Phase 3

REACH U.S.

STUDY BOOKLET





If you have questions, please call 1-877-375-5964







REACH U.S. Household Member Interview

The Centers for Disease Control and Prevention is conducting a study regarding health issues in your area. This is a research study. Taking part is up to you. You don't have to answer any question you don't want to, and you can stop at any time. The booklet takes about 15 minutes and your answers will be confidential. There are no risks or benefits to you for participating. If you would like to participate, please answer the questions in this booklet using a pen with blue or black ink. When you are finished, please return your booklet to us in the enclosed envelope.

Instructions for Completing the Booklet

This booklet contains several types of questions. Each question should be answered only

abo	out yourself, not anyone else in your household.
•	For some questions, you answer the question by marking a box, like this: 1 Yes 2 No
•	For some questions, you answer the question by filling in one number per box, like this: 0 9 NUMBER OF DAYS
•	You will sometimes be instructed to skip one or more questions. In this example, if your choice is 'No', you skip to question 10; otherwise, you continue to the next question.
	¹ □ Yes ² ☑ No → Go To 10

Section A

	ocolion A		when you needed to see a doctor, but could not because of cost?
1.	Would you say that in general your health is:		₁ □Yes
			₂ □ No
	□ Excellent 2 □ Very good		
	□ Good □ Fair □ Poor	7.	About how long has it been since you last visited a doctor for a routine checkup? A routine checkup is a general physical exam, not an exam for a specific injury, illness, or condition.
2.	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? If none, enter 0. NUMBER OF DAYS		 Within the past year (anytime less than 12 months ago) Within the past 2 years (1 year but less than 2 years ago) Within the past 5 years (2 years but less than 5 years ago) □ Sor more years ago
3.	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? <i>If none</i> , enter 0. NUMBER OF DAYS	8.	About how much do you weigh without shoes? Answer in pounds or kilograms. □ □ □ POUNDS OR □ □ KILOGRAMS
4.	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? If none, enter 0. NUMBER OF DAYS	9.	About how tall are you without shoes? Answer in feet and inches or centimeters. FEET AND INCHES OR CENTIMETERS
5.	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		

6. Was there a time in the past 12 months

10. Are you currently? Mark only one. □ Employed for wages → Go To 11 □ Self-employed → Go To 11 □ Out of work for more than □ year → Go To 14 □ Out of work for less than	15. Thinking about the last time you worked, about how many hours did you work per week at all of your jobs and businesses combined? HOURS
1 year → Go To 14 □ A Homemaker → Go To 15 □ A Student → Go To 15 □ Retired → Go To 14 □ Unable to work → Go To 15	16. During the past month, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise? ☐ Yes
11. When you are at work, which of the following best describes what you do? Mark only one. If you have more than one job, please include all jobs in your answer.	² □ No Section B
□ Mostly sitting or standing	Section B
² ☐ Mostly walking ³ ☐ Mostly heavy labor or physically demanding work	We are interested in two types of physical activity – vigorous and moderate. Vigorous activities cause large increases in breathing or heart rate while moderate activities cause small increases in breathing or heart rate.
12. At your main job or business, how are you generally paid for the work you do? If you are paid in more than one way at your main job, please mark "paid some other way". □ Paid by salary □ Paid by the hour □ Paid by the job/task □ Paid some other way	17. Now thinking about the moderate activities you do when you are not working in a usual week, do you do moderate activities for at least 10 minutes at a time, such as brisk walking, bicycling, vacuuming, gardening, or anything else that causes some increase in breathing or heart rate?
13. About how many hours do you work per week at all of your jobs and businesses combined?	¹ □ Yes ² □ No → Go To 20
HOURS - Go To 16	18. How many days per week do you do these moderate activities for at least 10 minutes at a time?
14. Thinking about the last time you worked, at your main job or business, how were you generally paid for the work you do? □ Paid by salary □ Paid by the hour □ Paid by the job/task	DAYS PER WEEK
₄ ∏Paid some other way	

	On days when you do moderate activities for at least 10 minutes at a time, how much total time per day do you spend doing these activities? MINUTES PER DAY Now thinking about the vigorous activities you do when you are not working in a usual week, do you do vigorous activities for at least 10 minutes at a time, such as running, aerobics, heavy yard work, or anything else that causes large increases in breathing or heart rate? Yes No So To Section C	 21. How many day these vigorous minutes at a tine. DAYS PER 22. On days when activities for at time, how mucyou spend doin. MIN 	ween you de least h tota	ities fo K lo vigor 10 min I time p	rous nutes at per day vities?	st 10
	Sect	ion C				
The	ese next questions are about the foods you u	sually eat or drink. Inc	clude	all food	ls you e	eat,
	h at home and away from home. Enter a num mes per day, per week, per month <u>or</u> per year.		nes" b	ox and	then ma	ark if it
			Per Day	Per Week	Per Month	Per Year
		NUMBER OF TIMES	Day ▼	Week ▼	Month 🔻	Year ▼
23.	How often do you drink fruit juices such as orange, grapefruit, or tomato?		Day ▼	Week ▼		Year ▼
	-		Day ▼	Week ▼ Mark o	Month ▼ nly one.	Year ▼
	as orange, grapefruit, or tomato? Not counting juice, how often do you		Day ▼	Week ▼ Mark o	Month ▼ nly one.	Year ▼
24.	as orange, grapefruit, or tomato?		Day ▼ 1□	Week ▼ Mark o ²□ ²□	Month ▼ nly one. □□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□	Year ▼ 4 □
24. 25. 26.	as orange, grapefruit, or tomato?		Day ▼ 1 □	Week ▼ Mark o ²□ ²□	Month ▼ nly one. □ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □	Year ▼ 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4
24. 25.	as orange, grapefruit, or tomato?		Day ▼ 1□ 1□	Week ▼ Mark o 2□ 2□ 2□ 2□	Month ▼ nly one. □□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□	Year ▼ 4 □ 4 □ 4 □ 4 □
24.25.26.27.	as orange, grapefruit, or tomato?	19	Day ▼ 1□ 1□	Week ▼ Mark o 2□ 2□ 2□ 2□	Month ▼ nly one. □□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□	Year ▼ 4 □ 4 □ 4 □ 4 □

Section D

The next questions are about diabetes.			

29. Have you <u>ever</u> been told by a doctor that you have diabetes?

□Yes	If you are male \longrightarrow go to 31. If you are female \longrightarrow go to 30.
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2 ☐ No → Go To Section E on page 7

 □ No, pre-diabetes or borderline diabetes → Go To Section E on page 7

30. Was this only when you were pregnant?

1	Yes	\rightarrow	Go	To	Section	E	on	page	7
_									

2 **No**

31. 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. If never, enter "0".

NUMBER OF TIMES	Per Day	Per Week	Per Month	Per Year
	\blacksquare	\blacksquare	\blacksquare	\blacksquare
		Mark o	only one	€.
	1 🔲	2	3	4

32. About how often do you check your feet for any sores or irritations? Include times when checked by a family member or friend, but do not include times when checked by a health professional. If never, enter "0".

NUMBER OF TIMES	Per Day	Per Week	Per Month	Per Year
	\blacksquare	\blacksquare	\blacksquare	\blacksquare
		Mark c	only one),
	1	2	3	4

OR

⁵⁵⁵ ☐ Mark here if your feet have been amputated.

months have you seen a doctor, nurse, or other health professional for your diabetes? If never, enter "0". NUMBER OF TIMES
A test for "A one C" measures the average level of blood sugar over the past three months. About how many times in the past 12 months has a doctor, nurse, or other health professional checked you for "A one C"? If never, enter "O".
NUMBER OF TIMES OR
Mark here if you have never heard of an "A one C" test.
About how many times in the past 12 months has a health professional checked your feet for any sores or irritations? If never, enter "0". NUMBER OF TIMES OR Mark here if your feet have been amputated.
When was the last time you had an eye exam in which your pupils were dilated? This would have made you temporarily sensitive to bright light.
Unwithin the past month (anytime less than 1 month ago) Within the past year (1 month but less than 12 months ago) Within the past 2 years (1 year but less than 2 years ago) Under the past 2 years Under the past 2 years ago) Never

33. About how many times in the past 12

37. Have you <u>ever</u> taken a course or class in how to manage your diabetes yourself?	Section F
yoursen: 1 □ Yes 2 □ No	The next questions are about blood cholesterol.
Section E The next questions are about high blood pressure.	41. Blood cholesterol is a fatty substance found in the blood. Have you ever had your blood cholesterol checked?
 38. Have you ever been told by a doctor, nurse, or other health professional that you have high blood pressure? ¹ □ Yes ² □ No → Go To Section F ⁻ □ Told borderline or pre-hypertensive → Go To Section F 39. Are you currently taking medicine for your high blood pressure? 	42. About how long has it been since you last had your blood cholesterol checked? □ Within the past year (anytime less than 12 months ago) □ Within the past 2 years (1 year but less than 2 years ago) □ Within the past 5 years (2 years but less than 5 years ago)
your high blood pressure? ¹ □ Yes ² □ No 40. Are you now doing any of the following to help lower or control your high blood pressure?	4 □ 5 or more years ago 43. Have you ever been told by a doctor, nurse, or other health professional that your blood cholesterol is high? 1 □ Yes 2 □ No
a. changing your eating habits? 1 ☐ Yes 2 ☐ No	
b. cutting down on salt?	
c. reducing alcohol use? ☐ Yes ☐ No ☐ Do not drink	
d. exercising?	

Section G

The next questions are about cardiovascular disease.

44.	Has a doctor, nurse, or other health professional ever told you that you had any of the following?				
	a.	a heart attack, also	Yes	No ▼	Not sure ▼
		called a myocardial infarction	. 1 🗆	2	77
	b.	angina or coronary heart disease	.1□	2	77
	c.	a stroke	. 1 🗆	2	77
45.		hich of the following omptom of a heart atta	-	u think	is a
			Yes	No	Not sure
	a.	pain or discomfort in the jaw, neck, or back	. 1□	2	77
	b.	feeling weak, lightheaded, or faint	. 1□	2	77
	C.	chest pain or discomfort	. 1	2	77 🔲
	d.	sudden trouble seeing in one or both eyes	. ¹□	2	77
	e.	pain or discomfort in the arms or shoulder	. ¹□	2	77
	f.	shortness of breath	.10	2	77

46.	Which of the following do you think is a	
	symptom of a stroke?	

			Yes	No	Not sure
	a.	sudden confusion or trouble speaking	▼	2	77
	b.	sudden numbness or weakness of face, arm, or leg, especially on			
		one side	. 1	2	77
	C.	sudden trouble seeing in one or both eyes	. 1	2	77
	d.	sudden chest pain or discomfort	. 1	2	77
	e.	sudden trouble walking dizziness, or loss of balance		2	77
	f.	severe headache with no known cause	. 1	2	77
47.	he	you thought someone weart attack or a stroke, wing you would do?			
	2	☐Take them to the hospita☐Tell them to call their dod☐Call 911			
	4	☐Call their spouse or a far ☐Do something else	mily m	nembe	er:

Section H

	Section H		nurse, or other health professional feels the breasts for lumps. Have you ever
The	e next questions are about vaccines.		had a clinical breast exam?
			¹ □ Yes
48.	A flu shot is an influenza vaccine injected into your arm. During the past 12 months, have you had a flu shot?		² □ No → Go To 54
	¹ □ Yes	53.	How long has it been since your last breast exam?
49.	A pneumonia shot or pneumococcal vaccine is usually given only once or twice in a person's lifetime and is different from the flu shot. Have you ever had a pneumonia shot? □ Yes □ No		 Within the past year (anytime less than 12 months ago) Within the past 2 years (1 year but less than 2 years ago) Within the past 3 years (2 years but less than 3 years ago) Within the past 5 years (3 years but less than 5 years ago) 5 or more years ago
cer the	Section I e next questions are about breast and evical cancer. Only women should answer as equestions. If you are male, go to ection J on page 10.		A Pap test is a test for cancer of the cervix. Have you ever had a Pap test? ¹ □ Yes ² □ No → Go To 56 How long has it been since you had
50.	A mammogram is an x-ray of each breast to look for breast cancer. Have you ever had a mammogram?		your last Pap test? Within the past year (anytime less than 12 months ago) Within the past 2 years (1 year but less than 2 years ago) Within the past 3 years (2 years but less than 3 years ago)
51.	How long has it been since you had your last mammogram? Within the past year (anytime less than 12 months ago)		 □ Within the past 5 years (3 years but less than 5 years ago) □ 5 or more years ago
	2 ☐ Within the past 2 years (1 year but less than 2 years ago) 3 ☐ Within the past 3 years (2 years but less than 3 years ago)	56.	Have you had a hysterectomy? A hysterectomy is an operation to remove the uterus (womb).
	(2 years but less than 5 years ago) 4 □ Within the past 5 years (3 years but less than 5 years ago)		1 ☐ Yes 2 ☐ No
	□ 5 or more years ago		

52. A clinical breast exam is when a doctor,

If you are 50 years old or older \longrightarrow go to Section J. 57. A vaccine to prevent the human papilloma virus or HPV infection is available and is called the cervical cancer or genital warts vaccine, HPV shot, GARDASIL® or CERVARIX®. Have you ever had an HPV vaccination? ₁ ☐ Yes ³ □ Doctor refused when asked --- Go To Section J ⁴ □ No, never heard about it/ Never offered to you ---- Go To Section J 58. How many HPV shots did you receive? NUMBER OF SHOTS **Section J** The next questions are about cigarette smoking. 59. Have you smoked at least 100 cigarettes (5 packs) in your entire life? ₁ ☐ Yes 60. Do you now smoke cigarettes everyday, some days, or not at all? □ Everyday 2 ☐ Some days 61. During the past 12 months, have you stopped smoking for one day or longer because you were trying to quit smoking? ₁ ☐ Yes 2 **No**

If you are 18-49 years old \longrightarrow go to 57.

Section K

The next questions are about hepatitis.

62.	Have you <u>ever</u> had a blood test for hepatitis B?
63.	Where were you tested for hepatitis B? Mark all that apply. ¹ ☐ Your doctor's office/lab ² ☐ In the hospital (as an overnight patient) ³ ☐ At a clinic (other than your doctor's office) ⁴ ☐ In a community screening program ⁵ ☐ Other site (such as blood bank, military installation, mobile clinic, prison or jail, emergency room, etc.)
64.	Why were you tested for hepatitis B? Mark all that apply. ¹ □ You had symptoms (such as yellow eyes, abdominal pain, etc.) ² □ You had an abnormal lab test ³ □ You or someone else was concerned you might be at risk of having hepatitis B ⁴ □ You were pregnant and testing was part of your care ⁵ □ You were donating blood ⑤ □ You were in a special screening program 7 □ Doctor ordered test 8 □ Other reason

65.	doctor, nurse, or other health	71	Mark all that apply.
	professional that you have hepatitis B? ☐ Yes		☐ You had symptoms (such as yellow eyes, abdominal pain, etc.)
	² □ No → Go To 69		₂ ☐ You had an abnormal lab test
66.	How long ago did you first learn you had hepatitis B? Answer in years or months. YEARS AGO OR MONTHS AGO		 You or someone else was concerned you might be at risk of having hepatitis C You were pregnant and testing was part of your care You were donating blood Doctor ordered test Other reason
67.	Are you currently seeing a doctor for your hepatitis B?	72	. Have you <u>ever</u> been told by a medical doctor, nurse, or other health professional that you have hepatitis C?
	₁ ☐ Yes		□Yes
	² □ No		² □ No → Go To 76
	Have you <u>ever</u> taken any medications such as pills or shots prescribed by a doctor for hepatitis B?	73	How long ago did you first learn you had hepatitis C? Answer in years or months. YEARS AGO OR MONTHS AGO
69.	Have you <u>ever</u> had a blood test for hepatitis C?		
	₁ ☐ Yes	74	 Are you currently seeing a doctor for your hepatitis C?
	² □ No → Go To 72		your inspectation of
			2 □ No
70.	Where were you tested for hepatitis C? Mark all that apply.		
	□ Your doctor's office/lab	75	. Have you <u>ever</u> taken any medications such as pills or shots prescribed by a
	$_{^{2}}$ \square In the hospital (as an overnight patient)		doctor for hepatitis C?
	□ At a clinic (other than your doctor's office)		¹ □ Yes
	^₄ □ In a community screening program		² □ No
	□ Other site (such as blood bank, military installation, mobile clinic, prison or jail, emergency room, etc.)		

events related to hepatitis. Please mark	81. What is the highest grade or year of school you completed?
all that apply to you.	□ Never attended school or only attended
☐ You received a blood transfusion before 1992	kindergarten ² Grades 1 through 8
² ☐ You ever received a blood transfusion	(Elementary)
outside of the U.S. ₃ □ Your mother had hepatitis B before you	₃ □ Grades 9 through 11 (Some high school)
were born	Gome riight school) 4 □ Grade 12 or GED
₄ ☐ You ever had sex with a person who	(High school graduate)
had hepatitis ₅ □ You are a man and you have had sex	□ College 1 year to 3 years (Some college or technical school)
with other men, even just one time	□ College 4 years or more
□ You have taken street drugs by needle, even just one time	(College graduate)
At least one of the above is true but	82. Are you Hispanic or Latino?
you do not want to specify which one □ None of the above	₁ □ Yes
	² □ No
Section L The next questions are about you and your	83. Which one or more of the following would you say is your race? Mark all that apply.
household.	□ White —— Go To 86
77 Mars you have in the United States?	² ☐ Black or African American → Go To 86
77. Were you born in the United States?	₃ □ Asian →> Go To 84 ₄ □ Native Hawaiian or
¹ □ res ₂ □ No	Other Pacific Islander> Go To 85
	₅ ☐ American Indian or
78. Are you male or female?	Alaska Native → Go To 86 □ Some other race
₁ □ Male	(specify here)
₂ ☐ Female	
TO 1411 41	→ Go To 86
79. What is your age?	20 10 00
YEARS OLD	
00 Harrison adulta and 40 an alder live in	
80. How many adults, age 18 or older, live in this household? Please include yourself.	
Do not include adult family members who	
are currently living elsewhere, college students away at school, or anyone in a	
prison, mental hospital, or nursing home.	
NUMBER OF ADULTS	
-	

84. Are you? Mark all that apply. Cambodian Chinese Filipino Laotian Thai Vietnamese Hmong Korean Asian Indian Other Asian (specify here)	87. What type of telephone service does your household have? Mark all that apply. Cell phone Regular phone No phone service Section M These next questions are about your daily life. 88. Do you own or rent your home?
If you are Native Hawaiian or other Pacific Islander —> go to 85. If you are not Native Hawaiian or other Pacific Islander —> go to 86.	 Rent Other Arrangement (such as group home or staying with friends or family without paying rent) → Go To 90
85. Are you? Mark all that apply. 1 Native Hawaiian 2 Chamorro or Guamanian 3 Samoan 4 Tongan 5 Marshallese 6 Other Pacific Islander (specify here)	89. How often in the past 12 months would you say you were worried or stressed about having enough money to pay your rent/mortgage? Always Usually Sometimes Rarely Never Not Applicable (Do not pay rent/mortgage)
86. What is the main language that you speak at home? Mark only one. English Spanish Haitian Creole Vietnamese Khmer Chinese (Cantonese or Mandarin) Korean Other (specify here)	90. How often in the past 12 months would you say you were worried or stressed about having enough money to buy nutritious meals? Always Sometimes Rarely Never Not Applicable (Do not buy food)

91. Is your annual household income from all sources ?
₁ ☐ Less than \$10,000
² □ \$10,000 to less than \$15,000
₃ □ \$15,000 to less than \$20,000
₄ □ \$20,000 to less than \$25,000
₅ 🗆 \$25,000 to less than \$35,000
∘ □ \$35,000 to less than \$50,000
⁷ □ \$50,000 to less than \$75,000
∘ □ \$75,000 or more
92. Have you ever heard of a program in your area called [PROGRAM NAME]?
¹ □ Yes ² □ No

Thank you very much for your time and cooperation. Please place your completed booklet in the envelope marked confidential, then place all completed booklets for your household in the pre-paid return envelope and mail back to:

CENTERS FOR DISEASE CONTROL AND PREVENTION
C/O NATIONAL OPINION RESEARCH CENTER
1 NORTH STATE STREET, 16TH FLOOR
CHICAGO, IL 60602

If you have misplaced the pre-paid return envelope, please call 1-877-375-5964 for a replacement.

If you have questions about your rights as a study participant, you may call the NORC Institutional Review Board Administrator toll free, at 866-309-0542.

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Receipt CADE			Verific	Verification		cation		
Initials	Date	Initials	Date	Initials Date		Initials	Date	