ID#: SIS OMB No. 0925-0522 Form: 36 Vers: 06



## The Sister Study Lifestyle Version 6

## Instructions:

- Please use DARK BLUE OR BLACK BALLPOINT PEN.
- Mark only one answer for each question unless otherwise indicated.
- Follow the arrow from your response to find the next question.
- Do not write comments on the form.
- Please keep this questionnaire clean, flat, and dry.
- Do not fold or tear any of the pages.

Fill in the bubbles COMPLETELY for each of the questions in this form.

Like this:

Not like this:





If you must change an answer, please mark a single horizontal line through it and bubble in the correct answer completely.

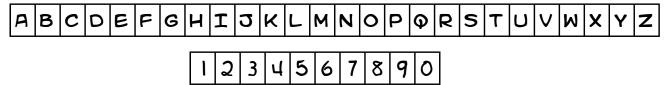
Like this:



Not like this:



Please write responses in all capital letters and numbers without touching the sides of the boxes.



When writing dates, please follow this example.

EXAMPLE: June 7, 2004 =

(month)

Public reporting burden for this collection of information is estimated to average 20 minutes per response, including the time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed, and completing and reviewing the collection of information. An agency may not conduct or sponsor, and a person is not required to respond to, a collection of information unless it displays a currently valid OMB control number. Send comments regarding this burden estimate or any other aspect of this collection of information, including suggestions for reducing this burden to: NIH, Project Clearance Branch, 6705 Rockledge Drive, MSC 7974, Bethesda, MD 20892-7974, ATTN: PRA (0925-0522). Do not return the completed form to this address.

National Institute of Environmental Health Sciences / National Institutes of Health / Department of Health and Human Services

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Your continued participation in the Sister Study is completely voluntary and greatly appreciated. If you are not comfortable answering a question, just skip it and go on to the next one. All information you share will be kept confidential.

0 Today's Date: (month) (day) (year)

- 1. Which of the following best describes your *current* marital status?
  - Never married
  - Widowed
  - O Divorced
  - Separated
  - Married, civil union or living with someone as though married



How many years have you been married or 1a. living as though married with that spouse/partner?

**GO TO QUESTION 2** 

OR Cless than 1 year

# YEARS

1b. Is your spouse/partner a man or a woman?

O Man O Woman

- 2. Thinking about last year, which of the following best describes your total income from all household members before taxes? Please include income from all sources such as annuities, social security, stocks, alimony and child support earned in the past year.
  - Less than \$20,000
  - \$20,000 to \$49,999
  - \$50,000 to \$99,999
  - \$100,000 to \$200,000
  - More than \$200,000

3. Last year, now many people, including yoursell, were supported by that income?  1 2 3-4 5-6 7-8 More than 8							
4. Did you smoke at least 10 cigarettes since August 1, 2008?							
○ No → GO TO QUE	STION 5	i					
○ Yes	<b>4</b> a.	When did you <i>first</i> start smoking?	<ul><li>○ Before 2008</li><li>○ 2008</li><li>○ 2009</li><li>○ 2010</li><li>○ 2011</li><li>○ 2012</li></ul>				
	4b.	When did you <i>last</i> smoke cigarettes?	<ul> <li>○ I am a current smoker</li> <li>○ I last smoked in 2012</li> <li>○ I last smoked in 2011</li> <li>○ I last smoked in 2010</li> <li>○ I last smoked in 2009</li> <li>○ I last smoked in 2008</li> </ul>				
	4c.	During the years you smoked since 2008, how many days per week do/did you smoke?	<ul><li>Less than one day per week</li><li>1-3 days per week</li><li>4-6 days per week</li><li>every day</li></ul>				
	4d.	During the years you smoked since 2008, how many cigarettes do/did you usually smoke per day on the days that you smoked?	J # CIGARETTES				
5. Since August 1, 2008, how many regular smokers have you lived with (not counting yourself, if you smoke)?							



None123-4

 $\bigcirc$  5 or more

6.	About how many hours or minutes per day are you exposed to other people's tobacco smoke (include all locations—home, work, and all other places you spend time where others might smoke)?
	○ None
	○ Less than 30 minutes
	○ 30-59 minutes
	○ 1-2 hours
	○ 3-4 hours
	○ 5-6 hours
	○ 7-8 hours
	More than 8 hours

Since August 1, 2008 NO		YES	a. IF YES, about how often did you drink these beverages?	b. On average, how many drinks did you have on the days that you drank?	c. How many years in all have you done this since August 1, 2008?
7.	have you drunk beer or other or malt beverages?	o yes	<ul> <li>a few times per year</li> <li>once per month</li> <li>2-3 times per month</li> <li>once per week</li> <li>2 times per week</li> <li>3-4 times per week</li> <li>5-6 times per week</li> <li>every day</li> </ul>	○ 1 ○ 2 ○ 3 ○ 4 ○ 5 ○ 6 ○ 7 or more	<ul><li>less than 1 year</li><li>1 year</li><li>2 years</li><li>3 years</li><li>4 years</li><li>5 years</li></ul>
8.	have you drunk  white wine or  white wine  coolers?	o yes	<ul> <li>a few times per year</li> <li>once per month</li> <li>2-3 times per month</li> <li>once per week</li> <li>2 times per week</li> <li>3-4 times per week</li> <li>5-6 times per week</li> <li>every day</li> </ul>	○ 1 ○ 2 ○ 3 ○ 4 ○ 5 ○ 6 ○ 7 or more	<ul><li>less than 1 year</li><li>1 year</li><li>2 years</li><li>3 years</li><li>4 years</li><li>5 years</li></ul>
9.	have you drunk  red wine or red ○ r  wine coolers?	)	<ul> <li>a few times per year</li> <li>once per month</li> <li>2-3 times per month</li> <li>once per week</li> <li>2 times per week</li> <li>3-4 times per week</li> <li>5-6 times per week</li> <li>every day</li> </ul>	○ 1 ○ 2 ○ 3 ○ 4 ○ 5 ○ 6 ○ 7 or more	<ul><li>less than 1 year</li><li>1 year</li><li>2 years</li><li>3 years</li><li>4 years</li><li>5 years</li></ul>
10.	have you drunk <i>liquor?</i>	o 🔾 yes	<ul> <li>a few times per year</li> <li>once per month</li> <li>2-3 times per month</li> <li>once per week</li> <li>2 times per week</li> <li>3-4 times per week</li> <li>5-6 times per week</li> <li>every day</li> </ul>	○ 1 ○ 2 ○ 3 ○ 4 ○ 5 ○ 6 ○ 7 or more	<ul><li>less than 1 year</li><li>1 year</li><li>2 years</li><li>3 years</li><li>4 years</li><li>5 years</li></ul>

1. Since August 1, 2008, did	you eve	r arink tour or more aico	notic beverages in a row, in one sitting
○ No → GO TO QUE	ESTION <sup>*</sup>	12	
○ Yes	11a.	How many times has this happened since August 1, 2008?	<ul> <li>once or twice</li> <li>once a year</li> <li>2-3 times a year</li> <li>4-6 times a year</li> <li>7-11 times a year</li> <li>once a month</li> <li>more than once a month but less than once a week</li> <li>once a week</li> <li>more than once a week</li> </ul>

- 12. Since August 1, 2008, has a doctor or other health professional told you that your drinking was hurting your health?
  - $\bigcirc$  No
  - Yes

We are interested in finding out about the kinds of *physical activities* that people do as part of their everyday lives. The questions will ask you about the time you spent being physically active in the past 7 days. Please answer each question even if you do not consider yourself to be an active person. Please think about the activities you do at work, as part of your house and yard work, to get from place to place, and in your spare time for recreation, exercise or sport.

During the <i>past 7 days,</i> on how many days did you		a. How much time dic spend doing these p activities on one of	ohysical
13do <i>vigorous</i> physical activities? These take hard physical effort and make you breathe much harder than normal, for example running or swimming at a fast pace. Think only about activities that you did for at least 10 minutes at a time.	# DAYS OR ON vigorous physical activity	HOURS PER DAY  Not sure	MINUTES PER DAY (up to 59)
14do moderate physical activities? These take moderate physical effort and make you breathe somewhat harder than normal, for example dancing or doing yard work. Think only about those physical activities that you did for at least 10 minutes at a time. Do not include walking.	# DAYS OR O No moderate physical activity	HOURS PER DAY  Not sure	MINUTES PER DAY (up to 59)
15 walk for at least 10 minutes at a time? This includes walking at work and at home, walking to travel from place to place, and any other walking you might do solely for recreation, sport, exercise or leisure.	# DAYS OR ON Walking for at least 10 mins	HOURS PER DAY  Not sure	MINUTES PER DAY (up to 59)



Dur	During the <i>past 7 days</i> , how much time did you						
16.	usually spend <i>sitting</i> on a <i>weekday</i> ? This includes sitting while at work, at home, while doing course work and during leisure time. This may include time spent sitting at a desk, visiting friends, reading or sitting or lying down to watch television.	HOURS PER DAY  Not sure					
17.	usually spend <i>standing</i> on a <i>weekday</i> ? This includes standing while at work, at home, and during leisure time.	HOURS PER DAY  Not sure					
18.	How similar was your level of activity this past week to your usual level of less than usual about the same of more than usual	el of activity?					
19.	9. Since August 1, 2008, have you done any of the following <i>hobbies</i> at least 5 hours per week for at least 6 weeks? (Mark all that apply.)						
	<ul> <li>oil painting or other artistic painting</li> <li>developing photographs chemically</li> <li>woodworking</li> <li>refinishing furniture</li> <li>ceramics or pottery making</li> <li>glass blowing</li> <li>etching</li> <li>hobbies that involve soldering such as stained glass or jewelry maken the print making or silk screening</li> <li>print making or silk screening</li> <li>auto or engine repair</li> <li>gardening</li> <li>I have not done any of these hobbies</li> </ul>	king					

MINUTES PER DAY (up to 59)

MINUTES PER DAY (up to 59)

20. Since Aug No	_	2008, hav <b>GO TO QU</b>	•	ed <i>hair dye</i> to color your l 21	hair?
○ Yes			20a.	In what years did you do this? <i>(Mark all that</i> <i>apply.)</i>	<ul><li>○ 2008</li><li>○ 2009</li><li>○ 2010</li><li>○ 2011</li><li>○ 2012</li></ul>
			20b.	What color did you usually use?	<ul> <li>Black</li> <li>Light brown</li> <li>Dark brown</li> <li>Light blonde</li> <li>Dark blonde</li> <li>Light red</li> <li>Dark red</li> <li>Other</li> </ul>
			20c.	<ul> <li>Semi-permanent dyes mixing but no other chin about 4-8 weeks)</li> <li>Demi-permanent dyes color; has strong smel</li> <li>Permanent dyes (otherwise)</li> </ul>	n out with a few shampoos) (colors are pre-mixed or require nemicals are added; color fades out  (other chemicals are mixed with the I; color fades out) r chemicals are mixed with the color; r grows out over time, sometimes

- 21. Since August 1, 2008, about how often have you used *chemical insect repellents on your skin, hair, or clothing in the summer*? Please do not include products that contain only citronella.
  - Never
  - A few times
  - Once per month
  - 2-3 times per month
  - Once or twice per week
  - 3-6 times per week
  - Every day
- 22. Since August 1, 2008, about how often have you used *chemical insect repellents on your skin*, *hair, or clothing the rest of the year*? Please do not include products that contain only citronella.
  - Never
  - A few times
  - Once per month
  - 2-3 times per month
  - Once or twice per week
  - 3-6 times per week
  - Every day



23.	Since August 1, 2008, about how often have you used an over-the-counter or prescription <i>lice</i> control product on yourself, or applied it to someone else's skin, hair, or clothing?
	○ Never
	○ Once ○ Twice
	<ul><li>Three times</li></ul>
	○ Four or more times
24.	Since August 1, 2008, about how many hours per day do you usually spend outdoors in daylight on weekend or vacation days in the summer?  Cless than 1 hour per day 1-2 hours per day 3-4 hours per day
	<ul> <li>5-8 hours per day</li> <li>9-12 hours per day</li> <li>More than 12 hours per day</li> </ul>
25.	Since August 1, 2008, about how many hours per day do you usually spend outdoors in daylight on other days in the summer?
	C Less than 1 hour per day
	<ul><li>1-2 hours per day</li><li>3-4 hours per day</li></ul>
	○ 5-8 hours per day
	<ul><li>9-12 hours per day</li><li>More than 12 hours per day</li></ul>
	Civilitie than 12 hours per day
26.	Since August 1, 2008, about how many hours per day do you usually spend outdoors in daylight on weekend or vacation days the rest of the year?
	<ul><li>Less than 1 hour per day</li><li>1-2 hours per day</li></ul>
	○ 3-4 hours per day
	<ul><li>5-8 hours per day</li><li>9-12 hours per day</li></ul>
	More than 12 hours per day
27.	Since August 1, 2008, about how many hours per day do you usually spend outdoors in daylight on other days the rest of the year?
	C Less than 1 hour per day
	<ul><li>1-2 hours per day</li><li>3-4 hours per day</li></ul>
	○ 5-8 hours per day
	<ul><li>9-12 hours per day</li><li>More than 12 hours per day</li></ul>
	C more than 12 hours per day

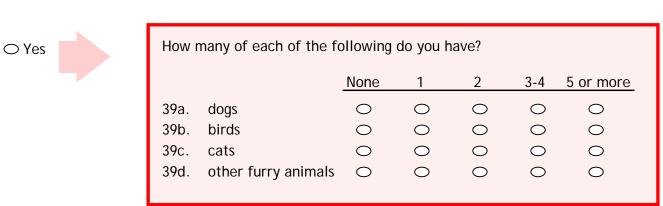
<ul> <li>28. Since August 1, 2008, when you spent time outdoors, about how often did you use sunscreen a wear protective clothing such as hats or long sleeves?</li> <li>Never</li> <li>Rarely</li> <li>Sometimes</li> <li>Usually</li> <li>Always</li> </ul>	or				
29. Have you moved since August 1, 2008?					
○ No → GO TO QUESTION 30					
O Yes  29a. What month and year did you move into your current residence?  MONTH  YEAR					
29b. Please write down your current address.					
STREET #					
STREET NAME					
APT # CITY OR TOWN					
APT# CITY OR TOWN					
STATE ZIP CODE COUNTY					
29c. Please write down the name of the nearest cross street (the street that intersects with the street where you live):					
NAME OF NEAREST CROSS STREET					
30. How many lanes of traffic in total does the street where you live have?  # LANES					
31. Which best describes the traffic condition during rush hour on the road where you live?    C Little or no traffic					
○ Light traffic, moving at or above the speed limit					
<ul><li>Heavy traffic, moving below the speed limit</li><li>Congested or "stop and go"</li></ul>					
○ Heavy traffic, moving at or above the speed limit 1838					

32. How much time per day do you spend on most days?  Less than 15 minutes  15-29 minutes  30-44 minutes  45-59 minutes  60-89 minutes  90-119 minutes  2-3 hours  4-5 hours  More than 5 hours	travelin	g by bicycle, motorcycle, c	ar, van, truck, or bus
<ul> <li>33. What is the traffic condition that best van, truck, or bus) on most days?</li> <li>○ Little or no traffic</li> <li>○ Light traffic, moving at or above the leavy traffic, moving below the spector of the leavy traffic, moving at or above the leavy traffic, moving at or above the leavy traffic, moving at or above the leavy traffic, leave the leavy train or leave the leave train or leave</li></ul>	ne speed eed limi the spee subway n has you or othe	limit t d limit ur residence been treated w er pests, either inside or aro	vith insecticides or
<ul> <li>Less than once     a year</li> <li>Once a year</li> <li>Every 4-6 months</li> <li>Every 2-3 months</li> <li>Monthly</li> <li>Weekly</li> <li>Daily</li> </ul>	34a.	For what kinds of pests were pest control chemicals used at your residence? (Mark all that apply.)	<ul> <li>Ants</li> <li>Cockroaches</li> <li>Bees or wasps</li> <li>Flies</li> <li>Spiders</li> <li>Mosquitoes</li> <li>Fleas or ticks, not on pets</li> <li>Termites</li> <li>Any other pest such as moths, silverfish, caterpillars, mice, rats, gophers, or moles</li> </ul>
	34b.	When pest control chemicals were applied since August 1, 2008, about how often did you personally apply them?	<ul> <li>All of the time</li> <li>Most of the time</li> <li>About half the time</li> <li>Some of the time</li> <li>Never</li> <li>Not applicable</li> </ul>

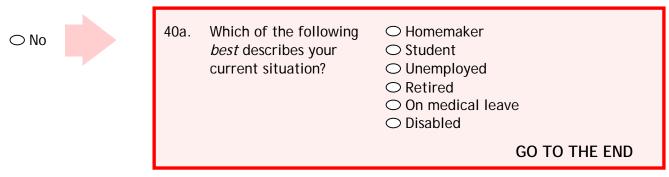
35. Since August 1, 2008, abweed killers or insecticion					
<ul><li>Never</li><li>Not applicable</li></ul>	GO	TO QUESTION 36	<b>.</b>		
<ul> <li>Less than once a year</li> <li>Once a year</li> <li>Every 4-6 months</li> <li>Every 2-3 months</li> <li>Monthly</li> <li>Weekly</li> </ul>	35	a. When weed kinsecticides with the garder since August about how of personally a	were used n or yard 1, 2008, ften did you	<ul><li>All of the t</li><li>Most of the</li><li>About half</li><li>Some of th</li><li>Never</li><li>Not applica</li></ul>	e time the time e time
○ Daily					
36. Since August 1, 2008, abwashing and laundry det		ave you used hous	sehold cleaning	g solutions othe	r than dish
<ul> <li>Never</li> <li>Less than once a yea</li> <li>Once a year</li> <li>Every 4-6 months</li> <li>Every 2-3 months</li> <li>Monthly</li> <li>Weekly</li> <li>Daily</li> </ul>	r				
37. Since August 1, 2008, h fresheners that plug in at least three times a	, hang, sit on a s		-		
○ No → GO TO TH	HE NEXT PAGE, (	QUESTION 38			
○ Yes	freshene	oes of air ers do you use at Mark all that	<ul><li>Aerosol sp</li><li>Solid table</li><li>Stick-on (c</li><li>Plug-in</li><li>Candle sty</li><li>Other</li></ul>	e top disc shaped)	



<ul> <li>8. Since August 1, 2008, have you regularly used air fresheners in your car? Please include the hanging types, as well as those that plug in, and sprays that are used at least three times a week.</li> <li>○ No → GO TO QUESTION 39</li> </ul>						
○ Yes	38a. What types of air fresheners do you use in your car? (Mark all that apply.)	<ul> <li>○ Aerosol sprays</li> <li>○ Hanging type - paper</li> <li>○ Hanging type - gel</li> <li>○ Hanging type - other</li> <li>○ Canister type</li> <li>○ Attached to car air vent - oil filled</li> <li>○ Attached to car air vent - gel filled</li> <li>○ Attached to car air vent - stick filled</li> </ul>				
39. Do you currently have	any household pets? UESTION 40					



40. Since August 1, 2008 have you had a full-time or part-time job other than homemaking that you held for at least 12 months (at least 9 months if it was a teaching job)?



○ Yes → GO TO THE NEXT PAGE, QUESTION 41

_			 ,
	# OF JOBS		

Please tell us about the jobs you have had since August 1, 2008, starting with the most recent and working backwards.

working backwards.	Γ	JOB 1	JOB 2
41. When did y this job?	you first start	<ul> <li>Before 2008</li> <li>2008</li> <li>2009</li> <li>2010</li> <li>2011</li> <li>2012</li> </ul>	<ul> <li>Before 2008</li> <li>2008</li> <li>2009</li> <li>2010</li> <li>2011</li> <li>2012</li> </ul>
42. When did y this job?	you last have	<ul> <li>2008</li> <li>2009</li> <li>2010</li> <li>2011</li> <li>2012</li> <li>I still work there</li> </ul>	<ul> <li>2008</li> <li>2009</li> <li>2010</li> <li>2011</li> <li>2012</li> <li>I still work there</li> </ul>
43. Where did you work? Please write down the name of the company you worked for and the full street address of this workplace.  Knowing the name and addresses of the places you work will allow us to evaluate the impact of air pollution and other factors in the general environment on your health. We will never use this information for any other purpose and will never contact your employer.		NAME OF COMPANY/PLACE OF WORK  STREET #  STREET NAME  APT #  CITY OR TOWN  STATE ZIP CODE	NAME OF COMPANY/PLACE OF WORK  STREET #  STREET NAME  APT #  CITY OR TOWN  STATE ZIP CODE  COUNTY

SPACE IS PROVIDED FOR TWO JOBS. IF YOU HAVE HAD MORE THAN TWO JOBS LASTING 12 MONTHS OR MORE SINCE AUGUST 1, 2008, PLEASE ANSWER THE SAME QUESTIONS FOR EACH JOB AND RECORD YOUR ANSWERS ON A SEPARATE SHEET OF PAPER.



		JOB 1	JOB 2
44.	On this job, do/did you usually spend time	<ul> <li>Outdoors</li> <li>Indoors in a basement</li> <li>Indoors on the ground (first) floor</li> <li>Indoors on the second floor</li> <li>Indoors on the third floor or higher</li> <li>Traveling in a vehicle (e.g., truck, auto, train, plane)</li> </ul>	<ul> <li>Outdoors</li> <li>Indoors in a basement</li> <li>Indoors on the ground (first) floor</li> <li>Indoors on the second floor</li> <li>Indoors on the third floor or higher</li> <li>Traveling in a vehicle</li> <li>(e.g., truck, auto, train, plane)</li> </ul>
45.	What was/is your job title?	JOB TITLE	JOB TITLE
46.	What type of company or organization do/did you work for? (What do they make or what services do they provide?)	INDUSTRY	INDUSTRY
47.	What are the specific tasks that you usually do/did in your job?	JOB DUTIES	JOB DUTIES

		JOB 1	JOB 2
48.	How many hours per week do/did you usually work at this job?	<ul> <li>Less than 10</li> <li>11-20</li> <li>21-30</li> <li>31-40</li> <li>More than 40</li> </ul>	<ul><li>○ Less than 10</li><li>○ 11-20</li><li>○ 21-30</li><li>○ 31-40</li><li>○ More than 40</li></ul>
49.	What hours of the day do/did you usually work at this job?	START TIME:  (mark one)  AM PM  STOP TIME:  (mark one)  (mark one)  AM PM  OR  OR  OI work(ed) irregular hours  OI work(ed) rotating shifts	START TIME:  (mark one)  AM PM  STOP TIME:  (mark one)  AM PM  OR  OR  OI work(ed) irregular hours OI work(ed) rotating shifts
50.	How many times per month do/did you work at night?  "Work at night" means any shift that includes at least one hour between midnight and 2:00 AM.	<ul> <li>Never</li> <li>1-2 times/month</li> <li>3-5 times/month</li> <li>6-10 times/month</li> <li>11-15 times/month</li> <li>More than 15 times per month</li> </ul>	<ul> <li>○ Never</li> <li>○ 1-2 times/month</li> <li>○ 3-5 times/month</li> <li>○ 6-10 times/month</li> <li>○ 11-15 times/month</li> <li>○ More than 15 times per month</li> </ul>



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		JOB 1			JOB 2		
			NO	YES		NO	YES
		a. work in dusty conditions?	0	0	a. work in dusty conditions?	0	0
51.	While working at this job do/did you regularly	b. breathe in chemical vapors or fumes?	0	0	b. breathe in chemical vapors or fumes?	0	0
	you regularly	c. get chemicals or oils on your skin or clothing?	0	0	c. get chemicals or oils on your skin or clothing?	0	0
		d. come in contact with solvents or degreasers?	0	0	d. come in contact with solvents or degreasers?	0	0
		e. come in contact with metal chips, dust, or fumes?	0	0	e. come in contact with metal chips, dust, or fumes?	0	0
		f. come in contact with pesticides?	0	0	f. come in contact with pesticides?	0	0
		g. use cleaning solutions (not counting dish or laundry detergents)?	0	0	g. use cleaning solutions (not counting dish or laundry detergents)?	0	0

Please check to see that all questions are answered.

## Thank you for completing this questionnaire and for your continued participation in the Sister Study.

Please mail this form to us at the address below. A postage-paid envelope is provided.

The Sister Study, 1009 Slater Road, Suite 120, Durham, NC 27703 phone: 1-877-4SISTER (1-877-474-7837); email: update@sisterstudy.org