

Southwest RAC Missouri Participant Information Survey

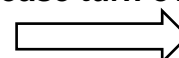
Instructions: Please use a pen to answer the questions on both sides of this form. Please print clearly. Mark your choices within the box, like this:

Participant I.D. (first two letters of your first name, first two letters of your last name, last two numbers of your birth year): _____

- 1) **How old are you today?** _____ years
- 2) **Are you:** Female Male
- 3) **Are you of Hispanic, Latino, or Spanish origin?** Yes No
- 4) **What is your race? (Mark all that apply)**
 - American Indian or Alaska Native
 - Asian
 - Black or African American
 - Native Hawaiian or other Pacific Islander
 - White
- 5) **What is the highest grade or year of school you completed?**
 - Some elementary, middle, or high school
 - High school graduate or GED
 - Some college or technical school
 - College 4 years or more
- 6) **Which of the following best describes your health insurance status? (Please mark all that apply)**
 - Medicaid Medicare Uninsured
 - Insured (e.g., covered through work, bought insurance through Missouri Marketplace, bought insurance on your own, covered under a spouse's plan, etc.)
- 7) **Has a health care provider told you that you have any of the following chronic conditions? (Please mark all that apply)**

<input type="checkbox"/> Arthritis/Rheumatic Disease	<input type="checkbox"/> Hypertension (High Blood Pressure)
<input type="checkbox"/> Asthma/Emphysema/Other Chronic Breathing or Lung Problem	<input type="checkbox"/> Kidney Disease
<input type="checkbox"/> Cancer or Cancer Survivor	<input type="checkbox"/> Obesity
<input type="checkbox"/> Chronic Pain	<input type="checkbox"/> Osteoporosis (Low Bone Density)
<input type="checkbox"/> Depression or Anxiety Disorders	<input type="checkbox"/> Schizophrenia or Other Psychotic Disorder
<input type="checkbox"/> Diabetes (High Blood Sugar)	<input type="checkbox"/> Stroke
<input type="checkbox"/> Heart Disease	<input type="checkbox"/> Other Chronic Condition
<input type="checkbox"/> High Cholesterol	<input type="checkbox"/> None (No Chronic Conditions)

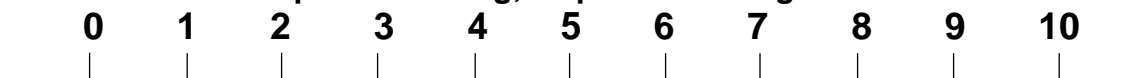
Please turn over



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- 8) **Because of a physical, mental, or emotional condition, do you have serious difficulty walking or climbing stairs, dressing or bathing, or doing errands alone such as visiting a doctor's office or shopping?**
 Yes No
- 9) **Are you deaf or do you have serious difficulty hearing?**
 Yes No
- 10) **Are you blind or do you have serious difficulty seeing even with glasses?**
 Yes No
- 11) **Did your doctor or other health care provider suggest that you take this program?** Yes No
- 12) **During the past year, did you provide regular care or assistance to a friend or family member who has a long-term health problem or disability?**
 Yes No
- 13) **In general, would you say that your health is:**
 Excellent Very Good Good Fair Poor
- 14) **Do you live alone?** Yes No
- 15) **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?**
 Yes No
- 16) **Has a doctor or other health professional ever suggested physical activity or exercise to help your arthritis or joint symptoms?**
 Yes No
- 17) **What type of physical activity or exercise did you spend the most time doing during the past month?** _____
Any other types? _____
- 18) **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. During the past 30 days, how bad was your joint pain on average?**

0 – no pain or aching; 10 pain or aching as bad as can be



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TO BE COMPLETED AT LAST PROGRAM SESSION

Please circle the number that best matches how confident you are feeling.

- 19) **After taking this workshop, I am more confident that I can manage my chronic condition(s).** **1 – Not at all confident; 10 totally confident**

1	2	3	4	5	6	7	8	9	10
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PAPERWORK REDUCTION ACT STATEMENT

According to the Paperwork Reduction Act of 1995, no persons are required to respond to a collection of information unless it displays a valid OMB control number. The valid OMB control number for this information collection is 0985-0036. The time required to complete this information collection is estimated to average 15 minutes per response, including the time to review instructions, search existing data resources, gather the data needed, and complete and review the information collection. If you have comments concerning the accuracy of the time estimate(s) or suggestions for improving this form, please write to: Administration for Community Living, 300 C Street SW, Washington, D.C. 20201, Attention: PRA Reports Clearance Officer