Coding Staff	SHQ- _ _
First keyer	Name:
Second keyer	District:
Oct. 2004	Street:
	Neighbourhood committee:

DIET, LIFE STYLE AND HELAHT STUDY INTERVIEW QUESTIONNAIRE

English Translated Version

During the past several years, tumor incidences have increased considerably in Shanghai. The cause of death analysis showed that nearly 30% of the male population died from malignant tumors. Malignant tumors have become one of the most dangerous diseases that imperils Shanghai people's lives. At present, our knowledge of the things that cause cancer is far from enough. Many cancers also lack of the effective prevention and control measures. Existing phenomena show that we might have contact with some factors that are considered relevant to cancer in our daily lives. In-depth research of these factors will play a very important role in preventing and curing tumors.

Shanghai Cancer Institute, which is under the Health Department of Shanghai, is going to conduct a large-scale survey on men's health in urban Shanghai. Upon the agreement of the relevant departments of your street committee, we invite all men of the proper age in this street section to participate in this survey. In order to conquer cancers as early as possible, and to free people from the harm of cancer, we need your help and that of many other volunteers. Your participation will help us to fulfill this research of great significance.

The accuracy of the information you provide will directly affect the success of this research. If there is something you are uncertain about, please try your best to give the most accurate estimate. In the following interview, we will ask you questions about your lifestyle and health. We assure you that all the information you provide will be absolutely confidential.

Thank you very much for participating in this research project. If you have any questions, please call 64164814 or 64043057.

Survey and Research Section of "Protecting Men and Reducing the Risk of Men's Malignant Tumors," Shanghai Cancer Institute

PART ONE GENERAL INFORMATION

A0. Name:	
A1. What was your date of birth? (Do not use lunar calendar.)	Note: This frame contains
	boxes for the researchers
A2. Citizen ID Number:	to fill out, please do not
A3. Address: District Street Name:	write
Street Number:	
Home phone or neighborhood phone service number:	
A4. The name of your current working unit (If retired, it refers to the	
working unit before you retired.):	
A5. Address of your current working unit: District	
Street Name:	
Street Number:	
A6. In order to facilitate our long-term follow-up of your health status,	
please provide one of your relatives' or friends' (as a contact person)	
name, relationship with you, phone number,	
home address	
A7. Place of birth: province/city	A7.
A8. At what age did you begin to live permanently in urban Shanghai?	A8.
(Fill in 0 if you were born in Shanghai)	A6.
Age: years old	
A9. In the past year, how many people in your family, including yourself,	A9.
have lived together? persons	A).
nave rived together: persons	
A10. What was average monthly income for each people in your family	A10.
(including all sources) last year?	
1 less than 500 yuan 5 3,000 to less than 4,000 yuan	
2 500 to less than 1,000 yuan 6 4,000 to less than 5,000 yuan	
3 1,000 to less than 2,000 yuan 7 5,000 yuan above	
4 2,000 to less than 3,000 yuan 8 Unknown 9 Refused	
•	
A11. What was your birth weight? (Fill in "Unknown" if you do	A 1 1
not know)	A11.
A12. Were you breast fed by your mother or your wet nurse when you	A12.
were a baby?	1112.
1 yes 2 no (skip to A14)	
8 unknown (skip to A14)	
or dilatiown (only to 1111)	
A13. How long time were you fed by your mother or your wet nurse?	A13. _ _
1. less than half year	, _ , _ ,
2. half year above	
3. unknown	
A14. What is your education level?	A14
1 have never had formal education 5 professional high education	
2 elementary school 6 college or above	

3 junior high school	8 unknown	
4 high school		
_		
A15 Your current marriage s	A15	
1 married	4 divorced	\ <u></u> '
2 widowed	5 never marry	
3 Separated	•	

PART TWO DISEASES HISTORY

B1. Have you ever been diagnosed with any of the following diseases?

	A. Has	it been	B. How old were you when
Name of the disease	diagnosed		you were diagnosed?
	B1-B18		B1A1-B18A1
B1. diabetes	1 yes	2 no	years old
B2. high blood pressure	1 yes	2 no	years old
B3. coronary heart disease	1 yes	2 no	years old
B4. myocardial infarction	1 yes	2 no	years old
B5. malignant or benign tumor B5A2 (name and site:)	1 yes	2 no	years old
B6. prostatomegaly	1 yes	2 no	years old
B7. gall-stone	1 yes	2 no	years old
B8. bladder stone	1 yes	2 no	years old
B9. chronic hepatitis	1 yes	2 no	years old
B10. hepatocirrhosis	1 yes	2 no	years old
B11. emphyscma	1 yes	2 no	years old
B12. pulmonary tuberculosis	1 yes	2 no	years old
B13 chronic gastritis	1 yes	2 no	years old
B14 gastric ulcer	1 yes	2 no	years old
B15. peptic ulcer	1 yes	2 no	years old
B16. chronic bronchitis	1 yes	2 no	years old
B17. asthma	1 yes	2 no	years old
B18. allergy (including to food, skin,	1 yes	2 no	years old
medicine, dust, pollen, et al)			
B19. other chronic diseases:			years old
a	1 yes	2 no	
			years old
b	1 yes	2 no	
			years old
c	1 yes	2 no	
			years old
d	1 yes	2 no	

please do not write in i B1 _ B1A1 _ _ B2 _ B2A1 _ _ B3 _ B3A1 _ _ B4 _ B4A1 _ _ B5 _ B5A2 _ _	- - - -
B6	- - - -
B15 B15A1 B16 B16A1 B17 B17A1 B18 B18A1	_
B19 B19aA1 B19aA2 B19bA1 B19bA2 B19cA1 B19cA2 B19dA1	
B20 B21 _ B22 _ B23 _ B24 _ B25 _	

Note: This frame contains boxes for the researchers to fill out,

B20.	have	you	ever	had	a	tract	ure'	!

- 1.yes →
- 2.no

B21. age at first time fracture: _year B22. fracture site of first time:__

B23. age at recent fracture: $__y$ ear

B24. site of recent fracture: _____ B25. total times of fracture: ____ times

B26. Have you ever b 1 yes → 2 no	B26 B27		
8unknown			
	B29. How old were you w blood transfusion?		B28
1 yes →	B30. What was the reason fo	r the blood transfusion?	B29
2 no	 surgery trauma others 		B30
8unknown	8do not know		
B31. After you are bit 1 as small as a 2 as small as a 3 the same size	B31		
B32. Have you ev been diagnosed wi colorectal polypus? 1yes → 2 no	B32 B33 B34		
	2no ad any of the following surge	eries?	
Type of surgery:	A. Whether or not you had the surgery:	B. If you had surgery, how old were you?	
1. gastrectomy	1. yes 2. no B35A1	years old B35B1 _	
2. cholecystectomy	1. yes 2. no B35A2	years old B35B2 _	
3. tube ligation	1. yes 2. no B35A3	years old B35B3 _	
4. splenectomy	1. yes 2. no B35A4	years old B35B4 _	
5. appendectomy	1. yes 2. no B35A5	years old B35B5 _	
6. prostatectomy	1. yes 2. no B35A6	years old B35B6 _	
1. others: (please specify the part)	1. yes 2. no	years old B35B7 _ B35C71 _ _	

B36. In the past year, have you taken the following medicines often? In other words, have you taken them at least 3 times per week for more than two months continuously?

	Ever		If you have ever taken the medicine							
Name of medicines	taken medicine	How many months have you taken the per day or per week?					nedicine	Coding	g	
medicines	1yes 2no B36A1 B36A11	medicine? B36B1B36B11 Det day of per week: 3 times/week 4-6 times/week Once/day				Once/day	2+times/day		B36C1 B36C11	
1. vitamin A	1 2		1 1	1	2	3	4		1 1	
2. vitamin B	1 2		 	1	2	3	4		 - 	
3. vitamin C	1 2		<u> </u>	1	2	3	4			
4. vitamin D/AD	1 2		_	1	2	3	4		1-1	
5. vitamin E	1 2		_	1	2	3	4			
6. multiple vitamins	1 2 _		i	1	2	3	4		1_1	
7. low blood	1 2			1	2	3	4		1_1	
pressure medication										
8. medicines for treating peptic ulcers	1 2		_	1	2	3	4			
9. calcium	1 2			1	2	3	4		1_1	
10. cod liver oil	1 2 _			1	2	3	4			
11. melatonin	1 2			1	2	3	4			
2 no B38. Have you because of art rheumaticsm) (them at least the for more that continuously)? 1 yes → 2 no	you take how oldhow old . totally, . taken a hrosis (s you hav ree times n two	d did you show many malgetic uch as, re taken a week months	A. First I how old totally, I ho	ake the medicinal which is have you take the medicine: It did you start to take the medicine: It	or more than to me? years ne? years ne? years ne them? ake the medicine? shave you taken? the the medicine? have you taken? the the medicine? have you taken?	wo monthsyearsyearsyearsyears				
B39. Have you taken analgetic because of headache or other diseases (not including arthrosis) (you have taken them at least three times a week for more than two months continuously)? 1 yes A. First medicine:						_				

2. ... no

PART THREE PERSONAL HABITS AND LIFESTYLE

ame

1 yes → 2 no ↓	C15. What kind of tea do you normally drink? (choose only one) 1green tea 5 half green tea, half black tea 2 black tea 6 half scented tea, half green tea 3 oolong tea 7 half scented tea, half black tea 4 scented tea 8 others C16. Over the past year, what is the average amount of tea has your family consumed per month? liang (50 grams)(if you quitted drinking tea, what was the average amount of tea did you drink before you quitted?) C17. What is the amount you drink per month; liang (50 grams)	C13 _ C14 _ _ C15 _
C18. How old woften?	month: liang (50 grams) vere you when you stopped drinking tea years old	C17 C18

C10 II	G10				
	ken ginseng or other ginse	ng products at least 5	C19		
times per year?					
1 yes \rightarrow	C20. How old were you		C20		
2	take ginseng or othe	r ginseng products?			
2 no	years old		G21		
	C21. Over the past y	ear, have you taken	C21		
8unknown	ginseng regularly?				
		ring the past year, what nount you have taken?	C22A1 _ .		
		did not take ginseng			
		recent 12 months,	C22A2 _ .		
	<u> </u>	what was the amount			
	you take		C22A3 _ .		
		ite ginsengliang grams)			
	2. red	ginseng liang	C22A4 _		
	(50	grams)			
	3. Am	nerican ginseng	C22A5 _ .		
		ng (50 grams) nid ginseng			
	1	tle(s)	C22B6		
		Ling ginseng			
		ng (50 grams)	C22A6 _ .		
	6. Oth	ner kinds (specify):			
	* =	liang (50 grams)			
		at is the reason for you	C23		
	to take gi	inseng? . weak and get sick			
	eas:				
		strengthen your body			
		esist diseases			
	3	others (specify)			
		were you when you	C24		
	stopped taking ginsen				
	products often? ye	ars old			
C25. Have you ever use			C25		
	How many times have yo	u used hair dye each	C26		
year?	times				
1 no					
C27.	How many years have you	used hair dye?	C27		
years					

PART FOUR DIETARY HISTORY

Now I would like to ask some questions about your dietary habits in the past year. I will first read to you the names of some foods. Would you please tell me if you ate those foods and how much, in general, you ate them in the past year? We know it's hard to state the exact amount of food you eat, but the estimated amounts will give us the basic idea about your dietary intake, and the data will be of great help to us. Let me explain again, this questionnaire is about your eating and drinking habits, not of your entire family.

Next, I will read to you the names of some foods. For example, I will ask you if you ate pork chops everyday, every week, every month, every year, or not at all. If you ate pork chops every week, you tell that: "I ate pork chops every week." I will then ask you how much you normally ate at a given unit of time.

D1. Names of staple food	Frequency of food consumption					Amt. consumed (50 g)	Coding
1. rice	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5	, G	D1A1 _
2. noodles, steamed bread, dumplings and other wheat foodstuffs	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5		D1A2 _
3. all kinds of desserts	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5		D1A3 _
4. bread	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5		D1A4

D2. Meat, egg, fish		Freq		Amt. consumed (50 g)	Coding		
1. pork chops	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5		D2A1 _
2. pork ribs	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5		D2A2 _
3. pig's feet	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5		D2A3 _
4. pig's hamhock	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5		D2A4 _
5. fresh pork (fat)	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5		D2A5 _
6. fresh pork (lean)	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5		D2A6
7. fresh pork (mixture)	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5		D2A7
8. pig liver	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5		D2A8 _
9. organ meat (heart, brain, tongue, tripe, intestine)	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5		D2A9 _
10. beef, lamb	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5		D2A10 _
11. egg, duck egg	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5		D2A11
12. chicken	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5		D2A12
13. duck, goose	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5		D2A13
14. salt water fish (e.g., yellow croaker, hair tail)	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5		D2A14 _
15. fresh water fish (e.g., silver carp, bream, crucian carp, etc.)	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5		D2A15
16. rice field eel or river eel	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5		D2A16 _
17. shrimp, crab, etc.	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5		D2A17

D2. Meat, egg, fish		Frequ		Amt.	Coding		
						consumed (50 g)	
18. conch, etc.	Everyday	Every week	Every Month	Every Year	Not at all		D2A18
	1	2	3	4	5		
19. fresh milk	Everyday	Every week	Every Month	Every Year	Not at all		D2A19 _
	1	2	3	4	5		

D3. How did you prepare fish, pork, chicken, and duck?

		Frequency of food consumption (times)									
	Yes 1	Every	year	Every	month	Е	very wee	ek	Everyday	Not	Coding
D3. Cooking method	No 2	≤5	6-11	1-2	3-4	1-2	3-4	5-6		known	D3B1-
	D3A1-										D3B3
	D3A3										
a. fried	12	1	2	3	4	5	6	7	8	9	
b. stir-fried (including cooked in soy	12	1	2	3	4	5	6	7	8	9	
sauce after stir fried, etc.)											
c. roasted	12	1	2	3	4	5	6	7	8	9	1_1

D4. When you eat fried or baked fish, meat, chicken, or duck, you normally prefer that: 1the entire surface of the meat is brown with a slightly burnt flavor 2 the surface of the meat is dark brown 3 the surface of the meat is light brown 4 the surface of the meat is not brown 5 never eat	D4 _
8 hard to say 9refused	
D5. When you eat meat, do you eat the fat part? 1 almost every time. 2 sometimes. 3 normally do not. 4 never. 9 refused	D5 _
D6. When you eat chicken or duck, do you eat its skin? 1 almost every time. 2 sometimes. 3 normally do not. 4 never. 9refused	D6 _
D7. A. When you cook, do you turn on the fan above stove? 1Yes 2No	D7A1 _
If yes, when did you start to use it?year when did you stop to use it?year	D7A2 _ D7A3 _
B. When you cook, do you turn on ventilating machine? 1Yes 2No	D7B1 _
If yes, when did you start to use it?year when did you stop to use it?year	D7B2 _ _ D7B3 _

Next I would like to ask some questions about your eating habits with regard to desserts and bean products:

D8. Desserts, beans and others		Freque	Amt. consumed (50 g)	Coding			
1. soy milk, powdered soy milk (if the powdered kind is used to make the drink, the amount consumed will be the amount of the drink.)	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5		D8A1
2. bean curd	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5		D8A2 _ _

3. fried bean curd, vegetarian	Everyday	Every week	Every Month	Every Year	Not at all	D8A3 _ _
chicken, bean curd cake and other	1	2	3	4	5	
kinds of bean products excluding						
fresh bean curd						
4. dried soybeans	Everyday	Every week	Every Month	Every Year	Not at all	D8A4 _ _
	1	2	3	4	5	
5. mung bean, red bean and other	Everyday	Every week	Every Month	Every Year	Not at all	D8A5 _ _
dried beans	1	2	3	4	5	
6. soybean sprouts	Everyday	Every week	Every Month	Every Year	Not at all	D8A6 _ _
	1	2	3	4	5	
7. mung bean sprouts	Everyday	Every week	Every Month	Every Year	Not at all	D8A7 _ _
	1	2	3	4	5	

D9. In the past year, approximately	how many times have you	eaten fresh vegetables (any kind)?
0 Does not e	eat	
1 day		
2week		D9A1
3month	time	D9A2 _
	liang/time	D9A3 _ .

D10. Next, I would like to ask some questions about your eating habits with regard to fresh vegetables in the past year. Please tell me, when these vegetables were available on the market, did you eat them everyday, every week, every month, every year or not at all? How much do you normally eat? And how many months out of the year did you eat them?

D10.Vegetable s and other foods		Free	quency of food cons	sumption		Amt. consumed (50 g)	Coding D10A1- D10A36	Months of eating D10B1-D10B36
1. greens, Chinese greens	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5		D10A1 	D10B1 _
2. spinach	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5		D10A2 	D10B2 _
3. green cabbage	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5		D10A3 	D10B3 _
4. Chinese cabbage, bak choi cabbage	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5		D10A4 	D10B4 _
5. cauliflower	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5		D10A5 	D10B5 _
6. celery	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5		D10A6 	D10B6 _
7. snow pea shoots	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5		D10A7 	D10B7 _
8. eggplant	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5		D10A8 	D10B8 _
9. wild rice stems	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5		D10A9 	D10B9 _
10. asparagus lettuce	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5		D10A10 	D10B10 _
11. potato	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5		D10A11 	D10B11 _
12. wax gourd	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5		D10A12 	D10B12 _

13. cucumber	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5	D10A13 	D10B13 _
14. luffa	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5	D10A14 	D10B14
15. fresh mushroom, fresh xianggu mushroom	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5	D10A15 	D10B15 _
16. fresh red and green pepper	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5	D10A16 	D10B16
17. tomato	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5	D10A17 	D10B17 _
18. bamboo shoots	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5	D10A18 	D10B18
19. lotus root	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5	D10A19 	D10B19
20. garlic bulb	Everyday 1	Every week 2	Every Month 3	Every Year	Not at all 5	D10A20 	D10B20
21. garlic greens and garlic stalk	Everyday 1	Every week 2	Every Month 3	Every Year	Not at all 5	D10A21 	D10B21 _
22. onion	Everyday 1	Every week 2	Every Month 3	Every Year	Not at all 5	D10A22 	D10B22 _
23. Chinese chives	Everyday 1	Every week 2	Every Month 3	Every Year	Not at all 5	D10A23	D10B23 _
24. shallot	Everyday 1	Every week 2	Every Month 3	Every Year	Not at all 5	D10A24 	D10B24
25. white radish	Everyday 1	Every week 2	Every Month 3	Every Year	Not at all 5	D10A25 	D10B25
26. carrot	Everyday 1	Every week 2	Every Month 3	Every Year	Not at all 5	D10A26 	D10B26
27. baby soy bean	Everyday 1	Every week 2	Every Month 3	Every Year	Not at all 5	D10A27 	D10B27
28., fresh peas	Everyday 1	Every week 2	Every Month 3	Every Year	Not at all 5	D10A28 	D10B28
29. fresh broad beans	Everyday 1	Every week 2	Every Month 3	Every Year	Not at all 5	D10A29 	D10B29
30. yard long bean	Everyday 1	Every week 2	Every Month 3	Every Year	Not at all 5	D10A30	D10B30
31. green bean (four-season bean)	Everyday 1	Every week 2	Every Month 3	Every Year	Not at all 5	D10A31 	D10B31 _
32. hyacinth bean/snow peas (Dutch pea)	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5	D10A32 	D10B32 _
33. garland chrysamthemu m	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5	D10A33 	D10B33 _
34.shepherd's –purse	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5	D10A34 _	D10B34

35. clover	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5	D10A35 	D10B35
36. amaranth	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5	D10A36 	D10B36

D11. Next I would like to ask some questions about your eating habits with regard to preserved foods. Did you eat preserved foods at all? If so, how often?

	Yes 1		Frequency of food consumption (times)								
	No 2	Eve	y year	Every	month		Every wee	k	Everyday	Not	Coding
D11. Preserved foods		≤5	6-11	1-2	3-4	1-2	3-4	5-6		known	
	D11A1-										
	D11A6										
 smoked meat/bacon 	12	1	2	3	4	5	6	7	8	9	D11B1
2. salted meat/	12	1	2	3	4	5	6	7	8	9	D11B2
preserved meat											
3. salted fish	12	1	2	3	4	5	6	7	8	9	D11B3
4. salted egg	12	1	2	3	4	5	6	7	8	9	D11B4
salted vegetables,	12	1	2	3	4	5	6	7	8	9	D11B5
preserved vegetables											
6. Chinese sausage	12	1	2	3	4	5	6	7	8	9	D11B6

D12. In the past year, how many times have you eaten fresh fruits (any kind), everyday, every week, or every month? How many liang did you eat at each time?

1 day 2 week		D12A1
3 month 4 year	times	D12A2
	liang/time	D12A3 _ . _

D13. Next please tell me, how much fruit do you eat when it is available on the market and how many months out of the year do you eat it?

D13. Types of the fruit		Frequency	y of food co	nsumption		Amt. consumed (50 g)	Coding	Months of eating
1. apples	Everyday 1	Every week 2	Every Month	Every Year 4	Not at all 5		D13A1 _	D13B1 _
2. pears	Everyday 1	Every week 2	Every Month	Every Year 4	Not at all 5		D13A2	D13B2 _
3. tangerines, oranges, grapefruits	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5		D13A3 _	D13B3 _
4. bananas	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5		D13A4	D13B4
5. grapes	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5		D13A5 _	D13B5 _
6. watermelon	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5		D13A6	D13B6 _
7. peaches	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5		D13A7 _	D13B7 _
8. other fruits (e.g., strawberries, cantaloupe)	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5		D13A8 _	D13B8 _

D14. In the p	ast year, ho	ow muc	ch did your	family	consume per	r month (50 g):		
2. 3.	vegetable onimal oil:	oil:	(50 g) (50 g) (50 g)))			D14A1 D14A2 D14A3	. _ . _
			sugar:	(5	60 g)		D14A4	_
5.	salt:		(50 g))			D14A5	_
D15. Next I v	would like	to ask s	ome questi	ons abo	out your eatii	ng habits with re		
D15. Type of food		Freque	ncy of food co	onsumptio	on	Amt. consumed (50 g)	Cod	ing
1. black and	Everyday	Every	Every	Every	Not at		D15A1 _	_ _
white edible	1	week	Month	Year	all			
tree fungi 2. dried	Everyday	2 Every	3 Every	4 Every	5 Not at		D15A2	1 1
xianggu mushroom	1	week 2	Month 3	Year 4	all 5		D13A2 _	-11
3. sea kelp	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5		D15A3 _	-11
4. sea laver	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5		D15A4	-11
5. milk powder	Everyday 1	Every week 2	Every Month 3	Every Year	Not at all 5		D15A5 _	- _
6. preserved fruits	Everyday 1	Every week 2		Every Year	Not at all 5		D15A6 _	-
7. peanuts	Everyday 1	Every week 2		Every Year 4	Not at all 5		D15A7	-
employee's d	ining halls	? years a	ıgo, do you	have a	time(s) ny change or	meals (breakfas	D16 _ in the past year	_ -?
D17. Type of food	Not chang	e	Slightly increasing	Inc	creasing a lot	Slightly reducing	Reducing a lot	Coding
1. pork, lamb, beef	1		2	3		4	5	D17A1
2. chicken, duck	1		2	3		4	5	D17A2
3. fish and shrimp	1		2	3		4	5	D17A3
4.eggs	1		2	3		4	5	D17A4
5. fresh vegetables	1		2	3		4	5	D17A5
6. fresh fruits	1		2	3		4	5	D17A6
7. bean curd and other	1		2	3		4	5	D17A7
soybean products								

D18. Next I would like to ask some questions about your eating and drinking habits when you were young (13-15 years old). Please tell me if you ate each type of food everyday, every week, every month, every year, or not at all. How much did you normally eat?

We know it's hard to state the exact amount of food you eat, but the estimated amounts will give us the

basic idea about your dietary intake, and the data will be of great help to us.

	1	midire, dire t	ne data will be	or grout no.	p to us.		1
D18. Type of food			Frequency of fo	od consumptio	n		Coding
1. rice or cooked wheat foodstuffs	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5	times	D18A1 _
2. fresh pork	Everyday 1	Every week 2	Every Month	Every Year	Not at all 5	times	D18A2 _
3. beef, lamb	Everyday	Every week 2	Every Month	Every Year	Not at all	times	D18A3 _
4. chicken, duck	Everyday	Every week	Every Month	Every Year	Not at all 5	times	D18A4
5. animal parts (tripe, kidney, intestine, heart, tongue, etc.)	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5	times	D18A5 _
6. fresh eggs	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5	times	D18A6 _ _
7. all kinds of fresh fish (including shrimp, crab, finless eel, eel)	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5	times	D18A7 _
8. all kinds of preserved meat and fish	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5	times	D18A8
9. salted egg	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5	times	D18A9 _ _
10. fresh milk	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5	times	D18A10 _
11. milk powder						times	D18A11
12. baby soy beans, fresh peas, fresh broad bean	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5	times	D18A12
13. dried soybean	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5	times	D18A13 _
14. other dried green beans and red beans	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5	times	D18A14 _
15. bean curd,	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5	times	D18A15 _
16. multi-layer bean curd, "vegetarian chicken"						times	D18A16 _ _
17. soy milk	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5	times	D18A17 _
18. all kinds of fresh vegetables	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5	times	D18A18 _
19. all kinds of fresh fruits	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5	times	D18A19
20. salted vegetables, preserved vegetables	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5	times	D18A20

PART FIVE PHYSICAL ACTIVITIES

a week, for more the when you were in m	s of 13 and 15, did you often participate in exercise or /and manual labor (at least once an 3 months continuously)? (If you attended a middle school, it refers to the period iddle school; If you attended some manual labor or / and had a job, including manual t not including the job that sat or stood most of time) 2 no (skip to question E4) E1
E2. Between the age labor ?	s of 13 and 15, how many hours per week did you spend on exercise or / and manual hour(s)
E3. Between the age	s of 13 and 15, how many years did you take exercise or / and manual labor often? year(s) E3
and manual labor wa	more than average 4 a little less than average tle more than average 5 less than average
	es of 13 and 15, did you ever participate in the following sports tournaments (not games, or model airplane competitions)?
 Represented you Represented you 	ar class in the school sports tournaments; represented your workshop or department in aments of your factory or your organization. 1 Yes 2 No E5A1 ar school, factory, or organization in the sports tournaments of the city or county. 1 Yes 2 No E5A2 ar county, city, province, or country in sports tournaments. 1 Yes 2 No E5A3 s of 13 and 15, were you in a sports team of your school, factory, or organization?
_	E6
1 yes. →	If the answer is "yes," the sport event was: First event
2 no.	Second event E0A2
E7. Over the past 5 months continuously 1 yes	year, how often did you attend exercise? (the often means once a week at least, for 3) 2no ((skip to question E11) E7
E8. Please tell me wh	nich activity did you do most time during that period?
3 kinds of exercises:	E9. How many hours per week? E10. how many years did you participate?
(E8A1E8A3)	(E9A1 E9A3) (E10A1 E10A3)
Activity 1: _ Activity 2: _ Activity 3: _	hours . (year) _ .

(0 indic	cates nothi	ng at all,	10 indica	tes very very	strong)					
0 0	.5 1	2	3	4	5	6 	7	8	9 	10
Nothng At all	y very w weak	eak m	oderate	somewhat strong	strong (heavy)		very strong			very, very Strong (almost Maximal)
wea	ry, very k (just iceable)									,
E11. C	0mpared to 1	o other m far more a little m about ave	nen of you than avers ore than a crage	r age, the tin age verage	4 5 8	nt on exe a little less tl unkno	ercise was: e less than a han average own	verage	E11	
	Over the airs is cou			how many s –			mbed every	day? (the	e way ups E12	
	you are s skip to E1		ing, norm	ally how do	you go to	work ev	veryday? (If	you are	no longer	working,
3. Ridi	ng bicycle	ycle or o		_ minutes _ minutes les:	minutes minutes			E13A2 E13A3	_ _ 	
				oout n				E14A1	_	_!
E15. In	the past	year, the	e housew	minu ork (includin	-				_ laundry,	
1 2	care of you mostly d half don less than	lone by y e by you	ou						E15	.
E16. H	ow much	time did	you norma	ally spend on	houseword	k?			E16	.

E10B. Please measure your activity level when you took exercise:

PART SIX FAMILIAL DISEASE HISTORY

Next we verelatives, we children. (It and consant	which inc Note: ado	Note: Please do not write in this frame			
F1. How m F2. How m F3. How m	any daug any sons any siste	F1 F2 F3 F4			
F5. Are you 1 ye					F5
2		F6. If both of your gender an	d looking are s	yes	F6
2 no	8 un	known			
	nd your	First degree relatives (include children), has anybody ever?			F7
1 yes → 2 no		A. Which relative? (fill in the relationship with you)	B. What type of tumor or cancer has she / he had?	C. How old was he / she when he/she was diagnosed?	
8unknown	First	1 daughter 4 brother 2 son 5 father 3 sister 6 mother		years old	F7A1 _ _ F7B1 _ _ _ F7C1 _ _
9 refused	Second	1 daughter 4 brother 2 son 5 father 3 sister 6 mother		years old	F7A2 _ _ F7B2 _ _ _ F7C2 _ _
	Third	1 daughter 4 brother 2 son 5 father 3 sister 6 mother		years old	F7A3 F7B3 F7C3
	Fourth	1 daughter 4 brother 2 son 5 father 3 sister 6 mother		years old	F7C3 F7A4 F7B4 F7C4
	Fifth	1 daughter 4 brother 2 son 5 father 3 sister 6 mother		years old	F7A5 _ _ F7B5 _ _ _ F7C5 _ _
	Sixth	1 daughter 4 brother 2 son 5 father 3 sister 6 mother		years old	F7A6 F7B6 F7C6
		rst degree relatives (including disgnosed with following disgnosed with the following disgnose		s, sisters, brot	hers, and your children), has
F8A1. cord F8A2. acut F8A3. stro F8A4. dia	te cardiac oke	e infaction 1 yes 1 yes	s 2no 8 s 2no 8	unknown unknown 3 unknown unknown	9refused F8A2 9refused F8A3

PART SEVEN EMPLOYMENT HISTORY

I would like to ask some questions about the jobs you have ever had, which have lasted longer than one year, throughout your lifetime (including the jobs you had after you retired). Joining the army, going to the countryside to be engaged in farming is considered jobs, too. But waiting to be employed is not counted as jobs. (if the interviewee has two jobs sometime for longer than one year, please fill that in second column).

G1. Name of the employer	(1) the most recent job	(2) the job that precedes the one on the left	(3) the job that precedes the one on the left	(4) the job that precedes the one on the left	(5) the job that precedes the one on the left	(6) the job that precedes the one on the left	If you have no job currently, please explain the reason
G2. Its products and the nature of the products (manufacture and management etc.) G3. What type of work do/did you have? G4. What is/was your							
responsibility? G5. What is/was the main product of your work? G6. In what year did you start? If you have never had any jobs,	year	year	year	year	year	year	
please fill in 00. G7. In what year did the job end? (If you are still in this job, please fill in the current date)	year	year	year	year	year	year	

Job code number	G1A1 _	G1A2	G1A3	G1A4	G1A5	G1A6			
Occupational code	G3A1 _	G3A2 _ G6A2 _ _ _	G3A3 _ G6A3 _ _ _	G3A4 _ G6A4 _ _	G3A5 _ G6A5 _ _ _	G3A6 _ G6A6 _ _ _	Gm 		
	I—I——I——I								
G8. Before the sixth job the above mentioned, did you have other jobs? 1 yes 2 no									
G9. Did you one year cont		t night, that wa	as later than 10):00 pm three ti	mes at least ea	ch month and	for over		
1 yes -	\rightarrow					G9			
			when did you year	work at night?	G9A1				
		G9A2. night?		stop to work at	G9A2				
		G9A3. you wo		many years did	G9A3 _				
		G9A4. you wo month?	Average, how rk at night eac	many times did th week or each times					
2 no 8 unkno	wn	2	Попш	times	-				
		u woke betwee		ach day? (inclu gs)	iding sleeping	at day and night	ht, but		
G11. In the pa		l you take a na _l	p once a week	at least ? (not i	ncluding peopl	e who worked G11	at night,		
$1 \dots \text{yes} \rightarrow$		es, how many w many month			times	G11a1 _	_		
2 no	01142.110	vv many monen	is each year an	a you do mar.	month/ye	ear G11a2	_		
G12. Did you	ost every da netime					G12			

PART EIGHT PHYSICAL DEVELOPMENT AND BODY MEASUREMENT

Next I would like to ask some questions about your weight and height:

Compared to your peers between the ages of 15 and 20, your height was? Your weight was?

	H1. Height	H2. Weight
Period	1. Shorter than others.	1. Heavier than others.
	2. A little shorter than others.	2. A little heavier than others.
	3. Average.	3. Average.
	4. A little taller than others.	4. A little thinner than others.
	5. Taller than others.	5. Thinner than others.
	8. Unknown.	8. Unknown.
	9. Refused	9.Refused
At the age of 15 years old	l. H1A1	H2A1
At the age of 20 years ol		H2A2
H3. Your height was	(cm)when you were 20 years old	H3
	(jin) (i.e., 0.5 kilogram) when you	
G		H4
H5. Your weight was	(jin) (i.e., 0.5 kilogram) when you	were 40 years old (If you are younger
than 40 years old, ask que		
		H5
H6. Your regular weight	now is (jin) (i.e., 0.5 kilogram)	H6
		, , ,
H7. Did you have obviou	s weight change since you have been 20?	(that means you lost weight or gained
weight more than 10 jin v	vithin one year)	
	•	H7
$1 \dots yes \rightarrow H8. h$	now old were you when that happened to y	ou first time?
-		years H8
Н9. у	our weight was :	
· .	1 gained 2 lost how many jin?	jin H9 _
H10.	how old were you when that happened to	you last time?
		years H10 _
H11.	your weight was;	•
1	gained 2 lost how many jin? _	jin H11 _
H12.	how many times did your weight change of	luring your life?
	, , ,	times H12
2 no		·
8unknown		
9refused		

This part is to measure the height, weight, waistline and hipline of the interviewees. To ensure the accuracy of the measurements, the interviewees are required to wear only one layer of clothes. If this is refused, estimate the actual values and record the clothes the interviewees were in the remark columns.

Measured body	H13. The first	H14. The second	Tolerance	H15. The third	Remarks
site	measurement	measurement	limit	measurement	
	M13A1-H13A5	H14A1 H14A5		H15A1 H15A5	
1. height (cm)			1 cm		
2. weight			1 kg		
(kilogram)					

3. waistline	- . -	- . -	1 cm	- . -	
(cm)					
4. hipline (cm)	_ _ . .	_ _ . _	1 cm	_ _ . . .	
5. height at the	- -		1 cm	.	
sitting position					
(cm)					

Remarks: If the difference between the first two measurements exceeds the tolerance difference, please take the third measurement.

H16. Now we will take your blood pressure. We will measure your blood pressure twice between 3 minutes. If the difference between the first two measurements exceeds the tolerance difference, we will take the third time.

A first time:	systolic mmHg	H16A1 _
	diastole mmHg	H16A2 _
B. the second time:	systolic mmHg	H16B1
	diastole mmHg	H16B2 _
C. the third time:	systolic mmHg	H16C1
	diastole mmHg	H16C2

INTERVIEWER POSTSCRIPT

I1. The reliability of all the interview material:	 Wery reliable Generally reliable Unreliable 	I1
I2. The time when the interview ended: 1 r 2 a	morning fternoon minutes past	I2A1 _ o'clock I2A2
I3. Signature of the interviewer:		I3
I4. Did the interviewee's wife take part in the Wo 1 yes 2 no 8unknown	men Health Cohort Study survey	7? I4
If yes, the SWQ number is	:	SWQ: _ _
What is your wife's name		
N1. The reliability of all the interview material:	 1 Very reliable 2 Generally reliable 3 Unreliable 	N1
N2. The time when the interview ended: 1 2	afternoon hour min	ute -2

* PLEASE DOUBLE-CHECK THE SELF-ADMINISTERED FORM, THE QUESTIONAIRE, THE BLOOD SAMPLE FORM, THE URINE SAMPLE FORM, THE URINE COLLECTING CUP AND BLOOD TAKING TUBE; MAKE SURE THE ID NUMBERS ON EACH OF THEM ARE CORRESPONDING.

In this survey, we want to know some components in blood and urine samples, so that we can explore the correlations between heredity, hormone, nutrients and environmental factors and cancers. We need to collect a little cup of urine and 10 mL blood (about 1 teaspoon) from the interviewees to do this research.

One person has about 4000-5000mL blood in the body, thus 10mL of blood collected will not affect your health. Look forward to your support on our work. We will pay you 30RMB as thanks.

	Agree1 Disagree2	BLD
N3. Signature of the interviewer:		N3
N4. Signature of the interviewee:		