



NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

MARKING INSTRUCTIONS

• DO NOT FOLD.



• USE NO. 2 PENCIL ONLY.

Complete each question as best you can, by marking the best response. This Health Risk Appraisal is not designed for people who already have Heart disease, Cancer, Kidney disease, or other serious conditions.

Your results will be kept strictly confidential.

1

SOCIAL SECURITY #

			-			-			
0	0	0		0	0		0	0	0
1	1	1		1	1		1	1	1
2	2	2		2	2		2	2	2
3	3	3		3	3		3	3	3
4	4	4		4	4		4	4	4
5	5	5		5	5		5	5	5
6	6	6		6	6		6	6	6
7	7	7		7	7		7	7	7
8	8	8		8	8		8	8	8
9	9	9		9	9		9	9	9

2

SEX

☐ Male
☐ Female

3

AGE
(At last birthday)

years old

0	0
1	1
2	2
3	3
4	4
5	5
6	6
7	7
8	8
9	9

4

Are you pregnant?

☐ Yes
☐ No
☐ Does Not Apply

If Yes, answer questionnaire with pre-pregnancy information.

5

HEIGHT
(without shoes)

feet inches

	0	0
	1	1
	2	2
	3	3
4	4	4
5	5	5
6	6	6
7	7	7
	8	8
	9	9

6

WEIGHT
(without shoes)

pounds

0	0	0
1	1	1
2	2	2
3	3	3
4	4	4
	5	5
	6	6
	7	7
	8	8
	9	9

7

What is your blood pressure now?

Systolic
(high number)

0	0	0
1	1	1
2	2	2
3	3	3
4	4	4
5	5	5
6	6	6
7	7	7
8	8	8
9	9	9

Diastolic
(low number)

0	0	0
1	1	1
2	2	2
3	3	3
4	4	4
5	5	5
6	6	6
7	7	7
8	8	8
9	9	9

☐ I'm not sure

8

What is your total cholesterol level?
(based on a blood test)

mg/dl

☐ I'm not sure

0	0	0
1	1	1
2	2	2
3	3	3
4	4	4
5	5	5
6	6	6
7	7	7
8	8	8
9	9	9

9

What is your HDL cholesterol level?
(based on a blood test)

mg/dl

☐ Good/normal
☐ Bad
☐ I'm not sure

0	0	0
1	1	1
2	2	2
3	3	3
4	4	4
5	5	5
6	6	6
7	7	7
8	8	8
9	9	9

10

CIGARETTE SMOKING

How would you describe your cigarette smoking habits?

- ☐ Still smoke ➔ Go to question 11
☐ Used to smoke ➔ Go to question 12
☐ Never smoked ➔ Go to question 13

11

STILL SMOKE

cigarettes per day



(Go to question 13)

0	0
1	1
2	2
3	3
4	4
5	5
6	6
7	7
8	8
9	9

12

USED TO SMOKE

How many years has it been since you smoked cigarettes on a fairly regular basis?

0	0
1	1
2	2
3	3
4	4
5	5
6	6
7	7
8	8
9	9

What was the average number of cigarettes per day that you smoked in the 2 years before you quit?

- ☐ less than 9
☐ 10-15
☐ 16-19
☐ 20+

13

Do you smoke or use

- pipes? ☐ Yes ☐ No
 cigars? ☐ Yes ☐ No
 smokeless tobacco? ☐ Yes ☐ No

14

How often do you use drugs or medication (including prescription drugs) which affect your mood or help you to relax?

- ☐ Almost every day ☐ Sometimes ☐ Rarely or never

15

Drinks

How many drinks of alcoholic beverages do you have in a typical week? (one drink = one beer, glass of wine, shot of liquor or mixed drink)

0	0
1	1
2	2
3	3
4	4
5	5
6	6
7	7
8	8
9	9

16

Times last month

How many times in the last month did you drive or ride when the driver had perhaps too much to drink?

0	0
1	1
2	2
3	3
4	4
5	5
6	6
7	7
8	8
9	9

17

In the next 12 months how many thousands of miles will you probably drive or ride in each of the following?

A. Car, truck, van or SUV

- ☐ less than 2,000 miles
☐ 2-5,000 miles
☐ 6-10,000 miles
☐ 11-15,000 miles
☐ 16-20,000 miles
☐ 21-30,000 miles
☐ more than 30,000 miles
☐ does not apply

B. Motorcycle

- ☐ less than 1,000 miles
☐ 1,000 miles
☐ 2,000 miles
☐ 3,000 miles
☐ 4,000 miles
☐ more than 4,000 miles
☐ does not apply

18

What percent of the time do you usually buckle your safety belt when driving or riding?

- ☐ 100%
 ☐ 80-89%
 ☐ 90-99%
 ☐ less than 80%

19

On the average, how close to the speed limit do you usually drive?

- ☐ Within 5 mph of the speed limit
 ☐ 6-10 mph over the limit
 ☐ More than 10 mph over the limit

20

On a typical day how do you usually travel? (mark only one)

- ☐ Sub-compact or compact car
 ☐ Truck, van, full-size van or SUV
 ☐ Other
 ☐ Mid-size or full-size car, or minivan
 ☐ Motorcycle

21

How many servings of food do you eat that are high in fiber, such as whole grain bread, high fiber cereal, fresh fruits or vegetables? (serving size: 1 slice bread, ½ c vegetables, 1 medium fruit, ¾ c cereal)

- ☐ 5-6 servings a day
 ☐ 1-2 servings a day
 ☐ 3-4 servings a day
 ☐ Rarely / never

22

How many servings of food do you eat that are high in cholesterol or fat such as fatty meat, cheese, fried foods or eggs? (serving size: 3 ½ oz meat, 1 egg, 1 oz/slice cheese)

- ☐ 5-6 servings a day
 ☐ 1-2 servings a day
 ☐ 3-4 servings a day
 ☐ Rarely / never

23

In the average week, how many times do you engage in physical activity (exercise or work which is hard enough to make you breathe heavily and make your heart beat faster) and is done for at least 20 minutes? Examples include running, brisk walking or heavy labor, e.g. chopping, lifting, digging, etc.

- ☐ Less than 1 time per week
 ☐ 3 times per week
 ☐ 1 or 2 times per week
 ☐ 4 or more times per week

Turn the page.



In general, how satisfied are you with your life (include personal and professional aspects)?

- Would you agree you are satisfied with your job?**

- In general, how strong are your social ties with your family and/or friends?**

- Considering your age, how would you describe your overall physical health?**

- How many hours of sleep do you usually get at night?

- Have you suffered a personal loss or misfortune in the past year? (For example: a job loss, disability, divorce, separation, jail term, or the death of someone close to you)**

- How often do you feel tense, anxious, or depressed?**

- During the past year, how much effect has stress had on your health?**

- In the past year, how many days of work have you missed due to personal illness?**

- 

☐ no health problems ☐ some of the time ☐ all of the time

☐ none of the time ☐ most of the time

0	0
1	1
2	2
3	3
4	4
5	5
6	6
7	7
8	8
9	9

High Blood Pressure	<input checked="" type="radio"/>	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> I'm not sure
Heart Problems	<input checked="" type="radio"/>	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> I'm not sure
Diabetes	<input checked="" type="radio"/>	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> I'm not sure
Cancer	<input checked="" type="radio"/>	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> I'm not sure
High Cholesterol	<input checked="" type="radio"/>	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> I'm not sure

[illegible]

37

When was the last time you had these preventive services or health screenings?

		less than 1 year	1-2 years ago	2-3 years ago	3-4 years ago	5-6 years ago	7 or more years ago	Never	Don't know
Colon cancer screen	➡	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Rectal exam	➡	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Flu shot	➡	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Tetanus shot	➡	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Blood pressure	➡	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cholesterol	➡	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

For Women Only

Pap Test	➡	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mammogram	➡	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Breast exam by Physician or nurse	➡	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

For Men Only

Prostate exam	➡	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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38

In the past 12 months, how many times have you:

		0	1-2	3-5	6 or more
Visited a physician's office or clinic	➡	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Gone to the emergency room	➡	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Stayed overnight in a hospital	➡	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Used a 1-800 number for medical advice	➡	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Used a self-care book	➡	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Been treated with alternative medicine	➡	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

WOMEN (Men go to question 44)

39

How many women in your natural family (mother and sisters only) have had breast cancer?

- ☐ None ☐ 2 or more
☐ 1 ☐ Don't know

40

Have you had a hysterectomy operation?

- ☐ Yes ☐ No ☐ I'm not sure

41

At what age did you have your first menstrual period?

- ☐ Younger than 12 ☐ 13
☐ 12 ☐ 14 or older

- 42** How old were you when your first child was born?
- ☐ Younger than 20
 - ☐ 20 to 24
 - ☐ 25 to 29
 - ☐ 30 or older
 - ☐ Does not apply

- 43** How often do you examine your breasts for lumps?
- ☐ Monthly
 - ☐ Once every few months
 - ☐ Rarely or never

MEN (Women go to question 45)

- 44** How often do you examine your testicles for lumps?
- ☐ Monthly
 - ☐ Once every few months
 - ☐ Rarely or never

- 45**
- ☐ Single (never married)
 - ☐ Separated
 - ☐ Divorced
 - ☐ Married
 - ☐ Widowed
 - ☐ Other

- 46**
- ☐ White (non-Hispanic origin)
 - ☐ Black (non-Hispanic origin)
 - ☐ Hispanic
 - ☐ Asian or Pacific Islander
 - ☐ American Indian / Alaskan Native
 - ☐ Other

- 47**
- ☐ Some high school or less
 - ☐ High school graduate
 - ☐ Some college
 - ☐ College graduate
 - ☐ Post graduate or professional degree

- 48**
- ☐ less than \$35,000
 - ☐ \$35,000 - \$49,999
 - ☐ \$50,000 - \$74,999
 - ☐ \$75,000 - \$99,999
 - ☐ \$100,000 or more



