

The Sister Study Lifestyle Version 4

,	 	

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.
- Only write comments in the spaces provided.
- 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:

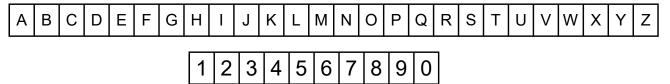
■ Not like this:

Ø

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

Like this: ■ YES Not like this: **¥** YES

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, 2012 = $\begin{bmatrix} 0 & 6 \end{bmatrix} / \begin{bmatrix} 0 & 7 \end{bmatrix} / \begin{bmatrix} 2 & 0 & 1 & 2 \\ (month) & (day) & (year) \end{bmatrix}$

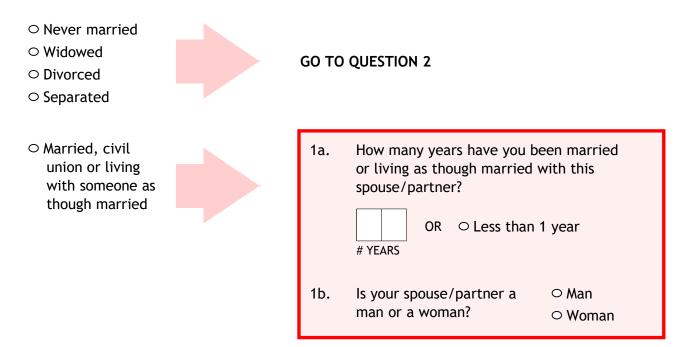
Public reporting burden for this collection of information is estimated to average 20 minutes per response, including the time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed, and completing and reviewing the collection of information. An agency 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.

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



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 to the next one. All information you share will be kept confidential. 2 0 Today's Date: (month) (day) (year)

1. Which of the following best describes your **current** marital status?



2. Thinking about last year, which of the following best describes your total family 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, how many people, including yourself, were supported by that income?

- 01
- \circ 2
- \circ 3-4
- \circ 5-6
- O 7-8
- O More than 8

- 4. Did you smoke at least 10 cigarettes since January 1, 2009?
 - No → GO TO QUESTION 5

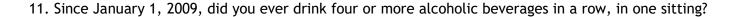


- OBefore 2009 4a. When did you first start smoking? **2009** O 2010 O 2011 O 2012 2013 O 2014 4b. When did you last smoke O I am a current smoker cigarettes? ○ I last smoked in 2014 ○ I last smoked in 2013 ○ I last smoked in 2012 OI last smoked in 2011 ○ I last smoked in 2010 ○ I last smoked in 2009 ○ Less than one day per week 4c. During the years you ○ 1-3 days per week smoked since January 1, 2009, how many days per ○ 4-6 days per week Every day week do/did you smoke? 4d. During the years you smoked since January 1, 2009, how many cigarettes do/did you usually smoke # CIGARETTES per day on the days that you smoked?
- 5. Since January 1, 2009, how many regular smokers have you lived with (not counting yourself, if you smoke)?
 - None
 - 01
 - 02
 - \circ 3-4
 - 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
 - O 3-4 hours
 - 5-6 hours
 - 7-8 hours
 - O More than 8 hours

Sin	ce January 1, 2009 NO	YES	a. IF YES, in which years since January 1, 2009 did you drink alcohol? (Please mark all that apply.)	b. About how often did you drink alcohol?	c. On average, how many drinks did you have on the days that you drank alcohol?
7.	have you drunk beer or other ONO malt beverages?	○ Yes	 2009 2010 2011 2012 2013 2014 	 Every day 5-6 times per week 3-4 times per week 2 times per week Once per week 2-3 times per month Once per month A few times per year 	○ 7 or more ○ 6 ○ 5 ○ 4 ○ 3 ○ 2 ○ 1
8.	have you drunk white wine or white wine coolers?	○ Yes	 ○ 2009 ○ 2010 ○ 2011 ○ 2012 ○ 2013 ○ 2014 	 Every day 5-6 times per week 3-4 times per week 2 times per week Once per week 2-3 times per month Once per month A few times per year 	○ 7 or more ○ 6 ○ 5 ○ 4 ○ 3 ○ 2 ○ 1
9.	have you drunk red wine or red ONO wine coolers?	○ Yes	 ○ 2009 ○ 2010 ○ 2011 ○ 2012 ○ 2013 ○ 2014 	 Every day 5-6 times per week 3-4 times per week 2 times per week Once per week 2-3 times per month Once per month A few times per year 	○ 7 or more ○ 6 ○ 5 ○ 4 ○ 3 ○ 2 ○ 1
10.	have you drunk O No	○ Yes	○ 2009○ 2010○ 2011○ 2012○ 2013○ 2014	 Every day 5-6 times per week 3-4 times per week 2 times per week Once per week 2-3 times per month Once per month A few times per year 	○ 7 or more ○ 6 ○ 5 ○ 4 ○ 3 ○ 2 ○ 1



- **GO TO QUESTION 12** \circ No
- Yes

How often has 11a. this happened since January 1, 2009?

- O More than once a week
- Once a week
- O More than once a month but less than once a week
- Once a month
- 7-11 times a year
- 4-6 times a year
- 2-3 times a year
- Once a year
- Once or twice
- 12. Since January 1, 2009, has a doctor or other health professional told you that your drinking was hurting your health?
 - O No
 - Yes



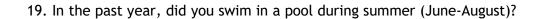
We are interested in finding out about the kinds of **physical activities** that people do as part of their everyday lives. The questions will ask you about the time you spent being physically active in the **past 7 days**. Please answer each question even if you do not consider yourself to be an active 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 past 7 days, on how many days did you.		a. How much time did spend doing these activities on one o	physical
13. do vigorous 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 O No vigorous physical activity	HOURS PER DAY Not sure	MINUTES PER DAY (up to 59)
14. do 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 O 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 O No walking for at least 10 mins	HOURS PER DAY O Not sure	MINUTES PER DAY (up to 59)

During the past 7 days, how much time did you		
16. usually spend sitting on a weekday ? 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	MINUTES PER DAY (up to 59)
17. usually spend standing on a weekday ? This includes standing while at work, at home, and during leisure time.	HOURS PER DAY O Not sure	MINUTES PER DAY (up to 59)

- 18. How similar was your level of activity this past week to your usual level of activity?
 - Less than usual
 - O About the same
 - More than usual





 \circ No → GO TO QUESTION 20

○ Yes



19a.	How many times per week?	Less than 11-2 times
		○ 3-4 times○ 5 or more times
19b.	On average, how many minutes	○ Less than 15 minutes
1,2,	per time?	○ 15-30 minutes
		○ 31-45 minutes
		○ 46-60 minutes
		○ More than 60 minutes
19c.	How often did you swim in an	○ Never
	INDOOR pool during June-August?	○ Seldom
		○ Half the time
		○ Often
		○ Almost always



- 20. In the past year, did you swim in a pool during the rest of the year (September-May)?
 - \circ No **GO TO QUESTION 21**

Yes



O Less than 1 20a. How many times per week? ○ 1-2 times ○ 3-4 times

○ 5 or more times

20b. On average, how many minutes ○ Less than 15 minutes

per time?

○ 15-30 minutes ○ 31-45 minutes

○ 46-60 minutes

More than 60 minutes

20c. How often did you swim in an INDOOR pool during September-May?

Never Seldom

O Half the time

Often

Almost always

- 21. Since January 1, 2009, have you done any of the following hobbies at least 5 hours per week for at least 6 weeks? (Please mark all that apply.)
 - Oil painting or other artistic painting
 - O Developing photographs chemically
 - Woodworking
 - Refinishing furniture
 - Ceramics or pottery making
 - Glass blowing
 - Etching
 - O Hobbies that involve soldering such as stained glass or jewelry making
 - O Hobbies that involve welding
 - Leather crafting
 - Print making or silk screening
 - O Auto or engine repair
 - Gardening
 - I have not done any of these hobbies



22. Since January 1, 2009, have you used hair dye to color your hair?

○ No → GO TO NEXT PAGE, QUESTION 23

○ Yes



22a.	In what years did you do this? (Please mark all that apply.)	200920102011201220132014
22b.	What color did you	○ Black

- 22b. What color did you
 usually use?

 Dark brown
 Dark blonde
 Dark blonde
 Light red
 Dark red
 Dark red
 Other
- 22c. What type of hair dye do you use most often?
 - O Temporary dyes (wash out with a few shampoos)
 - Semi-permanent dyes (colors are pre-mixed or require mixing but no other chemicals are added; color fades out in about 4-8 weeks)
 - O Demi-permanent dyes (other chemicals are mixed with the color; has strong smell; color fades out)
 - Permanent dyes (other chemicals are mixed with the color; has strong smell; color grows out over time, sometimes leaving your "roots" showing)



23.	Since January 1, 2009, 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

- 24. Since January 1, 2009, 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

○ Every day

- Once per month
- 2-3 times per month
- Once or twice per week

○ Once or twice per week○ 3-6 times per week

- 3-6 times per week
- Every day
- 25. Since January 1, 2009, about how often have you used an over-the-counter or prescription lice control product on yourself, or applied it to someone else's skin, hair, or clothing?
 - Never
 - Once
 - Twice
 - Three times
 - Four or more times

Since January 1, 2009, about how man you usually spend outdoors in daylight	a. During this time, about how often did you use sunscreen or wear protective clothing such as hats or long sleeves?	
26. on weekend or vacation days in the summer?	 Less than 1 hour per day 1-2 hours per day 3-4 hours per day 5-8 hours per day 9-12 hours per day More than 12 hours per day 	NeverRarelySometimesUsuallyAlways
27. <u>on other days</u> in the summer?	 Less than 1 hour per day 1-2 hours per day 3-4 hours per day 5-8 hours per day 9-12 hours per day More than 12 hours per day 	NeverRarelySometimesUsuallyAlways
28. <u>on weekend or vacation days</u> the rest of the year?	 Less than 1 hour per day 1-2 hours per day 3-4 hours per day 5-8 hours per day 9-12 hours per day More than 12 hours per day 	NeverRarelySometimesUsuallyAlways
29. <u>on other days</u> the rest of the year?	 Less than 1 hour per day 1-2 hours per day 3-4 hours per day 5-8 hours per day 9-12 hours per day More than 12 hours per day 	NeverRarelySometimesUsuallyAlways



30. Have you moved since January 1, 2009?

○ No → GO TO QUESTION 31

○ Yes



	onth and year did you to your current residence? MONTH YEAR					
30b. Please w	rite down your current address.					
STREET #						
STREET NAME						
APT #	CITY OR TOWN					
STATE ZIP COD	E COUNTY					
30c. 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					

31. How many lanes of traffic in total does the street where you live have?



32. Which best describes the traffic condition during rush hour on the road where you live?

- O Little or no traffic
- O Light traffic, moving at or above the speed limit
- Heavy traffic, moving below the speed limit
- O Congested or "stop and go"
- \circ Heavy traffic, moving at or above the speed limit

- 33. Since January 1, 2009, about how often has your residence been treated with insecticides or pesticides to control insects, rodents, or other pests, either inside or around the foundation?
 - GO TO THE NEXT PAGE, QUESTION 34 Never
 - Less than once a year
 - Once a year
 - Every 4-6 months
 - Every 2-3 months
 - Monthly
 - Weekly
 - Daily



- 33a. For what kinds of pests were pest control chemicals used at your residence? (Please mark all that apply.)
- Ants
- Cockroaches
- Bees or wasps
- Bed bugs
- Flies
- Spiders
- Mosquitoes
- O Fleas or ticks, not on pets
- Termites
- Any other pest such as moths, silverfish, caterpillars, mice, rats, gophers, or moles
- 33b. When pest control chemicals were applied since January 1, 2009, about how often did you **personally** apply them?
- All of the time
- Most of the time
- About half the time
- Some of the time
- Never
- O Not applicable



- 34. Since January 1, 2009, about how often was the garden or yard around this residence treated with weed killers or insecticides, including those labeled organic such as pyrethrum or rotenone?
 - Never
 - Not applicable



GO TO QUESTION 35

- Less than once a year
- Once a year
- Every 4-6 months
- Every 2-3 months
- Monthly
- Weekly
- O Daily

- 34a. When weed killers or insecticides were used in the garden or yard since January 1, 2009, about how often did you **personally** apply them?
- All of the time
- Most of the time
- About half the time
- Some of the time
- Never
- Not applicable
- 35. Since January 1, 2009, about how often have you used household cleaning solutions other than dish washing and laundry detergents?
 - Never
 - Less than once a year
 - Once a year
 - Every 4-6 months
 - Every 2-3 months
 - Monthly
 - Weekly
 - Daily
- 36. Do you currently have any household pets?
 - O No GO TO THE NEXT PAGE, QUESTION 37

○ Yes



How many of each of the following do you have?

		None	11	2	3-4	5 or more
36a.	Dogs	0	0	0	0	0
36b.	Birds	0	0	0	0	0
36c.	Cats	0	0	0	0	0
36d.	Other furry animals	0	0	0	0	0

- 37. Since January 1, 2009, have you regularly used air fresheners in your home? Please include air fresheners that plug in, hang, sit on a shelf, or stick on the wall, as well as sprays that are used at least three times a week.
 - \circ No → GO TO QUESTION 38



37a. What types of air fresheners do you use at home? (Please mark all that apply.)

- Aerosol sprays
- Solid table top
- Stick-on (disc shaped)
- O Plug-in
- Candle style
- Other
- 38. Since January 1, 2009, 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.
 - \circ No **GO TO QUESTION 39**



What types of air 38a. fresheners do you use in your car? (Please mark all that apply.)

- Aerosol sprays
- O Hanging type paper
- Hanging type gel
- Hanging type other
- Canister type
- O Attached to car air vent oil filled
- O Attached to car air vent gel filled
- O Attached to car air vent stick filled
- 39. How much time per day do you spend traveling by car, van, truck, or bus on most days?
 - Never **GO TO THE NEXT PAGE, QUESTION 40**
 - Less than 15 minutes
 - 15-29 minutes
 - 30-44 minutes
 - 45-59 minutes
 - \circ 60-89 minutes
 - 90-119 minutes
 - 2-3 hours
 - 4-5 hours
 - O More than 5 hours



39a. What is the traffic condition that best describes your travel time (by car, van, truck, or bus) on most days?

- Little or no traffic
- Light traffic, moving at or above the speed limit
- O Heavy traffic, moving below the speed limit
- Congested or "stop and go"
- Heavy traffic, moving at or above the speed limit



40	How much	time per d	uov ob ve	spend trav	veling hy l	hicycle or	motorcycle	on most day	ς?
τυ.	TIOW THUCH	tillic per u	ay uo you	spend tra	VC(IIIE DY I	DICYCLE OI		on most day	э.

- **GO TO QUESTION 41** ○ Never
- 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



40a. What is the traffic condition that best describes your travel time by bicycle or motorcycle on most days?

- O Little or no traffic
- O Light traffic, moving at or above the speed limit
- O Heavy traffic, moving below the speed limit
- Congested or "stop and go"
- O Heavy traffic, moving at or above the speed limit

41. How much time per day do you spend traveling by foot on most days?

- Never → GO TO QUESTION 42
- 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



41a. What is the traffic condition that best describes your travel time by foot on most days?

- O Little or no traffic
- O Light traffic, moving at or above the speed limit
- O Heavy traffic, moving below the speed limit
- Congested or "stop and go"
- O Heavy traffic, moving at or above the speed limit

42. Since January 1, 2009 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)?

 \bigcirc No



42a. Which of the following best describes your

- current situation?
- Homemaker
- Student
- Unemployed
- Retired
- On medical leave
- Disabled

GO TO THE END

○ Yes → GO TO THE NEXT PAGE, QUESTION 43



43. How many different jobs have you had since January 1, 2009?

OF JOBS

Please tell us about the jobs you have had since January 1, 2009, starting with the most recent and working backwards.

WOIKING DACKWAIUS.		JOB 1	JOB 2		
44. When did you first start this job?		 ○ Before 2009 ○ 2009 ○ 2010 ○ 2011 ○ 2012 ○ 2013 ○ 2014 	 ○ Before 2009 ○ 2009 ○ 2010 ○ 2011 ○ 2012 ○ 2013 ○ 2014 		
45. When did you last have this job?		 2009 2010 2011 2012 2013 2014 I still work there 	 2009 2010 2011 2012 2013 2014 I still work there 		
46. Know	Where did you work? Please write down the name of the company you worked for and the full street address of this workplace.	NAME OF COMPANY/PLACE OF WORK STREET #	NAME OF COMPANY/PLACE OF WORK STREET #		
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.		APT # CITY OR TOWN STATE ZIP CODE COUNTY	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 JANUARY 1, 2009, PLEASE ANSWER THE SAME QUESTIONS FOR EACH JOB AND RECORD YOUR ANSWERS ON A SEPARATE SHEET OF PAPER.



		JOB 1	JOB 2
47.	On a scale from 1 to 5, how physically demanding was this job?	1 Not demanding2345 Extremely demanding	1 Not demanding2345 Extremely demanding
48.	On a scale from 1 to 5, how emotionally demanding was this job?	1 Not demanding2345 Extremely demanding	1 Not demanding2345 Extremely demanding
49.	What was/is your job title?	JOB TITLE	JOB TITLE
50.	What type of company or organization do/did you work for? (What do they make or what services do they provide?)	INDUSTRY	INDUSTRY
51.	What are the specific tasks that you usually do/did in your job?	JOB DUTIES	JOB DUTIES

		JOB 1	JOB 2		
52.	How many hours per week do/did you usually work at this job?	 ○ Less than 10 ○ 11-20 ○ 21-30 ○ 31-40 ○ More than 40 	 ○ Less than 10 ○ 11-20 ○ 21-30 ○ 31-40 ○ More than 40 		
53.	What hours of the day do/did you usually work at this job?	START TIME: (mark one) AM PM STOP TIME: (mark one) AM PM OPM OR OI work(ed) irregular hours OI work(ed) rotating shifts	START TIME: (mark one) AM PM STOP TIME: (mark one) (mark one) (mark one) AM PM OR OR OI work(ed) irregular hours OI work(ed) rotating shifts		
54.	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.	 ○ Never ○ 1-2 times/month ○ 3-5 times/month ○ 6-10 times/month ○ 11-15 times/month ○ More than 15 times per month 	 Never 1-2 times/month 3-5 times/month 6-10 times/month 11-15 times/month More than 15 times per month 		



		JOB 1			JOB 2		
			NO	YES		NO	YES
		a. work in dusty conditions?	0	0	a. work in dusty conditions?	0	0
55.	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
		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
		h. travel in a vehicle?	0	0	h. travel in a vehicle?	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