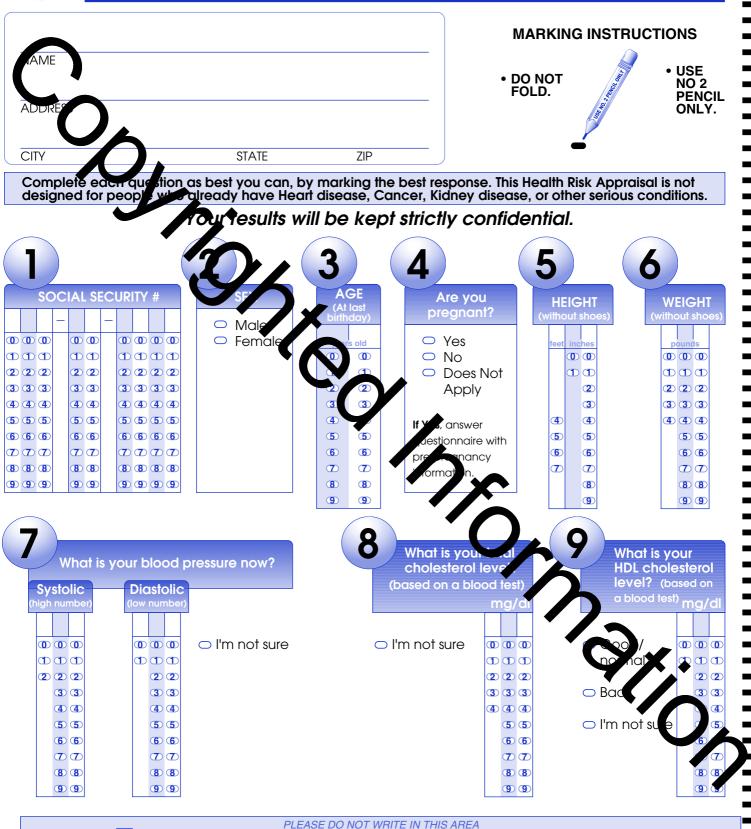
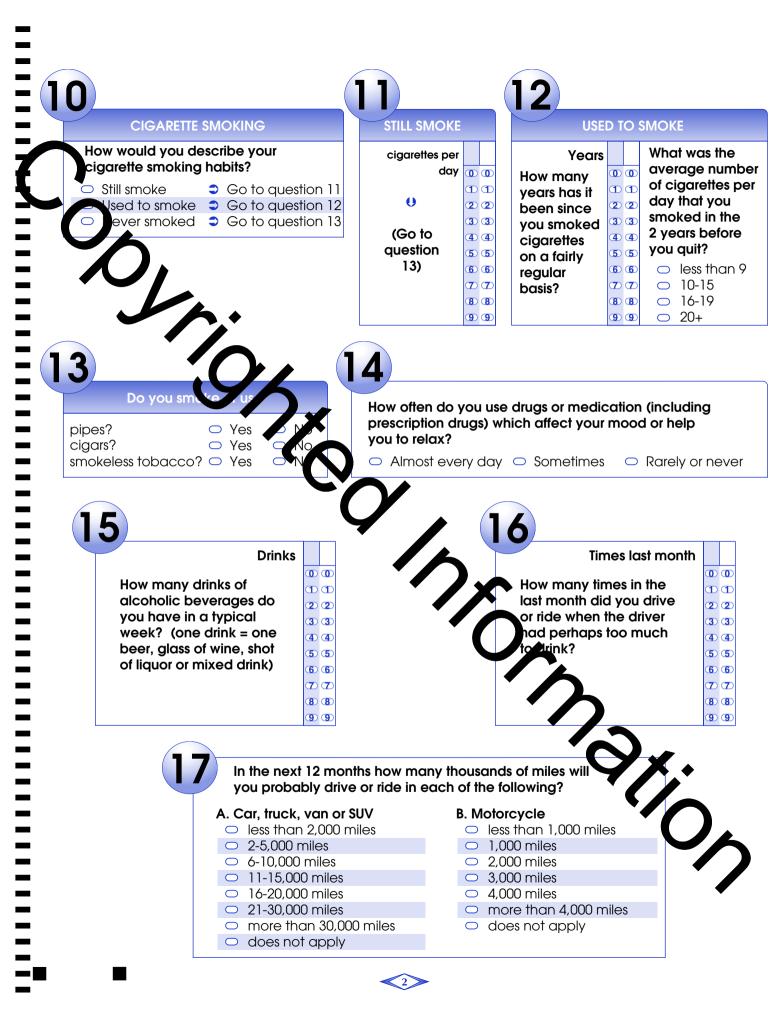
HEALTH RISK APPRAISAL





○ 10 ○ 90		80-89%less than 80%
	age, how close to the speed limit	do you usually drive?
1 △ ○ 6-	ithin 5 mph of the speed limit 10 mph over the limit	
	ore than 10 mph over the limit	
	4	
On a typical	day now do you usually travel?	(mark only one)
	lb-compact car ichsize or all-size car, or minivan	
		re high in fiber, such as whole grain bread,
high fiber ce 1 medium fru 5-	real, fresh fruits or vegatal lest (s uit, ¾ c cereal) 6 servings a day	ving size: 1 slice bread, ½ c vegetables, servings a day
high fiber ce 1 medium fru 5-	real, fresh fruits or vegatal les: (s iit, ¾ c cereal)	ving size: 1 slice bread, ½ c vegetables,
high fiber ce 1 medium fru 5- 3-	real, fresh fruits or vegatal lest (s iit, % c cereal) 6 servings a day 4 servings a day ervings of food do you eat that a	ving size: 1 slice bread, ½ c vegetables, servings a day Rarely / never re high in challester I or fat such as fatty
high fiber ce 1 medium fru 5- 3- How many se meat, chees	real, fresh fruits or vegatal lest (s iit, % c cereal) 6 servings a day 4 servings a day ervings of food do you eat that a	ving size: 1 slice bread, ½ c vegetables, 2 servings a day Rarely / never
high fiber ce 1 medium fru 5- 3-	real, fresh fruits or vegatal les: (s iit, 3/4 c cereal) 6 servings a day 4 servings a day ervings of food do you eat that a e, fried foods or eggs? (serving sides of servings a day)	re high in challester I or fat such as fatty ze: 3 ½ oz mulat. Legal 1 oz/slice cheese) 1-2 servings a day 2 servings a day 2 servings a day 3 1 oz/slice cheese)
high fiber ce 1 medium fru 5- 3- How many se meat, chees 5- 3-	real, fresh fruits or vegatal est (sait, % c cereal) 6 servings a day 4 servings a day ervings of food do you eat that a e, fried foods or eggs? (serving si 6 servings a day 4 servings a day	re high in challester II or fat such as fatty ze: 3 ½ oz mlat. Year 1 oz/slice cheese) 1-2 servings a day Rarely / never
high fiber ce 1 medium fru 5- 3- How many se meat, cheese 5- 3- In the average which is hard done for at le	real, fresh fruits or vegatal est (sit, 3/4 c cereal) 6 servings a day 4 servings a day ervings of food do you eat that a e, fried foods or eggs? (serving sit 6 servings a day 4 servings a day 4 servings a day 6 servings a day 6 servings a day 7 servings a day 8 servings a day 9 servings a day 9 servings a day 1 servings a day 1 servings a day 1 servings a day	re high in challester I or fat such as fatty ze: 3 ½ oz mulat. Legal 1 oz/slice cheese) 1-2 servings a day 2 servings a day 2 servings a day 3 1 oz/slice cheese)

2 /1 In	general, how satisfied are	you with your life (inc	clude personal and prof	essional aspects)?
4	 Completely satisfied 		l	
	Mostly satisfied	Not satisfied		
E W	ould you agree you are sat	tisfied with your job?		
(3)	Agree strongly	Disagree		
	Agree	Disagree stror	ngly	
	general. A strong are va	yur social tips with yo	ur family and/or friends	2
20	Very rong	Weaker than		f
	 About rage 	Not sure		
	$ \Theta$ \wedge			
27 °	onsidering your ag, how			alth?
	ExcellentVery Good	Good	Poor	
		\wedge		
28 H	ow many hours of sleep do	you us ally get at ni	ght?	
	6 hours or less7 hours	8 drs9 hours or m		
	O / Houis	O 9 Hours of It		
20 H	ave you suffered a persona	l loss or misfortune in	Le pusi year? (For exc	ımple: a job
47 lo	ss, disability, divorce, separ	-	Y B	
	Yes, two or more s	serious losses	es, one serious loss	⊃ No
20 H	ow often do you feel tense,	anxious or depress	od?	
30 "	Offen	Rarely	,u:	
	Sometimes	Never	· d	
			•	CYY.
				7/,
(31) b	uring the past year, how mu	uch effect has stress i Some	□ Hardly any	O Nine
	——————————————————————————————————————		——————————————————————————————————————	O INTIE
39 In	the past year, how many d	lays of work have yo	u missed due to person	al illness?
74	0 0	3-5 days	11-15 days	
	 1-2 days 	6-10 days	16 days or mor	е

	orking? o no health	problems	O somo	of the time		f the time	
•	no nealinnone of th		o most c		— uli o		
U,	^						Hour
	J.						
How	nany nours did	you take (off from wor	k over the pas	t 2 week	s to	
take o	care of nek chil	dren, pare	ents or other	r relatives? (Thi	s might i	nclude	
	mildren 3 00					k child	
or par	rent or Calling	octors or h	nealth insur	ance compani	es.)		
	()						
Diabetes Cancer			•	○ Yes	0		☐ I'm not sure☐ I'm not sure☐
High Chol	lesterol		-	Yes		No C	○ I'm not sure
					X	If hav	re currently
Do you h	have:		never	in the past	nay curi ntly	taking medication	under medical ca
_ , ,							
Allergies		-	0	0			0
Allergies Arthritis		5	0	0		1	0
Allergies Arthritis Asthma		>	0	0	0 0	5	0
Allergies Arthritis Asthma Back Pain	1	0	0	0	0	(2)	0 0 0
Allergies Arthritis Asthma Back Pain Cancer		>	0	0			0
Allergies Arthritis Asthma Back Pain Cancer Chronic b	oronchitis/	0 0 0	0	0 0 0	0	7	0 0 0
Allergies Arthritis Asthma Back Pain Cancer Chronic b emphyser	oronchitis/ ma	0000	0 0 0	0 0 0 0	0 0		0 0 0
Allergies Arthritis Asthma Back Pain Cancer Chronic b emphyser Chronic p	oronchitis/ ma pain	0 0 0 0 0 0	0 0 0 0	0 0 0 0	0 0 0	0	0 0 0
Allergies Arthritis Asthma Back Pain Cancer Chronic b emphyser Chronic p Depressio	oronchitis/ ma pain	000 000		0 0 0 0 0	0 0 0 0	0 0	0 0 0
Allergies Arthritis Asthma Back Pain Cancer Chronic b emphyser Chronic p Depressio Diabetes	oronchitis/ ma pain n	000 0000		0 0 0 0 0 0 0	0 0 0 0 0	0 0	0 0 0
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Allergies Arthritis Asthma Back Pain Cancer Chronic b emphyser Chronic p Depressio Diabetes Heart prol Heartburn High bloo	pronchitis/ ma pain n blems n or acid reflux d pressure				0 0 0 0 0 0 0	0 0 0 0 0	
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Allergies Arthritis Asthma Back Pain Cancer Chronic b emphyser Chronic p Depressio Diabetes Heart prol Heartburn High blood Menopau	bronchitis/ ma bain n blems n or acid reflux d pressure esterol use headaches					0 0 0 0 0 0 0	

Colon cancer screen	Rectal exam Flu shot Tetanus shot Blood pressure Cholesterol Fo Women Only Pap Tet Vamp or yam Breast etam by Physici pare truss For Men Only Prostate exam None Prostate exam Only How many women in your natural family (mother and sis ers or)/) have had breast cancer? None One to the go to question 44)	For P	ectal exam u shot etanus shot lood pressure cholesterol Women Only up Text lamplogram least e am by hysicium hurse	00000	0 0 0 0 0	0 0 0 0	0 0 0 0	0 0 0	0 0 0	0 0 0	0	
Rectal exam Flu shot Tetanus shot Blood pressure Cholesterol For Women Only Fap Tet (lam fortam Breast exam Plus a fam by Physician fluse For Nien Opl Prostate exam Pro	Rectal exam Flu shot Tetanus shot Blood pressure Cholesterol Fo Women Only Dup Tet (lamp for yam Broast exam Company Physician intree For Niven Only Prostate exam In the past 12 hourins rive company times have you: Visited a physician's price purclinic Gone to the emergency roo Stayed overnight in a hose of the emergency roo Used a 1-800 number for medical activice Used a self-care book Been treated with alternative medicin OMEN (Men go to question 44) How many women in your natural family (mother and sisters or v) have had breast cancer? None 2 or more Don't know Have you had a hysterectomy operation?	For P	ectal exam u shot etanus shot lood pressure cholesterol Women Only up Text lamplogram least e am by hysicium hurse	00000	0 0 0 0	0 0 0	0 0	0 0	0 0	0	0	
Flu shot Tetanus shot Blood pressure Cholesterol Fo Women Only Pap Test (tamp towarm Broast e am by Physicil profuse For Men Onl Prostate exam In the past 12 mins now any times have you: Visited a physician's ance anclinic Gone to the emergency roo Stayed overnight in a hosp to Used a 1-800 number for mixilical actuice Used a self-care book Been treated with alternative midicin OMEN (Men go to question 44) How many women in your natural family (mother and sisters or y) have had breast cancer? None 2 or more	Flu shot Tetanus shot Blood pressure Cholesterol Chole	For P	u shot etanus shot lood pressure cholesterol Women Only up Test lamp looram leest etam by hysicity a nurse Wien Only	0000	0 0 0 0	0 0 0	0	0	0	0		
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Blood pressure Cholesterol	Blood pressure Cholesterol Cho	B B P For	women Only Lip Text Camp looram Least e am by hysicily a niurse Wien Only	0 0	0 0 0	0	0	0	0			
Cholesterol Co Women Only Pap Test	Fig. Women Only Sup Text	B P	Women Only up Text Iampulogram least e am by hysicium hurse Wien Only	a	0	0						
Women Only Pup Text	Women Only Dip Test Vam Joran Breast e am by Physician intrise Or Nien Onl Prostate exam In the past 12 harms now any times have you: Visited a physician's price proclinic Gone to the emergena roo Stayed overnight in a hosp of Used a 1-800 number for madics activice Used a self-care book Been treated with alternative madicin DMEN (Men go to question 44) How many women in your natural family (mother and sisters on y) have had breast cancer? None 2 or more Don't know Have you had a hysterectomy operation?	B P or	Women Only ap Text Iampulogram Least exam by hysician hurse Wien Only	-	0	0				0		
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Amen for a map by Physician in tuse continues and sisters of y) have had breast cancer? None of Men Op! In the past 12 to this now any times have you: Visited a physician's price of clinic Gone to the emergency for continues and sisters of y) have had breast cancer? None 2 or more	Mamp for ram Breast e lam by Physicina - riuse or Nen Opi Prostate exam In the past 12 miths frow any times have you: Usited a physician's price pricinic Gone to the emergency foo Stayed overnight in a hash of the use of the emergency for a stayed overnight in a hash of the use of the emergency for th	or P	name looram Neast et am by hysicity filtrse Men On!	a	0			0				
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			How many women in		ır natura	al family (m 2 or mo	nother and	sisters or	y) have h	ad breast (cancer	?
At what age did you have your first menstrual period?			○ Younger† ○ 12	han		□ 13□ 14 or old	der				•	

How old were you when your firs	
<u> </u>	25 to 29Does not apply30 or older
How often do you examine your Monthly	breasts for lumps? Once every few months Rarely or never
	atta a AFN
EN (Manus go to que	STION 45)
How often do y/u exceline your	
O Monthly O	nce every few months Rarely or never
Single (never married)	Married
Separated	C Mid-wed
Divorced	Oth
White (non-Hispanic origin)	Asian or Pacific stand
Black (non-Hispanic origin)	American Indian / Alaskan Native
Hispanic	○ Other
 Some high school or less 	College graduate
 High school graduate 	Post graduate or professional degree
○ Some college	
o less than \$35,000	\$75,000 - \$99,999
\$35,000 - \$49,999	\$100,000 or more
\$50,000 - \$74,999	

Lose weight Reduce alcohol use Quit or cut down smoking Reduce fat / cholesterol intake Lower blood pressure Lower cholesterol level Tope better with stress In the next months, would you p your overall teelth?	Yes One of the control of the contr	e in a pro	No	Kr (((((((((((((((((((on't now	
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your overall teath? (es No			gram the	at would he	elp you to	enhc
If available would you like follow-						
il dvalidble would you like the ow	inforn	nation an	d other s	ervices?		
○ Yes ○ No	⊃ l' not	t sure				
		7	Š	٨,		

PLEASE DO NOT WRITE IN THIS AREA