



Health Promotion Questionnaire

If you made an error in your name or address, please correct it with a red pen.

The Ministry of Health and Welfare: The Japan Public Health Center-based prospective Study on Cancer and Cardiovascular Disease Research Group

Kept by Secretariat
National Cancer Center
National Cardiovascular Center

We may call to ask you some questions regarding the contents of what you have filled in. Please provide your phone number below if you do not mind.



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

Do not fill in



Before starting the questionnaire

The Epidemiology Research Group of the Ministry of Health, Labor and Welfare is working on research on “How can we prevent lifestyle diseases such as cancer, stroke, myocardial infarction, etc.?” In this context, we have carried out the “Health Promotion Questionnaire” twice, mainly in 1990 and 1995, targeting people who were born from 1930 through 1949 who live in cities, towns and villages.

Five years have passed since the survey in 1995, and we are carrying out this third questionnaire to find out whether there have been any changes in lifestyle or health status of people during this interval, and also about details of your diet. We would like to ask your cooperation now that you understand the background of this survey. For those of you who did not participate in the previous questionnaires, we certainly would like to ask your cooperation this time.

If you are willing to participate this time, please read the “Instructions on How to Fill in the Questionnaire” below and answer the questions beginning on the following page.

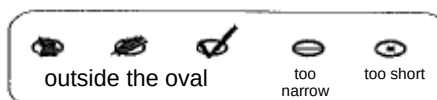
Instructions on How to Fill in the Questionnaire

1. As much as possible, please fill in this questionnaire by yourself.
2. Please fill in the given space (the oval circles) that apply with a black pencil, or enter a number or letter in the box.. If you choose “Other” in the multiple choice selections, please fill in specific details in the parentheses.
3. Please use an HB, B or H graphite pencil.
4. Please do not use a fountain pen or ballpoint pen.
5. If you have any corrections, please erase them entirely with an eraser.
6. Please do not fill in anything in the blank spaces.
(example for filling in the mark)

Good
Example



Bad
Example



For example, please fill it in as shown below if you currently smoke cigarettes, and if you started smoking at age 20.

Currently, do you smoke cigarettes?		
☒ I smoke	☐ I quit	☐ I do not smoke
	At what age did you quit smoking cigarettes?	
	years of age	
From what age did you start smoking?	From what age did you start smoking?	
20 years of age	years of age	

Please mark the month when you answered this questionnaire.						
☐ January	☐ February	☐ March	☐ April	☐ May	☐ June	
☐ July	☐ August	☐ September	☐ October	☐ November	☐ December	

What is your gender?	☐ Male	☐ Female
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Have you been told by your healthcare provider that you have any of the following diseases, or have you had any of the following operations? If there is a disease or operation that applies, please mark the general time frame for that.

Disease		Time Frame when First Diagnosed		
		1989 or Before	1990 - 1994	1995 or After
Cancer	Stomach Cancer	☐	☐	☐
	Colon Cancer	☐	☐	☐
	Lung Cancer	☐	☐	☐
	Liver Cancer	☐	☐	☐
	Breast Cancer	☐	☐	☐
	Uterine Cancer	☐	☐	☐
	Other Cancer ()	☐	☐	☐
Cardiovascular Disease	Stroke (cerebral hemorrhaging, cerebral infarction, subarachnoid hemorrhage)	☐	☐	☐
	Myocardial Infarction	☐	☐	☐
	Angina Pectoris	☐	☐	☐
Other Diseases	Diabetes	☐	☐	☐
	Cataracts	☐	☐	☐
	Stomach Ulcers	☐	☐	☐
	Stomach Polyps	☐	☐	☐
	Duodenal Ulcers	☐	☐	☐
	Colon Polyps	☐	☐	☐
	Chronic Hepatitis or Cirrhosis of the Liver	☐	☐	☐
	Gall Stones	☐	☐	☐
	Urethral Stones or Kidney Stones	☐	☐	☐
	Gout	☐	☐	☐
	Hip Fracture, except from traffic accident or work accident	☐	☐	☐
	Arm or Wrist Fracture, except from traffic accident or work accident	☐	☐	☐
	Diseases other than those written above ()		☐	☐

Endoscopic Surgery		Time Frame when First Having Endoscopic Surgery		
		1989 or Before	1990 - 1994	1995 or After
*Endoscopic surgery is to cut out mucous membranes or polyps, etc. with a stomach camera, stomach fiber or colon fiber, etc.				
Site	Stomach	☐	☐	☐
	Colon	☐	☐	☐
	Endoscopic Surgery on Other Site ()	☐	☐	☐

Surgery		Time Frame when First Having Surgery		
		1989 or Before	1990 - 1994	1995 or After
*Not including endoscopic surgery				
Site	Stomach	☐	☐	☐
	Colon	☐	☐	☐
	Gallbladder (Gall Stones)	☐	☐	☐
	Breast	☐	☐	☐
	Uterus	☐	☐	☐
	Ovaries	☐	☐	☐
	Lung	☐	☐	☐
	Liver	☐	☐	☐
	Surgery on Other Site ()	☐	☐	☐
			Do not fill in	

Currently, is there a medicine that is prescribed by your healthcare provider and that you take periodically?

☐ Yes

☐ No

To the Next Question

If "Yes," please mark all that apply.

☐ Hypertension Medicine

☐ Medicine to Lower Cholesterol

☐ Diabetes Medicine

☐ Gout Medicine

☐ Other

Fill in the name of the medicine

Mark Not Necessary

Is there any dietary health supplement that you have been taking with the frequency of once or more a week continually for one year or more?

☐ Yes

☐ No

Please fill in the product name or type, frequency, time period for each dietary health supplement modeled after the example.

to the next page

Dietary health supplements here mean those non-food things taken in the form of tablets or powders, liquids, etc. like those written below.

< Examples of Dietary Health Supplements >

Vitamin agents:

Multivitamins (alinamin A, etc.), vitamin B (chocola BB, etc.), vitamin C (Hi-C, etc.), vitamin E (juvelux, etc.), etc.

Mineral agents:

Calcium, iron, etc.

Drink agents:

Lipovitan D, Fibe-Mini, etc.

Extracts from Food Products:

Agaricus, propolis, turmeric, liver oil, etc.

(Example) If you have continually been taking "Hi-C S" once daily for 8 years, or "Lipovitan D" 1 - 2 times a week for 2 years, please fill it in as follows.

Whether Taken or Not	Product Name or Type	Frequency						Time Period				
		1 - 2 times a week	3 - 4 times a week	5 - 6 times a week	Once daily	2 - 3 times daily	4 times or more daily	1 - 2 years	3 - 4 years	5 - 9 years	10 - 19 years	20 years or more
☒	Hi-C S	☐	☐	☐	☒	☐	☐	☐	☐	☒	☐	☐
☒	Lipovitan D	☒	☐	☐	☐	☐	☐	☒	☐	☐	☐	☐

Whether Taken or Not	Product Name or Type	Frequency						Time Period				
		1 - 2 times a week	3 - 4 times a week	5 - 6 times a week	Once daily	2 - 3 times daily	4 times or more daily	1 - 2 years	3 - 4 years	5 - 9 years	10 - 19 years	20 years or more
☐		☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
☐		☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
☐		☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
☐		☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
☐		☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
☐		☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

About how tall are you currently?		About how much do you weigh currently?	
100 digit	10 digit	1 digit	(round off the fractions)
			cm

About how much did you weigh when you were around 20 years old?	100 digit	10 digit	1 digit	(round off the fractions)
				kg

Do you currently smoke cigarettes?

☐ I smoke	☐ I quit	☐ I do not smoke
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From what age did you start smoking?

years of age

How many cigarettes do you smoke a day?

cigarettes

Would you like to quit smoking?
(Please mark one)

☐ I would

☐ I would like to reduce the number I smoke

☐ I would not

How old were you when you quit?

years of age

At what age did you start smoking?

years of age

How many cigarettes did you smoke a day?

cigarettes

Why is it that you stopped smoking?
(Please mark one or more)

☐ Because it damaged my health

☐ Because it was not good for my future health

☐ Because it bothered the people around me

☐ Because there are more restrictions on where I can smoke in public

☐ Because of economic reasons

☐ Other

Why is it that you do not smoke?
(Please mark one or more)

☐ Because I have not been so healthy

☐ Because it does not fit my own character

☐ Because it is not good for my future health

☐ Because it bothers the people around me

☐ Because of economic reasons

☐ Other

About how often did you have the opportunity to inhale second-hand smoke (one hour or more per day) at home, the work place, stores, etc?

At the age of 10	☐ hardly ever	☐ 1 - 3 days per month	☐ 1 - 4 days per week	☐ almost every day
At the age of 30	☐ hardly ever	☐ 1 - 3 days per month	☐ 1 - 4 days per week	☐ almost every day
Currently	☐ hardly ever	☐ 1 - 3 days per month	☐ 1 - 4 days per week	☐ almost every day

Do not fill in ☐ ☐

Do you think you are tolerant of alcohol?			
☐ Tolerant	☐ Normal	☐ Intolerant	☐ I do not know

When you drink alcohol, does your face quickly become red?			
☐ It does	☐ Somewhat	☐ It does not	☐ I do not know

Currently, do you drink alcohol?			
☐ I do ☐ I quit ☐ I do not			
At what age did you quit drinking alcohol? years of age			
Why do you drink? (Please mark one) ☐ Because I like it ☐ To socialize	Why is it that you quit drinking alcohol? (Please mark one or more) ☐ Because it damaged my health ☐ Because it did not fit my character ☐ Because it was not good for my future health ☐ Because the number of drinking opportunities decreased ☐ Because of economic reasons ☐ Other ()	Why do you not drink alcohol? (Please mark one or more) ☐ Because I have not been so healthy ☐ Because it does not fit my own character ☐ Because it is not good for my future health ☐ Because I do not have drinking opportunities ☐ Because of economic reasons ☐ Other ()	
↓	↓	↓	
To the next page			

How frequently do you drink? (For a person who quit, please provide information of the time when you were drinking)		
☐ I hardly ever drink	☐ 1 - 3 days a month	☐ 1 - 2 days a week
☐ 3 - 4 days a week	☐ 5 - 6 days a week	☐ I drink every day

Please choose the most usual combination that you drink in one day.	
(Example) If normally after drinking one large bottle of beer you drink 2 go of Japanese sake, in the "Beer" area fill in "1 bottle" and in the "Japanese Sake" area fill in "2 go," and in the "Shochu or Awamori," "Whiskey," and "Wine" areas, fill in "I do not drink."	
Japanese Sake	1 go (180ml) ☐ I do not drink ☐ less than 0.5 go ☐ 1 go ☐ 2 go ☐ 3 go ☐ 4 go ☐ 5 - 6 go ☐ 7 go or more
Shochu or Awamori	1 go undiluted (180ml) ☐ I do not drink ☐ less than 0.5 go ☐ 1 go ☐ 2 go ☐ 3 go ☐ 4 go ☐ 5 - 6 go ☐ 7 go or more
Beer	Large bottle (633ml) (Please make the conversion at medium bottle or 500ml can, 0.8 of a bottle; small bottle or 350ml can, 0.6 of a bottle) ☐ I do not drink ☐ less than 0.5 bottle ☐ 1 bottle ☐ 2 bottles ☐ 3 bottles ☐ 4 bottles ☐ 5 - 6 bottles ☐ 7 bottles or more
Whiskey	Single (30ml) ☐ I do not drink ☐ less than 0.5 glass ☐ 1 glass ☐ 2 glasses ☐ 3 glasses ☐ 4 glasses ☐ 5 - 6 glasses ☐ 7 bottles or more
Wine	Glass (100ml) ☐ I do not drink ☐ less than 0.5 glass ☐ 1 glass ☐ 2 glasses ☐ 3 glasses ☐ 4 glasses ☐ 5 - 6 glasses ☐ 7 bottles or more

Questions about Your Dietary Life

Now some questions about your diet will follow.

Recalling your diet over the past one year, please answer with average frequencies and amounts.

If you answer all the items, a detailed nutritional calculation of your normal dietary life can be made, so we will be able to report to each of you individually at a later date whether you have a nutritional balance, or whether your vitamins are enough, etc.

There are a lot of questions, and this may be difficult for you, but we ask you to please complete it to the end.

We are going to ask you about "rice (cooked rice)."

About what size rice bowl do you eat with?

- ☐ Small rice bowl ☐ Normal rice bowl (female) ☐ Normal rice bowl (for male)
☐ Donburi/large rice bowl

About how many bowls do you eat in 1 day, combining breakfast, lunch and dinner?

- ☐ Less than 1 bowl ☐ 1 bowl ☐ 2 bowls ☐ 3 bowls ☐ 4 bowls
☐ 5 bowls ☐ 6 bowls ☐ 7 - 9 bowls ☐ 10 bowls or more

Do you eat vitamin-enriched rice?

- ☐ No ☐ I rarely eat it ☐ I sometimes eat it ☐ I often eat it ☐ I always eat it

Do you mix in wheat?

- ☐ I do not mix it in ☐ I rarely mix it in ☐ I sometimes mix it in ☐ I often mix it in
☐ I always mix it in

Do you mix in millet or Japanese hie?

- ☐ I do not mix it in ☐ I rarely mix it in ☐ I sometimes mix it in ☐ I often mix it in
☐ I always mix it in

We are going to ask you about "miso soup."

How frequently do you eat it?

- ☐ I hardly ever eat it ☐ 1 - 3 days a month ☐ 1 - 2 days a week ☐ 3 - 4 days a week
☐ 5 - 6 days a week ☐ I eat it every day

About how many cups do you eat in 1 day, combining breakfast, lunch and dinner?

- ☐ Less than 1 cup ☐ 1 cup ☐ 2 cups ☐ 3 cups ☐ 4 cups
☐ 5 cups ☐ 6 cups ☐ 7 - 9 cups ☐ 10 cups or more

How do you season it?

- ☐ Fairly diluted ☐ Somewhat diluted ☐ Normal ☐ Somewhat thick ☐ Fairly thick

Do not fill in ●

Recalling your diet over the past one year, please fill in average frequencies and amounts.

Example of how to fill it in

If you eat beef steak about 2 times a month, and the amount you eat per time is about half a slice, then fill it in as follows.

Name of Food Item		Less than once a month	1 - 3 times a month	1 - 2 times a week	3 - 4 times a week	5 - 6 times a week	Once daily	2 - 3 times daily	4 - 6 times daily	7 times or more daily	Estimated Amount Per Time	Estimated Amount Per Time		
												Less (half or less) than the estimated amount	Same as the estimated amount	More (1.5 time or more) than the estimated amount
Beef	Steak Grilled (grilled meat, etc.)	☐	☐	☐	☐	☐	☐	☐	☐	☐	1 steak slice (about 150g) 5 thin slices (about 100g)	☐	☐	☐

If you hardly ever eat beef steak (less than once a month), fill it in as follows.

Name of Food Item		Less than once a month	1 - 3 times a month	1 - 2 times a week	3 - 4 times a week	5 - 6 times a week	Once daily	2 - 3 times daily	4 - 6 times daily	7 times or more daily	Estimated Amount Per Time	Estimated Amount Per Time		
												Less (half or less) than the estimated amount	Same as the estimated amount	More (1.5 time or more) than the estimated amount
Beef	Steak Grilled (grilled meat, etc.)	☐	☐	☐	☐	☐	☐	☐	☐	☐	1 steak slice (about 150g) 5 thin slices (about 100g)	☐	☐	☐

Do not fill in anything in the estimated amount.

Name of Food Item		Less than once a month	1 - 3 times a month	1 - 2 times a week	3 - 4 times a week	5 - 6 times a week	Once daily	2 - 3 times daily	4 - 6 times daily	7 times or more daily	Estimated Amount Per Time	Estimated Amount Per Time		
												Less (half or less) than the estimated amount	Same as the estimated amount	More (1.5 time or more) than the estimated amount
Beef	Steak	☐	☐	☐	☐	☐	☐	☐	☐	☐	1 steak slice (about 150g)	☐	☐	☐
	Grilled (grilled meat, etc.)	☐	☐	☐	☐	☐	☐	☐	☐	☐	5 thin slices (about 100g)	☐	☐	☐
	Stir-Fried (vegetable stir-fry, etc.)	☐	☐	☐	☐	☐	☐	☐	☐	☐	3 thin slices (about 60g)	☐	☐	☐
	Stewed (curry or stew, etc.)	☐	☐	☐	☐	☐	☐	☐	☐	☐	3 pieces 2 - 3cm-diced (about 50g)	☐	☐	☐
Pork	Stir-Fried (vegetable stir-fry, etc.)	☐	☐	☐	☐	☐	☐	☐	☐	☐	3 thin slices (about 60g)	☐	☐	☐
	Fried (port cutlet, etc.)	☐	☐	☐	☐	☐	☐	☐	☐	☐	1 pork cutlet (about 100g)	☐	☐	☐
	Stewed (curry or stew, etc.)	☐	☐	☐	☐	☐	☐	☐	☐	☐	3 pieces 2 - 3cm-diced (about 50g)	☐	☐	☐
	Boiled (boiled kakuni or Okinawan name: rafty, etc.)	☐	☐	☐	☐	☐	☐	☐	☐	☐	2 slices (about 60g)	☐	☐	☐
	Soups (pork soup or Okinawan name: chumi soup, etc.)	☐	☐	☐	☐	☐	☐	☐	☐	☐	2 thin slices (about 40g)	☐	☐	☐
	Pork liver (Nirareba stir-fry, etc.)	☐	☐	☐	☐	☐	☐	☐	☐	☐	2 slices (about 40g)	☐	☐	☐

Recalling your diet over the past one year, please fill in average frequencies and amounts.

Name of Food Item		Less than once a month	1 - 3 times a month	1 - 2 times a week	3 - 4 times a week	5 - 6 times a week	Once every day	2 - 3 times every day	4 - 6 times every day	Estimated Amount Per Time	Estimated Amount Per Time		
											Less (half or less) than the estimated amount	Same as the estimated amount	More (1.5 time or more) than the estimated amount
Chicken	Grilled (yakitori, etc.)	☐	☐	☐	☐	☐	☐	☐	☐	2 skewers of yakitori (about 70g)	☐	☐	☐
	Stir-Fried (vegetable stir-fry, etc.)	☐	☐	☐	☐	☐	☐	☐	☐	5 slices (about 60g)	☐	☐	☐
	Boiled	☐	☐	☐	☐	☐	☐	☐	☐	2-3cm dices (about 50g)	☐	☐	☐
	Fried (karaage, etc.)	☐	☐	☐	☐	☐	☐	☐	☐	3 pieces (about 50g)	☐	☐	☐
	Chicken liver (yakitori, etc.)	☐	☐	☐	☐	☐	☐	☐	☐	1 skewer of yakitori (about 30g)	☐	☐	☐
Roast Ham		☐	☐	☐	☐	☐	☐	☐	☐	1 normal slice (about 15g)	☐	☐	☐
Wieners and Sausages		☐	☐	☐	☐	☐	☐	☐	☐	2 pieces (about 30g)	☐	☐	☐
Bacon		☐	☐	☐	☐	☐	☐	☐	☐	1 strip (about 20g)	☐	☐	☐
Canned Luncheon Meet		☐	☐	☐	☐	☐	☐	☐	☐	1/8 can (about 40g)	☐	☐	☐
Milk	Low-fat milk	☐	☐	☐	☐	☐	☐	☐	☐	1 200cc-glass	☐	☐	☐
	Normal milk	☐	☐	☐	☐	☐	☐	☐	☐	1 200cc-glass	☐	☐	☐
Eggs		☐	☐	☐	☐	☐	☐	☐	☐	1 medium (about 50g)	☐	☐	☐
Cheese		☐	☐	☐	☐	☐	☐	☐	☐	1 slice of sliced cheese (about 20g)	☐	☐	☐
Yogurt		☐	☐	☐	☐	☐	☐	☐	☐	1 container (about 120g)	☐	☐	☐
Salted cod, salted mackerel, salted salmon		☐	☐	☐	☐	☐	☐	☐	☐	1 slice of fish meat (about 70g)	☐	☐	☐
Dried fish (open dried flavor)		☐	☐	☐	☐	☐	☐	☐	☐	1 piece (about 50g)	☐	☐	☐
Canned tuna (sea chicken flakes)		☐	☐	☐	☐	☐	☐	☐	☐	1/4 can (about 20g)	☐	☐	☐
Salmon or trout		☐	☐	☐	☐	☐	☐	☐	☐	1 slice of fish meat (about 70g)	☐	☐	☐
Bonito or tuna		☐	☐	☐	☐	☐	☐	☐	☐	4 raw slices (about 60g)	☐	☐	☐
Yellowtail or kingfish		☐	☐	☐	☐	☐	☐	☐	☐	4 raw slices (about 60g)	☐	☐	☐
Cod or flounder		☐	☐	☐	☐	☐	☐	☐	☐	1/2 slice (about 40g)	☐	☐	☐
Bream (Red Sea bream, Okinawan name: gurkan, Okinawan name: machi, etc.)		☐	☐	☐	☐	☐	☐	☐	☐	1 slice (about 70g)	☐	☐	☐
Horse mackerel or sardines		☐	☐	☐	☐	☐	☐	☐	☐	1 fish (about 80g)	☐	☐	☐
Pike or mackerel		☐	☐	☐	☐	☐	☐	☐	☐	1 fish (about 80g)	☐	☐	☐
Dried whitebait		☐	☐	☐	☐	☐	☐	☐	☐	2 tablespoonfuls (about 10g)	☐	☐	☐
Cod roe or salmon roe		☐	☐	☐	☐	☐	☐	☐	☐	1/4 sac (about 20g)	☐	☐	☐
Eel		☐	☐	☐	☐	☐	☐	☐	☐	1/2 fish (about 50g)	☐	☐	☐
Squid		☐	☐	☐	☐	☐	☐	☐	☐	3 raw slices (about 50g)	☐	☐	☐
Octopus		☐	☐	☐	☐	☐	☐	☐	☐	1/3 tentacle (about 50g)	☐	☐	☐
Shrimp		☐	☐	☐	☐	☐	☐	☐	☐	2 Taisho shrimp (about 40g)	☐	☐	☐
Clams or freshwater clams		☐	☐	☐	☐	☐	☐	☐	☐	10 shucked pieces of meat (about 20g)	☐	☐	☐
Snails		☐	☐	☐	☐	☐	☐	☐	☐	10 shucked pieces of meat (about 20g)	☐	☐	☐
Fish cake		☐	☐	☐	☐	☐	☐	☐	☐	1/6 tube (about 20g)	☐	☐	☐
Fish paste		☐	☐	☐	☐	☐	☐	☐	☐	2 slices (about 20g)	☐	☐	☐

Do not fill in ☐ ☐

Estimated Amount of Vegetables (full size)

If the amount you eat per time is about the same as in the photograph, please fill in "Same." If it is more than what is in the photograph (1.5 times or more), please fill in "More," and if less (less than half), please fill in "Less."

(a) Carrot, 1/4 carrot
(about 50g)



(b) Spinach, 2 bunches
(about 50g)



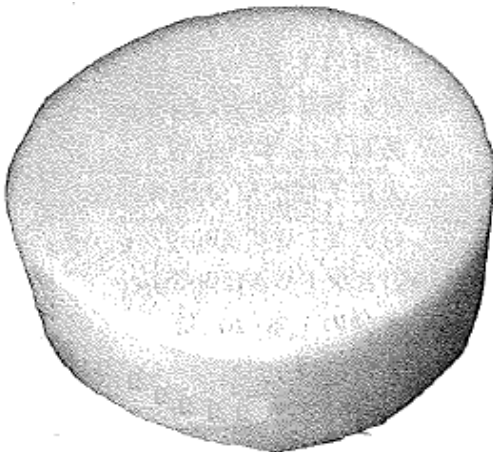
(c) Pumpkin, 4 - 5cm cube
(about 40g)



(d) Cabbage, 1/2 medium-sized leaf
(about 30g)



(e) Radish, 2-cm-thick round slice
(about 80g)



For the following vegetables, please refer to the photographs on the page on the left, and fill in the frequency or amount you eat in the season when they are available on the market.

Name of Food Item	Less than once a month	1 - 3 times a month	1 - 2 times a week	3 - 4 times a week	5 - 6 times a week	Once daily	2 - 3 times daily	4 - 6 times daily	Estimated Amount Per Time	Estimated Amount Per Time		
										Less (half or less) than the estimated amount	Same as the estimated amount	More (1.5 times or more) than the estimated amount
Carrot	☐	☐	☐	☐	☐	☐	☐	☐	Refer to photograph (a)	☐	☐	☐
Spinach	☐	☐	☐	☐	☐	☐	☐	☐	Refer to photograph (b)	☐	☐	☐
Pumpkin	☐	☐	☐	☐	☐	☐	☐	☐	Refer to photograph (c)	☐	☐	☐
Cabbage	☐	☐	☐	☐	☐	☐	☐	☐	Refer to photograph (d)	☐	☐	☐
Radish	☐	☐	☐	☐	☐	☐	☐	☐	Refer to photograph (e)	☐	☐	☐

For the following vegetables and fruits, please fill in the frequency or amount you eat in the season when they are available on the market.

Tsukemono Pickles	Takuwan	☐	☐	☐	☐	☐	☐	☐	3 slices (about 30g)	☐	☐	☐
	Green-leafed tsukemono (Nozawana, leaf mustard)	☐	☐	☐	☐	☐	☐	☐	1 small tsukemono plate (about 30g)	☐	☐	☐
	Dried plums	☐	☐	☐	☐	☐	☐	☐	1 medium plum (about 8g)	☐	☐	☐
	Chinese cabbage	☐	☐	☐	☐	☐	☐	☐	1 small tsukemono plate (about 30g)	☐	☐	☐
	Cucumbers	☐	☐	☐	☐	☐	☐	☐	1 small tsukemono plate (about 30g)	☐	☐	☐
	Eggplant	☐	☐	☐	☐	☐	☐	☐	1 small tsukemono plate (about 30g)	☐	☐	☐
	Green peppers	☐	☐	☐	☐	☐	☐	☐	1 pepper (about 30g)	☐	☐	☐
	Tomatoes	☐	☐	☐	☐	☐	☐	☐	¼ tomato (about 50g)	☐	☐	☐
	Green onions	☐	☐	☐	☐	☐	☐	☐	¼ stalk (about 20g)	☐	☐	☐
	Leeks	☐	☐	☐	☐	☐	☐	☐	2 leeks (about 20g)	☐	☐	☐
	Edible chrysanthemums	☐	☐	☐	☐	☐	☐	☐	1/3 bunch (about 30g)	☐	☐	☐
	Rape	☐	☐	☐	☐	☐	☐	☐	1 stalk (about 20g)	☐	☐	☐
	Broccoli	☐	☐	☐	☐	☐	☐	☐	3 stalks (about 30g)	☐	☐	☐
	Onions	☐	☐	☐	☐	☐	☐	☐	¼ onion (about 50g)	☐	☐	☐
	Cucumbers	☐	☐	☐	☐	☐	☐	☐	1/3 cucumber (about 30g)	☐	☐	☐
	Eggplant	☐	☐	☐	☐	☐	☐	☐	1 eggplant (about 60g)	☐	☐	☐
	Chinese cabbage	☐	☐	☐	☐	☐	☐	☐	1/3 medium leaf (about 30g)	☐	☐	☐
	Burdock root	☐	☐	☐	☐	☐	☐	☐	¼ root (about 40g)	☐	☐	☐
	Bean sprouts	☐	☐	☐	☐	☐	☐	☐	¼ bag (about 25g)	☐	☐	☐
	Haricot verts	☐	☐	☐	☐	☐	☐	☐	6 beans (about 30g)	☐	☐	☐
	Lettuces	☐	☐	☐	☐	☐	☐	☐	1 medium leaf (about 10g)	☐	☐	☐
	Chingensai (Okinawan name: pak-choi)	☐	☐	☐	☐	☐	☐	☐	1 stalk (about 70g)	☐	☐	☐
	Leaf mustard (Okinawan name: shimana)	☐	☐	☐	☐	☐	☐	☐	2 stalks (about 70g)	☐	☐	☐

Do not fill in ☐ ☐

For the following vegetables and fruits, please fill in the frequency or amount you eat in the season when they are available on the market.

Name of Food Item	Less than once a month	1 - 3 times a month	1 - 2 times a week	3 - 4 times a week	5 - 6 times a week	Once daily	2 - 3 times daily	4 - 6 times daily	Estimated Amount Per Time	Estimated Amount Per Time		
										Less (half or less) than the estimated amount	Same as the estimated amount	More (1.5 time or more) than the estimated amount
Bitter melon (Okinawan name: goya)	☐	☐	☐	☐	☐	☐	☐	☐	1/2 melon (about 100g)	☐	☐	☐
Swiss chard (Okinawan name: nsubana)	☐	☐	☐	☐	☐	☐	☐	☐	2 stalks (about 100g)	☐	☐	☐
Sponge gourd (Okinawan name: nabera)	☐	☐	☐	☐	☐	☐	☐	☐	1 gourd (about 100g)	☐	☐	☐
Mugwort (Okinawan name: fuchiba)	☐	☐	☐	☐	☐	☐	☐	☐	1 head (about 10g)	☐	☐	☐
Papaya	☐	☐	☐	☐	☐	☐	☐	☐	1/4 papaya (about 50g)	☐	☐	☐
Mandarin oranges	☐	☐	☐	☐	☐	☐	☐	☐	2 oranges (about 140g)	☐	☐	☐
Other citrus types (Hassaku, iyokan, oranges)	☐	☐	☐	☐	☐	☐	☐	☐	1/2 of one (about 75g)	☐	☐	☐
Apples	☐	☐	☐	☐	☐	☐	☐	☐	1/2 apple (about 85g)	☐	☐	☐
Persimmons	☐	☐	☐	☐	☐	☐	☐	☐	1/2 persimmon (about 80g)	☐	☐	☐
Strawberries	☐	☐	☐	☐	☐	☐	☐	☐	5 berries (about 75g)	☐	☐	☐
Grapes	☐	☐	☐	☐	☐	☐	☐	☐	10 large grapes (about 100g)	☐	☐	☐
Melons	☐	☐	☐	☐	☐	☐	☐	☐	1/4 prince melon (about 60g)	☐	☐	☐
Watermelon	☐	☐	☐	☐	☐	☐	☐	☐	1/8 melon (about 1200g)	☐	☐	☐
Peaches	☐	☐	☐	☐	☐	☐	☐	☐	1/2 peach (about 65g)	☐	☐	☐
Nashi pears	☐	☐	☐	☐	☐	☐	☐	☐	1/2 pear (about 80g)	☐	☐	☐
Kiwi fruit	☐	☐	☐	☐	☐	☐	☐	☐	1/2 kiwi (about 50g)	☐	☐	☐
Pineapple	☐	☐	☐	☐	☐	☐	☐	☐	1/8 pineapple (about 130g)	☐	☐	☐
Banana	☐	☐	☐	☐	☐	☐	☐	☐	1 banana (about 75g)	☐	☐	☐
Mango	☐	☐	☐	☐	☐	☐	☐	☐	1/2 mango (about 75g)	☐	☐	☐

Recalling your diet over the past one year, please fill in average frequencies and amounts.

Bread types (including pastries also)	☐	☐	☐	☐	☐	☐	☐	☐	1 piece of 6 slices (about 60g)	☐	☐	☐
Udon	☐	☐	☐	☐	☐	☐	☐	☐	1 donburi bowlful (about 250g)	☐	☐	☐
Soba	☐	☐	☐	☐	☐	☐	☐	☐	1 donburi bowlful (about 200g)	☐	☐	☐
Okinawa soba	☐	☐	☐	☐	☐	☐	☐	☐	1 donburi bowlful (about 200g)	☐	☐	☐
Ramen	☐	☐	☐	☐	☐	☐	☐	☐	1 donburi bowlful (about 220g)	☐	☐	☐
Mochi cakes	☐	☐	☐	☐	☐	☐	☐	☐	1 commercially marketed cake (about 50g)	☐	☐	☐
Japanese confections (Daifuku, manju)	☐	☐	☐	☐	☐	☐	☐	☐	1 confection (about 70g)	☐	☐	☐
Cakes	☐	☐	☐	☐	☐	☐	☐	☐	1 slice small cake (about 70g)	☐	☐	☐
Biscuits and Cookies	☐	☐	☐	☐	☐	☐	☐	☐	2 cookies (about 25g)	☐	☐	☐
Chocolate	☐	☐	☐	☐	☐	☐	☐	☐	1/2 chocolate bar (about 25g)	☐	☐	☐
Peanuts	☐	☐	☐	☐	☐	☐	☐	☐	20 peanuts (about 20g)	☐	☐	☐

Recalling your diet over the past one year, please fill in average frequencies and amounts.

Name of Food Item	Less than once a month	1 - 3 times a month	1 - 2 times a week	3 - 4 times a week	5 - 6 times a week	Once daily	2 - 3 times daily	4 - 6 times daily	Estimated Amount Per Time	Estimated Amount Per Time		
										Less (half or less) than the estimated amount	Same as the estimated amount	More (1.5 time or more) than the estimated amount
Tofu (ingredient of miso soup)	☐	☐	☐	☐	☐	☐	☐	☐	5 cubes (about 20g)	☐	☐	☐
Tofu (fried tofu, or cold or cut into cubes)	☐	☐	☐	☐	☐	☐	☐	☐	1/4 tofu cake (about 75g)	☐	☐	☐
Yushi tofu	☐	☐	☐	☐	☐	☐	☐	☐	1 soup bowlful (about 150g)	☐	☐	☐
Freeze-dried Takano tofu or shimi tofu	☐	☐	☐	☐	☐	☐	☐	☐	1/2 slice (about 60g)	☐	☐	☐
Deep-fried tofu or thick-fried tofu	☐	☐	☐	☐	☐	☐	☐	☐	1/2 slice (about 60g)	☐	☐	☐
Fried auburaage tofu	☐	☐	☐	☐	☐	☐	☐	☐	1 miso soup bowlful (about 2g)	☐	☐	☐
Natto	☐	☐	☐	☐	☐	☐	☐	☐	1 small cup (about 50g)	☐	☐	☐
Satsuma sweet potatoes	☐	☐	☐	☐	☐	☐	☐	☐	1/6 potato (about 40g)	☐	☐	☐
Potatoes	☐	☐	☐	☐	☐	☐	☐	☐	1/3 potato (about 50g)	☐	☐	☐
Taro	☐	☐	☐	☐	☐	☐	☐	☐	1 taro (about 30g)	☐	☐	☐
Konnyaku pressed vegetables, shirataki konnyaku noodles	☐	☐	☐	☐	☐	☐	☐	☐	about 2 oden pieces (about 50g)	☐	☐	☐
Shiitake mushrooms	☐	☐	☐	☐	☐	☐	☐	☐	1 mushroom (about 20g)	☐	☐	☐
Enoki mushrooms	☐	☐	☐	☐	☐	☐	☐	☐	1/4 stalk (about 20g)	☐	☐	☐
Shimeji mushrooms	☐	☐	☐	☐	☐	☐	☐	☐	1/4 stalk (about 20g)	☐	☐	☐
Wakame seaweed or kelp	☐	☐	☐	☐	☐	☐	☐	☐	1 small bowlful (about 20g)	☐	☐	☐
Hijiki sea vegetable	☐	☐	☐	☐	☐	☐	☐	☐	1 small bowlful (about 20g)	☐	☐	☐
Nori dried seaweed (roasted seaweed or flavored seaweed)	☐	☐	☐	☐	☐	☐	☐	☐	5 sheets of flavored nori (about 2g)	☐	☐	☐

Please answer with average frequencies and amounts of what you use at the dining table.

Butter to put on bread	☐	☐	☐	☐	☐	☐	☐	☐	amount to spread on 1 piece of bread (about 8g)	☐	☐	☐
Margarine to put on bread	☐	☐	☐	☐	☐	☐	☐	☐	amount to spread on 1 piece of bread (about 8g)	☐	☐	☐
Jam or marmalade to put on bread	☐	☐	☐	☐	☐	☐	☐	☐	amount to spread on 1 piece of bread (about 8g)	☐	☐	☐
Dressing	☐	☐	☐	☐	☐	☐	☐	☐	1 tablespoonful (about 10g)	☐	☐	☐
Mayonnaise	☐	☐	☐	☐	☐	☐	☐	☐	1/2 tablespoonful (about 7g)	☐	☐	☐
Sauce	☐	☐	☐	☐	☐	☐	☐	☐	1 teaspoonful (5g)	☐	☐	☐
Ketchup	☐	☐	☐	☐	☐	☐	☐	☐	1 teaspoonful (6g)	☐	☐	☐

Do not fill in ☐ ☐ ☐

How frequently do you drink the following beverages?

Beverage Name	Less than once a week	1 - 2 times a week	3 - 4 times a week	5 - 6 times a week	A cup or glass daily	2 - 3 cups or glasses daily	4 - 6 cups or glasses daily	7 - 9 cups or glasses daily	10 cups or glasses or more daily
Soybean milk	☐	☐	☐	☐	☐	☐	☐	☐	☐
Japanese tea (green sencha tea)	☐	☐	☐	☐	☐	☐	☐	☐	☐
Japanese tea (coarse bancha tea or brown-rice genmaicha tea)	☐	☐	☐	☐	☐	☐	☐	☐	☐
Oolong tea	☐	☐	☐	☐	☐	☐	☐	☐	☐
Black tea	☐	☐	☐	☐	☐	☐	☐	☐	☐
Coffee (other than canned coffee)	☐	☐	☐	☐	☐	☐	☐	☐	☐
Canned coffee	☐	☐	☐	☐	☐	☐	☐	☐	☐
Soup	☐	☐	☐	☐	☐	☐	☐	☐	☐
Lactic acid beverages (Yakult, etc.)	☐	☐	☐	☐	☐	☐	☐	☐	☐
100% fruit-juice orange juice	☐	☐	☐	☐	☐	☐	☐	☐	☐
100% fruit-juice apple juice	☐	☐	☐	☐	☐	☐	☐	☐	☐
Tomato juice	☐	☐	☐	☐	☐	☐	☐	☐	☐
Soft drinks (colas, etc.)	☐	☐	☐	☐	☐	☐	☐	☐	☐
Drink tonics (Lipovitan D, etc.)	☐	☐	☐	☐	☐	☐	☐	☐	☐
Drinking water (tap water or well water)	☐	☐	☐	☐	☐	☐	☐	☐	☐
Drinking water (marketed or water purifier)	☐	☐	☐	☐	☐	☐	☐	☐	☐

For people who drink black tea or coffee, do you add sugar or milk?

		I do not add them	Half spoonful	1 spoonful	2 spoonfuls	3 or more spoonfuls
Black tea	Sugar	☐	☐	☐	☐	☐
	Milk	☐	☐	☐	☐	☐
Coffee	Sugar	☐	☐	☐	☐	☐
	Milk	☐	☐	☐	☐	☐

How frequently do you eat breakfast?

- ☐ Less than once a month
 ☐ 1 - 3 times a month
 ☐ 1 - 2 times a week
 ☐ 3 - 4 times a week
 ☐ 5 - 6 times a week
 ☐ I eat it everyday

How frequently do you eat out? (Count bento boxed lunches and onigiri bought at stores as eating out)

- ☐ Less than once a month
 ☐ 1 - 3 times a month
 ☐ 1 - 2 times a week
 ☐ 3 - 4 times a week
 ☐ 5 - 6 times a week
 ☐ I eat it everyday

How frequently do you eat instant foods? (ramen, cup noodles, packaged foods, etc.)						
☐ Less than once a month	☐ 1 - 3 times a month	☐ 1 - 2 times a week	☐ 3 - 4 times a week	☐ 5 - 6 times a week	☐ I eat it everyday	

How frequently do you eat stir-fried foods (stir-fried vegetables, etc.) cooked in oil?						
☐ Less than once a month	☐ 1 - 3 times a month	☐ 1 - 2 times a week	☐ 3 - 4 times a week	☐ 5 - 6 times a week	☐ I eat it everyday	

How frequently do you eat "deep-fat fried foods (fries, tempura, etc.)" cooked in oil?						
☐ Less than once a month	☐ 1 - 3 times a month	☐ 1 - 2 times a week	☐ 3 - 4 times a week	☐ 5 - 6 times a week	☐ I eat it everyday	

How much fat on the meat do you eat?						
☐ I eat hardly any of it	☐ I eat about 1/3 of it	☐ I eat about half of it	☐ I eat about 2/3 of it	☐ I eat almost all of it		

How much soup of the ramen, udon or soba do you eat?						
☐ I eat hardly any of it	☐ I eat about 1/3 of it	☐ I eat about half of it	☐ I eat about 2/3 of it	☐ I eat almost all of it		

Do you usually put salt on your food at the dining table?						
☐ I do not	☐ I rarely put it on	☐ I sometimes put it on	☐ I generally put it on	☐ I always put it on		

Do you usually put soy sauce on your food at the dining table?						
☐ I do not	☐ I rarely put it on	☐ I sometimes put it on	☐ I generally put it on	☐ I always put it on		

Please choose the oil you use most and mark <u>only one</u> .						
☐ Vegetable oil (prepared oil)	☐ Safflower oil (benibana oil)	☐ Corn oil	☐ Soybean oil	☐ Rapeseed oil or canola oil		
☐ Olive oil	☐ Other					

Do not fill in 

Please mark only one as the preparation method you use most often.						
	Raw	Boiled	Grilled	Deep-Fat Fried	Stir-Fried	Other
For meats?	☐	☐	☐	☐	☐	☐
For fish?	☐	☐	☐	☐	☐	☐
For vegetables?	☐	☐	☐	☐	☐	☐

How do you most often eat steaks and grilled meats?				
☐ Close to raw (rare)	☐ Somewhat close to raw	☐ Medium	☐ Somewhat well grilled	☐ Well grilled (well done)

How frequently do you eat grilled fish?					
☐ I hardly ever eat it	☐ 1 - 3 times a month	☐ 1 - 2 times a week	☐ 3 - 4 times a week	☐ 5 - 6 times a week	☐ I eat it everyday

When you eat grilled fish, do you eat the burned parts?				
☐ I hardly ever eat them	☐ I eat about 1/3 of them	☐ I eat about half of them	☐ I eat about 2/3 of them	☐ I eat almost all of them

Currently, whom do you live with? Please mark <u>all</u> of the people that you live with.				
☐ Spouse	☐ Child	☐ Parents	☐ Other	☐ I live alone

Has your work changed in the last 5 years?		
☐ It has not changed	☐ I changed jobs	☐ I retired and currently do not work

What is your current work? If it changes because you work more than one job or seasonally, please mark <u>all that apply</u> .				
☐ Agricultural industry	☐ Forestry industry	☐ Fishing industry	☐ Office work	☐ Self-employed
☐ Specialty work	☐ Housewife	☐ Unemployed	☐ Other	

We are going to ask you about how you moved your body during the last one year.

Compared to other one-year time periods such as a busy farming season, etc., has there been a <u>particularly busy time period</u> in which the way you moved your body during work time greatly changed? If there has been, please answer about that time period.				
☐ No such period	☐ Less than 1 month	☐ 1 month or more to less than 2 months	☐ 2 months or more to less than 3 months	☐ 3 months or more to less than 4 months
☐ 4 months or more to less than 5 months	☐ 5 months or more to less than 6 months			

How many hours do you work in a day? Please answer including time for commuting and housework. For persons who had a particularly busy time period, please answer for that time period also.

	Less than 1 hour	1 hour or more and less than 3 hours	3 hours or more and less than 5 hours	5 hours or more and less than 7 hours	7 hours or more and less than 9 hours	9 hours or more and less than 11 hours	11 hours or more
Normal time period	☐	☐	☐	☐	☐	☐	☐
Busy time period	☐	☐	☐	☐	☐	☐	☐

Please tell us about the breakdown of your work time for a normal 1 day period within the last 1 year.
Please answer including time for commuting and housework.

Breakdown of work time	None	Less than 1 hour	1 hour or more and less than 3 hours	3 hours or more and less than 5 hours	5 hours or more and less than 7 hours	7 hours or more and less than 9 hours	9 hours or more and less than 11 hours	11 hours or more
Sitting time during commute, work, housework, etc.	☐	☐	☐	☐	☐	☐	☐	☐
Standing time during commute, work, housework, etc.	☐	☐	☐	☐	☐	☐	☐	☐
Walking time during commute, work, housework, etc.	☐	☐	☐	☐	☐	☐	☐	☐
Time when doing physical work that need strength	☐	☐	☐	☐	☐	☐	☐	☐

We are going to ask you about how you moved your body during your free time. Last year, when you did the following things, how frequently did you do them and for how much time per occasion?

How you moved your body during free time	Frequency						Time per occasion					
	Less than once a month	1 - 3 times a month	1 - 2 times a week	3 - 4 times a week	Almost every day		Less than 30 minutes	30 - 59 minutes	1 to less than 2 hours	2 to less than 3 hours	3 to less than 4 hours	4 hours or more
Walking leisurely on a stroll, etc.	☐	☐	☐	☐	☐		☐	☐	☐	☐	☐	☐
Walking briskly such as a power walk	☐	☐	☐	☐	☐		☐	☐	☐	☐	☐	☐
Light- or medium-degree exercise like golf, croquet, puttering around the garden, etc.	☐	☐	☐	☐	☐		☐	☐	☐	☐	☐	☐
Intense exercise like tennis, jogging, aerobics, swimming, etc.	☐	☐	☐	☐	☐		☐	☐	☐	☐	☐	☐

Do not fill in  

During the last 1 year, how much sleep have you normally been getting?	
☐ 5 hours or less ☐ 6 hours ☐ 7 hours ☐ 8 hours ☐ 9 hours ☐ 10 hours or more	

How frequently do you have a bowel movement?	
☐ Less than 3 times a week ☐ 3 - 4 times a week ☐ 5 - 6 times a week ☐ Once daily ☐ 2 or more times daily	

What kind of stool do you usually have?	
☐ Diarrhea ☐ Soft stool ☐ Normal stool ☐ Hard stool ☐ Particularly hard stool ☐ I repeatedly have diarrhea and constipation	

Are you regular in your everyday life?	☐ I am regular ☐ I am not regular
--	---

It is known that psychological and social factors are related to promoting health maintenance and the onset and passage of illnesses. Below we will ask you about some matters thought to be related to health status. Please do not over-think them and mark respectively only one that applies to you.

How do you handle various problems and events that you experience daily? Please answer about those respective frequencies.					
How you handle them	Hardly ever	Infrequently	Sometimes	Fairly often	Extremely often
Make a plan to resolve them and carry it out	☐	☐	☐	☐	☐
Consult with someone	☐	☐	☐	☐	☐
Hope or fantasize about being able to change it	☐	☐	☐	☐	☐
Endeavor to find the positive side of the situation	☐	☐	☐	☐	☐
Blame and criticize yourself	☐	☐	☐	☐	☐
Avoid those things and do something else	☐	☐	☐	☐	☐

Normally, how much do you lead your life suppressing feelings of anger and sadness and the actions that accompany them?

	Hardly ever	Infrequently	Sometimes	Fairly often	Extremely often
Please answer about the frequency with which you suppress feelings and actions	☐	☐	☐	☐	☐
Please answer about how much you do this for these reasons					
(1) because it fits the situation and surrounding feelings, common sense and customs	☐	☐	☐	☐	☐
(2) because I do not understand my own feelings and expressing them is difficult	☐	☐	☐	☐	☐
How often does it become painful for you to suppress your feelings and actions?	☐	☐	☐	☐	☐

How frequently do you talk with people on a daily basis?

☐ Less than once a month
 ☐ 1 - 3 times a month
 ☐ 1 - 4 times a week
 ☐ Almost every day
 ☐ Everyday with several people
 ☐ Everyday with many people

Do you have the following kind of confidence about your life?

	I do not think this at all	I think this a bit	I generally think so	I completely think so
I think that my own life has good prospects to some degree.	☐	☐	☐	☐
I think that in life whatever happens, it will work out.	☐	☐	☐	☐
Life is worth living meaningfully.	☐	☐	☐	☐

How long does it take for you to fall asleep after you get into bed?

☐ Less than 10 minutes
 ☐ 10 - 29 minutes
 ☐ 30 - 59 minutes
 ☐ 1 hour or more and less than 2 hours
 ☐ 2 hours or more

When you are asleep at night, do you ever fully wake up?

☐ Less than once a month
 ☐ 1 - 3 times a month
 ☐ 1 - 4 times a week
 ☐ Almost everyday
 ☐ Several times a day

Do you ever wake up early in the morning and cannot get back to sleep?

☐ Less than once a month
 ☐ 1 - 3 times a month
 ☐ 1 - 4 times a week
 ☐ Almost everyday

Do not fill in ☐ ☐

If you have had any tests in the past one year, please mark all of them.

☐ Blood pressure measurement	☐ Blood test	☐ Electro-cardiogram	☐ Fundoscopy	☐ Chest X-ray
☐ Sputum cytological examination	☐ Stomach X-ray	☐ Gastric endoscopy	☐ Occult blood test	☐ Intestinal X-ray
☐ Intestinal endoscopy	☐ Breast X-ray	☐ Uterine cytological examination		

If you have had your blood pressure or blood cholesterol measured in the past one year, please fill in the values at that time (if there were multiple times, the most recent values).

Upper blood pressure number			Lower blood pressure number			Cholesterol number		
100 digit	10 digit	1 digit	100 digit	10 digit	1 digit	100 digit	10 digit	1 digit

How is the current state of your daily life? Please choose 1 from among the following 9 multiple choices that you think best applies and mark it.

I do not particularly have any physical disability _____ → ☐ 1

<You have some physical disability, but you can lead your daily life pretty much by yourself and get out on your own efforts>

I go out using transportation facilities _____ → ☐ 2

I go out only in the neighborhood _____ → ☐ 3

<You can lead your life indoors generally by yourself, but do not get out without assistance>

I get out with assistance, and during the day I mostly lead my life away from bed _____ → ☐ 4

Getting out is infrequent, and even during the day I lead my life going to sleep and getting up _____ → ☐ 5

<You need some kind of assistance to lead your life indoors, and even during the day you mainly lead your life in bed, but you can maintain a sitting position>

I get into my wheelchair by myself, and I have my meals and toilet activities away from bed _____ → ☐ 6

I get into my wheelchair with assistance _____ → ☐ 7

<I spend the day in bed, and I need assistance in my toilet activities, meals, and changing clothes>

I turn over in bed on my own strength _____ → ☐ 8

I do not even turn over in bed on my own strength _____ → ☐ 9

We are asking these only of women.

Currently, do you take female hormone medications? ☐ No ☐ Yes

Currently, do you have menses (menstruation)?

☐ Yes ☐ I have had menopause naturally ☐ I have had menopause surgically, etc.

For persons who have had menopause, at what age did you have menopause?

☐ Age 39 or under ☐ Age 40 - 44 ☐ Age 45 - 49 ☐ Age 50 - 54 ☐ Age 55 - 59 ☐ Age 60 or over

Who filled this in?	☐ Self ☐ Representative
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This is the end. We would appreciate it if you would check once more that you have not omitted anything. Thank you very much for your cooperation spending a long time on this.