E

Health survey

Personal invitation

Do not write here:

E13 (Municipality) (County) (Country) E15 (Mark)

E1. YOUR OWN HEALTH

What is your current state of health? *(Tick only once)*

Poor ☐ 1 | Not so good ☐ 2 | Good ☐ 3 | Very good ☐ 4

Do you have, or have you had?:

	Yes	No	Age first time
Asthma	☐	☐	
Chronic bronchitis/emphysema	☐	☐	
Diabetes	☐	☐	
Osteoporosis	☐	☐	
Fibromyalgia/chronic pain syndrome	☐	☐	
Psychological problems for which you have sought help	☐	☐	
A heart attack	☐	☐	
Angina pectoris (heart cramp)	☐	☐	
Cerebral stroke/brain haemorrhage	☐	☐	

	Yes	No
Do you get pain or discomfort in the chest when: Walking up hills, stairs, or walking fast on level ground?	☐	☐

If you get such pain, do you usually:

Stop? ☐ 1 | Slow down? ☐ 2 | Carry on at the same pace? ☐ 3

	Yes	No
If you stop, does the pain disappear within 10 minutes?	☐	☐
Can such pain occur even if you are at rest?	☐	☐

E2. ILLNESS IN THE FAMILY

Have one or more of your parents or siblings had:

	Yes	No	Don't know
A heart attack (heart wounds) or angina pectoris (heart cramp)	☐	☐	☐

Tick for the relatives who have or have had any of the illnesses: *(Tick for each line)*

	Mother	Father	Brother	Sister	Child	None of these
Cerebral stroke or brain haemorrhage	☐	☐	☐	☐	☐	☐
Heart attack before age of 60 years	☐	☐	☐	☐	☐	☐
Asthma	☐	☐	☐	☐	☐	☐
Cancer	☐	☐	☐	☐	☐	☐
Diabetes	☐	☐	☐	☐	☐	☐

If any relatives have diabetes, at what age did they get diabetes (if for e.g. many siblings, consider the one who got it earliest in life)

Don't know, not applicable	Mother's age	Father's age	Brother's age	Sister's age	Child's age
☐					

E3. COMPLAINTS

Below is a list of various problems.
Have you experienced any of this during the last week (including today)?
(Tick once for each line)

	No complaint	Little complaint	Pretty much	Very much
Sudden fear without reason	☐	☐	☐	☐
Felt afraid or anxious	☐	☐	☐	☐
Faintness or dizziness	☐	☐	☐	☐
Felt tense or upset	☐	☐	☐	☐
Tend to blame yourself	☐	☐	☐	☐
Sleeping problems	☐	☐	☐	☐
Depressed, sad	☐	☐	☐	☐
Feeling of being useless, worthless	☐	☐	☐	☐
Feeling that everything is a struggle	☐	☐	☐	☐
Feeling of hopelessness with regard to the future.	☐	☐	☐	☐
	1	2	3	4

E4. TEETH, MUSCLE AND SKELETON

How many teeth have you lost/extracted? *Number of teeth*
(disregard milk-teeth and wisdom teeth)

Have you been bothered by pain and/or stiffness in muscles and joints during the last 4 weeks?

	No complaint	Little complaint	Severe complaint
Neck / shoulders	☐	☐	☐
Arms, hands	☐	☐	☐
Upper part of the back	☐	☐	☐
Lumbar regions	☐	☐	☐
Hips, legs, feet	☐	☐	☐
Other places	☐	☐	☐

Have you ever had:

	Yes	No	Age last time
Fracture in wrist/forearm?	☐	☐	
Hip fracture?	☐	☐	

Have you fallen down during the last year? *(Tick once only)*

No ☐ 1 | Yes, 1-2 times ☐ 2 | Yes, more than 2 times ☐ 3

E5. EXERCISE AND PHYSICAL ACTIVITY

How has your physical activity been during this last year?
Think of a weekly average for the year.
Answer both questions.

	Hours per week: None	Less than 1	1-2	3 or more
Light activity *(not sweating/out of breath)*	☐	☐	☐	☐
Hard physical activity *(sweating/out of breath)*	☐ 1	☐ 2	☐ 3	☐ 4

E6. BODY WEIGHT

Estimate your body weight when you were 25 years old: kg.

E7. EDUCATION

How many years of education have you completed? *Number of years*

(include all the years you have attended school or studied)

E8. FOOD AND BEVERAGES

How often do you usually eat these foods?
(Tick once for each line)

	Rarely /never	1-3 times /month	1-3 times /week	4-6 times /week	1-2 times /day	3 times or more /day
Fruit, berries	☐	☐	☐	☐	☐	☐
Cheese (all types)	☐	☐	☐	☐	☐	☐
Potatoes	☐	☐	☐	☐	☐	☐
Boiled vegetables	☐	☐	☐	☐	☐	☐
Fresh vegetables/salad	☐	☐	☐	☐	☐	☐
Fat fish (e.g. salmon, trout, mackerel, herring)	☐	☐	☐	☐	☐	☐
	1	2	3	4	5	6

Do you use dietary supplements:

	Yes, daily	Sometimes	No
Cod liver oil, fish oil capsules	☐	☐	☐
Vitamins and/or mineral supplements	☐	☐	☐

How much of the following do you usually drink?
(Tick once for each line)

	Rarely /never	1-6 glasses /week	1 glass /day	2-3 glasses /day	4 glasses or more /day
Full milk, full-fat curdled milk, yoghurt	☐	☐	☐	☐	☐
Semi-skimmed milk, semi-skimmed curdled milk, low-fat yoghurt	☐	☐	☐	☐	☐
Skimmed milk, skimmed curdled milk	☐	☐	☐	☐	☐
Extra semi-skimmed milk	☐	☐	☐	☐	☐
Juice	☐	☐	☐	☐	☐
Water	☐	☐	☐	☐	☐
Soft drink, mineral water	☐	☐	☐	☐	☐
	1	2	3	4	5

How many cups of coffee and tea do you drink daily?
(Put 0 for the types you do not drink daily) *Number of cups*

Filtered coffee

Boiled coffee/coarsely ground coffee for brewing

Other type of coffee

Tea

Approximately, how often have you during the last year consumed alcohol? *(Do not count low-alcohol and alcohol-free beer)*

Never consumed alcohol ☐ 1	Have not consumed alcohol last year ☐ 2	A few times last year ☐ 3	About 1 time a month ☐ 4
2-3 times per month ☐ 5	About 1 time a week ☐ 6	2-3 times a week ☐ 7	4-7 times a week ☐ 8

To those who have consumed the last year:

When you drink alcohol, how many glasses or drinks do you normally drink? *Number*

Approximately how many times during the last year have you consumed alcohol equivalent to 5 glasses or drinks within 24 hours? *Number of times*

E9. SMOKING

How many hours a day do you normally spend in smoke-filled rooms? *Number of total hours*

Did any of the adults smoke at home while you were growing up? ☐ Yes ☐ No

Do you currently, or did you previously live together with a daily smoker after your 20th birthday? ☐ Yes ☐ No

Do you/did you smoke daily? ☐ Yes, now ☐ Yes, previously ☐ Never

If you have NEVER smoked daily;
Go to question E11 (BODILY FUNCTIONS AND SAFETY)

If you smoke daily now, do you smoke:

	Yes	No
Cigarettes?	☐	☐
Cigars/cigarillos?	☐	☐
A pipe?	☐	☐

If you previously smoked daily, how long is it since you quit? *Number of years*

If you currently smoke, or have smoked previously:

How many cigarettes do you or did you normally smoke per day? *Number of cigarettes*

How old were you when you began daily smoking? *Age in years*

How many years in all have you smoked daily? *Number of years*

E10. BODILY FUNCTIONS AND SAFETY

Would you feel safe by walking alone in the evening in the area where you live?

Yes	A little unsafe	Very unsafe
☐ 1 2 3	☐	☐

When it comes to mobility, sight and hearing, can you:
(Tick once for each line)

	Without problems	With some problems	With great problems	No
Take a 5 minute walk in fairly high pace?	☐	☐	☐	☐
Read ordinary text in newspaper, if necessary with glasses?	☐	☐	☐	☐
Hear what is said in a normal conversation?	☐	☐	☐	☐
	1	2	3	4

Do you because of chronic health problems have difficulties with: *(Tick once for each line)*

	No difficulties	Some difficulties	Great difficulties
Move around in your home?	☐	☐	☐
Get out of your home by yourself?	☐	☐	☐
Participate in organization or other leisure time activities?	☐	☐	☐
Use public transport?	☐	☐	☐
Perform necessary daily shopping?	☐	☐	☐

E11. USE OF HEALTH SERVICES

How many times in the last 12 months have you been to/used:
(Tick once for each line)

	None	1-3 times	4 or more
A general practitioner (GP)	☐	☐	☐
Specialist *(private or out-patient clinic)*	☐	☐	☐
Emergency GP *(private or public)*.....	☐	☐	☐
Hospital admission	☐	☐	☐
Home nursing care	☐	☐	☐
Physiotherapist	☐	☐	☐
Chiropractor	☐	☐	☐
Municipal home care	☐	☐	☐
Dentist	☐	☐	☐
Alternative practitioner	☐	☐	☐

Are you confident that you will receive health care and home assistance if you need it?

YES ☐ 1 NO ☐ 2 Don't know ☐ 3

E12. FAMILY AND FRIENDS

Do you live: At home? ☐ 1 In an institution/shared apartment? ☐ 2

Do you live with:

	YES	NO
Spouse/ partner?.....	☐	☐
Other people?	☐	☐

How many good friends do you have?
Count the ones you can talk confidentially with and who can give you help when you need it. Do not count people you live with, but do include your children and other relatives.....

Number of friends ☐☐

How much interest do people show for what you do?
(Tick only once)

Great interest ☐ 1 Some interest ☐ 2 Little interest ☐ 3 No interest ☐ 4 Uncertain ☐ 5

How many associations, sport clubs, groups, religious communities, or similar do you take part in?
(write 0 if none)

Number ☐☐

E13. CHILDHOOD/YOUTH AND AFFILIATION

How long altogether have you lived in the county? ☐☐ years

How long altogether have you lived in the municipality? ☐☐ years

Where did you live most of the time before the age of 16?
(Tick one option and specify)

Same municipality..... ☐ 1

Another municipality in the county..... ☐ 2 Which one:_____

Another county in Norway ☐ 3 Which one:_____

Outside Norway ..... ☐ 4 Country: _____

Have you moved during the last five years?

No ☐ 1 Yes, once ☐ 2 Yes, more than once ☐ 3

E14. USE OF MEDICINES

With medicines, we mean drugs purchased at pharmacies. Supplements and vitamins are not considered here

Do you use?
(Tick once for each line)

	Now	previously, but not now	Never used
Blood pressure lowering drugs	☐	☐	☐
Cholesterol-lowering drugs	☐	☐	☐
Drugs for osteoporosis	☐	☐	☐
Insulin.....	☐	☐	☐
Tablets for diabetes	☐	☐	☐

How often have you during the last 4 weeks used the following medicines?
(Tick once for each line)

	Not used in the last 4 weeks	Less than every week	Every week, but not daily	Daily
Painkillers non-prescription.....	☐	☐	☐	☐
Painkillers on prescription	☐	☐	☐	☐
Sleeping pills.....	☐	☐	☐	☐
Tranquillizers	☐	☐	☐	☐
Antidepressants	☐	☐	☐	☐
Other prescription medicines	☐	☐	☐	☐
	1	2	3	4

State the name of the medicines you are using now and the reason you are taking the medicines (disease or symptom):
(Tick for each duration you have used the medicine)

Name of the medicine: (one name per line):	Reason for use of the medicine:	How long have you used the medicine: Up to 1 year	How long have you used the medicine: One year or more
		☐	☐
		☐	☐
		☐	☐
		☐	☐
		☐	☐
		☐	☐
		☐	☐

If there is not enough space here, you may continue on a separate sheet that you attach.

E15. THE REST OF THE FORM IS TO BE ANSWERED BY WOMEN ONLY

How old were you when you started menstruating? *Age in years* ☐☐

How old were you when you stopped menstruating? *Age in years* ☐☐

How many children have you given birth to? *Number of children* ☐☐

Do you use, or have you ever used estrogen? *Total number of years*

	Never	Previously	Now	
Tablets or patches	☐	☐	☐	☐☐
Cream or suppositories	☐	☐	☐	☐☐

If you use estrogen, which brand you use now?

_____

Have you ever used contraceptives pills? ..... Yes ☐ No ☐

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