

**1990 NORTH CAROLINA
BEHAVIORAL RISK FACTOR
SURVEILLANCE SYSTEM QUESTIONNAIRE
N = 2130 RESPONDENTS**

The electronic version of the 1990 questionnaire was not available from CDC. This information was compiled from the Combined Questionnaire-Data Layout Spreadsheet and the paper copy of the questionnaire in the binder. The paper copy includes more details. This document includes only the questions and answer categories.

CORE SECTIONS

Introduction – See binder

Section A: Seat Belts

Section B: Hypertension

Section C: Exercise

Section D: Tobacco Use

Section E: Alcohol Consumption

Section F: Preventive Health Practices

Section G: Demographics

Section H: Women's Health

Section I: AIDS

OPTIONAL MODULES

Old #1: County of Residence

Old #3: Cervical Cancer Screening (see binder)

Section A: Seat Belts

1. How often do you use seatbelts when you drive or ride in a car?

1= Always,

2= Nearly Always,

3= Sometimes,

4= Seldom,

5= Never,

7= Don't know/Not sure,

8= Never drive or ride in a car,

9= Refused

Section B: Hypertension

2. Have you ever been told by a doctor, nurse, or other health professional that you have high blood pressure?

1= No

2=Yes, by a doctor

3=Yes, by a nurse

4=Yes by other health professional

7=Don't know/Not sure

9=Refused

3. Have you been told on more than one occasion that your blood pressure was high, or have you been told this only once?

1=More than once

2=Only once

7=Don't know/not sure

9=Refused

4. Is any medicine currently prescribed for your high blood pressure?

1=Yes

2=No

7=Don't know/not sure

9=Refused

5. Are you currently taking medicine for your high blood pressure?

1=Yes, all or most of the time

2=Yes, only occasionally

3=No

7=Don't know/Not sure

9=Refused

Section C: Exercise

6. During the past month, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?

1= Yes,

2= No,

7= Don't know/Not sure,

9= Refused

7. What type of physical activity or exercise did you spend the most time doing during the past month?

XX= See Last Page, Coding List A for , __ Activity Code,

99= Refused

8. How far did you usually walk/run/jog/swim?

001-150= Code miles and tenths (one implied decimal place),

777= Don't know/not sure,

999= Refused

9. How many times per week or per month did you take part in this activity during the past month?

101-199= Code times per week,

201-299= Code times per month,

777= Don't know/not sure,

999= Refused

10. And when you took part in this activity for how many minutes or hours did you usually keep at it?

001-969= Code in hours and minutes,

777= Don't know/not sure,

999= Refused

11. Was there another physical activity or exercise that you participated in during the last month?

1= Yes,

2= No,

7= Don't know/Not sure,

9= Refused

12. What other type of physical activity gave you the next most exercise during the past month?

XX= See Last Page, coding List A for __ Activity Code,

99= Refused

13. How far did you usually walk/run/jog/swim?

001-150= Code Miles and Tenths (One Implied Decimal Place),

777= Don't know/Not sure,

999= Refused

14. How many times per week or per month did you take part in this activity?

101-199= Code Times per Week,

201-299= Code Times per Month,

777= Don't know/Not sure,

999= Refused

15. And when you took part in this activity, for how many minutes or hours did you usually keep at it?

001-969= Code in Hours and Minutes,

777= Don't know/Not sure,

999= Refused

Section D: Tobacco Use

16. Have you smoked at least 100 cigarettes in your entire life?

1= Yes,

2= No,

7= Don't know/Not sure,

9= Refused

17. Do you smoke cigarettes now?

1= Yes,

2= No,

9= Refused

18. On the average, about how many cigarettes a day do you now smoke?

01-76= Number of cigarettes (1 pack=20 cigarettes),

77= Don't know/Not sure,

88= Don't smoke regularly,

99= Refused,

19. Have you ever made a serious attempt to stop smoking cigarettes?

1=Yes

2=No

9=Refused

20. When was the start of your most recent quit attempt?

1=Past week

2=Past 2 weeks

3=Past month

4=Past 6 months

5=Past year

6=More than 1 year ago

7=Don't know/not sure

9=Refused

21. How long did you actually stay off cigarettes that time?

1=Less than one day

2=One to 6 days

3=Seven days to less than 3 months

4=Three months to less than 6 months

5=Six months to less than 1 year

6= 1 or more years

7=Don't know/not sure

9=Refused

22. About how long has it been since you last smoked cigarettes regularly?

1=Less than 1 month

2=One month, but less than 3 months

3=Three months, but less than 6 months

4=Six months, but less than 1 year

5=One or more years

7=Don't know/not sure

9=Refused

Section E: Alcohol Consumption

23. Have you had any beer, wine, wine coolers, cocktails, or liquor during the past month, that is since _____?

1= Yes,

2= No,

9= Refused

24. During the past month, how many days per week or per month did you drink any alcoholic beverages, on the average?

101-107= Days per week,

201-231= Days per month,

777= Don't know/Not sure,

999= Refused

25. A drink is 1 can or bottle of beer, 1 glass of wine, 1 can or bottle of wine cooler, 1 cocktail, or 1 shot of liquor. On the days when you drank, about how many drinks did you drink on the average?

01-76= Number of drinks,

77= Don't know/Not sure,

99= Refused

26. Considering all types of alcoholic beverages, that is beer, wine, wine coolers, cocktails, and liquor, as drinks, how many times during the past month did you have 5 or more drinks on an occasion?

01-76= Number of times,

88= None,

77= Don't know/Not sure,

99= Refused,

27. And during the past month, how many times have you driven when you've had perhaps too much to drink?

01-76= Number of times,

88= None,

77= Don't know/Not sure,

99= Refused

Section F: Preventive Health Practices

28. About how long has it been since you last visited a doctor for a routine checkup?

1= Within the past year (0 to 12 months),

2= Within the past 2 years (13 to 24 months ago) ,

3= Within the past 5 years (25 to 60 months ago),

4= 5 or more years ago (61+ months ago) ,

7= Don't know/Not sure,

8= Never,

9= Refused

29. What type of doctor did you see for your last routine checkup?

1=Family or General Practitioner

2=Internist

3=Specialist such as heart, lung, or stomach specialist

4=other

5=Obstetrics/Gynecologist

7=Don't know/not sure

9=Refused

30. Have you ever had your blood cholesterol checked?

1= Yes,

2= No,

7= Don't know/Not sure,

9= Refused

31. About how long has it been since you had your blood cholesterol checked?

1=Within the past year (0 to 12 months),

2=Withing the past two years (13 to 24 months ago)

3=Within the past five years (25 to 60 months ago)

4=More than five years ago (61 months ago)

7=Don't know/not sure

9=Refused

32. Have you been told your blood cholesterol level, in numbers?

1=Yes

2=No

7=Don't know/not sure

9=Refused

33. What is your blood cholesterol level?

___ Record the number
777=Don't know/not sure
999=Refused

34. Have you ever been told by a doctor or other health professional that your blood cholesterol is high?

1=Yes
2=No
7=Don't know/not sure
9=Refused

35. Are you now under the advice of a doctor to reduce your blood cholesterol or blood fat level?

1=Yes
2=No
7=Don't know/not sure
9=Refused

36: Did the doctor:

36a: prescribe a medication to lower your blood cholesterol?

1=Yes
2=No
7=Don't know/not sure
9=Refused

36b. provide you with a low fat or low cholesterol diet?

1=Yes
2=No
7=Don't know/not sure
9=Refused

36c. refer you to a dietician, nutritionist, or nurse to help you reduce the fat or cholesterol in your diet?

1=Yes

2=No

7=Don't know/not sure

9=Refused

37. Have you ever been told by a doctor that you have diabetes?

1= Yes,

2=No

7= Don't know/Not sure,

9= Refused, *1988-93 codes were changed.

Section G: Demographics

38. How old were you on your last birthday?

___ = Code age in years,

07= Don't know/Not sure,

09= Refused

39. What is your race?

1= White,

2= Black,

3= Asian, Pacific Islander,

4= Aleutian, Eskimo, American Indian

5= Other: (specify) _____,

7= Don't know/Not sure,

9= Refused

40. Are you of Hispanic origin such as Mexican American, Latin American, Puerto Rican, or Cuban?

1= Yes,

2= No,

7= Don't know/Not sure,

9= Refused

41. What is the highest grade or year of school you completed?

1=Eighth grade or less

2=Some high school

3=High school grad or GED certificate

4=Some technical school

5=Technical school grad

6=Some college

7=College graduate

8=Post grad or professional degree

9=Refused

42. Are you currently:

1= Employed for wages,

2= Self-employed,

3= Out of work for more than 1 year,

4= Out of work for less than 1 year,

5= Homemaker,

6= Student,

7= Retired,

9= Refused, *Not available before 1993.

43. Are you:

1= Married,

2= Divorced,

3= Widowed,

4= Separated,

5= Never been married,

6= A member of an unmarried couple,

9= Refused

44. Which of the following categories best describes your annual household income from all sources?

01= Less than \$10,000,

02= \$10,000 to < \$15,000,

03= \$15,000 to < \$20,000,

04= \$20,000 to < \$25,000,

05= \$25,000 to < \$35,000,

06= \$35,000 to < \$50,000,

08= Over \$50,000 *,

77= Don't know/Not sure*,

99= Refused*, *1987-96 codes were changed.

45. About how much do you weigh without shoes?

__ weight

777 Don't know, not sure

999 Refused

46. About how tall are you without shoes?

__ height (Ft./inches)

777= Don't know/Not sure,

999= Refused

47. Indicate sex of respondent.

1= Male,

2= Female

Section H: Women's Health

48. Have you ever had a mammogram?

1= Yes,

2= No,

7= Don't know/Not sure,

9= Refused

49. About how long has it been since you had your last mammogram?

- 1= Within the past year (1 to 12 months),
- 2= Within the past 2 years (1 to 2 years),
- 3= Within the past 5 years (3 to 5 years),
- 4= more than 5 years ago (6+ months ago),
- 7= Don't know/Not sure,
- 9= Refused,

50a. What is the most important reason that you did not have a mammogram in the last year?

- 1=Not recommended by doctor/doctor never said it was needed
- 2=Not needed/not necessary
- 3=Never heard of mammogram
- 4=Cost
- 5=no insurance to pay for it
- 6=Other
- 7=Don't know/not sure
- 9=Refused

51. Was your last mammogram done as part of a routine checkup, because of a breast problem other than cancer, or because you've already had breast cancer?

- 1= Routine checkup,
- 2= Breast problem other than cancer,
- 3= Had breast cancer,
- 7= Don't know/Not sure,
- 9= Refused

52. Whose idea was it for you to have this last mammogram – was it your idea, your doctor's idea, or someone else's idea?

- 1=Respondents's idea
- 2=Doctor's idea
- 3=Someone else's idea
- 7=Don't know, not sure
- 9=Refused

50b. What is the most important reason that you never had a mammogram?

1=Not recommended by doctor/doctor never said it was needed

2=Not needed/not necessary

3=Never heard of mammogram

4=Cost

5=no insurance to pay for it

6=Other

7=Don't know/not sure

9=Refused

53. Have you ever had a breast physical exam by a doctor or a medical assistant?

1= Yes,

2= No,

7= Don't know/Not sure,

9= Refused

54. About how long has it been since your last breast physical exam?

1= Within the past year (0 to 12 months) ,

2= Within the past 2 years (13 to 24 months ago),

3= Within the past 5 years (25 to 60 months ago),

4= More than 5 years ago (61+ months),

7= Don't know/Not sure,

9= Refused,

55. Was your last breast physical exam done as part of a routine checkup, because of a breast problem, or because you've already had breast cancer?

1=Routine checkup

2=Breast problem

3=Had breast cancer

7=Don't know, not sure

9=Refused

56. To your knowledge, are you now pregnant?

1= Yes,

2= No,

7= Don't know/Not sure,

9= Refused

57. During what month is your baby due?

__ month

77=Don't know, not sure

99=Refused

Section I: Hiv/Aids

58. Have you ever heard the AIDS virus called HIV?

1= Yes,

2= No,

7= Don't know/Not sure,

9= Refused

59. To your knowledge, are there drugs available which can lengthen the life of a person infected with the AIDS virus?

1= Yes,

2= No,

7= Don't know/Not sure,

9= Refused

60. Do you think a person who is infected with the AIDS virus can look and feel healthy?

1= Yes,

2= No,

7= Don't know/Not sure,

9= Refused

61. There has been a lot of talk about how you can and cannot get infected with the AIDS virus. Do you think you can get infected from:

Answer categories are: 1=Yes, 2=No, 3=DK/NS, 4=Ref

- a. giving blood
- b. mosquitoes or other insects

62. Do you have a child or children in kindergarten through 8th grade?

1= Yes,
2= No,
7= Don't know/Not sure,
9= Refused

63. Would you allow your child to be in the same classroom with a child who is infected with the AIDS virus?

1= Yes,
2= No,
7= Don't know/Not sure,
9= Refused

64. At what grade do you think your child should begin AIDS education in school?

__ code grade
88=Never
77=Don't know, not sure
99=Refused

65. Would you eat in a restaurant where the cook is infected with the AIDS virus?

1= Yes,
2= No,
7= Don't know/Not sure,
9= Refused

66. Would you be willing to work with a person who is infected with the AIDS virus?

1= Yes,

2= No,

7= Don't know/Not sure,

9= Refused

67. Where could you go to be tested for the AIDS virus infection?

a. Facility code

b. Where else could you go? _ _

Facility codes:

01=Private doctor, HMO

02=Blood bank, plasma center, Red Cross

03=Health department

04=AIDS clinic, AIDS testing site

05=Hospital, emergency room

06=Family planning clinic

07=STD clinic

08=Community health clinic, primary care clinic

09=Company or industry clinic

10=Military induction or examination

87=Other

88=No place

77=Don't know, not sure

99=Refused

68. people use condoms to keep from getting the AIDS virus through sexual activity. How effective do you think using a condom is in preventing getting the AIDS virus through sexual activity?

1= Very effective,

2= Somewhat effective,

3= Not at all effective,

4= Don't know how effective,

5= Don't know method,

9= Refused

69. How many telephone numbers will reach this household, including the number I used today?

a. Total telephone numbers _____

MODULE 1: COUNTY OF RESIDENCE

1. What county do you live in?

____ = county code

777=Don't know, not sure

999=Refused

MODULE 3: CERVICAL CANCER SCREENING

1. Have you heard of a Pap smear test?

1= Yes,

2= No,

7= Don't know/Not sure,

9= Refused

2. Have you ever had a Pap smear?

1= Yes,

2= No,

7= Don't know/Not sure,

9= Refused

3. When did you have your last Pap smear?

1=Within the past year (0-12 months ago)

2=Within the past two years (13-24 months ago)

3=Within the past 5 years (25-60 months ago)

4=More than 5 years ago (61+ months ago)

7=Don't know, not sure

9=Refused

4. Have you had a hysterectomy? (An operation to remove the uterus)

1=Yes

2=No

7=Don't know, not sure

9=Refused

CLOSING STATEMENT

That's my last question. Let me emphasize that your answers cannot be identified with your name. Everyone's answers will be combined to give us information about the health practices of people in this state. Thank you very much for your time and cooperation.