





## Your Health and Health Choices

### START HERE:

1. Are you male or female?

Male

Female → Please call Alex Scott, toll free at 1-800-945-6377 before completing.

2. What is your age?

Under 18

18 to 34

35 to 49

50 or older

3. In general, would you say your health is:

Excellent

Very good

Good

Fair

Poor

4. The following items are about activities you might do during a typical day. Does **your health now limit you** in these activities? If so, how much?

a. **Moderate activities**, such as moving a table, pushing a vacuum cleaner, bowling, or playing golf

Yes, limited a lot

Yes, limited a little

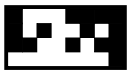
No, not limited at all

b. Climbing **several** flights of stairs

Yes, limited a lot

Yes, limited a little

No, not limited at all



5. During the **past 4 weeks**, have you had any of the following problems with your work or other regular daily activities **as a result of your physical health**?

**a. Accomplished less** than you would like **as a result of your physical health**

- No, none of the time
- Yes, a little of the time
- Yes, some of the time
- Yes, most of the time
- Yes, all of the time

**b. Were limited in the kind** of work or other activities **as a result of your physical health**

- No, none of the time
- Yes, a little of the time
- Yes, some of the time
- Yes, most of the time
- Yes, all of the time

6. During the **past 4 weeks**, have you had any of the following problems with your work or other regular daily activities **as a result of any emotional problems** (such as feeling depressed or anxious)?

**a. Accomplished less** than you would like **as a result of any emotional problems**

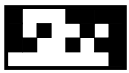
- No, none of the time
- Yes, a little of the time
- Yes, some of the time
- Yes, most of the time
- Yes, all of the time

**b. Didn't do work or other activities as carefully** as usual **as a result of any emotional problems**

- No, none of the time
- Yes, a little of the time
- Yes, some of the time
- Yes, most of the time
- Yes, all of the time

7. During the **past 4 weeks**, how much did **pain** interfere with your normal work (including both work outside the home and housework)?

- Not at all
- A little bit
- Moderately
- Quite a bit
- Extremely



These questions are about how you feel and how things have been with you during the **past 4 weeks**. For each question, please give the one answer that comes closest to the way you have been feeling.

**8. How much of the time during the past 4 weeks:**

a. Have you felt calm and peaceful?

- All of the time
- Most of the time
- A good bit of the time
- Some of the time
- A little of the time
- None of the time

b. Did you have a lot of energy?

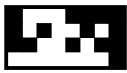
- All of the time
- Most of the time
- A good bit of the time
- Some of the time
- A little of the time
- None of the time

c. Have you felt downhearted and blue?

- All of the time
- Most of the time
- A good bit of the time
- Some of the time
- A little of the time
- None of the time

**9. During the past 4 weeks, how much of the time has your physical health or emotional problems interfered with your social activities (like visiting with friends, relatives, etc.)?**

- All of the time
- Most of the time
- Some of the time
- A little of the time
- None of the time



10. The following questions ask about how you have been feeling during **the past 30 days**. For each question, please mark the box that best describes how often you had this feeling.

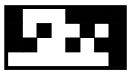
During the past 30 days, about how often did you feel...	All of the time	Most of the time	Some of the time	A little of the time	None of the time
a. nervous?.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. hopeless?.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. restless or fidgety?.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d. so sad that nothing could cheer you up?.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
e. that everything was an effort?.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
f. worthless?.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

11. The following two questions ask about how you have been feeling in the **past 2 weeks**.

Over the last 2 weeks, how often have you been bothered by any of the following problems?	Nearly every day	More than half the days	Several days	Not at all
a. Little interest or pleasure in doing things.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. Feeling down, depressed, or hopeless.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

12. During the past 30 days, how often have you experienced trouble getting to sleep or staying asleep?

- Not at all
- Once a month
- Several times a month
- Once a week
- Several times a week
- Almost every day



## Alcohol and Drug Use

**13.** Think about your drinking in the last 12 months. A drink means one beer, one small glass of wine (5 oz.), or one mixed drink containing one shot (1.5 oz.) of spirits.

How often do you have a drink containing alcohol?

- Never
- Less than monthly
- Monthly
- Weekly
- 2-3 times a week
- 4-6 times a week
- Daily

**14.** How many drinks containing alcohol do you have on a typical day you are drinking? (A drink means one beer, one small glass of wine (5 oz.), or one mixed drink containing one shot (1.5 oz.) of spirits.)

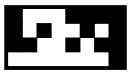
- 1 drink
- 2 drinks
- 3 drinks
- 4 drinks
- 5-6 drinks
- 7-9 drinks
- 10 or more drinks

**15.** How often do you have X (5 for men age 65 and younger; 4 for men over age 65) or more drinks on one occasion? (A drink means one beer, one small glass of wine (5 oz.), or one mixed drink containing one shot (1.5 oz.) of spirits.)

- Never
- Less than monthly
- Monthly
- Weekly
- 2-3 times a week
- 4-6 times a week

**16.** In the last 12 months, has a doctor, nurse, or other health professional asked you how much and how often you drink alcohol? You may have answered in person, on paper, or on a computer.

- Yes
- No



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17. In the last 12 months, has a doctor, nurse, or other health care professional advised you to cut back or stop drinking alcohol?

Yes

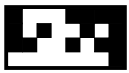
No

18. How many days in the past 12 months have you used drugs other than alcohol?

Days

19. How many days in the past 12 months have you used drugs more than you meant to?

Days



## Counseling and Treatment

20. People can get counseling, treatment or medicine for many different reasons, such as:

- For feeling depressed, anxious, or “stressed out”
- Personal problems (like when a loved one dies or when there are problems at work)
- Family problems (like marriage problems or when parents and children have trouble getting along)
- Needing help with drug or alcohol use
- For mental or emotional illness

In the last 12 months, did you get counseling, treatment or medicine for any of these reasons?

Yes

No → If No, go to 25

21. Using **any number from 0 to 10**, where 0 is the worst counseling or treatment possible and 10 is the best counseling or treatment possible, what number would you use to rate all your **counseling or treatment** in the last 12 months?

0 Worst counseling or treatment possible

1

2

3

4

5

6

7

8

9

10 Best counseling or treatment possible

22. In the last 12 months, how much were you helped by the counseling or treatment you got?

Not at all

A little

Somewhat

A lot





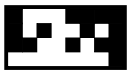
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**23.** How much of the counseling or treatment you got in the last 12 months was paid for by another source besides you or your family?

- All of it
- Most of it
- Some of it
- None of it

**24.** In the last 12 months, how much of a problem, if any, was it to get any counseling or treatment you thought you needed?

- A big problem
- A small problem
- Not a problem



### Counseling Needs and Alternative Treatments

25. During the past 12 months, was there any time when you felt you **needed** counseling or treatment for yourself but **didn't get it**? Think about counseling or treatment for difficult feelings, personal or family problems, drug or alcohol use, or any mental or emotional illness.

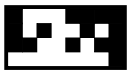
- Yes
- No

26. During the past 12 months, did you ever receive any treatment, counseling, or support including self-help for problems with your emotions, mental health, family or personal problems, or substance use from any of the following other sources?

	Yes ▼	No ▼
a. A spiritual or religious advisor.....	<input type="checkbox"/>	<input type="checkbox"/>
b. A school-based resource.....	<input type="checkbox"/>	<input type="checkbox"/>
c. An in-person peer support or self-help group.....	<input type="checkbox"/>	<input type="checkbox"/>
d. An internet website or online support forum or group.....	<input type="checkbox"/>	<input type="checkbox"/>
e. A telephone hotline.....	<input type="checkbox"/>	<input type="checkbox"/>
f. A smartphone app.....	<input type="checkbox"/>	<input type="checkbox"/>

27. Have you ever worried about your family's financial stability because of your mental health, its treatment, or lasting effects of that treatment?

- Yes
- No



## Your Choices about Your Health

28. When was the last time you visited a doctor or nurse for a check-up, follow-up care for an ongoing problem, or a concern that you have about your health? Do not include times you were hospitalized overnight or visits to the hospital emergency room.

- Within the past 12 months
- Within the past one to two years
- Within the past two to five years
- More than five years ago
- Never

29. During the past 12 months, have you had either a flu shot (directly in the arm or into the skin) or a flu vaccine that was sprayed in your nose?

- Yes
- No

30. In the past 12 months, has a doctor, nurse, or other health care professional weighed you?

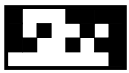
- Yes
- No

31. About how much do you weigh without shoes?

<input type="text"/>	<input type="text"/>	<input type="text"/>	Weight (pounds)
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32. About how tall are you without shoes?

<input type="text"/>	Feet	<input type="text"/>	<input type="text"/>	Inches
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33. In the past 12 months, has a doctor, nurse, or other health care professional given you advice about how to manage your weight, discussed weight loss goals with you, or referred you to a weight loss program to help with your diet and exercise?

Yes

No

34. Has a doctor, nurse, or other health care professional ever asked you if you smoke or use tobacco? You may have answered in person, on paper, or on a computer..

Yes

No

35. In the last 12 months, on average, would you say you smoked cigarettes or used tobacco every day, some days, or not at all?

Every day

Some days

Not at all → **If Not at all, go to 39**

36. In the past 12 months, were you advised by a doctor, nurse, or other health care professional to quit smoking or quit using tobacco?

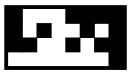
Yes

No

37. In the past 12 months, were you advised by a doctor, nurse, or other health care professional to take a medication to assist you with quitting smoking or using tobacco? Some medications that can be used are: nicotine gum, patch, nasal spray, inhaler, or prescription medicine.

Yes

No



**38.** In the past 12 months, has a doctor, nurse, or other health care professional discussed or provided methods and strategies other than medication to assist you with quitting smoking or using tobacco? Examples of methods and strategies are: telephone helpline, individual or group counseling, or program to help stop smoking.

- Yes
- No

**39.** In the past 12 months, has your doctor, nurse, or other health care professional asked you about your mood, such as whether you are anxious or depressed? You may have answered in person, on paper, or on a computer.

- Yes
- No

**40. During the past 24 months,** have you had your blood pressure checked by a doctor, nurse, or other health care professional?

- Yes
- No

**41. Within the past 5 years,** have you had your blood cholesterol checked by a doctor, nurse, or other health care professional?

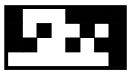
- Yes
- No



**If you are 50 or older, please continue with the questions.  
If you are under 50 years old, please turn to the back cover.**

**42.** Have you ever had a pneumonia shot? A pneumonia shot or pneumococcal vaccine is usually only given once or twice in a person's lifetime.

- Yes
- No, it was offered to me by a doctor, nurse, or other health care professional but I chose not to receive it
- No, for any other reason



43. Have you had the shingles vaccine? The vaccine is called Zostavax®, the zoster vaccine, or the shingles vaccine. The chicken pox virus causes shingles. The vaccine has been available since May 2006.

- Yes
- No, it was offered to me by a doctor, nurse, or other health care professional but I chose not to receive it
- No, for any other reason

44. Is there any medical reason why you cannot take aspirin, such as an allergy, another medication you take, or other side effect?

- Yes → **If Yes, go to 46**
- No

45. Has a doctor, nurse, or other health care professional ever discussed with you the use of aspirin to prevent heart attack or stroke?

- Yes
- No

46. Have you had colon cancer or your entire colon removed?

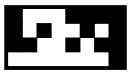
- Yes → **If Yes, go to 50**
- No

47. **Within the past 10 years**, have you had a colonoscopy? A colonoscopy test examines the bowel by inserting a tube into the rectum. After a colonoscopy, you feel tired and usually need someone to drive you home.

- Yes
- No, it was offered to me by a doctor, nurse, or other health care professional but I chose not to receive it
- No, for any other reason

48. **Within the past 5 years**, have you had a sigmoidoscopy? A sigmoidoscopy test also examines the bowel by inserting a tube into the rectum. You are awake during this test and can drive yourself home.

- Yes
- No, it was offered to me by a doctor, nurse, or other health care professional but I chose not to receive it
- No, for any other reason



**49. Within the past 12 months**, have you had a blood stool test using a home kit? A doctor, nurse, or other health professional provides you a special kit or cards to use at home to determine whether the stool contains blood.

- Yes
- No, it was offered to me by a doctor, nurse, or other health care professional but I chose not to receive it
- No, for any other reason

**50.** Have you had prostate cancer?

- Yes → **If Yes, go to the "Date Completed" box on the back cover**
- No

**51.** About how old were you the last time you had a PSA test? A "P-S-A" is a blood test to detect prostate cancer. It is also called a prostate specific antigen test.

- Never had a PSA test
- Under age 50
- Between 51 and 64
- Between 65 and 74
- 75 or older

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Date completed:  /  /   
MONTH DAY YEAR

Who completed this form?

Person named on front of this form

Someone else,

**If Someone Else**, what is person's relationship to the person named on the front of this form?

Husband or wife

Unmarried partner

Mother, father, or guardian

Son or daughter

Other relative

Not related

## THANK YOU FOR COMPLETING THE QUESTIONNAIRE!

- ➔ Please place this survey in the envelope provided to you and give it to the MEPS interviewer.
- ➔ If the interviewer is no longer available, place the survey in the return envelope provided to you by the interviewer. If the envelope is missing, mail this survey to:

MEPS  
c/o Westat  
1600 Research Blvd, Room GA51  
Rockville, MD 20850