PFQ1

No difficulty
Some difficulty
Much difficulty
Unable to do
Do not do this activity
Arthritis/rheumatism
Back or neck problem
Birth defect
Cancer
Depression/anxiety/emotional problem
Other developmental problem (such as cerebral palsy)
Diabetes
Fractures, bone/joint injury
Hearing problem
Heart problem
Hypertension/high blood pressure
Lung/breathing problem
Mental retardation
Other injury
Senility
Stroke problem
Vision/problem seeing
Weight problem
Other impairment/problem
Prediabetes

Impaired fasting glucose

Impaired glucose tolerance

Borderline diabetes
BPQ1

High normal blood pressure

Prehypertension

Borderline hypertension
ARQ1

PAIN LOCATION DIAGRAM

Front

Back

1
2
3
4
5

6
7
Pain
Aching
Stiffness
ARQ3

None of the pain
Some of the pain
Most of the pain
All of the pain
LOCATION DIAGRAM FOR HEEL AREA PAIN
Get a severe sunburn with blisters

A severe sunburn for a few days with peeling

Mildly burned with some tanning

Turning darker without a sunburn

Nothing would happen in half an hour

Other
Always
Most of the time
Sometimes
Rarely
Never
Wore a mask

Spent less time outdoors

Avoided roads that have heavy traffic

Did less strenuous activities

Took medication

Closed windows of your house

Drove your car less

Canceled outdoor activities

Exercised indoors instead of outside

Used buses, trains, or subways
DBQ1

Never

Rarely – less than once a week

Sometimes – once a week or more, but less than once a day

Often – once a day or more
A regular milk drinker for most or all of lifetime, including childhood

Never has been a regular milk drinker

Milk drinking has varied over lifetime – sometimes has been a regular milk drinker and sometimes has not been a regular milk drinker
DBQ3

Never

Rarely – less than once a week

Sometimes – once a week or more, but less than once a day

Often – once a day or more
EXAMPLES OF FROZEN MEALS & FROZEN PIZZAS
Wheat

Cow’s milk

Eggs

Fish

Shellfish (shrimp, crab, or lobster)

Corn

Peanut

Other nuts

Soy products

Other
EXAMPLES OF RED MEAT

- Beef
- Veal
- Pork
- Bacon
- Ham
- Lamb
- Hotdogs and cold cuts made with red meats

Include:
- Sandwiches
- Lasagna
- Stew
- Pizza
- Hamburgers made with red meats
EXAMPLES OF PROCESSED MEAT

Cold cuts
Luncheon meats
Hotdogs
Bacon
Ham
Pastrami
Salami
Sausages
Bratwursts
Corned beef

Include:
Sandwiches
Soups
Pizza
Casseroles

made with those meats
TYPES OF WHOLE GRAIN BREAD

Whole wheat

Rye

Oatmeal

Pumpernickel
Ate less food (amount)
Switched to foods with lower calories
Ate less fat
Ate fewer carbohydrates
Exercised
Skipped meals
Ate “diet” foods or products
Used a liquid diet formula such as Slimfast or Optifast
Joined a weight loss program such as Weight Watchers, Jenny Craig, Tops, or Overeaters Anonymous
Followed a special diet such as Dr. Atkins, South Beach, other high protein or low carbohydrate diet, cabbage soup diet, Ornish, Nutrisystem, Body-for-Life
Took diet pills prescribed by a doctor
Took other pills, medicines, herbs or supplements not needing a prescription
Started to smoke or began to smoke again
Took laxatives or vomited
Drank a lot of water
Ate more fruits, vegetables, salads
Ate less sugar, candy, sweets
Changed eating habits (didn’t eat late at night, ate several small meals a day)
Ate less junk food or fast food
Other (Specify)
An employee of a **private** company, business, or individual for wages, salary, or commission

A **federal** government employee

A **state** government employee

A **local** government employee

Self-employed in **own** business, professional practice or farm

Working **without pay** in family business or farm
Only Spanish
More Spanish than English
Both equally
More English than Spanish
Only English
Never attended/kindergarten only
1st grade
2nd grade
3rd grade
4th grade
5th grade
6th grade
7th grade
8th grade
9th grade
10th grade
11th grade
12th grade, no diploma
High school graduate
GED or equivalent
Some college, no degree
Associate degree: Occupational, technical, or vocational program
Associate degree: Academic program
Bachelor’s degree (example: BA, AB, BS, BBA)
Master’s degree (example: MA, MS, MEng, MEd, MBA)
Professional school degree (example: MD, DDS, DVM, JD)
Doctoral degree (example: PhD, EdD)
DMQ2

Yes, born in United States

Yes, born in Puerto Rico, Guam, American Virgin Islands, or other U.S. territory

Yes, born abroad to American parents

Yes, U.S. citizen by naturalization

No, not a citizen of the United States
10. Mexican
11. Puerto Rican
12. Cuban
13. Dominican (Republic)

Central American:
14. Costa Rican
15. Guatemalan
16. Honduran
17. Nicaraguan
18. Panamanian
19. Salvadoran
20. Other Central American

South American:
21. Argentinean
22. Bolivian
23. Chilean
24. Colombian
25. Ecuadorian
26. Paraguayan
27. Peruvian
28. Uruguayan
29. Venezuelan
30. Other South American

Other Hispanic or Latino:
31. Filipino
32. Spaniard
33. Spanish
34. Spanish American
35. Hispano/Hispana
36. Hispanic/Latino
DMQ5

White
Black/African American
Indian (American)
Alaska Native
Native Hawaiian
Guamanian
Samoan
Other Pacific Islander
Asian Indian
Chinese
Filipino
Japanese
Korean
Vietnamese
Other Asian
Private health insurance
Medicare
Medi-gap
Medicaid
SCHIP (CHIP/Children’s Health Insurance Program)
Military Health Care (Tricare/VA/Champ-VA)
Indian Health Service
State-sponsored health plan
Other government program
Single service plan (e.g., dental, vision, prescriptions)
<table>
<thead>
<tr>
<th>Category</th>
<th>Items</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>VITAMINS</strong></td>
<td>Calcium, Iron, Zinc, Vitamin C, Vitamin E, Calcium and Magnesium, Calcium plus Vitamin D</td>
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<tr>
<td><strong>MINERALS</strong></td>
<td></td>
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<tr>
<td><strong>MULTI-VITAMIN--MULTI-MINERALS</strong></td>
<td>Flintstones, Tri-Vi-Flor, One a Day, B-Complex, Prenatals, Centrum</td>
</tr>
<tr>
<td><strong>HERBALS AND BOTANICALS</strong></td>
<td>Echinacea, Garlic, Saw Palmetto, Ginkgo, Ginseng</td>
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<tr>
<td><strong>FIBER</strong></td>
<td>Metamucil, Fibercon, Benefiber</td>
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<tr>
<td><strong>AMINO ACIDS</strong></td>
<td>Lysine, Methionine, Tryptophan</td>
</tr>
<tr>
<td><strong>OTHERS</strong></td>
<td>Fish Oil, Chondroitin, Glucosamine</td>
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EXAMPLES OF ANTACIDS

Tums
Rolaids
Maalox
Mylanta
Decided to take it for reasons of my own

A doctor or other health provider told me to
For good bowel/colon health
For prostate health
For mental health
To prevent health problems
To improve my overall health
For teeth, prevent cavities
To supplement my diet (because I don’t get enough from food)
To maintain health (to stay healthy)
To prevent colds, boost immune system
For heart health, cholesterol
For eye health
For healthy joints, arthritis
For skin health, dry skin
For weight loss
For bone health, build strong bones, osteoporosis
To get more energy
For pregnancy
For anemia, such as low iron
DSQ4

Less than 1 month

1 month but less than 2 months

2 months but less than 3 months

3 months
Capsules  Wafers
Tablets     Chews/gummies
Chewable tablets  Dots
Pills      Granules
Caplets    Lozenges
Soft gels  Gel
Gel caps    Inhaler
Vegicaps    Nebulizer
Package/packets  Injection
Liquid      Discus
Powder
EXAMPLES OF ASTHMA PRODUCTS

Albuterol (Proventil, Ventolin, Vospire)
Albuterol (Combivent, Duoneb)
Beclomethasone (Beclovent, Qvar, Vanceril)
Bitolterol (Tornalate)
Budesonide (Entocort, Pulmicort)
Cromolyn (Intal)
Epinephrine
Flunisolide (Aerobid)
Fluticasone (Flovent)
Fluticasone (Advair)
Formoterol (Foradil)
Ipratropium (Atrovent)
Levalbuterol (Xopenex)
Metaproterenol (Alupent, Metaprel)
Mometasone (Asmanex)
Montelukast (Singulair)
Nedocromil (Tilade)
Oxtriphylline (Choledyl)
Pirbuterol (Maxair)
Salmeterol (Serevent)
Terbutaline (Brethaire, Brethine, Bricanyl)
Theophylline (Theo, Uniphyl)
Tiotropium (Spiriva)
Triamcinolone (Azmacort)
Zafirlukast (Accolate)
Zileuton (Zyflo)
DSQ7

Less than 1 month
1 month but less than 2 months
2 months but less than 3 months
3 months
<table>
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