



WISEWOMAN Health Risk Questions

Date 1/15/2010

Agency Name DHD #10		MBCIS ID 241090	
Last Name Fitzgerald	First Name Ella	Middle Initial	Birth Date 6/20/1958

Please check ONE answer for each question.

1. How do you feel about making changes in your life to be healthier?

- I am not interested I am a little interested in finding out more I am very interested I have been trying to be more healthy lately I already have healthy habits

2. In a regular day, how often do you eat **fruits and vegetables**? *Includes fresh, canned or frozen.* (Examples: carrots, potatoes, broccoli, squash, apples, oranges, bananas, peaches)

- None 1-2 times 3-4 times 5-6 times 7-8 times More than 8

3. In a regular day, how often do you eat or drink **dairy products**? (Examples: milk, yogurt, cheese)

- None 1 time 2 times 3 times More than 3

3a. When you eat or drink dairy products, what type of dairy products do you most often use?

- N/A Unsure Whole Reduced fat (2%) Low-fat (1% or 1/2%) Non-fat or Fat-free

4. In a regular day, how often do you eat **grains and grain products**? (Examples: bread, cereal, rice, noodles/pasta, bagels, crackers, muffins)

- None 1-2 times 3-4 times 5-6 times 7-8 times More than 8

4a. When you eat grains and grain products, how many are **whole grains**? (Examples: brown rice, whole wheat bread, oatmeal, all bran cereal)

- N/A Unsure None 1 2 3 More than 3

5. How do you feel about eating healthy foods?

- I am not interested I am a little interested in finding out more I am very interested I have been trying to eat healthier lately I already eat healthy foods

6. In a regular week, how many days do you take part in **planned physical activity**? (Examples: walking, gardening, dancing, jogging, bike riding or anything that makes your heart beat faster)

- None 1 day 2 days 3 days 4 days 5 days 6 days 7 days

6a. On days when you take part in planned physical activity, how much **total** time do you spend in this activity?

- N/A None Less than 10 minutes 10-20 minutes 20-30 minutes More than 30 minutes

7. How do you feel about being physically active?

- I am not interested I am a little interested in finding out more I am very interested I have been trying to be more active lately I am already very active

8. Do you now smoke cigarettes?

- Every day (#/day____) Some days (#/day____) Not at all Quit Date_____

9. How do you feel about quitting smoking?

- I am not interested I am a little interested in finding out more I am very interested I have been trying to quit smoking lately I do not smoke