



UNIVERSITY OF COSTA RICA

A Joint Project of the Central American Population Center (CCP)
and the Institute for Health Research (INISA)

CRELES

COSTA RICAN LONGEVITY AND HEALTHY AGING STUDY

ANTHROPOMETRY AND PHYSICAL FUNCTIONING

Round 2

The information provided is completely confidential and voluntary
This is a translation of the original questionnaire used in the field in Spanish Language. Researchers should use, as far as possible, original questionnaires in Spanish language to have the exact questioning used in the study

SECTION K: ANTHROPOMETRY		Start Time: <input type="text"/> <input type="text"/> <input type="text"/> : <input type="text"/> <input type="text"/> <input type="text"/>	
Now we are moving to a more dynamic portion of the interview. The following section is very important and during the next minutes we will be conducting some exercises and taking some measurements.			
Number	QUESTIONS	CATEGORIES AND CODES	
K1	Interviewer	Giovanni	3
		Jorge	4
		Mabelyn	5
		Marcela	6
		Maritza	7
		Jenny	8
		María	9
		Julio	10
K2	Is the interviewee able to stand?	Yes	1 → K3
		No	2 → K5
K3	Weight (in pounds)	Weight	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> whole
		Weight	<input type="text"/> <input type="text"/> decimal
		Refused	996
		Attempted but unable	997
		Was not attempted	998
K4	Height	Height	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> cm
		Height	<input type="text"/> <input type="text"/> mm
		Refused	996
		Attempted but unable	997
		Was not attempted	998
KN17	Researcher: Observe whether this person has any visible curvature in his/her back (hunchback)	Yes	1
		No	2
K5	Height of the knee	Height	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> cm
		Height	<input type="text"/> <input type="text"/> mm
		Refused	996
		Attempted but unable	997 Not attempted
		998	
K8	Circumference of the calf	Circumference	<input type="text"/> <input type="text"/> <input type="text"/> cm
		Circumference	<input type="text"/> <input type="text"/> mm
		Unable to stand	995
		Refused	996
		Attempted but unable	997
		Not attempted	998
K6	Circumference of the waist	Circumference	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> cm
		Circumference	<input type="text"/> <input type="text"/> mm
		Refused	996

SECTION K: ANTHROPOMETRY		Start Time: ____:____	
Now we are moving to a more dynamic portion of the interview. The following section is very important and during the next minutes we will be conducting some exercises and taking some measurements.			
Number	QUESTIONS	CATEGORIES AND CODES	
		Attempted but unable	997
		Not attempted	998
K7	Circumference of the hip	Circumference	____ cm
		Circumference	____ mm
		Refused	996
		Attempted but unable	997
		Not attempted	998
K9	Circumference of the arm	Circumference	____ cm
		Circumference	____ mm
		Refused	996
		Attempted but unable	997
		Not attempted	998
K10	Tricipital fold	Fold thickness	____ mm.
		Refused	996
		Attempted but unable	997
		Not attempted	998
K11	Subescapular fold	Fold width	____ mm.
		Refused	996
		Attempted but unable	997
		Not attempted	998
K12	Have you had an operation on your arms or your hands in the last 3 months?	Yes	1 → K14
		No	2
		DK/NR	9
	<p><i>Have the interviewee sit for at least 3 minutes before first measurement, on the dominant arm, then wait another 3 minutes before the second measurement on the same arm.</i></p> <p>Hand strength (Dynamometer) (Kgs)</p> <p>K15. Note which hand was used:</p> <p>Right 1</p> <p>Left 2</p>	<p>K13. First time:</p> <p>Tried, but unable 95</p> <p>Not attempted because of safety 96</p> <p>Interviewee disabled 97</p> <p>Refused to do it 98</p> <p>Completed test: ____ whole</p> <p>Completed test: ____ decimal</p> <p>K14. Second time:</p> <p>Tried, but unable 95</p>	

SECTION K: ANTHROPOMETRY		Start Time: _ _ : _ _
Now we are moving to a more dynamic portion of the interview. The following section is very important and during the next minutes we will be conducting some exercises and taking some measurements.		
Number	QUESTIONS	CATEGORIES AND CODES
		Not attempted because of safety 96 Interviewee disabled 97 Refused to do it 98 Completed test: _ _ whole Completed test: _ decimal
		End time: _ _ : _ _

SECCION L: FLEXIBILITY AND MOBILITY		Start time: _ _ : _ _
In order to continue, I need to do a few tests to measure your mobility and flexibility. I will show you how to do the exercise; if you think it is dangerous for you or you don't think you can do it, I ask you to please tell me and we can move on to another test.		
NO.	QUESTIONS	CATEGORIES AND CODES
L1	Do you have any problems that would impair you from doing a mobility and flexibility test?	Yes 1 → End interview No 2 → L2
L3	While keeping your arms crossed on your chest, please stand get up as quickly as you can five times without stopping.. Inform the interviewee when to start. If she/he is unable to do it in less than 30 seconds, do not allow him/her to continue and note the number of attempts.	Tried, but unable 95 Not attempted for safety 96 Refused to do it 98 Number of attempts _ _ Duration of exercise _ _ seconds Duration of exercise _ _ hundredths Height of the chair _ _ centimeters
L4	Have you had a cataracts surgery or any procedure on your retinas in the last six weeks?	Yes 1→L6 No 2 DK/NR 9
L5	Bending over and picking up a pencil. From a standing position, please bend over and pick up this pencil then straighten yourself up. Interviewer: Put the pencil on the floor in front of the interviewee and inform her/him when to begin. If the interviewee is not able to do it in less than 30 seconds, do not allow him/her to continue.	Tried, but unable 95 Not attempted for safety 96 Refused to do it 98 Duration of exercise _ _ seconds Duration of exercise _ _ hundredths
L6	Standing up and walking. From a sitting position on a chair, please stand and walk to the location I indicate to you. Interviewer: The distance to walk is	Tried, but unable 95 Not attempted for safety 96 Refused to do it 98 Duration of exercise _ _ seconds

SECCION L: FLEXIBILITY AND MOBILITY		Start time: <input type="text"/> <input type="text"/> : <input type="text"/> <input type="text"/>
In order to continue, I need to do a few tests to measure your mobility and flexibility. I will show you how to do the exercise; if you think it is dangerous for you or you don't think you can do it, I ask you to please tell me and we can move on to another test.		
NO.	QUESTIONS	CATEGORIES AND CODES
	3 meters.	Duration of exercise <input type="text"/> <input type="text"/> hundredths
<p align="center">THANK YOU FOR YOUR COOPERATION</p> <p>Within a few weeks you will receive by mail the results of the tests and, if it is necessary, a letter from our physician.</p> <p>Within 2 years we will visit you once again. For this, I need you to provide me with the name and contact information of a person who does not live in this home and who will be able to inform us about you in case you move away from this home.</p> <p align="center">NOTE IN THE LOGBOOK</p>		
		End time: <input type="text"/> <input type="text"/> : <input type="text"/> <input type="text"/>