Risk Factor Questionnaire v11
May 2016

Canadian Partnership for Tomorrow Project

Projet de partenariat canadien Espoir pour demain

Participating Cohorts

Atlantic PATH
PARTNERSHIP FOR TOMORROW'S HEALTH
For the Benefit of Future Generations

BC GENERATIONS PROJECT
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The Tomorrow Project
Albertans for a Healthier Future

Follow-Up Questionnaire

Office use only

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L	C	V	QA

Directions For Completing This Questionnaire

This questionnaire may take about 35 to 60 minutes to answer.
Please follow the directions carefully. You will be asked to skip certain questions that do not apply to you.

- We appreciate you completing the whole questionnaire. However, if you prefer not to answer a question write '**Decline**' beside it.
- Use a ballpoint pen, not a felt pen.
- Shade in the bubbles completely, like this: ●
- Write numbers in boxes like this | 2 | 1 |

  If you are writing a single digit where there is more than one box, it does not matter which box you write the number in.
- If you make an error, put an X through the incorrect bubble like this:

Before starting the questionnaire please make sure to gather your prescription medications and a tape measure so these items are handy.

Please leave the booklet stapled together. The pages will be separated at the study centre.

If you are not sure how to answer a question, please feel free to contact us:

Atlantic Path:
Study: Halifax Area 494-7284
Toll Free 1-877-285-7284
info@atlanticpath.ca

Ontario Health
1-866-606-0686
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Lower Mainland 604-675-8221
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Toll Free 1-877-919-9292
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CARTaGENE:
1-877-263-2360
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DEMOGRAPHIC INFORMATION

DE01 What is your date of birth? DD ☐☐ MM ☐☐ YYYY ☐☐☐☐

DE02 What is your sex at birth? ○ Male ○ Female

FAMILY CHARACTERISTICS

FA01 What is your current marital status? Please choose the **ONE** that best describes your current situation.

- ○ Married and/or living with a partner
- ○ Divorced
- ○ Widowed
- ○ Separated
- ○ Single, never married

HEALTH STATUS

HS01 How would you rate your general health?

- ○ Excellent
- ○ Very good
- ○ Good
- ○ Fair
- ○ Poor

HS02 When was the last time you had a routine medical check-up, undertaken by a doctor or a nurse? A medical check-up is a physical exam that usually includes at least a blood pressure measurement and height and weight measurement.

- ○ Less than 6 months ago
- ○ 6 months to less than 1 year ago
- ○ 1 year to less than 2 years ago
- ○ 2 years to less than 3 years ago
- ○ 3 or more years ago
- ○ Never
- ○ Don't know

HS03 When was the last time you saw a dental professional, including a dentist or a hygienist?

- ○ Less than 6 months ago
- ○ 6 months to less than 1 year ago
- ○ 1 year to less than 2 years ago
- ○ 2 years to less than 3 years ago
- ○ 3 or more years ago
- ○ Never
- ○ Don't know

HS04 When was the last time you had a fecal occult blood test (FOBT) or a fecal immunochemical test (FIT)?
Both are screening tests for colon cancer that check for blood in your stool, and are usually collected at home where you have a bowel movement. The FOBT uses a stick or a small brush to smear a small sample on a special card and is usually collected for two or three days in a row. The FIT uses a stick attached to the cap of a storage bottle to collect one small sample and place it in the bottle. You do not need to avoid any foods or medications before either of these tests.

- ○ Less than 6 months ago
- ○ 6 months to less than 1 year ago
- ○ 1 year to less than 2 years ago
- ○ 2 years to less than 3 years ago
- ○ 3 or more years ago
- ○ Never
- ○ Don't know

HS05 When was the last time you had a colonoscopy?
A colonoscopy is an exam where a long tube is used to examine the entire colon for signs of cancer or other health problems. Before the procedure is done, you are usually given a sedative.

- ○ Less than 6 months ago
- ○ 6 months to less than 1 year ago
- ○ 1 year to less than 2 years ago
- ○ 2 years to less than 3 years ago
- ○ 3 or more years ago
- ○ Never
- ○ Don't know

HS06 When was the last time you had a sigmoidoscopy?
A sigmoidoscopy is an exam where a flexible tube is inserted into the rectum and lower part of the large bowel to look for signs of cancer or other problems. The procedure does **not** usually require sedation.

- ○ Less than 6 months ago
- ○ 6 months to less than 1 year ago
- ○ 1 year to less than 2 years ago
- ○ 2 years to less than 3 years ago
- ○ 3 or more years ago
- ○ Never
- ○ Don't know

HS07 Have you ever had a polyp removed from your colon?
A polyp is an abnormal growth of tissue.

- ○ Yes
- ○ No
- ○ Don't know

HS08 Over the last 2 weeks, how often have you been bothered by the following problems?	Not at all	Several days	Over half the days	Nearly every day
1. Feeling nervous, anxious, or on edge	○	○	○	○
2. Not being able to stop or control worrying	○	○	○	○
3. Worrying too much about different things	○	○	○	○
4. Trouble relaxing	○	○	○	○
5. Being so restless that it's hard to sit still	○	○	○	○
6. Becoming easily annoyed or irritable	○	○	○	○
7. Feeling afraid as if something awful might happen	○	○	○	○

8. If you checked off any problems, how difficult have these made it for you to do your work, take care of things at home, or get along with other people?

□ Not difficult at all □ Somewhat difficult □ Very difficult □ Extremely difficult

HS09 Over the last 2 weeks, how often have you been bothered by any of the following problems?	Not at all	Several days	Over half the days	Nearly every day
1. Little interest or pleasure in doing things	○	○	○	○
2. Feeling down, depressed, or hopeless	○	○	○	○
3. Trouble falling or staying asleep, or sleeping too much	○	○	○	○
4. Feeling tired or having little energy	○	○	○	○
5. Poor appetite or overeating	○	○	○	○
6. Feeling bad about yourself — or that you are a failure or have let yourself or your family down	○	○	○	○
7. Trouble concentrating on things, such as reading the newspaper or watching television	○	○	○	○
8. Moving or speaking so slowly that other people could have noticed? Or the opposite — being so fidgety or restless that you have been moving around a lot more than usual	○	○	○	○
9. Thoughts that you would be better off dead or of hurting yourself in some way	○	○	○	○

10. If you checked off any problems, how difficult have these problems made it for you to do your work, take care of things at home, or get along with other people?

□ Not difficult at all □ Somewhat difficult □ Very difficult □ Extremely difficult

WOMEN SKIP TO WOMEN'S HEALTH - WH01 (NEXT PAGE)

MEN'S HEALTH

MH01 When was the last time you had a PSA blood test?
A PSA test is a specific blood test ordered by a doctor to test men for prostate cancer.

- ○ Less than 6 months ago
- ○ 6 months to less than 1 year ago
- ○ 1 year to less than 2 years ago
- ○ 2 years to less than 3 years ago
- ○ 3 or more years ago
- ○ Never
- ○ Don't know

MH02 How many children have you fathered, including live births only?

☐☐ Children

- ○ Don't know

MEN SKIP TO PERSONNAL MEDICAL HISTORY - PM01 (PAGE 13)

WOMEN'S HEALTH

WH01 Have you ever used any hormonal contraceptives for any reason? Hormonal contraceptives include birth control pills, implants, patches, injections, and rings or intra-uterine devices that release female hormones.

- ○ Yes
- ○ No → SKIP TO WH04 (THIS PAGE)
- ○ Don't know →

WH02 How old were you when you started using hormonal contraceptives?

☐☐ Age when started using hormonal contraceptives

- ○ Don't know

WH03 In total, how many years or months did you use or have you been using hormonal contraceptives? Add up all the time that you used contraceptives even if you started and stopped several times.

☐☐ Years **OR** ☐☐ Months

- ○ Don't know

WH04 How many times have you been pregnant, including live births, stillbirths, spontaneous miscarriage or therapeutic abortions?

☐☐ Number of pregnancies

- ○ Never been pregnant → SKIP TO WH08 (NEXT PAGE)
- ○ Don't know →

WH05 Are you currently pregnant?

○ Yes → In what week are you? ☐☐ Weeks

If YES and it's your first pregnancy, SKIP TO WH08 (THIS PAGE)

○ No

○ Don't know

WH06 How many children have you given birth to, considering live births only?

☐☐ Live births

○ Don't know

WH07 How old were you when you last became pregnant?

☐☐ Age at last pregnancy

○ Don't know

WH08 Have you gone through menopause, meaning that your menstrual periods stopped for at least one year and did **not** restart?

○ Yes, natural menopause

○ Yes, other reasons (hysterectomy, surgery, chemotherapy, medication)

○ No → SKIP TO WH10 (NEXT PAGE)

○ Don't know →

WH09 How old were you when your menstrual periods stopped for at least one year and did not restart?

☐☐ Age when menstrual periods stopped

○ Don't know

WH10 Have you ever used hormone replacement therapy (HRT) prescribed by a doctor for any reason?
Hormone replacement therapy includes progesterone and/or estrogen. It includes all forms such as patches, rings, creams and other topical forms prescribed by a doctor. It does not include thyroid hormone treatment or hormonal contraceptives and it does not include other 'natural' treatments that can be bought over the counter. Do not include hormonal fertility treatment.

○ Yes
○ No → SKIP TO WH14 (NEXT PAGE)
○ Don't know →

WH11 Which type of hormone replacement therapy have you used the most?

○ Both Estrogen and Progesterone
○ Estrogen (e.g. Premarin, Estrace)
○ Progesterone (e.g. Prometrium, Provera)
○ Estrogen gel or cream applied to the skin (e.g. Estraderm, Estrogel)
○ Intra-uterine device with progesterone
○ Don’t know

WH12 How old were you when you started using hormone replacement therapy?

☐☐ Age when started using hormone replacement therapy

○ Don't know

WH13 In **total**, for how many years or months did you use, or have you been using, hormone replacement therapy? Add up all the time that you used hormone replacement therapy even if you started and stopped several times.

☐☐ Years **OR** ☐☐ Months

○ Don't know

WH14 Have you ever had a hysterectomy (an operation to have your uterus or womb removed)?

- ○ Yes
- ○ No → SKIP TO WH16 (THIS PAGE)
- ○ Don't know → SKIP TO WH16 (THIS PAGE)

WH15 How old were you when you had your hysterectomy?

☐☐ Age at hysterectomy

WH16 Have you ever had an operation to have your ovaries removed?

- ○ Yes
- ○ No → SKIP TO WH20 (THIS PAGE)
- ○ Don't know → SKIP TO WH20 (THIS PAGE)

WH17 Did you have one or both ovaries removed?

- ○ One → SKIP TO WH19 (THIS PAGE)
- ○ Both
- ○ Don't know

WH18 Were both of your ovaries removed at the same time?

- ○ Yes
- ○ No
- ○ Don't know

WH19 How old were you when you had your ovary removal surgery? If you had two separate operations to remove your ovaries, please indicate the age of the **last** surgery.

☐☐ Age at last ovary removal surgery

- ○ Don't know

WH20 When was the last time you had a mammogram?
A mammogram is a low dose x-ray of the breast in a device that compresses and flattens the breast and is used as a screening test for breast cancer.

- ○ Less than 6 months ago
- ○ 6 months to less than 1 year ago
- ○ 1 year to less than 2 years ago
- ○ 2 years to less than 3 years ago
- ○ 3 or more years ago
- ○ Never
- ○ Don't know

WH21 When was the last time you had a Pap test or a smear test?
A Pap test (sometimes called a cervical smear) is a test performed by a doctor or a nurse where a sample of cells is taken from the cervix.

- ○ Less than 6 months ago
- ○ 6 months to less than 1 year ago
- ○ 1 year to less than 2 years ago
- ○ 2 years to less than 3 years ago
- ○ 3 or more years ago
- ○ Never
- ○ Don't know

PERSONAL MEDICAL HISTORY

PM01 Has a doctor ever told you that you had cancer or a malignancy of any kind?

- ○ Yes
- ○ No → SKIP TO PM03 (PAGE 17)
- ○ Don't know →

PM02 What **type** of cancer was it and how **old** were you when the cancer was first diagnosed? If you have had cancer more than once, please select each one separately.

First type of Cancer

Cancer type	Age at first Diagnosis	Treatment	Type of treatment
○ Bladder ○ Brain ○ Breast ○ Cervix ○ Colon ○ Esophagus ○ Kidney ○ Larynx ○ Leukemia ○ Liver ○ Lung and bronchus ○ Lymphoma (Hodgkin Lymphoma) ○ Lymphoma (Non-Hodgkin Lymphoma, other) ○ Mouth, tongue and throat ○ Multiple myeloma ○ Ovary ○ Pancreas ○ Prostate ○ Rectum ○ Skin (Melanoma) ○ Skin (Non-Melanoma) ○ Small intestine ○ Stomach ○ Testicle ○ Thyroid ○ Uterus ○ Other Specify: [ ] ○ Don't know	[ ][ ] Age at first Diagnosis ○ Don't know	Did you receive treatment for this cancer? ○ Yes → ○ No ○ Don't know	What type of treatment was it? **(Choose ALL that apply)** ○ Chemotherapy ○ Radiation ○ Surgery ○ Laser therapy ○ Stem cell therapy ○ Other Specify: [ ] ○ Don't know

Second type of cancer

Cancer type	Age at first Diagnosis	Treatment	Type of treatment
○ Bladder ○ Brain ○ Breast ○ Cervix ○ Colon ○ Esophagus ○ Kidney ○ Larynx ○ Leukemia ○ Liver ○ Lung and bronchus ○ Lymphoma (Hodgkin Lymphoma) ○ Lymphoma (Non-Hodgkin Lymphoma, other) ○ Mouth, tongue and throat ○ Multiple myeloma ○ Ovary ○ Pancreas ○ Prostate ○ Rectum ○ Skin (Melanoma) ○ Skin (Non-Melanoma) ○ Small intestine ○ Stomach ○ Testicle ○ Thyroid ○ Uterus ○ Other Specify: [ ] ○ Don't know	[ ][ ] Age at first Diagnosis ○ Don't know	Did you receive treatment for this cancer? ○ Yes → ○ No ○ Don't know	What type of treatment was it? **(Choose ALL that apply)** ○ Chemotherapy ○ Radiation ○ Surgery ○ Laser therapy ○ Stem cell therapy ○ Other Specify: [ ] ○ Don't know

Third type of cancer

Cancer type	Age at first Diagnosis	Treatment	Type of treatment
○ Bladder ○ Brain ○ Breast ○ Cervix ○ Colon ○ Esophagus ○ Kidney ○ Larynx ○ Leukemia ○ Liver ○ Lung and bronchus ○ Lymphoma (Hodgkin Lymphoma) ○ Lymphoma (Non-Hodgkin Lymphoma, other) ○ Mouth, tongue and throat ○ Multiple myeloma ○ Ovary ○ Pancreas ○ Prostate ○ Rectum ○ Skin (Melanoma) ○ Skin (Non-Melanoma) ○ Small intestine ○ Stomach ○ Testicle ○ Thyroid ○ Uterus ○ Other Specify: [ ] ○ Don't know	[ ][ ] Age at first Diagnosis ○ Don't know	Did you receive treatment for this cancer? ○ Yes → ○ No ○ Don't know	What type of treatment was it? **(Choose ALL that apply)** ○ Chemotherapy ○ Radiation ○ Surgery ○ Laser therapy ○ Stem cell therapy ○ Other Specify: [ ] ○ Don't know

PM03 Has a doctor ever told you that you had any of the following conditions? If yes, please provide your **age** when you were first diagnosed and whether you are currently being treated.

Condition	Diagnosed	Age at first Diagnosis	Are you currently being treated?
Diabetes *(Endocrine and metabolic conditions)*	|_|Yes ------> |_|No |_|Don't know If yes, which **type(s)** of diabetes was it? |_| Gestational diabetes **only**-> |_| Type 1 diabetes----------> |_| Type 2 diabetes----------> |_| Don't know	 |_|_| |_|Don't know |_|_| |_|Don't know |_|_| |_|Don't know	 |_|Yes |_|No |_|Don't know |_|Yes |_|No |_|Don't know |_|Yes |_|No |_|Don't know
Thyroid disease *(Endocrine and metabolic conditions)*	|_|Yes ------> |_|No |_|Don't know If yes, which **type(s)** of thyroid disease was it? |_| Hypothyroid |_| Hyperthyroid |_| **Other (please specify)** _____ |_| Don't know	|_|_| |_|Don't know	|_|Yes |_|No |_|Don't know
High cholesterol *(Endocrine and metabolic conditions)*	|_| Yes ---------->|_| No |_| Don't know	|_|_| |_|Don't know	|_|Yes |_|No |_|Don't know
Heart and circulatory conditions	|_|Yes, **select all that applies**------> |_|No |_|Don't know |_| High blood pressure (hypertension, **not** including during pregnancy) ----------> |_| Heart attack (myocardial infarction) ----------> |_| Heart failure ----------> |_| Atrial fibrillation ----------> |_| Angina ----------> |_| Valvular heart disease (e.g. aortic stenosis, mitral valve prolapse) --------->	 |_|_| |_|Don't know |_|_| |_|Don't know |_|_| |_|Don't know |_|_| |_|Don't know |_|_| |_|Don't know |_|_| |_|Don't know	 |_|Yes |_|No |_|Don't know |_|Yes |_|No |_|Don't know |_|Yes |_|No |_|Don't know |_|Yes |_|No |_|Don't know |_|Yes |_|No |_|Don't know |_|Yes |_|No |_|Don't know

	|_| Atherosclerosis/ Coronary Heart Disease (including angioplasty or stents) ----> **|_|Other (please specify)** ---> _____	|_|_| |_|Don't know |_|_| |_|Don't know	|_|Yes |_|No |_|Don't know |_|_| |_|Don't know
Respiratory system conditions	|_| Yes, **select all that applies** ------> |_| No |_| Don't know |_| Asthma ----------> |_| Chronic pulmonary obstructive disease (COPD) ----------> |_| Chronic bronchitis ----------> |_| Emphysema ----------> |_| Sleep apnea----------> **|_|Other (please specify)** --->_____	 |_|_| |_|Don't know |_|_| |_|Don't know |_|_| |_|Don't know |_|_| |_|Don't know |_|_| |_|Don't know |_|_| |_|Don't know	 |_|Yes |_|No |_|Don't know |_|Yes |_|No |_|Don't know |_|Yes |_|No |_|Don't know |_|Yes |_|No |_|Don't know |_|Yes |_|No |_|Don't know |_|Yes |_|No |_|Don't know
Gastrointestinal conditions	|_| Yes, **select all that applies** ------> |_| No |_| Don't know |_| Crohn's disease ----------> |_| Ulcerative colitis ----------> |_| Irritable bowel syndrome --------> |_| Stomach ulcers --------> |_| Persistent acid reflux (GERD) -> |_| **Other (please specify)** ------> _____	 |_|_| |_|Don't know |_|_| |_|Don't know |_|_| |_|Don't know |_|_| |_|Don't know |_|_| |_|Don't know |_|_| |_|Don't know	 |_|Yes |_|No |_|Don't know |_|Yes |_|No |_|Don't know |_|Yes |_|No |_|Don't know |_|Yes |_|No |_|Don't know |_|Yes |_|No |_|Don't know |_|Yes |_|No |_|Don't know

Liver or pancreas conditions	|_| Yes, **select all that applies** ------> |_| No |_| Don't know |_| Liver cirrhosis ----------> |_| Chronic hepatitis ----------> |_| Fatty liver (NAFLD/ NASH) -----> |_| Pancreatitis ----------> |_| Gallstones ----------> |_| Cholecystitis ----------> |_| **Other (please specify)** ------> _____	 |_|_| |_|Don't know |_|_| |_|Don't know |_|_| |_|Don't know |_|_| |_|Don't know |_|_| |_|Don't know |_|_| |_|Don't know |_|_| |_|Don't know	 |_|Yes |_|No |_|Don't know |_|Yes |_|No |_|Don't know |_|Yes |_|No |_|Don't know |_|Yes |_|No |_|Don't know |_|Yes |_|No |_|Don't know |_|Yes |_|No |_|Don't know |_|Yes |_|No |_|Don't know
Renal disease/kidney failure conditions	|_|Yes , **select all that applies** ------> |_|No |_|Don't know |_| Weak or failing kidney -----> |_| Acute renal failure ---------> |_| Chronic renal failure -------> |_| Kidney stones ----------> |_| Pyelonephritis (kidney infection) ----------> **|_|Other (please specify)** --->_____	 |_|_| |_|Don't know |_|_| |_|Don't know |_|_| |_|Don't know |_|_| |_|Don't know |_|_| |_|Don't know |_|_| |_|Don't know	 |_|Yes |_|No |_|Don't know |_|Yes |_|No |_|Don't know |_|Yes |_|No |_|Don't know |_|Yes |_|No |_|Don't know |_|Yes |_|No |_|Don't know |_|Yes |_|No |_|Don't know
Mental health condition	|_|Yes, **select all that applies** ------> |_|No |_|Don't know |_| Major depression----------> |_| Bipolar disorder----------> |_| Minor depression----------> |_| Post-traumatic stress-------> disorder |_| Schizophrenia or ---------> schizoaffective disorder |_| Obsessive compulsive ----> disorder |_| Anxiety disorder---------> |_| Eating disorder----------> |_| Addiction disorder (e.g.,---> alcohol, drug or gambling dependence)	 |_|_| |_|Don't know |_|_| |_|Don't know |_|_| |_|Don't know |_|_| |_|Don't know |_|_| |_|Don't know |_|_| |_|Don't know |_|_| |_|Don't know |_|_| |_|Don't know	 |_|Yes |_|No |_|Don't know |_|Yes |_|No |_|Don't know |_|Yes |_|No |_|Don't know |_|Yes |_|No |_|Don't know |_|Yes |_|No |_|Don't know |_|Yes |_|No |_|Don't know |_|Yes |_|No |_|Don't know |_|Yes |_|No |_|Don't know

	|_|Other (please specify) ---> _____	|_|_| |_|Don't know	|_|Yes |_|No |_|Don't know
Neurological conditions	|_| Yes, **select all that applies** ------> |_| No |_| Don't know |_| Thrombotic stroke-----> |_| Hemorrhagic stroke-----> |_| Multiple sclerosis ----------> |_| Migraines ----------> |_| Epilepsy or seizures ----------> |_| Parkinson's disease ----------> |_| Alzheimer's disease ----------> |_| Chronic fatigue syndrome -----> **|_|Other (please specify)** --->_____	 |_|_| |_|Don't know |_|_| |_|Don't know |_|_| |_|Don't know |_|_| |_|Don't know |_|_| |_|Don't know |_|_| |_|Don't know |_|_| |_|Don't know |_|_| |_|Don't know	 |_|Yes |_|No |_|Don't know |_|Yes |_|No |_|Don't know |_|Yes |_|No |_|Don't know |_|Yes |_|No |_|Don't know |_|Yes |_|No |_|Don't know |_|Yes |_|No |_|Don't know |_|Yes |_|No |_|Don't know |_|Yes |_|No |_|Don't know
Bone and joints conditions	|_|Yes, **select all that applies** ------> |_|No |_|Don't know |_| Osteoporosis ----------> |_| Arthritis ----------> |_| Lupus ----------> |_| Fibromyalgia ----------> **|_|Other (please specify)** --->_____ If arthritis is selected, which **type(s)** of arthritis was it? |_|Rheumatoid arthritis--------> |_|Osteoarthritis----------> |_|**Other (Please specify)**---->_____ |_|Don't know	 |_|_| |_|Don't know |_|_| |_|Don't know |_|_| |_|Don't know |_|_| |_|Don't know |_|_| |_|Don't know	 |_|Yes |_|No |_|Don't know |_|Yes |_|No |_|Don't know |_|Yes |_|No |_|Don't know |_|Yes |_|No |_|Don't know |_|Yes |_|No |_|Don't know
Skin conditions	|_|Yes, **select all that applies** ------> |_|No |_|Don't know |_| Eczema ---------->	 |_|_|	 |_|Yes |_|No

	|_| Psoriasis ----------> **|_|Other (please specify)** --->_____	|_|Don't know |_|_| |_|Don't know |_|_| |_|Don't know	|_|Don't know |_|Yes |_|No |_|Don't know |_|Yes |_|No |_|Don't know
Infectious diseases	|_|Yes, **select all that applies** ------> |_|No |_|Don't know |_| Human Immunodeficiency Virus (HIV) ----------> |_| Genital Warts (HPV infection)--> |_| Genital herpes -----> **|_|Other (please specify)** --->_____	 |_|_| |_|Don't know |_|_| |_|Don't know |_|_| |_|Don't know |_|_| |_|Don't know	 |_|Yes |_|No |_|Don't know |_|Yes |_|No |_|Don't know |_|Yes |_|No |_|Don't know |_|Yes |_|No |_|Don't know
Eye vision conditions	|_|Yes, **select all that applies** ------> |_|No |_|Don't know |_| Macular degeneration -----> |_| Glaucoma ----------> |_| Cataracts ----------> **|_|Other (please specify)** ---->_____	 |_|_| |_|Don't know |_|_| |_|Don't know |_|_| |_|Don't know |_|_| |_|Don't know	 |_|Yes |_|No |_|Don't know |_|Yes |_|No |_|Don't know |_|Yes |_|No |_|Don't know |_|Yes |_|No |_|Don't know
Hearing conditions	|_|Yes, **select all that applies** ------> |_|No |_|Don't know |_| Tinnitus (sound in your ears or head) ----------> |_| Hearing loss ----------> **|_|Other (please specify)** --->_____	 |_|_| |_|Don't know |_|_| |_|Don't know |_|_| |_|Don't know	 |_|Yes |_|No |_|Don't know |_|Yes |_|No |_|Don't know |_|Yes |_|No |_|Don't know

PM04 Do you have or have you had any other **long-term health conditions**?

- ○ Yes
- ○ No → SKIP TO PRESCRIPTION MEDICATION – ME01 (NEXT PAGE)
- ○ Don't know →

Please list these long-term conditions.

Long term condition 1: [ ]

Long term condition 2: [ ]

Long term condition 3: [ ]

PRESCRIBED MEDICATION

ME01 Are you <u>currently</u> taking any medications prescribed by a doctor and dispensed by a pharmacist? Prescription medication could include such things as insulin, nicotine patches, birth control (pills, patches or injections) and other hormonal therapies.

- ○ Yes
- ○ No → SKIP TO ME02 (NEXT PAGE)
- ○ Don't know → SKIP TO ME02 (NEXT PAGE)

For **each** prescribed medication that you are currently taking, please write down the name of the medication and the drug identification number (DIN).

If you have access to the bottles and containers, write down the name of each medication and DIN from the label. The DIN is an 8 digit number that should be printed on the label that is attached to the container by the pharmacist. It is NOT the prescription number.

Medication	Name of Medication	Drug Identification Number (DIN)
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

ME02 Do you **regularly** take **aspirin** or **pain relievers *4 times a month or more***? (Including aspirin for disease prevention)

- ○ Yes
- ○ No → SKIP TO FAMILY HEALTH HISTORY – FM01 (NEXT PAGE)
- ○ Don't know → SKIP TO FAMILY HEALTH HISTORY – FM01 (NEXT PAGE)

If Yes, mark all that apply below	Average number of	
	Days per Month	Pills per Day (on days used)
Low-dose or "baby" aspirin (81 mg tablet)	☐☐	☐☐
Regular or extra-strength aspirin (Include Excedrin and powders with aspirin)	☐☐	☐☐
Ibuprofen (such as Motrin, Advil, Nuprin)	☐☐	☐☐
Acetaminophen (such as Tylenol)	☐☐	☐☐
Naproxen (such as Naprosyn, Aleve)	☐☐	☐☐
Other NSAID pain relievers (Such as Celebrex, meloxicam, diclofenac, nabumetone, indomethacin, sundac or piroxicam. Do not include narcotics or Lyrica)	☐☐	☐☐

FAMILY HEALTH HISTORY

For your family health history, please **ONLY** include **immediate blood relatives**, including your mother, father, children, full and half brothers and sisters. Do not include relatives by marriage, stepbrothers and stepsisters, parents by adoption, stepchildren or adopted children.

FM01 Have any of your **immediate blood relatives**, including your mother, father, children, full and half brothers and sisters ever been diagnosed with cancer?

- ○ Yes
- ○ No → SKIP TO FM09 (PAGE 29)
- ○ Don't know → SKIP TO FM09 (PAGE 29)

FM02 Has your **biological** mother ever been diagnosed with cancer?

- ○ Yes
- ○ No → SKIP TO FM04 (PAGE 26)
- ○ Don't know → SKIP TO FM04 (PAGE 26)

FM03 Which of the following **types** of cancer was your mother diagnosed with? Choose **ALL** that apply.

- ○ Bladder
- ○ Brain
- ○ Breast
- ○ Cervix
- ○ Colon
- ○ Esophagus
- ○ Kidney
- ○ Larynx
- ○ Leukemia
- ○ Liver
- ○ Lung and Bronchus
- ○ Lymphoma (Hodgkin Lymphoma)
- ○ Lymphoma (Non-Hodgkin Lymphoma, other)
- ○ Mouth, tongue and throat
- ○ Multiple Myeloma
- ○ Ovary
- ○ Pancreas
- ○ Rectum
- ○ Skin (Melanoma)
- ○ Skin (Non-Melanoma)
- ○ Small Intestine
- ○ Stomach
- ○ Thyroid
- ○ Uterus
- ○ Other, Specify: _____
- ○ Don't Know

FM04 Has your **biological** father ever been diagnosed with cancer?

- ○ Yes
- ○ No → SKIP TO FM06 (PAGE 27)
- ○ Don't know → SKIP TO FM06 (PAGE 27)

FM05 Which of the following **types** of cancer was your father diagnosed with? Choose **ALL** that apply.

- ○ Bladder
- ○ Brain
- ○ Breast
- ○ Colon
- ○ Esophagus
- ○ Kidney
- ○ Larynx
- ○ Leukemia
- ○ Liver
- ○ Lung and bronchus
- ○ Lymphoma (Hodgkin Lymphoma)
- ○ Lymphoma (Non-Hodgkin Lymphoma, other)
- ○ Mouth, tongue and throat
- ○ Multiple Myeloma
- ○ Prostate
- ○ Pancreas
- ○ Rectum
- ○ Skin (Melanoma)
- ○ Skin (Non-Melanoma)
- ○ Small Intestine
- ○ Stomach
- ○ Testicle
- ○ Thyroid
- ○ Other, Specify: _____
- ○ Don't Know

FM06 Have any of your **biological** siblings ever been diagnosed with cancer?

- ○ Yes → If yes, how many siblings ☐☐
  - ○ Don't know
- ○ No
- ○ I do not have any siblings
- ○ Don't know

FM07 Have any of your **biological** children ever been diagnosed with cancer?

- ○ Yes → If yes, how many children ☐☐
  - ○ Don't know
- ○ No
- ○ I do not have any children
- ○ Don't know

IF "NO" FOR FM06 AND FM07 **OR**
IF "DON'T HAVE SIBLINGS AND CHILDREN" **OR**
IF, "DON'T KNOW" FOR FM06 AND FM07

SKIP TO FM09 (PAGE 29)

FM08 For your biological siblings and children, please indicate how many siblings and children have been diagnosed with the cancer types listed below. Leave blank if none of your siblings or children have been diagnosed with a particular type of cancer.

Cancer type	Number siblings diagnosed	Number children diagnosed
Bladder	|_||_| Number of siblings	|_||_| Number of children
Brain	|_||_| Number of siblings	|_||_| Number of children
Breast	|_||_| Number of siblings	|_||_| Number of children
Cervix	|_||_| Number of siblings	|_||_| Number of children
Colon	|_||_| Number of siblings	|_||_| Number of children
Esophagus	|_||_| Number of siblings	|_||_| Number of children
Kidney	|_||_| Number of siblings	|_||_| Number of children
Larynx	|_||_| Number of siblings	|_||_| Number of children
Leukemia	|_||_| Number of siblings	|_||_| Number of children
Liver	|_||_| Number of siblings	|_||_| Number of children
Lung and Bronchus	|_||_| Number of siblings	|_||_| Number of children
Lymphoma (Hodgkin Lymphoma)	|_||_| Number of siblings	|_||_| Number of children
Lymphoma (Non-Hodgkin Lymphoma, other)	|_||_| Number of siblings	|_||_| Number of children
Mouth, tongue and throat	|_||_| Number of siblings	|_||_| Number of children
Multiple Myeloma	|_||_| Number of siblings	|_||_| Number of children
Ovary	|_||_| Number of siblings	|_||_| Number of children
Pancreas	|_||_| Number of siblings	|_||_| Number of children
Prostate	|_||_| Number of siblings	|_||_| Number of children
Rectum	|_||_| Number of siblings	|_||_| Number of children
Skin (Melanoma)	|_||_| Number of siblings	|_||_| Number of children
Skin (Non-Melanoma)	|_||_| Number of siblings	|_||_| Number of children
Small Intestine	|_||_| Number of siblings	|_||_| Number of children
Stomach	|_||_| Number of siblings	|_||_| Number of children
Testicle	|_||_| Number of siblings	|_||_| Number of children
Thyroid	|_||_| Number of siblings	|_||_| Number of children
Uterus	|_||_| Number of siblings	|_||_| Number of children
Other	|_||_| Number of siblings Specify the cancer type _____ _____	|_||_| Number of children Specify the cancer type: _____ _____
Don't Know	|_||_| Number of siblings	|_||_| Number of children

FM09 Have any of your **immediate blood relatives** ever been diagnosed by a medical doctor with any of the following long-term health conditions?

	Health Condition			
Mother	Heart attack (myocardial infarction)	O Yes	O No	O Don't know
	Stroke	O Yes	O No	O Don't know
	Diabetes	O Yes	O No	O Don't know
	Chronic obstructive pulmonary disease	O Yes	O No	O Don't know
	High blood pressure	O Yes	O No	O Don't know
	Asthma	O Yes	O No	O Don't know
	Major Depression	O Yes	O No	O Don't know
	Liver cirrhosis	O Yes	O No	O Don't know
	Chronic hepatitis	O Yes	O No	O Don't know
	Crohn's disease	O Yes	O No	O Don't know
	Ulcerative colitis	O Yes	O No	O Don't know
	Irritable bowel syndrome	O Yes	O No	O Don't know
	Eczema	O Yes	O No	O Don't know
	Lupus	O Yes	O No	O Don't know
	Psoriasis	O Yes	O No	O Don't know
	Multiple sclerosis	O Yes	O No	O Don't know
	Osteoporosis	O Yes	O No	O Don't know
	Arthritis	O Yes	O No	O Don't know
	Other, please specify _____	O Yes	O No	O Don't know

	Health Condition			
Father	Heart attack (myocardial infarction)	O Yes	O No	O Don't know
	Stroke	O Yes	O No	O Don't know
	Diabetes	O Yes	O No	O Don't know
	Chronic obstructive pulmonary disease	O Yes	O No	O Don't know
	High blood pressure	O Yes	O No	O Don't know
	Asthma	O Yes	O No	O Don't know
	Major Depression	O Yes	O No	O Don't know
	Liver cirrhosis	O Yes	O No	O Don't know
	Chronic hepatitis	O Yes	O No	O Don't know
	Crohn's disease	O Yes	O No	O Don't know
	Ulcerative colitis	O Yes	O No	O Don't know
	Irritable bowel syndrome	O Yes	O No	O Don't know
	Eczema	O Yes	O No	O Don't know
	Lupus	O Yes	O No	O Don't know
	Psoriasis	O Yes	O No	O Don't know
	Multiple sclerosis	O Yes	O No	O Don't know
	Osteoporosis	O Yes	O No	O Don't know
	Arthritis	O Yes	O No	O Don't know
	Other, please specify _____	O Yes	O No	O Don't know

Siblings ○ I do not have any siblings	Heart attack (myocardial infarction) O Yes O No O Don't know	If yes, # of siblings ☐☐
	Stroke O Yes O No O Don't know	If yes, # of siblings ☐☐
	Diabetes O Yes O No O Don't know	If yes, # of siblings ☐☐
	Chronic obstructive pulmonary disease O Yes O No O Don't know	If yes, # of siblings ☐☐
	High blood pressure O Yes O No O Don't know	If yes, # of siblings ☐☐
	Asthma O Yes O No O Don't know	If yes, # of siblings ☐☐
	Major Depression O Yes O No O Don't know	If yes, # of siblings ☐☐
	Liver cirrhosis O Yes O No O Don't know	If yes, # of siblings ☐☐
	Chronic hepatitis O Yes O No O Don't know	If yes, # of siblings ☐☐
	Crohn's disease O Yes O No O Don't know	If yes, # of siblings ☐☐
	Ulcerative colitis O Yes O No O Don't know	If yes, # of siblings ☐☐
	Irritable bowel syndrome O Yes O No O Don't know	If yes, # of siblings ☐☐
	Eczema O Yes O No O Don't know	If yes, # of siblings ☐☐
	Lupus O Yes O No O Don't know	If yes, # of siblings ☐☐
	Psoriasis O Yes O No O Don't know	If yes, # of siblings ☐☐
	Multiple sclerosis O Yes O No O Don't know	If yes, # of siblings ☐☐
	Osteoporosis O Yes O No O Don't know	If yes, # of siblings ☐☐
	Arthritis O Yes O No O Don't know	If yes, # of siblings ☐☐
	Other, please specify _____ ○Yes ○ No ○Don't Know	If yes, # of siblings ☐☐

Children ○ I do not have any children	Heart attack (myocardial infarction) O Yes O No O Don't know	If yes, # of children ☐☐
	Stroke O Yes O No O Don't know	If yes, # of children ☐☐
	Diabetes O Yes O No O Don't know	If yes, # of children ☐☐
	Chronic obstructive pulmonary disease O Yes O No O Don't know	If yes, # of children ☐☐
	High blood pressure O Yes O No O Don't know	If yes, # of children ☐☐
	Asthma O Yes O No O Don't know	If yes, # of children ☐☐
	Major Depression O Yes O No O Don't know	If yes, # of children ☐☐
	Liver cirrhosis O Yes O No O Don't know	If yes, # of children ☐☐
	Chronic hepatitis O Yes O No O Don't know	If yes, # of children ☐☐
	Crohn's disease O Yes O No O Don't know	If yes, # of children ☐☐
	Ulcerative colitis O Yes O No O Don't know	If yes, # of children ☐☐
	Irritable bowel syndrome O Yes O No O Don't know	If yes, # of children ☐☐
	Eczema O Yes O No O Don't know	If yes, # of children ☐☐
	Lupus O Yes O No O Don't know	If yes, # of children ☐☐
	Psoriasis O Yes O No O Don't know	If yes, # of children ☐☐
	Multiple sclerosis O Yes O No O Don't know	If yes, # of children ☐☐
	Osteoporosis O Yes O No O Don't know	If yes, # of children ☐☐
	Arthritis O Yes O No O Don't know	If yes, # of children ☐☐
	Other, please specify _____ ○Yes ○ No ○Don't Know	If yes, # of children ☐☐

SLEEP PATTERN

SP01 On average, how many hours per day do you usually sleep, including naps? A day refers to a 24 hour period.

☐☐ Hours **AND** ☐☐ Minutes

○ Don't know

SP02 How often do you have trouble going to sleep or staying asleep?

○ None of the time
○ A little of the time
○ Some of the time
○ Most of the time
○ All the time
○ Don’t know

ALCOHOL USE

AU01 Have you ever consumed alcohol?

- ○ Yes
- ○ No → SKIP TO TOBACCO USE - TU01 (PAGE 33)
- ○ Don't know → SKIP TO TOBACCO USE - TU01 (PAGE 33)

AU02 On average, over the last year, how often did you drink alcohol?

- ○ 6 to 7 times a week
- ○ 4 to 5 times a week
- ○ 2 to 3 times a week
- ○ Once a week
- ○ 2 to 3 times a month → SKIP TO AU04 (NEXT PAGE)
- ○ About once a month → SKIP TO AU04 (NEXT PAGE)
- ○ Less than once a month → SKIP TO AU04 (NEXT PAGE)
- ○ Never → SKIP TO TOBACCO USE - TU01 (PAGE 33)
- ○ Don't know → SKIP TO TOBACCO USE - TU01 (PAGE 33)

AU03 On average, how many drinks do you have during a typical week?

A standard drink means one glass of wine or a wine cooler (142 ml, 1/5 of a bottle, 5 ounces), one bottle or can of beer or a glass of draft (341 ml, 12 ounces), one straight or mixed drink with 1.5 ounces (43mL) of liquor.

	Drink(s) per week		
Red Wine	☐☐	○ None	○ Don't know
White Wine	☐☐	○ None	○ Don't know
Beer	☐☐	○ None	○ Don't know
Liquor/Spirits	☐☐	○ None	○ Don't know
Other Alcohol	☐☐	○ None	○ Don't know

MEN ONLY, WOMEN SKIP TO AU05

AU04 During the past 12 months, how often did you have five or more drinks at the same sitting or occasion?

A standard drink means one glass of wine or a wine cooler (142 ml, 1/5 of a bottle, 5 ounces), one bottle or can of beer or a glass of draft (341 ml, 12 ounces), one straight or mixed drink with 1.5 ounces (43mL) of liquor.

- ○ 6 to 7 times a week
- ○ 4 to 5 times a week
- ○ 2 to 3 times a week
- ○ Once a week
- ○ 2 to 3 times a month
- ○ About once a month
- ○ 6 to 11 times a year
- ○ 1 to 5 times a year
- ○ Never
- ○ Don't know

WOMEN ONLY, MEN SKIP TO TOBACCO USE - TU01 (NEXT PAGE)

AU05 During the past 12 months, how often did you have four or more drinks at the same sitting or occasion?

A standard drink means one glass of wine or a wine cooler (142 ml, 1/5 of a bottle, 5 ounces), one bottle or can of beer or a glass of draft (341 ml, 12 ounces), one straight or mixed drink with 1.5 ounces (43mL) of liquor.

- ○ 6 to 7 times a week
- ○ 4 to 5 times a week
- ○ 2 to 3 times a week
- ○ Once a week
- ○ 2 to 3 times a month
- ○ About once a month
- ○ 6 to 11 times a year
- ○ 1 to 5 times a year
- ○ Never
- ○ Don't know

TOBACCO USE

This section is about tobacco. The first questions are about **CIGARETTE SMOKING**. The term "cigarette" refers to cigarettes that are bought ready-made as well as those you roll yourself. Do not include cigars, cigarillos or pipes when you answer these questions about cigarettes.

In this section, **read the directions and follow the arrows carefully**. There are different "paths" for non-smokers, daily smokers, and occasional smokers.

TU01 Have you smoked at least 100 cigarettes in your life? (About 4 - 5 packs)

- ○ Yes
- ○ No
- ○ Don't know

TU02 At the present time, do you smoke cigarettes daily, occasionally, or not at all?

- ○ Daily (At least one cigarette every day for the past 30 days → GO TO TU03 (THIS PAGE)
- ○ Occasionally (At least one cigarette in the past 30 days, but not every day) → GO TO TU06 (NEXT PAGE)
- ○ Not at all (You did not smoke at all in the past 30 days) → GO TO MU01 (NEXT PAGE)

TU03 At what age did you begin smoking cigarettes daily?

☐☐ Age

TU04 How many cigarettes do you smoke each day now?

- ○ 1 – 5 cigarettes
- ○ 6 – 10 cigarettes
- ○ 11 – 15 cigarettes
- ○ 16 – 20 cigarettes
- ○ 21 – 25 cigarettes
- ○ 26+ cigarettes → If 26+, how many? ☐☐

TU05 How easy or difficult would you find it to go without smoking for a whole day?

- ○ Very easy
- ○ Fairly easy
- ○ Fairly difficult
- ○ Very difficult

→ If **you currently smoke <u>daily</u> SKIP** TO MU01 (THIS PAGE)

TU06 On how many of the last 30 days did you smoke at least one cigarette?

- ○ 1 – 5 days
- ○ 6 – 10 days
- ○ 11 – 20 days
- ○ 21 – 29 days

TU07 On the days that you smoked, how many cigarettes did you usually smoke?

- ○ 1 – 5 cigarettes
- ○ 6 – 10 cigarettes
- ○ 11 – 15 cigarettes
- ○ 16 – 20 cigarettes
- ○ 21 – 25 cigarettes
- ○ 26+ cigarettes

<u>MARIJUANA USE</u>

Please remember that your answers to these questions are strictly confidential. The following questions ask about use of marijuana and hashish. Marijuana is also called pot or grass. Marijuana is usually smoked, either in cigarettes, called joints, or in a pipe. It is sometimes cooked in food. Hashish is a form of marijuana that is also called 'hash.' It is usually smoked in a pipe. Another form of hashish is hash oil.

MU01 Do you currently have a prescription for medical marijuana?

- ○ Yes
- ○ No
- ○ Don’t know

MU02 Have you ever, even once, used marijuana or hashish?

- ○ Yes
- ○ No → SKIP TO ELC_01 (PAGE 37)
- ○ Prefer Not to Answer → SKIP TO ELC_01 (PAGE 37)
- ○ Don't know → SKIP TO ELC_01 (PAGE 37)

MU03 How old were you the first time you used marijuana or hashish?

☐☐

- ○ Prefer Not to Answer
- ○ Don't know

MU04 Have you ever smoked marijuana or hashish at least once a month for more than one year?

- ○ Yes
- ○ No → SKP TO ELC_01 (PAGE 37)
- ○ Prefer Not to Answer → SKP TO ELC_01 (PAGE 37)
- ○ Don't know → SKP TO ELC_01 (PAGE 37)

MU05 How old were you when you started smoking marijuana or hashish at least once a month for one year?

☐☐

- ○ Prefer Not to Answer
- ○ Don't know

MU06 How long has it been since you last smoked marijuana or hashish at least once a month for one year? (Please enter answer in the most appropriate box.)

☐☐ Years **OR** ☐☐ Months **OR** ☐☐ Weeks **OR** ☐☐ Days

- ○ Prefer Not to Answer
- ○ Don't know

MU07 During the time that you smoked marijuana or hashish, how often would you usually use it?

- ○ Once per month
- ○ 2-3 times per month
- ○ 4-8 times per month (about 1-2 times per week)
- ○ 9-24 times per month (about 3-6 times per week)
- ○ 25-30 times per month (one or more times per day)
- ○ Prefer Not to Answer
- ○ Don't know

MU08 During the time that you smoked marijuana or hashish, how many joints or pipes would you usually smoke in a day?

- ○ 1 per day
- ○ 2 per day
- ○ 3-5 per day
- ○ 6 or more per day
- ○ Prefer Not to Answer
- ○ Don't know

MU09 How long has it been since you last used marijuana or hashish? (Please enter answer in most appropriate box.)

☐☐ Years **OR** ☐☐ Months **OR** ☐☐ Weeks **OR** ☐☐ Days

- ○ Prefer Not to Answer
- ○ Don't know

MU10 During the past 30 days, on how many days did you use marijuana or hashish?

☐☐ Days

- ○ Prefer Not to Answer
- ○ Don't know

E-cigarette use

ELC_01 Have you ever tried an electronic cigarette, also known as an e-cigarette?

- ○ Yes
- ○ No
- ○ Prefer not to answer
- ○ Don't know

→ SKIP TO EX_01 (NEXT PAGE)

ELC_02 In the past 30 days did you use an electronic cigarette, also known as an e-cigarette?

- ○ Yes
- ○ No
- ○ Prefer not to answer
- ○ Don't know

ELC_03 The last time you used an e-cigarette, did it contain nicotine?

- ○ Yes
- ○ No
- ○ Prefer not to answer
- ○ Don't know

ELC_04 In the past two years, did you ever use the e-cigarette as an aid while attempting to quit smoking?

- ○ Yes
- ○ No
- ○ Prefer not to answer
- ○ Don't know

Exposure to Second-hand Smoke

EX_01 How often are you usually exposed to other people's tobacco smoke?

- ○ Every day
- ○ Almost every day
- ○ At least once a week
- ○ At least once a month
- ○ Less than once a month
- ○ Never
- ○ Prefer not to answer
- ○ Don't know

WORKING STATUS

WS01 Which of the following best describes your current employment status? Choose **ALL** that apply
Full time means 30 hours or more per week. Part time means less than 30 hours per week.

- ○ Full-time employed / self-employed
- ○ Part-time employed / self-employed
- ○ Retired
- ○ Looking after home and/or family
- ○ Unable to work because of sickness or disability
- ○ Unemployed
- ○ Doing unpaid or voluntary work
- ○ Student

HOUSEHOLD INCOME

The next question asks for your household income. We understand that this information is very private but the question is important because it helps to determine whether the study includes a wide range of participants.

HI01 What was your approximate total household income (from all sources) before taxes last year? Please include the total income including salaries, pensions and allowances.

- ○ Less than $10,000
- ○ $10,000 - $24,999
- ○ $25,000 - $49,999
- ○ $50,000 - $74,999
- ○ $75,000 - $99,999
- ○ $100,000 - $149,999
- ○ $150,000 - $199,999
- ○ $200,000 or more
- ○ Don’t know
- ○ Prefer not to answer

ANTHROPOMETRIC MEASUREMENTS

Weight

- Adjust your scale to zero;
- Weigh yourself with your clothes off, or wear light clothing. Remember to remove your shoes.
- Step on the scale. Make sure both feet are fully on the scale.
- Record your weight in pounds or kilograms.

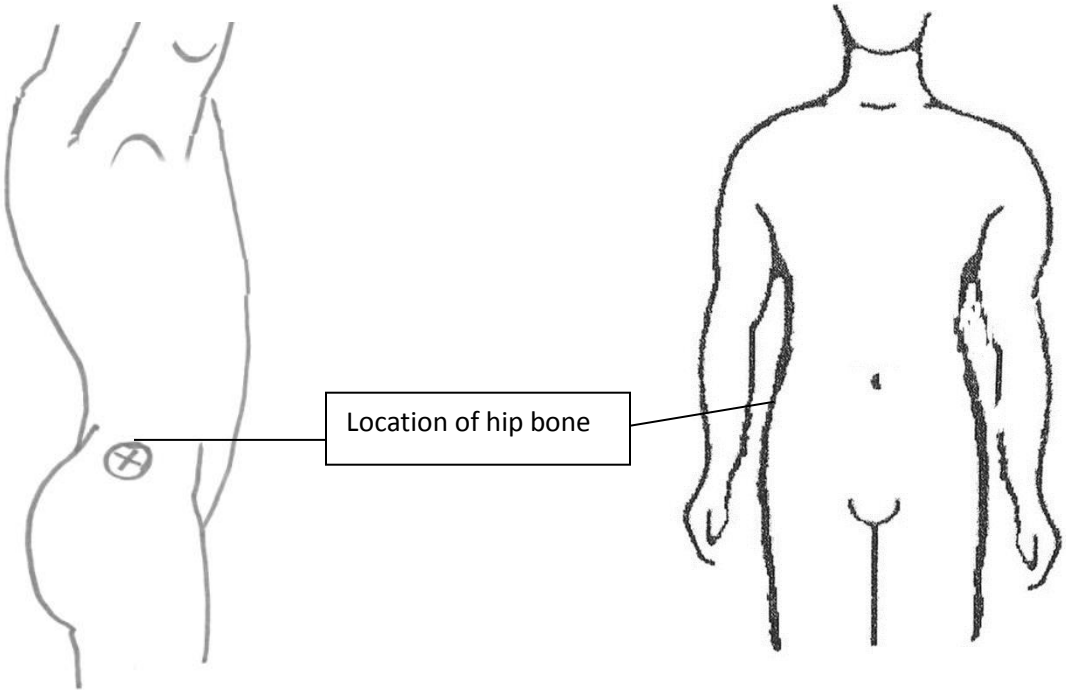
AM01 Weight Measurement ☐ Pounds **OR** ☐ Kilograms

WAIST AND HIPS

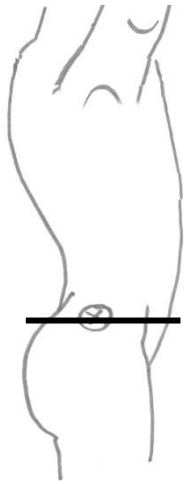
1. Take the next set of measurements either unclothed or in tight fitting underwear.
2. Stand in front of a mirror to help position the measuring tape correctly.
3. Pull the measuring tape tight enough that it does not slide, but not too tight to indent the skin;
4. Record the measurement in inches or centimeters.

Waist

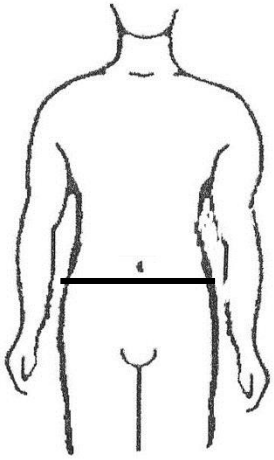
- This measurement is taken at a specific spot found along your side. To find the spot simply place your thumb under your armpit, then slide your thumb straight down until you find the hip bone (see diagram)



- Place your measuring tape over that spot where your thumb found the bone, then wrap the measuring tape around your middle.



Wrap the measuring tape around your middle

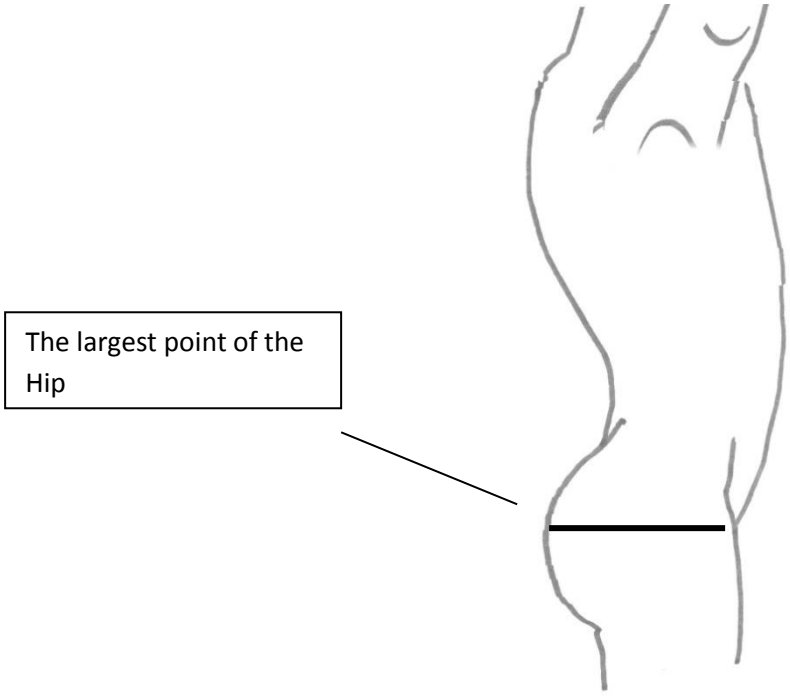


- Look in the mirror and turn in a circle to ensure the measuring tape is level all around and not twisted at any point. Take the measurement, EVEN IF THIS IS NOT YOUR USUSAL WAISTLINE.
- Measure twice. The two measurements should be within a half inch (or one centimetre) of each other. If they are not, take a third measurement and record the closest two measurements.
- Record your measurement to the nearest half inch or centimetre

AM02	First Waist Measurement		Inches	**OR**		Centimeters
AM03	Second Waist Measurement		Inches	**OR**		Centimeters

Hips

- Stand in profile to a mirror with your feet shoulder width apart.
- Look for the largest point of your buttocks and place the measuring tape at that position. (See diagram)



- Now turn in a full circle in front of the mirror to be certain the measuring tape is level all the way around your body. Take the measurement.
- Measure twice. The two measurements should be within a half inch (or one centimetre) of each other. If not, take a third measurement and record the closest two measurements. .
- Record the size of your buttocks to the nearest half inch or centimetre.

AM04 First Hip Measurement ☐ Inches **OR** ☐ Centimeters

AM05 Second Hip Measurement ☐ Inches **OR** ☐ Centimeters

This is the end of the questionnaire!
Thank you for taking the time to complete this survey.