

APPENDIX 2

QUESTIONNAIRE USED WITH ELDERLY GREEKS

**ELDERLY GREEKS IN SPATA, GREECE 1988
AND MELBOURNE, AUSTRALIA 1990-92:
HEALTH, FOOD HABITS AND LIFESTYLE**

QUESTIONNAIRE

Interviewer Administered

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SUBJECT CODE

[][][][]

DATE OF INTERVIEW

Part 1

[][] / [][] / [][]
day month year

Part 2

[][] / [][] / [][]
day month year

LENGTH OF INTERVIEW

Part 1

[][]
[][]
hours

Part 2

NAME

.....

ADDRESS

.....

.....

TELEPHONE

.....

- TYPE OF HOUSING**
1. granny flat/house attached to family house with garden
 2. house with garden
 3. house without a garden
 4. unit
 5. apartment in house
 6. apartment in building
 7. boarding house
 8. institution
 9. other
- []

PART 1 NON-NUTRITIONAL SECTION (Health and Lifestyle)

DEMOGRAPHIC CHARACTERISTICS

For the following questions enter abbreviated answer or letter in front of answer into boxes provided.

DATE OF BIRTH	[][] / [][] / [][] day month year	
AGE	[][] age in years	
SEX	M male F female	[]
MARTSTAT	N never married M married W widowed D divorced/separated L living with partner	[]
WDS	If you are widowed,divorced or separated how long ago did this occur (in years)?	[][]
COUNTRY	Country of birth specify.....	[]
MIGRATE	How many years have you been in this country?	[][]
DC24A	As a child did you live in: 1. mainly urban areas 2. mainly rural areas 3. both rural and urban areas Town,specify.....	[] []
DC25A	As an adult did you live in: 1. mainly urban areas 2. mainly rural areas 3. both urban and rural areas Town, specify.....	[] []
DC26A	How long have you lived at	

this house (years)? [][]

- DC26B** Subject lives in a:
 1. rural area []
 2. urban area []
 Town,specify..... []
 or postcode/zip [][][][]
- DC27A** Your father's country of birth
 specify..... []
- DC27B** Your mother's country of birth
 specify..... []
- DC28** For how many years did you have full-
 time education (i.e school,college) [][]
- DC29** Did you undertake studies beyond
 secondary school?
 1. Yes
 2. No []

We are interested in knowing about the health of your family (father, mother, siblings). Use the codes to specify the health problems of family members. If there is no answer leave blank. A maximum of 2 brothers and 2 sisters can be entered - start with the eldest.

	DC30F	DC30M	DC30B1	DC30B2	DC30S1	DC30S2
	Father	Mother	Brother1	Brother2	Sister1	Sister2
Alive=1	[]	[]	[]	[]	[]	[]
Dead=2						
Age	[][]	[][]	[][]	[][]	[][]	[][]
Heart						
disease=H	[]	[]	[]	[]	[]	[]
Stroke=S	[]	[]	[]	[]	[]	[]
Diabetes=D	[]	[]	[]	[]	[]	[]
High blood						
pressure						
= BP	[][]	[][]	[][]	[][]	[][]	[][]
Cancer=C	[]	[]	[]	[]	[]	[]
Old age=OA	[][]	[][]	[][]	[][]	[][]	[][]
OT=other						
specify	[][]	[][]	[][]	[][]	[][]	[][]

OB=obese AL=alcohol abuse SE=senile HT=healthy PA=parkinsons,FL=flu/cold,AC=accident

DC30GM	How old was your grandmother when she died?	[][][]
DC30GF	How old was your grandfather when he died?	[][][]
DC31A	Do you live alone? 1. Yes 2. No	[]
DC31BP	Does your spouse/partner live here? 1. Yes 2. No	[][]
DC31BC	How many of your children live here?	[][]
DC31BG	How many of your grandchildren live here ?	[][]
DC31BO	How many other people live here? specify.....	[][]
DC31BGA	How old is the youngest grandchild that lives here? 1. <6 years 2. 6-12 years 3. 12-18 years 4. >18 years 5. none	[]
DC32A	What kind of work did you do most of your working life? 1. professional,technical or related worker(architect,engineer,chemist doctor,dentist,lawyer,clergy,nurse) 2. administrative,executive or managerial worker 3. clerical worker(book-keeper,cashier, typist) 4. sales worker(insurance,real estate, auctioneer,commercial traveller, proprietor and shop assistant) 5. farmer,fisherman,hunter,timber getter 6. miner,quarryman or related worker 7. worker in transport or communication (driver of truck,delivery van,bus,taxi, railway engine,pilot,deckhand,conductor, bus inspector,telephone/telegraph operator,postman,postmaster etc.) 8. tradesman,production-process worker or labourer(carpenter,plumber,mechanic, electrician,tailor,machinist,factory worker,foreman,builder's labourer etc.) 9. service,sport or recreational worker (fireman,policeman,caretaker,orderly, barber,sportsman,photographer,undertaker) 10. member of armed services 11. house duties 12. shepherd 13. collector of retsini (pine sap for retsina) 14. sold horses/donkeys/animals	[]
DC32B	Do you work now?	[]

	8. Yes	
	1. No	[]
DC32BY	If yes,specify (use codes DC32A).....	[]
DC33A	What kind of work did your spouse do most of his/her working life? (code as for DC32A)	[]
DC33B	Is your spouse still working?	
	1. Yes	
	2. No	[]
DC33BYes	If yes,specify (use codes DC32A)	[]

MEMORY and COGNITIVE FUNCTION

MA7	What year is it (now)?	
	1. correct	
	0. incorrect	[]
MA8	What month is it (now)?	
	1. correct	
	0. incorrect	[]
MA9	What day or date of the month is it (now)?	
	1. correct	
	0. incorrect	[]
MA10	What is your address?	
	1. correct	
	0. incorrect	[]
WB17	Do you forget where you left things more than you used to,or forget the names of close friends or relatives?	
	0. Yes	
	1. No	[]

WELL-BEING

WB11	Do you have difficulty with sleep?	
	0. Yes	
	1. No	[]
WB12	Do you find you are sleeping too much?	
	0. Yes	
	1. No	[]
WB13	Do you worry more than usual about little things?	
	0. Yes	
	1. No	[]
WB14	Have you lost interest in doing things you	

usually cared about or enjoyed?

0. Yes

1. No

[]

WB15

Have you ever felt so sad or depressed you thought you wanted to die?

0. Yes

1. No

[]

WB16

Do you feel tired most of the time?

0. Yes

1. No

[]

WB17A

Are you happy and content with your every day life?

0. No

1. Yes

[]

WB18

Do you laugh easily?

0. No

1. Yes

[]

WB19

Do you enjoy music regularly e.g listen to the radio,sing your favourite tunes?

0. No

1. Yes

[]

HEALTH

H34

How would you rate your overall health at the present time?

1. poor

2. fair

3. good

4. excellent

[]

H35

Is your health now better,about the same, or not as good as it was three years ago?

1. not as good

2. same

3. better

[]

H36

Do your health problems stand in the way of your doing the things you want to do?

1. a great deal

2. a little

3. not at all

[]

H37

Would you say your health is better, about the same,or not as good as most people your age?

1. not as good

2. same

3. better

[]

H38

About how many times did you see any type

of doctor during the past 12 months? Do not include doctors seen while subject was a patient in hospital.

1. >13 times
2. 3-12 times
3. 0-2 times

[]

H39

About how many days have you spent in hospital during the past 12 months?

1. >22 days
2. 1-21 days
3. 0 days

[]

H40

About how many days during the past 12 months have you been sick in bed all or most of the day?

1. >14 days
2. 1-14 days

3. 0 days

[]

H41

How good is your eyesight (with glasses if used)?

1. blind or partially blind
2. good or adequate

[]

H42

How good is your hearing (with hearing aid if used)?

1. deaf or partially deaf
2. good or adequate

[]

H43

In the past year, have you (had):

Code:

1. Yes
2. No
 - a. diabetes
 - b. high blood pressure
 - c. heart trouble
 - d. circulation problems, hardening of the arteries e.g cholesterol
 - e. been paralyzed in any way e.g stroke
 - f. any other effects of stroke
 - g. arthritis, rheumatism
 - h. a stomach ulcer
 - i. emphysema or asthma
 - j. glaucoma
 - k. cataracts
 - l. a tumor or growth, cancer
 - m. liver trouble or jaundice
 - n. gall bladder trouble
 - o. kidney trouble
 - p. bladder trouble
 - q. a broken hip
 - r. other broken bones
 - s. anaemia
 - t. Parkinson's disease
 - u. trouble sleeping, insomnia
 - v. nervousness, tenseness

[]

[]

[]

[]

[]

[]

[]

[]

[]

[]

[]

[]

[]

[]

[]

[]

[]

[]

[]

[]

[]

[]

H43 *continued*

In the past year, have you (had):

Code: 1. Yes
2. No

	w1. prostate problems	[]
or	w2. osteoporosis	[]
or	w3. urinary tract infection	[]
or	w4. uric acid	[]
or	w5. constipated	[]
or	w6. stomach/intestine problems	[]
or	w7. bronchitis	[]
or	w8. diarrhoea	[]
or	w9. other,specify.....	[]

H43FALL How many falls have you had in the past 3 years? []

ASK QUESTIONS H43X & H43Y OF THE WOMEN ONLY

H43X How old were you when you had your first menstrual period? [][]

H43Y How old were you when your menstrual periods stopped (menopause) [][]

H43Z How many times have you suffered from a cold or flu in the past year? []

MEDICATION AND VITAMINS

H44 I have a list of common medicines that people take. Would you please tell me if you take any of the following regularly?

Code: 1. Yes
2. No

a.	arthritis medication	[]
b.	prescription pain killer	[]
c.	aspirin	[]
d.	high blood pressure medicine	[]
e.	pills to make you lose water or salt	[]
f.	pills for the heart e.g digitalis	[]
g.	tablets for chest pain e.g nitroglycerine	[]
h.	blood thinner medicine(anticoagulants)	[]
i.	drugs to improve circulation e.g cholesterol	[]
j.	insulin injections for diabetes	[]
k.	pills for diabetes	[]
l.	prescription ulcer medicine	[]
m.	seizure medications	[]
n.	thyroid pills	[]

H44 Medications - continued

- Code: 1.Yes
 2.No
- o. cortisone pills or injections []
 - p. antibiotics []
 - q. tranquilizers or nerve medicine []
 - r. prescription sleeping pills []
 - s. hormones,male or female []
 - t. pills for anxiety or depression []
 - u. drops/medication for glaucoma []
- or v. muscle relaxant []
- or w. allergy []
- or x. constipated []
- or y. gout []
- or z. indigestion []
- or z1. bronchitis []
- or z2. kidneys []
- or z3. other,specify..... []

Who prescribed these medications?.....

H45

Have you taken any herbal medicines or vitamins in the past year?

- 1.Yes
- 2.No []

If yes,who prescribed it?.....

If yes, specify (use codes below for no more than 3 supplements)

- | | | |
|----------------------|-------------|--------------|
| A1) vitamin code [] | B1) why [] | C1) when [] |
| A2) vitamin code [] | B2) why [] | C2) when [] |
| A3) vitamin code [] | B3) why [] | C3) when [] |

A. Vitamin supplement?

- code:
- 1. multivitamins specify.....
 - 2. vitamin B12 injection
 - 3. vitamin C,calcium,vitamin D
 - 4. iron & folate
 - 5. phosphoric acid and pectin
 - 6. vitamin D
 - 7. multi B vitamins
 - 8. vitamin A and E
 - 9. vitamin C
 - 10.folate alone
 - 11.iron alone
 - 12.calcium alone
 - 13.pyridoxine (B6)
 - 14.other,specify.....

B. Why?

- code: 1. health
 2. nerves
 3. strength
 4. therapy
 5. anaemia
 6. bones
 7. other specify.....

C. When?

- code: 1. daily
 2. couple of times a week
 3. couple of times a month
 4. every couple of months
 5. regularly for a couple of months
 of every year
 6. daily for one month or less
 7. for a short period, once only

HEALTH AIDS

H46

Check by observation

- Code: 1. Yes
 2. No

- a. any arms missing/handicapped []
 b. any legs missing/handicapped []

H47

Do you use any of the following aids:

- Code: 1. Yes
 2. No

- a. cane []
 b. walker []
 c. wheelchair []
 d. leg brace []
 e. back brace []
 f. hearing aid []
 g. pacemaker []
 h. colostomy []
 i. catheter []
 j. geriatric chair []
 k. glasses []
 l. artificial limb []
 m. dialysis machine []
 n. other, specify..... []

EXERCISE

EX84 About how often do you go out of this house/building in good weather?
 1. never
 2. less than once a month
 3. 2 or 3 days a month
 4. once a week
 5. 2-4 days a week
 6. 5 days a week or more []

EX85A Do you have a vehicle to use or any other form of transport e.g car,bike, donkey etc.
 1.Yes
 2.No []

EX85AYes If yes, specify..... []

EX85B If yes,do you usually take it where ever you go?
 1.Yes
 2.No []

EX86 How many minutes do you spend daily or weekly doing the following:

	DAY (min)	WEEK (hours)
a. walking	[][]	[]
b. light housework (wash dishes,dust	[][]	[]
c. heavy housework e.g mop the floor	[][]	[]
d. farm work e.g pick fruit,dig soil or other strenuous activity	[][]	[]
e. gardening	[][]	[]
f. pottering	[][]	[]
ga.tending to animals/pets	[][]	[]
gb.other specify.....	[][]	[]
gc.other specify.....	[][]	[]

EX86SC What exercise score would you give the subject from 1 to 7 based on answer to EX86?
 1 = inactive, in bed or seated all day
 2 = inactive, seated most of the day
 3 = inactive, seated most of day with few hours of pottering about
 4 = active, walks or gardens (about 1 hour) or does a few hours of house work at least 3-4 times a week and on feet most of day
 5 = active,walks or gardens (about 1 hour) or few hours of housework daily and on feet most of day
 6 = active, heavy gardening or farming or plays an aerobic sport or few hours walking 3-4 times a week
 7 = very active, heavy gardening or farming or plays an aerobic sport or few hours walking daily

1	2	3	4	5	6	7
inactive			active			very active

EX87 How does this compare with what you

- were doing last year?
1. more active now
 2. less active now
 3. much less active now
 4. about the same

[]

Reason:.....

ACTIVITIES OF DAILY LIVING

The following tasks are often difficult to perform as you get older. I would like to know if you have problems in doing them?

- Code:
1. No, I can't do it at all
 2. Only with help
 3. With difficulty but without help
 4. Without difficulty

ADL88

Are you able :

- a. to walk between rooms? []
- b. to use stairs? []
- c. to walk at least 400m? []
- d. to get to places out of walking distance i.e by bus,taxi,train? []
- e. to use the toilet? []
- f. to wash and bathe yourself? []
- g. to dress and undress? []
- h. to take care of your appearance? []
- i. to get in and out of bed? []
- j. to do your own cooking if you had to? []
- k. to feed yourself if you had to? []
- l. to do light housework(wash dishes) if you had to? []
- m. to do heavy housework (wash windows) if you had to? []
- n. to take your own medicine if you had to? []
- n1.to use the telephone(if available)? []
- n2.to handle your own money/bills? []

ADL88O

How often do you wet yourself?

(Paraphrase:Are there occasions when you do not get to the toilet on time to pass water?)

1. never
2. occasionally
3. frequently []

ADL88P

How often do you soil yourself?

(Paraphrase:Are there occasions when you do not get to the toilet on time to empty your bowel?)

1. never
2. occasionally
3. frequently []

ADL88Q

Who is your main helper?

- 1.spouse/partner
 - 2.your child/ren
 - 3.friend/relative
 - 4.neighbour
 - 5.paid help
- []

SLEEP

SL89A What time do you normally go to bed (round off to nearest hour e.g 11.30 will be coded as 11)? [][]

SL89B What time do you normally get up from bed? [][]

SL89C On average,how many hours sleep do you get each night? [][]

SL89D Do you have a nap during the day?
 1. Yes
 2. No []

SL89DY If yes,for how long (hours)? [][]

SMOKING

SM90A Have you ever smoked regularly,at least one cigarette/cigar/pipe a day?
 1. Yes,I smoke regularly
 2. I used to smoke regularly, but have now stopped
 3. No, I have never smoked
 4. Occasional smoker []

SM90B If yes,for how many years did or do you smoke [][]

SM90C If yes,how many cigarettes did or do you smoke a day? [][]

SM90D If you smoked regularly but have now stopped, how many years ago did you stop smoking? [][]

]

SOCIAL ACTIVITY (TIME USE)

SAR92

In the past year, how often have you:

- Code:
1. never
 2. 3x year or less
 3. 4-10x year
 4. 1x month
 5. 2-3x month
 6. 1x week
 7. 2-4x week
 8. 5x week or more

(Code according to frequency of activity in relevant season e.g if swims daily in summer only, code will still be 8).

- | | |
|--|-----|
| a. gone to a senior center or attended a senior citizen's group? | [] |
| b. attended a church or synagogue service? | [] |
| c. gone to meetings of a church group or other groups or clubs? | [] |
| d. gone to movies, theatre, concerts, or lectures? | [] |
| e. gone to a sporting event? | [] |
| f. participated in a sport like swimming fishing, hunting, bicycling, golf? | [] |
| g. played cards, bingo, pool or some other game? | [] |
| h. taken care of house plants or done outdoor gardening? | [] |
| i. worked on a hobby or handwork like sewing, knitting, or woodworking? | [] |
| j. painted pictures or played a musical instrument? | [] |
| k. eaten out at a restaurant for a special occasion with friends? | [] |
| l. baby-sat for grandchildren or other children? | [] |
| m. left home to go a short distance for overnight or longer e.g stay at a friends house, stay with your child? | [] |
| n. gone out of town (long distance) for a holiday? | [] |
| o. met up with friends at a coffee shop, "cafeneion" or pub etc. | [] |
| p. done volunteer work | [] |
| q. done farm work | [] |
| r. watched TV or listened to the radio? | [] |
| s. gone to a dance e.g Greek dance? | [] |
| t. looked after animals/pets? | [] |
| u. reading | [] |

SOCIAL RELATIONS (NETWORKS)

- SAR93** Is there anyone in particular in whom you confide or talk to about your problems?
1. No
3. Yes []
- SAR94** Do you have any living children?
1. No
3. Yes []
- SAR95** Do you have any living brothers or sisters?
1. No
3. Yes []
- SAR96** Are there any other relatives to whom you feel very close?
1. No
3. Yes []
- SAR97A** About how often do you receive visits from close family or friends?
1. never
2. rarely
3. monthly
4. weekly
5. daily []
- SAR97B** How often do you visit close family or friends?
1. never
2. rarely
3. monthly
4. weekly
5. daily []
- SAR97C** How often do you speak to family or friends on the telephone?
1. never
2. rarely
3. monthly
4. weekly
5. daily []
- SAR97D** How often do you write letters to family or friends?
1. never
2. rarely
3. monthly
4. weekly
5. daily []

- SAR98** Would you stay with family or friends if you were sick, for a short while?
 1. No
 3. Yes []
- SAR100** Do you have friends or neighbours that would help you if you were sick, for a short while?
 1. No
 3. Yes []
- SAR101** Do you feel lonely:
 1. very often
 2. sometimes
 3. rarely
 4. never []
- SAR102** Do you believe your children and grandchildren respect and acknowledge you?
 1. never
 2. sometimes
 3. most of the times
 4. always []

ECONOMIC RESOURCES

- ECO103A** What is your main source of income?
 1. one pension
 2. two pensions (i.e including spouse)
 3. one pension and other source(s)
 4. two pensions and other source(s)
 5. pension and supplementary benefit
 6. no pension []
- specify source(s)
 a. []
 b. []
 c. []
- ECO103B** What is your approximate income/year (include spouse's income) optional US\$ [][][][][][]
- ECO104** Do you receive any other forms of assistance (other than money)?
 1. Yes
 2. No []

ECO104Yes

If yes,what sort of support do you receive?

Code: 1.Yes
2.No

- a. food []
- b. clothing []
- c. shelter []
- d. medication []
- e. transport []
- f. other specify..... []

ECO104G

From whom do you receive support?

- 1. child
- 2. relative\friend
- 3. neighbour
- 4. other specify..... []

ECO105

Thinking about how you live,would you say you had enough money or other help for food, housing, clothing etc.

- 1. No,I do not have enough
- 2. Yes,I have just enough
- 3. Yes,I have more than enough []

ECO105No

If no, which needs would you say were not being met(specify)?

..... []

ECO106A

Do you prefer to work at present?

- 1. Yes
- 2. No []

ECO106B

If yes,why?

- 1. need activity
- 2. need income
- 3. both 1&2
- 4. other specify..... []

PART 2 NUTRITIONAL SECTION (Food habits,beliefs,intake)

APPETITE

APP53 Do you enjoy your food as much as you used to?
1. Yes
2. No []

APP53NO If no,why is this?
Code: 1. Yes
2. No
a. Food doesn't interest me []
b. I have no company at mealtimes []
c. I've lost interest in cooking []
d. My appetite is smaller []
e. Food doesn't taste as good as it used to []
f. Food doesn't smell as good []
g. Problems with digestion []
h. other specify..... []

APP54 How would you describe your appetite?
1. poor
2. fair
3. good
4. very good []

APP55 Do you have problems with any of the following?
Code: 1.Yes
2.No
a. poorly fitting dentures []
b. some foods are too acid []
c. difficulty in chewing []
d. difficulty in swallowing []
e. indigestion or heartburn []
f. sore mouth []
g. dry mouth []
h. other specify..... []

DENTITION

APP55TEETH Subject has:
1. false teeth
2. most of his/her own teeth
3. only a few remaining teeth
4. no teeth,chews with gums []

FOOD AVOIDANCE

APP56

Are there any foods that you try to avoid or that you can't eat?

1. Yes
2. No

[]

If any of the following foods are avoided, enter abbreviation into corresponding boxes labelled "FOOD", otherwise leave blank.

	FOOD	REASON
Food 1 Meat = MT	[][]	[][]
Food 2 Salty food = ST	[][]	[][]
Food 3 Fats/oils = FT	[][]	[][]
Food 4 Eggs = EG	[][]	[][]
Food 5 Seafood =SF	[][]	[][]
Food 6 Sweets=SW	[][]	[][]
Food 7 Cheese/Milk = CS	[][]	[][]
Food 8 Onions=OG	[][]	[][]
Food 9 Legumes=LG	[][]	[][]
Food 10 Bread=BD	[][]	[][]
Food 11 Fruit=FR	[][]	[][]
Food 12 Spinach=SP	[][]	[][]
Food 13 Wild Greens=W	[][]	[][]
Food 14 Oranges=O	[][]	[][]
Food 15 uncooked vegetables=VG	[][]	[][]

For each food avoided, enter abbreviated reason why food is avoided into boxes labelled "REASON" for each corresponding food.

REASON

- | | |
|------------------------|--------------------|
| Weight loss= WT | Arthritis=AR |
| Health=H | Chewing problem=TH |
| Diabetes=D | Dislike=DK |
| Blood Pressure=E | Too acid=AC |
| Cholesterol=CH | Heart disease=HD |
| Stomach problems=ST | Gall stones=GS |
| Intestinal problems=GI | Uric acid=UA |
| DR=diarrhoea | Religious=R |
| Kidneys=K | |

APP56Long

How long have you been avoiding these foods (in years)?

[][]

EATING ENVIRONMENT

- DH57** Who usually prepares most of your meals?
 1. myself
 2. spouse
 3. relative\friend\neighbour
 4. welfare or voluntary help
 5. privately employed help
 6. I receive meals on wheels
 7. other specify..... []
- DH57MOW** If you receive meals on meals, how many days a week do you get them? []
- DH58** How often do you eat with others?
 1. I normally eat alone
 2. 2-3 times a week
 3. daily []
- DH58alone** If you eat alone,how many years have you been eating alone? [][]
- DH59** When you eat with others,how many people are usually present at:
- | | Breakfast | Lunch | Dinner |
|----------------------------------|-----------|--------|--------|
| DH59CH Number of children | [][] | [][] | [][] |
| DH59M Number of men | [][] | [][] | [][] |
| DH59W Number of women | [][] | [][] | [][] |

EATING OUT

- DH60** How often do you eat away from home (e.g friends home,restaurant,tavern)?
 1. daily
 2. 3-4 times a week
 3. 1-2 times a week
 4. 1-2 a month
 5. less than once a month
 6. never []
- DH60Place** In what type of place do you mostly eat?
 1. tavern
 2. restaurant
 3. friend's/relative's home
 4. pub
 5. other specify..... []

DH60Food

When you go out, what kind of food do you usually eat?

- 1. snack\small meal e.g sandwich
- 2. main meal e.g meat,fish
- 3. tripe (patsa).....
- 4. other specify.....

[]

Interviewer: Please describe the following:

a) Eating utensils used?.....

b) What are the "table" practices e.g sharing and serving of food?.....

c) What kind of cooking/serving/eating vessels are used e.g copper, clay, aluminium?.....

FOOD PURCHASE

DH61

What proportion of the food you eat comes from:

- Code:
- 1. all
 - 2. most
 - 3. some
 - 4. none

- a. your garden or land []
- b. receiving food for a job done []
- c. exchanging food for food []
- d. a shop []

DH61Shop

Are the shops where you can purchase food, within walking distance?

- 1. Yes
- 2. No
- 3. Some []

DH62

Do you do any shopping for food?

- 1. Yes
- 2. No []

DH62WHY

If no,why?

- 1. someone else goes for me,but I can go if I had to
- 2. I am too weak to go
- 3. the shops are too far away
- 4. other specify..... []

- DH62WHO** If no, who goes shopping for you?
 1. spouse
 2. child
 3. grandchild
 4. friend/relative
 5. neighbour
 6. paid help
 7. other specify..... []
- DH64A** Is there someone in the household watching the food they eat ?
 1. Yes
 2. No []
- DH64B** If yes, why?
 (use "reason" codes as for APP56,p20) [][]

STORAGE AND COOKING FACILITIES

- DH65** Do you have any of the following:
 Code: 1. Yes
 2. No
- a. stove []
 - b. oven []
 - c. fridge []
 - d. TV []
 - e. radio []
 - f. telephone []
 - g. toilet []
 - h. hot water []
 - i. microwave []
 - j. freezer []
 - k. other specify..... []

Interviewer: What fuels are used for cooking and is there a limited supply e.g coal, wood, gas?

FOOD AND RELIGION

- DH66** How many days of the year do you fast for:
- DH66East** Easter [][]
 - DH66Xmas** Christmas [][]
 - DH66Mary** Virgin Mary [][]
 - DH66When** Other specify..... [][]
 - DH66Day** For how many days? [][]
- DH66WedFri** Do you fast every Wednesday and/or Friday?
 1. Yes

2. No []

DH67A Apart from the days when you are fasting, are there days when you eat very little?

- 1. Yes
- 2. No []

DH67B If yes, how many days a week? []

FAT AND SALT

DH68 Do you eat the fat on meat?

- 1. usually
- 2. occasionally
- 3. rarely
- 4. not applicable []

DH69 Do you eat the skin on chicken?

- 1. usually
- 2. occasionally
- 3. rarely
- 4. not applicable []

DH70 Do you add salt or stock cubes to food whilst cooking?

- 1. No
- 2. Sometimes
- 3. Most of the times []

DH71 Do you add salt to your food at the table?

- 1. No
- 2. Sometimes
- 3. Most of the times []

DH72 How much oil is used **per week** per adult in this household?
Divide weekly household disappearance of oil by number of adults in household.

Code in grams: 0
150 (<1/4 litre)
250 (1/4 litre)
500 (1/2 litre)
1000 (1 litre)

DH72Olive	Olive oil	[]	[]	[]	[]
DH72Sunflw	Sunflower oil	[]	[]	[]	[]
DH72Corn	Corn oil	[]	[]	[]	[]
DH72Veg	Vegetable oil	[]	[]	[]	[]
DH72OT	Other specify	[]	[]	[]	[]

DH72Tbs	How many tablespoons	[]	[]	[]
DH27Tsp	OR teaspoons	[]	[]	[]

of oil would you have daily (rough guess)?

DH73

How much margarine/butter/lard is **used per week** in this household?
Divide household disappearance with number of adults in household.

Code in grams:
30 (1-2 Tablespoons)

120 (4-8 Tablespoons)

250 (1/2 tub)

500 (1 tub)

DH73Butter

DH73Tmrg

DH73Pmrg

DH73Lard

DH73OT

Butter

Table Margarine

Polyunsaturated Margarine

Lard/dripping

Other specify.....

[]	[]	[]	[]
[]	[]	[]	[]
[]	[]	[]	[]
[]	[]	[]	[]

DH73Martsp

DH73Buttsp

How many teaspoons of
margarine
butter

would you have daily (rough guess)?

[]	[]
[]	[]

COOKING METHODS

DH74

How do you usually cook or eat your vegetables?

Code: 1. Yes
2. No

DH74cook

DH74stem

DH74mico

DH74stew

DH74frid

DH74owen

DH74raw

1.boiled

2.steamed

3.microwaved

4.casserole

5.fried

6.roasted,baked

7.raw,salad

[]
[]
[]
[]
[]
[]
[]

DH75

How do you usually cook or eat meat, fish or chicken?

Code: 1. Yes
2. No

DH74cook

DH74stem

DH74mico

DH74stew

DH74frid

DH74owen

DH74stek

DH74BBQ

1. boiled

2. steamed

3. microwaved

4. casserole

5. fried

6. roasted,baked

7. grilled

8. BBQ

[]
[]
[]
[]
[]
[]
[]
[]

ALCOHOL

- DH76A** Do you drink beer,wine or spirits at least monthly (if less than once a month answer "NO")?
1. Yes
2. No []
- DH76A** If yes,how often do you drink:
Code: enter ml per day (divide by appropriate factor if not consumed daily)
- DH76Lobeer** Low alcohol beer 1 glass=200ml [][][][]
- DH76Beer** Beer or alcoholic cider 1 glass=200ml [][][][]
- DH76Wine** Wine or Retsina 1 glass=100ml [][][][]
- DH76Sherry** Port or Sherry 1 glass=60ml [][][][]
- DH76Spirit** Spirit or Liquer 1 glass=30ml [][][][]
- DH76B** How many years have you been drinking this much?
- YearsA wine [][]
- YearsB beer [][]
- YearsC port/sherry [][]
- YearsD spirit [][]
- DH76C** How much were you drinking prior to this or if you do not drink now, how much were you drinking in the past?
- PriorA wine [][][][]
- PriorB beer [][][][]
- PriorC port/sherry [][][][]
- PriorD spirit [][][][]
- DH76D** For how many years did you drink this much?
- YearsA wine [][]
- YearsB beer [][]
- YearsC port/sherry [][]
- YearsD spirit [][]
- DH76E** Do you think alcohol is good for one's health?
1. Yes
2. No []
- DH76Yes** If yes,how much do you think is good? [][][]

FOOD BELIEFS

Are there any foods you think are good for health?

.....
.....
.....
.....

Are there any foods you think are bad for health?

.....
.....
.....
.....

Do you know of any foods that can treat (i.e be used as medicine) any health problems?.

.....
.....

Why do you think you have survived to later life and others have not?

.....
.....
.....

What foods are good/bad for children?

.....
.....

Were you fed these foods as a child?

.....
.....

What foods are good/bad for pregnant mothers?

.....
.....

Did you eat these foods when you were pregnant?

.....
.....

What foods are particularly good for people your age?

.....
.....

What foods are particularly bad for people your age?

.....
.....

What hard times can you remember where there was a shortage of food e.g drought,famine,war,poverity? What foods did you eat and for how long?

.....
.....
.....

CURRENT FOOD INTAKE (past year)

DIET HISTORY

Describe the general types of foods/beverages usually eaten/drunk throughout the day (and how it may vary depending upon season), including the time of eating. No need to quantitate at this stage.

Time of Eating	Foods Eaten

QUANTITATIVE FOOD FREQUENCY - INTERVIEWER ADMINISTERED

Use food photos to help quantitate the following foods.

FREQUENCY CODE

once a day =1D
twice a day =2D etc.
once a week =1W
twice a week =2W etc.
once a month =1M
twice a month =2M etc.

FOR FOODS WITH ** USE FOLLOWING CODE

Rarely = R Sometimes = S
Very often = VO Often = O

MONTHS/YEAR CODE

one month of the year = 1
two months of the year = 2 etc.

DISTANT PAST INTAKE CODE

Ask subject whether they were eating more less or the same of a particular food just before the 2nd World War.

More=M Less=L Same=S

If this proves difficult go to next page after completing food frequency for current food intake.

REFERENCE SERVE SIZE

Use the reference serve sizes to help quantitate the subject's serving size as **small (S), medium (M) or large (L)**, in conjunction with the food photographs. If photo not available for a certain food, use another photo which depicts a similar food e.g use photo of cheese pie for spinach pie.

If subject's serving size is **between** the servings enter estimated grams e.g 90g chicken as opposed to small = 60g or medium = 120g.

* = servings of food in photos (total of 60 photos available)

a = typical servings consumed by elderly Greeks in Australia

g = typical servings consumed by elderly Greeks in Greece

FOOD * Photo servings ^a Greek Australian serves ^g Greek serves	REFERENCE SERVING SIZES (G) S M L	SUBJECT SERVING SIZE (G)	FREQUENCY D/W/M	MONTHS/ YEAR
MEAT & MEAT PRODUCTS				
CHICKEN	*60 120 180			
roast	90 180 270		
boil	90 180 270		
casserole	90 170 250		
fried/ batter	70 135 220		
TURKEY				
roast	60 120 180		
AVIAN				
e.g quail	60 120 180		
LAMB				
roast	* ^g 90 180 270 ^a 105 210 315		
stew	90 170 250		
chops (no bone)	1 = 65g fatty 1 = 55g lean		
RABBIT				
stew 'stifado'	90 170 250		
BEEF				
roast/boil	* ^g 60 120 180 ^a 90 180 270		
stew	90 170 250		
steak	100 150 200		
VEAL				
roast	60 120 180		
schnitzel	100 150 200		
MINCE	60 120 180		
'gouvarlakia'				
GOAT goast	60 120 180		
PORK 'hirino'				
roast	60 120 180		
chops (no bone)	1 = 80g		
HAM	1 slice 30g		
CRN BEEF 1 slice	30g		
SALAMI	45 90 135 1 slice = 10g		
MORTADELLA	45 90 135		

FOOD * photo servings YEAR	REFERENCE	SUBJECT	FREQUENCY		MONTHS/
	SERVING		SERVING	D/W/M	
^a Greek Australian serves ^g Greek serves	SIZES (G) S M L	SIZE (G)			
MEAT & MEAT PRODUCTS					
BACON					
fatty	1 slice = 20g			
lean	1 slice = 15g			
SAUSAGES 60	120 180 1 = 60g 1 slice = 30g			
LIVER	* 60 120 180			
BRAINS	60 120 180			
TRIPE 'Patsa'	125 250 375			
FISH, SHELL FISH & MOLLUSCS					
FISH					
fry	*75 150 225			
bake/boiled	^g 120 240 360 ^a 100 200 300			
COD 'bakaliaros'	60 120 180			
HERRING 'renga'	50 100 150			
FRIED WHITE BAIT/ 'marida'	60 120 180			
TINNED SALMON/ TUNA	*70 100 130			
CRAB MEAT	30 60 90			
TINNED SARDINES	* 45 65 85			
SCALLOPS 1 = 10g			
OYSTERS	1 = 10g			
PRAWNS	1 = 15g			
SQUID 'calamari'	* 60 120 180			
OCTOPUS 'htapodaki'	30 60 90			
CRAY FISH	60 120 180			
VEGETABLE/NON-MEAT DISHES					
SPINACH PIE 'spanakopita'	* 50 100 150 ^a 75 150 225			
CHEESE PIE 'tiropita'	* 50 100 150 ^a 75 150 225			

FOOD	REFERENCE	SUBJECT	FREQUENCY	MONTHS/
* Photo servings	SERVING		SERVING D/W/M	
YEAR				
^a Greek Australian serves	SIZES (G)	SIZE (G)		
^g Greek serves	S M L			
PIZZA	1 piece 150		
SPINACH & RICE 'spanakorizo'	* ^g 125 250 375 ^a 200 400 600		
LEEKS & RICE 'prasorizo'	125 250 375		
CABBAGE & RICE 'lahanorizo'	125 250 375		
MOUSAKA (egg plant and mince)	* 150 300 450		
GREENBEAN stew 'fasolakia ladera'	* 125 250 375 ^a ^g 175 350 525		
EGG PLANT casserole 'melitzanes laderes'	125 250 375		
STUFFED VEGIES 'gemista'	125 250 375 (1= 125g)		
OKRA stew 'bamies laderes'	175 350 525		
ARTICHOKE stew 'aginares avgolemono'	125 250 375		
RATATOUILLE 'briam'	* 125 250 375 ^a ^g 175 350 525		
CABBAGE DOLMAS 'lahanodolmades'	1 = 150		
VINE DOLMAS 'dolmadakia 1 dolma =30g avgolemono'	135 270 405		
LEGUME DISHES				
BROADBEAN salad 'koukia or foulia'	100 200 300		
LIMA BEAN stew 'gigandes plaki'	* 100 200 300		
HARICOT BEAN soup 'fasolada'	^g 150 300 450 ^a 180 360 540		
LENTIL soup 'fakes'	* 100 200 300 ^a ^g 150 300 450		

FOOD * Photo servings YEAR	REFERENCE	SUBJECT	FREQUENCY		MONTHS/
	SERVING		SERVING	D/W/M	
^a Greek Australian serves	SIZES (G)	SIZE (G)			
^g Greek serves	S M L				
CHICKPEA soup 'revithia'	150 300 450				
BLACKEYE BEAN soup or salad	100 200 300			
SPLIT PEAS 'fava'	100 200 300			
MUNG BEAN SOUP	100 200 300			
BAKED BEANS	*100 200 300			
3 BEAN MIX (tinned)	100 200 300			
SOUPS					
VEGETABLE	100 200 300			
FISH 'psarosoupa'	^g 125 250 375			
	^a 165 330 495			
CHICKEN 'kotosoupa'	^g 120 250 375			
	^a 165 330 495			
MEAT 'kreatosoupa'	120 250 375			
PACKET soup	100 200 300			
CREAM of soup	100 200 300			
VEGETABLES					
POTATO					
boiled	100 200 300			
baked	*100 200 300			
fried	*75 150 225			
mashed	*70 105 140			
PUMPKIN -boiled	*50 100 150			
CARROT (raw, not include soups)	*25 50 75			
BRUSSEL SPROUTS (boiled)	*35 70 105 1 = 10g			
BROCOLLI -boiled	*50 100 150			
CAULIFLOWER boiled	*50 100 150 100 200 300			
CABBAGE -raw	*50 100 150			

FOOD * Photo servings YEAR	REFERENCE	SUBJECT	FREQUENCY	MONTHS/
	SERVING		SERVING D/W/M	
^a Greek Australian serves	SIZES (G)	SIZE (G)		
^g Greek serves	S M L			
LETTUCE -raw	*25 50 100 960 120 180 ^a 50 100 150		
SILVERBEET -boiled	100 200 300		
CHICKORY/ENDIVES boiled 'horta'	* 100 200 300		
WILDGREEN -boiled 'horta'	* 100 200 300		
TOMATO -raw	* 100 200 300		
ONION -raw 1 = 100		
CUCUMBER -raw	* 50 100 150 5 slices = 30g		
PEAS -boiled	*40 80 120 1 cup = 80g		
CELERY	15 30 45		
GREEN BEANS boiled	*40 60 80		
BETROOT -boiled	*50 100 150 2 slices=30g		
ZUCCHINI -boiled	*50 100 150		
CORN -boiled	*20 40 60 1/4 cup =40g		
MIXED VEGETABLES boiled	1/2 cup =100g		
CAPSICUM -raw 1 = 60g	15 30 45		
MUSHROOM -cooked	*30 60 90 1 = 10g		
GARLIC	1 clove = 2g		
OLIVES	5 = 20g		
*PARSLEY	N=never		
	S=sometimes			
*MINT	O=often		
	VO=very often			
*DILL			
*BASIL			
*OREGANO			

FOOD	REFERENCE	SUBJECT	FREQUENCY	MONTHS/
* Photo servings	SERVING		SERVING	D/W/M
YEAR				
^a Greek Australian serves	SIZES (G)	SIZE (G)		
^g Greek serves	S M L			
FRUIT				
ORANGES -medium	130		
GRAPEFRUIT	200		
MANDARINE (1 large/2 small)	100		
*LEMON			
APPLE -small-whole	100		
PEARS -whole/small	120		
BANANAS -medium	100		
BERRIES	20 = 100g 1 = 5g		
CHERRIES	20 = 100g 1 = 5g		
STRAWBERRIES	12 =100g		
CANTELOUPE (no skin)	* 60 120 180		
WATERMELON (no skin)	* 130 260 390		
PEACH -medium	1= 120g		
PLUMS 3= 100g			
GRAPES	20=100g		
FIGS	2= 100g		
PINEAPPLE 1 slice 80g			
APRICOTS 3= 100g			
AVOCADO half = 150g			
POMMEGRANITE	1 tbs 15g (whole 60g)		
KIWI	1 = 70g		
MANGOES	1 = 200g		
LOQUAT	1 = 10g		

FOOD	REFERENCE	SUBJECT	FREQUENCY	MONTHS/
* Photo servings	SERVING		SERVING	D/W/M
YEAR				
^a Greek Australian serves	SIZES (G)	SIZE (G)		
^g Greek serves	S M L			
PASSION FRUIT	1Tbs = 20g whole= 30g		
FRUIT SALAD/ CANNED FRUIT	85 115 160 1/2 cup = 115g		
DRY FIGS	25 50 75 1 = 20g		
PRUNES	40 80 120 1 = 10g		
SULTANAS	1 Tbs = 15g handful=50g		
DATES	1 = 5g		
DRIED APRICOTS	5 = 25g		
DRIED PAW PAW	30 60 90		
MILK & MILK PRODUCTS				
CHEESE				
FETTA	*25 50 75		
RICOTTA COTTAGE	25 50 75 *35 50 65 1 Tbs = 20g		
CASSERI	25 50 75		
KEFALOTIRI	25 50 75		
HALOUMI	25 50 75		
PROCESSED	*20 30 40		
TASTY CHEESE	*20 30 40		
LOW FAT YELLOW e.g devondale 7	20 30 40		
SOYA CHEESE e.g minichol	20 30 40		
CHEESE SPREAD	1Tbs = 20g		

FOOD	REFERENCE	SUBJECT	FREQUENCY	MONTHS/
* Photo servings	SERVING		SERVING	D/W/M
YEAR				
^a Greek Australian serves	SIZES (G)	SIZE (G)		
^g Greek serves	S M L			
MILK				
full cream	* glass=150g		
rev/physical	* cup = 200g		
skinny	* mug = 225g		
buttermilk				
soy milk				
sheep			
goat			
evaporated	80ml=200ml milk		
YOGHURT				
full fat	1/2 cup= 100g			
plain	1 cup = 200g		
flavoured	container=200g		
low fat				
plain			
flavoured			
sheep/goat			
goat			
PUDDING				
custard/rice	1 cup = 200g		
ICECREAM	1 scoop =30g		
EGG	1 = 55g		
CEREAL & CEREAL PRODUCTS				
RICE	1 cup = 150g			
white	* 125 250 375		
brown	125 250 375		
PASTA	1 cup = 150g			
all types	* 125 250 375		
NOODLES	75 150 325			
PASTICHIO	^g 150 300 450		
(spaghetti pie)	^a 180 360 540			
TRAHANA soup	^g 125 250 375		
(semolina & yoghurt)	^a 175 350 525			
POLENTA soup	100 200 300		
COUSCOUS	100 200 300		
CRACKED WHEAT	100 200 300		
boiled				

FOOD * Photo servings YEAR	REFERENCE	SUBJECT	FREQUENCY		MONTHS/
	SERVING		SERVING	D/W/M	
^a Greek Australian serves	SIZES (G)	SIZE (G)			
^g Greek serves	S M L				
BREAD					
1 slice	30				
1 roll	60				
white (french stick)	* 15 30 45				
wholemeal					
multigrain					
rye					
fruit loaf					
lebanese	100				
crumpets	1 = 55g				
muffins	1 = 70g				
BREAKFAST CEREAL					
	1 CUP = 30g				
cornflakes * 20 30 40					
oat flakes	20 30 40				
allbran	20 30 40				
justright	20 30 40				
rice bubbles	* 15 22 30				
weetbix/vita 1 = 15g					
muesli natural	20 30 40				
	1/3 1/2 1 cup				
muesli toasted	* 35 55 110				
porridge	* 75 150 230				
unproc.bran	1 Tbs = 8g				
DRY BISCUITS					
e.g sao					
crispbread 'paximadia'	5 8 15				
SWEET BISCUITS					
plain	8				
cream filled	15				
'koulouraki'	30				
SHORT BREAD					
plain	1 = 15				
'kourambiedes'	1 = 50				
SWEET PASTRY					
honey & nuts 'baklava'	* 50 100 150				
custard 'galaktobureko'	75 150 300				
apple pie	* 80 125 170				
fried pastry 'diples'	1 = 90g				
PANCAKE					
	1 = 40g				
CAKE					
plain	1 slice = 50				
	* 50 75 100				
rich e.g cream	65 90 120				

FOOD	REFERENCE	SUBJECT	FREQUENCY	MONTHS/
* Photo servings	SERVING		SERVING D/W/M	
YEAR				
^a Greek Australian serves	SIZES (G)	SIZE (G)		
^g Greek serves	S M L			
NUTS				
peanuts	35 55 75		
walnuts	35 55 75		
peanuts	*35 55 75		
pistachio	35 55 75		
chestnuts	4 = 20g		
almonds	10 = 15g		
chickpeas	15g		
pumpkin seeds	1Tbs = 15g handful = 50g		
CONVENIENCE FOODS				
potato chips	1 pkt = 50g		
sausage roll	120		
meat pies	180		
pastie	200		
hamburger			
hot dog	130		
souvlaki			
fish n chips			
frozen dinners			
specify			
MISCELLANEOUS				
fish roe 'taramosalata'	*1tbs = 20		
potato dip 'scordalia'			
egg plant dip 'melitzanosalata'			
yoghurt dip 'tsatziki'			
tahini			
hoummos			
*chilly			
*pickle			
*tomato sauce			
*mustard			
*mayonaise			
vegemite	1 tsp = 5g		
peanut butter			
BEVERAGES				
COFFEE				
Greek	50ml		
Instant	1 cup=200ml.....		decaf
	1 cup=200ml.....		
TEA				
	1 cup=200ml.....		
HERB TEA				
	1 cup=200ml		

FOOD * Photo servings YEAR ^a Greek Australian serves ^g Greek serves	REFERENCE SERVING SIZES (G) S M L	SUBJECT SIZE (G)	FREQUENCY SERVING D/W/M	MONTHS/
COLD DRINKS				
water coke lemonade etc. low cal soft drink cordial flavoured mineral water pure orange/grapefruit/ pineapple juice blackcurrant juice pure apple juice fruit juice drink other juices cocoa drink milo	1 glass=200ml			
SUGAR & SUGAR PRODUCTS				
sugar (total/day) jam honey grape syrup 'petimezi' molasses chocolate paste fruit in syrup 'gliko tou koutaliou' halva (tahini & honey) jelly chocolate pieces lollies turkish delight	1tsp = 5 tbs = 20g 10 20 30 1tbs = 20g 40 80 120 80 100 125 *40 60 80 1 = 5g pieces 1 = 10g			

PAST FOOD INTAKE

I would now like to know how your food intake has changed over the years. Could you say you were eating more, less or the same amount of the following foods just prior to the 2nd World War:

Code: M = more
L = less
S = same

BEEF	[]
LAMB/MUTTON	[]
CHICKEN/TURKEY/PORK	[]
GAME/RABBIT/GOAT/AVIAN	[]
OFFAL	[]
FISH AND SEAFOOD	[]
SOUPS	[]
<hr/>	
BREAKFAST CEREAL	[]
RICE	[]
PASTA	[]
BREAD	[]
OATS	[]
CORN	[]
<hr/>	
ROOT VEGETABLES (potato, carrot)	[]
GREEN LEAFY VEGETABLES e.g lettuce	[]
MARROW LIKE VEGETABLES e.g zucchini	[]
FLOWER LIKE VEGETABLES e.g brocolli	[]
TOMATOES	[]
PEPPERS	[]
ONION	[]
GARLIC	[]
MUSHROOMS	[]
LEGUMES e.g lentils, broad beans	[]
OTHER VEGETABLES	[]
<hr/>	
CITRUS FRUIT	[]
APPLES/PEARS	[]
STONE FRUIT e.g apricots	[]
TROPICAL FRUIT e.g kiwi, avocado	[]
BERRIES e.g blackberry, strawberry	[]
OTHER FRUITS	[]
NUTS AND SEEDS	[]
<hr/>	
MILK	[]
CHEESE	[]
YOGHURT	[]
EGGS	[]
<hr/>	
SWEETS/CONFECTIONERY/HONEY/CAKE	[]
WATER	[]
ALCOHOL	[]
TEA	[]
COFFEE	[]
<hr/>	
OIL	[]
BUTTER	[]
MARGARINE	[]
LARD	[]

ANTHROPOMETRIC MEASUREMENTS

STATURE

Height cm		[][][].[]
Weight kg		[][][].[]
BMI		[][].[]

SKINFOLDS

Mid arm circumference cm		[][].[]
Mid arm muscle area cm ²		[][].[]
Tricep skinfold mm		[][].[]
Bicep skinfold mm		[][].[]
Subscapular skinfold mm		[][].[]
Suprailiac skinfold mm		[][].[]
% fat mass		[][]
kg fat mass		[][]
% lean mass	[][]	
kg lean mass		[][]

WAIST HIP RATIO

Waist circumference cm (level of umbilicus)		[][][]
Hip circumference cm (largest diameter below umbilicus)		[][][]
Waist/Hip ratio		[].[][]

LOSS OF HEIGHT

Hip length cm (distance between suprailiac to knee joint space)		[][].[]
Loss of Height cm		[][].[]

ELECTRICAL IMPEDANCE

resistance		[][][]
reactance		[][]
% fat mass		[][]
kg fat mass		[][]
% lean mass	[][]	
kg lean mass		[][]
% total body water		[][]
kg total body water		[][]

BLOOD PRESSURE

systolic	5 minutes rest	[][][]
	10 minutes rest	[][][]
diastolic	5 minutes rest	[][][]
	10 minutes rest	[][][]

SKIN TEST

grade 1-6	[].[]
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INTERVIEWER ASSESSMENT

INTER 4	Does the subject have at least one person who could take care of him/her if the need arose? 1. Yes 2. No	[]
INTER 5	Which of the following best describes the subjects social relationships: 1. exetensive or adequate 0. inadequate	[]
INTER 6	Which of the following needs are being met? Code: 1. Yes 2. No a. food b. housing c. clothing d. medical care e. small luxuries	[] [] [] [] []
INTER 7	Is it your impression that the subject shows good common sense in making judgements and decisions? 1. Yes 0. No	[]
INTER 8	Is it your impression that the subject finds life exciting and enjoyable? 1. Yes 0. No	[]
INTER 9	How would you rate the subject' health at present time? 1. excellent/good 0. fair/poor	[]
INTER 10	How would you rate the subject's diet at present time? 1. excellent/good 0. fair/poor	[]
INTER 11	How would you rate the subjects level of activity? 1. active - very active (86exsc 4-7) 0. inactive - active (86exsc 1-3)	[]
INTER 12	Subject accompanied by friend/relative/ spouse that answered most questions? 1. Yes 2. No	[]
INTER 13	Is subject capable of answering all questions? 1. Yes 0. No	[]

