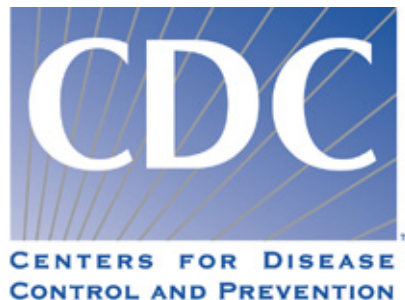




## Behavioral Risk Factor Surveillance System

2019 Alaska BRFSS Questionnaire  
(Alaska-specific content is in purple)



Public reporting burden of this collection of information is estimated to average 27 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 CDC/ATSDR Reports Clearance Officer; 1600 Clifton Road NE, MS D-74, Atlanta, Georgia 30333; ATTN: PRA (0920-1061).

NOTE: Interviewers do not need to read any part of the burden estimate nor provide the OMB number unless asked by the respondent for specific information. If a respondent asks for the length of time of the interview provide the most accurate information based on the version of the questionnaire that will be administered to that respondent. If the interviewer is not sure, provide the average time as indicated in the burden statement. If data collectors have questions concerning the BRFSS OMB process, please contact Carol Pierannunzi at [ivk7@cdc.gov](mailto:ivk7@cdc.gov).

# Behavioral Risk Factor Surveillance System

## 2019 Questionnaire

### Table of Contents

Interviewer’s Script – Landline.....	4
Interviewer’s Script – Cell Phone.....	8
CDC Core Sections.....	12
Section 1: Health Status.....	12
Section 2: Healthy Days.....	12
Section 3: Health Care Access.....	13
Section 4: Hypertension Awareness.....	13
Section 5: Cholesterol Awareness.....	14
Section 6: Chronic Health Conditions.....	14
Section 7: Arthritis.....	16
Section 8: Demographics.....	18
Section 9: Tobacco Use.....	23
Section 10: Alcohol Consumption.....	24
Section 11: Exercise (Physical Activity).....	25
Section 12: Fruits & Vegetables.....	26
Section 13: Immunization.....	27
Section 14: HIV/AIDS.....	28
Closing Statement / Transition to Modules.....	29
Alaska Selected CDC Modules.....	29
Module 2: Diabetes.....	29
Module 15: Aspirin for CVD Prevention.....	31
Module 16: Home / Self-measured Blood Pressure.....	31
Module 29: Sexual Orientation and Gender Identity (SOGI).....	31
Alaska Specific Questions.....	32
Tobacco Use (E-Cigarettes).....	32
Sugar Sweetened Beverages.....	33
Opioid Use.....	33
Marijuana Use.....	34
Expanded Education and Income Categories.....	35
Appendix: Exercise and Physical Activity Codes.....	36

Field Size	Variable Name	Question	Response Options
<b>Interviewer's Script – Landline</b>			
<p><b>HELLO, I am calling for the _____ (health department). My name is _____ (name) _____. We are gathering information about the health of _____ (state) _____ residents. This project is conducted by the health department with assistance from the Centers for Disease Control and Prevention. Your telephone number has been chosen randomly, and I would like to ask some questions about health and health practices.</b></p>			
<i>Skip Question if QSTVER &gt;= 20</i>			
1	[CTELENM]	<p>Is this _____ (phone number) _____ ?</p> <p><i>Variable only on the land line survey</i></p>	<p>1 = Yes - <i>Go to LL.02, PVTRESDI</i>  2 = No - <i>Terminate Phone Call</i></p>
<i>Skip Question if QSTVER &gt;= 20</i>			
1	[PVTRESDI]	<p>Is this a private residence?</p> <p>READ ONLY IF NECESSARY: "By private residence, we mean someplace like a house or apartment."</p> <p><i>Variable only on the land line survey</i></p>	<p>1 = Yes - <i>Go to LL.04, STATERE1</i>  2 = No - <i>Go to LL.03, COLGHOUS</i>  3 = No, business phone only - <i>Terminate Phone Call</i></p>

Field Size	Variable Name	Question	Response Options
Skip Question if QSTVER >= 20; or PVTRES D1=1			
1	[COLGHOUS]	Do you live in college housing?  <i>Variable only on the land line survey</i>	1 = Yes - <i>Go to LL.04, STATERE1</i> 2 = No - <i>Terminate Phone Call</i>

Field Size	Variable Name	Question	Response Options
Skip Question if QSTVER >= 20			
1	[STATEREI]	Do you currently live in ____ (state) ____?  <i>Variable only on the land line survey</i>	1 = Yes - <i>Go to LL.05, CELPHONE</i> 2 = No - <i>Terminate Phone Call</i>

Field Size	Variable Name	Question	Response Options
<i>Skip Question if QSTVER &gt;= 20</i>			
1	[CELPHONE]	<p>Is this a cell telephone?</p> <p>Read only if necessary: "By cellular (or cell) telephone we mean a telephone that is mobile and usable outside of your neighborhood."</p> <p>Note: Telephone service over the internet counts as landline service (includes Vonage, Magic Jack and other home-based phone services)</p> <p>Variable only on the land line survey</p>	<p>1 = Yes - <i>Terminate Phone Call</i></p> <p>2 = No - <i>Go to LL.06, LADULTI</i></p>
<i>Skip Question if QSTVER &gt;= 20</i>			
1	[LADULTI]	<p>Are you 18 years of age or older?</p> <p>Variable only on the land line survey</p>	<p>1 = Yes - <i>If LL.03, COLGHOUS, is 1 go to LL.07, COLGSEX; else go to LL.08, NUMADULT</i></p> <p>2 = No - <i>Terminate Phone Call</i></p>
<i>Skip Question if QSTVER &gt;= 20; or if LL.03, COLGHOUS, is not coded 1</i>			
1	[COLGSEX]	<p>Are you male or female?</p>	<p>1 = Male - <i>Go to Section 01.01 (Health Status) GENHLTH</i></p> <p>2 = Female - <i>Go to Section 01.01 (Health Status) GENHLTH</i></p> <p>7 = Don't know/Not Sure - <i>Terminate Phone Call</i></p> <p>9 = Refused - <i>Terminate Phone Call</i></p>
<i>Skip Question if QSTVER &gt;= 20</i>			

Field Size	Variable Name	Question	Response Options
2	[NUMADULT]	I need to randomly select one adult who lives in your household to be interviewed. Excluding adults living away from home, such as students away at college, how many members of your household, including yourself, are 18 years of age or older?  <i>Variable only on the land line survey</i>	1 = Number of adults in the household - <i>Go to LL.09, LANDSEX</i> 2 = Number of adults in the household - <i>Go to LL.10, NUMMEN</i> 3 = Number of adults in the household - <i>Go to LL.10, NUMMEN</i> 4 = Number of adults in the household - <i>Go to LL.10, NUMMEN</i> 5 = Number of adults in the household - <i>Go to LL.10, NUMMEN</i> 6-99 = 6 or more - <i>Go to LL.10, NUMMEN</i>
<i>Skip Question if QSTVER &gt;= 20; or if NUMADULT &gt; 1;</i>			
1	[LANDSEX]	Are you male or female?	1 = Male - <i>Go to C01.01, GENHLTH</i> 2 = Female - <i>Go to C01.01, GENHLTH</i> 7 = Don't know/Not Sure - <i>Terminate Phone Call</i> 9 = Refused - <i>Terminate Phone Call</i>
<i>Skip Question if QSTVER &gt;= 20; or if LL.08, NUMADULT, is equal to 1</i>			
2	[NUMMEN]	How many of these adults are men?  <i>Variable only on the land line survey</i>	0 = Number of adult men in the household 1 = Number of adult men in the household 2 = Number of adult men in the household 3 = Number of adult men in the household 4 = Number of adult men in the household 5 = Number of adult men in the household 6-99 = 6 or more
<i>Skip Question if QSTVER &gt;= 20; or if LL.08, NUMADULT, is equal to 1</i>			
2	[NUMWOMEN]	So the number of women in the household is [X]. Is that correct?  <i>Variable only on the land line survey</i>	0 = Number of adult women in the household 1 = Number of adult women in the household 2 = Number of adult women in the household 3 = Number of adult women in the household 4 = Number of adult women in the household 5 = Number of adult women in the household 6-99 = 6 or more
<i>Skip Question if QSTVER &gt;= 20; or if LL.08, NUMADULT, is equal to 1</i>			
1	[RESPSLCT]	The person in your household that I need to speak with is [XXX]. Are you the [XXX] in this household	1 = Male - <i>Go to Section 01.01 (Health Status) GENHLTH</i> 2 = Female - <i>Go to Section 01.01 (Health Status) GENHLTH</i> 7 = Don't know/Not Sure - <i>Terminate Phone Call</i> 9 = Refused - <i>Terminate Phone Call</i>
<b>Interviewer's Script – Cell Phone</b>			



Field Size	Variable Name	Question	Response Options
<i>Skip Question if QSTVER &lt; 20</i>			
<p><b>HELLO, I am calling for the ___(health department). My name is _____(name)_____. We are gathering information about the health of ___(state)___ residents. This project is conducted by the health department with assistance from the Centers for Disease Control and Prevention. Your telephone number has been chosen randomly, and I would like to ask some questions about health and health practices.</b></p>			
1	[SAFETIME]	<p>Is this a safe time to talk with you?</p> <p><i>Variable only on the cell phone survey</i></p>	<p>1 = Yes - <i>Go to CP.02, CTELNUM1</i></p> <p>2 = No - <i>Set Appointment or Terminate Phone Call</i></p>
<i>Skip Question if QSTVER &lt; = 20</i>			
1	[CTELNUM1]	<p>Is this (phone number) ?</p> <p><i>Variable only on the cell phone survey</i></p>	<p>1 = Yes - <i>Go to CP.03, CELLFON5</i></p> <p>2 = No - <i>Terminate Phone Call</i></p>
<i>Skip Question if QSTVER &lt; 20</i>			
1	[CELLFON5]	<p>Is this a cell phone?</p> <p><i>Variable only on the cell phone survey</i></p>	<p>1 = Yes - <i>Go to CP.04, CADULTI</i></p> <p>2 = No - <i>Terminate Phone Call</i></p>
1	[CADULTI]	<p>Are you 18 years of age or older?</p> <p><i>Variable only on the cell phone survey</i></p>	<p>1 = Yes - <i>Go to CP.05, CELLSEX</i></p> <p>2 = No - <i>Terminate Phone Call</i></p>
1	[CELLSEX]	<p>Are you male or female?</p>	<p>1 = Male - <i>Go to CP.06, PVTRES3</i></p> <p>2 = Female - <i>Go to CP.06, PVTRES3</i></p> <p>7 = Don't know/Not Sure - <i>Terminate Phone Call</i></p> <p>9 = Refused - <i>Terminate Phone Call</i></p>
1	[PVTRES3]	<p>Do you live in a private residence?</p> <p><i>Note: By private residence, we mean someplace like a house or apartment.</i></p> <p><i>Variable only on the cell phone survey</i></p>	<p>1 = Yes - <i>Go to CP.08, CSTATE1</i></p> <p>2 = No - <i>Go to CP.07 CCLGHOUS</i></p>
<i>Skip Question if QSTVER &lt; 20; or PVTRES3=1</i>			

Field Size	Variable Name	Question	Response Options
1	[CCLGHOUS]	Do you live in college housing?  <i>Variable only on the cell phone survey</i>	1 = Yes - <i>Go to CP.08, CSTATE1</i> 2 = No - <i>Terminate Phone Call</i>
<i>Skip Question if QSTVER &lt; 20; or CP.08, CSTATE1, is coded 1</i>			
1	[CSTATE1]	Do you currently live in ____ (state) ____?  <i>Variable only on the cell phone survey</i>	1 = Yes - <i>Go to CP.10, LANDLINE</i> 2 = No - <i>Go to CP.09, RSPSTAT1</i>
<i>Skip Question if QSTVER &lt; 20; or CP.08, CSTATE1, is coded 1</i>			

2	[RSPSTAT1]	<p>In what state do you currently live?</p> <p><i>Variable only on the cell phone survey</i></p>	<p>1 = Alabama  2 = Alaska  4 = Arizona  5 = Arkansas  6 = California  8 = Colorado  9 = Connecticut  10 = Delaware  11 = District of Columbia  12 = Florida  13 = Georgia  15 = Hawaii  16 = Idaho  17 = Illinois  18 = Indiana  19 = Iowa  20 = Kansas  21 = Kentucky  22 = Louisiana  23 = Maine  24 = Maryland  25 = Massachusetts  26 = Michigan  27 = Minnesota  28 = Mississippi  29 = Missouri  30 = Montana  31 = Nebraska  32 = Nevada  33 = New Hampshire  34 = New Jersey  35 = New Mexico  36 = New York  37 = North Carolina  38 = North Dakota  39 = Ohio  40 = Oklahoma  41 = Oregon  42 = Pennsylvania  44 = Rhode Island  45 = South Carolina  46 = South Dakota  47 = Tennessee  48 = Texas  49 = Utah  50 = Vermont  51 = Virginia  53 = Washington  54 = West Virginia  55 = Wisconsin  56 = Wyoming  66 = Guam  72 = Puerto Rico  78 = Virgin Islands  77 = Out of US  99 = Refused</p>
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Field Size	Variable Name	Question	Response Options
1	[LANDLINE]	Do you also have a landline telephone in your home that is used to make and receive calls?  <i>Variable only on the cell phone survey</i>	1 = Yes 2 = No 7 = Don't know/Not sure 9 = Refused
2	[HHADULT]	How many members of your household, including yourself, are 18 years of age or older?  <b>INTERVIEWER NOTE: IF CCLGHOUS=1, set HHADULT=1</b>  <i>Variable only on the cell phone survey</i>	1-76 = Number of adults 77 = Don't know/Not sure 99 = Refused
<b>CDC Core Sections</b>			
<b>Section 1: Health Status</b>			
1	[GENHLTH]	01.01 Would you say that in general your health is:	1 = Excellent 2 = Very good 3 = Good 4 = Fair 5 = Poor 7 = Don't know/Not Sure 9 = Refused
<b>Section 2: Healthy Days</b>			
2	[PHYSHLTH]	02.01 Now thinking about your physical health, which includes physical illness and injury, for how many days during the past 30 days was your physical health not good?	1-30 = Number of days 88 = None 77 = Don't know/Not sure 99 = Refused
2	[MENTHLTH]	02.02 Now thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good?	1-30 = Number of days 88 = None 77 = Don't know/Not sure 99 = Refused
<i>Skip Question 02.03, if Section 02.01, PHYSHLTH, is 88 and Section 2.02, MENTHLTH, is 88</i>			
2	[POORHLTH]	02.03 During the past 30 days, for about how many days did poor physical or mental health keep you from doing your usual activities, such as self-care, work, or recreation?	1-30 = Number of days 88 = None 77 = Don't know/Not sure 99 = Refused

Field Size	Variable Name	Question	Response Options
<b>Section 3: Health Care Access</b>			
1	[HLTHPLN1]	03.01 Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMOs, or government plans such as Medicare, <a href="#">Native Health Service</a> , or Indian Health Service?	1 = Yes 2 = No 7 = Don't know/Not Sure 9 = Refused
1	[PERSDOC2]	03.02 Do you have one person you think of as your personal doctor or health care provider?  <i>Note: If "No" ask "Is there more than one or is there no person who you think of as your personal doctor or health care provider?".</i>	1 = Yes, only one 2 = More than one 3 = No 7 = Don't know/Not Sure 9 = Refused
1	[MEDCOST]	03.03 Was there a time in the past 12 months when you needed to see a doctor but could not because of cost?	1 = Yes 2 = No 7 = Don't know/Not sure 9 = Refused
1	[CHECKUP1]	03.04 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 exam for a specific injury, illness, or condition.	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 7 = Don't know/Not sure 8 = Never 9 = Refused
<b>Section 4: Hypertension Awareness</b>			
1	[BPHIGH4]	04.01 Have you ever been told by a doctor, nurse or other health professional that you have high blood pressure?  <i>Note: If "Yes" and respondent is female, ask "Was this only when you were pregnant?".</i>	1 = Yes 2 = Yes, but female told only during pregnancy - <a href="#">Go to Section 05.01 (Cholesterol Awareness) CHOLCHK2</a> 3 = No - <a href="#">Go to Section 05.01 (Cholesterol Awareness) CHOLCHK2</a> 4 = Told borderline high or pre-hypertensive - <a href="#">Go to Section 05.01 (Cholesterol Awareness) CHOLCHK2</a> 7 = Don't know/Not Sure - <a href="#">Go to Section 05.01 (Cholesterol Awareness) CHOLCHK2</a> 9 = Refused - <a href="#">Go to Section 05.01 (Cholesterol Awareness) CHOLCHK2</a>

Field Size	Variable Name	Question	Response Options
<i>Skip Question 04.02, if Section 04.01, BPHIGH4, is coded 2, 3, 4, 7, 9, or Missing</i>			
1	[BPMEDS]	04.02 Are you currently taking medicine for your high blood pressure?	1 = Yes 2 = No 7 = Don't know/Not Sure 9 = Refused
<b>Section 5: Cholesterol Awareness</b>			
1	[CHOLCHK2]	Blood cholesterol is a fatty substance found in the blood.  05.01 About how long has it been since you last had your blood cholesterol checked?	1 = Never - <i>Go to Section 06.01 (Chronic Health Conditions) CVDINFR4</i> 2 = Within the past year (anytime less than one year ago) 3 = Within the past 2 years (1 year but less than 2 years ago) 4 = Within the past 3 years (2 years but less than 3 years ago) 5 = Within the past 4 years (3 years but less than 4 years ago) 6 = Within the past 5 years (4 years but less than 5 years ago) 8 = 5 or more years ago 7 = Don't know/Not Sure 9 = Refused - <i>Go to Section 06.01 (Chronic Health Conditions) CVDINFR4</i>
<i>Skip Question 05.02, if Section 05.01, CHOLCHK2, is coded 1, 9, or Missing</i>			
1	[TOLDHI2]	05.02 Have you ever been told by a doctor, nurse or other health professional that your blood cholesterol is high?	1 = Yes 2 = No - <i>Go to Section 06.01 (Chronic Health Conditions) CVDINFR4</i> 7 = Don't know/Not Sure - <i>Go to Section 06.01 (Chronic Health Conditions) CVDINFR4</i> 9 = Refused - <i>Go to Section 06.01 (Chronic Health Conditions) CVDINFR4</i>
<i>Skip Question 05.03, if Section 05.01, CHOLCHK2, is coded 1, 9 or Missing; or Section 05.02, TOLDHI2, is coded 2, 7, 9, or Missing</i>			
1	[CHOLMED2]	05.03 Are you currently taking medicine prescribed by your doctor or other health professional for your blood cholesterol?	1 = Yes 2 = No 7 = Don't know/Not Sure 9 = Refused
<b>Section 6: Chronic Health Conditions</b>			
1	[CVDINFR4]	Has a doctor, nurse, or other health professional ever told you that you had any of the following? For each, tell me "Yes", "No", or you're "Not sure":  06.01 (Ever told) you had a heart attack, also called a myocardial infarction?	1 = Yes 2 = No 7 = Don't know/Not sure 9 = Refused

Field Size	Variable Name	Question	Response Options
1	[CVDCRHD4]	06.02 (Ever told) you had angina or coronary heart disease?	1 = Yes 2 = No 7 = Don't know/Not sure 9 = Refused
1	[CVDSTRK3]	06.03 (Ever told) you had a stroke.	1 = Yes 2 = No 7 = Don't know/Not sure 9 = Refused
1	[ASTHMA3]	06.04 (Ever told) you had asthma?	1 = Yes 2 = No - Go to Section 06.06 (Chronic Health Conditions) CHCSCNCR 7 = Don't know/Not Sure - Go to Section 06.06 (Chronic Health Conditions) CHCSCNCR 9 = Refused - Go to Section 06.06 (Chronic Health Conditions) CHCSCNCR
<i>Skip Question 06.05, if Section 06.04, ASTHMA3, is coded 2, 7, 9, or Missing</i>			
1	[ASTHNOW]	06.05 Do you still have asthma?	1 = Yes 2 = No 7 = Don't know/Not Sure 9 = Refused
1	[CHCSCNCR]	06.06 (Ever told) you had skin cancer?	1 = Yes 2 = No 7 = Don't know / Not sure 9 = Refused
1	[CHCOCNCR]	06.07 (Ever told) you had any other types of cancer?	1 = Yes 2 = No 7 = Don't know / Not sure 9 = Refused
1	[CHCCOPD2]	06.08 (Ever told) (you had) chronic obstructive pulmonary disease, C.O.P.D., emphysema or chronic bronchitis?	1 = Yes 2 = No 7 = Don't know / Not sure 9 = Refused

Field Size	Variable Name	Question	Response Options
1	[ADDEPEV3]	06.09 (Ever told) (you had) a depressive disorder (including depression, major depression, dysthymia, or minor depression)?	1 = Yes 2 = No 7 = Don't know/Not sure 9 = Refused
1	[CHCKDNY2]	06.10 Not including kidney stones, bladder infection or incontinence, were you ever told you had kidney disease?	1 = Yes 2 = No 7 = Don't know / Not sure 9 = Refused
1	[DIABETE4]	06.11 (Ever told) (you had) diabetes?  Note: If "Yes" and respondent is female, ask "Was this only when you were pregnant?". If Respondent says pre-diabetes or borderline diabetes, use response code 4.	1 = Yes 2 = Yes, but female told only during pregnancy - Go to Section 07.01 (Arthritis) HAVARTH4 3 = No - Go to Section 07.01 (Arthritis) HAVARTH4 4 = No, pre-diabetes or borderline diabetes - Go to Section 07.01 (Arthritis) HAVARTH4 7 = Don't know/Not Sure - Go to Section 07.01 (Arthritis) HAVARTH4 9 = Refused - Go to Section 07.01 (Arthritis) HAVARTH4
<i>Skip Question 06.12, if Section 06.11, DIABETE4, is coded 2, 3, 4, 7, 9, or Missing</i>			
2	[DIABAGE3]	06.12 How old were you when you were told you had diabetes?	1-97 = Age in years [97 = 97 and older] 98 = Don't know/Not sure 99 = Refused
<b>Section 7: Arthritis</b>			
1	[HAVARTH4]	07.01 (Ever told) (you had) some form of arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia?  Note: Arthritis diagnoses include: rheumatism, polymyalgia rheumatica; osteoarthritis (not osteoporosis); tendonitis, bursitis, bunion, tennis elbow; carpal tunnel syndrome, tarsal tunnel syndrome; joint infection, etc.	1 = Yes 2 = No - Go to Section 08.01 (Demographics) AGE 7 = Don't know/Not Sure - Go to Section 08.01 (Demographics) AGE 9 = Refused - Go to Section 08.01 (Demographics) AGE
<i>Skip Question 07.02, if Section 07.01, HAVARTH4, is coded 2, 7, 9, or Missing</i>			
1	[ARTHEXER]	07.02 Has a doctor or other health professional ever suggested physical activity or exercise to help your arthritis or joint symptoms?  Note: If the respondent is unclear about whether this means an increase or decrease in physical activity, this means increase.	1 = Yes 2 = No 7 = Don't know/Not Sure 9 = Refused



Field Size	Variable Name	Question	Response Options
<i>Skip Question 07.03, if Section 07.01, HAVARTH4, is coded 2, 7, 9, or Missing</i>			
1	[ARTHEDU]	07.03 Have you ever taken an educational course or class to teach you how to manage problems related to your arthritis or joint symptoms?	1 = Yes 2 = No 7 = Don't know/Not Sure 9 = Refused
<i>Skip Question 07.04, if Section 07.01, HAVARTH4, is coded 2, 7, 9, or Missing</i>			
1	[LMTJOIN3]	07.04 Are you now limited in any way in any of your usual activities because of arthritis or joint symptoms?  INTERVIEWER INSTRUCTION: If a respondent question arises about medication, then the interviewer should reply: "Please answer the question based on how you are when you are taking any of the medications or treatments you might use"	1 = Yes 2 = No 7 = Don't know/Not sure 9 = Refused
<i>Skip Question 07.05, if Section 07.01, HAVARTH4, is coded 2, 7, 9, or Missing</i>			
1	[ARTHDIS2]	In this next question we are referring to work for pay.  07.05 Do arthritis or joint symptoms now affect whether you work, the type of work you do or the amount of work you do?  INTERVIEWER INSTRUCTION: If respondent gives an answer to each issue (whether works, type of work, or amount of work), then if any issue is "yes" mark the overall response as "yes." If a question arises about medications or treatment, then the interviewer should say: "Please answer the question based on your current experience, regardless of whether you are taking any medication or treatment." If a question arises about medications or treatment, then the interviewer should say: "Please answer the question based on your current experience, regardless of whether you are taking any medication or treatment."	1 = Yes 2 = No 7 = Don't know/Not Sure 9 = Refused
<i>Skip Question 07.06, if Section 07.01, HAVARTH4, is coded 2, 7, 9, or Missing</i>			
2	[JOINPAI2]	Please think about the past 30 days, keeping in mind all of your joint pain or aching and whether or not you have taken medication.  07.06 During the past 30 days, how bad was your joint pain on average on a scale of 0 to 10 where 0 is no pain and 10 is pain or aching as bad as it can be?	0-10 = Enter number [0-10] 77 = Don't know/Not Sure 99 = Refused

Field Size	Variable Name	Question	Response Options
<b>Section 8: Demographics</b>			
2	[AGE]	08.01 What is your age?	18-24 = Age 18 - 24 25-34 = Age 25 - 34 35-44 = Age 35 - 44 45-54 = Age 45 - 54 55-64 = Age 55 - 64 65-99 = Age 65 or older 7 = Don't know/Not sure 9 = Refused
4	[HISPANC3]	08.02 Are you Hispanic, Latino/a, or Spanish origin?  One or more categories may be selected.	1 = Mexican, Mexican American, Chicano/a 2 = Puerto Rican 3 = Cuban 4 = Another Hispanic, Latino/a, or Spanish origin 5 = No 7 = Don't know/Not Sure 12-4321 = Multiple responses 9 = Refused
28	[MRACE1]	08.03 Which one or more of the following would you say is your race?  Select all that apply.  <i>Note: If 40 (Asian) or 50 (Pacific Islander) is selected read and code subcategories underneath major heading.</i>	10 = White 20 = Black or African American 30 = American Indian or Alaska Native 40 = Asian 41 = Asian Indian 42 = Chinese 43 = Filipino 44 = Japanese 45 = Korean 46 = Vietnamese 47 = Other Asian 50 = Pacific Islander 51 = Native Hawaiian 52 = Guamanian or Chamorro 53 = Samoan 54 = Other Pacific Islander 60 = Other 1020-6054535251 = Multiple responses 88 = No additional choices 77 = Don't know/Not Sure 99 = Refused
<i>Skip Question 08.04, if Section 08.04, MRACE1, has only one valid race code (10-60)</i>			

Field Size	Variable Name	Question	Response Options
2	[ORACE3]	08.04 Which one of these groups would you say best represents your race?  Note: If 40 (Asian) or 50 (Pacific Islander) is selected read and code subcategory underneath major heading.	10 = White 20 = Black or African American 30 = American Indian or Alaska Native 40 = Asian 41 = Asian Indian 42 = Chinese 43 = Filipino 44 = Japanese 45 = Korean 46 = Vietnamese 47 = Other Asian 50 = Pacific Islander 51 = Native Hawaiian 52 = Guamanian or Chamorro 53 = Samoan 54 = Other Pacific Islander 60 = Other 77 = Don't know/Not Sure 99 = Refused
1	[MARITAL]	08.05 Are you: (marital status)	1 = Married 2 = Divorced 3 = Widowed 4 = Separated 5 = Never married 6 = A member of an unmarried couple 9 = Refused
1	[EDUCA]	08.06 What is the highest grade or year of school you completed?  Expanded education options were added for the Alaska BRFSS with approval from the CDC (see Alaska-Added Questions section)	1 = Never attended school or only kindergarten 2 = Grades 1 through 8 (Elementary) 3 = Grades 9 through 11 (Some high school) 4 = Grade 12 or GED (High school graduate) 5 = College 1 year to 3 years (Some college or technical school) 6 = College 4 years or more (College graduate) 7 = GED (High school equivalence diploma) 8 = Home-schooled with diploma or correspondence school 9 = Refused
1	[RENTHOM1]	08.07 Do you own or rent your home?  INTERVIEWER NOTE: Read if necessary: We ask this question in order to compare health indicators among people with different housing situations.	1 = Own 2 = Rent 3 = Other arrangement 7 = Don't know/Not Sure 9 = Refused

Field Size	Variable Name	Question	Response Options
3	[CTFCODE2]	08.08 In what county do you currently live?  <b>Not asked of Alaska residents:</b> Alaska obtained approval in previous survey years to remove this question. Alaska does not have traditional counties, so this question would not make sense to survey respondents. Instead, AK DHSS can geocode Alaska regions using zip codes.	1-776 = ANSI county code (formerly FIPS code) 777 = Don't know/Not sure 778-887 = ANSI county code (formerly FIPS code) 888 = County from another state (cell phone data only) 999 = Refused
5	[ZIPCODE1]	08.09 What is the ZIP Code where you currently live?	1001-77776 = Zipcode 77778-99950 = Zipcode 77777 = Don't know/Not Sure 99999 = Refused
<i>Skip Question 08.10, if QSTVER &gt;= 20</i>			
1	[NUMHHOL3]	08.10 Not including cell phones or numbers used for computers, fax machines or security systems, do you have more than one telephone number in your household?	1 = Yes 2 = No - <i>Go to Section 08.12 (Demographics) CPDEMO1B</i> 7 = Don't know/Not sure - <i>Go to Section 08.12 (Demographics) CPDEMO1B</i> 9 = Refused - <i>Go to Section 08.12 (Demographics) CPDEMO1B</i>
<i>Skip Question 08.11, if Section 08.11, NUMHHOL3, is coded 2, 7, 9, or Missing; or QSTVER &gt;= 20</i>			
1	[NUMPHON3]	08.11 How many of these telephone numbers are residential numbers?	1-5 = Residential telephone number(s) 6 = Residential telephone numbers [6 = 6 or more] 8 = None 7 = Don't know/Not Sure 9 = Refused
1	[CPDEMO1B]	08.12 How many cell phones do you have for personal use?  <i>INTERVIEWER NOTE: Read if necessary: Include cell phones used for both business and personal use.</i>	1-5 = Enter number (1-5) 6 = Six or more 8 = None 7 = Don't know/Not sure 9 = Refused
1	[VETERAN3]	08.13 Have you ever served on active duty in the United States Armed Forces, either in the regular military or in a National Guard or military reserve unit?	1 = Yes 2 = No 7 = Don't know/Not Sure 9 = Refused

Field Size	Variable Name	Question	Response Options
1	[EMPLOY1]	08.14 Are you currently...?	1 = Employed for wages 2 = Self-employed 3 = Out of work for 1 year or more 4 = Out of work for less than 1 year 5 = A homemaker 6 = A student 7 = Retired 8 = Unable to work 9 = Refused
2	[CHILDREN]	08.15 How many children less than 18 years of age live in your household?	1-87 = Number of children 88 = None 99 = Refused
2	[INCOME2]	08.16 Is your annual household income from all sources:  Note: If respondent refuses at any income level, code "Refused."  Higher income options were added for the Alaska BRFSS with approval from the CDC (see Alaska-Added Questions section)	1 = Less than \$10,000 2 = Less than \$15,000 (\$10,000 to less than \$15,000) 3 = Less than \$20,000 (\$15,000 to less than \$20,000) 4 = Less than \$25,000 (\$20,000 to less than \$25,000) 5 = Less than \$35,000 (\$25,000 to less than \$35,000) 6 = Less than \$50,000 (\$35,000 to less than \$50,000) 7 = Less than \$75,000 (\$50,000 to less than \$75,000) 8 = \$75,000 or more 77 = Don't know/Not sure 99 = Refused
4	[WEIGHT2]	08.17 About how much do you weigh without shoes?  Round fractions up.  Note: If respondent answers in metrics, put a 9 in the first column	50-999 = Weight (pounds) 9000-9998 = Weight (kilograms) 7777 = Don't know/Not sure 9999 = Refused
4	[HEIGHT3]	08.18 About how tall are you without shoes?  Round fractions down.  Note: If respondent answers in metrics, put a 9 in the first column	200-711 = Height (ft/inches) 9000-9998 = Height (meters/centimeters) 7777 = Don't know/Not sure 9999 = Refused

Field Size	Variable Name	Question	Response Options
<i>Skip Question 08.19, if respondent sex, SEXVAR, is coded 1; or Module 28.01, BIRTHSEX, is coded 1; or Section 08.01, AGE, is greater than 49</i>			
1	[PREGNANT]	08.19 To your knowledge, are you now pregnant?	1 = Yes 2 = No 7 = Don't know/Not Sure 9 = Refused
1	[DEAF]	08.20 Are you deaf or do you have serious difficulty hearing?	1 = Yes 2 = No 7 = Don't know/Not Sure 9 = Refused
1	[BLIND]	08.21 Are you blind or do you have serious difficulty seeing, even when wearing glasses?	1 = Yes 2 = No 7 = Don't know/Not Sure 9 = Refused
1	[DECIDE]	08.22 Because of a physical, mental, or emotional condition, do you have serious difficulty concentrating, remembering, or making decisions?	1 = Yes 2 = No 7 = Don't know/Not Sure 9 = Refused
1	[DIFFWALK]	08.23 Do you have serious difficulty walking or climbing stairs?	1 = Yes 2 = No 7 = Don't know/Not Sure 9 = Refused
1	[DIFFDRES]	08.24 Do you have difficulty dressing or bathing?	1 = Yes 2 = No 7 = Don't know/Not Sure 9 = Refused
1	[DIFFALON]	08.25 Because of a physical, mental, or emotional condition, do you have difficulty doing errands alone such as visiting a doctor's office or shopping?	1 = Yes 2 = No 7 = Don't know/Not Sure 9 = Refused

Field Size	Variable Name	Question	Response Options
<b>Section 9: Tobacco Use</b>			
1	[SMOKE100]	09.01 Have you smoked at least 100 cigarettes in your entire life?  Note: 5 packs = 100 cigarettes	1 = Yes 2 = No - Go to Section 09.05 (Tobacco Use) USENOW3 7 = Don't know/Not Sure - Go to Section 09.05 (Tobacco Use) USENOW3 9 = Refused - Go to Section 09.05 (Tobacco Use) USENOW3
<i>Skip Question 09.02, if Section 09.01, SMOKE100, is coded 2, 7, 9, or Missing</i>			
1	[SMOKDAY2]	09.02 Do you now smoke cigarettes every day, some days, or not at all?	1 = Every day 2 = Some days 3 = Not at all - Go to Section 09.04 (Tobacco Use) LASTSMK2 7 = Don't Know/Not Sure - Go to Section 09.05 (Tobacco Use) USENOW3 9 = Refused - Go to Section 09.05 (Tobacco Use) USENOW3
<i>Skip Question 09.03, if Section 09.01, SMOKE100, is coded 2, 7, 9, or Missing; or Section 09.02, SMOKDAY2, is coded 3, 7, 9, or Missing</i>			
1	[STOPSMK2]	09.03 During the past 12 months, have you stopped smoking for one day or longer because you were trying to quit smoking?	1 = Yes - Go to Section 09.05 (Tobacco Use) USENOW3 2 = No - Go to Section 09.05 (Tobacco Use) USENOW3 7 = Don't know/Not Sure - Go to Section 09.05 (Tobacco Use) USENOW3 9 = Refused - Go to Section 09.05 (Tobacco Use) USENOW3
<i>Skip Question 09.04, if Section 09.01, SMOKE100, is coded 2, 7, 9, or Missing; or Section 09.02, SMOKDAY2, is coded 7, 9, or Missing; or Section 09.03, STOPSMK2, is coded 1, 2, 7, 9;</i>			
2	[LASTSMK2]	09.04 How long has it been since you last smoked a cigarette, even one or two puffs?	1 = Within the past month (less than 1 month ago) 2 = Within the past 3 months (1 month but less than 3 months ago) 3 = Within the past 6 months (3 months but less than 6 months ago) 4 = Within the past year (6 months but less than 1 year ago) 5 = Within the past 5 years (1 year but less than 5 years ago) 6 = Within the past 10 years (5 years but less than 10 years ago) 7 = 10 years or more 8 = Never smoked regularly 77 = Don't know/Not sure 99 = Refused

Field Size	Variable Name	Question	Response Options
1	[USENOW3]	<p>09.05 Do you currently use chewing tobacco, snuff, iq'mik, or snus every day, some days, or not at all?</p> <p>Snus (rhymes with "goose")</p> <p>Note: Snus (Swedish for snuff) is a moist smokeless tobacco, usually sold in small pouches that are placed under the lip against the gum. Iq'mik (also known as blackbull) is a form of smokeless tobacco that is chewed. It is made by mixing fire-cured tobacco leaves and "punk ash," which is the ash generated by burning a fungus that grows on birch trees.</p>	<p>1 = Every day  2 = Some days  3 = Not at all  7 = Don't know/Not Sure  9 = Refused</p>
<b>Section 10: Alcohol Consumption</b>			
3	[ALCDAY5]	<p>10.01 During the past 30 days, how many days per week or per month did you have at least one drink of any alcoholic beverage such as beer, wine, a malt beverage or liquor?</p>	<p>101-107 = Days per week  201-230 = Days in past 30 days  888 = No drinks in past 30 days - <i>Go to Section 11.01 (Exercise (Physical Activity)) EXERANY2</i>  777 = Don't know/Not sure - <i>Go to Section 11.01 (Exercise (Physical Activity)) EXERANY2</i>  999 = Refused - <i>Go to Section 11.01 (Exercise (Physical Activity)) EXERANY2</i></p>
<i>Skip Question 10.02, if Section 10.01, ALCDAY5, is coded 888, 777, or 999;</i>			
2	[AVEDRNK3]	<p>10.02 One drink is equivalent to a 12-ounce beer, a 5-ounce glass of wine, or a drink with one shot of liquor. During the past 30 days, on the days when you drank, about how many drinks did you drink on the average?</p> <p>Note: A 40 ounce beer would count as 3 drinks, or a cocktail drink with 2 shots would count as 2 drinks.</p>	<p>1-76 = Number of drinks  78-87 = Number of drinks  89-98 = Number of drinks  88 = None  77 = Don't know/Not sure  99 = Refused</p>
<i>Skip Question 10.03, if Section 10.01, ALCDAY5, is coded 888, 777, or 999;</i>			
2	[DRNK3GE5]	<p>10.03 Considering all types of alcoholic beverages, how many times during the past 30 days did you have 5 or more drinks for men or 4 or more drinks for women on an occasion?</p>	<p>1-76 = Number of Times  88 = None  77 = Don't know/Not Sure  99 = Refused</p>
<i>Skip Question 10.04, if Section 10.01, ALCDAY5, is coded 888, 777, or 999;</i>			
2	[MAXDRNKS]	<p>10.04 During the past 30 days, what is the largest number of drinks you had on any occasion?</p>	<p>1-76 = Number of drinks  77 = Don't know/Not sure  99 = Refused</p>



Field Size	Variable Name	Question	Response Options
<b>Section 11: Exercise (Physical Activity)</b>			
1	[EXERANY2]	11.01 During the past month, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?	1 = Yes 2 = No - Go to Section 11.08 (Exercise (Physical Activity)) STRENGTH 7 = Don't know/Not Sure - Go to Section 11.08 (Exercise (Physical Activity)) STRENGTH 9 = Refused - Go to Section 11.08 (Exercise (Physical Activity)) STRENGTH
<i>Skip Question 11.02, if Section 11.01, EXERANY2, is coded 2, 7, 9, or Missing</i>			
2	[EXRACT1]	11.02 What type of physical activity or exercise did you spend the most time doing during the past month?	1-76 = See Activity List Appendix 98 = Other_____ 77 = Don't know/Not Sure - Go to Section 11.08 (Exercise (Physical Activity)) STRENGTH 99 = Refused - Go to Section 11.08 (Exercise (Physical Activity)) STRENGTH
<i>Skip Question 11.03, if Section 11.01, EXERANY2, is coded 2, 7, 9, or Missing; or Section 11.02, EXRACT1 is coded 77, 99</i>			
3	[EXEROFT1]	11.03 How many times per week or per month did you take part in this activity during the past month?	101-199 = Times per week 201-299 = Times per month 777 = Don't know/Not sure 999 = Refused
<i>Skip Question 11.04, if Section 11.01, EXERANY2, is coded 2, 7, 9, or Missing; or Section 11.02, EXRACT1 is coded 77, 99</i>			
3	[EXERHMM1]	11.04 And when you took part in this activity, for how many minutes or hours did you usually keep at it?	1-759 = Hours and Minutes 800-959 = Hours and Minutes 777 = Don't know/Not sure 999 = Refused
<i>Skip Question 11.05, if Section 11.01, EXERANY2, is coded 2, 7, 9, or Missing; or Section 11.02, EXRACT1 is coded 77, 99</i>			
2	[EXRACT2]	11.05 What other type of physical activity gave you the next most exercise during the past month?	1-76 = See Activity List Appendix 98 = Other_____ 77 = Don't know/Not Sure - Go to Section 11.08 (Exercise (Physical Activity)) STRENGTH 88 = No other activity - Go to Section 11.08 (Exercise (Physical Activity)) STRENGTH 99 = Refused - Go to Section 11.08 (Exercise (Physical Activity)) STRENGTH
<i>Skip Question 11.06, if Section 11.01, EXERANY2, is coded 2, 7, 9, or Missing; or Section 11.02, EXRACT1 is coded 77, 99 or Section 11.05, EXRACT2 is coded 77, 88, 99</i>			
3	[EXEROFT2]	11.06 How many times per week or per month did you take part in this activity during the past month?	101-199 = Times per week 201-299 = Times per month 777 = Don't know/Not sure 999 = Refused

Field Size	Variable Name	Question	Response Options
<i>Skip Question 11.07, if Section 11.01, EXERANY2, is coded 2, 7, 9, or Missing; or Section 11.02, EXTRACT11 is coded 77, 99 or Section 11.05, EXTRACT21 is coded 77, 88, 99</i>			
3	[EXERHMM2]	11.07 And when you took part in this activity, for how many minutes or hours did you usually keep at it?	1-759 = Hours and Minutes 800-959 = Hours and Minutes 777 = Don't know/Not sure 999 = Refused
3	[STRENGTH]	11.08 During the past month, how many times per week or per month did you do physical activities or exercises to STRENGTHEN your muscles?  Do NOT count aerobic activities like walking, running, or bicycling. Count activities using your own body weight like yoga, sit-ups or push-ups and those using weight machines, free weights, or elastic bands.	101-199 = Times per week 201-299 = Times per month 888 = Never 777 = Don't know / Not sure 999 = Refused
<b>Section 12: Fruits &amp; Vegetables</b>			
3	[FRUIT2]	12.01 Not including juices, how often did you eat fruit?	101-199 = Days 201-299 = Weeks 301-399 = Month / Year 300 = Less than once a month 555 = Never 777 = Don't know/Not sure 999 = Refused
3	[FRUITJU2]	12.02 Not including fruit-flavored drinks or fruit juices with added sugar, how often did you drink 100% fruit juice such as apple or orange juice?	101-199 = Days 201-299 = Weeks 301-399 = Month / Year 300 = Less than once a month 555 = Never 777 = Don't know/Not sure 999 = Refused
3	[FVGREENI]	12.03 How often did you eat a green leafy or lettuce salad, with or without other vegetables?	101-199 = Days 201-299 = Weeks 301-399 = Month / Year 300 = Less than once a month 555 = Never 777 = Don't know/Not sure 999 = Refused

Field Size	Variable Name	Question	Response Options
3	[FRENCHF1]	12.04 How often did you eat any kind of fried potatoes, including french fries, home fries, or hash browns?	101-199 = Days 201-299 = Weeks 301-399 = Month / Year 300 = Less than once a month 555 = Never 777 = Don't know/Not sure 999 = Refused
3	[POTATOE1]	12.05 How often did you eat any other kind of potatoes, or sweet potatoes, such as baked, boiled, mashed potatoes, or potato salad?	101-199 = Days 201-299 = Weeks 301-399 = Month / Year 300 = Less than once a month 555 = Never 777 = Don't know/Not sure 999 = Refused
3	[VEGETAB2]	12.06 Not including lettuce salads and potatoes, how often did you eat other vegetables?	101-199 = Days 201-299 = Weeks 301-399 = Month / Year 300 = Less than once a month 555 = Never 777 = Don't know/Not sure 999 = Refused
<b>Section 13: Immunization</b>			
1	[FLUSHOT7]	13.01 During the past 12 months, have you had either flu vaccine that was sprayed in your nose or flu shot injected into your arm?	1 = Yes 2 = No - <i>Go to Section 13.03 (Immunization) TETANUS!</i> 7 = Don't know/Not Sure - <i>Go to Section 13.03 (Immunization) TETANUS!</i> 9 = Refused - <i>Go to Section 13.03 (Immunization) TETANUS!</i>
<i>Skip Question 13.02, if Section 13.01, FLUSHOT7, is coded 2, 7, or 9</i>			
6	[FLSHTMY3]	13.02 During what month and year did you receive your most recent flu vaccine that was sprayed in your nose or flu shot injected into your arm?	12007-122008 = Month / Year 777777 = Don't know/Not Sure 999999 = Refused

Field Size	Variable Name	Question	Response Options
1	[TETANUS1]	13.03 Have you received a tetanus shot in the past 10 years?  Note: If yes, ask: "Was this Tdap, the tetanus shot that also has pertussis or whooping cough vaccine?"	1 = Yes, received Tdap 2 = Yes, received tetanus shot, but not Tdap 3 = Yes, received tetanus shot but not sure what type 4 = No, did not receive any tetanus shot in the past 10 years 7 = Don't know/Not Sure 9 = Refused
1	[PNEUVAC4]	13.04 Have you ever had a pneumonia shot also known as a pneumococcal vaccine?	1 = Yes 2 = No 7 = Don't know/Not Sure 9 = Refused
<b>Section 14: HIV/AIDS</b>			
1	[HIVTST7]	14.01 Including fluid testing from your mouth, but not including tests you may have had for blood donation, have you ever been tested for H.I.V?	1 = Yes 2 = No - Go to Section 14.03 (HIV/AIDS) HIVRISK5 7 = Don't know/Not Sure - Go to Section 14.03 (HIV/AIDS) HIVRISK5 9 = Refused - Go to Section 14.03 (HIV/AIDS) HIVRISK5
<i>Skip Question 14.02, if Section 14.01, HIVTST7, is coded 2, 7, 9, or Missing</i>			
6	[HIVSTD3]	14.02 Not including blood donations, in what month and year was your last H.I.V. test?  Note: If response is before January 1985, code "777777".  INTERVIEWER NOTE: If the respondent remembers the year but cannot remember the month, code the first two digits 77 and the last four digits for the year.	11985-122020 = Code month and year 771985-772020 = Unknown month and known year 777777 = Don't know/Not sure 999999 = Refused

Field Size	Variable Name	Question	Response Options
1	[HIVRISK5]	<p>14.03 I am going to read you a list. When I am done, please tell me if any of the situations apply to you. You do not need to tell me which one.</p> <ul style="list-style-type: none"> <li>&gt; You have injected any drug other than those prescribed for you in the past year.</li> <li>&gt; You have been treated for a sexually transmitted disease or STD in the past year.</li> <li>&gt; You have given or received money or drugs in exchange for sex in the past year.</li> <li>&gt; You had anal sex without a condom in the past year.</li> <li>&gt; You had four or more sex partners in the past year.</li> </ul> <p>Do any of these situations apply to you?</p>	<p>1 = Yes  2 = No  7 = Don't know/Not sure  9 = Refused</p>

## Closing Statement / Transition to Modules

**That was my last question. Everyone's answers will be combined to help us provide information about the health practices of people in this state. Thank you very much for your time and cooperation.**

## Alaska Selected CDC Modules

### Module 2: Diabetes

Inserted after Section 06: Chronic Health Conditions

*Skip Question M02.01, if Section 06.11, DIABETE4, is coded 2, 3, 4, 7, 9, or Missing*

1	[INSULIN1]	M02.01 Are you now taking insulin?	<p>1 = Yes  2 = No  7 = Don't know/Not Sure  9 = Refused</p>
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*Skip Question M02.02, if Section 06.11, DIABETE4, is coded 2, 3, 4, 7, 9, or Missing*

3	[BLDSUGAR]	M02.02 About how often do you check your blood for glucose or sugar? [Include times when checked by a family member or friend, but do NOT include times when checked by a health professional.]	<p>101-199 = Times per day  201-299 = Times per week  301-399 = Times per month  401-499 = Times per year  888 = Never  777 = Don't know/Not sure  999 = Refused</p>
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*Skip Question M02.03, if Section 06.11, DIABETE4, is coded 2, 3, 4, 7, 9, or Missing*

Field Size	Variable Name	Question	Response Options
3	[FEETCHK3]	M02.03 Including times when checked by a family member or friend, about how often do you check your feet for any sores or irritations?	101-199 = Times per day 201-299 = Times per week 301-399 = Times per month 401-499 = Times per year 555 = No feet 888 = Never 777 = Don't know/Not sure 999 = Refused
<i>Skip Question M02.04, if Section 06.11, DIABETE4, is coded 2, 3, 4, 7, 9, or Missing</i>			
2	[DOCTDIAB]	M02.04 About how many times in the past 12 months have you seen a doctor, nurse, or other health professional for your diabetes?	1-76 = Number of times [76=76 or more] 88 = None 77 = Don't know/Not sure 99 = Refused
<i>Skip Question M02.05, if Section 06.11, DIABETE4, is coded 2, 3, 4, 7, 9, or Missing</i>			
2	[CHKHEMO3]	M02.05 About how many times in the past 12 months has a doctor, nurse, or other health professional checked you for A-one-C?	1-76 = Number of times [76=76 or more] 88 = None 98 = Never heard of "A one C" test 77 = Don't know/Not sure 99 = Refused
<i>Skip Question M02.06, if Section 06.11, DIABETE4, is coded 2, 3, 4, 7, 9, or Missing; or Module 2.03, FEETCHK3, is coded 555</i>			
2	[FEETCHK]	M02.06 About how many times in the past 12 months has a health professional checked your feet for any sores or irritations?	1-76 = Number of times [76=76 or more] 88 = None 77 = Don't know/Not sure 99 = Refused
<i>Skip Question M02.07, if Section 06.11, DIABETE4, is coded 2, 3, 4, 7, 9, or Missing</i>			
1	[EYEEEXAMI]	M02.07 When was the last time you had an eye exam in which the pupils were dilated, making you temporarily sensitive to bright light?	1 = Within the past month (anytime less than 1 month ago) 2 = Within the past year (1 month but less than 12 months ago) 3 = Within the past 2 years (1 year but less than 2 years ago) 4 = 2 or more years ago 7 = Don't know/Not sure 8 = Never 9 = Refused
<i>Skip Question M02.08, if Section 06.11, DIABETE4, is coded 2, 3, 4, 7, 9, or Missing</i>			
1	[DIABEYE]	M02.08 Has a doctor ever told you that diabetes has affected your eyes or that you had retinopathy?	1 = Yes 2 = No 7 = Don't know/Not sure 9 = Refused
<i>Skip Question M02.09, if Section 06.11, DIABETE4, is coded 2, 3, 4, 7, 9, or Missing</i>			

Field Size	Variable Name	Question	Response Options
1	[DIABEDU]	M02.09 Have you ever taken a course or class in how to manage your diabetes yourself?	1 = Yes 2 = No 7 = Don't know/Not sure 9 = Refused
<b>Module 15: Aspirin for CVD Prevention</b>			
1	[ASPIRIN]	M15.01 How often do you take an aspirin to prevent or control heart disease, heart attacks or stroke? Would you say....	1 = Daily 2 = Some days 3 = Used to take it but had to stop due to side effects, or 4 = Do not take it 7 = Don't know/Not Sure 9 = Refused
<b>Module 16: Home / Self-measured Blood Pressure</b> Inserted after Section 04: Hypertension Awareness			
1	[HOMBPCCHK]	M16.01 Has your doctor nurse or other health professional recommended you check your blood pressure outside of the office or at home?	1 = Yes 2 = No 7 = Don't know/Not Sure 9 = Refused
1	[HOMRGCHK]	M16.02 Do you regularly check your blood pressure outside of your healthcare professional's office or at home?	1 = Yes 2 = No - <i>Go to Next Module</i> 7 = Don't know/Not Sure - <i>Go to Next Module</i> 9 = Refused - <i>Go to Next Module</i>
<i>Skip Question M16.03, if Module 16.02, HOMRGCHK, is coded 2, 7, 9, or Missing</i>			
1	[WHEREBP]	M16.03 Do you take it mostly at home or on a machine at a pharmacy, grocery or similar location?	1 = At home 2 = On a machine at a pharmacy, grocery or similar location 3 = Do not check it 7 = Don't know/Not Sure 9 = Refused
<i>Skip Question M16.04, if Module 16.02, HOMRGCHK, is coded 2, 7, 9, or Missing</i>			
1	[SHAREBP]	M16.04 How do you share your blood pressure numbers that you collected with your health professional? Is it mostly by telephone, other methods such as emails, internet portal or fax, or in person?	1 = Telephone 2 = Other methods such as email, internet portal, or fax 3 = In person 4 = Do not share information 7 = Don't know/Not Sure 9 = Refused
<b>Module 29: Sexual Orientation and Gender Identity (SOGI)</b> Inserted after Section 08: Demographics			
<i>Skip Question M29., if respondent sex, SEXVAR, is coded 2; or Module 28.01, BIRTHSEX, is coded 2;</i>			

Field Size	Variable Name	Question	Response Options
1	[SOMALE]	M29. Which of the following best represents how you think of yourself?	1 = Gay 2 = Straight, that is, not gay 3 = Bisexual 4 = Something else 7 = I don't know the answer 9 = Refused
<i>Skip Question M29., if respondent sex, SEXVAR, is coded 1; or Module 28.01, BIRTHSEX, is coded 1;</i>			
1	[SOFEMALE]	M29. Which of the following best represents how you think of yourself?	1 = Lesbian or Gay 2 = Straight, that is, not gay 3 = Bisexual 4 = Something else 7 = I don't know the answer 9 = Refused
1	[TRNSGNDR]	M29.02 Do you consider yourself to be transgender?  <i>Note: If yes, ask "Do you consider yourself to be male-to-female, female-to-male, or gender non-conforming?"</i>	1 = Yes, Transgender, male-to-female 2 = Yes, Transgender, female to male 3 = Yes, Transgender, gender nonconforming 4 = No 7 = Don't know/Not Sure 9 = Refused
<b>Alaska Specific Questions</b>			
<b>Tobacco Use (E-Cigarettes)</b>			
Question asked after Section 09: Tobacco			
<i>Skip AK2.1 if STATE NE AK or CSTATE = 2</i>			
2	[ECIGARET]	AK2.1 Have you ever used an e-cigarette or other electronic vaping product, even just one time, in your entire life?  <i>READ ONLY IF NECESSARY: Electronic cigarettes (e-cigarettes) and other electronic vaping products include electronic hookahs (e-hookahs), vape pens, e-cigars, and others. These products are battery-powered and usually contain nicotine and flavors such as fruit, mint, or candy.</i>  <i>INTERVIEWER NOTE: These questions concern electronic vaping products for nicotine use. The use of electronic vaping products for marijuana use is not included in these questions.</i>	1 = Yes 2 = No 7 = Don't know/Not Sure 9 = Refused
<i>Skip AK2.2 if AK2.1 is coded as 02, 97, 99 or Missing</i>			
2	[ECIGNOW]	AK2.2 Do you now use e-cigarettes or other electronic vaping products every day, some days, or not at all?	1 = Every day 2 = Some days 3 = Not at all 7 = Don't know/Not Sure 9 = Refused



Field Size	Variable Name	Question	Response Options
<b>Sugar Sweetened Beverages</b>			
Questions asked after Section 12: Fruits and Vegetables			
<i>Skip AK3.1 if STATE NE AK or CSTATE = 2</i>			
3	[SSBSUGR2]	<p>AK3.1 During the past 30 days, how often did you drink regular soda or pop that contains sugar? Do not include diet soda or diet pop. You can answer times per day, week, or month: for example, twice a day, once a week, and so forth.</p> <p>1 __ Times per day (RANGE 101-199)  2 __ Times per week (RANGE 201-299)  3 __ Times per month (RANGE 301-399)  4 __ Times per year (RANGE 401-499)  [NUMBER BOX]</p>	<p>___ (101-499)  888 = None  777 = DON'T KNOW / NOT SURE  999 = REFUSED</p>
<i>Skip AK3.2 if STATE NE AK or CSTATE = 2</i>			
3	[SSBFRUT3]	<p>AK3.2 During the past 30 days, how often did you drink sugar-sweetened fruit drinks (such as Kool-aid™ and lemonade), sweet tea, and sports or energy drinks (such as Gatorade™ and Red Bull™)? Do not include 100% fruit juice, diet drinks, or artificially sweetened drinks. You can answer times per day, week, or month: for example, twice a day, once a week, and so forth.</p> <p>1 __ Times per day (RANGE 101-199)  2 __ Times per week (RANGE 201-299)  3 __ Times per month (RANGE 301-399)  4 __ Times per year (RANGE 401-499)  [NUMBER BOX]</p>	<p>___ (101-499)  888 = None  777 = DON'T KNOW / NOT SURE  999 = REFUSED</p>
<b>Opioid Use</b>			
<i>Skip AK4.1 if STATE NE AK or CSTATE = 2</i>			
2 2 2 2 2 2 2 2 2 2 2 20	[OPTYPE1] [OPTYPE2] [OPTYPE3] [OPTYPE4] [OPTYPE5] [OPTYPE6] [OPTYPE7] [OPTYPE8] [OPTYPE9] [OPTYPE10] [OPTYPE11] [OPTYPEP]	<p>AK4.1 In the past 30 days what, if any, opioids have you taken? Examples of opioids include Codeine, fentanyl, hydrocodone, Methadone, OxyContin, Percocet, tramadol, and Vicodin.</p> <p>INTERVIEWER NOTE: Select <u>all that apply</u>. If you are not sure if what the respondent indicates is an opioid, write it in "Other".</p> <p>(Select all that apply). First mention is in position 1, second mention is in position 2, and so on. These are later collapsed by the Alaska BRFS program so that all "Buprenorphine" responses are in one variable, all "Codeine" responses are in a second variable, etc.</p>	<p>01 = Buprenorphine (Butrans, Subutex, Buprenex)  02 = Codeine  03 = Fentanyl (Duragesic, Actiq)  04 = Hydrocodone (Norco, Vicodin, Lortab, Lorcet)  05 = Hydromorphone (Dilaudid, Exalgo)  06 = Meperidine (Demerol)  07 = Methadone (Methadose, Dolophine)  08 = Morphine (MS Contin, Embeda)  09 = Oxycodone (Oxycontin, Endocet, Percocet)  10 = Tramadol (Ultram, Tramal)  11 = Other (specify): [TEXT BOX]  88 = Participant did not take opioids in the last 30 days [EXCLUSIVE]  77 = DON'T KNOW / NOT SURE [EXCLUSIVE]  99 = REFUSED [EXCLUSIVE]</p>

Field Size	Variable Name	Question	Response Options
<i>Skip AK4.2 if AK4.1 coded as 88, 97, 99 or Missing or STATE NE AK or CSTATE = 2</i>			
2 20	[OPWHY] [OPWHYT]	AK4.2 What was the main reason you used opioids the last time?	1 = To relieve physical pain 2 = To relax or relieve tension 3 = To experiment or to see what they're like 4 = To feel good or get high 5 = To help with my sleep 6 = To help me with my feelings or emotions 7 = To increase or decrease the effect(s) of some other drug 8 = Because I am "hooked" or I have to have them 9 = I used them for some other reason (Specify: [TEXT BOX]) 77 = DON'T KNOW / NOT SURE 99 = REFUSED
<b>Marijuana Use</b>			
<i>Skip AK5.1 if STATE NE AK or CSTATE = 2</i>			
3	[MJAGEFRST]	AK5.1 How old were you the first time you used marijuana or cannabis?  RANGE 5-110 [NUMBER BOX]	__ __ (05-110) this was to 099 in 2018 888 = Never used marijuana 777 = DON'T KNOW / NOT SURE 999 = REFUSED
<i>Skip AK5.2 if AK5.1 is coded as 888 or STATE NE AK or CSTATE = 2</i>			
2	[MARIJANI]	AK5.2 During the past 30 days, on how many days did you use marijuana or cannabis?  RANGE 1-30 [NUMBER BOX]	__ (1-30 days) 88 = None 77 = DON'T KNOW / NOT SURE 99 = REFUSED
<i>Skip AK5.3 if AK5.1 is coded as 888 or AK5.2 is coded as 88, 97, 99 or Missing or STATE NE AK or CSTATE = 2</i>			
1 1 1 1 1 1 20	[MJUSE1] [MJUSE2] [MJUSE3] [MJUSE4] [MJUSE5] [MJUSE6] [MJUSET]	AK5.3 During the past 30 days, how did you use marijuana or cannabis? Please select all that apply. Did you ...  (Select all that apply). First mention is in position 1, second mention is in position 2, etc. These are later collapsed by the Alaska BRFS program so that all "smoke it" responses are in one variable, all "eat it" responses are in a second variable, etc.	1 = Smoke it (for example, in a joint, bong, pipe, or blunt) 2 = Eat it (for example, in brownies, cakes, cookies, or candy) 3 = Drink it (for example, in tea, cola, or alcohol) 4 = Vaporize it (for example, in an e-cigarette-like vaporizer or another vaporizing device) 5 = Dab it (for example, using waxes or concentrates) 6 = Use it some other way. Specify: [TEXT BOX] 7 = DON'T KNOW / NOT SURE [EXCLUSIVE] 9 = REFUSED [EXCLUSIVE]

Field Size	Variable Name	Question	Response Options
<b>Expanded Education and Income Categories</b>			
2	[INCOME100]	<p>08.17 Is your annual household income from all sources:</p> <p>Note: If respondent refuses at any income level, code "Refused."</p> <p>Alaska obtained approval in the 2017 survey year to expand answer options for this question. Income levels in Alaska are generally higher than other states due to increased cost of living. The modification to this question's answer options would allow us to better estimate poverty levels for large households with higher incomes.</p>	<p>1 = Less than \$10,000  2 = Less than \$15,000 (\$10,000 to less than \$15,000)  3 = Less than \$20,000 (\$15,000 to less than \$20,000)  4 = Less than \$25,000 (\$20,000 to less than \$25,000)  5 = Less than \$35,000 (\$25,000 to less than \$35,000)  6 = Less than \$50,000 (\$35,000 to less than \$50,000)  7 = Less than \$75,000 (\$50,000 to less than \$75,000)  8 = Less than \$85,000 (\$70,000 to less than \$85,000)  9 = Less than \$100,000 (\$85,000 to less than \$100,000)  10 = \$100,000 or more  77 = Don't know/Not sure  99 = Refused</p>
1	[EDUCA_AK]	<p>08.07 What is the highest grade or year of school you completed?</p> <p>Interviewer probe: If respondent says Grade 12: "When you say that you completed 12th grade, does that mean you graduated with a diploma from your high school or a correspondence school or home-school, or did you receive a GED?"</p> <p>Alaska obtained approval in the 2017 survey year to expand answer options for this core CDC question.</p>	<p>1 = Never attended school or only kindergarten  2 = Grades 1 through 8 (Elementary)  3 = Grades 9 through 11 (Some high school)  4 = Grade 12 or GED (High school graduate)  5 = College 1 year to 3 years (Some college or technical school)  6 = College 4 years or more (College graduate)  7 = GED (High School equivalence diploma)  8 = Home-schooled with diploma or correspondence school  9 = Refused</p>

## Appendix: Exercise and Physical Activity Codes

Response Code	Activity Response	Response Code	Activity Response
1	Active Gaming Devices (Wii Fit, Dance, Dance revolution)	41	Rugby
2	Aerobics video or class	42	Scuba diving
3	Backpacking	43	Skateboarding
4	Badminton	44	Skating – ice or roller
5	Basketball	45	Sledding, tobogganing
6	Bicycling machine exercise	46	Snorkeling
7	Bicycling	47	Snow blowing
8	Boating (Canoeing, rowing, kayaking, sailing for pleasure or camping)	48	Snow shoveling by hand
9	Bowling	49	Snow skiing
10	Boxing	50	Snowshoeing
11	Calisthenics	51	Soccer
12	Canoeing/rowing in competition	52	Softball/Baseball
13	Carpentry	53	Squash
14	Dancing–ballet, ballroom, Latin, hip hop, etc	54	Stair climbing/Stair master
15	Elliptical/EFX machine exercise	55	Stream fishing in waders
16	Fishing from river bank or boat	56	Surfing
17	Frisbee	57	Swimming
18	Gardening (spading, weeding, digging, filling)	58	Swimming in laps
19	Golf (with motorized cart)	59	Table tennis
20	Golf (without motorized cart)	60	Tai Chi
21	Handball	61	Tennis
22	Hiking – cross-country	62	Touch football
23	Hockey	63	Volleyball
24	Horseback riding	64	Walking
25	Hunting large game – deer, elk	66	Waterskiing
26	Hunting small game – quail	67	Weight lifting
27	Inline Skating	68	Wrestling
28	Jogging	69	Yoga
29	Lacrosse	71	Childcare
30	Mountain climbing	72	Farm/Ranch Work (caring for livestock, stacking hay, etc.)
31	Mowing lawn	73	Household Activities (vacuuming, dusting, home repair, etc.)
32	Paddleball	74	Karate/Martial Arts
33	Painting/papering house	75	Upper Body Cycle (wheelchair sports, ergometer, etc.)
34	Pilates	76	Yard work (cutting/gathering wood, trimming hedges, etc.)
35	Racquetball	98	Other _____
36	Raking lawn	77	Don't know/Not Sure
37	Running	88	No other activity
38	Rock Climbing	99	Refused
39	Rope skipping	BLANK	Not asked or Missing
40	Rowing machine exercise		