don't know/Not sure 7
- Never 8
- Refused 9

3. Have you ever been told by a doctor, nurse or other health professional that you have high blood pressure? (35)

- a. No **Go to Section C (p.6)** 1
- b. Yes, by a doctor 2
- c. Yes, by a nurse 3
- d. Yes, by other health professional 4
- Don't know/Not sure **Go to Section C (p.6)** 7
- Refused **Go to Section C (p.6)** 9

**Probe for
doctor, nurse,
or other health
professional**

4. Have you been told on more than one occasion that your blood pressure was high, or have you been told this only once? (36)

- a. More than once 1
- b. Only once 2
- Don't know/Not sure 7
- Refused 9

5. Is any medicine currently prescribed for your high blood pressure? (37)

- a. Yes 1
- b. No 2
- Don't know/Not sure 7
- Refused 9

Section C: Exercise

The next few questions are about exercise, recreation, or physical activities other than your regular job duties.

6. During the past month, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise? (38)
- a. Yes 1
 - b. No **Go to Section D (p.9)** 2
 - Don't know/Not sure **Go to Section D (p.9)** 7
 - Refused **Go to Section D (p.9)** 9

7. What type of physical activity or exercise did you spend the most time doing during the past month? (39-40)
- a. Activity (specify): _____
See coding list A
 - Refused **Go to Q.11 (p.7)** 9 9

Ask questions 8 only if answer to question 7 is running, jogging, walking, or swimming. All others, go to question 9.

8. How far did you usually walk/run/jog/swim? (41-43)
- a. Miles and tenths__ __. __
 - Don't know/Not sure7 7 7
 - Refused9 9 9

See coding list B if response is not in miles and tenths

9. How many times per week or per month did you take part in this activity during the past month? (44-46)
- a. Times per week1 __ __
 - b. Times per month2 __ __
 - Don't know/Not sure 7 7 7
 - Refused 9 9 9

10. And when you took part in this activity, for how many minutes or hours did you usually keep at it? (47-49)

- a. Hours and minutes : ..
- Don't know/Not sure 7 7 7
- Refused 9 9 9

11. Was there another physical activity or exercise that you participated in during the last month? (50)

- a. Yes 1
- b. No **Go to Section D (p.9)** 2
- Don't know/Not sure **Go to Section D (p.9)** 7
- Refused **Go to Section D (p.9)** 9

12. What other type of physical activity gave you the most exercise during the past month? (51-52)

- a. Activity (specify): _____
See coding list A
- Refused **Go to Section D (p.9)** 9 9

Ask question 13 only if answer to question 12 is running, jogging, walking, or swimming. All others go to question 14.

13. How far did you usually walk/run/jog/swim? (53-55)

- See coding list B if response is not in miles and tenths** | Miles and tenths
- Don't know/Not sure 7 7 7
- Refused 9 9 9

14. How many times per week or per month did you take part in this activity?
(56-58)

- a. Times per week1 __ __
- b. Times per month2 __ __
- Don't know/Not sure 7 7 7
- Refused 9 9 9

15. And when you took part in this activity, for how many minutes or hours did you usually keep at it?
(59-61)

- a. Hours and minutes__:__ __
- Don't know/Not sure 7 7 7
- Refused 9 9 9

Section D: Weight Control

The next few questions are about efforts to lose weight.

16. Are you now trying to lose weight? (62)
- a. Yes 1
 - b. No **Go to Section E (p.10)** 2
 - Refused **Go to Section E (p.10)** 9

17. Are you eating fewer calories to lose weight? (63)
- a. Yes 1
 - b. No 2
 - Don't know/Not sure 7
 - Refused 9

18. Have you increased your physical activity to lose weight? (64)
- a. Yes 1
 - b. No 2
 - Don't know/Not sure 7
 - Refused 9

Section E: Tobacco Use

Now I'd like to ask you a few questions about cigarette smoking.

19. Have you smoked at least 100 cigarettes in your entire life? (65)

- | | | |
|-------------------------------------|---|---|
| 100 cigarettes =
5 packs | a. Yes | 1 |
| | b. No Go to Section F (p.12) | 2 |
| | Don't know/Not sure Go to Section F (p.12) | 7 |
| | Refused Go to Section F (p.12) | 9 |

20. About how old were you when you first started smoking cigarettes fairly regularly? (66-67)

- Code age in years__ __
- Don't know/Not sure 7 7
- Never smoked regularly 8 8
- Refused 9 9

21. Do you smoke cigarettes now? (68)

- a. Yes 1
- b. No **Go to Q.24 (p.11)** 2
- Refused **Go to Section F (p.12)** 9

22. On the average, about how many cigarettes a day do you now smoke? (69-70)

- | | | |
|-----------------------------------|--------------------------------|-------|
| 1 pack =
20 cigarettes | a. Number of cigarettes | __ __ |
| | b. Don't smoke regularly | 8 8 |
| | Refused | 9 9 |

23. During the past 12 months, have you quit smoking for one day or longer?
(71)

- a. Yes **Go to Section F (p.12)**..... 1
- b. No **Go to Section F (p.12)** 2
- Don't know/Not sure **Go to Section F (p.12)** 7
- Refused **Go to Section F (p.12)** 9

24. About how long has it been since you last smoked cigarettes regularly?

Was it: **Please read:** (72)

- a. Less than 1 month 1
- b. One month to less than 3 months..... 2
- c. Three months to less than 6 months 3
- d. Six months to less than 1 year 4
- e. One year to less than 5 years 5
- or**
- f. Five or more years age 6

**Do not
read these
responses**

- Don't know/Not sure 7
- Never smoked regularly 8
- Refused 9

Section F: Alcohol Consumption

These next few questions are about the use of beer, wine, wine coolers, cocktails, or liquor, such as vodka, gin, rum, or whiskey, all kinds of alcoholic beverages that people drink at meals, special occasions, or when just relaxing.

25. Have you had any beer, wine, wine coolers, cocktails, or liquor during the past month, that is, since _____? (73)

- a. Yes 1
- b. No **Go to Section G (p.14)** 2
- Refused **Go to Section G (p.14)** 9

26. During the past month, how many days per week or per month did you drink any alcoholic beverages, on the average? (74-76)

- a. Days per week1 ___
- b. Days per month2 ___
- Don't know /Not sure **Go to Q.28 (below)** 7 7 7
- Refused **Go to Q.28 (below)** 9 9 9

27. A drink is 1 can or bottle of beer, 1 glass of wine, 1 can or bottle of wine cooler, 1 cocktail, or 1 shot of liquor. On the days when you drank, about how many drinks did you drink on the average? (77-78)

- a. Number of drinks ___
- Don't know /Not sure 7 7
- Refused 9 9

28. Considering all types of alcoholic beverages, that is beer, wine, wine coolers, cocktails, and liquor, as drinks, how many times during the past month did you have 5 or more drinks on an occasion? (79-80)

- a. Number of times ___
- b. None 8 8
- Don't know/Not sure 7 7
- Refused 9 9

29. And during the past month, how many times have you driven when you've had perhaps too much to drink? (81-82)

- a. Number of times _ _
- b. None 8 8
- Don't know/Not sure 7 7
- Refused 9 9

Section G: Preventive Health Practices

Some people visit a doctor for a routine checkup, even though they are feeling well and have not been sick.

30. About how long has it been since you last visited a doctor for a routine checkup? Was it: (83)

Please read:

	a. Within the past year (0 to 12 months ago)	1
	b. Within the past 2 years (13 to 24 months ago)	2
	c. Within the past 5 years (25 to 60 months ago)	3
	or	
	d. More than 5 years ago (61 + months ago)	4
Do not read these responses	Don't know/Not sure	7
	Never	8
	Refused	9

These next questions are about blood cholesterol, which is a fatty substance found in the blood.

31. Have you ever had your blood cholesterol checked? (84)

a. Yes	1
b. No Go to Q.36 (p. 16)	2
Don't know/Not sure Go to Q.36 (p. 16)	7
Refused Go to Q.36 (p. 16)	9

32. About how long has it been since you last had your blood cholesterol checked? Was it: (85)

Please read:

- a. Within the past year (0 to 12 months ago) 1
 - b. Within the past 2 years (13 to 24 months ago) 2
 - c. Within the past 5 years (25 to 60 months ago) 3
 - or**
 - d. More than five years ago (61 + months ago) 4
- Do not read these responses** | Don't know/Not sure 7
- Never 8
- Refused 9

33. Have you ever been told your blood cholesterol level, in numbers? (86)

- a. Yes 1
- b. No **Go to Q.35 (below)** 2
- Don't know/Not sure **Go to Q.35 (below)** 7
- Refused **Go to Q.35 (below)** 9

34. What is your blood cholesterol level? (87-89)

- a. **Record the number** _ _ _
- Don't know/Not sure 7 7 7
- Refused 9 9 9

35. Have you ever been told by a doctor or other health professional that your blood cholesterol is high? (90)

- a. Yes 1
- b. No 2
- Don't know/Not sure 7
- Refused 9

36. Next, I'd like to ask you about diabetes, sometimes called sugar diabetes.

Have you ever been told by a doctor that you have diabetes? (91)

- a. Yes 1
- b. No 2
- Don't know/Not sure 7
- Refused 9

Section H: Health Insurance

These next questions are about health care plans which include health insurance, prepaid plans such as HMOs (health maintenance organizations), or government plans such as Medicare.

37. Do you have any kind of health care plan? (92)

- a. Yes 1
- b. No **Go to Q.41 (p.18)** 2
- Don't know/Not sure **Go to Q.41 (p.18)**..... 7
- Refused **Go to Q.41 (p.18)** 9

38. For hospital bills, does your health care plan cover all, most, some, or none of your expenses? (93)

- a. All 1
- b. Most..... 2
- c. Some 3
- d. None..... 4
- Don't know/Not sure 7
- Refused 9

39. For visits to a doctor's office when you are sick, does your health care plan cover all, most, some, or none of you expenses? (94)

- a. All 1
- b. Most..... 2
- c. Some 3
- d. None..... 4
- Don't know/Not sure 7
- Refused 9

40. When you are not sick, does your health care plan cover all, most, some, or none of your checkups or other preventive services? (95)

- a. All 1
- b. Most..... 2
- c. Some 3
- d. None..... 4
- Don't know/Not sure 7
- Refused 9

41. Was there a time during the last 12 months when you needed to see a doctor, but could not because of the cost? (96)

- a. Yes 1
- b. No..... 2
- Don't know/Not sure 7
- Refused 9

Section I: Demographics

These next few questions ask for a little more information about yourself.

42. How old were you on your last birthday? (97-98)

- Code age in years__ __
- Don't know/Not sure 0 7
- Refused 0 9

43. What is your race? Would you say: (99)

Please read:

- a. White 1
- b. Black 2
- c. Asian, Pacific Islander 3
- d. Aleutian, Eskimo, or American Indian 4
- or**
- e. Other: (specify) _____ 5

**Do not
read these
responses**

- Don't know/Not sure 7
- Refused 9

44. Are you of Hispanic origin such as Mexican American, Latin American, Puerto Rican or Cuban? (100)

- a. Yes 1
- b. No 2
- Don't know/Not sure 7
- Refused 9

45. What is the highest grade or year of school you completed? (101)

Read only if necessary:

- a. Eighth grade or less 1
- b. Some high school 2
- c. High school graduate or GED certificate 3
- d. Some technical school 4
- e. Technical school graduate..... 5
- f. Some college 6
- g. College graduate 7
- h. Postgraduate or professional degree 8
- Refused 9

46. Are you currently: (102)

Please read:

- a. Employed for wages 1
- b. Self-employed 2
- c. Out of work for more than 1 year 3
- d. Out of work for less than 1 year 4
- e. Homemaker 5
- f. Student 6
- or**
- g. Retired 7
- Refused 9

47. And are you: (103)

Please read:

- a. Married 1
- b. Divorced 2
- c. Widowed 3
- d. Separated 4
- e. Never been married 5
- or**
- f. A member of an unmarried couple 6
- Refused 9

48. Which of the following categories best describes your annual household income from all sources? (104)

Please read:

- a. Less than \$10,000 1
- b. \$10,000 to less than \$15,000 2
- c. \$15,000 to less than \$20,000 3
- d. \$20,000 to less than \$25,000 4
- e. \$25,000 to less than \$35,000 5
- f. \$35,000 to \$50,000 6
- or**
- g. Over \$50,000 7
- Don't know/Not sure **Go to Q.49 (p.22)**..... 8
- Refused **Go to Q.49 (p.22)** 9

**Do not
read these
responses**

48a. How many persons are being supported by this household income? **If asked, indicate that support includes persons not living in the household.** (260-261)

- Number supported ___
- Don't know/Not sure 7 7
- Refused 9 9

49. About how much do you weigh without shoes? (105-107)

a. Weight
pounds

Don't know/Not sure 7 7 7

Refused 9 9 9

50. About how tall are you without shoes? (108-110)

a. Height /
ft / inches

Don't know/Not sure 7 7 7

Refused 9 9 9



Interviewer: Ask if necessary.

51. Indicate sex of respondent. (111)

a. Male **Go to Section K (p.27)** 1

b. Female 2

Section J: Women's Health

I would like to ask you a few questions about a medical exam called a mammogram. A mammogram is an x-ray of the breast and involves pressing the breast between two plastic plates.

52. Have you ever had a mammogram? (112)

- a. Yes 1
- b. No **Go to Q. 55 (p.24)** 2
- Don't know/Not sure **Go to Q. 55 (p.24)** 7
- Refused **Go to Q. 55 (p.24)** 9

53. How long has it been since you had your last mammogram? (113)

Read only if necessary:

- a. 1 year ago or less 1
- b. More than 1 year ago, but less than, or equal to, 2 years ago . 2
- c. More than 2 years ago, but less than, or equal to, 3 years ago 3
- d. More than 3 years ago, but less than, or equal to, 5 years ago 4
- e. More than 5 years ago..... 5
- Don't know/Not sure 7
- Never 8
- Refused 9

54. Was your last mammogram done as part of a routine checkup, because of a breast problem other than cancer, or because you've already had breast cancer? (114)

- a. Routine Checkup 1
- b. Breast problem 2
- c. Had breast cancer 3
- Don't know/Not sure 7
- Refused 9

The next questions are about a clinical breast exam. During this exam, the breast is felt for lumps by a doctor, nurse, or other medical professional.

55. Have you ever had a clinical breast exam? (115)
- a. Yes 1
 - b. No **Go to Q. 58 (p.25)** 2
 - Don't know/Not sure **Go to Q. 58 (p.25)** 7
 - Refused **Go to Q. 58 (p.25)** 9

56. How long has it been since your last breast exam? (116)

Read only if necessary:

- a. 1 year ago or less 1
- b. More than 1 year ago, but less than, or equal to, 2 years ago . 2
- c. More than 2 years ago, but less than, or equal to, 3 years ago 3
- d. More than 3 years ago, but less than, or equal to, 5 years ago 4
- e. More than 5 years ago..... 5
- Don't know/Not sure 7
- Never 8
- Refused 9

57. Was your last breast exam done as part of a routine medical checkup, because of a breast problem other than cancer, or because you've already had breast cancer? (117)

- a. Routine Checkup 1
- b. Breast problem 2
- c. Had breast cancer 3
- Don't know/Not sure 7
- Refused 9

These next questions are about Pap smears. A pap smear is a test where material is taken from the cervix, that is the mouth of the womb, to see if any cancer cells are present.

58. Have you ever had a Pap smear? (118)
- a. Yes 1
 - b. No **Go to Q. 61 (p.26)** 2
 - Don't know/Not sure **Go to Q. 61 (p.26)** 7
 - Refused **Go to Q. 61 (p.26)** 9
59. How long has it been since you had your last Pap smear? (119)
- Read only if necessary:**
- a. 1 year ago or less 1
 - b. More than 1 year ago, but less than, or equal to, 2 years ago . 2
 - c. More than 2 years ago, but less than, or equal to, 3 years ago 3
 - d. More than 3 years ago, but less than, or equal to, 5 years ago 4
 - e. More than 5 years ago 5
 - Don't know/Not sure 7
 - Never 8
 - Refused 9
60. Was your last Pap smear done as part of a routine exam, or to check a problem, or for some other reason? (120)
- a. Routine exam 1
 - b. Check problem 2
 - c. Other 3
 - Don't know/Not sure 7
 - Refused 9

61. Have you had a hysterectomy (that is, an operation to remove the uterus/womb)? (121)

- a. Yes **Go to Section K (p.27)** 1
- b. No 2
- Don't know/Not sure 7
- Refused 9

Ask these two questions only of females between 18 and 45 years of age. Otherwise, go to Section K (p. 27).

62. To your knowledge, are you now pregnant? (122)

- a. Yes 1
- b. No **Go to Section K (p.27)** 2
- Don't know/Not sure **Go to Section K (p.27)** 7
- Refused **Go to Section K (p.27)** 9

63. During what month is your baby due? (123-124)

<u>Code Months</u>	Code month	_____
Jan 01	Don't know/Not sure	7 7
Feb 02	Refused	9 9
Mar 03		
Apr 04		
May 05		
Jun 06		
Jul 07		
Aug 08		
Sep 09		
Oct 10		
Nov 11		
Dec 12		

Section K: AIDS

These next few questions are to determine your beliefs and opinions about the national health problem of AIDS.

64. Have you ever heard the AIDS virus called by the name HIV? (125)

- a. Yes 1
- b. No 2
- Don't know/Not sure 7
- Refused 9

65. To your knowledge, are there drugs available that can lengthen the life of a person infected with the AIDS virus? (126)

- a. Yes 1
- b. No 2
- Don't know/Not sure 7
- Refused 9

66. Do you think a person who is infected with the AIDS virus can look and feel well and healthy? (127)

- a. Yes 1
- b. No 2
- Don't know/Not sure 7
- Refused 9

67. Do you think a person can get infected with AIDS or the AIDS virus from:

	Yes	No	DK/NS	Ref	
a. Donating blood?	1	2	7	9	(128)
b. Being cared for by a nurse, doctor, dentist, or other health care worker who has the AIDS virus?	1	2	7	9	(129)

68. Do you think a pregnant woman who has the AIDS virus can give it to her baby? (130)

- a. Yes 1
- b. No 2
- Don't know/Not sure 7
- Refused 9

69. Do you have a child or children in kindergarten through eighth grade? (131)

- a. Yes 1
- b. No **Go to Q.72 (p.29)** 2
- Don't know/Not sure **Go to Q.72 (p.29)**..... 7
- Refused **Go to Q.72 (p.29)** 9

70. Would you allow your child to be in the same classroom with a child who is infected with the AIDS virus? (132)

- a. Yes 1
- b. No 2
- Don't know/Not sure 7
- Refused 9

71. At what grade do you think your child should begin AIDS education in school? (133-134)

CODE GRADES

- K=55**
- 1st=01**
- 2nd=02**
- 3rd=03**
- 4th=04**
- 5th=05**
- 6th=06**
- 7th=07**
- 8th=08**
- 9th=09**
- 10th=10**
- 11th=11**
- 12th=12**

- a. Code grade __ __
- b. Never 8 8
- Don't know/Not sure 7 7
- Refused 9 9

72. Would you eat in a restaurant where the cook is infected with the AIDS virus? (135)

- a. Yes 1
- b. No 2
- Don't know/Not sure 7
- Refused 9

73. Would you be willing to work with a person who is infected with the AIDS virus? (136)

- a. Yes 1
- b. No 2
- Don't know/Not sure 7
- Refused 9

74a. Where could you go to be tested for the AIDS virus infection?(137-138)

Facility code__ __

➡ If respondent answered “No place,” “Don’t know,” or “Refused,” go to Q. 75 (p.30).

74b. Where else could you go? (139-140)

Facility code__ __

➡ Please do not read list.

- a. Private doctor, HMO 01
- b. Blood bank, plasma center, Red Cross 02
- c. Health department 03
- d. AIDS clinic, AIDS testing site 04
- e. Hospital, emergency room 05
- f. Family planning clinic 06
- g. STD clinic 07
- h. Community health clinic, primary care clinic 08
- i. Company or industry clinic 09
- j. Military induction or examination 10
- k. Other 87
- l. No place 88
- Don't know/Not sure 77
- Refused 99

75. Some people use condoms to keep from getting the AIDS virus through sexual activity. How effective do you think using a condom is in preventing getting the AIDS virus through sexual activity? Would you say: (141)

Please read :

- a. Very effective 1
- b. Somewhat effective 2

or

- c. Not at all effective 3
- Don't know how effective 4
- Don't know method 5
- Refused 9

*Do not
read these
responses*

76. How many different residential telephone numbers do you have at this household? (142)

➔ *Differentiate between telephone numbers and telephone sets, if necessary.
Include all telephone numbers that can reach household.*

- a. Total telephone numbers

Module 1: County of Residence

1. What county do you live in? (144-146)
- a. County code _ _ _
 - b. Don't know/Not sure 7 7 7
 - Refused 9 9 9

State-Added: Osteoporosis

Now I would like to ask a few questions related to osteoporosis. Osteoporosis is a condition where the bones become brittle and break easily. This condition occurs later in life and affects women more than men.

1. Is the respondent under 35 years of age? Ask, if necessary. (262)

- a. Yes 1
- b. No **Go to Q.10 (p.36)** 2
- Don't know/Not sure **Go to last page** 7
- Refused **Go to last page** 9

Ask of respondents under 35 years of age.

The next questions are about the foods you usually eat or drink. Please tell me how often you eat or drink each one, for example, twice a week, three times a month and so forth. Remember, I am only interested in the foods **YOU** eat, both at home and away from home.

2. How many glasses (8 oz) of milk (whole, 2%, or skim milk) or drinks made with milk, do you usually drink? (263-265)

- a. Per day1 _ _ _
- b. Per week2 _ _ _
- c. Per month.....3 _ _ _
- d. Per year.....4 _ _ _
- Never..... 5 5 5
- Don't know/Not sure 7 7 7
- Refused 9 9 9

3. How often do you eat any type of cheese including cheese spreads and cottage cheese? (266-268)

- a. Per day1 _ _ _
- b. Per week2 _ _ _
- c. Per month.....3 _ _ _
- d. Per year.....4 _ _ _
- Never 5 5 5
- Don't know/Not sure 7 7 7
- Refused 9 9 9

4. How often do you eat any type of bread including buns and rolls? (269-271)

- a. Per day1 _ _ _
- b. Per week2 _ _ _
- c. Per month.....3 _ _ _
- d. Per year.....4 _ _ _
- Never 5 5 5
- Don't know/Not sure 7 7 7
- Refused 9 9 9

5. How often do you eat ice cream or frozen yogurt? (272-274)

- a. Per day1 _ _ _
- b. Per week2 _ _ _
- c. Per month.....3 _ _ _
- d. Per year.....4 _ _ _
- Never 5 5 5
- Don't know/Not sure 7 7 7
- Refused 9 9 9

6. How often do you eat yogurt (8 oz)? (275-277)

- a. Per day1 _ _ _
- b. Per week2 _ _ _
- c. Per month3 _ _ _
- d. Per year4 _ _ _
- Never 5 5 5
- Don't know/Not sure 7 7 7
- Refused 9 9 9

7. Do you take any pills that have calcium in them on a daily basis? (278)

- a. Yes 1
- b. No **Go to last page** 2
- Don't know/Not sure **Go to last page** 7
- Refused **Go to last page** 9

8. What kind of calcium pills do you take? (279-280)

- a. Calcium carbonate (generic) 01
- b. Citracel 02
- c. Caltrate 03
- d. Calcium gluconate 04
- e. Biocal 05
- f. Calcium lactate 06
- g. Tums/Calcium- Rich Roloids 07
- h. Tums E-X 08
- i. Os-cal 500 09
- j. Vitamin/mineral supplement 10
- k. Prenatal vitamin/mineral 11
- l. Vitamin tablet only 12
- m. Other (_____) 13
- Don't know/Not sure 77
- Refused 99

9. How many tablets do you take per day? (281-282)

- a. Number of tablets _ _
- b. Don't know/Not sure 7 7
- Refused 9 9

Go to last page.

Ask of respondents 35 years of age and older.

10. Have you ever been told by a doctor, nurse, or other health professional that you have osteoporosis? (283)

- a. Yes 1
- b. No 2
- Don't know/Not sure 7
- Refused 9

11. Since the age of 35, have you ever been told by a doctor, nurse, therapist, or medical assistant that you had a break or fracture of any bone? (284)

- a. Yes 1
- b. No **Go to Q.16 (p.37)**..... 2
- c. Suspected or possible break..... 3
- Don't know/Not sure **Go to Q.16 (p.37)**..... 7
- Refused **Go to Q.16 (p.37)** 9

12. Have you broken a hip since you were 35? (285)

- a. Yes 1
- b. No 2
- Don't know/Not sure 7
- Refused 9

13. Have you broken a wrist? (286)

- a. Yes 1
- b. No 2
- Don't know/Not sure 7
- Refused 9

14. Have you broken a backbone or vertebrae? (287)
- a. Yes 1
 - b. No 2
 - Don't know/Not sure 7
 - Refused 9

15. Have you broken any other bones? (288)
- a. Yes (Specify _____) 1
 - b. No 2
 - Don't know/Not sure 7
 - Refused 9

16. Do you take any pills that have calcium in them on a daily basis? (289)
- a. Yes 1
 - b. No 2
 - Don't know/Not sure 7
 - Refused 9

If a male, go to last page.

17. Have you had surgery where both your ovaries were removed? (290)
- a. Yes **Go to Q.19 (p.38)** 1
 - b. No 2
 - Don't know/Not sure 7
 - Refused 9

18. Have you gone through the change of life or menopause? (291)

- a. Yes 1
- b. No 2
- c. In process 3
- Don't know/Not sure 7
- Refused 9

19. Have you ever taken female hormones or estrogen replacement therapy, not including birth control pills? (292)

- a. Yes 1
- b. No 2
- Don't know/Not sure 7
- Refused 9

Note to Interviewer: Was this interview done in Spanish?

- a. Yes 1
- b. No 2

This column is always blank..... (143)

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