

Coding Staff |\_\_|

April, 2007

SWQ : |\_\_|\_\_|\_\_|\_\_|\_\_|\_\_|

Name: \_\_\_\_\_

District: \_\_\_\_\_

Street: \_\_\_\_\_

里委: \_\_\_\_\_

## Follow-up of Women's Health Study

(2007)

English Translated Version

A1.Date of filling form: \_\_\_\_\_year\_\_\_\_\_month\_\_\_\_\_day A1 |\_\_|\_\_|\_\_|\_\_|\_\_|\_\_|

A2.Time of interviewing: 1.monining  
2.afternoon \_\_\_\_\_hour\_\_\_\_\_minute A2|\_\_| |\_\_|\_\_|\_\_|\_\_|

### Part One General information

A3 Your current weight? \_\_\_\_\_jin (i.e., 0.5 kilogram) (answered by interviewee) A3 |\_\_|\_\_|\_\_|

A4a Systolic blood pressure 1:\_\_\_\_\_ mm Hg A4a|\_\_|\_\_|\_\_|

A4b Systolic blood pressure 2:\_\_\_\_\_ mm Hg A4b|\_\_|\_\_|\_\_|

A5a Diastolic blood pressure 1:\_\_\_\_\_ mm Hg A5a|\_\_|\_\_|\_\_|

A5b Diastolic blood pressure 2:\_\_\_\_\_ mm Hg A5b|\_\_|\_\_|\_\_|

A6a Heart rate1:\_\_\_\_\_ (次/分) A6a|\_\_|\_\_|\_\_| A6b Heart rate 2:\_\_\_\_\_ (次/分) A6b|\_\_|\_\_|\_\_|

### Part Two Dietary history

Now I would like to ask some questions about your dietary habits in the past year. The usual foods in Shanghai are listed in the following tables. Please let know: Would you please tell me if you ate those foods and how much, in general, you ate them in the past year? For each particular food, the first question would be whether you ate it or not, if you eat, what is the frequency? Each day, each week, each month, or each year? And the amount? Please don't leave blank.

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.

B1. Names of staple food	Frequency of food consumption					Amt. consumed (50 g)	Coding	
	Everyday	Every week	Every Month	Every Year	Not at all			
1. rice	1	2	3	4	5		b1-1  __ __ __	VV1
2. noodles, steamed bread, and other wheat foodstuffs	1	2	3	4	5		b1-2  __ __ __	VV2

B2. Meat, egg, fish	Frequency of food consumption					Amt. consumed (50 g)	Coding	
	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5			
1. pork chops	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5		b2-1  __ __ __	VV3
2. pork ribs	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5		b2-2  __ __ __	VV4
3. pig's feet	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5		b2-3  __ __ __	VV5
4. pig's hamhock	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5		b2-4  __ __ __	VV6
5. fresh pork (fat)	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5		b2-5  __ __ __	VV7
6. fresh pork (lean)	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5		b2-6  __ __ __	VV8
7. fresh pork (mixture)	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5		b2-7  __ __ __	VV9
8. pork liver	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5		b2-8  __ __ __	VV10
9. organ meat (heart, brain, tongue, tripe, intestine)	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5		b2-9  __ __ __	VV11
10. beef, lamb	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5		J2-10  __ __ __	VV12
11. egg, duck egg	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5		b2-11  __ __ __	VV13
12. chicken	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5		b2-12  __ __ __	VV14
13. duck, goose	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5		b2-13  __ __ __	VV15
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		b2-14  __ __ __	VV16
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		b2-15  __ __ __	VV17
16. rice field eel or river eel	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5		b2-16  __ __ __	VV18
17. shrimp, crab, etc.	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5		b2-17  __ __ __	VV19
18. conch, etc.	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5		b2-18  __ __ __	VV20

B2. Meat, egg, fish	Frequency of food consumption					Amt. consumed (50 g)	Coding	
	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5			
19. fresh milk							b2-19  __ __ __	VV21

B3. Soy beans and products	Frequency of food consumption					Amt. consumed (50 g)	Coding	
	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5			
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.)							B3-1  __ __ __	VV22
2. Tofu							B3-2  __ __ __	VV23
3. Other soy bean products (fried bean curd, vegetarian chicken, bean curd cake and other kinds of bean products excluding fresh bean curd)							B3-3  __ __ __	VV24
4. dried soybeans							B3-4  __ __ __	VV25
5. mung bean, red bean and other dried beans							B3-5  __ __ __	VV26
6. soybean sprouts							B3-6  __ __ __	VV27
7. mung bean sprouts							B3-7  __ __ __	VV28

B4. We would like to know how often (each day, each week or each month) you eat fresh vegetable in the past year? What is the amount (50 g) you consumed each time?

1.....day

B4\_1 |\_\_|

2.....week

\_\_\_\_\_ time

B4\_2 |\_\_|\_\_|

3.....,month

\_\_\_\_\_ 50 g/time

B4\_3 |\_\_|\_\_|. |\_\_|

B5. 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?

Vegetables and other foods	Frequency of food consumption					Amt. consumed (50 g)	Coding	
	Everyday	Every week	Every Month	Every Year	Not at all			

1. greens, Chinese greens	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5		B5A1  __ __ __	VV29
2. spinach	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5		B5A2  __ __ __	VV30
3. green cabbage	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5		B5A3  __ __ __	VV31
4. Chinese cabbage, bak choi cabbage	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5		B5A4  __ __ __	VV32
5. cauliflower	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5		B5A5  __ __ __	VV33
6. broccoli	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5		B5A6  __ __ __	VV34
7. celery	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5		B5A7  __ __ __	VV35
8. bean seeding	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5		B5A8  __ __ __	VV36
9. eggplant	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5		B5A9  __ __ __	VV37
10. wild rice stems	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5		B5A10 __ __ __	VV38
11. lettuce	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5		B5A11 __ __ __	VV39
12. potato	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5		B5A12 __ __ __	VV40
13. wax gourd	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5		B5A13 __ __ __	VV41
14. cucumber	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5		B5A14 __ __ __	VV42
15. luffa	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5		B5A15 __ __ __	VV43
16. fresh mushroom, fresh xianggu mushroom	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5		B5A16 __ __ __	VV44
17. fresh red and green pepper	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5		B5A17 __ __ __	VV45
18. tomato	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5		B5A18 __ __ __	VV46
19. bamboo shoots	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5		B5A19 __ __ __	VV47
20. lotus root	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5		B5A20 __ __ __	VV48
21. garlic bulb	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5		B5A21 __ __ __	VV49
22. garlic greens and garlic stalk	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5		B5A22 __ __ __	VV50

23. onion	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5		B5A23  __ __ __	VV51
24. Chinese chives	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5		B5A24  __ __ __	VV52
25. shallot	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5		B5A25  __ __ __	VV543
26. white radish	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5		B5A26 __ __ __	VV54
27. carrot	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5		B5A27  __ __ __	VV55
28. baby soy bean	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5		B5A28  __ __ __	VV56
29. fresh soy bean	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5		B5A29  __ __ __	VV57
30. fresh broad beans	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5		B5A30  __ __ __	VV58
31.yard long bean	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5		B5A31  __ __ __	VV59
32. green bean (four-season bean)	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5		B5A32  __ __ __	VV60
33. hyacinth bean/ Dutch pea	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5		B5A33  __ __ __	VV61
34. garland chrysanthemum	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5		B5A34 __ __ __	VV62
35. shepherd's -purse	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5		B5A35  __ __ __	VV63
36. clover	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5		B5A36  __ __ __	VV64
37. amaranth	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5		B5A37  __ __ __	VV65
38. asparagus	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5		B5A38  __ __ __	VV66

B6. We would like to know how often (each day, each week or each month) you eat fruits in the past year? What is the amount (50 g) you consumed each time?

1.....day

B6\_1 |\_\_|

2.....week \_\_\_\_\_ time

3.....month

B6\_2 |\_\_|\_\_|

4.....year \_\_\_\_\_ 50g/time/次

B6\_3 |\_\_|\_\_|. |\_\_|

B7. Next, I would like to ask some questions about your eating habits with regard to fruits in the past year. Please tell me, when these fruits 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?

		Amt.		
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Types of the fruit	Frequency of food consumption					consumed (50 g)	Coding	
	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5			
1. apples	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5		B7A1  __ __ __	VV67
2. pears	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5		B7A2  __ __ __	VV68
3. tangerines, oranges, grapefruits	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5		B7A3  __ __ __	VV69
4. bananas	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5		B7A4  __ __ __	VV70
5. grapes	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5		B7A5  __ __ __	VV71
6. watermelon	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5		B7A6  __ __ __	VV72
7. peaches	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5		B7A7  __ __ __	VV73
8. other fruits (e.g., strawberries, cantaloupe, muskmelon, casaba)	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5		B7A8  __ __ __	VV74

B8.Next, we would like to know the other foods you ate:

B8. Name of foods	Frequency of food consumption					Amt. consumed (50 g)	Coding	
	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5			
1. black and white edible tree fungi  all kinds of desserts	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5		B8_1  __ __ __	VV75
2. dried xianggu mushroom  bread	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5		B8_2  __ __ __	VV76
3. sea kelp	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5		B8_3  __ __ __	VV77
4. sea laver	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5		B8_4  __ __ __	VV78
5. power milk	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5		B8_5  __ __ __	VV79
6. preserved fruits	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5		B8_6  __ __ __	VV80
7. peanut	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5		B8_7  __ __ __	VV81

8. Big/small peacan	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5		B8_8  __ __ __	VV82
9. seeds	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5		B8_9  __ __ __	VV83
10. other nuts (e.g. cashew, pistachio, almond)	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5		B8_10 __ __ __	VV84
11. Coke, Sprite, Fanta, and other Sodas	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5		B8_11 __ __ __	-
12. Juice	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5		B8_12 __ __ __	-
13.sugared beverages	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5		B8_13 __ __ __	-
14. Fruit drink, malt milk, and other powder drink	Everyday 1	Every week 2	Every Month 3	Every Year 4	Not at all 5		B8_14 __ __ __	-

B9. In the past year, how much did your family consume per month (50 g):

1. soybean oil and refined oil: \_\_\_\_\_ (50g) B9-1 |\_\_|\_\_|\_\_|

2. peanut oil (other vegetable oil) : \_\_\_\_\_ (50g) B9-2 |\_\_|\_\_|\_\_|

3. lard oil: \_\_\_\_\_ (50g) B9-3 |\_\_|\_\_|\_\_|

4. brown (bleached) sugar: \_\_\_\_\_ (50g) B9-4 |\_\_|\_\_|\_\_|

5. salt: \_\_\_\_\_ (50g) B9-5 |\_\_|\_\_|\_\_|

B10. In the above oil, how much did you pour away (e.g. the left oil after fried or stir-fry)?

\_\_\_\_\_ 50g B10 |\_\_|\_\_|\_\_|

B11. In the most time of the past year, how many people in your family, including yourself, have lived together?

\_\_\_\_\_ persons B11 |\_\_|\_\_|\_\_|

B12. In the most time of the past year, how many times in your family, including yourself, did not eaten at home each month? (e.g. dining room at school or restaurant) (exclude breakfast)

\_\_\_\_\_ times B12 |\_\_|\_\_|\_\_|

B13. In the most time of the past year, how many times did not eaten at home each month for yourself? (exclude breakfast)

\_\_\_\_\_ times B13 |\_\_|\_\_|

### Part Three Personal habits and lifestyle

C1. Have you smoked usually in the past year? (at least one cigarette per day, for more than 6 months continuously)

1...yes 2...no C1|\_\_|

C1a. In the past year, what was the average of hours per day when people smoked in front of you?

\_\_\_\_\_ hours C1a|\_\_|\_\_|. |\_\_|

C2. In the past year, did you often drink alcohol ? (at least 3 times per week, for more than 6 months continuously)

1...yes 2...no C2|\_\_|

C3. In the past year, did you oftern drink tea? (at least 3 times per week, for more than 6 months continuously)

C3|\_\_|

1.....yes →

C3a. In the past year, how much did you drink each month? C3a|\_|\_|.|\_|\_|

C3b. In the days of drinking tea, how many times did you make tea?  
 (to change fresh tea or fresh tea bag) ? \_\_\_\_\_times C3b|\_|\_|

2.....Never (ask question C4a)

3.....not drink tea any more → C3c. How old were you when you stopped drinking tea?  
 \_\_\_\_\_ years C3c |\_|\_|

C4a. In the past year, how much ginseng did you take? \_\_\_\_\_50g C4a|\_|\_|.|\_|\_|

C4b. In the past year, how much pills or capsules of ginseng did you take?

1...month

2...year \_\_\_\_\_pill or capsule C4b|\_|\_|\_|\_|\_|\_|\_|

C5. In the past year, did you take the following vitamin supplement or health products ? (at least 3 times per week, two months continuously)

<i>Vitamin</i>	<i>Ever took</i>	<i>a. times/per week ?</i>	<i>b. how many months ?</i>
1. Vitamin A + D	1.yes 2.no  _ _	_____ C5a-1  _ _ _ _	_____ month C5b-1  _ _ _ _
2. Vitamin B	1.yes 2.no  _ _	_____ C5a-2  _ _ _ _	_____ month C5b-2  _ _ _ _
3. Vitamin C	1.yes 2.no  _ _	_____ C5a-3  _ _ _ _	_____ month C5b-3  _ _ _ _
4. Vitamin E	1.yes 2.no  _ _	_____ C5a-4  _ _ _ _	_____ month C5b-4  _ _ _ _
5. Multiple vitamin	1.yes 2.no  _ _	_____ C5a-5  _ _ _ _	_____ month C5b-5  _ _ _ _
6. other vitamin (note: _____)	1.yes 2.no  _ _	_____ C5a-6  _ _ _ _	_____ month C5b-6  _ _ _ _
7. calcium	1.yes 2.no  _ _	_____ C5a-7  _ _ _ _	_____ month C5b-7  _ _ _ _
8. fish oil pellets	1.yes 2.no  _ _	_____ C5a-8  _ _ _ _	_____ month C5b-8  _ _ _ _
9. gyrophora, its Products and spore powder	1.yes 2.no  _ _	_____ C5a-9  _ _ _ _	_____ month C5b-9  _ _ _ _
10. others: _____	1.yes 2.no  _ _	_____ C5a-10  _ _ _ _	_____ month C5b-10  _ _ _ _
11. others: _____	1.yes 2.no  _ _	_____ C5a-11  _ _ _ _	_____ month C5b-11  _ _ _ _

C6. In the past two years, did you take traditional Chinese medicine or Chinese patent drug for more three months continuously? C6|\_|\_|

1...yes 2...no

C7a. Cumulated in \_\_\_\_\_years took total \_\_\_\_\_months C7a-1|\_|\_|

C7a-2|\_|\_|\_|\_|

C7b. Reasons for taking traditional Chinese medicine or Chinese patent drug:





2... no

3...taking sleeping pills or other medicine assisting sleep (e.g. melatonin)

C17. Did you often feel that you have not had enough sleeping when you woke up in the morning? C17|\_|

1... yes→

2... no

CC17a. How many times did this happen each month or each week?	
1...month _____ times	C17a  _ _ _ _
2...week	
CC17b. How many years did this last? _____ years	C17b  _ _

C18. Next, we would like to know how many days did you have the following feelings in the past week?

<i>Symptoms</i>	<i>Days in the past week</i>
1.depressed	_____ C18_1 _
2.blues	_____ C18_2 _
3.happy	_____ C18_3 _
4.crying spells	_____ C18_4 _
5.couldn't get going	_____ C18_5 _
6.no chance to talk	_____ C18_6 _
7.couldn't trust others	_____ C18_7 _

### INTERVIEWER POSTSCRIPT

D1. The reliability of all the interview material: 1. .... Very reliable  
 2. .... Generally reliable D1 |\_|  
 3. .... Unreliable

D2. The time when the interview ended: 1. .... morning  
 2. .... afternoon \_\_\_\_\_ hour \_\_\_\_\_ minute  
 D2-1 |\_| D2-2 |\_|\_|\_|\_|

D3. Signature of the interviewer: \_\_\_\_\_ N3 |\_|\_|

D4. Signature of the interviewee: \_\_\_\_\_