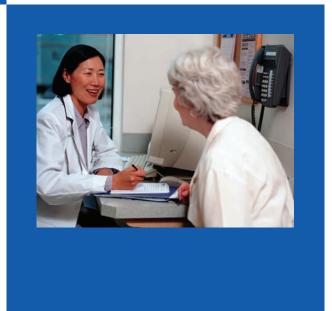
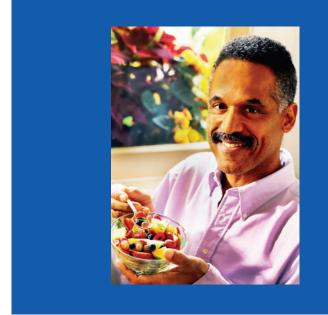


National Institutes of Health U.S. Department of Health and Human Services

OMB # 0925-0538 Expiration Date: October 31, 2014

Health Information National Trends Survey







Annotated Form Cycle 1, Next-Birthday, Reduced-content, English Version

CI NB-2-E

START HERE:

1.	Is there more than one person age 18 or older living in this household? AdultsInhh — 1 Yes
	2 No → GO TO A1 on the next page
2.	Including yourself, how many people age 18 or older live in this household? Mailhhadults
3.	The adult with the next birthday should complete this questionnaire. This way, across all households, HINTS will include responses from adults of all ages.
4.	Please write the first name, nickname or initials of the adult with the next birthday. This is the person who should complete the questionnaire.
	Si prefiere recibir la encuesta en español, por favor llame 1-888-738-6812

STATEMENT OF PRIVACY: Collection of this information is authorized by The Public Health Service Act, Sections 411 (42 USC 285 a) and 412 (42 USC 285a-1.a and 285a1.3). Rights of study participants are protected by The Privacy Act of 1974. Participation is voluntary, and there are no penalties for not participating or withdrawing from the study at any time. Refusal to participate will not affect your benefits in any way. The information collected in this study will be kept private under the Privacy Act and will only be seen by people authorized to work on this project. The report summarizing the findings will not contain any names or identifying information. Identifying information will be destroyed when the project ends.

NOTIFICATION TO RESPONDENT OF ESTIMATED BURDEN: Public reporting burden for this collection of information is estimated to average 30 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 (0925-0538). Do not return the completed form to this address.

24125

A: Looking For Health Information

A1.	A: Looking For Health Information Have you ever looked for information about		Based on the results of you for information about health how much do you agree or the following statements?	or modisage	edica ree w	l top vith <u>e</u>	ics, <u>ach</u> of
Г	health or medical topics from any source? SeekHealthInfo 1 Yes 2 No→GO TO A6 in the next column		-	Strongly agree	Somewhite	omewh disagree	Strongly disagree
\	No → GO TO A6 in the next column		LotOfEffort It took a lot of effort to				
Å2.	The most recent time you looked for information about health or medical topics, where did you go first?		get the information you needed Frustrated You felt frustrated during	1	2	3	4
	WhereSeekHealthInfo Mark only one. Books		your search for the information	1	2	3	4
	2 Brochures, pamphlets, etc. 3 Cancer organization 4 Family		You were concerned about the quality of the information	1	2	3	4
	5 Friend/Co-worker6 Doctor or health care provider7 Internet		The information you found was hard to understand	1	2	3	4
	 8 Library 9 Magazines 10 Newspapers 11 Telephone information number 12 Complementary, alternative, or unconventional practitioner 91 Other-Specify → WhereSeekHealthInfo_OS WhereSeekHealthInfo_IMP 		Overall, how confident are get advice or information al medical topics if you neede ConfidentGetHealthInf Completely confident Very confident Somewhat confident A little confident	out h	•		uld
A3.	Did you look or go anywhere else that time? LookElsewhere Yes		5 Not confident at all				
	2 No		In general, how much would about health or medical top following?	ics fro	m ea		
A4.	The most recent time you looked for information about health or medical topics, who was it for? WhoLookingFor		-	Notatall	A little	Some	410
	MyselfSomeone elseBoth myself and someone else	a. b.	TrustDoctor A doctor TrustFamily Family or friends		3	2	1
	S Sour myoon and comount disc	d. e. f.	Newspapers or magazines	4	3 3 3	2 2 2	1 1 1
		_	Government health agencies TrustCharities Charitable organizations TrustReligiousOrgs	. 4	3	2	1
		I.	Religious organizations and leaders		3	2	1



A8. Imagine that you had a strong need to get information about health or medical topics. Where would you go first? StrongNeedHealthInfo Mark only one.	A11. Genetic tests that analyze your DNA, diet and lifestyle for potential health risks are currently being marketed by companies directly to consumers. Have you heard or read about these genetic tests?
BooksBrochures, pamphlets, etc.Cancer organizationFamily	HeardGeneticTest 1 Yes 2 No
5 Friend/Co-worker 6 Doctor or health care provider 7 Internet 8 Library 9 Magazines 10 Newspapers	B: Using the Internet to Find Information B1. Do you ever go on-line to access the Internet or World Wide Web, or to send and receive e-mail? 1 Yes
 11 Telephone information number 12 Complementary, alternative, or unconventional practitioner 91 Other-Specify → StrongNeedHealthInfo_OS 	 No → GO TO C1 on the next page B2. When you use the Internet, do you access it through Yes No
A9. Have you ever looked for information about cancer from any source? SeekCancerInfo 1 Yes 2 No	Internet_DialUp a. A regular dial-up telephone line
A10. How much attention do you pay to information about health or medical topics from <u>each</u> of the following sources?	B3. Do you access the Internet any other way? Internet_Other 1 Yes - Specify → Internet_OtherOS 2 No
Attention OnlineNews a. In online newspapers	B4. In the past 12 months, have you used the Internet to look for health or medical information for yourself? InternetHealthInfoSelf Yes No
f. On local television news programs	B5. Is there a specific Internet site you like to go to for health or medical information? InternetHealthInfoSite 1 Yes 2 No→GO TO C1 on the next page
	B6. Specify which Internet site you especially like as a source of health or medical information:
	InternetHealthInfoSite_OS



C: Y	our	Heal	lth	Car
------	-----	------	-----	-----

	C: Your Health Care	C5. In the past 12 months, not counting times you went to an emergency room, how many times
C1.	Not including psychiatrists and other mental health professionals, is there a particular doctor, nurse, or other health professional that you see most often? RegularProvider Yes No	did you go to a doctor, nurse, or other health professional to get care for yourself? FreqGoProvider None → GO TO D1 on the next page 1 time 2 times 3 times 4 times
C2	Do you have any of the following health insurance or health coverage plans: Yes No	5 5-9 times 6 10 or more times
	Insurance Insurance Insurance Insurance through a current or former employer or union (of you or another family member)	C6. The following questions are about your communication with all doctors, nurses, or other health professionals you saw during the past 12
c.	Insurance purchased directly from an insurance company (by you or another family member)	months How often did they do each of the following: ChanceAskQuestions a. Give you the chance to ask all
u.	kind of government-assistance plan for those with low incomes or a disability	the health-related questions you had?
	HCCoverage Tricare TRICARE or other military health care 1 HCCoverage VA VA (including those who have ever used or enrolled for VA health care) 1 HCCoverage IHS	to your feelings and emotions? 1 2 3 4 InvolvedDecisions c. Involve you in decisions about your health care as much as you wanted? 1 2 3 4
g. C3.		d. Make sure you understood the things you needed to do to take care of your health?
	or vision plans)? HCCoverage_Other 1 Yes-Specify → HCCoverage_OtherOS 2 No	e. Explain things in a way you could understand?
C4.	About how long has it been since you last visited a doctor for a routine checkup? A routine checkup is a general physical exam, not an	uncertainty about your health or health care? 1 2 3 4
	exam for a specific injury, illness, or condition. MostRecentCheckup 1 Within past year (anytime less than 12 months ago) 2 Within past 2 years (1 year but less than 2 years ago) 3 Within past 5 years (2 years but less than 5 years ago) 4 5 or more years ago 5 Don't know 6 Never	C7. In the past 12 months, how often did you feel you could rely on your doctors, nurses, or other health care professionals to take care of your health care needs? DrTakeCareNeeds Always Usually Sometimes Never



C8.	Overall, how would you rate the quality of health care you received in the past 12 months? QualityCare 1 Excellent 2 Very good 3 Good 4 Fair 5 Poor	D4. How often in the past 12 months would you say you were worried or stressed about having enough money to buy nutritious meals? StressedMoneyNutritiousMeals Always Usually Sometimes Rarely Never
	D: Your Health, Nutrition and Physical Activity	D5. When available, how often do you use menu information on calories in deciding what to order?
D1.	In general, would you say your health is GeneralHealth Excellent, Very good, Good, Fair, or Poor?	UseMenuCalorieInfo 1 Always 2 Often 3 Sometimes 4 Rarely 5 Never
D2.	Over the past 2 weeks, how often have you been bothered by any of the following problems?	D6. About how many cups of fruit (including 100% pure fruit juice) do you eat or drink each day? Fruit None 1 ½ cup or less 2 ½ cup to 1 cup 3 1 to 2 cups 4 2 to 3 cups - 8 large strawberries
a.	Little interest or pleasure in	4 2 to 3 cups - 8 large strawberries - 1 medium pear - 2 large plums
b.	doing things	6 4 or more cups - 32 seedless grapes - 1 cup (8 oz.) fruit juice - ½ cup dried fruit
C.	Nervous Feeling nervous, anxious or on edge	- 1 inch-thick wedge of watermelon
d.	Worrying Not being able to stop or control worrying	D7. About how many cups of vegetables (including 100% pure vegetable juice) do you eat or drink
D3.	Overall, how confident are you about your ability to take good care of your health? OwnAbilityTakeCareHealth Completely confident Very confident Somewhat confident A little confident Not confident at all	each day? Vegetables None 1 ½ cup or less 2 ½ cup to 1 cup 3 1 to 2 cups 4 2 to 3 cups 5 3 to 4 cups 6 4 or more cups 1 cup of vegetables could be: - 3 broccoli spears - 1 cup cooked leafy greens - 2 cups lettuce or raw greer - 12 baby carrots - 1 large sweet potato - 1 large ear of corn - 1 large raw tomato - 2 large celery sticks - 1 cup of cooked beans



D8. How much sugar-sweetened soda or pop do you usually drink each day? Do not include diet sodas or diet pop. RegularSoda None 1 12 ounces (1 can) or less 2 13 to 24 ounces (2 cans) 3 25 to 36 ounces (3 cans) 4 37 to 48 ounces (4 cans) 5 more than 48 ounces	D12. Over the past 30 days, in your leisure time, how many hours per day, on average, did you sit and watch TV or movies, surf the web, or play computer games? Do not include "active gaming" such as Wii. AverageDailyTVGames Hours per day D13. About how tall are you without shoes?
D9. In a typical week, how many days do you do any physical activity or exercise of at least moderate intensity, such as brisk walking, bicycling at a regular pace, and swimming at a regular pace? TimesModerateExercise None → GO TO D11 below 1 day per week 2 days per week 3 days per week	Feet and Inches Height_Feet Height_Inches D14. About how much do you weigh, in pounds, without shoes? Weight Pounds
3 3 days per week 4 4 days per week 5 5 days per week 6 6 days per week 7 7 days per week 7 7 days per week 7 7 days per week 7 1 days per week 9 10 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	D15. How many times in the past 12 months have you used a tanning bed or booth? TanningBed ① 0 times 1 1 to 2 times 2 3 to 10 times 3 11 to 24 times 4 25 or more times D16. When you are outside for more than one hour on a warm, sunny day, how often do you wear sunscreen? Sunscreen 1 Always 2 Often 3 Sometimes 4 Rarely 5 Never 9 Do not go out on sunny days D17. Have you smoked at least 100 cigarettes in your entire life? Smoke100 1 Yes 2 No → GO TO D19 on the next page D18. How often do you now smoke cigarettes? SmokeNow 1 Everyday 2 Some days
7 days per week	3 Not at all



D19.	A drink of alcohol is 1 can or bottle of beer, 1 glass of wine, 1 can or bottle of wine cooler, 1 cocktail, or 1 shot of liquor. During the past 30 days, how many days per week did you have at least one drink of any alcoholic beverage? DrinksPerWeek 1 day 2 days 3 days		How long ago did you have your most recent Pap test to check for cervical cancer? WhenPapTest A year ago or less More than 1, up to 2 years ago More than 2, up to 3 years ago More than 3, up to 5 years ago More than 5 years ago I have never had a Pap test A mammogram is an x-ray of each breast to look
	4 4 days 5 5 days 6 6 days 7 7 days		for cancer. Has a doctor ever told you that you could choose whether or not to have a mammogram? DrTalkMammogram 1 Yes 2 No
D20.	During the past 30 days, on the days when you drank, about how many drinks did you drink on the average? DrinksPerDay Drink(s)	E5.	When did you have your most recent mammogram to check for breast cancer, if ever? WhenMammogram A year ago or less More than 1, up to 2 years ago More than 2, up to 3 years ago
a.	How much sleep do you usually get Hours Minutes SleepWorkdayHr, SleepWorkdayMn On a workday or school day (i.e., weekday)?		More than 3, up to 5 years ago More than 5 years ago I have never had a mammogram
	E: Women and Cancer		Please continue to the next page.
E1.	Are you male or female? GenderC Male → GO TO F1 on the next page Female		
♥ E2.	Has a doctor ever told you that you could choose whether or not to have the Pap test? DrTalkPapTest Yes No		



F: Screening for Cancer

F1. A vaccine to prevent HPV infection is available and is called the HPV shot, cervical cancer vaccine, GARDASIL®, or Cervarix®.

Has a doctor or other health care professional ever talked with you about the HPV shot or vaccine?

EverTalkedHPVShot

1 Yes

2 No

F2. There are a few different tests to check for colon cancer. These tests include:

A **colonoscopy** – For this test, a tube is inserted into your rectum and you are given medication that may make you feel sleepy. After the procedure, you need someone to drive you home.

A **sigmoidoscopy** – For this test, you are awake when the tube is inserted into your rectum. After the test you can drive yourself home.

A **stool blood test** – For this test, you collect a stool sample at home, and then provide it to a doctor or lab for testing.

Has a doctor ever told you that you could choose whether or not to have a test for colon cancer?

DrTalkColCaTest

1 Yes

2 No

F3. Have you ever had a test to check for colon cancer?

EverHadColCaTest

1 Yes

2 No

F4. (Females **GO TO G1** in the next column. Males continue with **F4**.) The following questions are about discussions doctors or other health care professionals may have with their patients about the PSA test that is used to look for prostate cancer.

Has a doctor ever told you that you could choose whether or not to have the PSA test?

DrTalkPSATest

1 Yes

2 No

F5.	Have	you	ever	had	а	PSA	test?
-----	------	-----	------	-----	---	------------	-------

EverHadPSATest

1 Yes

2 No

3 Not sure

F6. Has a doctor or other health care professional ever told you that some doctors recommend the PSA test and others do not?

SomeRecommendPSATest

1 Yes

2 No

3 Not sure

F7. Has a doctor or other health care professional ever told you that no one is sure if using the PSA test actually saves lives?

NotSurePSATest

1 Yes

2 No

3 Not sure

G: Beliefs About Cancer

Think about cancer in general when answering the guestions in this section.

G1. How likely are you to get cancer in your lifetime?

1 Very unlikely

2 Unlikely

3 Neither unlikely nor likely

4 Likely

5 Very likely

G2. Compared to other people your age, how likely are you to get cancer in your lifetime?

CompareChanceGetCancer

1 Very unlikely

2 Unlikely

3 Neither unlikely nor likely

4 Likely

5 Very likely

G3. How worried are you about getting cancer?

FreqWorryCancer

1 Not at all

2 Slightly

3 Somewhat

4 Moderately

5 Extremely



G4.	How much do you agree or disagree with each	H3.	At what age were you first told that you had
	of the following statements?		<pre>cancer? WhenDiagnosedCancer</pre>
	Strongly same what some what some what some what some some some some some some some some		Age
a.	EverythingCauseCancer It seems like everything	114	Lleve and of very family resumbane are averabled
	causes cancer 1 2 3 4 PreventNotPossible	□4.	Have any of your family members ever had cancer?
b.	There's not much you can do		FamilyEverHadCancer
	to lower your chances of getting cancer 1 2 3 4		1 Yes 2 No
	TooManyRecommendations		4 Not sure
C.	There are so many different recommendations about		Two suic
	preventing cancer, it's hard to	_	
	know which ones to follow 1 2 3 4		I: Medical Research and Medical Records
	U. Vous Conces History	l1.	As far as you know, do any of your doctors or
	H: Your Cancer History		other health care providers maintain your medical information in a computerized system?
H1.	Have you ever been diagnosed as having		<u>Pr</u> oviderMaintainEMR
	cancer?		1 Yes
	EverHadCancer 1 Yes		2 No
	No → GO TO H4 in the next column		
\forall		I2.	Please indicate how important each of the
H2.	What type of cancer did you have?		following statements is to you.
	Mark 🗷 all that apply.		ShareEMP
	_	a.	ShareEMR Doctors and other health care
	Bladder cancer CaBladder Bone cancer CaBone	<u> </u>	providers should be able to share
	Breast cancer CaBreast		your medical information with each other electronically 1 2 3
	Cervical cancer (cancer of the cervix) CaCervical		AccesPHR
	1 Colon cancer cacolon	b.	You should be able to get to your own medical information
	Endometrial cancer (cancer of the uterus) CaEndomet	rial	electronically
	Head and neck cancer CaHeadNeck		, – – –
	Hodgkin's lymphoma CaHodgkins Leukemia/Blood cancer CaLeukemia	I3.	Have you ever kept information from your health
	1 Liver cancer Caliver		care provider because you were concerned
	1 Lung cancer CaLung		about the privacy or security of your medical
	Melanoma CaMelanoma		record? WithheldInfoPrivacy
	Non-Hodgkin lymphoma CanonHodgkin		1 Yes
	1 Oral cancer CaOral		2 No
	Ovarian cancer CaOvarian		
	Pancreatic cancer Capancreatic		
	Pharyngeal (throat) cancer CaPharyngealProstate cancer CaProstate		
	Rectal cancer Carectal		
	Renal (kidney) cancer _{CaRenal}		
	1 Skin cancer, non-melanoma Caskin		
	1 Stomach cancer Castomach		
	1 Other-Specify → CaOther_OS		
	Cancer Cat		



_	l Your F	

	J: You and Your Household	J5.	What is the highest grade or level of schooling you completed?
J1.	What is your age?		Education 1 Less than 8 years
	Years old		2 8 through 11 years
	Teals old		12 years or completed high school
			Post high school training other than college (vocational or technical)
J2.	What is your current occupational status?		_ `
	Mark 🕅 only one.		5 Some college6 College graduate
	OccupationStatus Employed Employed		7 Postgraduate
	2 Unemployed Unemployed		- 1 ootgraduate
	3 Homemaker Homemaker	J6.	Were you born in the United States?
	4 Student Student		BornInUSA
	5 Retired Retired		1 Yes → GO TO J8 below 2 No
	6 Disabled Disabled	l	Z NO
	91 Other-Specify → OccupationStatus_OS	17	In colors compelled concerns to live in the
	OtherOCC MultiOCC	J7.	In what year did you come to live in the United States?
J3.	Have you ever served on active duty in the U.S.		YearCameToUSA
	Armed Forces, military Reserves or National		Year
	Guard? Active duty does not include training in		1.00
	the Reserves or National Guard, but DOES		
	include activation, for example, for the Persian	J8.	How comfortable do you feel speaking English? <pre>ComfortableEnglish</pre>
	Gulf war. ActiveDutyArmedForces		ComfortableEnglish Completely comfortable
	Yes, now on active duty		2 Very comfortable
_	Yes, on active duty in the last 12 months but		3 Somewhat comfortable
	not now		4 A little comfortable
	Yes, on active duty in the past, but not in the last 12 months		5 Not at all comfortable
	4 No, training for Reserves or	10	Ana vavi Hismania and atima?
	National Guard only GO TO J4	J9.	Are you Hispanic or Latino?
1	No, never served in the military		1 Yes
120	In the past 12 months, have you received some		2 No
JSa	In the past 12 months, have you received some or all of your health care from a VA hospital or		
	clinic?	J10.	Which one or more of the following would you
	ReceivedCareVA 1 Yes, all my health care		say is your race?
	2 Yes, some of my health care		Mark 🕅 one or more boxes.
	3 No, no VA health care received		1 American Indian/Alaska Native AmerInd
	Tro, no virtuatar sare reserved		1 Asian Asian
J4.	What is your marital status?		Black/African American Black
	MaritalŚtatus Married Married		1 Native Hawaiian/Other Pacific Islander PacIs1
	2 Living as married		1 White White
	3 Divorced		Race_Cat
	4 Widowed	J11.	. Including yourself, how many people live in
	5 Separated		your household? TotalHousehold
	6 Single, never been married		Number of people
	· · · · · · · · · · · · · · · · · · ·		



J12. <u>Including yourself</u>, please mark the gender, and write in the age and month of birth for each adult 18 years of age or older living at this address.

	Gender	Λαο	Month Born (01-12)
	Gender	Age	(01-12)
HHAdultGender1 Adult 1	1 Male 2 Female	HHAdultAge1	HHAdultMOB1
HHAdultGender2 Adult 2	1 Male 2 Female	HHAdultAge2	HHAdultMOB2
HHAdultGender3 Adult 3	1 Male 2 Female	HHAdultAge3	HHAdultM0B3
HHAdultGender4 Adult 4	1 Male 2 Female	HHAdultAge4	HHAdultMOB4
HHAdultGender5 Adult 5	1 Male 2 Female	HHAdultAge5	HRAdultM0B5

J13.	3. How many children under the age your household?		ny children under the age of 18 live in usehold?
			Number of children under 18

J14.	Do you currently rent or own your home? RentOrOwn Own Rent Own Coupled without paying monetary rent
J15.	Does anyone in your family have a working cell phone? CellPhone Told Yes

116	Is there at least one telephone inside your home
510.	is there at least one telephone maide your nome
	that is currently working and is not a cell phone?
	PhoneInHome
	1 Yes

PhoneInHome	WOIKING	•
1 Yes		
2 No		

2 No

J17.	Thinking about members of your family living in this household, what is your combined annual income, meaning the total pre-tax income from all sources earned in the past year? IncomeRanges 1 \$0 to \$9,999 2 \$10,000 to \$14,999 3 \$15,000 to \$19,999 4 \$20,000 to \$34,999 5 \$35,000 to \$49,999 6 \$50,000 to \$74,999 7 \$75,000 to \$99,999 8 \$100,000 to \$199,999 9 \$200,000 or more
J18.	Did you complete this survey all in one sitting, or did you do it in more than one sitting? MailStopStartSurvey I completed the survey all in one sitting. I completed the survey in more than one sitting.
J19.	Did anyone help you complete this survey? MailSomeoneInRoom 1 Yes 2 No
J20.	About how long did it take you to complete the survey? Write a number in one box below. MailSurveyTime_Min MailSurveyTime_Hrs Minutes Hours
J21.	At which of the following types of addresses does your household currently receive residential mail?

Mark 🗶	all th	at apply
--------	--------	----------

	TypeOfAddressA
1	A street address with a house or building number TypeofAddressB
1	An address with a rural route number
1	A Commercial mail box establishment (such as
1	A commercial mail box establishment (such as
	Mailboxes R Us, Mailboxes Etc.)



Thank you!

Please return this questionnaire in the postage-paid envelope at your earliest convenience.

If you have lost the envelope, mail the completed questionnaire to:

HINTS Study, TC 1046F

Westat

1600 Research Boulevard

Rockville, MD 20850