

**BASELINE (09-03-  
2015)**

*Interviewer ID #* \_\_\_\_\_

*Study ID#* \_\_\_\_\_

## **ENLACE: Visit 2**

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Study ID# \_\_\_\_\_

## ENLACE SURVEY (Physical Activity)

### Physical Activity INTERNATIONAL PHYSICAL ACTIVITY QUESTIONNAIRE (IPAQ)

READ ALOUD: We are interested in finding out about the kinds of physical activities that people do as part of their everyday lives. The questions will ask you about the time you spent being physically active in the last 7 days. Please answer each question even if you do not consider yourself to be an active person. Please think about the activities you do at work, as part of your house and yard work, to get from place to place, and in your spare time for recreation, exercise or sport.

Think about all the vigorous and moderate activities that you did in the last 7 days. Vigorous physical activities refer to activities that take hard physical effort and make you breathe much harder than normal. Moderate activities refer to activities that take moderate physical effort and make you breathe somewhat harder than normal. (\*\*\*\*Interviewer: Refer to Cue Cards 1 & 2\*\*\*\*)

### PART 1: JOB-RELATED PHYSICAL ACTIVITY

READ ALOUD: The first section is about your work. This includes paid jobs, farming, volunteer work, course work, and any other unpaid work that you did outside your home. Do not include unpaid work you might do around your home, like housework, yard work, general maintenance, and caring for your family. These are asked in Part 2.

1. Do you currently have a job or do any unpaid work outside your home?

**WORK**

Yes(1)

No(0)

**Skip to "HOUSEWORK, HOUSE MAINTENANCE,**

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## AND CARING FOR FAMILY Part 2"

**READ ALOUD: The next questions are about all the physical activity you did in the last 7 days as part of your paid or unpaid work. This does not include traveling to and from work.**

2. During the last 7 days, on how many days did you do **vigorous** physical activities like heavy lifting, digging, heavy construction, or climbing up stairs as part of your work? Think about only those physical activities that you did for at least 10 minutes at a time.

\_\_\_\_\_ days per week **VDAYS**

**No vigorous job-related physical activity**  
**Skip to question 4**

3. How much time did you usually spend on one of those days doing vigorous physical activities as part of your work?

\_\_\_\_\_ hours per day **VHOURS**

\_\_\_\_\_ minutes per day **VMIN**

4. Again, think about only those physical activities that you did for at least 10 minutes at a time. During the last 7 days, on how many days did you do **moderate** physical activities like carrying light loads as part of your work? Please do not include walking.

\_\_\_\_\_ days per week **MDAYS**

**No moderate job-related physical activity**  
**Skip to question 6**

5. How much time did you usually spend on one of those days doing moderate physical activities as part of your work?

\_\_\_\_\_ hours per day **MHOURS**

\_\_\_\_\_ minutes per day **MMIN**

6. During the last 7 days, on how many days did you **walk** for at least 10 minutes at a time as part of your work? Please do not count any walking you did to travel to or from work.

\_\_\_\_\_ days per week **WALKD**

**No job-related walking**

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***Skip to " HOUSEWORK, HOUSE MAINTENANCE, AND CARING FOR FAMILY"***

7. How much time did you usually spend on one of those days walking as part of your work?

\_\_\_\_\_ hours per day **WALKH**

\_\_\_\_\_ minutes per day **WALKM**

## **PART 2: HOUSEWORK, HOUSE MAINTENANCE, AND CARING FOR FAMILY**

**READ ALOUD:** This section is about some of the physical activities you might have done in the last 7 days in and around your home, like housework, gardening, yard work, general maintenance work, and caring for your family.

8. Think about only those physical activities that you did for at least 10 minutes at a time. During the last 7 days, on how many days did you do **vigorous** physical activities like heavy lifting, chopping wood, shoveling snow, or digging in the garden or yard?

\_\_\_\_\_ days per week **VHAD**

***No vigorous activity in garden or yard***

***Skip to question 10***

9. How much time did you usually spend on one of those days doing vigorous physical activities in the garden or yard?

\_\_\_\_\_ hours per day **VHAH**

\_\_\_\_\_ minutes per day **VHAM**

10. Again, think about only those physical activities that you did for at least 10 minutes at a time. During the last 7 days, on how many days did you do **moderate** activities like carrying light loads, sweeping, washing windows, and **raking in the garden or yard?**

\_\_\_\_\_ days per week **MGAD**

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**No moderate activity in garden or yard**  
**Skip to question 12**

11. How much time did you usually spend on one of those days doing moderate physical activities in the garden or yard?

\_\_\_\_\_ hours per day **MGAH**

\_\_\_\_\_ minutes per day **MGAM**

12. Once again, think about only those physical activities that you did for at least 10 minutes at a time. During the last 7 days, on how many days did you do moderate activities like carrying light loads, washing windows, scrubbing floors and sweeping inside your home?

\_\_\_\_\_ days per week **MHAD**

**No moderate activity inside home**  
**Skip to " PART 3: TIME SPENT SITTING "**

13. How much time did you usually spend on one of those days doing moderate physical activities inside your home?

\_\_\_\_\_ hours per day **MHAH**

\_\_\_\_\_ minutes per day **MHAM**

## **PART 3: TIME SPENT SITTING**

**READ ALOUD: The last questions are about the time you spend sitting while at work, at home, while doing course work and during leisure time. This may include time spent sitting at a desk, visiting friends, reading or sitting or lying down to watch television. Do not include any time spent sitting in a motor vehicle that you have already told me about.**

14. During the last 7 days, how much time did you usually spend sitting on a weekday?

\_\_\_\_\_ hours per day **SITH**

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\_\_\_\_\_ minutes per day **SITM**

15. During the last 7 days, how much time did you usually spend sitting on a weekend day?

\_\_\_\_\_ hours per day **SITH1**

\_\_\_\_\_ minutes per day **SITM1**

## COMMUNITY HEALTH AND SAFETY

**READ ALOUD: In this next section we will ask you questions about your first aid and safety practices. Tell me how much you agree with each statement that I read. (\*\*\*\*Interviewer: Refer to Cue Card 3\*\*\*\*)**

You are confident you can...

	Completely Agree	Agree	Disagree	Completely Disagree	Don't Know	Refused
1. Contact medical services in an emergency <b>CMSE</b>	1	2	3	4	88	99
2. Help someone who is choking <b>HSCH</b>	1	2	3	4	88	99
3. Reduce the risk of a fire in your house <b>RRFH</b>	1	2	3	4	88	99
4. Use a thermometer	1	2	3	4	88	99

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to check for a fever  
**UTHF**

5. Reduce the risk of accidents in your house  
**RRAH**

1                      2                      3                      4                      88                      99

6. Do you have a first aid kit in your house? **FAIK**

1 YES **(go to 7)**

0 NO **(skip to 8)**

88 Don't Know

99 Refused

7. Where in your house is your first aid kit? **WFAIK**

1 Bathroom

2 Bedroom

3 Living room

4 Kitchen

5 Other place

Specify \_\_\_\_\_

88 Don't Know

99 Refused

What items are included in a first aid kit? **IFAIK**

88 Don't Know

99 Refused

\*\*\*\*INTERVIEWER Note: The question below is open ended. The interviewer should read the question then check the box to the corresponding letter for any response the subject provides. After the subject provides an answer the interviewer should repeat the question "anything else?" until no other response is provided.\*\*\*\*

8.a Adhesive bandages (Band-Aids) **BAND**

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- 8.b Antiseptic wipes **ANTSW**
- 8.c Antibiotic ointment **ANTOI**
- 8.c Tweezers **TWEEZ**
- 8.d Bandages/gauze **GAUZE**
- 8.e Cloth tape **TAPE**
- 8.f Elastic bandage **ELASB**

- 8.g Antihistamines **ANTIH**
  - 8.h Hydrocortisone cream **HYDCC**
  - 8.i Scissors **SCISS**
  - 8.j Other **OFAIK**
- 8.j.1 Specify/other \_\_\_\_\_

8. What would be your first response in a medical emergency situation?  
**FRME**

- 1 Call 911
- 2 Check the victim and the scene
- 3 Care for the victim
- 88 Don't Know
- 99 Refused

**READ ALOUD: In the event of a disaster, such as a hurricane, fire, or flood...**

9. Do you have a home evacuation plan? **HEPL**

- 1 YES
- 0 NO
- 88 Don't Know
- 99 Refused



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10. Do you have a disaster supply kit? **DSKIT**

- 1 YES
- 0 NO
- 88 Don't Know
- 99 Refused

11. What items are included in a disaster supply kit? **IDSKIT**

- 99 Refused
- 88 Don't Know

**\*\*\*\*INTERVIEWER Note: The question below is open ended. The interviewer should read the question then check the box to the corresponding letter for any response the subject provides. After the subject provides an answer the interviewer should repeat the question "anything else?" until no other response is provided.\*\*\*\***

- 12.a Food **FOOD**
- 12.b Water **WATE**
- 12.c First Aid supplies **FAIS**
- 12.d Medications **MEDI**
- 12.e Personal hygiene supplies **PHYG**
- 12.f Flash light **FLASL**
- 12.g Batteries **BATT**
- 12.h Important personal documents **PDOUC**
- 12.i Other **OKIT**

12.i.1 Specify \_\_\_\_\_

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**READ ALOUD: The following set of questions will ask about your knowledge of first aid and safety practices.**

12. Before you begin preparing food, do you wash your hands with soap for at least 20 seconds? **WHBF**

- 1 YES
- 0 NO
- 88 Don't Know
- 99 Refused

13. If a close friend or relative complained of chest pain and nausea, what would you most likely do first? **CHPN**

- 1 Call 911
- 2 Give them an aspirin
- 3 Have him/her lie down and rest
- 88 Don't Know
- 99 Refused

14. You pull a small child from a swimming pool. The child is not breathing. What would you most likely do first? **SPBPC**

- 1 Call 911
- 2 Perform CPR
- 3 Feel for a pulse
- 88 Don't Know
- 99 Refused

15. A red and black spider bites a friend on the foot. He/she is now vomiting and complaining of severe pain in that leg. What would you most likely do first?

- 1 Suck out the venom
- 2 Tie a tourniquet around his/her leg
- 3 Immediately take him/her to the nearest urgent care center
- 88 Don't Know
- 99 Refused