

## Adult Questions by Age Group

|   | RESPONSES IN THE<br>LEFT COLUMN | RESPONSES IN<br>THE MIDDLE COLUMN | Adult                                  | Senior                                 |
|---|---------------------------------|-----------------------------------|--|--|
|   | DO NOT REQUIRE<br>FOLLOW-UP     | REQUIRE<br>FOLLOW-UP              | Question<br>Number on<br>Questionnaire | Question<br>Number on<br>Questionnaire |
| <b>Nutrition</b>  |                                 |                                   |  |  |
| Do you drink or eat 3 servings of calcium-rich foods daily, such as milk, cheese, yogurt, soy milk, or tofu?        | Yes                             | No                                | 1                                      | 1                                      |
| Do you eat fruits and vegetables every day?   | Yes                             | No                                | 2                                      | 2                                      |
| Do you limit the amount of fried food or fast food that you eat?  | Yes                             | No                                | 3                                      | 3                                      |
| Are you easily able to get enough healthy food?   | Yes                             | No                                | 4                                      | 4                                      |
| Do you drink a soda, juice drink, sports or energy drink most days of the week?                                     | No                              | Yes                               | 5                                      | 5                                      |
| Do you often eat too much or too little food?   | No                              | Yes                               | 6                                      | 6                                      |
| Do you have difficulty chewing or swallowing?   | No                              | Yes                               | —                                      | 7                                      |
| Are you concerned about your weight?  | No                              | Yes                               | 7                                      | 8                                      |
| <b>Physical Activity</b>  |                                 |                                   |  |  |
| Do you exercise or spend time doing activities, such as walking, gardening or swimming for at least ½ hour per day? | Yes                             | No                                | 8                                      | 9                                      |
| <b>Safety</b>   |                                 |                                   |  |  |
| Do you feel safe where you live?  | Yes                             | No                                | 9                                      | 10                                     |
| Do you often have trouble keeping track of your medicines?  | No                              | Yes                               | —                                      | 11                                     |
| Are family members or friends worried about your driving?   | No                              | Yes                               | —                                      | 12                                     |
| Have you had any car accidents lately?  | No                              | Yes                               | 10                                     | 13                                     |
| Do you sometimes fall and hurt yourself, or is it hard for you to get up?   | No                              | Yes                               | —                                      | 14                                     |

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|---|------------------------------|--------------------------------|----------------------------------|----------------------------------|
|   | DO NOT REQUIRE FOLLOW-UP     | REQUIRE FOLLOW-UP              | Question Number on Questionnaire | Question Number on Questionnaire |
| Have you been hit, slapped, kicked, or physically hurt by someone in the past year?   | No                           | Yes                            | 11                               | 15                               |
| Do you always wear a seat belt when driving or riding in a car?   | Yes                          | No                             | 12                               | —                                |
| Do you keep a gun in your house or place where you live?  | No                           | Yes                            | 13                               | 16                               |
| <b>Dental</b>   |                              |                                |                                  |                                  |
| Do you brush and floss your teeth daily?  | Yes                          | No                             | 14                               | 17                               |
| <b>Mental Health</b>  |                              |                                |                                  |                                  |
| Do you often feel sad, hopeless, angry, or worried?   | No                           | Yes                            | 15                               | 18                               |
| Do you often have trouble sleeping?   | No                           | Yes                            | 16                               | 19                               |
| Do you or others think that you are having trouble remembering things?  | No                           | Yes                            | —                                | 20                               |
| <b>Alcohol, Tobacco, Drug Use (Tobacco Smoke Exposure)</b>  |                              |                                |                                  |                                  |
| Do you smoke or chew tobacco?   | No                           | Yes                            | 17                               | 21                               |
| Do friends or family members smoke in your house or place where you live?   | No                           | Yes                            | 18                               | 22                               |
| In the past year, have you had:<br><input type="checkbox"/> (men) 5 or more alcohol drinks in one day?<br><input type="checkbox"/> (women) 4 or more alcohol drinks in one day? | No                           | Yes                            | 19                               | —                                |
| In the past year, have you had 4 or more alcohol drinks in one day?   | No                           | Yes                            | —                                | 23                               |
| Do you use any drugs or medicines to help you sleep, relax, calm down, feel better, or lose weight?   | No                           | Yes                            | 20                               | 24                               |
| <b>Sexual Issues</b>  |                              |                                |                                  |                                  |
| Do you think you or your partner could be pregnant?   | No                           | Yes                            | 21                               | —                                |

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|--|---------------------------------|-----------------------------------|--|--|
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| Do you think you or your partner could have a sexually transmitted infection (STI), such as Chlamydia, Gonorrhea, genital warts, etc.? | No                              | Yes                               | 22                                     | 25                                     |
| Have you or your partner(s) had sex without using birth control in the past year?  | No                              | Yes                               | 23                                     | —                                      |
| Have you or your partner(s) had sex with other people in the past year?  | No                              | Yes                               | 24                                     | 26                                     |
| Have you or your partner(s) had sex without a condom in the past year?   | No                              | Yes                               | 25                                     | 27                                     |
| Have you ever been forced or pressured to have sex?  | No                              | Yes                               | 26                                     | 28                                     |
| <b>Independent Living</b>  |                                 |                                   |  |  |
| Do you have someone to help you make decisions about your health and medical care?   | Yes                             | No                                | —                                      | 29                                     |
| Do you need help bathing, eating, walking, dressing, or using the bathroom?  | No                              | Yes                               | —                                      | 30                                     |
| Do you have someone to call when you need help in an emergency?  | Yes                             | No                                | —                                      | 31                                     |
| <b>Last Question (Open Ended)</b>  |                                 |                                   |  |  |
| Do you have any other questions or concerns about your health? If yes, please describe:  | No                              | Yes                               | 27                                     | 32                                     |
| TOTAL NUMBER OF QUESTIONS ON EACH QUESTIONNAIRE  |                                 |                                   | 27                                     | 32                                     |