FULL ID:	D 1
TULL ID.	F.1

PRETEST INTERVIEW

GOOD EATING HABITS FOR GOOD HEALTH

INTERVIEWER, PLEASE	COMPLETE:
PARTICIPANT FULL ID:	
DATE:	
INTERVIEWER INITIALS:	

START TIME

	١.	
	١.	

FULL ID:	P.2

FOR EVERY RESPONDENT: THANK YOU FOR PARTICIPATING IN THE GOOD EATING HABITS AND GOOD HEALTH STUDY. I WOULD LIKE TO ASK YOU SOME QUESTIONS ABOUT YOUR DIET, YOUR GENERAL HEALTH, AND YOUR EATING, FOOD SHOPPING, AND FOOD PREPARATION PATTERNS. THE INTERVIEW WILL TAKE ABOUT 45 MINUTES. AFTER WE FINISH THE INTERVIEW, I WILL GIVE YOU A GIFT TO SHOW OUR APPRECIATION FOR YOUR HELP. YOUR PARTICIPATION IS VOLUNTARY. ALL THE INFORMATION YOU TELL ME WILL BE KEPT STRICTLY CONFIDENTIAL, AND YOU CAN REFUSE TO ANSWER ANY QUESTIONS THAT YOU DO NOT WANT TO ANSWER. YOU MAY ALSO REFUSE ANY PART OF THIS INTERVIEW AND IT WON'T AFFECT YOUR PARTICIPATION IN THE STUDY.

OK, LET'S BEGIN.

FULL ID:	P.3
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QUESTIONNAIRE A

NOW I WOULD LIKE TO READ YOU SEVERAL PAIRS OF FOODS, AND WILL ASK YOU TO TELL ME WHICH FOOD IN EACH PAIR HAS MORE SATURATED FAT AND OVERALL FAT. PLEASE GIVE ME THE FIRST ANSWER THAT COMES TO THE TOP OF YOUR HEAD, AND PLEASE GIVE ME ONLY ONE RESPONSE FOR EACH PAIR. IF YOU THINK BOTH FOODS IN A PAIR HAS THE SAME AMOUNT OF FAT, YOU CAN SAY "THE SAME". IF YOU DO NOT KNOW, YOU CAN SAY "DO NOT KNOW".

BASED ON YOUR KNOWLEDGE, WHICH HAS MORE SATURATED FAT? (READ EACH PAIR AND THEN WAIT FOR AN ANSWER. DO NOT PROBE "DON'T KNOW" ANSWERS.)

PAIRS

A1. LIVER, OR	2
A2. BUTTER, OR MARGARINE? THE SAME	
	8
A3. EGG WHITE, OR	
EGG YOLK?	2
THE SAME	3
DON'T KNOW	8
A4. SKIM MILK, OR	1
WHOLE MILK?	2
THE SAME	3
DON'T KNOW	8

WHICH HAS MORE FAT: (READ EACH PAIR AND THEN WAIT FOR AN ANSWER. DO NOT PROBE "DON'T KNOW" ANSWERS.)

PAIRS

A5. REGULAR HAMBURGER, OR	1
GROUND SIRLOIN?	
THE SAME	3
DON'T KNOW	
A6. LOIN PORK CHOPS, OR	1
PORK SPARE RIBS?	2
THE SAME	3
DON'T KNOW	8

A15. IF A FOOD PRODUCT IS LABELED "LIGHT", DOES THAT MEAN THA	١T
COMPARED TO A SIMILAR PRODUCT NOT LABELED "LIGHT" IT IS LOW	ER IN
CALORIES, LOWER IN FAT, OR LOWER IN CALORIES AND/OR FAT, OR I	DOES IN
MEAN SOMETHING ELSE?	
LOWER IN CALORIES	1
LOWER IN FAT	2
LOWER IN CALORIES AND/OR FAT	3
SOMETHING ELSE	4
DON'T KNOW	8

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FULL ID: _____

QUESTIONNAIRE B

NEXT, I WILL ASK YOU SOME QUESTIONS ABOUT YOUR HABITS OF EATING FAT.

INTERVIEWER: PLEASE NOTE THAT IF YOU REACH A STOP SIGN (), YOU HAVE FINISHED THIS QUESTIONNAIRE AND CAN PROCEED ON TO THE NEXT QUESTIONNAIRE.

INTERVIEWER: NOW HAND RESPONSE OPTION CARD B1 TO THE PARTICIPANT

B1. HOW HIGH IS YOUR OVERALL DIET IN FAT? IS IT...

1. Very low 2. Low	>	INTERVIEWER: NOW HAND B2 TO THE PARTICIPANT	RESPON	SE OPTION CARD
		B2. HOW LONG HAVE YOU FAT? WOULD YOU SAY 1. Less than 1 month 2. 1 to 5 months	FOLLOWE } }	Action Maintenance
3. In the middle 4. High 5. Very high	GO TO B3	3. 6 to 11 months 4. 1 year or more	}	Maintenance 500

B3. PLEASE ANSWER YES OR NO. IN THE PAST 6 MONTHS, HAVE YOU TRIED TO EAT LESS FAT:

1. Yes	}	INTERVIEWER: NOW HAND RESPONSE OPTION CARD B4 TO THE PARTICIPANT (AND READ THE RESPONSES, AS NEEDED).	
2. No	} GO TO B5	B4. HOW SUCCESSFUL WERE YOU? WOULD YOU SAY 1. Very successful 2. Somewhat successful	
		3. Not successful	GO TO B5 FOR ALL RESPONSES

B5. PLEASE ANSWER YES OR NO. ARE YOU SERIOUSLY THINKING ABOUT EATING LESS FAT OVER THE NEXT 6 MONTHS?

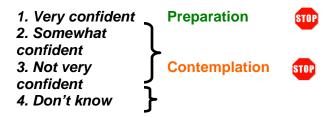
1. Yes	} GO TO B6
2. No	Precontemplation 500

B6. PLEASE ANSWER YES OR NO. DO YOU PLAN TO CONTINUE TRYING TO EAT LESS FAT OVER THE NEXT 6 MONTHS?

FULL ID:		P.7
1. Yes	} Preparation	
2. No	} Contemplation	

INTERVIEWER: NOW HAND RESPONSE OPTION CARD B7 TO THE PARTICIPANT (AND READ THE RESPONSES, AS NEEDED).

B7. HOW CONFIDENT ARE YOU THAT YOU CAN CHANGE YOUR DIET TO EAT LESS FAT? WOULD YOU SAY...



QUESTIONNAIRE C

NOW I WOULD LIKE TO ASK YOU SOME QUESTIONS ABOUT HOW YOU PREPARED AND ATE FOODS IN THE PREVIOUS TWO WEEKS. FOR EACH QUESTION, PLEASE FIRST SAY YES OR NO. THEN TELL ME HOW OFTEN YOU DID THAT BEHAVIOR IN THE PREVIOUS TWO WEEKS. YOU CAN ALSO TELL ME THAT YOU "DON'T KNOW" AN ANSWER OR YOU CAN CHOOSE TO SKIP AN ITEM.

LET'S BEGIN. FOR EXAMPLE,

IN THE PREVIOUS TWO WEEKS:

C1. DID YOU EAT CHICKEN INCLUDING CHICKEN IN STEWS AND SOUPS?

1-Yes \rightarrow GO TO C1A 2-No \rightarrow GO TO C2 8-Do not know \rightarrow GO TO C2 9-Refused \rightarrow GO TO C2

INTERVIEWER: HAND RESPONSE OPTION CARD C TO THE PARTICIPANT (AND READ THE RESPONSES, AS NEEDED)

C1a. (IF YES TO 1), HOW OFTEN WAS THE CHICKEN FRIED OR COOKED WITH LARD OR OIL?

Always Often Sometimes Rarely/Never Don't Know Refused

3 2 1 8 9

INTERVIEWER: CONTINUE HAVING PARTICIPANT KEEP RESPONSE OPTION CARD C

C1b. (IF YES TO 1), HOW OFTEN DID YOU TAKE THE SKIN OFF THE CHICKEN?

Always Often Sometimes Rarely/Never Don't Know Refused 4 3 2 1 8 9

ANY QUESTIONS?

OK, LET'S CONTINUE.

IN THE PREVIOUS TWO WEEKS:

4

C2. DID YOU EAT RED MEAT SUCH AS BEEF, PORK OR LAMB, INCLUDING MEAT IN SOUPS AND STEWS?

1-Yes → GO TO C2A 2-No → GO TO C3 8-Do not know → GO TO C3 9-Refused → GO TO C3

INTERVIEWER: CONTINUE HAVING PARTICIPANT KEEP RESPONSE OPTION CARD C

C2a. (IF YES TO 2), HOW OFTEN DID YOU TRIM ALL THE VISIBLE FAT BEFORE COOKING (OR EATING) THE RED MEAT?

FULL ID: _____ P.9

IN THE PREVIOUS TWO WEEKS:

C3. DID YOU EAT GROUND/RED MEAT?

1-Yes → GO TO C3A 2-No → GO TO C4 8-Do not know → GO TO C4 9-Refused → GO TO C4

INTERVIEWER: CONTINUE HAVING PARTICIPANT KEEP RESPONSE OPTION CARD C

C3a. (IF YES TO 3), HOW OFTEN DID YOU DRAIN OFF THE GREASE BEFORE EATING THE GROUND MEAT?

Always Often Sometimes Rarely/Never Don't Know Refused 4 3 2 1 8 9

IN THE PREVIOUS TWO WEEKS:

C4. DID YOU EAT BEANS SUCH AS PINTO, BLACK AND RED BEANS?

1-Yes \rightarrow GO TO C4A 2-No \rightarrow GO TO C5 8-Do not know \rightarrow GO TO C5 9-Refused \rightarrow GO TO C5

INTERVIEWER: CONTINUE HAVING PARTICIPANT KEEP RESPONSE OPTION CARD C

C4a. (IF YES TO 4), HOW OFTEN DID YOU COOK BEANS WITH LARD, BACON GREASE, OR OIL?

Always Often Sometimes Rarely/Never Don't Know Refused 4 3 2 1 8 9

IN THE PREVIOUS TWO WEEKS:

C5. DID YOU EAT TORTILLAS?

1-Yes → GO TO C5A 2-No → GO TO C6 8-Do not know → GO TO C6 9-Refused → GO TO C6

INTERVIEWER: CONTINUE HAVING PARTICIPANT KEEP RESPONSE OPTION CARD C

C5a. (IF YES TO 5), HOW OFTEN DID YOU COOK OR EAT TORTILLAS COOKED IN LARD, BACON GREASE, OR OIL?

IN THE PREVIOUS TWO WEEKS:

C6. DID YOU EAT POTATOES?

1-Yes \rightarrow GO TO C6A 2-No \rightarrow GO TO C7 8-Do not know \rightarrow GO TO C7 9-Refused \rightarrow GO TO C7

INTERVIEWER: CONTINUE HAVING PARTICIPANT KEEP RESPONSE OPTION CARD C

C6a. (IF YES TO 6), HOW OFTEN WERE THEY FRIED IN LARD OR OIL, INCLUDING FRENCH FRIES?

Always Often Sometimes Rarely/Never Don't Know Refused 4 3 2 1 8 9

IN THE PREVIOUS TWO WEEKS:

C7. DID YOU EAT BOILED OR BAKED POTATOES?

1-Yes → GO TO C7A 2-No → GO TO C8 8-Do not know → GO TO C8 9-Refused → GO TO C8

INTERVIEWER: CONTINUE HAVING PARTICIPANT KEEP RESPONSE OPTION CARD C

C7a. (IF YES TO 7), HOW OFTEN DID YOU EAT THEM WITH BUTTER, MARGARINE, LARD, CORN OIL, OR OTHER FAT?

Always Often Sometimes Rarely/Never Don't Know Refused 4 3 2 1 8 9

IN THE PREVIOUS TWO WEEKS:

C8. DID YOU EAT BREAD OR ROLLS?

1-Yes → GO TO C8A 2-No → GO TO C9 8-Do not know → GO TO C9 9-Refused → GO TO C9

INTERVIEWER: CONTINUE HAVING PARTICIPANT KEEP RESPONSE OPTION CARD C)

C8a. (IF YES TO 8), HOW OFTEN DID YOU EAT THEM WITH BUTTER, MARGARINE, LARD, CORN OIL, OR OTHER FAT?

P.11 FULL ID: IN THE PREVIOUS TWO WEEKS: C9. DID YOU DRINK MILK, INCLUDING MILK IN COFFEE, CEREAL AND COOKING? 1-Yes → GO TO C9A 2-No → GO TO C9 8-Do not know → GO TO C9 9-Refused → GO TO C9 INTERVIEWER: CONTINUE HAVING PARTICIPANT KEEP RESPONSE OPTION CARD C C9a. (IF YES TO 9), HOW OFTEN DID YOU USE 1% SKIM, NON-FAT, POWDERED OR **EVAPORATED MILK?** Sometimes Rarely/Never Don't Know Refused Always Often 4 2 1 8 9 IN THE PREVIOUS TWO WEEKS: C10. DID YOU EAT BETWEEN MEALS OR AFTER DINNER? 1-Yes → GO TO C10A 2-No → GO TO C11 8-Do not know → GO TO C11 9-Refused → GO TO C11 INTERVIEWER: CONTINUE HAVING PARTICIPANT KEEP RESPONSE OPTION CARD C C10a. (IF YES TO 10), WHEN YOU ATE BETWEEN MEALS OR AFTER DINNER, HOW OFTEN DID YOU EAT RAW VEGETABLES? Alwavs Often Sometimes Rarely/Never Don't Know Refused 1 9 4 3 2 8 INTERVIEWER: CONTINUE HAVING PARTICIPANT KEEP RESPONSE OPTION CARD C C10b. (IF YES TO 10), WHEN YOU ATE BETWEEN MEALS OR AFTER DINNER, HOW OFTEN **DID YOU EAT FRESH FRUITS?** Rarely/Never Always Often Sometimes Don't Know Refused

4 3 2 1 8 9

IN THE PREVIOUS TWO WEEKS:

C11. DID YOU EAT AT FAST FOOD RESTAURANTS SUCH AS MCDONALD'S OR TACO **BELL OR TACO TRUCKS?**

1-Yes → GO TO C11A 2-No → GO TO C12 8-Do not know → GO TO C12 9-Refused → GO TO C12

FULL ID: _____ P.12

INTERVIEWER: CONTINUE HAVING PARTICIPANT KEEP RESPONSE OPTION CARD C

C11a. (IF YES TO 11), HOW OFTEN DID YOU CHOOSE SPECIAL LOW-FAT FOODS?

Always Often Sometimes Rarely/Never Don't Know Refused 4 3 2 1 8 9

IN THE PREVIOUS TWO WEEKS:

C12. DID YOU EAT BREAKFAST?

1-Yes \rightarrow GO TO C12A 2-No \rightarrow GO TO C13 8-Do not know \rightarrow GO TO C13 9-Refused \rightarrow GO TO C13

INTERVIEWER: CONTINUE HAVING PARTICIPANT KEEP RESPONSE OPTION CARD C

C12a. (IF YES TO 12), HOW OFTEN DID YOU CHOOSE BREAKFAST CEREAL INSTEAD OF PASTRIES OR EGGS?

FULL ID:	P.13
FULL ID:	P.13

QUESTIONNAIRE D

INTERVIEWER: NOW HAND RESPONSE OPTION CARD D TO THE PARTICIPANT (AND READ THE RESPONSES, AS NEEDED).

I AM GOING TO READ YOU FIVE STATEMENTS, ONE AT A TIME. PLEASE TELL ME THE EXTENT TO WHICH YOU AGREE OR DISAGREE TO EACH STATEMENT.

D1.	HEART DISEASE IS VERY BIG. REPEAT: "PLEASE TELL ME THE EXTENT TO	Strongly Disagree
	WHICH YOU AGREE OR DISAGREE TO THIS STATEMENT."	Strongly Agree4
D2.	THE CHANCE THAT YOU WILL EVER GET	Strongly Disagree1
	<u>DIABETES/SUGAR DIABETES</u> IS VERY BIG.	Disagree2
	REPEAT: "PLEASE TELL ME THE EXTENT TO WHICH YOU AGREE OR DISAGREE TO THIS STATEMENT."	Agree3 Strongly Agree4
D3.	THE CHANCE THAT YOU WILL EVER GET ALZHEIMER'S DISEASE/MEMORY PROBLEMS IS VERY BIG.	Strongly Disagree
	REPEAT: "PLEASE TELL ME THE EXTENT TO WHICH YOU AGREE OR DISAGREE TO THIS STATEMENT."	Strongly Agree4
D.4	THE OHANGE THAT YOU WILL EVED OFT	T
D4.	THE CHANCE THAT YOU WILL EVER GET CANCER IS VERY BIG.	Strongly Disagree
	REPEAT: "PLEASE TELL ME THE EXTENT TO WHICH YOU AGREE OR DISAGREE TO THIS STATEMENT."	Agree3 Strongly Agree4
		1
D5.	THE CHANCE THAT YOU WILL EVER GET A STROKE IS VERY BIG.	Strongly Disagree
	REPEAT: "PLEASE TELL ME THE EXTENT TO WHICH YOU AGREE OR DISAGREE TO THIS STATEMENT."	Agree3 Strongly Agree4

FULL ID:	P.14

QUESTIONNAIRE E

INTERVIEWER: NOW HAND RESPONSE OPTION CARD E TO THE PARTICIPANT (AND READ THE RESPONSES, AS NEEDED).

PLEASE INDICATE THE EXTENT TO WHICH YOU AGREE OR DISAGREE WITH THESE STATEMENTS.

E1.	MY FAMILY IS ALWAYS THERE FOR ME IN TIMES OF NEED.	Strongly Disagree1Disagree2Neutral3Agree4Strongly Agree5
E2.	I AM PROUD OF MY FAMILY.	Strongly Disagree1Disagree2Neutral3Agree4Strongly Agree5
E3.	I CHERISH THE TIME I SPEND WITH MY FAMILY.	Strongly Disagree
E4.	I KNOW MY FAMILY HAS MY BEST INTERESTS IN MIND.	Strongly Disagree
E5.	MY FAMILY MEMBERS AND I SHARE SIMILAR VALUES AND BELIEFS.	Strongly Disagree

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QUESTIONNAIRE F

I WILL READ A QUESTION, FOLLOWED BY MULTIPLE ANSWER POSSIBILITIES. PLEASE TELL ME YOUR ANSWER TO THE FOLLOWING QUESTIONS. WHERE MORE THAN ONE ANSWER SEEMS APPROPRIATE, BASE YOUR CHOICE, AS BEST AS POSSIBLE, ON WHAT WOULD BE MOST CORRECT UNDER NORMAL CIRCUMSTANCES OR UNDER MOST CONDITIONS.

F1. WHAT LANGUAGE DO YOU SPEAK? Spanish Only.			Taa.
Spanish And English About Equally (Bilingual)	F1.	WHAT LANGUAGE DO YOU SPEAK?	Spanish Only1
Spanish And English About Equally (Bilingual)			Mostly Spanish, Some English2
Bilingual)			
Mostly English, Some Spanish			
F2. WHAT LANGUAGE DO YOU PREFER? Spanish Only			
F2. WHAT LANGUAGE DO YOU PREFER? Spanish Only			
F2. WHAT LANGUAGE DO YOU PREFER? Spanish Only			
Mostly Spanish, Some English	F2.	WHAT LANGUAGE DO YOU PREFER?	Spanish Only 1
Spanish And English About Equally (Bilingual)			
Bilingual			
Mostly English, Some Spanish			
English Only			Mostly English Some Spanish 4
INTERVIEWER: NOW HAND RESPONSE OPTION CARD F3-5 TO THE PARTICIPANT (AND READ THE RESPONSES, AS NEEDED).			
F3. HOW DO YOU IDENTIFY YOURSELF? Mexican			Eligiisii Olliy3
F3. HOW DO YOU IDENTIFY YOURSELF? Mexican		INTERVIEWED, NOW HAVE DESPONSE OPTION	CADD E2 5 TO THE DADTICIDANT (AND DEAD
F3. HOW DO YOU IDENTIFY YOURSELF? Mexican			CARD F3-5 TO THE PARTICIPANT (AND READ
Chicano		THE KESPUNSES, AS NEEDED).	
Chicano		HOW DO VOLLIDENTIEV VOLUBORI ES	Maritan
Mexican American	F3.	HOW DO YOU IDENTIFY YOURSELF?	
Spanish, Hispanic, Latin American, American			
American			
F4. WHICH ETHNIC IDENTIFICATION DOES OR DID YOUR MOTHER USE? Mexican American or Other			
F4. WHICH ETHNIC IDENTIFICATION DOES OR DID YOUR MOTHER USE? Mexican American			
YOUR MOTHER USE? Chicano			Anglo American or Other5
YOUR MOTHER USE? Chicano			
F5. WHICH ETHNIC IDENTIFICATION DOES OR DID YOUR FATHER USE? Mexican American	F4.	WHICH ETHNIC IDENTIFICATION DOES OR DID	Mexican1
Mexican American		YOUR MOTHER USE?	Chicano2
American			
American			
Anglo American or Other			
F5. WHICH ETHNIC IDENTIFICATION DOES OR DID YOUR FATHER USE? Mexican American			
YOUR FATHER USE? Chicano			
YOUR FATHER USE? Chicano		<u>l</u>	<u> </u>
YOUR FATHER USE? Chicano	F5	WHICH ETHNIC IDENTIFICATION DOES OR DID	Mexican 1
Mexican American	1 5.		
Spanish, Hispanic, Latin American, American4		TOOK PATHER USE:	
			Spanish, Hispanic, Laun American,
Anglo American or Other5			
			Angio American or Other5

	INTERVIEWER: NOW HAND RESPONSE OPTION READ THE RESPONSES, AS NEEDED).	CARD F6-8 TO THE PARTICIPANT (AND
F6-7.	WHAT WAS THE ETHNIC ORIGIN OF THE FRIENDS AND PEERS YOU HAS, AS A CHILD	Almost Exclusively Mexicans, Chicanos, Mexican Americans (La Raza)1
	6. UP TO AGE 6? (<i>USE CODES 1-5</i>)	Mostly Mexicans, Chicanos, Mexican Americans2
	7. FROM 6 A 18? (USE CODES 1-5)	About Equally Raza (Mexicans, Chicanos, Or Mexican Americans) And Anglos Or Other Ethnic Groups
	INTERVIEWER: CONTINUE HAVING PARTICIPAN	T KEEP RESPONSE OPTION CARD F6-8
	WHOM DO YOU NOW ASSOCIATE WITH IN THE OUTSIDE COMMUNITY? INTERVIEWER: NOW HAND RESPONSE OPTION READ THE NEXT RESPONSES OUT LOUD	Almost Exclusively Mexicans, Chicanos, Mexican Americans (La Raza)
F9.	WHAT IS YOUR MUSIC PREFERENCE?	Only Spanish
	INTERVIEWER: CONTINUE HAVING PARTICIPAN F9-11 AND READ THE NEXT RESPONSES OUT L	T KEEP RESPONSE OPTION CARD
F10.	WHAT IS YOUR TV VIEWING PREFERENCE?	Only Programs In Spanish1Mostly Programs In Spanish2Equally Spanish And EnglishPrograms3Mostly Programs In English4Only Programs In English5

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FULL ID: _____

In Mexico Only.....1

In U.S. Only.....5

FII	ILL	ID:	
10		ID.	

WHERE WERE YOU RAISED?

F11.	WHAT IS YOUR MOVIE PREFERENCE?	Spanish-Language Movies Only1
		Spanish-Language Movies Mostly2
		Equally English/Spanish3
		English-Language Movies Mostly4
		English-Language Movies Only5
		2 - Inglien Language Mevice emy
F12A.	WHERE WERE YOU BORN?	Mexico1
1 12/1.	WILKE WERE 100 BOKK.	United States
		Other Country
	<u> </u>	
F12B.	WHERE WAS YOUR FATHER BORN?	Mexico
1 125.		United States
		Other Country
		<u> </u>
F12C.	WHERE WAS YOUR MOTHER BORN?	Mexico1
1 120.	WHERE WAS TOOK MOTHER BORK!	United States
		Other Country
		Other Country
F12D.	WHERE WAS YOUR FATHER'S MOTHER	Mexico1
	BORN?	United States
	South .	Other Country
	<u> </u>	
F12E.	WHERE WAS YOUR FATHER'S FATHER	Mexico1
	BORN?	United States
	BORRY.	Other Country3
	<u> </u>	Other Country
F12F.	WHERE WAS YOUR MOTHER'S MOTHER	Mexico1
	BORN?	United States2
		Other Country3
		Tourier Gournaly
F12G.	WHERE WAS YOUR MOTHER'S FATHER	Mexico1
	BORN?	United States2
		Other Country3
1		1 0
,	NTERVIEWER: NOW HAND RESPONSE OPTIO	N CARD E13 TO THE PARTICIPANT (AND
	READ THE RESPONSES, AS NEEDED).	N SARD I TO TO THE LARTHON ANT (AND
,	NEAD THE NEOF UNGEO, AS NEEDED).	
F13.	WHERE WERE YOU RAISED?	In Mexico Only1
ı ı ı J.	I TTIILING TENGE I OU INCHULU:	

INTERVIEWER: NOW HAND RESPONSE OPTION CARD F14 TO THE PARTICIPANT (AND READ THE RESPONSES, AS NEEDED).			
F14.	WHAT CONTACT HAVE YOU HAD WITH MEXICO?	Raised For One Year Or More In Mexico	
	NTERVIEWER: NOW HAND RESPONSE OPTION READ THE RESPONSES, AS NEEDED).	CARD F15 TO THE PARTICIPANT (AND	
F15.	WHAT IS YOUR FOOD PREFERENCE?	Exclusively Mexican Food	
	NTERVIEWER: NOW HAND RESPONSE OPTION (READ THE RESPONSES, AS NEEDED).	CARD F16 TO THE PARTICIPANT (AND	
F16.	IN WHAT LANGUAGE DO YOU THINK?	Only In Spanish	
F16A.	CAN YOU READ SPANISH?	Yes1	
		No2	
F16B.	CAN YOU READ ENGLISH?	Yes	
	NTERVIEWER: NOW HAND RESPONSE OPTION READ THE NEXT RESPONSES OUT LOUD, IF NEO	•	
F17A.	WHICH DO YOU READ BETTER? RATE THE SUBJECT ON THE FOLLOWING CONTINUUM:	Reads Only Spanish	
F17D	CAN VOLUMBITE IN ENGLISHS	l Voo	
F17B.	CAN YOU WRITE IN ENGLISH?	Yes 1 No 2	
F17C.	CAN YOU WRITE IN SPANISH?	Yes1	
		No	

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FULL ID: _____

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	INTERVIEWER: NOW HAND RESPONSE OPTION READ THE RESPONSES, AS NEEDED).	CARD F18 TO THE PARTICIPANT (AND
F18.	WHICH DO YOU WRITE BETTER? RATE THE SUBJECT ON THE FOLLOWING CONTINUUM:	Writes Only Spanish
	INTERVIEWER: NOW HAND RESPONSE OPTION READ THE RESPONSES, AS NEEDED).	CARD F19 TO THE PARTICIPANT (AND
F19.	IF YOU CONSIDER YOURSELF A MEXICAN, CHICANO, MEXICAN AMERICAN, MEMBER OF LA RAZA, OR HOWEVER YOU IDENTIFY THIS GROUP, HOW MUCH PRIDE DO YOU HAVE IN THIS GROUP?	Extremely Proud
	INTERVIEWER: NOW HAND RESPONSE OPTION READ THE RESPONSES, AS NEEDED).	CARD F20 TO THE PARTICIPANT (AND
F20.	HOW WOULD YOU RATE YOURSELF?	Very Mexican.1Mostly Mexican.2Bicultural.3Mostly Anglicized.4Very Anglicized.5

QUESTIONNAIRE G

THE FOLLOWING QUESTIONS ARE ABOUT WHAT YOU ATE IN THE PAST MONTH. PLEASE ANSWER YES OR NO. IN THE PAST MONTH, DID YOU:

1. EAT DOUGHNUTS	1. Yes	2. No
2. EAT POZOLE	1. Yes	2. No
3. EAT KETCHUP	1. Yes	2. No
4. MAKE YOUR OWN TORTILLAS	1. Yes	2. No
5. DRINK GATORADE/KOOLAID TYPE BEVERAGES	1. Yes	2. No
6. DRINK SKIM MILK	1. Yes	2. No
7. DRINK AGUA FRESCA	1. Yes	2. No
8. EAT HAMBURGERS	1. Yes	2. No
9. DRINK SODA/CARBONATED BEVERAGES	1. Yes	2. No
10. EAT TAMALES	1. Yes	2. No
11. EAT HOTDOGS	1. Yes	2. No
12. EAT FRIJOLES	1. Yes	2. No
13. EAT PIZZA	1. Yes	2. No
14. EAT HOT CHEETOS	1. Yes	2. No
15. EAT SWEET BREAKFASTS	1. Yes	2. No

FULL ID:	P.21	
<u>QUESTIONNAIRE H</u>		
INTERVIEWER: DISPLAY THE ICE CREAM PINT CARDBOARD CONTAINER		
INTERVIEWER: NOW HAND ICE CREAM NUTRITION FACTS LABEL TO THE PARTICIPANT (RESPONSE OPTION CARD H)		
READ TO SUBJECT: THIS INFORMATION IS ON THE BACK OF A CONTAINER OF A PINT OF ICE CREAM.	Cor	swer rect?
	YES	NO 2
1. IF YOU EAT THE ENTIRE CONTAINER, HOW MANY CALORIES WILL	1	
YOU EAT? Answer 1,000	1	2
2. IF YOU ARE ALLOWED TO EAT 60G OF CARBOHYDRATES AS A SNACK, HOW MUCH ICE CREAM COULD YOU HAVE? Answer Any of the following is correct: 1 cup (or any amount up to 1 cup) Half the container Note: If participant answers "2 servings", ask "How much ice cream would that be if you were to measure it into a bowl?"	1	2
3. YOUR DOCTOR ADVISES YOU TO REDUCE THE AMOUNT OF SATURATED FAT IN YOUR DIET. YOU USUALLY HAVE 42 G OF SATURATED FAT EACH DAY, WHICH INCLUDES 1 SERVING OF ICE CREAM. IF YOU STOP EATING ICE CREAM, HOW MANY GRAMS OF SATURATED FAT WOULD YOU BE CONSUMING EACH DAY? Answer 33 is the only correct answer	1	2
4. IF YOU USUALLY EAT 2500 CALORIES IN A DAY, WHAT PERCENTAGE OF YOUR DAILY VALUE OF CALORIES WILL YOU BE EATING IF YOU EAT ONE SERVING? Answer 10% is the only correct answer	1	2
PRETEND THAT YOU ARE ALLERGIC TO THE FOLLOWING SUBSTANCES: PENICILLIN, PEANUTS, LATEX GLOVES, AND BEE STINGS. 5. IS IT SAFE FOR YOU TO EAT THIS ICE CREAM?	1	2

1

Total Correct:

2

Answer No

6. (Ask only if the participant responds "no" to question 5): WHY NOT?

Answer Because it has peanut oil.

FULL ID: P.2	2
QUESTIONNAIRE J	
<u>QOLOTTOWWWITLD</u>	
BEFORE WE FINISH TODAY, I WOULD LIKE TO ASK YOU SOME QUESTIONS ABOUT YOUR GENERAL BACKGROUND.	Γ
J1. HOW OLD ARE YOU?	
INTERVIEWER: NOW HAND RESPONSE OPTION CARD J2 TO THE PARTICIPANT (AN READ THE RESPONSES, AS NEEDED).	'D
J2. WHICH OF THE FOLLOWING GROUPS BEST DESCRIBES YOUR ETHNIC IDENTIFICATION?	
 Mexican Guatemalan Salvadoran Belizean Honduran Nicaraguan Costa Rican Panamanian Colombian Ecuadorian Peruvian Venezualan Guyanan Surinamean French Guianan Brazilian Paraguayan Uruguayan Argentinean Chilean Bolivian Haitian Hominican 	

25. Puerto Rican

26. Other ethnic origin _____

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INTERVIEWER: NOW HAND RESPONSE OPTION CARD J3 TO THE PARTICIPANT (AND READ THE RESPONSES, AS NEEDED).

J3. WHAT IS THE HIGHEST LEVEL OF EDUCATION YOU'VE COMPLETED?

- 1. No formal schooling
- 2. Some elementary school
- 3. Elementary school
- 4. Some high school
- 5. High school
- 6. Some technical or associate coursework
- 7. Technical or associate's degree
- 8. Some college
- 9. Bachelor's degree
- 10. Some graduate school
- 11. Master's degree
- 12. Doctoral degree (Ph.D., other doctoral)
- 13. Professional degree (e.g., M.D., J.D.)

J4. WHERE DID YOU COMPLETE YOUR FORMAL EDUCATION?

- 1. Mexico
- 2. U.S.
- 3. Other country → please specify:_____

INTERVIEWER: NOW HAND RESPONSE OPTION CARD J5 TO THE PARTICIPANT (AND READ THE RESPONSES, AS NEEDED).

J5. WHAT IS YOUR CURRENT EMPLOYMENT STATUS?

- 1. Paid employment, full-time
- 2. Paid employment, part-time
- 3. Retired
- 4. Volunteer, full-time → GO TO J7
- 5. Volunteer, part-time → GO TO J7
- 6. Full-time stay at home → GO TO J7
- 7. Student, full-time → GO TO J7
- 8. Student, part-time → GO TO J7
- 9. Unemployed → GO TO J7
- 10. Disability → GO TO J7

J6. HOW MANY HOURS PER WEEK DO YOU WORK?

J7. WHAT IS YOUR CURRENT MARITAL STATUS?

- 1. Married/Long-term relationship
- 2. Single
- 3. Divorced
- 4. Separated
- Widowed

J14. HAS A DOCTOR EVER TOLD <u>YOU</u> THAT YOU HAVE ANY OF THE FOLLOWING CONDITIONS OR PROBLEMS, OR THAT YOU ARE AT VERY HIGH RISK FOR ANY OF THE FOLLOWING CONDITIONS OR PROBLEMS? (*SELECT ALL THAT APPLY*):

		Yes	No	REF	DK
a.	DIABETES/SUGAR	1	2	8	9
	DIABETES				
b.	HIGH BLOOD	1	2	8	9
	PRESSURE?				
C.	HIGH CHOLESTEROL?	1	2	8	9
d.	STROKE/BRAIN	1	2	8	9
	HEMORRHAGE?				
e.	HEART PAIN/ANGINA?	1	2	8	9
f.	HEART ATTACK?	1	2	8	9
g.	HEART FAILURE OR	1	2	8	9
	ENLARGED HEART?				
h.	OBESITY (EXTREME	1	2	8	9
	OVERWEIGHT)?				
i.	ASTHMA?	1	2	8	9
j.	SKIN CANCER?	1	2	8	9
k.	OTHER CANCER?	1	2	8	9
	SPECIFY				
I.	EYE DISEASE?	1	2	8	9
m.	ALZHEIMER'S DISEASE?	1	2	8	9

J15. HAS A DOCTOR EVER TOLD <u>AN IMMEDIATE FAMILY MEMBER</u> THAT THEY HAVE ANY OF THE FOLLOWING CONDITIONS OR PROBLEMS, OR THAT THEY ARE AT VERY HIGH RISK FOR ANY OF THE FOLLOWING CONDITIONS OR PROBLEMS? (*SELECT ALL THAT APPLY*):

		Yes	No	REF	DK
a.	DIABETES/SUGAR	1	2	8	9
	DIABETES				
b.	HIGH BLOOD	1	2	8	9
	PRESSURE?				
C.	STROKE/BRAIN	1	2	8	9
	HEMORRHAGE?				
d.	HEART PAIN/ANGINA?	1	2	8	9
e.	HEART ATTACK?	1	2	8	9
f.	HEART FAILURE OR	1	2	8	9
	ENLARGED HEART?				
g.	OBESITY (EXTREME	1	2	8	9
	OVERWEIGHT)?				
h.	ASTHMA?	1	2	8	9
i.	SKIN CANCER?	1	2	8	9
j.	OTHER CANCER?	1	2	8	9
	SPECIFY				
k.	EYE DISEASE?	1	2	8	9
I.	ALZHEIMER'S DISEASE?	1	2	8	9

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J16. ONLY IF YES TO DIA YOU HAD DIABETES? 3. Yes 4. No 5. Refused 6. Don't know	BETES: WERE YOU PREGNANT WHEN YOU WERE TOLD TH	Ι Α Τ
J17. OTHER THAN DURIN HAVE DIABETES OR SUG 1. Yes 2. No 3. Refused 4. Don't know	G PREGNANCY, HAS A DOCTOR <u>EVER</u> TOLD YOU THAT YO AR DIABETES?	U
INTERVIEWER: NOW HAN READ THE RESPONSES,	D RESPONSE OPTION CARD J18 TO THE PARTICIPANT (AN AS NEEDED).	D
QUESTION. HOW WOULI 1 2 3 4 5 6	Poor Fair Good Very Good Excellent Refused Don't know	
INTERVIEWER: NOW HAN READ THE RESPONSES,	D RESPONSE OPTION CARD J19 TO THE PARTICIPANT (AN AS NEEDED).	D
	O YOU RATE YOUR LEVEL OF PHYSICAL ACTIVITY AS MUC AS, MORE, OR MUCH MORE THAN OTHER WOMEN YOUR	Н
1 2 3 4 5 6		
GROCERIES FOR YOUR I 1 2	Yes No No, but I make up the grocery list that I then give to a loved one	_
4	who shops (for example, my spouse or child)	

4. Refused5. Don't know

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J21. IN GENERAL, ARE YOU THE PERSON WHO MOST REGULARLY PREPARES/COOKS THE MEALS FOR YOUR FAMILY?

- 1. Yes
- 2. No
- 3. Refused
- 4. Don't know

J22. IN GENERAL, WHAT MODE OF TRANSPORTATION DO YOU MOST REGULARLY USE TO BUY GROCERIES?

- 1. Bus
- 2. Car
- 3. Walking
- 4. Taxi
- 5. Train
- 6. Bicycle
- 7. Motorcycle
- 8. Refused
- 9. Don't know

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	<u>CONTACT INFOR</u>	<u>MATION</u>
YOUR	R TIME AND ENERGY IS TRULY APPRECIATI R PARTICIPATION IN THIS RESEARCH STUD FACTING YOU AGAIN SOON.	
1. IN (ORDER TO DO SO, LET ME CONFIRM YOUR	MAILING ADDRESS.
	ADDRESS	
	CITY	STATE ZIP
TO CO	R HELP WITH THIS STUDY HAS BEEN VERY ONTACT YOU AGAIN WITHIN THREE MONT YOU THEN, I'D LIKE TO GET SOME INFORI IN CASE YOU MOVE.	THS TO SEE HOW THINGS ARE GOING
2.	LET ME CONFIRM YOUR HOME TELEPHONE NUMBER (IF YOU HAVE ONE).	(
3.	DO YOU HAVE A WORK TELEPHONE NUMBER?	YES
4.	a. WHAT IS THAT NUMBER? DO YOU HAVE A CELLULAR	YES1
	TELEPHONE NUMBER?	NO(SKIP TO Q5)2
	a. WHAT IS THAT NUMBER?	,
5.	IS THERE A TELEPHONE NUMBER (OTHER THAN YOUR OWN) WHERE SOMEONE CAN LEAVE A MESSAGE FOR YOU?	YES

b. WHAT IS THAT NUMBER?.....(LLLL) LLLL - LLLLL

	L ID:	P.29
6.	A. IS THERE A POSSIBILITY THAT YOU WILL MOVE OR CHANGE YOUR TELEPHONE NUMBER IN THE NEXT THREE MONTHS?	YES(SKIP TO CONCLUSION)
	B. WHAT INFORMATION CAN YOU SHARE WITH US TO BE ABLE TO LOCATE YOU IN THE EVENT THAT YOU MOVE OR CHANGE YOUR TELEPHONE	
	NUMBER?	
	NUMBER? ICLUSION: THANK YOU VERY MUCH FOR Y IR HELP WITH THIS STUDY. REMEMBER, WE	
	ICLUSION: THANK YOU VERY MUCH FOR Y	

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I OLL ID.	1.30

INTE	ERVIEWER OBSERVATIONS	
1.	HOW WELL DID THE PARTICIPANT	VERY WELL1
	APPEAR TO UNDERSTAND THE	FAIRLY WELL2
	QUESTIONS ASKED?	NOT VERY WELL3
		NOT AT ALL WELL4
2.	HOW COOPERATIVE WAS THE PARTICIPANT IN ANSWERING THE	VERY COOPERATIVE1
		FAIRLY COOPERATIVE2
	QUESTIONS?	NOT VERY COOPERATIVE3
		NOT AT ALL COOPERATIVE4
3.	DID THE PARTICIPANT ASK OR	MORE THAN ONCE1
	EXPRESS CONCERNS OR DOUBTS	ONCE2
	ABOUT THE PRIVACY OR CONFIDENTIALITY OF HIS/HER	NOT AT ALL3
	ANSWERS, USE OF THE DATA, OR CONSEQUENCES OF PARTICIPATING?	
4.	PLEASE NOTE ANYTHING ELSE YOU FEEL IS HUNDERSTANDING THE INTERVIEW.	HELPFUL OR IMPORTANT FOR
5.	PLEASE NOTE ANYTHING ELSE YOU	WHEELCHAIR BOUND1
	FEEL WOULD BE HELPFUL FOR THE	HEARING IMPAIRED2
	BUENOS HABITOS STUDY TEAM TO	VISUALLY IMPAIRED3
	KNOW. (CODE ALL THAT APPLY)	DIFFICULTY WALKING4
		OTHER(SPECIFY)5
		SPECIFY
6.	CODE MENTAL CAPACITY OF	MENTALLY CAPABLE1
	PARTICIPANT	REDUCED MENTAL CAPABILITY2
7.	IS PARTICIPANT LITERATE?	YES1
		NO2

Fι	JLL	ID:	