

1990 Colorado Behavioral Risk Factor Surveillance System Questionnaire

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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
<input style="width: 30px; height: 30px;" type="text"/>	<input style="width: 30px; height: 30px;" type="text"/>
(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 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: (31)

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. Have you ever been told by a doctor, nurse, or other health professional that you have high blood pressure? (32)

	a. No Go to Section C (p.6)	1
<i>Probe for doctor, nurse, or other health professional</i>	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

3. Have you been told on more than one occasion that your blood pressure was high, or have you been told this only once? (33)

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

4. Is any medicine currently prescribed for your high blood pressure? (34)

a. Yes	1
b. No Go to Section C (p.6)	2
Don't know/ Not sure Go to Section C (p.6)	7
Refused Go to Section C (p.6)	9

5. Are you currently taking medicine for your high blood pressure? (35)

Probe for "All or most of the time" or "only occasionally" if necessary

- a. Yes, all or most of the time 1
- b. Yes, only occasionally 2
- c. No 3
- Don't know/ Not sure 7
- Refused 9

If answer is "Yes", use "Yes, all or most of the time"

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? (36)

- 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? (37-38)

- | | | |
|--------------------------|---------------------------------------|-----|
| See coding list A | Activity (specify): _____ | ___ |
| | Refused Go to Q.11 (p.7) | 9 9 |

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

8. How far did you usually walk/run/jog/swim? (39-41)

- | | | |
|---|----------------------------|-----------|
| 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 |

9. How many times per week or per month did you take part in this activity during the past month? (42-44)

- a. Times per week 1 ___
- b. Times per month 2 ___
- 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? (45-47)

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? (48)

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 next most exercise during the past month? (49-50)

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

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

13. How far did you usually walk/run/jog/swim? (51-53)

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 during the past month? (54-56)

a. Times per week 1 ____
 b. Times per month 2 ____
 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? (57-59)

Hours and minutes : _ _
Don't know/ Not sure 7 7 7
Refused 9 9 9

Section D: Tobacco Use

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

16. Have you smoked at least 100 cigarettes in your entire life? (60)

- | | | |
|-------------------------------------|--|---|
| 100 cigarettes =
5 packs | a. Yes | 1 |
| | b. No Go to Q.22A (p.11) | 2 |
| | Don't know/ Not sure Go to Q.22A (p.11) | 7 |
| | Refused Go to Q.22A (p.11) | 9 |

17. Do you smoke cigarettes now? (61)

- | | |
|---|---|
| a. Yes..... | 1 |
| b. No Go to Q.22 (p.11) | 2 |
| Refused Go to Q.22A (p.11) | 9 |

18. On the average, about how many cigarettes a day do you now smoke? (62-63)

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

19. Have you ever made a serious attempt to stop smoking cigarettes? (64)

- | | |
|---|---|
| a. Yes | 1 |
| b. No Go to Q.22A (p.11) | 2 |
| Refused Go to Q.22A (p.11) | 9 |

20. When was the start of your most recent quit attempt? (65)

- a. Past week 1
- b. Past 2 weeks 2
- c. Past month 3
- d. Past 6 months 4
- e. Past year 5
- f. More than 1 year ago 6
- Don't know/ Not sure 7
- Refused 9

21. How long did you actually stay off cigarettes that time? (66)

- a. Less than 1 day 1
- b. 1 to 6 days 2
- c. 7 days to less than 3 months 3
- d. 3 months to less than 6 months 4
- e. 6 months to less than 1 year 5
- f. 1 or more years 6
- Don't know/ Not sure 7
- Refused 9

22. About how long has it been since you last smoked cigarettes regularly? (67)

- a. Less than 1 month 1
 - b. 1 month to less than 3 months 2
 - c. 3 months to less than 6 months 3
 - d. 6 months to less than 1 year 4
 - e. 1 year to less than 5 years 5
 - or
 - f. 5 or more years ago 6
- Do not read these responses*** | Don't know/ Not sure 7
- Refused 9

State-Added: Environmental Tobacco Smoke Exposure

22A. When you are at home, are you exposed to the smoke from other people's cigarettes, pipes, or cigars? (255)

- a. Yes 1
- b. No 2
- Refused 9

22B. When you are at work, are you exposed to the smoke from other people's cigarettes, pipes, or cigars? (256)

- a. Yes 1
- b. No 2
- Refused 9

Section E: 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.

23. Have you had any beer, wine, wine coolers, cocktails, or liquor during the past month, that is since _____? (68)

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

24. During the past month, how many days per week or per month did you drink any alcoholic beverages, on the average? (69-71)

- a. Days per week 1 ___
- b. Days per month 2 ___
- Don't know / Not sure **Go to Q.26 (below)** 7 7 7
- Refused **Go to Q.26 (below)** 9 9 9

25. 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? (72-73)

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

26. 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? (74-75)

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

27. And during the past month, how many times have you driven when you've had perhaps too much to drink? (76-77)

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

Section F: Preventive Health Practices

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

28. About how long has it been since you last visited a doctor for a routine checkup? Was it: (78)

Please read:

*Do not
read these
responses*

- 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
- Don't know/ Not sure **Go to Q.30 (P.15)** 7
- Never **Go to Q.30 (P.15)** 8
- Refused **Go to Q.30 (P.15)** 9

29. What type of doctor did you see for your last routine checkup? Was it: (79)

Please read:

- a. Family or general practitioner 1
- b. Internist 2
- c. Specialist (such as heart, lung or stomach specialist) 3
- d. Other 4

Ask women only:

- e. Obstetrician/ Gynecologist 5
- Don't know/ Not sure 7
- Refused 9

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

30. Have you ever had your blood cholesterol checked? (80)
- a. Yes 1
 - b. No **Go to Q.37 (p. 17)** 2
 - Don't know/ Not sure **Go to Q.37 (p. 17)** 7
 - Refused **Go to Q.37 (p. 17)** 9

31. About how long has it been since you last had your blood cholesterol checked? Was it: (81)

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
- Refused 9

32. Have you ever been told your blood cholesterol level, in numbers? (82)
- a. Yes 1
 - b. No **Go to Q.34 (p. 16)** 2
 - Don't know/ Not sure **Go to Q.34 (p. 16)** 7
 - Refused **Go to Q.34 (p. 16)** 9

33. What is your blood cholesterol level? (83-85)
- Record the number** _ _ _
- Don't know/ Not sure 7 7 7
- Refused 9 9 9

34. Have you ever been told by a doctor or other health professional that your blood cholesterol is high? (86)

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

35. Are you now under the advice of a doctor to reduce your blood cholesterol or blood fat level? (87)

- a. Yes 1
- b. No **Go to Q.37 (p. 17)** 2
- Don't know/ Not sure **Go to Q.37 (p. 17)** 7
- Refused **Go to Q.37 (p. 17)** 9

36. Did the doctor:

36A. prescribe a medication to lower your blood cholesterol (88)

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

36B. provide you with a low fat or low cholesterol diet? (89)

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

36C. refer you to a dietitian, nutritionist, or nurse to help you reduce the fat or cholesterol in your diet? (90)

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

37. 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 G: Demographics

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

38. How old were you on your last birthday? (92-93)

- Code age in years — —
- Don't know/ Not sure 0 7
- Refused 0 9

39. What is your race? Would you say: (94)

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

40. Are you of Hispanic origin such as Mexican American, Latin American, Puerto Rican, or Cuban? (95)

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

41. What is the highest grade or year of school you completed? (96)

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 5
- f. Some college 6
- g. College graduate 7
- h. Postgraduate or professional degree 8
- Refused 9

42. Are you currently: (97)

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

43. And are you: (98)

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

44. Which of the following categories best describes your annual household income from all sources? (99)

Please read:

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

45. About how much do you weigh without shoes? (100-102)

- Weight (pounds) — — —
- Don't know/ Not sure 7 7 7
- Refused 9 9 9

46. About how tall are you without shoes? (103-105)

Height (feet/inches) _/ _ _

Don't know/ Not sure 7 7 7

Refused 9 9 9

47. **Indicate sex of respondent. Ask, if necessary.** (106)

a. Male **Go to Section I (p.28)** 1

b. Female 2

Section H: Women’s Health

These next questions are about mammograms, which are X-ray tests of the breast to look for cancer.

48. Have you ever had a mammogram? (107)
- a. Yes 1
 - b. No **Go to Q. 50B (p.23)** 2
 - Don’t know/ Not sure **Go to Q. 53 (p.24)** 7
 - Refused **Go to Q. 53 (p.24)** 9

49. About how long has it been since you had your last mammogram? Was it: (108)

Please read:

- a. Within the past year (0 to 12 months ago) **Go to Q.51 (p.23)**..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
- Don’t know/ Not sure 7
- Refused 9

- 50A. What is the most important reason that you did not have a mammogram in the last year? (109)

Do not read list. Record only one answer.

- a. Not recommended by doctor/ Doctor never said it was needed..1
- b. Not needed/ Not necessary 2
- c. Never heard of a mammogram 3
- d. Cost 4
- e. No insurance to pay for it 5
- f. Other 6
- Don’t know/ Not sure 7
- Refused 9

51. Was your last mammogram done as part of a routine medical checkup, because of a breast problem, or because you've already had breast cancer? (110)

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

52. Whose idea was it for you to have this last mammogram? Was it your idea, your doctor's idea, or someone else's idea? (111)

Probe for most influential. Record only one response.

- a. Respondent's idea 1
- b. Doctor's idea 2
- c. Someone else's idea 3
- Don't know/ Not sure 7
- Refused 9

50B. What is the most important reason that you never had a mammogram? (109)

Do not read list. Record only one answer.

- a. Not recommended by doctor/ Doctor never said it was needed..1
- b. Not needed/ Not necessary 2
- c. Never heard of a mammogram 3
- d. Cost 4
- e. No insurance to pay for it 5
- f. Other 6
- Don't know/ Not sure 7
- Refused 9

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

53. Have you ever had a clinical breast exam by a doctor or medical assistant? (112)

- a. Yes 1
- b. No **Go to Q. 56 (p.25)** 2
- Don't know/ Not sure **Go to Q. 56 (p.25)** 7
- Refused **Go to Q. 56 (p.25)** 9

54. How long has it been since your last breast physical exam? Was it: (113)

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 (61+ months ago) 4
- Don't know/ Not sure 7
- Refused 9

55. Was your last breast exam 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

Ask these two questions only of females between 18 and 45 years of age. Otherwise, go to Module 3 (p.26).

56. To your knowledge, are you now pregnant? (115)

- a. Yes 1
- b. No **Go to Module 3 (p.26)** 2
- Don't know/ Not sure **Go to Module 3 (p.26)** 7
- Refused **Go to Module 3 (p.26)** 9

57. During what month is your baby due? (116-117)

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

Module 3: Cervical Cancer Screening

Ask all females. Otherwise, go to Section I (p.28)

These next questions are about certain kinds of medical tests and examinations.

1. Have you ever heard of a Pap smear test? (140)

- a. Yes 1
- b. No **Go to Q.4** 2
- Don't know/ Not sure **Go to Q.4** 7
- Refused **Go to Q.4** 9

2. Have you ever had a Pap smear? (141)

- a. Yes 1
- b. No **Go to Q.4** 2
- Don't know/ Not sure **Go to Q.4** 7
- Refused **Go to Q.4** 9

3. When did you have your last Pap smear? Was it: (142)

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

4. Have you had a hysterectomy? (***A hysterectomy is an operation to remove the uterus.***) (143)
- a. Yes 1
 - b. No 2
 - Don't know/ Not sure 7
 - Refused 9

Section I: AIDS

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

58. Have you ever heard the AIDS virus called by the name HIV? (118)

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

59. To your knowledge, are there drugs available that can lengthen the life of a person infected with the AIDS virus? (119)

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

60. Do you think a person who is infected with the AIDS virus can look and feel well and healthy? (120)

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

61. There has been a lot of talk about how you can and cannot get infected with the AIDS virus. Do you think a person can get infected with AIDS or the AIDS virus from:

	Yes No DK/NS Ref				
a. Giving blood?	1	2	7	9	(121)
b. Mosquitoes or other insects?	1	2	7	9	(122)

62. Do you have a child or children in kindergarten through eighth grade? (123)

- a. Yes 1
- b. No **Go to Q.65 (below)** 2
- Don't know/ Not sure **Go to Q.65 (below)** 7
- Refused **Go to Q.65 (below)** 9

63. Would you allow your child to be in the same classroom with a child who is infected with the AIDS virus? (124)

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

64. At what grade do you think your child should begin AIDS education in school? (125-126)

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

65. Would you eat in a restaurant where the cook is infected with the AIDS virus? (127)

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

66. Would you be willing to work with a person who is infected with the AIDS virus? (128)

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

67A. Where could you go to be tested for the AIDS virus infection? (129-130)
Probe for other places if only one response is given.

Facility code _ _

67B. Where else could you go? (131-132)

Facility code _ _

Please do not read list:

Code Facilities

- Private doctor, HMO 01*
- Blood bank, plasma center, Red Cross 02*
- Health Department 03*
- AIDS clinic, AIDS testing site 04*
- Hospital, emergency room 05*
- Family planning clinic 06*
- STD clinic 07*
- Community health clinic, primary care clinic 08*
- Company or industry clinic 09*
- Military induction or examination 10*
- Other 87*
- No Place 88*
- Don't Know/ Not sure 77*
- Refused 99*

68. 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: (133)

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

69. How many telephone numbers will reach this household, including the number used today? (134)

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

Total telephone numbers —

Module 1: County of Residence

1. What county do you live in? (135-137)

a. County code _ _ _

Don't know/Not sure 7 7 7

Refused 9 9 9

Module 2: Smokeless Tobacco Use

These next questions are about certain kinds of smokeless tobacco products.

1. Have you ever used or tried any smokeless tobacco products such as chewing tobacco or snuff? **Probe for chewing tobacco, snuff, or both.** (138)

- a. Yes, chewing tobacco 1
- b. Yes, snuff 2
- c. Yes, both 3
- d. No, neither **Go to Module 8 (p.34)** 4
- Don't know/ Not sure **Go to Module 8 (p.34)** 7
- Refused **Go to Module 8 (p.34)** 9

2. Do you currently use any smokeless tobacco products such as chewing tobacco or snuff? (139)

“Yes” includes occasional use.

- a. Yes, chewing tobacco 1
- b. Yes, snuff 2
- c. Yes, both 3
- d. No, neither **Go to Module 8 (p.34)** 4
- Don't know/ Not sure **Go to Module 8 (p.34)** 7
- Refused **Go to Module 8 (p.34)** 9

Module 8: Dietary Fat

These 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. Include all foods you eat, both at home and away from home.

1. How often do you eat hot dogs or lunch meats such as ham or other cold cuts? (198-200)

a. Per day 1 ___

b. Per week 2 ___

c. Per month 3 ___

d. Per year 4 ___

e. Never 5 5 5

Don't know/ Not sure 7 7 7

Refused 9 9 9

2. How often do you eat bacon or sausage? (201-203)

a. Per day 1 ___

b. Per week 2 ___

c. Per month 3 ___

d. Per year 4 ___

e. Never 5 5 5

Don't know/ Not sure 7 7 7

Refused 9 9 9

3. How often do you eat pork other than ham, bacon, or sausage? (204-206)

- a. Per day 1 ___
- b. Per week 2 ___
- c. Per month 3 ___
- d. Per year 4 ___
- e. Never 5 5 5
- Don't know/ Not sure 7 7 7
- Refused 9 9 9

4. How often do you eat hamburgers, cheeseburgers or meatloaf? (207-209)

- a. Per day 1 ___
- b. Per week 2 ___
- c. Per month 3 ___
- d. Per year 4 ___
- e. Never 5 5 5
- Don't know/ Not sure 7 7 7
- Refused 9 9 9

5. How often do you eat beef other than hamburger, cheeseburger, or meatloaf? (210-212)

- a. Per day 1 ___
- b. Per week 2 ___
- c. Per month 3 ___
- d. Per year 4 ___
- e. Never 5 5 5
- Don't know/ Not sure 7 7 7
- Refused 9 9 9

6. How often do you eat fried chicken? (213-215)

- a. Per day 1 ___
- b. Per week 2 ___
- c. Per month 3 ___
- d. Per year 4 ___
- e. Never 5 5 5
- Don't know/ Not sure 7 7 7
- Refused 9 9 9

7. How often do you eat French fries or fried potatoes? (216-218)

- a. Per day 1 ___
- b. Per week 2 ___
- c. Per month 3 ___
- d. Per year 4 ___
- e. Never 5 5 5
- Don't know/ Not sure 7 7 7
- Refused 9 9 9

8. How often do you eat cheese or cheese spreads, not including cottage cheese? **Include cheese used as an ingredient; e.g., on pizza** (219-221)

- a. Per day 1 ___
- b. Per week 2 ___
- c. Per month 3 ___
- d. Per year 4 ___
- e. Never 5 5 5
- Don't know/ Not sure 7 7 7
- Refused 9 9 9

9. How often do you eat doughnuts, cookies, cake, pastry, or pies? (222-224)

- a. Per day 1 ___
- b. Per week 2 ___
- c. Per month 3 ___
- d. Per year 4 ___
- e. Never 5 5 5
- Don't know/ Not sure 7 7 7
- Refused 9 9 9

10. How often do you usually eat snacks, such as chips or popcorn? (225-227)

- a. Per day 1 ___
- b. Per week 2 ___
- c. Per month 3 ___
- d. Per year 4 ___
- e. Never 5 5 5
- Don't know/ Not sure 7 7 7
- Refused 9 9 9

11. How often do you usually add butter or margarine to bread, rolls or vegetables? (228-230)

- a. Per day 1 ___
- b. Per week 2 ___
- c. Per month 3 ___
- d. Per year 4 ___
- e. Never 5 5 5
- Don't know/ Not sure 7 7 7
- Refused 9 9 9

12. How many eggs do you usually eat? (231-233)

- a. Per day 1 ___
- b. Per week 2 ___
- c. Per month 3 ___
- d. Per year 4 ___
- e. Never 5 5 5
- Don't know/ Not sure 7 7 7
- Refused 9 9 9

13. How many glasses (8 oz.) of whole milk do you usually drink? Remember to include drinks made with whole milk or milk on cereal. Do not include low fat milk, such as skim milk or 2% milk. (234-236)

- a. Per day 1 ___
- b. Per week 2 ___
- c. Per month 3 ___
- d. Per year 4 ___
- e. Never 5 5 5
- Don't know/ Not sure 7 7 7
- Refused 9 9 9

Module 9: Fruits and Vegetables

1. How often do you drink fruit juices such as orange, grapefruit, or tomato? (237-239)

- a. Per day 1 ___
- b. Per week 2 ___
- c. Per month 3 ___
- d. Per year 4 ___
- e. Never 5 5 5
- Don't know/ Not sure 7 7 7
- Refused 9 9 9

2. Not counting juice, how often do you eat fruit? (240-242)

- a. Per day 1 ___
- b. Per week 2 ___
- c. Per month 3 ___
- d. Per year 4 ___
- e. Never 5 5 5
- Don't know/ Not sure 7 7 7
- Refused 9 9 9

3. How often do you eat green salad? (243-245)

- a. Per day 1 ___
- b. Per week 2 ___
- c. Per month 3 ___
- d. Per year 4 ___
- e. Never 5 5 5
- Don't know/ Not sure 7 7 7
- Refused 9 9 9

4. How often do you eat potatoes (not including french fries, fried potatoes or potato chips)? (246-248)

- a. Per day 1 ___
- b. Per week 2 ___
- c. Per month 3 ___
- d. Per year 4 ___
- e. Never 5 5 5
- Don't know/ Not sure 7 7 7
- Refused 9 9 9

5. How often do you eat carrots? (249-251)

- a. Per day 1 ___
- b. Per week 2 ___
- c. Per month 3 ___
- d. Per year 4 ___
- e. Never 5 5 5
- Don't know/ Not sure 7 7 7
- Refused 9 9 9

6. Not counting carrots, potatoes, or salad, how many servings of vegetables do you usually eat? (For example, a serving of vegetables at both lunch and dinner would be two servings.) (252-254)

- a. Per day 1 ___
- b. Per week 2 ___
- c. Per month 3 ___
- d. Per year 4 ___
- e. Never 5 5 5
- Don't know/ Not sure 7 7 7
- Refused 9 9 9

Closing Statement:

That's my last question. Let me emphasize that your answers cannot be identified with your name. Everyone's answers will be combined to give us information about the health practices of people in this state. Thank you very much for your time and cooperation.