

5. How many time in the last month did you drive or ride when the driver had perhaps too much alcohol to drink?

_____ Times last month

6. In the next 12 months, how many thousands of miles will you probably travel (as a driver or passenger) by each of the following?

a. Car, truck or van _____,000 miles (10,000 is average)

b. Motorcycle _____,000 miles

7. What percent of the time do you usually buckle your safety belt when driving or riding?

_____ %

8. On the average, how close to the speed limit do you usually drive?

_____ (1) Within 5 mph of the speed limit

_____ (2) 6-10 mph over the limit

_____ (3) 11-15 mph over the limit

_____ (4) More than 15 mph over the limit

9. When riding a motorcycle or all-terrain vehicle, what percent of the time do you wear a helmet?

_____ (1) More than 75% of the time

_____ (2) 25-74% of the time

_____ (3) Less than 25% of the time

_____ (4) Does not apply to me

10. How often do you eat food that is high in fiber such as whole grain bread, cereal, fresh fruits or vegetables?

_____ (1) Daily

_____ (2) 5-6 days a week

_____ (3) 3-4 days a week

_____ (4) 1-2 days a week

_____ (5) Rarely never

11. How often do you eat food that is high in cholesterol or fat, such as fatty meats, cheese, fried foods or eggs?

_____ (1) Daily

_____ (2) 5-6 days a week

_____ (3) 3-4 days a week

_____ (4) 1-2 days a week

_____ (5) Rarely never

12. On the average, how many times per week do you engage in physical activity, exercise or work which increases the heart rate, causes you to breathe and sweat heavily, and is done for at least 20 minutes in duration? Examples include running, swimming, racquet sports, cycling, brisk walking or heavy labor, e.g. chopping, lifting, digging, etc.

- _____ (1) Less than 1 time per week
_____ (2) 1 or 2 times per week
_____ (3) At least 3 times per week

13. How many hours of sleep do you usually get a night? (check one)

- _____ (1) 6 hours or less
_____ (2) 7 hours
_____ (3) 8 hours
_____ (4) 9 hours or more

14. Would you participate in a program that would help you to enhance your overall health?

- _____ (1) Yes
_____ (2) No
_____ (3) Not sure

15. Have you made any of the following changes to enhance your health during the last 12 months? (check one on each line)

I have exercised more

- _____ (1) Yes _____ (2) No _____ (3) I didn't need to change

I have lost weight

- _____ (1) Yes _____ (2) No _____ (3) I didn't need to change

I have reduced alcohol use

- _____ (1) Yes _____ (2) No _____ (3) I didn't need to change

I have quit or cut down on smoking

- _____ (1) Yes _____ (2) No _____ (3) I didn't need to change

I have reduced fat and cholesterol intake

- _____ (1) Yes _____ (2) No _____ (3) I didn't need to change

I have coped better with stress

- _____ (1) Yes _____ (2) No _____ (3) I didn't need to change

21. Have you suffered a personal loss or misfortune in the past year that had a serious impact on your life? (For example, a job loss, disability, divorce, separation, jail term, or the death of someone close to you.)

- _____ (1) Yes, two or more serious losses
_____ (2) Yes, one serious loss or misfortune
_____ (3) No

22. How many times in the past year did you witness or become involved in a violent fight or attack where there was a good chance of serious injury to someone? (check one)

- _____ (1) 4 or more times
_____ (2) 2 or 3 times
_____ (3) Once or never
_____ (4) Not sure

23. Would you agree you have your life in perspective?

- _____ (1) Strongly agree
_____ (2) Agree
_____ (3) Neutral
_____ (4) Disagree
_____ (5) Strongly disagree

24. Concerning your daily life, would you agree that you have control over the day to day decisions affecting your function or performance? (check one)

- _____ (1) Strongly agree
_____ (2) Agree
_____ (3) Neutral
_____ (4) Disagree
_____ (5) Strongly disagree

25. In the past year, how many days of work or school have you missed due to personal illness? (check one)

- _____ (1) 0-days
_____ (2) 1-2 days
_____ (3) 3-5 days
_____ (4) 6-10 days
_____ (5) 11-15 days
_____ (6) 16 days or more
_____ (7) Not currently employed or going to school.

29. About how long has it been since you had a rectal exam?

- _____ (1) Less than 1 year ago
- _____ (2) 1-2 years ago
- _____ (3) 2-3 years ago
- _____ (4) 3 or more years
- _____ (5) Never

30. Do you suffer from back pain?

- _____ (1) Yes
- _____ (2) No

31. Are you now taking medicine for high blood pressure?

- _____ (1) Yes
- _____ (2) No

WOMEN only answer questions 32a - 32h. (Men go to question 33)

32a. How long has it been since your last breast x-ray (mammogram)?

- _____ (1) Less than 1 year ago
- _____ (2) 1-2 years ago
- _____ (3) 2-3 years ago
- _____ (4) 3 or more years ago
- _____ (5) Never had one

32b. How many women in your natural family (mother and sisters only) have had breast cancer?

_____ Women

32c. Have you had a hysterectomy operation?

- _____ (1) Yes
- _____ (2) No
- _____ (3) I'm not sure

32d. How long has it been since you had a Pap smear test?

- _____ (1) Less than 1 year ago
- _____ (2) 1-2 years ago
- _____ (3) 2-3 years ago
- _____ (4) 3 or more years ago
- _____ (5) Never had one

35. How do you classify your current work?

Non-manufacturing

- 01 advertising, public relations
- 02 agriculture, forestry, fisheries
- 03 banking
- 04 communications
- 05 construction
- 06 computer or information systems
- 07 education
- 08 entertainment, leisure
- 09 finance, credit
- 10 government agencies
- 11 health care professional
- 12 insurance
- 13 investment banking and securities
- 14 military service
- 15 mining
- 16 professional services
- 17 public utilities
- 18 real estate, land development
- 19 retail trade
- 20 transportation, all kinds
- 21 wholesale trade

Manufacturing

- 22 aerospace
- 23 apparel
- 24 automotive
- 25 building products
- 26 chemicals
- 27 computer or office technology
- 28 electrical machinery
- 29 electronics and electrical products
- 30 fabricated metals
- 31 food
- 32 non-electrical machinery
- 33 packaging
- 34 paper
- 35 petroleum
- 36 pharmaceuticals
- 37 plastic and rubber
- 38 primary metals
- 39 printing, publishing
- 40 textiles
- 41 transportation equipment

Other

- 42 student
- 43 retired
- 44 laid off
- 45 homemaker
- 46 volunteer
- 47 unemployed