

Utah's Behavioral Risk Factor Surveillance System Questionnaire

- * Since the data for this report comes from different questionnaires used from 1995-1998, this questionnaire is a combination of questions from those years.

Appendix B

HEALTH STATUS (1995-98)

Q1. Would you say that in general your health is: excellent, very good, good, fair, or poor?

1. Excellent
2. Very good
3. Good
4. Fair
5. Poor
7. Don't know / not sure
9. Refused

Q2. Now thinking about your physical health, which includes physical illness and injury, for how many days during the past 30 days was your physical health NOT good?

- Enter number of days
88. None
 77. Don't know / not sure
 99. Refused

Q3. Now thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health NOT good?

- Enter number of days
88. None
 77. Don't know / not sure
 99. Refused

Q4. -- **only get this question if q2 and q3 do not both = 88 (none)**

During the past 30 days, for about how many days did poor physical or mental health keep you from doing your usual activities, such as self-care, work, or recreation?

- Enter number of days
88. None
 77. Don't know / not sure
 99. Refused

HEALTH CARE ACCESS (1995-98)

Q5. Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMOs, or government plans such as Medicare?

1. Yes
2. No -- **skips to q7b**
7. Don't know / not sure -- **skips to q10**
9. Refused -- **skips to q10**

Q6. -- **only get this question if q5 = 1 (yes)** Do you have Medicare? Medicare is a coverage plan for people 65 or over and for certain disabled people.

1. Yes -- **skips to q8**
2. No
7. Don't know / not sure
9. Refused

Q7. What type of health care coverage do you use to pay for most of your medical care? Is it coverage through:

1. Your employer -- **skips to q8**
2. Someone else's employer -- **skips to q8**
3. A plan that you or someone else buys on your own -- **skips to q8**
4. Medicare -- **skips to q8**
5. Medicaid or medical assistance -- **skips to q8**
6. The military, CHAMPUS, or the VA [or CHAMP-VA] -- **skips to q8**
7. The Indian Health Service (IHS) -- **skips to q8**
8. Some other source -- **skips to q8**

Q7a. -- **ONLY GET THIS QUESTION IF Q5 = 2 (NO HEALTH INSURANCE)** There are some types of coverage you may not have considered. Please tell me if you have any of the following. Coverage through:

- Enter the coverage code
1. Your employer
 2. Someone else's employer
 3. A plan that you or someone else buys on your own
 4. Medicare
 5. Medicaid or medical assistance
 6. The military, CHAMPUS, or the VA [or CHAMP-VA]
 7. The Indian Health Service (IHS)
 8. Some other source
 88. None -- **skips to q9**
 77. Don't know / not sure -- **skips to q10**
 99. Refused -- **skips to q10**

Q8. During the past 12 months, was there any time that you did not have any health insurance or coverage?

1. Yes
2. No
7. Don't know / not sure
9. Refused

Q9. -- **only get this question if q7a or q7b = none (no health insurance)** About how long has it been since you had health care coverage?

- Read only if necessary
1. Within the past 6 months (1 to 6 months ago)
 2. Within the past year (6 to 12 months ago)
 3. Within the past 2 years (1 to 2 years ago)
 4. Within the past 5 years (2 to 5 years ago)
 5. 5 or more years ago
 7. Don't know / not sure
 8. Never
 9. Refused

Q10. Was there a time during the last 12 months when you needed to see a doctor, but could not because of the cost?

1. Yes
2. No
7. Don't know / not sure
9. Refused

Q11. About how long has it been since you last visited a doctor for a routine checkup?

1. Within the past year (1 to 12 months ago)
2. Within the past 2 years (1 to 2 years ago)
3. Within the past 5 years (2 to 5 years ago)
4. 5 or more years ago
7. Don't know / not sure
8. Never
9. Refused

DIABETES (1995-98)

Q12. Have you ever been told by a doctor that you have diabetes?

Interviewer: if yes and female ask

"Was this only when you were pregnant?"

1. Yes
2. Yes, but female told only during pregnancy -- **skips to q13**
3. No -- **skips to q13**
7. Don't know / not sure -- **skips to q13**
9. Refused

Mod1_Q1. How old were you when you were told you have diabetes?

- Enter age in years
77. Don't know / not sure
 99. Refused

Mod1_Q2. Are you now taking insulin?

1. Yes
2. No -- **skips to mod1_q4**
9. Refused -- **skips to mod1_q4**

Mod1_Q3. Currently, about how often do you use insulin?

- Enter times per day or week
- 101-106. Times per day
 - 201-242. Times per week
 333. Use insulin pump
 777. Don't know / not sure
 999. Refused

Mod1_Q4. About how often do you check your blood for glucose or sugar? Include times when checked by a family member or friend, but do not include times when checked by a health professional.

- Enter times per day, week, month or year
- 101-109. Times per day
 - 201-263. Times per week
 - 301-399. Times per month
 - 401-499. Times per year
 888. Never
 777. Don't know / not sure
 999. Refused

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Mod1_Q5. Have you ever heard of glycosylated hemoglobin or hemoglobin "A one C?"

1. Yes
2. No
7. Don't know / not sure
9. Refused

Mod1_Q6. About how many times in the last year have you seen a doctor, nurse, or other health professional for your diabetes?

Enter number of times

88. None -- **skips to mod1_q9**
77. Don't know / not sure -- **skips to mod1_q9**
99. Refused -- **skips to mod1_q9**

Mod1_Q7. -- **Only get this question if mod1_q5 = 1 (yes) and mod1_q 6 does not = none** About how many times in the last year has a doctor, nurse, or other health professional checked you for glycosylated hemoglobin or hemoglobin "A one C"?

Enter number of times

88. None
77. Don't know / not sure
99. Refused

Mod1_Q8. -- **Do not get this question if mod1_6 = none** About how many times in the last year has a professional checked your feet for any sores or irritations?

Enter number of times

88. None
77. Don't know / not sure
99. Refused

Mod1_Q9. When was the last time you had an eye exam in which the pupils were dilated? This would have made you temporarily sensitive to bright light.

Read only if necessary

1. Within the past month (0 to 1 month ago)
2. Within the past year (1 to 12 months ago)
3. Within the past 2 years (1 to 2 years ago)
4. 2 or more years ago
7. Don't know / not sure
8. Never
9. Refused

Mod1_Q10. I would now like to ask you three questions about how well you see with your glasses or contacts on if you use them. How much of the time does your vision limit you in recognizing people or objects across the street? Would you say:

1. All of the time
2. Most of the time
3. Some of the time
4. A little bit of the time
5. None of the time
7. Don't know / not sure
9. Refused

Mod1_Q11. How much of the time does your vision limit you in reading print in a newspaper, magazine, recipe, menu, or numbers on the telephone? Would you say:

1. All of the time
2. Most of the time
3. Some of the time
4. A little bit of the time
5. None of the time
7. Don't know / not sure
9. Refused

Mod1_Q12. How much of the time does your vision limit you in watching television? Would you say:

1. All of the time
2. Most of the time
3. Some of the time
4. A little bit of the time
5. None of the time
7. Don't know / not sure
9. Refused

PHYSICAL ACTIVITY (1996, 98)

Q13. During the past month, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?

1. Yes
2. No — skips to q23
7. Don't know / not sure — skips to q23
9. Refused — skips to q23

Q14. What type of physical activity or exercise did you spend the most time doing during the past month?

- xx. Coding list for activity code
99. Refused — skips to q18

Q15. How far did you usually walk / run / jog / swim?

- 01-150. Code miles and tenths
777. Don't know / not sure
999. Refused

Q16. How many times per week or per month did you take part in this activity during the past month?

- 101-199. Times per week
- 201-299. Times per month
777. Don't know / not sure
999. Refused

Q17. And when you took part in this activity, for how many minutes or hours did you usually keep it up?

- 01-959. Code in hours and minutes
777. Don't know / not sure
999. Refused

Q18. Was there another physical activity or exercise that you participated in during the last month?

1. Yes
2. No — skips to q23
7. Don't know / not sure — skips to q23
9. Refused — skips to q23

Q19. What other type of physical activity gave you the next most exercise during the past month?

- xx. Coding list for activity
99. Refused — skips to q23

Q20. How far did you usually walk / run / jog / swim?

- 001-150. Code miles and tenths
777. Don't know / not sure
999. Refused

Q21. How many times per week or per month did you take part in this activity?

- 101-199. Times per week
- 210-299. Times per month
777. Don't know / not sure
999. Refused

Q22. And when you took part in this activity, for how many minutes or hours did you usually keep it up?

- 001-959. Code in hours and minutes
777. Don't know / not sure
999. Refused

TOBACCO USE (1995-98)

Q23. Have you smoked at least 100 cigarettes in your entire life?

5 packs = 100 cigarettes

1. Yes
2. No -- **skips to q28**
7. Don't know / not sure -- **skips to q28**
9. Refused -- **skips to q28**

Q24. -- **Only get this question if q23 = 1 (yes)** Do you now smoke cigarettes everyday, some days, or not at all?

1. Everyday
2. Some days -- **skips to q25a**
3. Not at all -- **skips to q27**
9. Refused -- **skips to q28**

Q25. -- **Only get this question if q24 = 1 (yes)** On the average, about how many cigarettes a day do you now smoke? 1 pack = 20 cigarettes

Enter number of cigarettes

77. Don't know / not sure
99. Refused

Q25a. -- **only get this question if q24 = 2 (smoke some days)** On the average, when you smoked during the past 30 days, about how many cigarettes did you smoke a day? 1 pack = 20 cigarettes

- Enter number cigarettes
77. Don't know / not sure
99. Refused

**** all answers to this question skip to q28 ****

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Q26. During the past 12 months, have you quit smoking for 1 day or longer?

1. Yes
2. No
7. Don't know / not sure
9. Refused

**** all answers to this question skip to q28 ****

Q27. -- **only get this question if q24 = 3 (do not smoke at all)** About how long has it been since you last smoked cigarettes regularly, that is, daily?

Read only if necessary

Enter the time code

01. Within the past month (0 to 1 month ago)
02. Within the past 3 months (1 to 3 months ago)
03. Within the past 6 months (3 to 6 months ago)
04. Within the past year (6 to 12 months ago)
05. Within the past 5 years (1 to 5 years ago)
06. Within the past 15 years (5 to 15 years ago)
07. 15 or more years ago
77. Don't know / not sure (do not read)
88. Never smoked regularly (do not read)
99. Refused (do not read)

Q28. Have you ever smoked a cigar, even just a few puffs?

1. Yes
2. No --**skips to q31**
7. Don't know / not sure --**skips to q31**
9. Refused --**skips to q31**

Q29. When was the last time you smoked a cigar?

01. Within the past month
02. Within the past 3 months
03. Within the past 6 months
04. Within the past year
05. Within the past 5 years
06. Within the past 15 years
07. 15 or more years ago
77. Don't know / not sure
99. Refused

Q30. In the past month, did you smoke cigars?

1. Everyday
2. Several times per week
3. Once per week
4. Less than once per week
7. Don't know / not sure
9. Refused

NUTRITION (1995-1998)

Q31. How often do you drink fruit juices such as orange, grapefruit, or tomato juice?

- 101-199. Times per day
- 201-299. Times per week
- 301-399. Times per month
- 401-499. Times per year
555. Never
777. Don't know / not sure
999. Refused

Q32. Not counting juice, how often do you eat fruit?

- 101-199. Times per day
- 201-299. Times per week
- 301-399. Times per month
- 401-499. Times per year
555. Never
777. Don't know / not sure
999. Refused

Q33. How often do you eat green salad?

- 101-199. Times per day
- 201-299. Times per week
- 301-399. Times per month
- 401-499. Times per year
555. Never
777. Don't know / not sure
999. Refused

Q34. How often do you eat potatoes not including French fries, fried potatoes, or potato chips?

- 101-199. Times per day
- 201-299. Times per week
- 301-399. Times per month
- 401-499. Times per year
555. Never
777. Don't know / not sure
999. Refused

Q35. How often do you eat carrots?

- 101-199. Times per day
- 201-299. Times per week
- 301-399. Times per month
- 401-499. Times per year
555. Never
777. Don't know / not sure
999. Refused

Q36. Not counting carrots, potatoes, or salad, how many servings of vegetables do you usually eat?

- 101-199. Servings per day
- 201-299. Servings per week
- 301-399. Servings per month
- 401-499. Servings per year
555. Never
777. Don't know / not sure
999. Refused

WEIGHT CONTROL (1996, 98)

Q37. Are you now trying to lose weight?

1. Yes
2. No
7. Don't know / not sure
9. Refused

Q38. Are you now trying to maintain your current weight, that is to keep from gaining weight?

1. Yes
2. No
7. Don't know / not sure
9. Refused

Q39. Are you eating either fewer calories or less fat to...lose weight or keep from gaining weight?

1. Yes, fewer calories
2. Yes, less fat
3. Yes, fewer calories and less fat
4. No
7. Don't know / not sure
9. Refused

Q40. Are you using physical activity or exercise to...lose weight or keep from gaining weight?

1. Yes
2. No
7. Don't know / not sure
9. Refused

Q41. In the past 12 months, has a doctor, nurse, or other health professional given you advice about your weight/

1. Yes, lose weight
2. Yes, gain weight
3. Yes, maintain current weight
4. No
7. Don't know / not sure
9. Refused

DEMOGRAPHICS (1995-98)

Q42. What is your age?

- Enter age in years
7. Don't know / not sure
 9. Refused

Appendix B

- Q43. What is your race? Would you say:
1. White
 2. Black
 3. Asian, Pacific Islander
 4. American Indian, Alaska Native
 5. Other: (specify)
 7. Don't know / not sure
 9. Refused
- Q44. Are you of Spanish or Hispanic origin?
1. Yes
 2. No
 7. Don't know / not sure
 9. Refused
- Q45. Are you:
1. Married
 2. Divorced
 3. Widowed
 4. Separated
 5. Never been married
 6. A member of an unmarried couple
 9. Refused
- Q46. How many children live in your household who are . . .
- A. Less than 5 years old?
 - B. 5 through 12 years old?
 - C. 13 through 17 years old?
1. One
 2. Two
 3. Three
 4. Four
 5. Five
 6. Six
 7. 7 or more
 8. None
 9. Refused
- Q47. What is the highest grade or year of school you completed?
Read only if necessary
1. Never attended school or only attended kindergarten
 2. Grades 1 through 8 (elementary)
 3. Grades 9 through 11 (some high school)
 4. Grade 12 or GED (high school graduate)
 5. College 1 year to 3 years (some college or technical school)
 6. College 4 years or more (college graduate)
 9. Refused
- Q48. Are you currently:
1. Employed for wages
 2. Self-employed
 3. Out of work for more than 1 year
 4. Out of work for less than 1 year
 5. Homemaker
 6. Student
 7. Retired
 8. Unable to work
 9. Refused
- Q49. Is your annual household income from all sources:
01. Less than \$10,000
 02. \$10,000-\$14,999
 03. \$15,000-\$19,999
 04. \$20,000-\$24,999
 05. \$25,000-\$34,999
 06. \$35,000-\$49,999
 07. \$50,000-\$74,999
 08. \$75,000 or more
- Q50. About how much do you weigh without shoes?
Round fractions up
Enter weight in whole pounds
777. Don't know / not sure
999. Refused
- Q51. About how tall are you without shoes?
Round fractions down
Enter height in feet and inches
(Ex. 5 feet 9 inches = 509)
777. Don't know / not sure
999. Refused
- Q52. -- What county do you live in?
Enter the county name:
D = Don't know / not sure
R = Refused
- Q53. Do you have more than one telephone number in your household?
1. Yes
 2. No -- **skips to q55**
 9. Refused -- **skips to q55**
- Q54. -- **only get this question if q53 = 1 (yes)** How many residential telephone numbers do you have? Exclude dedicated fax and computer lines
1. One
 2. Two
 3. Three
 4. Four
 5. Five
 6. Six
 7. Seven
 8. Eight or more
 9. Refused
- Q55. Interviewer: indicate sex of respondent. Ask only if necessary
1. Male -- **skips to q67**
 2. Female

WOMEN'S HEALTH (1995-98)

- Q56. -- **only get this question if q55 = 2 (female)** A mammogram is an x-ray of each breast to look for breast cancer. Have you ever had a mammogram?
1. Yes
 2. No -- **skips to STMAM_Q2**
 7. Don't know / not sure -- **skips to STMAM_Q2**
 9. Refused -- **skips to STMAM_Q2**

STMAM1. -- **only get this question if q55 = 2** What is the main reason you have ever had a mammogram?

1. Not recommended by Doctor
2. Not needed / no breast problems / no family history of breast cancer
3. Cost is too high or no insurance
4. Too old
5. Too young
6. No time
7. Services not available / not convenient / lack of transportation
8. Fear / Uncomfortable / Painful
9. Embarrassing
10. Afraid of what they might find
77. Don't know / not sure
99. Refused

Q57. How long has it been since you had your last mammogram?

- Read only if necessary
1. Within the past year (1 to 12 months ago)
 2. Within the past 2 years (1 to 2 years ago)
 3. Within the past 3 years (2 to 3 years ago)
 4. Within the past 5 years (3 to 5 years ago)
 5. 5 or more years ago
 7. Don't know / not sure
 9. Refused

STMAM2. -- **only get this question if q56 = 2 and / or q57 3, 4, or 5** Which of the following reasons would you say is the most important reason why you have not had a mammogram within the past 2 years?

1. Not recommended by Doctor
2. Not needed / no breast problems / no family history of breast cancer
3. Cost is too high or no insurance
4. Too old
5. Too young
6. No time
7. Services not available / not convenient / lack of transportation
8. Fear / Uncomfortable / Painful
9. Embarrassing
10. Afraid of what they might find
77. Don't know / not sure
99. Refused

Appendix B

STMAM3. Are you aware that the health department offers free low cost breast exams, mammograms, pap tests, and pelvic exams?

1. Yes
2. No
7. Don't know / not sure
9. Refused

Q58. -- **only get this question if q56 = 1 (had mammogram)** 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?

1. Routine checkup
2. Breast problem other than cancer
3. Had breast cancer
7. Don't know / not sure
9. Refused

Q59. A clinical breast exam is when a doctor, nurse, or other health professional feels the breast for lumps. Have you ever had a clinical breast exam?

1. Yes
2. No -- **skips to q62**
7. Don't know / not sure -- **skips to q62**
9. Refused -- **skips to q62**

Q60. -- **only get this question if q59 = 1 (yes)** How long has it been since your last breast exam?

- Read only if necessary
1. Within the past year (1 to 12 months ago)
 2. Within the past 2 years (1 to 2 years ago)
 3. Within the past 3 years (2 to 3 years ago)
 4. Within the past 5 years (3 to 5 years ago)
 5. 5 or more years ago
 7. Don't know / not sure
 9. Refused

Q61. -- **only get this question if q59 = 1 (yes)** 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?

1. Routine checkup
2. Breast problem other than cancer
3. Had breast cancer
7. Don't know / not sure
9. Refused

Q62. A Pap smear is a test for cancer of the cervix. Have you ever had a Pap smear?

1. Yes
2. No -- **skips to q65**
7. Don't know / not sure -- **skips to q65**
9. Refused -- **skips to q65**

Q63. -- **only get this question if q62 = 1 (yes)** How long has it been since you had your last Pap smear?

- Read only if necessary
1. Within the past year (1 to 12 months ago)
 2. Within the past 2 years (1 to 2 years ago)
 3. Within the past 3 years (2 to 3 years ago)
 4. Within the past 5 years (3 to 5 years ago)
 5. 5 or more years ago
 7. Don't know / not sure
 9. Refused

Q64. -- **only get this question if q62 = 1 (yes)** Was your last Pap smear done as part of a routine exam, or to check a current or previous problem?

1. Routine exam
2. Check current or previous problem
3. Other
7. Don't know / not sure
9. Refused

Q65. Have you had a hysterectomy? A hysterectomy is an operation to remove the uterus (womb)

1. Yes -- **skips to q67**
2. No
7. Don't know / not sure
9. Refused

Q66. -- **only get this question if q65 = 2, 7, or 9 and age is less than 44.** To your knowledge, are you now pregnant?

1. Yes
2. No
7. Don't know / not sure
9. Refused

HIV / AIDS (1995-98)

***Only get these questions if respondent is < 65 years old.**

Q67. -- The next few questions are about the national health problem of HIV, the virus that causes AIDS. Please remember that your answers are strictly confidential and that you don't have to answer every question if you don't want to. If you had a child in school, at what grade do you think he or she should begin receiving education about HIV infection and AIDS?

- Enter grade
Code 1 through 12
55. Kindergarten
 88. Never
 77. Don't know / not sure
 99. Refused

Q68. -- If you had a teenager who was sexually active, would you encourage him or her to use a condom?

1. Yes
2. No
3. Would give other advice (do not read)
7. Don't know / not sure
9. Refused

Q69. -- What are your chances of getting infected with HIV, the virus that causes AIDS? Would you say: high, medium, low, or none?

1. High
2. Medium
3. Low
4. None
5. Not applicable
7. Don't know / not sure
9. Refused

Q70. -- **only get this question if q70 = 2, 7 or 9** Have you donated blood since march 1985?

1. Yes
2. No
7. Don't know / not sure
9. Refused

Q71. -- Have you ever had your blood tested for HIV?

1. Yes
2. No
7. Don't know / not sure
9. Refused

Q72. -- **only get this question if q71 = 1 (tested for AIDS)** What was the main reason you had your last blood test for HIV?

- Read only if necessary
Enter reason code
01. For hospitalization or surgical procedure
 02. To apply for health insurance
 03. To apply for life insurance
 04. For employment
 05. To apply for a marriage license
 06. For military induction or military service
 07. For immigration
 08. Just to find out if you were infected
 09. Because of referral by a doctor
 10. Because of pregnancy
 11. Referred by your sex partner
 12. Because it was part of a blood donation process **skips to q76**
 13. For routine checkup
 14. Because of occupational exposure
 15. Because of illness
 16. Because I am at risk for HIV
 87. Other reason
 77. Don't know/not sure (don't read)
 99. Refused (don't read)

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Q73. -- **only get this question if q71 = 1 (tested for AIDS)** Where did you have your last blood test for HIV?

Read only if necessary

Enter facility code

01. Private doctor, HMO
02. Blood bank, plasma center, Red Cross
03. Health department
04. AIDS clinic, counseling, testing site
05. Hospital, emergency room, outpatient clinic
06. Family planning clinic
07. Prenatal clinic, obstetrician's office
08. Tuberculosis clinic
09. STD clinic
10. Community health clinic
11. Clinic run by employer
12. Insurance company clinic
13. Other public clinic
14. Drug treatment facility
15. Military induction or military service site
16. Immigration site
17. At home, home visit by nurse or health worker
18. At home using self-sampling kit
19. In jail or prison
87. Other
77. Don't know / not sure (don't read)
99. Refused (don't read)

Q74. -- **only get this question if q71 = 1 (tested for AIDS)** Did you receive the results of your last test?

1. Yes
2. No -- **skips to mod4_Q1**
7. Don't know / not sure -- **skips to mod4_Q1**
9. Refused -- **skips to mod4_Q1**

Q75. -- **only get this question if q74 = 1 (yes)** Did you receive counseling or talk with a health care professional about the results of your test?

1. Yes
2. No
7. Don't know / not sure
9. Refuse

HEALTH CARE COVERAGE (1996-97)

Mod4_Q1. -- **only get this question if q7a or q7b = none (not insured)** I asked you previously about your health care coverage. What is the main reason you are without health care coverage?

Enter the reason code

01. Lost job or changed employers
02. Spouse or parent lost job or changed employers
03. Became divorced or separated
04. Spouse or parent died
05. Became ineligible because of age or because left school
06. Employer doesn't offer or stopped offering coverage
07. Cut back to part time or became temporary employee
08. Benefits from employer or former employer ran out
09. Couldn't afford to pay the premiums
10. Insurance company refused coverage
11. Lost Medicaid or medical assistance eligibility
87. Other -- **skips to mod4_q1**
77. Don't know / not sure -- **skips to mod4_q1**
99. Refused -- **skips to mod4_q1**

Mod4_Q2 -- **only get this question if have some type of insurance** About how long have you had this particular health care coverage.

Interviewer: if necessary, say "The coverage you use currently to pay for most of your medical care."

Read only if necessary

1. For less than 12 months (1 to 12 months ago)
2. For less than 2 years (1 to 2 years ago)
3. For less than 3 years (2 to 3 years ago)
4. For less than 5 years (3 to 5 years ago)
5. For 5 or more years
7. Don't know / not sure
9. Refused

Mod4_Q3. -- **only get this question if have some type of insurance** Is there a book or list of doctors associated with your health coverage plan / Medicaid / Medicare.

Interviewer: if necessary, say "The coverage you use currently to pay for most of your medical care."

1. Yes --**skips to q10**
2. No
7. Don't know / not sure
9. Refused --**skips to q10**

Mod4_Q4. -- **only get this if respondent has some kind of insurance** Does your health coverage plan / Medicaid / Medicare require you to select a certain doctor or clinic for all of your routine care? Do not include emergency care or referral to a specialist.

Interviewer: if necessary, say "The coverage you use currently to pay for most of your medical care."

1. Yes
2. No
7. Don't know / not sure
9. Refused

Mod4_Q5. -- **only get this question if respondent has health care coverage** I asked you previously about your health care coverage. Other than health coverage plan / Medicaid / Medicare do you have any other type of health care coverage? Do not include plans that only cover one type of service or care.

1. Yes
2. No
7. Don't know / not sure
9. Refused

ORAL HEALTH (1995-98)

Mod6_Q1. How long has it been since you last visited the dentist or a dental clinic?

Read only if necessary

1. Within the past year (1 to 12 months ago) -- **skips to mod6_q3**
2. Within the past 2 years (1 to 2 years ago)
3. Within the past 5 years (2 to 5 years ago)
4. 5 or more years ago
7. Don't know / not sure -- **skips to mod6_q3**
8. Never
9. Refused -- **skips to mod6_q3**

Mod6_Q2. -- **only get this if mod6_q1 = 2, 3, 4, or 8** What is the main reason you have not visited the dentist in the last year?

Enter the code

Read only if necessary

01. Fear, apprehension, nervousness, pain, dislike going
02. Cost
03. Do not have/know a dentist
04. Cannot get to the office/clinic (too far away, no transportation, no appointments available)
05. No reason to go (no problems, no teeth)
06. Other priorities
07. Have not thought of it
08. Other
77. Don't know / not sure
99. Refused

Mod6_Q3. How many of your permanent teeth have been removed because of tooth decay or gum disease? Do not include teeth lost for other reasons, such as injury or orthodontics.

1. 5 or fewer
2. 6 or more but not all
3. All
7. Don't know / not sure
8. None
9. Refused

Mod6_Q4. Do you have any kind of insurance coverage that pays for some or all of your routine dental care, including dental insurance, prepaid plans such as HMOs, or government plans such as Medicaid?

1. Yes
2. No
7. Don't know / not sure
9. Refused

Appendix B

HYPERTENSION AWARENESS (1995, 97)

Mod8_Q1. About how long has it been since you last had your blood pressure taken by a doctor, nurse, or other health professional?

Read only if necessary

1. Within the past 6 months (1 to 6 months ago)
2. Within the past year (6 to 12 months ago)
3. Within the past 2 years (1 to 2 years ago)
4. Within the past 5 years (2 to 5 years ago)
5. 5 or more years ago
7. Don't know / not sure
8. Never -- **skips to mod9_q1**
9. Refused

Mod8_Q2. Have you ever been told by a doctor, nurse, or other health professional that you have high blood pressure?

1. Yes
2. No -- **skips to qmod9_q1**
7. Don't know / not sure -- **skips to mod9_q1**
9. Refused -- **skips to mod9_q1**

Mod8_Q3. -- **only get this question if mod8_q2 = yes** Have you been told on more than one occasion that your blood pressure was high, or have you been told this only once?

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

CHOLESTEROL AWARENESS (1995, 97)

Mod9_Q1. Blood cholesterol is a fatty substance found in the blood. Have you ever had your blood cholesterol checked?

1. Yes
2. No -- **skips to mod10_q1**
7. Don't know / not sure -- **skips to mod10_q1**
9. Refused -- **skips to mod10_q1**

Mod9_Q2. -- **only get this question if mod9_q1 = yes** About how long has it been since you last had your blood cholesterol checked?

Read only if necessary

1. Within the past year (1 to 12 months ago)
2. Within the past 2 years (1 to 2 years ago)
3. Within the past 5 years (2 to 5 years ago)
4. 5 or more years ago
7. Don't know / not sure
9. Refused

Mod9_Q3. -- **only get this question if mod9_q1 = yes** Have you ever been told by a doctor or other health professional that your blood cholesterol is high?

1. Yes
2. No
7. Don't know / not sure
9. Refused

COLORECTAL CANCER SCREENING (1995, 97)

Mod10_Q1. -- **only get this question if respondent is over the age of 39** A blood stool test is a test that may use a special kit at home to determine whether the stool contains blood. Have you ever had this test using a home kit?

1. Yes
2. No -- **skips to mod10_q3**
7. Don't know / not sure -- **skips to mod10_q3**
9. Refused -- **skips to mod10_q3**

Mod10_Q2. -- **only get this question if mod10_q1 = 1 (yes)** When did you have your last blood stool test using a home kit?

Read only if necessary

1. Within the past year (1 to 12 months ago)
2. Within the past 2 years (1 to 2 years ago)
3. Within the past 5 years (2 to 5 years ago)
4. 5 or more years ago
7. Don't know / not sure
9. Refused

Mod10_Q3. A sigmoidoscopy or proctoscopy is when a tube is inserted in the rectum to view the bowel for signs of cancer and other health problems. Have you ever had this exam?

1. Yes
2. No -- **skips to mod11_q1**
7. Don't know / not sure -- **skips to mod11_q1**
9. Refused -- **skips to mod11_q1**

Mod10_Q4. -- **only get this question if mod10_q3 = 1 (yes)** When did you have your last sigmoidoscopy or proctoscopy?

Read only if necessary

1. Within the past year (1 to 12 months ago)
2. Within the past 2 years (1 to 2 years ago)
3. Within the past 5 years (2 to 5 years ago)
4. 5 or more years ago
7. Don't know / not sure
9. Refused

IMMUNIZATIONS (1995, 97)

Mod11_Q1. During the past 12 months, have you had a flu shot?

1. Yes
2. No
7. Don't know / not sure
9. Refused

Mod11_Q2. Have you ever had a pneumonia vaccination?

1. Yes
2. No
7. Don't know / not sure
9. Refused

INJURY CONTROL (1995, 97)

Mod12_Q1. How often do you use seatbelts when you drive or ride in a car? Would you say:

1. Always
2. Nearly always
3. Sometimes
4. Seldom
5. Never
7. Don't know / not sure
8. Never drive or ride in a car
9. Refused

Mod12_Q2. What is the age of the oldest child in your household under the age of 16?

Code age less than one year as 01

Enter age in years

77. Don't know / not sure -- **skips to mod12_q5**
88. No children under age 16 -- **skips to mod12_q5**
99. Refused -- **skips to mod**

Mod12_Q3. **B only get this if mod12_q2 = 1,2,3 or 4** How often does the XX year-old child in your household use a child safety seat or use a seat belt when they ride in a car? Would you say:

1. Always
2. Nearly always
3. Sometimes
4. Seldom
5. Never
7. Don't know / not sure
8. Never rides in a car
9. Refused

Mod12_Q4. -- **only get this question if mod12_q2 > 4** During the past year, how often has the XX year-old child worn a bicycle helmet when riding a bicycle? Would you say:

1. Always
2. Nearly always
3. Sometimes
4. Seldom
5. Never
7. Don't know / not sure
8. Never rides a bicycle
9. Refused

Appendix B

Mod12_Q5. When was the last time you or someone else deliberately tested all of the smoke detectors in your home, either by pressing the test buttons or holding a source of smoke near them?

Read only if necessary

1. Within the past month (0 to 1 month ago)
2. Within the past 6 months (1 to 6 months ago)
3. Within the past year (6 to 12 months ago)
4. One or more years ago
5. Never
6. No smoke detectors in home
7. Don't know / not sure
9. Refused

ALCOHOL USE (1995, 97)

Mod13_Q1. During the past month, have you had at least one drink of any alcoholic beverage such as beer, wine, wine coolers, or liquor?

1. Yes
2. No -- **skips to STGC_Q1**
7. Don't know / not sure -- **skips to STGC_Q1**
9. Refused -- **skips to STGC_Q1**

Mod13_Q2. -- **only get this question if mod13_q1 = 1** During the past month, how many days per week or per month did you drink any alcoholic beverages, on the average?

Enter days per week or per month

101-107 = days per week

201-231 = days per month

777. Don't know / not sure -- **skips to STGC_Q1**

999. Refused -- **skips to STGC_Q1**

Mod13_Q3. -- **only get this question if mod13_q1 = 1** 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?

Enter number of drinks

77. Don't know / not sure

99. Refused

Mod13_Q4. -- **only get this question if mod13_q1 = 1** Considering all types of alcoholic beverages, how many times during the past month did you have 5 or more drinks on an occasion?

Enter number of times

77. Don't know / not sure

88. None

99. Refused

Mod13_Q5. -- **only get this question if mod13_q1 = 1** During the past month, how many times have you driven when you've had perhaps too much to drink?

Enter number of times

77. Don't know / not sure

88. None

99. Refused

STATE GOVERNOR'S COUNCIL PHYSICAL ACTIVITY QUESTIONS (1998)

STGC_Q1. In an average week, how many times do you engage in some type of physical activity either at home or at work?

1. Less than 1 time per week
2. 1 to 2 times per week
3. At least 3 times per week
7. Don't know / not sure
9. Refused

STGC_Q2. Which answer best describes your physical activity at home or at work? **Read this statement and the first three responses** -- "I am physically active less than 3 times per week and I"

1. Have no plans to increase my physical activity level
2. I plan to increase my physical activity level in the next 6 months
3. I plan to increase my physical activity level in the next month
7. Don't know / not sure
9. Refused

STGC_Q3. Which answer best describes your physical activity at home or at work? **Read this statement and the first two responses** -- "I am physically active 3 or more times per week and I"

1. Have been for 6 months or less
2. I have been for more than 6 months
3. Don't know / not sure
4. Refused

STGC_Q4. How many fruit and vegetables do you eat each day?

1. 0
2. 1-2
3. 3-4
4. 5 or more
7. Don't know / not sure
9. Refused

STGC_Q5. About how long have you been eating this number of daily servings of fruit and vegetables?

1. 6 months or less
2. Longer than 6 months
7. Don't know / not sure
9. Refused

STGC_Q6. Are you thinking about eating more servings of fruit and vegetables starting sometime in the next 6 months?

1. Yes
2. No
7. Don't know / not sure
9. Refused

STGC_Q7. Are you planning to eat more servings of fruit and vegetables during the next month?

1. Yes
2. No
7. Don't know / not sure
9. Refused