

## Module 2: Medications, Reproductive Health, Exercise, and Sleep

[INTROM2] In this set of questions, we ask about a few topics that affect your health. These topics include your current and past use of medications, your physical activity (including exercise), and your sleep habits.

[DISPLAY ADDITIONAL INTRO TEXT BELOW IF SEX = 0 OR IF SEX = 2 AND SEX2 = 6 or 5]

We also ask some questions about your reproductive health. These questions will focus mainly on your menstrual periods, pregnancies, and if you have used any hormonal medications.

### Medications [SECTION 1]

First, we will ask you about your current and past use of different medications. This information will help us understand your medical history and current health status.

When we ask you to give an exact amount of pills, please make your best guess if you are not sure. If you take half a pill, please count this as one pill.

#### [PAINREL1] Pain Relievers

D1. Have you ever taken any of these medications at least **4 times a month for 6 months or longer**?

Select all that apply.

- 0 Baby or low-dose aspirin (81 mg or less)
- 1 Regular or extra strength aspirin (such as Bufferin® or Anacin®)
- 2 Ibuprofen (such as Motrin® or Advil®)
- 3 Acetaminophen (such as Tylenol®)
- 4 Naproxen (such as Naprosyn®, Anaprox®, or Aleve®)
- 5 Celebrex® (Celecoxib)
- 6 Prescription pain relievers containing opioids (such as hydrocodone (such as Vicodin®, Lorcet®, Lortab®, or Norco®), oxycodone (such as OxyContin® or Percocet®), morphine (such as Kadian® or Avinza®), Fentanyl, codeine, tramadol, methadone, oxymorphone, hydromorphone (Dilaudid®), or meperidine (Demerol®))

88 None of the above **GO TO PAINREL8**

**NO RESPONSE GO TO PAINREL8**

[NOTE: PAINREL2\_# – PAINREL7\_# ARE ONLY DISPLAYED FOR RESPONSES [MED] SELECTED IN PAINREL1 AND ARE PROGRAMMED ITERATIVELY:

IF 0 SELECTED THEN FILL [MED] = "baby or low-dose aspirin (81 mg or less)"

IF 1 SELECTED THEN FILL [MED] = "regular or extra strength aspirin"

IF 2 SELECTED THEN FILL [MED] = "ibuprofen"

IF 3 SELECTED THEN FILL [MED] = "acetaminophen"

IF 4 SELECTED THEN FILL [MED] = "naproxen"

IF 5 SELECTED THEN FILL [MED] = "Celebrex (celecoxib)"

IF 6 SELECTED THEN FILL [MED] = "prescription pain relievers containing opioids"]

**[DISPLAY IF 0, 1, 2, 3, 4, 5, AND/OR 6 WAS SELECTED IN PAINREL1]**

**[THIS QUESTION IS TO BE DISPLAYED FOR EACH RESPONSE OPTION SELECTED AT PAINREL1]**

D2. [PAINREL2] During the time(s) that you were taking [MED FROM PAINREL1], about how many **days per week OR per month** did you take it? Please fill out either days per week or days per month.

|\_\_|\_\_| #Days per

☐ Week

☐ Month

**NO RESPONSE GO TO PAINREL3**

**[DISPLAY IF 0, 1, 2, 3, 4, 5, AND/OR 6 WAS SELECTED IN PAINREL1]**

**[THIS QUESTION IS TO BE DISPLAYED FOR EACH RESPONSE OPTION SELECTED AT PAINREL1]**

D3. [PAINREL3] On the days that you took [MED FROM PAINREL1], about how many pills did you take **per day**, on most days?

|\_\_|\_\_| #Pills per day

77 Don't know

**NO RESPONSE GO TO PAINREL4**

**[DISPLAY IF 0, 1, 2, 3, 4, 5, AND/OR 6 WAS SELECTED IN PAINREL1]**

**[THIS QUESTION IS TO BE DISPLAYED FOR EACH RESPONSE OPTION SELECTED AT PAINREL1]**

D4. [PAINREL4] About how many years did you take [MED FROM PAINREL1]?

|\_\_|\_\_| #Years

**NO RESPONSE GO TO PAINREL5**

**[DISPLAY IF 0, 1, 2, 3, 4, 5, AND/OR 6 WAS SELECTED IN PAINREL1]**

**[THIS QUESTION IS TO BE DISPLAYED FOR EACH RESPONSE OPTION SELECTED AT PAINREL1]**

D5. [PAINREL5] When was the **last** time you took [MED FROM PAINREL1]?

0 In the past month **GO TO PAINREL7**

1 More than a month ago, but in the past year **GO TO PAINREL7**

2 More than 1 year ago **GO TO PAINREL6**

**NO RESPONSE GO TO PAINREL6**

**[DISPLAY IF 0, 1, 2, 3, 4, 5, AND/OR 6 WAS SELECTED IN PAINREL1]**

**[THIS QUESTION IS TO BE DISPLAYED FOR EACH RESPONSE OPTION SELECTED AT PAINREL1]**

D6. [PAINREL6] How many years ago did you **last** take [MED FROM PAINREL1]?

|\_\_|\_\_| #Years ago

**NO RESPONSE GO TO PAINREL7**

**[DISPLAY IF 0, 1, 2, 3, 4, 5, AND/OR 6 WAS SELECTED IN PAINREL1]**

**[THIS QUESTION IS TO BE DISPLAYED FOR EACH RESPONSE OPTION SELECTED AT PAINREL1]**

D7. [PAINREL7] Why did you take [MED FROM PAINREL1]? Select all that apply.

0 Arthritis

1 Back pain/backache

2 Menstrual Pain **[DISPLAY IF SEX=0 OR 2]**

3 Disease prevention

4 Headaches/migraine

5 Illness, cold/flu, fever

6 Muscle or joint pain, joint or bone injuries, sprains, or strains

7 Toothache

**NO RESPONSE GO TO PAINREL8**

D8. [PAINREL8] Did you ever use prescription pain relievers that contain opioids in any way not directed by a doctor? This might include using them without a prescription, using more than directed, or using them more often or for a longer time than directed. Please remember that we protect your privacy. We remove information that can identify you from your survey answers before we share them with researchers

44 Never

0 Sometimes

1 Often

99 Prefer not to answer

**NO RESPONSE GO TO CHOLHTN**

### [CHOLHTN] Cholesterol and Blood Pressure (Hypertension) Medications

D9. Have you ever taken any of these medications at least **4 times a month for 6 months or longer?**  
Select all that apply.

0 Cholesterol or lipid lowering drugs/Statins (such as atorvastatin (Lipitor®), fluvastatin (such as Lescol® or Lescol® XL), lovastatin (such as Mevacor® or Altoprev®), pravastatin (Pravachol®), rosuvastatin (Crestor®), simvastatin (Zocor), or pitavastatin (Livalo®))

1 Drugs used to treat high blood pressure (hypertension) (such as Bumetanide (Bumex®), Chlorthalidone (Hygroton®), Chlorothiazide (Diuril®), Ethacrynate (Edecrin®), Furosemide (Lasix®), Hydrochlorothiazide HCTZ (such as Esidrix®, Hydrodiuril®, or Microzide®), Indapamide (Lozol®), Methyclothiazide (Enduron®), Metolazone (such as Mykroz® or Zaroxolyn®), or Torsemide (Demadex®))

88 None of the above **GO TO METFOR**

**NO RESPONSE GO TO METFOR**

**[NOTE: CHOLHTN2\_# – CHOLHTN6\_# ARE ONLY DISPLAYED FOR RESPONSES [MED] SELECTED IN CHOLHTN AND ARE PROGRAMMED ITERATIVELY:**

**IF 0 SELECTED THEN FILL [MED] = "statins/cholesterol or lipid lowering drugs"**

**IF 1 SELECTED THEN FILL [MED] = "anti-hypertensive medication/drugs used to treat hypertension (high blood pressure)"]**

**[DISPLAY IF 0 AND/OR 1 WAS SELECTED IN CHOLHTN]**

**[THIS QUESTION IS TO BE DISPLAYED FOR EACH RESPONSE OPTION SELECTED AT CHOLHTN]**

D10. [CHOLHTN2] During the time(s) that you were taking [MED FROM CHOLHTN], about how many **days per week OR per month** did you take it? Please fill out either days per week or days per month.

|\_|\_| #Days per

☐ Week

☐ Month

**NO RESPONSE GO TO CHOLHTN3**

**[DISPLAY IF 0 AND/OR 1 WAS SELECTED IN CHOLHTN]**

**[THIS QUESTION IS TO BE DISPLAYED FOR EACH RESPONSE OPTION SELECTED AT CHOLHTN]**

D11. [CHOLHTN3] On the days that you took [MED FROM CHOLHTN], about how many pills did you take **per day**, on most days?

|\_\_|\_\_| #Pills per day

77 Don't know

**NO RESPONSE GO TO CHOLHTN4**

**[DISPLAY IF 0 AND/OR 1 WAS SELECTED IN CHOLHTN]**

**[THIS QUESTION IS TO BE DISPLAYED FOR EACH RESPONSE OPTION SELECTED AT CHOLHTN]**

D12. [CHOLHTN4] About how many years did you take [MED FROM CHOLHTN]?

|\_\_|\_\_| #Years

**NO RESPONSE GO TO CHOLHTN5**

**[DISPLAY IF 0 AND/OR 1 WAS SELECTED IN CHOLHTN]**

**[THIS QUESTION IS TO BE DISPLAYED FOR EACH RESPONSE OPTION SELECTED AT CHOLHTN]**

D13. [CHOLHTN5] When was the **last** time you took [MED FROM CHOLHTN]?

0 In the past month **GO TO METFOR**

1 More than a month ago, but in the past year **GO TO METFOR**

2 More than 1 year ago **GO TO CHOLHTN6**

**NO RESPONSE GO TO CHOLHTN6**

**[DISPLAY IF 0 AND/OR 1 WAS SELECTED IN CHOLHTN]**

**[THIS QUESTION IS TO BE DISPLAYED FOR EACH RESPONSE OPTION SELECTED AT CHOLHTN]**

D14. [CHOLHTN6] How many years ago did you **last** take [MED FROM CHOLHTN]?

|\_\_|\_\_| #Years ago

**NO RESPONSE GO TO METFOR**

[METFOR] **Metformin**

D15. Have you ever taken **metformin** (such as Glucophage®, Glumetza®, Riomet®, Fortamet®, or Glucophage® XR) at least **4 times a month for 6 months or longer**?

1 Yes

0 No **GO TO INSULIN**

**NO RESPONSE GO TO INSULIN**

D16. [METFOR2A] During the time(s) that you were taking metformin, about how many **days per week OR per month** did you take it? Please fill out either days per week or days per month.

|\_\_|\_\_| #Days per

[METFOR2B]

☐ Week

☐ Month

**NO RESPONSE GO TO METFOR3**

D17. [METFOR3] On the days that you took metformin, about how many milligrams did you take **per day**, on most days?

|\_\_|\_\_| #milligrams per day

77 Don't know

**NO RESPONSE GO TO METFOR4**

D18. [METFOR4] About how many years did you take metformin?

|\_|\_| #Years

**NO RESPONSE GO TO METFOR5**

D19. [METFOR5] When was the **last** time you took metformin?

0 In the past month **GO TO INSULIN**

1 More than a month ago, but in the past year **GO TO INSULIN**

2 More than 1 year ago

**NO RESPONSE GO TO INSULIN**

D20. [METFOR6] How many years ago did you **last** take metformin?

|\_|\_| #Years ago

**NO RESPONSE GO TO INSULIN**

### [INSULIN] **Insulin**

D21. Have you ever taken **insulin** at least **4 times a month for 6 months or longer**?

1 Yes

0 No **GO TO ACIDSUP**

**NO RESPONSE GO TO ACIDSUP**

D22. [INSULIN2A] During the time(s) that you were taking insulin, about how many **days per week OR per month** did you take it? Please fill out either days per week or days per month.

|\_|\_| #Days per

[INSULIN2B]

☐ Week

☐ Month

**NO RESPONSE GO TO INSULIN3**

D23. [INSULIN3] On the days that you took insulin, about how many units did you take **per day**, on most days?

|\_|\_| #units per day

77 Don't know

**NO RESPONSE GO TO INSULIN4**

D24. [INSULIN4] On the days that you took insulin, what concentration did you take?

0 100 unit per ml

1 500 unit per ml

55 Other: Please describe [text box]

77 Don't know

**NO RESPONSE GO TO INSULIN5**

D25. [INSULIN5] About how many years did you take insulin?

|\_|\_| #Years

**NO RESPONSE GO TO INSULIN6**

D26. [INSULIN6] When was the **last** time you took insulin?

0 In the past month **GO TO ACIDSUP**

1 More than a month ago, but in the past year **GO TO ACIDSUP**

2 More than 1 year ago

**NO RESPONSE GO TO ACIDSUP**

D27. [INSULIN7] How many years ago did you **last** take insulin?

|\_|\_| #Years ago

**NO RESPONSE GO TO ACIDSUP**

### [ACIDSUP] **Acid Suppressive Drugs**

D28. Have you ever taken any of these medications at least **4 times a month for 6 months or longer?**

Select all that apply.

0 Prescription proton pump inhibitors (such as omeprazole (such as Prilosec® or Zegerid®), esomeprazole (Nexium®), lansoprazole (Prevacid®), rabeprazole (AcipHex), pantoprazole (Protonix®), or dexlansoprazole (Dexilant®))

1 Over-the-counter proton pump inhibitors (such as esomeprazole (Nexium®), omeprazole (Prilosec® OTC), omeprazole with sodium bicarbonate (Zegerid®), or lansoprazole (Prevacid® 24HR))

2 Over-the-counter H2 receptor blockers (such as famotidine (Pepcid®, Zantac®, or Tagamet®))

88 None of the above **GO TO SECTION2**

**NO RESPONSE GO TO SECTION2**

**[NOTE: ACIDSUP2\_# – ACIDSUP6\_# ARE ONLY DISPLAYED FOR RESPONSES [MED] SELECTED IN ACIDSUP AND ARE PROGRAMMED ITERATIVELY:**

**IF 0 SELECTED THEN FILL [MED] = "prescription proton pump inhibitors"**

**IF 1 THEN FILL [MED] = "over-the-counter proton pump inhibitors"**

**IF 2 THEN FILL [MED] = "over-the-counter H2 receptor blockers"]**

**[DISPLAY IF 0, 1, AND/OR 2 WAS SELECTED IN ACIDSUP]**

**[THIS QUESTION IS TO BE DISPLAYED FOR EACH RESPONSE OPTION SELECTED AT ACIDSUP]**

D29. [ACIDSUP2] During the time(s) that you were taking **[MED FROM ACIDSUP]**, about how many **days per week OR per month** did you take it? Please fill out either days per week or days per month.

|\_|\_| #Days per

☐ Week

☐ Month

**NO RESPONSE ACIDSUP3**

**[DISPLAY IF 0, 1, AND/OR 2 WAS SELECTED IN ACIDSUP]**

**[THIS QUESTION IS TO BE DISPLAYED FOR EACH RESPONSE OPTION SELECTED AT ACIDSUP]**

D30. [ACIDSUP3] On the days that you took **[MED FROM ACIDSUP]**, about how many pills did you take **per day**, on most days?

|\_\_|\_\_| #Pills per day

77 Don't know

*NO RESPONSE ACIDSUP4*

**[DISPLAY IF 0, 1, AND/OR 2 WAS SELECTED IN ACIDSUP]**

**[THIS QUESTION IS TO BE DISPLAYED FOR EACH RESPONSE OPTION SELECTED AT ACIDSUP]**

D31. [ACIDSUP4] About how many years did you take [MED FROM ACIDSUP]?

|\_\_|\_\_| #Years

*NO RESPONSE ACIDSUP5*

**[DISPLAY IF 0, 1, AND/OR 2 WAS SELECTED IN ACIDSUP]**

**[THIS QUESTION IS TO BE DISPLAYED FOR EACH RESPONSE OPTION SELECTED AT ACIDSUP]**

D32. [ACIDSUP5] When was the **last** time you took [MED FROM ACIDSUP]?

0 In the past month **GO TO SECTION2**

1 More than a month ago, but in the past year **SECTION2**

2 More than 1 year ago **GO TO ACIDSUP6**

*NO RESPONSE ACIDSUP6*

**[DISPLAY IF 0, 1, AND/OR 2 WAS SELECTED IN ACIDSUP]**

**[THIS QUESTION IS TO BE DISPLAYED FOR EACH RESPONSE OPTION SELECTED AT ACIDSUP]**

D33. [ACIDSUP6] How many years ago did you **last** take [MED FROM ACIDSUP]?

|\_\_|\_\_| #Years ago

*NO RESPONSE SECTION2*

## Reproductive Health [SECTION 2]

In the next set of questions, we ask about your reproductive health. Remember, we protect your privacy. We remove information that can identify you from your survey answers before we share them with researchers.

**[DISPLAY INTRONONCISWOM IF: SEX= (1 "MALE" OR 2 "INTERSEX OR OTHER") AND GEN= (0 "FEMALE", 3 "TRANSGENDER FEMALE", 4 "GENDERQUEER", 5 "NON-BINARY", OR 55 "OTHER") ELSE, GO TO INTROWH]**

[INTRONONCISWOM] Our next questions ask you about your use of hormones.

D34. [HORNONCISWOM] Have you ever used hormones or other medications to make your body better reflect your gender (for example, estrogen or testosterone-blockers)?

0 No

1 Yes, I used hormones or other medications to make my body look more feminine in the past

2 Yes, I am currently using hormones or other medications to make my body look more feminine

**[DISPLAY INTROWH, MENTRUAL HEALTH HISTORY, PREGNANCIES, FERTILITY, HORMONE MEDICATIONS AND/OR CONTRACEPTIVE DEVICES, HORMONE THERAPY IF: (SEX= 0 “FEMALE”) OR (SEX= 2 “INTERSEX OR OTHER” AND SEX2 = 5 OR 6 (UTERUS OR OVARIES)) ELSE, GO TO TESTTHER]**

[INTROWH] This section asks about your menstrual history, past or current pregnancies, and your use of hormone medications.

When we ask you to give an exact date, age, or number, please make your best guess if you are not sure.

**[INTROMENSHIS] Menstrual Health History**

First, we ask you some questions about your menstrual health.

D35. [MENSHIS] How old were you when you had your **first** menstrual period? Please make your best guess if you are not sure.

|\_\_|\_\_| Age

44 I have never had a menstrual period **GO TO MENSHIS9**

**NO RESPONSE GO TO MENSHIS9**

D36. [MENSHIS2] How long after your first menstrual period did your periods become regular? By regular, we mean that you could predict the start of your next period within a few days.

44 Never became regular **GO TO MENSHIS5**

0 Within 1 year

1 1 to 2 years

2 More than 2 years to 3 years

3 More than 3 years to 4 years

4 More than 4 years

77 Don't know

**NO RESPONSE GO TO MENSHIS5**

D37. [MENSHIS3] Once your menstrual periods became regular, what was the usual length of your menstrual cycle? The length of a menstrual cycle is the number of days from the first day of one menstrual period to the first day of the next menstrual period.

0 Too irregular to guess or used hormonal medication or device (such as an intrauterine device (IUD)) to control menstrual cycle **GO TO MENSHIS5**

1 Less than 21 days **GO TO MENSHIS5**

2 21 days or more

**NO RESPONSE GO TO MENSHIS5**

D38. [MENSHIS4] About how many days long is your usual menstrual cycle?

|\_\_|\_\_| #Days

**NO RESPONSE GO TO MENSHIS5**

D39. [MENSHIS5] In just the **past 12 months**, what was the usual length of your menstrual cycle?

0 I have not had a menstrual period in the past 12 months **GO TO MENSHIS7**



- 1 I have had at least one menstrual period in the past 12 months but the frequency of my period changed (such as it stopped, became irregular, or difficult to predict) **GO TO MENSIS9**
- 2 Too irregular to guess or using hormonal medication or device (such as an intrauterine device (IUD)) to control menstrual cycle **GO TO MENSIS9**
- 3 Less than 21 days **GO TO MENSIS9**
- 4 21 days or more  
**NO RESPONSE GO TO MENSIS9**

D40. [MENSIS6] In the **past 12 months**, about how many days long was your usual menstrual cycle?  
|\_|\_| #Days **GO TO MENSIS9**  
**NO RESPONSE GO TO MENSIS9**

D41. [MENSIS7] Please pick the option that best describes why you have **not** had a menstrual period in the **past 12 months**:

- 0 My periods stopped naturally due to menopause **GO TO MENSIS9**
- 1 My periods stopped because I began taking female hormones during the menopausal transition or menopause (“the change of life”). **GO TO MENSIS9**
- 2 My periods stopped after surgery that removed my uterus and/or both ovaries
- 3 My periods stopped after endometrial ablation (removal of the endometrium – lining of the uterus)
- 4 I am currently using a hormonal medication or device (such as an intrauterine device (IUD)) to prevent pregnancy, manage my menstrual cycle symptoms, and/or manage conditions like endometriosis or polycystic ovarian syndrome (PCOS)
- 5 I was pregnant or breastfeeding during the last year
- 6 My periods stopped after radiation or chemotherapy
- 55 My periods stopped for other reasons: Please describe [text box]  
**NO RESPONSE GO TO MENSIS9**

D42. [MENSIS8] How old were you when you had your **last** menstrual period?  
|\_|\_| Age  
**NO RESPONSE GO TO MENSIS9**

D43. [MENSIS9] In the **past 12 months** have you experienced any of the following? **Check all that apply.**

- 0 Bleeding or spotting in between periods
- 1 Bleeding or spotting after sex
- 2 Heavy bleeding during your period
- 3 Irregular periods in which cycle length varies by more than 7-9 days
- 4 Bleeding after menopause
- 88 I have **not** experienced any of the above  
**NO RESPONSE GO TO PREG**

### [PREG] **Pregnancies**

Next, we will ask you some questions about pregnancies that you may have had.

D44. [PREG1] Are you currently pregnant?

1 Yes **GO TO PREG3**

0 No

**NO RESPONSE GO TO PREG2**

D45. [PREG2] Have you ever been pregnant?

1 Yes

0 No **GO TO FERT1**

**NO RESPONSE GO TO FERT1**

D46. [PREG3] How many times have you been pregnant? Please include all live births, as well as pregnancies that ended as stillbirths or other pregnancy losses.  
Twins, triplets, or higher multiples count as one pregnancy.

|\_|\_| #Pregnancies

**NO RESPONSE GO TO PREGCONFIRM**

D47. [PREGCONFIRM] You told us that you have been pregnant [insert number from PREG3] [time/times], including all live births, as well as pregnancies that ended as stillbirths or other pregnancy losses.

If this is **not** correct, please select the “Back” button to update your response. If this is correct, please select the “Next” button to move forward.

**[Fill “first”, “2<sup>nd</sup>”, “3<sup>rd</sup>”, etc. according to how many times PREG4 is displayed to the respondent.]**

D48. [PREG4] How old were you when your [first/2<sup>nd</sup>/3<sup>rd</sup>/4<sup>th</sup>/etc.] pregnancy began?

|\_|\_| Age

**NO RESPONSE GO TO PREG5**

**[IF PREG1 = 1, DO NOT DISPLAY PREG5 FOR THE MOST RECENT PREGNANCY, GO TO PREGSUMMARY] (i.e., IF PREG3 = 1, GO TO PREGSUMMARY. IF PREG3 = 2, DISPLAY PREG5 FOR “FIRST” PREGNANCY, BUT SKIP TO PREGSUMMARY FOR “2ND” PREGNANCY)**

D49. [PREG5] What was the outcome of this pregnancy?

0 Live birth: single infant **GO TO PREG7**

1 Live birth: twins, triplets, or higher multiples

2 Live birth and loss of one or more of multiples

3 Pregnancy loss before 20 weeks ---> **GO TO PREGSUMMARY**

4 Pregnancy loss after 20 weeks --> **GO TO PREG10**

77 Prefer not to answer **GO TO PREGSUMMARY**

**NO RESPONSE GO TO PREGSUMMARY**

D50. [PREG6] **[DISPLAY IF PREG5= 1]** How many infants were delivered?

**[DISPLAY IF PREG5= 2]** How many infants were delivered? Include live births and stillbirths in your response.

- 0 Two (Twins)
- 1 Three (Triplets)
- 2 Four or more

**NO RESPONSE GO TO PREG7**

D51. [PREG7] What was the method of delivery?

- 0 Cesarean
- 1 Vaginal

**NO RESPONSE GO TO PREG8**

**[PIPED TEXT INSTRUCTIONS FOR PREG8 & PREG9:**

**IF PREG5= 0, FILL “this child”**

**IF PREG5= 1, FILL “these children”]**

*[Informational text to be included with both prompts when the word “breastfeed” is selected: Using a breast pump to express breastmilk, sometimes called “exclusively pumping,” counts as breastfeeding.]*

D52. [PREG8] **[DISPLAY IF PREG5= 0 or 1]** Did you breastfeed [this child/these children]? If you are currently breastfeeding, select yes.

**[DISPLAY IF PREG5= 2]** Did you breastfeed? If you are currently breastfeeding, select yes.

- 1 Yes

- 0 No **GO TO PREG10**

**NO RESPONSE GO TO PREG10**

D53. [PREG9] **[DISPLAY IF PREG5= 0 or 1]** How many months did you breastfeed [this child/these children]? If you are currently breastfeeding, please tell us the number of months you have been breastfeeding so far.

**[DISPLAY IF PREG5 = 2]** How many months did you breastfeed? If you are currently breastfeeding, please tell us the number of months you have been breastfeeding so far.

|\_\_|\_\_| #Months breastfed

**NO RESPONSE GO TO PREG10**

**[DISPLAY PREG10-PREG11 IF PREG5= 0, 1, 4, 2]**

D54. [PREG10] Did a doctor or health professional tell you that you have or had **gestational diabetes** during this pregnancy?

- 1 Yes
- 0 No

**NO RESPONSE --> GO TO PREG11**

D55. [PREG11] Did a doctor or health professional tell you that you have or had **eclampsia or pre-eclampsia** during this pregnancy? *[Informational text when “eclampsia or pre-eclampsia” is selected: A related medical condition is HELLP Syndrome. If a doctor or other health professional has ever told you that you have HELLP Syndrome, answer yes.]*

- 1 Yes
- 0 No

*NO RESPONSE --> GO TO PREGSUMMARY*

**[REPEAT PREG5–PREG11 AS MANY TIMES AS THE #PREGNANCIES REPORTED IN PREG4]  
[ASK PREGSUMMARY AS A DOUBLE-CHECK ONLY AFTER PREG5–PREG11 HAVE BEEN REPEATED  
#TIMES=PREG4]**

D56. [PREGSUMMARY] Here is a summary of the information you shared about this pregnancy. If any of the information is incorrect, please select the “Back” button to update your responses. If all of the information is correct, please select the “Next” button to move forward.

**\*[DISPLAY IF PREG6 – PREG11 WERE DISPLAYED TO RESPONDENT]**

Age when pregnancy began: [response from PREG4]  
Outcome of pregnancy: [response from PREG5]  
Number of infants: [response from PREG6]\*  
Method of delivery: [response from PREG7]\*  
Did you breastfeed: [response from PREG8]\*  
Number of months of breastfeeding: [response from PREG9]\*  
Did you have gestational diabetes: [response from PREG10]\*  
Did you have pre-eclampsia or eclampsia: [response from PREG11]\*  
*NO RESPONSE GO TO FERT1*

### **[FERT1] Fertility**

Next, we will ask you some questions about your efforts to get pregnant and your use of medications designed to help you get pregnant.

D58. Have you ever tried to get pregnant for more than one year, but did not get pregnant during that time?

1      Yes  
0      No **GO TO FERT5**  
*NO RESPONSE GO TO FERT5*

D59. [FERT2] How old were you when you **first** tried to get pregnant for over a year?

|\_|\_| Age  
*NO RESPONSE GO TO FERT3*

D60. [FERT3] Did you ever seek medical advice when you tried to get pregnant for over a year?

1      Yes  
0      No **GO TO FERT5**  
*NO RESPONSE GO TO FERT5*

D61. [FERT4] When you tried to get pregnant for over a year, do you know what the issue was that caused you not to get pregnant? Select all that apply.

0      Tubal blockage  
1      Ovary or hormone problem

- 2 Endometriosis
  - 3 Cervical mucous factor
  - 4 Spouse/partner's infertility
  - 5 Cause of infertility was not looked into
  - 6 No cause was found
  - 55 Other: Please describe [text box]
- NO RESPONSE GO TO FERT5**

D62. [FERT5] Have you ever used fertility medications?

- 1 Yes
  - 0 No **GO TO FERT8**
  - 99 Prefer not to answer **GO TO FERT8**
- NO RESPONSE GO TO FERT8**

**[DISPLAY FERT6 IF FERT5= 1  
ELSE, GO TO FERT8]**

D63. [FERT6] Have you ever used any of these fertility medications? Select all that apply.

- 0 Clomid® (clomiphene)
  - 1 Gonadotropins, which are commonly referred to as "injectables" or "injectable hormones" (such as Follistim®, Menopur®, Bravelle®, or Gonal-F®)
  - 2 Danazol
  - 3 Danocrine®
  - 4 hCG
  - 5 Milophene®
  - 6 Lupron Depot®
  - 7 Nolvadex® (tamoxifen)
  - 8 Pergonal®
  - 9 Serophene®
  - 10 Synarel® nasal solution
  - 55 Other medication(s): Please describe [text box]
  - 88 None of the above **GO TO NEXT FERT8**
- NO RESPONSE GO TO NEXT FERT8**

**[DISPLAY FERT17\_# IF 0, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, AND/OR 55 WAS SELECTED IN FERT6. ELSE, GO TO FERT8]**

**[NOTE: THIS QUESTION IS TO BE DISPLAYED FOR EACH RESPONSE OPTION SELECTED AT FERT6 AND IS PROGRAMMED ITERATIVELY]**

**[Piped text instructions for FERT17:**

**IF 0 SELECTED THEN FILL [MED] = "Clomid®"**

**IF 1 SELECTED THEN FILL [MED] = "gonadotropins"**

**IF 2 SELECTED THEN FILL [MED] = "Danazol"**

**IF 3 SELECTED THEN FILL [MED] = "Danocrine®"**

**IF 4 SELECTED THEN FILL [MED] = "hCG"**

**IF 5 SELECTED THEN FILL [MED] = "Milophene®"**

**IF 6 SELECTED THEN FILL [MED] = "Lupron Depot®"**

**IF 7 SELECTED THEN FILL [MED] = “Nolvadex®”**

**IF 8 SELECTED THEN FILL [MED] = “Pergonal®”**

**IF 9 SELECTED THEN FILL [MED] = “Serophene®”**

**IF 10 SELECTED THEN FILL [MED] = “Synarel® nasal solution”**

**IF 55 SELECTED THEN FILL [MED] = [text from FERT6= 55] OR, if no text entered at FERT6= 55, fill “the other fertility medication”]**

D64. [FERT17] In total, how many months or cycles did you take **[MED FROM FERT6]**?

|\_|\_| #Months or cycles

**NO RESPONSE GO TO FERT8**

D65. [FERT8] Have you ever had **in vitro fertilization (IVF)**?

1 Yes

0 No **GO TO HORMED**

**NO RESPONSE GO TO HORMED**

D66. [FERT9] In total, how many times or cycles have you had in vitro fertilization (IVF)?

|\_|\_| #Times or cycles

**NO RESPONSE GO TO HORMED**

### **[HORMED] Hormone Medications and/or Contraceptive Devices**

The next few questions ask about your use of hormone medications and/or contraceptive devices, such as “the pill” or a vaginal ring.

D67. [HORMED] Have you ever used any of these hormonal medications or devices? Select all that apply.

0 Combined oral contraceptive pills, commonly called “the pill” (combined means the pill includes both estrogen and progesterone/progestin)

1 Progesterone-only or progestin-only contraceptive pills, commonly called “the mini-pill”

2 Norplant® (inserted under the skin of your upper arm, lasts several years)

3 Depo-Provera® (birth control shot given once every three months)

4 Vaginal ring (such as NuvaRing®, inserted vaginally each month)

5 Birth control patch (such as Ortho Evra, applied to the skin)

6 Copper IUD (such as Paraguard® intrauterine device)

7 Hormonal IUD (such as Mirena® intrauterine device)

55 Other

88 None of the above **GO TO MENOHOR**

**NO RESPONSE GO TO MENOHOR**

**[NOTE: HORMED2\_# – HORMED5\_# ARE ONLY DISPLAYED FOR RESPONSES [MED] SELECTED IN HORMED AND ARE PROGRAMMED ITERATIVELY:**

**IF 0 SELECTED FILL [MED] = “combined oral contraceptive pills”**

**IF 1 SELECTED FILL [MED] = “progesterone-only or progestin-only contraceptive pills”**

**IF 2 SELECTED FILL [MED] = “Norplant®”**

**IF 3 SELECTED FILL [MED] = “Depo-Provera”**

**IF 4 SELECTED FILL [MED] = “vaginal ring”**

IF 5 SELECTED FILL [MED] = "birth control patch"

IF 6 SELECTED FILL [MED] = "copper IUD"

IF 7 SELECTED FILL [MED] = "hormonal IUD"

IF 55 SELECTED FILL [MED] = "the other hormonal medications or devices"

[DISPLAY IF 0, 1, 2, 3, 4, 5, 6, 7, AND/OR 55 WAS SELECTED IN HORMED]

[THIS QUESTION IS TO BE DISPLAYED FOR EACH RESPONSE OPTION SELECTED AT HORMED]

D68. [HORMED2] How old were you when you **first** used [MED FROM HORMED]?

|\_|\_| Age

NO RESPONSE **GO TO HORMED3**

[DISPLAY IF 0, 1, 2, 3, 4, 5, 6, 7, AND/OR 55 WAS SELECTED IN HORMED]

[THIS QUESTION IS TO BE DISPLAYED FOR EACH RESPONSE OPTION SELECTED AT HORMED]

D69. [HORMED3] Are you currently using [MED FROM HORMED]?

1 Yes **GO TO HORMED5**

0 No

NO RESPONSE **GO TO HORMED4**

[DISPLAY IF 0, 1, 2, 3, 4, 5, 6, 7, AND/OR 55 WAS SELECTED IN HORMED]

[THIS QUESTION IS TO BE DISPLAYED FOR EACH RESPONSE OPTION SELECTED AT HORMED]

D70. [HORMED4] How old were you when you **last** used [MED FROM HORMED]?

|\_|\_| Age

NO RESPONSE **GO TO HORMED5**

[DISPLAY IF 0, 1, 2, 3, 4, 5, 6, 7, AND/OR 55 WAS SELECTED IN HORMED]

[THIS QUESTION IS TO BE DISPLAYED FOR EACH RESPONSE OPTION SELECTED AT HORMED]

D71. [HORMED5] In total, how many months OR years have you used [MED FROM HORMED]?

|\_|\_| #Months

OR

|\_|\_| #Years

NO RESPONSE **GO TO MENOHOR**

### [MENOHOR] **Hormone Therapy**

In the next set of questions, we ask you about your use of hormones. Some common reasons to use these hormones include treating menopausal symptoms, irregular menstrual periods, or postmenopausal bleeding, and preventing diseases such as bone loss. Include any hormones you have used for any reason(s).

D72. Have you ever used a hormone prescribed by a doctor or other health professional?

1 Yes

0 No **GO TO PHYSICAL ACTIVITY SECTION**

NO RESPONSE **GO TO PHYSICAL ACTIVITY SECTION**

D73. [ESTROHOR] Have you ever taken any of these types of **estrogen-only (unopposed estrogen) prescription hormones**? Select all that apply.

- 0 Oral estrogen-only medication (such as Cenestin®, Estrace®, Femtrace®, Menest®, Ogen®, or Premarin®)
- 1 Patch estrogen-only medication (such as Estraderm®, Alora®, or Climara®)
- 2 Vaginal ring (Femring®), vaginal cream (Estrace®), or vaginal tablet (Vagifem®) estrogen-only medication
- 3 Estrogen-only skin gel, cream, or spray-on medication (such as Divigel®, Elestrin®, or EstroGel®)
- 55 Any other type of estrogen-only medication: Please describe [text box]
- 88 None of the above **GO TO PROGHOR**  
*NO RESPONSE GO TO PROGHOR*

**[NOTE: ESTROHOR2\_# – ESTROHOR5\_# ARE ONLY DISPLAYED FOR RESPONSES [MED] SELECTED IN ESTROHOR AND ARE PROGRAMMED ITERATIVELY:**

**IF 0 SELECTED FILL [MED] = “oral estrogen-only medication”**

**IF 1 SELECTED FILL [MED] = “patch estrogen-only medication”**

**IF 2 SELECTED FILL [MED] = “vaginal ring, vaginal cream, or vaginal tablet estrogen-only medication”**

**IF 3 SELECTED FILL [MED] = “estrogen-only skin gel, cream, or spray-on medication”**

**IF 55 SELECTED FILL [MED] = [text from ESTROHOR 5] if no text entered at ESTROHOR 5, fill “the other type of estrogen-only medication”]**

**[DISPLAY IF 0, 1, 2, 3, AND/OR 55 WAS SELECTED IN ESTROHOR]**

**[THIS QUESTION IS TO BE DISPLAYED FOR EACH RESPONSE OPTION SELECTED AT ESTROHOR]**

D74. [ESTROHOR2] How old were you when you **first** used [MED FROM ESTROHOR]?

|\_|\_| Age

*NO RESPONSE GO TO ESTROHOR3*

**[DISPLAY IF 0, 1, 2, 3, AND/OR 55 WAS SELECTED IN ESTROHOR]**

**[THIS QUESTION IS TO BE DISPLAYED FOR EACH RESPONSE OPTION SELECTED AT ESTROHOR]**

D75. [ESTROHOR3] Are you currently using [MED FROM ESTROHOR]?

1 Yes **GO TO ESTROHOR5**

0 No

*NO RESPONSE GO TO ESTROHORA4*

**[DISPLAY IF 0, 1, 2, 3, AND/OR 55 WAS SELECTED IN ESTROHOR]**

**[THIS QUESTION IS TO BE DISPLAYED FOR EACH RESPONSE OPTION SELECTED AT ESTROHOR]**

D76. [ESTROHOR4] How old were you when you **last** used [MED FROM ESTROHOR]?

|\_|\_| Age

*NO RESPONSE GO TO ESTROHOR5*

**[DISPLAY IF 0, 1, 2, 3, AND/OR 55 WAS SELECTED IN ESTROHOR]**

**[THIS QUESTION IS TO BE DISPLAYED FOR EACH RESPONSE OPTION SELECTED AT ESTROHOR]**

D77. [ESTROHOR5] In total, how many months OR years have you used [MED FROM ESTROHOR]?

|\_|\_| #Months

**OR**

|\_|\_| #Years

*NO RESPONSE GO TO PROGHOR*



D78. [PROGHOR] Have you ever taken any of these types of **progestin-only prescription hormones**?

Select all that apply.

- 0 Oral progestin-only medication (such as Provera® or Prometrium®)
- 55 Any other type of progestin/progesterone-only medication: Please describe [text box]
- 88 None of the above **GO TO COMBHOR**
- NO RESPONSE **GO TO COMBHOR**

**[NOTE: PROGHOR2\_# – PROGHOR5\_# ARE ONLY DISPLAYED FOR RESPONSES [MED] SELECTED IN PROGHOR AND ARE PROGRAMMED ITERATIVELY:**

**IF 0 SELECTED FILL [MED] = “oral progestin-only medication”**

**IF 55 SELECTED FILL [MED] = [text from PROGHOR= 55] OR, if no text entered at PROGHOR= 55, fill “the other progestin/progesterone-only medication”]**

**[DISPLAY IF 0 AND/OR 55 WAS SELECTED IN PROGHOR]**

**[THIS QUESTION IS TO BE DISPLAYED FOR EACH RESPONSE OPTION SELECTED AT PROGHOR]**

D79. [PROGHOR2] How old were you when you **first** used [MED FROM PROGHOR]?

|\_|\_| Age

NO RESPONSE **GO TO PROGHOR3**

**[DISPLAY IF 0 AND/OR 55 WAS SELECTED IN PROGHOR]**

**[THIS QUESTION IS TO BE DISPLAYED FOR EACH RESPONSE OPTION SELECTED AT PROGHOR]**

D80. [PROGHOR3] Are you currently using [MED FROM PROGHOR]?

- 1 Yes **GO TO PROGHOR5**
- 0 No

NO RESPONSE **GO TO PROGHOR4**

**[DISPLAY IF 0 AND/OR 55 WAS SELECTED IN PROGHOR]**

**[THIS QUESTION IS TO BE DISPLAYED FOR EACH RESPONSE OPTION SELECTED AT PROGHOR]**

D81. [PROGHOR4] How old were you when you **last** used [MED FROM PROGHOR]?

|\_|\_| Age

NO RESPONSE **GO TO PROGHOR5**

**[DISPLAY IF 0 AND/OR 55 WAS SELECTED IN PROGHOR]**

**[THIS QUESTION IS TO BE DISPLAYED FOR EACH RESPONSE OPTION SELECTED AT PROGHOR]**

D82. [PROGHOR5] In total, how many months OR years have you used [MED FROM PROGHOR]?

|\_|\_| #Months

OR

|\_|\_| #Years

NO RESPONSE **GO TO PROGHOR6\_1**

**[DISPLAY PROGHOR6\_1 IF 0 WAS SELECTED AT PROGHOR]**

**[ELSE, GO TO PROGHOR6\_2]**

D83. [PROGHOR6\_1] How many **days per cycle** did you use this oral progestin-only hormone?

- 0 Less than 10 days per month

- 1 10 to 14 days per month
- 2 15 to 19 days per month
- 3 20 to 25 days per month
- 4 Every day

**NO RESPONSE GO TO PROGHOR6\_2**

**[DISPLAY PROGHOR6\_2 IF 55 WAS SELECTED AT PROGHOR]**

**[ELSE, GO TO COMBHOR]**

D84. [PROGHOR6\_2] How many **days per cycle** did you use this progestin/progesterone-only prescription hormone?

- 0 Less than 10 days per month
- 1 10 to 14 days per month
- 2 15 to 19 days per month
- 3 20 to 25 days per month
- 4 Every day

**NO RESPONSE GO TO COMBHOR**

D85. [COMBHOR] Have you ever taken any of these types of **combined estrogen plus progestin prescription hormones**? Select all that apply.

- 0 Combined oral estrogen plus progestin pill (such as Prempro®, Activella®, Femhrt,® or PREFEST®)
- 1 Two separate pills, one estrogen and one progestin pill
- 55 Any other type of combined estrogen plus progestin prescription hormones (such as the patch (Climara-Pro®), other pills, or creams): Please describe [text box]
- 88 None of the above **GO TO NEXT TESTTHER**

**NO RESPONSE GO TO NEXT TESTTHER**

**[NOTE: COMBHOR2\_# – COMBHOR5\_# ARE ONLY DISPLAYED FOR RESPONSES [MED] SELECTED IN COMBHOR AND ARE PROGRAMMED ITERATIVELY:**

**IF 0 SELECTED FILL [MED] = “combined oral estrogen plus progestin pill”**

**IF 1 SELECTED FILL [MED] = “two separate pills”**

**IF 55 SELECTED FILL [MED] = [text from COMBHOR= 55] OR, if no text entered at COMBHOR= 55, fill [the other combined estrogen plus progestin prescription hormone]]**

**[DISPLAY IF 0, 1, AND/OR 55 WAS SELECTED IN COMBHOR]**

**[THIS QUESTION IS TO BE DISPLAYED FOR EACH RESPONSE OPTION SELECTED AT COMBHOR]**

D86. [COMBHOR2] How old were you when you **first** used [MED FROM COMBHOR]?

|\_|\_| Age

**NO RESPONSE GO TO COMBHOR3**

**[DISPLAY IF 0, 1, AND/OR 55 WAS SELECTED IN COMBHOR]**

**[THIS QUESTION IS TO BE DISPLAYED FOR EACH RESPONSE OPTION SELECTED AT COMBHOR]**

D87. [COMBHOR3] Are you currently using [MED FROM COMBHOR]?

- 1 Yes **GO TO COMBHORS**
- 0 No

*NO RESPONSE GO TO COMBHOR4*

**[DISPLAY IF 0, 1, AND/OR 55 WAS SELECTED IN COMBHOR]**

**[THIS QUESTION IS TO BE DISPLAYED FOR EACH RESPONSE OPTION SELECTED AT COMBHOR]**

D88. [COMBHOR4] How old were you when you **last** used [MED FROM COMBHOR]?

|\_|\_| Age

*NO RESPONSE GO TO COMBHOR5*

**[DISPLAY IF 0, 1, AND/OR 55 WAS SELECTED IN COMBHOR]**

**[THIS QUESTION IS TO BE DISPLAYED FOR EACH RESPONSE OPTION SELECTED AT COMBHOR]**

D89. [COMBHOR5] In total, how many months OR years have you used [MED FROM COMBHOR]?

|\_|\_| #Months

OR

|\_|\_| #Years

*NO RESPONSE GO TO COMBHOR6*

**[DISPLAY IF 0 WAS SELECTED AT COMBHOR]**

**[ELSE, GO TO SEPHOR]**

D90. [COMBHOR6] How many **days per cycle** did you use a **combined oral estrogen plus progestin pill**?

- 0 Less than 10 days per month
- 1 10 to 14 days per month
- 2 15 to 19 days per month
- 3 20 to 25 days per month
- 4 Every day

*NO RESPONSE (ANY) GO TO SEPHOR*

**[DISPLAY IF 1 WAS SELECTED AT COMBHOR]**

**[ELSE, GO TO SEPHOR2]**

D91. [SEPHOR] How many **days per cycle** did you use **two separate pills**, one estrogen and one progestin?

- 0 Less than 10 days per month
- 1 to 14 days per month
- 2 15 to 19 days per month
- 3 20 to 25 days per month
- 4 Every day

*NO RESPONSE (ANY) GO TO SEPHOR2*

**[DISPLAY IF 55 WAS SELECTED AT COMBHOR]**

**[ELSE, GO TO TESTTHER]**

D92. [SEPHOR2] How many **days per cycle** did you use this other type of combined estrogen plus progestin prescription hormones?

- 0 Less than 10 days per month
- 1 to 14 days per month
- 2 15 to 19 days per month
- 3 20 to 25 days per month

- 4 Every day

*NO RESPONSE (ANY) GO TO TESTTHER*

**[ALL PARTICIPANTS:]**

**[TESTHER\_INTRO] Testosterone & Other Hormone Therapy**

[TESTTHER] Have you ever used **testosterone therapy** (e.g., Depo-Testosterone®, Androgel®, Testim®, Fortesta®, Axiron®, Androderm®, Striant®)?

- 1 Yes

- 0 No **GO TO PRESHOR**

*NO RESPONSE GO TO PRESHOR*

[TESTTHER2] Which forms of testosterone medication(s) have you taken? Select all that apply.

- 0 Gel/cream
- 1 Injection
- 2 Skin patch
- 3 Pills
- 4 Gum or inner cheek patch
- 5 Slow release implant (testosterone pellets)

*NO RESPONSE GO TO TESTTHER3*

[TESTTHER3] How old were you when you **first** used testosterone therapy?

|\_|\_| Age

*NO RESPONSE GO TO TESTTHER4*

**[IF TESTTHER2 = 5 ONLY, DO NOT DISPLAY TESTTHER4. OTHERWISE, DISPLAY TESTTHER4.]**

[TESTTHER4] How often did you use testosterone therapy? If you currently use testosterone therapy, how often do you use it?

- 0 Multiple times a day
- 1 Daily
- 2 Every few days
- 3 Once a week
- 4 Few times a month
- 5 Rarely

*NO RESPONSE GO TO TESTTHER5*

[TESTTHER5] How old were you when you **last** used testosterone therapy? If you are currently using testosterone therapy, please enter your current age.

|\_|\_| Age

*NO RESPONSE GO TO PRESHOR*

D93. [PRESHOR] Have you ever taken any other type(s) of prescription or over-the-counter hormones (or bioidenticals)?

- 1 Yes

- 0 No **GO TO PHYSICAL ACTIVITY SECTION**

*NO RESPONSE (ANY) GO TO PHYSICAL ACTIVITY SECTION*

D94. [PRESHOR2] What other type(s) of hormones did you take?

*NO RESPONSE (ANY) GO TO PRESHOR3*

**[Piped text instructions for PRESHOR3 – PRESHOR6:**

**FILL [MED] = [text from PRESHOR2] OR, if no text entered at PRESHOR2, fill [the other type of prescription hormone]]**

D95. [PRESHOR3] How old were you when you **first** used [MED FROM PRESHOR2]?

|\_|\_| Age

*NO RESPONSE (ANY) GO TO PRESHOR4*

D96. [PRESHOR4] Are you currently using [MED FROM PRESHOR2]?

1 Yes **GO TO PRESHOR6A**

0 No

*NO RESPONSE (ANY) GO TO PRESHOR5*

D97. [PRESHOR5] How old were you when you **last** used [MED FROM PRESHOR2]?

|\_|\_| Age **GO TO PHYSICAL ACTIVITY SECTION**

*NO RESPONSE (ANY) GO TO PHYSICAL ACTIVITY SECTION*

D98. [PRESHOR6] In total, how many months OR years have you used [MED FROM PRESHOR2]?

|\_|\_| #Months

OR

|\_|\_| #Years

*NO RESPONSE (ANY) GO TO PHYSICAL ACTIVITY SECTION*

## Physical Activity [SECTION 3]

Next, we will ask you about different types of physical activities. We are interested in activities that you do during a usual day, including at work or around the house. We are also interested in activities that you do specifically for exercise or for fun.

Many of the questions in this section ask you to share the amount of time you spend doing specific activities. If you are not sure of the exact amount of time, please make your best guess.

**[WORKACT] Physical Activity at Work**

**[DISPLAY WORKACT SECTION, IF WORK= 1]**

**[IF WORK= 0, GO TO INTROSITTING]**

D1. During the **past 12 months**, about how much time do you usually spend doing these activities while you are **at work**? For your answers, please think about the time you spend at your job, **not counting time traveling to and from work**. If you exercise during your workday (such as going on walks or working out during breaks), please **include** those activities.



		minutes								
	0	1	2	3	4	5	6	7	8	9
[SITTINGA] Driving or sitting in a car, bus or train. <i>[This includes commuting to and from work.]</i>	■	■	■	■	■	■	■	■	■	■
[SITTINGB] Sitting and watching television shows, movies, or other video content on a television, tablet, phone, or computer	■	■	■	■	■	■	■	■	■	■
[SITTINGC] Sitting and browsing the internet, playing video games, using social media, or using any other apps or programs on a tablet, phone, computer, or television	■	■	■	■	■	■	■	■	■	■
[SITTINGD] Other sitting outside of work (such as for reading, crafts, and hobbies)	■	■	■	■	■	■	■	■	■	■

[HOUSE1] **Household Chores, Caring for Others, and Shopping**

[IF WORK =1, FILL “outside of work” IN HOUSE1. IF WORK = 0, EXCLUDE IN HOUSE1.]

D3. During the **past 12 months**, about how often did you do each of these household or shopping activities outside of work?

*NO RESPONSE (ANY) GO TO LAWN1*

	Never	Once a month or less	2 to 3 days per month	1 to 2 days per week	3 to 4 days per week	5 to 6 days per week	Every day
	44	0	1	2	3	4	5
[HOUSE1A] Light household chores (such as cooking, tidying up, laundry, or dusting)	■	■	■	■	■	■	■
[HOUSE1B] Moderate to vigorous household chores (such as vacuuming or sweeping)	■	■	■	■	■	■	■
[HOUSE1C] Caring for pets (walking dogs, feeding, playing, grooming)	■	■	■	■	■	■	■
[HOUSE1D] Caring for children or adults (pushing stroller or wheelchair, lifting, bathing)	■	■	■	■	■	■	■

[HOUSE1E] Walking while shopping or doing errands (do not count walking for exercise)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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**[ONLY DISPLAY ITEMS IN HOUSE2 THAT  $\neq$  “NEVER” OR NON-RESPONSE IN HOUSE1]**

**[Piped text instructions for HOUSE2:**

**If only 1 of HOUSE1A - HOUSE1E  $\neq$  1, fill “this” and “activity” and “this activity”**

**If >1 of HOUSE1a – HOUSE1E  $\neq$  1, fill “these” and “activities” and “each activity”]**

D4. [HOUSE2] On the days that you did [this/these] household or shopping [activity/activities], about how much **time per day** did you spend doing [this activity/each activity]?

**NO RESPONSE (ANY) GO TO NEXT QUESTION**

	15 minutes or less	16 to 30 minutes	31 to 44 minutes	45 to 59 minutes	1 hour	2 hours	3 hours or more
	0	1	2	3	4	5	6
[HOUSE2A] Light household chores (such as cooking, cleaning up, laundry, or dusting,)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
[HOUSE2B] Moderate to vigorous household chores (such as vacuuming or sweeping)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
[HOUSE2C] Caring for pets (walking dogs, feeding, playing, grooming)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
[HOUSE2D] Caring for children or adults (pushing stroller or wheelchair, lifting, bathing)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
[HOUSE2E] Walking while shopping or doing errands (do not count walking for exercise)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### **[LAWN] Lawn, Garden, and Home Repair**

**[IF WORK =1, FILL “outside of work” IN LAWN1. IF WORK = 0, EXCLUDE IN LAWN1.]**

D5. [LAWN1] During the **past 12 months**, did you do any of these activities outside of work? Select all that apply.

- 0 Moderate outdoor chores (such as weeding, raking, or mowing the lawn)
- 1 Vigorous outdoor chores (such as digging, carrying lumber, or snow shoveling)
- 2 Home repair (such as painting, plumbing, or replacing carpeting)

88 I did **not** do any of these activities **GO TO EXEREC1**

**NO RESPONSE (ANY) GO TO EXEREC1**

**[DISPLAY IF LAWN1= 0]**



D6. [LAWN2A] In which season(s) did you do these **moderate outdoor chores (such as weeding, raking, or mowing the lawn)**? Select all that apply.

- 0 Winter
- 1 Spring
- 2 Summer
- 3 Fall

*NO RESPONSE GO TO LAWN3A*

[Piped text instructions for LAWN3A:

IF LAWN2A = 1 SEASON, FILL "season"

IF LAWN2A = 2 SEASON, FILL "seasons"

IF NO RESPONSE TO LAWN2A, FILL "season(s)"

IF WORK =1, FILL "outside of work"]

D7. [LAWN3A] During the season[s] in the **past 12 months** that you did moderate outdoor chores (such as weeding, raking, or mowing the lawn), about how often did you do these chores outside of work?

- 0 Once a month or less
- 1 2 to 3 days per month
- 2 1 to 2 days per week
- 3 3 to 4 days per week
- 4 5 to 6 days per week
- 5 Every day

*NO RESPONSE GO TO LAWN4A*

[IF WORK =1, FILL "outside of work"]

D8. [LAWN4A] On the days that you did these moderate outdoor chores (such as weeding, raking, or mowing the lawn) outside of work, about **how much time per day** did you spend doing these chores?

- 0 15 minutes or less
- 1 16 to 30 minutes
- 2 31 to 44 minutes
- 3 45 to 59 minutes
- 4 1 hour
- 5 2 hours
- 6 3 hours or more

*NO RESPONSE GO TO LAWN2B*

[DISPLAY IF LAWN1= 1]

D9. [LAWN2B] In which season(s) did you do these **vigorous outdoor chores (such as digging, carrying lumber, or snow shoveling)**? Select all that apply.

- 0 Winter
- 1 Spring
- 2 Summer
- 3 Fall

*NO RESPONSE GO TO LAWN3B*

[Piped text instructions for LAWN3B:

IF LAWN2B = 1 SEASON, FILL "season"

IF LAWN2B = 2 SEASON, FILL "seasons"

IF NO RESPONSE TO LAWN2B, FILL "season(s)"

IF WORK =1, FILL "outside of work"]

D10. [LAWN3B] During the season[s] in the **past 12 months** that you did these vigorous outdoor chores (such as digging, carrying lumber, or snow shoveling), about how often did you do these chores outside of work?

- 0 Once a month or less
- 1 2 to 3 days per month
- 2 1 to 2 days per week
- 3 3 to 4 days per week
- 4 5 to 6 days per week
- 5 Every day

*NO RESPONSE GO TO LAWN4B*

[IF WORK =1, FILL "outside of work"]

D11. [LAWN4B] On the days that you did these vigorous outdoor chores (such as digging, carrying lumber, or snow shoveling) outside of work, about **how much time per day** did you spend doing these chores?

- 0 15 minutes or less
- 1 16 to 30 minutes
- 2 31 to 44 minutes
- 3 45 to 59 minutes
- 4 1 hour
- 5 2 hours
- 6 3 hours or more

*NO RESPONSE GO TO LAWN2C*

[DISPLAY IF LAWN1= 2]

D12. [LAWN2C] In which season(s) did you do these **home repairs (such as painting, plumbing, or replacing carpeting)**? Select all that apply.

- 0 Winter
- 1 Spring
- 2 Summer
- 3 Fall

*NO RESPONSE GO TO LAWN3C*

[Piped text instructions for LAWN3C:

IF LAWN2C = 1 SEASON, FILL "season"

IF LAWN2C = 2 SEASON, FILL "seasons"

IF NO RESPONSE TO LAWN2C, FILL "season(s)"

IF WORK =1, FILL "outside of work"]

D13. [LAWN3C] During the season[s] in the **past 12 months** that you did these home repairs (such as painting, plumbing, or replacing carpeting), about how often did you do these repairs outside of work?

- 0 Once a month or less
- 1 2 to 3 days per month
- 2 1 to 2 days per week
- 3 3 to 4 days per week
- 4 5 to 6 days per week
- 5 Every day

*NO RESPONSE GO TO LAWN4C*

**[IF WORK =1, FILL “outside of work”]**

D14. [LAWN4C] On the days that you did these home repairs (such as painting, plumbing, replacing carpeting) outside of work, about **how much time per day** did you spend doing these repairs?

- 0 15 minutes or less
- 1 16 to 30 minutes
- 2 31 to 44 minutes
- 3 45 to 59 minutes
- 4 1 hour
- 5 2 hours
- 6 3 hours or more

*NO RESPONSE GO TO EXEREC1*

### **[EXEREC1] Exercise and Recreation**

**If EXEREC2A-EXEREC4O = 1 SEASON, FILL [season] FOR EXEREC3A-EXEREC4O**

**If EXEREC2A-EXEREC4O = 2 SEASONS, FILL [seasons] FOR EXEREC3A-EXEREC4O**

**If NO RESPONSE TO EXEREC2A-EXEREC4O, FILL [seasons] FOR EXEREC3A-EXEREC4O**

D15. During the **past 12 months**, did you do any of these exercise or recreational activities? Select all that apply.

- 0 Walk or hike for exercise
- 1 Jog or run
- 2 Play tennis, squash, or racquetball
- 3 Play golf
- 4 Swim laps
- 5 Ride a bicycle (including a stationary bike)
- 6 Strengthening exercises such as weightlifting, using weight machines, or calisthenics (such as sit-ups or push-ups)
- 7 Yoga, Pilates, or Tai Chi
- 8 Martial Arts (such as Karate or Judo)
- 9 Dance
- 10 Downhill ski or snowboard
- 11 Cross-country ski
- 12 Surf or bodyboard
- 13 High-intensity circuit training (such P90x® or CrossFit)

55 Other exercise

88 I did **not** do any of these activities **GO TO SLEEP SECTION**

**NO RESPONSE GO TO SLEEP SECTION**

**[DISPLAY IF EXEREC1= 0]**

D16. [EXEREC2A] In which season(s) did you **walk or hike for exercise**? Select all that apply.

- 0 Winter
- 1 Spring
- 2 Summer
- 3 Fall

**NO RESPONSE GO TO EXEREC3A**

**[Piped text instructions for EXEREC3A:**

**IF 1 SEASON SELECTED IN EXEREC2A, FILL "season"**

**IF >1 SEASON SELECTED IN EXEREC2A, FILL "seasons"**

**IF NO RESPONSE TO EXEREC2A, FILL "season(s)"]**

D17. [EXEREC3A] During the season[s] in the **past 12 months** that you walked or hiked for exercise, about how often did you do this activity?

- 0 Once a month or less
- 1 2 to 3 days per month
- 2 1 to 2 days per week
- 3 3 to 4 days per week
- 4 5 to 6 days per week
- 5 Everyday

**NO RESPONSE GO TO EXEREC4A**

D18. [EXEREC4A] On the days that you walked or hiked for exercise, about **how much time per day** did you spend doing this activity?

- 0 15 minutes or less
- 1 16 to 30 minutes
- 2 31 to 44 minutes
- 3 45 to 59 minutes
- 4 1 hour
- 5 2 hours
- 6 3 hours or more

**NO RESPONSE GO TO EXEREC2B**

**[DISPLAY IF EXEREC1= 1]**

D19. [EXEREC2B] In which season(s) did you **jog or run**? Select all that apply.

- 0 Winter
- 1 Spring
- 2 Summer
- 3 Fall

*NO RESPONSE GO TO EXEREC3B*

**[Piped text instructions for EXEREC3B:**

**IF 1 SEASON SELECTED IN EXEREC2B, FILL “season”**

**IF >1 SEASON SELECTED IN EXEREC2B, FILL “seasons”**

**IF NO RESPONSE TO EXEREC2B, FILL “season(s)”]**

D20. [EXEREC3B] During the season[s] in the **past 12 months** that you went jogging or running, about how often did you do this activity?

- 0 Once a month or less
- 1 2 to 3 days per month
- 2 1 to 2 days per week
- 3 3 to 4 days per week
- 4 5 to 6 days per week
- 5 Everyday

*NO RESPONSE GO TO EXEREC4B*

D21. [EXEREC4B] On the days that you went jogging or running, about **how much time per day** did you spend doing this activity?

- 0 15 minutes or less
- 1 16 to 30 minutes
- 2 31 to 44 minutes
- 3 45 to 59 minutes
- 4 1 hour
- 5 2 hours
- 6 3 hours or more

*NO RESPONSE GO TO EXEREC2C*

**[DISPLAY IF EXEREC1= 2]**

D22. [EXEREC2C] In which season(s) did you **play tennis, squash, or racquetball**? Select all that apply.

- 0 Winter
- 1 Spring
- 2 Summer
- 3 Fall

*NO RESPONSE GO TO EXEREC3C*

**[Piped text instructions for EXEREC3C:**

**IF 1 SEASON SELECTED IN EXEREC2C, FILL “season”**

**IF >1 SEASON SELECTED IN EXEREC2C, FILL “seasons”**

**IF NO RESPONSE TO EXEREC2C, FILL “season(s)”]**

D23. [EXEREC3C] During the season[s] in the **past 12 months** that you played tennis, squash, or racquetball, about how often did you do this activity?

- 0 Once a month or less
- 1 2 to 3 days per month
- 2 1 to 2 days per week
- 3 3 to 4 days per week
- 4 5 to 6 days per week
- 5 Everyday

***NO RESPONSE GO TO EXEREC4C***

D24. [EXEREC4C] On the days that you played tennis, squash, or racquetball, about **how much time per day** did you spend doing this activity?

- 0 15 minutes or less
- 1 16 to 30 minutes
- 2 31 to 44 minutes
- 3 45 to 59 minutes
- 4 1 hour
- 5 2 hours
- 6 3 hours or more

***NO RESPONSE GO TO EXEREC2D***

**[DISPLAY IF EXEREC1= 3]**

D25. [EXEREC2D] In which season(s) did you **play golf**? Select all that apply.

- 0 Winter
- 1 Spring
- 2 Summer
- 3 Fall

***NO RESPONSE GO TO EXEREC3D***

**[Piped text instructions for EXEREC3D:**

**IF 1 SEASON SELECTED IN EXEREC2D, FILL "season"**

**IF >1 SEASON SELECTED IN EXEREC2D, FILL "seasons"**

**IF NO RESPONSE TO EXEREC2D, FILL "season(s)"]**

D26. [EXEREC3D] During the season[s] in the **past 12 months** that you played golf, about how often did you do this activity?

- 0 Once a month or less
- 1 2 to 3 days per month
- 2 1 to 2 days per week
- 3 3 to 4 days per week
- 4 5 to 6 days per week
- 5 Everyday

***NO RESPONSE GO TO EXEREC4D***

D27. [EXEREC4D] On the days that you played golf, about **how much time per day** did you spend doing this activity?

- 0 15 minutes or less
- 1 16 to 30 minutes
- 2 31 to 44 minutes
- 3 45 to 59 minutes

- 4 1 hour
- 5 2 hours
- 6 3 hours or more

*NO RESPONSE GO TO EXEREC2E*

**[DISPLAY IF EXEREC1= 4]**

D28. [EXEREC2E] In which season(s) did you **swim laps**? Select all that apply.

- 0 Winter
- 1 Spring
- 2 Summer
- 3 Fall

*NO RESPONSE GO TO EXEREC3E*

**[Piped text instructions for EXEREC3E:**

**IF 1 SEASON SELECTED IN EXEREC2E, FILL "season"**

**IF >1 SEASON SELECTED IN EXEREC2E, FILL "seasons"**

**IF NO RESPONSE TO EXEREC2E, FILL "season(s)"]**

D29. [EXEREC3E] During the season[s] in the **past 12 months** that you swam laps, about how often did you do this activity?

- 0 Once a month or less
- 1 2 to 3 days per month
- 2 1 to 2 days per week
- 3 3 to 4 days per week
- 4 5 to 6 days per week
- 5 Everyday

*NO RESPONSE GO TO EXEREC4E*

D30. [EXEREC4E] On the days that you swam laps, about **how much time per day** did you spend doing this activity?

- 0 15 minutes or less
- 1 16 to 30 minutes
- 2 31 to 44 minutes
- 3 45 to 59 minutes
- 4 1 hour
- 5 2 hours
- 6 3 hours or more

*NO RESPONSE GO TO EXEREC2F*

**[DISPLAY IF EXEREC1= 5]**

D31. [EXEREC2F] In which season(s) did you **ride a bicycle (including a stationary bike)**? Select all that apply.

- 0 Winter
- 1 Spring
- 2 Summer
- 3 Fall

*NO RESPONSE GO TO EXEREC3F*

**[Piped text instructions for EXEREC3F:**

**IF 1 SEASON SELECTED IN EXEREC2F, FILL "season"**

**IF >1 SEASON SELECTED IN EXEREC2F, FILL "seasons"**

**IF NO RESPONSE TO EXEREC2F, FILL "season(s)"]**

D32. [EXEREC3F] During the season[s] in the **past 12 months** that you rode a bicycle (including a stationary bike), about how often did you do this activity?

- 0 Once a month or less
- 1 2 to 3 days per month
- 2 1 to 2 days per week
- 3 3 to 4 days per week
- 4 5 to 6 days per week
- 5 Everyday

**NO RESPONSE GO TO EXEREC4F**

D33. [EXEREC4F] On the days that you rode a bicycle (including a stationary bike), about **how much time per day** did you spend doing this activity?

- 0 15 minutes or less
- 1 16 to 30 minutes
- 2 31 to 44 minutes
- 3 45 to 59 minutes
- 4 1 hour
- 5 2 hours
- 6 3 hours or more

**NO RESPONSE GO TO EXEREC2G**

**[DISPLAY IF EXEREC1= 6]**

D34. [EXEREC2G] In which season(s) did you do **strengthening exercises such as weightlifting, using weight machines, or calisthenics (such as sit-ups or push-ups, )**? Select all that apply.

- 0 Winter
- 1 Spring
- 2 Summer
- 3 Fall

**NO RESPONSE GO TO EXEREC3G**

**[Piped text instructions for EXEREC3G:**

**IF 1 SEASON SELECTED IN EXEREC2G, FILL "season"**

**IF >1 SEASON SELECTED IN EXEREC2G, FILL "seasons"**

**IF NO RESPONSE TO EXEREC2G, FILL "season(s)"]**

D35. [EXEREC3G] During the season[s] in the **past 12 months** that you did strengthening exercises such as weightlifting, using weight machines, or calisthenics (such as sit-ups or push-ups), about how often did you do this activity?

- 0 Once a month or less
- 1 2 to 3 days per month
- 2 1 to 2 days per week
- 3 3 to 4 days per week
- 4 5 to 6 days per week



- 5        Everyday  
           *NO RESPONSE GO TO EXEREC4G*

D36.    [EXEREC4G] On the days that you did strengthening exercises such as weightlifting, using weight machines, or calisthenics (such as sit-ups or push-ups), about **how much time per day** did you spend doing this activity?

- 0        15 minutes or less  
 1        16 to 30 minutes  
 2        31 to 44 minutes  
 3        45 to 59 minutes  
 4        1 hour  
 5        2 hours  
 6        3 hours or more  
           *NO RESPONSE GO TO EXEREC2H*

**[DISPLAY IF EXEREC1= 7]**

D37.    [EXEREC2H] In which season(s) did you do **Yoga, Pilates, or Tai Chi**? Select all that apply.

- 0        Winter  
 1        Spring  
 2        Summer  
 3        Fall  
           *NO RESPONSE GO TO EXEREC3H*

**[Piped text instructions for EXEREC3H:**

**IF 1 SEASON SELECTED IN EXEREC2H, FILL "season"**

**IF >1 SEASON SELECTED IN EXEREC2H, FILL "seasons"**

**IF NO RESPONSE TO EXEREC2H, FILL "season(s)"]**

D38.    [EXEREC3H] During the season[s] in the **past 12 months** that you did Yoga, Pilates, or Tai Chi, about how often did you do this activity?

- 0        Once a month or less  
 1        2 to 3 days per month  
 2        1 to 2 days per week  
 3        3 to 4 days per week  
 4        5 to 6 days per week  
 5        Everyday  
           *NO RESPONSE GO TO EXEREC4H*

D39.    [EXEREC4H] On the days that you did Yoga, Pilates, or Tai Chi, about **how much time per day** did you spend doing this activity?

- 0        15 minutes or less  
 1        16 to 30 minutes  
 2        31 to 44 minutes  
 3        45 to 59 minutes  
 4        1 hour  
 5        2 hours  
 6        3 hours or more  
           *NO RESPONSE GO TO EXEREC2I*

**[DISPLAY IF EXEREC1= 8]**

D40. [EXEREC2I] In which season(s) did you do **Martial Arts (such as Karate or Judo)**? Select all that apply.

- 0 Winter
- 1 Spring
- 2 Summer
- 3 Fall

*NO RESPONSE GO TO EXEREC3I*

**[Piped text instructions for EXEREC3I:**

**IF 1 SEASON SELECTED IN EXEREC2I, FILL “season”**

**IF >1 SEASON SELECTED IN EXEREC2I, FILL “seasons”**

**IF NO RESPONSE TO EXEREC2I, FILL “season(s)”]**

D41. [EXEREC3I] During the season[s] in the **past 12 months** that you did Martial Arts (such as Karate or Judo), about how often did you do this activity?

- 0 Once a month or less
- 1 2 to 3 days per month
- 2 1 to 2 days per week
- 3 3 to 4 days per week
- 4 5 to 6 days per week
- 5 Everyday

*NO RESPONSE GO TO EXEREC4I*

D42. [EXEREC4I] On the days that you did Martial Arts (such as Karate or Judo, etc.), about **how much time per day** did you spend doing this activity?

- 0 15 minutes or less
- 1 16 to 30 minutes
- 2 31 to 44 minutes
- 3 45 to 59 minutes
- 4 1 hour
- 5 2 hours
- 6 3 hours or more

*NO RESPONSE GO TO EXEREC2J*

**[DISPLAY IF EXEREC1= 9]**

D43. [EXEREC2J] In which season(s) did you **dance**? Select all that apply.

- 0 Winter
- 1 Spring
- 2 Summer
- 3 Fall

*NO RESPONSE GO TO EXEREC3J*

**[Piped text instructions for EXEREC3J:**

**IF 1 SEASON SELECTED IN EXEREC2J, FILL “season”**

**IF >1 SEASON SELECTED IN EXEREC2J, FILL “seasons”**

**IF NO RESPONSE TO EXEREC2J, FILL “season(s)”]**

D44. [EXEREC3J] During the season[s] in the **past 12 months** that you danced, about how often did you do this activity?

- 0 Once a month or less
- 1 2 to 3 days per month
- 2 1 to 2 days per week
- 3 3 to 4 days per week
- 4 5 to 6 days per week
- 5 Everyday

*NO RESPONSE GO TO EXEREC4J*

D45. [EXEREC4J] On the days that you danced, about **how much time per day** did you spend doing this activity?

- 0 15 minutes or less
- 1 16 to 30 minutes
- 2 31 to 44 minutes
- 3 45 to 59 minutes
- 4 1 hour
- 5 2 hours
- 6 3 hours or more

*NO RESPONSE GO TO EXEREC2K*

**[DISPLAY IF EXEREC1= 10]**

D46. [EXEREC2K] In which season(s) did you **downhill ski or snowboard**? Select all that apply.

- 0 Winter
- 1 Spring
- 2 Summer
- 3 Fall

*NO RESPONSE GO TO EXEREC3K*

**[Piped text instructions for EXEREC3K:**

**IF 1 SEASON SELECTED IN EXEREC2K, FILL "season"**

**IF >1 SEASON SELECTED IN EXEREC2K, FILL "seasons"**

**IF NO RESPONSE TO EXEREC2K, FILL "season(s)"]**

D47. [EXEREC3K] During the season[s] in the **past 12 months** that you did downhill skiing or snowboarding, about how often did you do this activity?

- 0 Once a month or less
- 1 2 to 3 days per month
- 2 1 to 2 days per week
- 3 3 to 4 days per week
- 4 5 to 6 days per week
- 5 Everyday

*NO RESPONSE GO TO EXEREC4K*

D48. [EXEREC4K] On the days that you did downhill skiing or snowboarding, about **how much time per day** did you spend doing this activity?

- 0 15 minutes or less

- 1 16 to 30 minutes
- 2 31 to 44 minutes
- 3 45 to 59 minutes
- 4 1 hour
- 5 2 hours
- 6 3 hours or more

***NO RESPONSE GO TO EXEREC2L***

**[DISPLAY IF EXEREC1= 11]**

D49. [EXEREC2L] In which season(s) did you **cross-country ski**? Select all that apply.

- 0 Winter
- 1 Spring
- 2 Summer
- 3 Fall

***NO RESPONSE GO TO EXEREC3L***

**[Piped text instructions for EXEREC3L:**

**IF 1 SEASON SELECTED IN EXEREC2L, FILL "season"**

**IF >1 SEASON SELECTED IN EXEREC2L, FILL "seasons"**

**IF NO RESPONSE TO EXEREC2L, FILL "season(s)"]**

D50. [EXEREC3L] During the season[s] in the **past 12 months** that you did cross-country skiing, about how often did you do this activity?

- 0 Once a month or less
- 1 2 to 3 days per month
- 2 1 to 2 days per week
- 3 3 to 4 days per week
- 4 5 to 6 days per week
- 5 Everyday

***NO RESPONSE GO TO EXEREC4L***

D51. [EXEREC4L] On the days that you did cross-country skiing, about **how much time per day** did you spend doing this activity?

- 0 15 minutes or less
- 1 16 to 30 minutes
- 2 31 to 44 minutes
- 3 45 to 59 minutes
- 4 1 hour
- 5 2 hours
- 6 3 hours or more

***NO RESPONSE GO TO EXEREC2M***

**[DISPLAY IF EXEREC1= 12]**

D52. [EXEREC2M] In which season(s) did you **surf or bodyboard**? Select all that apply.

- 0 Winter
- 1 Spring
- 2 Summer
- 3 Fall

*NO RESPONSE GO TO EXEREC3M*

**[Piped text instructions for EXEREC3M:**

**IF 1 SEASON SELECTED IN EXEREC2M, FILL “season”**

**IF >1 SEASON SELECTED IN EXEREC2M, FILL “seasons”**

**IF NO RESPONSE TO EXEREC2M, FILL “season(s)”]**

D53. [EXEREC3M] During the season[s] in the **past 12 months** that you did surfing or bodyboarding, about how often did you do this activity?

- 0 Once a month or less
- 1 2 to 3 days per month
- 2 1 to 2 days per week
- 3 3 to 4 days per week
- 4 5 to 6 days per week
- 5 Everyday

*NO RESPONSE GO TO EXEREC4M*

D54. [EXEREC4M] On the days that you did surfing or bodyboarding, about **how much time per day** did you spend doing this activity?

- 0 15 minutes or less
- 1 16 to 30 minutes
- 2 31 to 44 minutes
- 3 45 to 59 minutes
- 4 1 hour
- 5 2 hours
- 6 3 hours or more

*NO RESPONSE GO TO EXEREC2N*

**[DISPLAY IF EXEREC1= 13]**

D55. [EXEREC2N] In which season(s) did you do **high-intensity circuit training (such as P90x® or CrossFit®)**? Select all that apply.

- 0 Winter
- 1 Spring
- 2 Summer
- 3 Fall

*NO RESPONSE GO TO EXEREC3N*

**[Piped text instructions for EXEREC3N:**

**IF 1 SEASON SELECTED IN EXEREC2N, FILL “season”**

**IF >1 SEASON SELECTED IN EXEREC2N, FILL “seasons”**

**IF NO RESPONSE TO EXEREC2N, FILL “season(s)”]**

D56. [EXEREC3N] During the season[s] in the **past 12 months** that you did high-intensity circuit training (such as P90x® or CrossFit®), about how often did you do this activity?

- 0 Once a month or less
- 1 2 to 3 days per month
- 2 1 to 2 days per week
- 3 3 to 4 days per week

4 5 to 6 days per week

5 Everyday

*NO RESPONSE GO TO EXEREC4N*

D57. [EXEREC4N] On the days that you did high-intensity circuit training (such as P90x® or CrossFit® etc.), about **how much time per day** did you spend doing this activity?

0 15 minutes or less

1 16 to 30 minutes

2 31 to 44 minutes

3 45 to 59 minutes

4 1 hour

5 2 hours

6 3 hours or more

*NO RESPONSE GO TO EXEREC2O*

**[DISPLAY IF EXEREC1= 55]**

D58. [EXEREC2O] In which season(s) did you do **other exercise**? Select all that apply.

0 Winter

1 Spring

2 Summer

3 Fall

*NO RESPONSE GO TO EXEREC3O*

**[Piped text instructions for EXEREC3O:**

**IF 1 SEASON SELECTED IN EXEREC2O, FILL "season"**

**IF >1 SEASON SELECTED IN EXEREC2O, FILL "seasons"**

**IF NO RESPONSE TO EXEREC2O, FILL "season(s)"]**

D59. [EXEREC3O] During the season[s] in the **past 12 months** that you did other exercise, about how often did you do this activity?

0 Once a month or less

1 2 to 3 days per month

2 1 to 2 days per week

3 3 to 4 days per week

4 5 to 6 days per week

5 Everyday

*NO RESPONSE GO TO EXEREC4O*

D60. [EXEREC4O] On the days that you did other exercise, about **how much time per day** did you spend doing this activity?

0 15 minutes or less

1 16 to 30 minutes

2 31 to 44 minutes

3 45 to 59 minutes

4 1 hour

5 2 hours

6 3 hours or more

*NO RESPONSE GO TO SLEEPINTRO*

## Sleep [SECTION 4]

Lastly, we will ask you some questions about your sleep, including your usual sleep schedule and your sleep habits.

**[DISPLAY IF SEX = 0, OR IF SEX = 2 AND SEX2 = 5 OR 6]**

If you are currently pregnant or have been pregnant in the last year, please answer the following questions with information from the time **before you got pregnant**.

### [SLEEPSCHA] Sleep Schedule

D61. During a usual week, is your sleep schedule determined by your job, school, or other activities?

1 Yes

0 No **GO TO INTROSLESCH1**

**NO RESPONSE GO TO INTROSLESCH1**

D62. [SLEEPSCHB] How many **days per week** is your sleep schedule determined by your job, school, or other activities?

0 1

1 2

2 3

3 4

4 5

5 6

6 7

**NO RESPONSE GO TO INTROSLESCH1**

### [INTROSLESCH1] Usual Sleep Schedule on Workdays

**[INTRO 1: DISPLAY IF SLEEPSCHA=1]**

We have some questions about your sleep schedule on workdays. Workdays include days when you do any type of work that includes a schedule, such as working for pay outside the home or working as a homemaker.

**[INTRO 2: DISPLAY IF SLEEPSCHA=0, NON-RESPONSE]**

We have some questions about your sleep schedule. Please answer these questions thinking about your usual day.

**[IF SLEEPSCHA=1, FILL “the nights before workdays”. IF SLEEPSCHA=0, NON-RESPONSE, FILL “most days”]**

**[“Minutes” drop-down category displayed in 5-minute increments]**

D63. [SLEEP1A] What time do you usually go to bed on [the nights before workdays/most days]?

Please tell us the time you usually get into your bed, **not the time you usually fall asleep**. If you are using a phone or tablet, please tap the gray box to enter your response.

HH:MM AM/PM

**NO RESPONSE GO TO SLEEP1D**

**[IF SLEEPSCHA=1, FILL “nights before workdays”. IF SLEEPSCHA=0, NON-RESPONSE, FILL “most nights”]**

**[“Minutes” drop-down category displayed in 5-minute increments]**

D64. [SLEEP1D] On [the nights before workdays/most nights], how long does it usually take you to fall asleep?

|\_|\_| # of Hours      |\_|\_| # of Minutes

**NO RESPONSE GO TO SLEEP1F**

**[IF SLEEPSCHA=1, FILL “workdays”. IF SLEEPSCHA=0, NON-RESPONSE, FILL “most days”]**

**[“Minutes” drop-down category displayed in 5-minute increments]**

D65. [SLEEP1F] What time do you usually wake up on [workdays/most days]? Select your answer using the drop-down options below. If you are using a phone or tablet, please tap the gray box to enter your response.

HH:MM AM/PM

**NO RESPONSE GO TO SLEEP1I**

**[IF SLEEPSCHA=1, FILL “workdays”. IF SLEEPSCHA=0, NON-RESPONSE, FILL “most days”]**

**[“Minutes” drop-down category displayed in 5-minute increments]**

D66. [SLEEP1I] On [workdays/most days], how long do you usually lie in bed after you wake up before getting out of bed?

|\_|\_| # of Hours      |\_|\_| # of Minutes

**NO RESPONSE GO TO SLEEP1K**

**[IF SLEEPSCHA=1, FILL “workdays”. IF SLEEPSCHA=0, NON-RESPONSE, FILL “most days”]**

D67. [SLEEP1K] Do you use an alarm clock to wake up on [workdays/most days]?

1 Yes

0 No **GO TO SLEEP1M**

**NO RESPONSE GO TO SLEEP1M**

**[IF SLEEPSCHA=1, FILL “workdays”. IF SLEEPSCHA=0, NON-RESPONSE, FILL “most days”]**

D68. [SLEEP1L] On [workdays/most days], do you wake up before the alarm rings?

1 Yes

0 No

**NO RESPONSE GO TO SLEEP1M**

**[IF SLEEPSCHA=1, FILL “workday”. IF SLEEPSCHA=0, NON-RESPONSE, FILL “day”]**

**[“Minutes” drop-down category displayed in 5-minute increments]**

D69. [SLEEP1M] Exposure to natural sunlight can affect your sleep patterns. During a usual [workday/day], about how much time do you spend outside in direct sunlight?



|\_\_|\_\_| # of Hours      |\_\_|\_\_| # of Minutes

*NO RESPONSE GO TO INTROSLESCH2*

**[ONLY DISPLAY INTROSLESCH2 – SLEEP2O IF YES IS SELECTED AT SLEEPSCHA. OTHERWISE, GO TO SLHABIT1.]**

**[INTROSLESCH2] Non-Workdays**

Next, we will ask you about your sleep schedule on non-workdays, which are the days that you do not follow your usual workday schedule.

**[“Minutes” drop-down category displayed in 5-minute increments]**

D70. [SLEEP2A] What time do you usually go to bed on the nights before non-workdays? Please tell us the time you usually get into your bed, **not the time you usually fall asleep**. If you are using a phone or tablet, please tap the gray box to enter your response.

HH:MM AM/PM

*NO RESPONSE GO TO SLEEP2D*

**[“Minutes” drop-down category displayed in 5-minute increments]**

D71. [SLEEP2D] On nights before non-workdays, how long does it usually take you to fall asleep?

|\_\_|\_\_| # of Hours      |\_\_|\_\_| # of Minutes

*NO RESPONSE GO TO SLEEP2F*

**[“Minutes” drop-down category displayed in 5-minute increments]**

D72. [SLEEP2F] What time do you usually wake up on non-workdays? If you are using a phone or tablet, please tap the gray box to enter your response.

HH:MM AM/PM

*NO RESPONSE GO TO SLEEP2I*

**[“Minutes” drop-down category displayed in 5-minute increments]**

D73. [SLEEP2I] On non-workdays, how long do you usually lie in bed after you wake up before getting out of bed?

|\_\_|\_\_| # of Hours      |\_\_|\_\_| # of Minutes

*NO RESPONSE GO TO SLEEP2L*

D74. [SLEEP2K] Do you use an alarm clock to wake up on non-workdays?

1 Yes

0 No **GO TO SLEEP2M**  
 NO RESPONSE **GO TO SLEEP2M**

D75. [SLEEP2L] On non-workdays, do you wake up before the alarm rings?

1 Yes

0 No

NO RESPONSE **GO TO SLEEP2M**

D76. [SLEEP2M] On non-workdays, are you able to choose the times when you go to sleep and when you wake up? Some reasons you may not be able to choose sleeping and waking times include children, pets, or other non-work activities.

1 Yes

0 No

NO RESPONSE **GO TO SLEEP2N**

**["Minutes" drop-down category displayed in 5-minute increments]**

D77. [SLEEP2N] Exposure to natural sunlight can affect your sleep patterns. During a usual non-workday, about how much time do you spend outside in direct sunlight?

|\_|\_| # of Hours    |\_|\_| # of Minutes

NO RESPONSE **GO TO SLHABIT1**

## **[SLEEPHABITS] Sleep Habits**

The next questions ask about your overall sleep habits.

D78. [SLHABIT1] Thinking of the **past 4 weeks**, choose the answers that best describe your sleep.

	No	Yes, less than once per week	Yes, 1 or 2 times per week	Yes, 3 or 4 times per week	Yes, 5 or more times per week
	0	1	2	3	4
[SLHABIT1A] Did you have trouble falling asleep?	■	■	■	■	■
[SLHABIT1B] Did you wake up several times a night?	■	■	■	■	■
[SLHABIT1C] Did you wake up earlier than you planned to?	■	■	■	■	■
[SLHABIT1D] Did you have trouble getting back to sleep after you woke up earlier than you planned to?	■	■	■	■	■
[SLHABIT1E] Did you take prescription or over-the-counter sleeping pills to help you sleep?	■	■	■	■	■
[SLHABIT1F] Did you have sleep problems that made you irritable (easily annoyed)?	■	■	■	■	■
[SLHABIT1G] Did you feel very tired during the day?	■	■	■	■	■

**NO RESPONSE GO TO SLHABIT2**

D79. [SLHABIT2] Overall, how was your sleep on a usual night sleep during the **past 4 weeks**?

- 0 Very sound or restful
- 1 Sound and restful
- 2 Average quality
- 3 Restless
- 4 Very restless

**NO RESPONSE GO TO SLHABIT3**

D80. [SLHABIT3] What is the chance that you would doze off or fall asleep (not just "feel tired") in each of these situations? If you are never or rarely in the situation, please make your best guess for what would happen.

	No chance	Slight chance	Moderate chance	High chance
	0	1	2	3
[SLHABIT3A] Sitting and reading	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
[SLHABIT3B] Watching television	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
[SLHABIT3C] Sitting inactive in a public place (such as a theater or a meeting)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
[SLHABIT3D] Riding as a passenger in a car for an hour without stopping	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
[SLHABIT3E] Lying down to rest in the afternoon	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
[SLHABIT3F] Sitting and talking to someone	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
[SLHABIT3G] Sitting quietly after a lunch that did not include alcohol	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
[SLHABIT3H] In a car, while you are stopped for a few minutes in traffic	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
[SLHABIT3I] At the dinner table	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**NO RESPONSE GO TO SLHABIT4**

D81. [SLHABIT4] Have you ever dozed off or fallen asleep while driving a vehicle?

- 1 Yes
- 0 No

**NO RESPONSE GO TO SNORING1****[SNORING1] Snoring**

D82. Do you snore?

- 1 Yes
- 0 No **GO TO SLPROB1**
- 77 Don't know **GO TO SLPROB1**

**NO RESPONSE GO TO SLPROB1**

D83. [SNORING2] How would you describe your snoring?

- 0 Slightly louder than breathing

- 1 As loud as talking
- 2 Louder than talking
- 77 Don't know

**NO RESPONSE GO TO SNORING3**

D84. [SNORING3] How often do you snore?

- 0 Almost every day
- 1 3 to 4 times per week
- 2 1 to 2 times per week
- 3 1 to 2 times per month
- 4 Less than 1 to 2 times per month
- 77 Don't know

**NO RESPONSE GO TO SNORING4**

D85. [SNORING4] Has your snoring ever bothered other people?

- 1 Yes
- 0 No
- 77 Don't know

**NO RESPONSE GO TO SNORING5**

D86. [SNORING5] How often do you stop breathing during your sleep?

- 0 Almost every day
- 1 3 to 4 times per week
- 2 1 to 2 times per week
- 3 1 to 2 times per month
- 4 Less than 1 to 2 times per month
- 44 Never
- 77 Don't know

**NO RESPONSE GO TO SLPROB1**

### [SLRPOB1] **Sleep Problems**

D87. Has a doctor or other health professional ever told you that you have any of these conditions?

Select all that apply.

- 0 Sleep apnea (or Obstructive Sleep Apnea, OSA)
- 1 Insomnia
- 2 Restless legs
- 3 Narcolepsy
- 88 None of the above

**NO RESPONSE GO TO SHIFTWORK**

### [DISPLAY SLPROB2 IF SLPROB1 = 0]

D88. [SLPROB2] Which of these treatments do you use or once used for your **sleep apnea**? Select all that apply.

- 0 CPAP or BIPAP machine
- 1 Dental (oral) device

- 2 Throat/Uvula surgery
- 55 Other: Please describe [text box]
- 88 No treatment

**NO RESPONSE GO TO SHIFTWORK**

**[SHIFTWORK] Shift Work**

D89. Have you worked as a shift worker? *[Informational text: Shift work is work that takes place on a schedule different from the traditional 9:00AM – 5:00PM schedule. Employers that need 24-hour coverage often rely on shift work.]*

- 0 No **GO TO MODULE 3**
- 1 Yes, in the past 3 months
- 2 Yes, more than 3 months ago

**NO RESPONSE GO TO MODULE 3**

**[Fill DOES if SHIFTWORK = Yes, in the past 3 months, fill present tense. If DOES if SHIFTWORK = Yes, more than 3 months ago, fill past tense.]**

**[“Minutes” drop-down category displayed in 5-minute increments]**

D90. [SHIFTWORK2] [When you were a shift worker, what time [does/did] your usual work shift start? If you are using a phone or tablet, please tap the gray box to enter your response.

HH:MM AM/PM

**NO RESPONSE GO TO SHIFTWORK5**

**[Fill DOES if SHIFTWORK = Yes, in the past 3 months, fill present tense. If DOES if SHIFTWORK = Yes, more than 3 months ago, fill past tense.]**

**[“Minutes” drop-down category displayed in 5-minute increments]**

D91. [SHIFTWORK5] [When you were a shift worker,] what time [does/did] your usual work shift end? If you are using a phone or tablet, please tap the gray box to enter your response.

HH:MM AM/PM

**NO RESPONSE GO TO SHIFTWORK8**

**[Fill DOES if SHIFTWORK = Yes, in the past 3 months, fill present tense. If DOES if SHIFTWORK = Yes, more than 3 months ago, fill past tense.]**

D92. [SHIFTWORK8] [When you were a shift worker,] how flexible [is/was] your work shift schedule?

- 0 Extremely flexible
- 1 Very flexible
- 2 Somewhat flexible
- 3 A little flexible
- 4 Not at all flexible

**NO RESPONSE GO TO MODULE 3**

**[Fill DOES if SHIFTWORK = Yes, in the past 3 months, fill present tense. If DOES if SHIFTWORK = Yes, more than 3 months ago, fill past tense.]**

D191. [SHIFTWORK9] How many total years [did/have] you work as a shift worker?

|\_|\_|\_|\_| Years

IF SHIFTWORK = Yes, in the past 3 months, GO TO END

D192. [SHIFTWORK10] How old were you when you last worked as a shift worker?

|\_|\_|\_| Age

Or, if it is easier to remember the year, enter that here:

|\_|\_|\_|\_| Years

## END OF MODULE

**Closing remark on submit survey screen: "You have answered all of the questions in this survey. To submit your answers, select the "Submit Survey" button."**