

PHYSICAL FUNCTION

Script: "I am now going to ask you questions about your ability to take care of yourself and to function independently. The reason we are asking you these questions is that we are trying to better understand the consequences of heart disease and other conditions to the older individual. We also hope to better understand to what extent people like you require help in their self care activities."

1 Do you have any difficulty walking half a mile, about 5-6 blocks? **whmile**

Yes

No

Could do it,
but don't for
other reason

Don't Know
/ Refused

1a How much difficulty do you have? **whmdif**

Some

A lot

Unable to do

Don't Know

1b How easy is it for you to walk half a mile, about 5-6 blocks? (**Examiner note: Read response options.**)
howeasy

Very Easy Not that easy

Somewhat Easy Don't Know /Refused /Don't do

1c Because of a health or physical problem, do you have any difficulty walking one mile, that is about 10-12 blocks? **diffwalk**

Yes → Skip to Question 2.

No → Skip to Question 1d.

Don't Know /Refused → Skip to Question 1d.

1d How easy is it for you to walk one mile, that is about 10-12 blocks? (**Examiner note: Read response options.**)
easywalk

Very Easy Not that easy

Somewhat Easy Don't Know /Refused /Don't do

PHYSICAL FUNCTION

2 Do you have any difficulty walking around your home? *whome*

Yes No Could do it, but don't for other reason Don't Know/Refused

If NO, COULD DO IT, BUT DON'T FOR OTHER REASON or DON'T KNOW/REFUSED. Skip to Question 3.

2a How much difficulty do you have? *whodif*

Some A lot Unable to do Don't Know/Refused

3 Do you have any difficulty getting out of bed or a chair? *bed*

Yes No Could do it, but don't for other reason Don't Know/Refused

If NO, COULD DO IT, BUT DON'T FOR OTHER REASON or DON'T KNOW/REFUSED. Skip to Question 4.

3a How much difficulty do you have? *beddif*

Some A lot Unable to do Don't Know/Refused

PHYSICAL FUNCTION

4 Do you have any difficulty walking up 10 steps?

steps

Yes
↓

No
↓

Could do it,
but don't for
other reason
↓

Don't Know
/ Refused
↓

4a How much
difficulty do you
have?

stpdif

- Some
- A lot
- Unable to do
- Don't Know

4b How easy is it for you to walk up 10 steps
without resting? (**Examiner note: Read
response options.**)

Step10

- Very Easy
- Not that easy
- Somewhat
Easy
- Don't Know
/Refused
/Don't do

4c Because of a health or physical
problem, do you have any difficulty walking
up 20 steps, that is about 2 flights, without
resting?

Step20

- Yes → Skip to Question 5.
- No → Skip to Question 4d.
- Don't Know → Skip to Question 4d.
/Refused

4d How easy is it for you to walk up 20 steps,
that is about 2 flights, without resting?

(**Examiner note: Read response options.**)

Easy20

- Very Easy
- Not that easy
- Somewhat
Easy
- Don't Know
/Refused
/Don't do

PHYSICAL FUNCTION

- 5** Because of health or physical problems, do you have any difficulty or are you unable to do heavy housework, like scrubbing floors or washing windows; or yard work, like raking leaves or mowing? **hhwork**

Yes No Could do it, but don't for other reason Don't Know/Refused

If NO, COULD DO IT, BUT DON'T FOR OTHER REASON or DON'T KNOW/REFUSED. Skip to Question 6.

- 5a** How much difficulty do you have? **hhwdif**

Some A lot Unable to do Don't Know/Refused

- 6** Because of health or physical problems, do you have any difficulty or are you unable to do light housework? **lhwork**

Yes No Could do it, but don't for other reason Don't Know/Refused

If NO, COULD DO IT, BUT DON'T FOR OTHER REASON or DON'T KNOW/REFUSED. Skip to Question 7.

- 6a** How much difficulty do you have? **lhwdif**

Some A lot Unable to do Don't Know/Refused

- 7** Because of health or physical problems, do you have any difficulty or are you unable to shop for personal items? **shop**

Yes No Could do it, but don't for other reason Don't Know/Refused

If NO, COULD DO IT, BUT DON'T FOR OTHER REASON or DON'T KNOW/REFUSED. Skip to Question 8.

- 7a** How much difficulty do you have? **shpdif**

Some A lot Unable to do Don't Know/Refused

PHYSICAL FUNCTION

8 Because of health or physical problems, do you have any difficulty or are you unable to prepare your own meals? *prepar*

- Yes No Could do it, but don't for other reason Don't Know/Refused

If NO, COULD DO IT, BUT DON'T FOR OTHER REASON or DON'T KNOW/REFUSED. Skip to Question 9.

8a How much difficulty do you have? *prpdif*

- Some A lot Unable to do Don't Know/Refused

9 Because of health or physical problems, do you have any difficulty or are you unable to manage your money, such as paying bills? *pay*

- Yes No Could do it, but don't for other reason Don't Know/Refused

If NO, COULD DO IT, BUT DON'T FOR OTHER REASON or DON'T KNOW/REFUSED. Skip to Question 10.

9a How much difficulty do you have? *paydif*

- Some A lot Unable to do Don't Know/Refused

10 Because of health or physical problems, do you have any difficulty or are you unable to use the telephone? *phone*

- Yes No Could do it, but don't for other reason Don't Know/Refused

If NO, COULD DO IT, BUT DON'T FOR OTHER REASON or DON'T KNOW/REFUSED. Skip to Question 11.

10a How much difficulty do you have? *phndif*

- Some A lot Unable to do Don't Know/Refused

PHYSICAL FUNCTION

- 11** Because of health or physical problems, do you have any difficulty or are you unable to eat, including feeding yourself? **eat**

Yes No Could do it, but don't for other reason Don't Know/Refused

If NO, COULD DO IT, BUT DON'T FOR OTHER REASON or DON'T KNOW/REFUSED. Skip to Question 12.

- 11a** How much difficulty do you have? **eatdif**

Some A lot Unable to do Don't Know/Refused

- 12** Because of health or physical problems, do you have any difficulty or are you unable to dress yourself? **dress**

Yes No Could do it, but don't for other reason Don't Know/Refused

If NO, COULD DO IT, BUT DON'T FOR OTHER REASON or DON'T KNOW/REFUSED. Skip to Question 13.

- 12a** How much difficulty do you have? **drsdif**

Some A lot Unable to do Don't Know/Refused

- 13** Because of health or physical problems, do you have any difficulty or are you unable to bathe or shower? **bathe**

Yes No Could do it, but don't for other reason Don't Know/Refused

If NO, COULD DO IT, BUT DON'T FOR OTHER REASON or DON'T KNOW/REFUSED. Skip to Question 14.

- 13a** How much difficulty do you have? **bthdif**

Some A lot Unable to do Don't Know/Refused

PHYSICAL FUNCTION

14 Because of health or physical problems, do you have any difficulty or are you unable to use the toilet, including getting to the toilet? *toilet*

- Yes No Could do it, but don't for other reason Don't Know/Refused

If NO, COULD DO IT, BUT DON'T FOR OTHER REASON or DON'T KNOW/REFUSED. Skip to Question 15.

14a How much difficulty do you have? *tldif*

- Some A lot Unable to do Don't Know/Refused

PHYSICAL FUNCTION

15 Do you have any difficulty lifting or carrying something as heavy as 10 pounds, such as a bag of groceries? *lifting*

Yes
↓

No
↓

Could do it,
but don't for
other reason
↓

Don't Know
/ Refused
↓

15a How much difficulty do you have? *lftdif*

- Some
- A lot
- Unable to do
- Don't Know

15b How easy is it for you to lift or carry something as heavy as a bag of groceries? *carrybag*
(**Examiner note: Read response options.**)

- Very Easy Not that easy
- Somewhat Easy Don't Know /Refused /Don't do

15c Because of a health or physical problem, do you have any difficulty lifting or carrying something as heavy as 20 pounds? *lift20*

- Yes → Skip to Question 16.
- No → Skip to Question 15d.
- Don't Know /Refused → Skip to Question 15d.

15d How easy is it for you to lift or carry something as heavy as 20 pounds? (**Examiner note: Read response options.**) *carry20*

- Very Easy Not that easy
- Somewhat Easy Don't Know /Refused /Don't do

PHYSICAL ACTIVITY

16 Do you have any difficulty reaching out? *reach*

- Yes No Could do it, but don't for other reason Don't Know/Refused

If NO, COULD DO IT, BUT DON'T FOR OTHER REASON or DON'T KNOW/REFUSED. Skip to Question 17.

16a How much difficulty do you have? *rchdif*

- Some A lot Unable to do Don't Know/Refused
-

17 Do you have any difficulty gripping with your hands? *gripng*

- Yes No Could do it, but don't for other reason Don't Know/Refused

If NO, COULD DO IT, BUT DON'T FOR OTHER REASON or DON'T KNOW/REFUSED. Skip to Question 18.

17a How much difficulty do you have? *grpdif*

- Some A lot Unable to do Don't Know/Refused
-

18 Do you ever use a cane, walker, crutches, or other special equipment to help you get around? *usecane*

- Never Sometimes Always Don't Know/Refused

PHYSICAL ACTIVITY

19 I am going to read a list of activities. Please tell me which activities you have done in the past two weeks.

	Yes	No	Refused /Don't Know	How often have you (<i>name of activity</i>) in the last two weeks
Walking for exercise <i>walk</i>				# times <i>walk2</i>
Moderately strenuous household chores, for example, scrubbing, vacuuming, etc. <i>chores</i>				# times <i>chores2</i>
Mowing the lawn <i>mowing</i>				# times <i>mowing2</i>
Raking the lawn <i>raking</i>				# times <i>raking2</i>
Gardening <i>garden</i>				# times <i>garden2</i>
Hiking <i>hiking</i>				# times <i>hiking2</i>
Jogging <i>jogging</i>				# times <i>jogging2</i>
Biking <i>biking</i>				# times <i>biking2</i>
Exercise cycling <i>cycling</i>				# times <i>cycling2</i>
Dancing <i>dancing</i>				# times <i>dancing2</i>
Aerobics/Aerobic dance <i>aerobics</i>				# times <i>aerobic2</i>
Bowling <i>bowling</i>				# times <i>bowling2</i>
Golf <i>golf</i>				# times <i>golf2</i>
Singles tennis <i>stennis</i>				# times <i>stennis2</i>
Doubles tennis <i>dtennis</i>				# times <i>dtennis2</i>
Racquetball <i>racquet</i>				# times <i>racquet2</i>
Calisthenics/General exercise <i>exercise</i>				# times <i>exercis2</i>
Swimming <i>swimming</i>				# times <i>swim2</i>
Other (Specify): <i>other, othertxt</i>				# times <i>othertm</i>
Other (Specify): <i>other2, oth2txt</i>				# times <i>other2tm</i>

20 Think about the walking you do outside your home. During the last week, about how many city blocks, or their equivalent did you walk (Let 12 city blocks = 1 mile).

			# of blocks	OR			.			miles
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blocks

miles

idno: *Participant ID*

intdat: *Interview Date*

intid: *Interviewer ID*

datacl: *Participant or Proxy*

vistype: *In-person or Phone*