



UNIVERSITY OF COSTA RICA

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

CRELES

Costa Rican Longevity and Healthy Aging Study

ANTHROPOMETRY AND PHYSICAL FUNCTIONING

Round 1

The information provided is completely confidential and voluntary

SECTION K: ANTHROPOMETRY		Initial time: _ _ : _ _	
Now we are moving to a more dynamic portion of the interview. The following section is very important and during the next few minutes we will conduct some exercises and take some measurements.			
NO.	QUESTIONS	CATEGORIES AND CODES	
K1	Interviewer	Giovanni	3
		Jorge	4
		Mabelyn	5
		Marcela	6
		Maritza	7
		Jenny	8
		María	9
		Julio	10
		César	11
		K2	Is the interviewee able to stand?
No	2 → K5		
K3	Weight (in lbs)	Weight	_ _ _ whole
		Weight	_ decimal
		Refused	996
		Attempted but unable	997
		Not attempted	998
K4	Height	Height	_ _ _ cm
		Height	_ mm
		Refused	996
		Attempted but unable	997
		Not attempted	998
K5	Height of the knee	Height	_ _ cm
		Height	_ mm
		Refused	996
		Attempted but unable	997
		Not attempted	998
K6	Circumference of the waist	Circumference	_ _ _ cm
		Circumference	_ mm
		Refused	996
		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
K8	Circumference of the calf	Circumference	_ _ cm

SECTION K: ANTHROPOMETRY		Initial time: _ _ : _ _	
Now we are moving to a more dynamic portion of the interview. The following section is very important and during the next few minutes we will conduct some exercises and take some measurements.			
NO.	QUESTIONS	CATEGORIES AND CODES	
		Circumference	_ mm
		Unable to stand	995
		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	Subscapular fold	Fold width	_ _ _ mm.
		Refused	996
		Attempted but unable	997
		Not attempted	998
K12	Have you had any surgery on your arms or 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 the first measurement, on the dominant arm, then wait another three 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>K13. First time:</p> <p>Tried but unable 95</p> <p>Not attempted for 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>
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SECTION K: ANTHROPOMETRY		Initial time: :
Now we are moving to a more dynamic portion of the interview. The following section is very important and during the next few minutes we will conduct some exercises and take some measurements.		
NO.	QUESTIONS	CATEGORIES AND CODES
	Left 2	K14. Second time: Tried but unable 95 Not attempted for safety 96 Interviewee disabled 97 Refused to do it 98 Completed test: whole Completed test: decimal
K16	<i>Spirometry. Preferably, this test should be conducted while standing.</i> 1. "This test measures how fast you are able to exhale the air in your lungs. It is important that you blow as strong and fast as you can; we will do it three times."	First reading: L/min Second reading: L/min Third reading: L/min Unable to complete 999
End time: : 		

SECTION L: FLEXIBILITY AND MOBILITY		Initial time: :
Continuing, 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 if you think you cannot do it, I ask you to please let me know 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
L2	Please stand with your feet together for ten seconds, keeping your eyes open. Stay in that position until I ask you to move.	Tried, but unable 95 Not attempted for safety 96 Refused to do it 98 Duration of exercise seconds Duration of exercise hundredths
L3	While keeping your arms crossed on your chest, please stand 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

SECTION L: FLEXIBILITY AND MOBILITY		Initial time: __ _ : __ _
Continuing, 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 if you think you cannot do it, I ask you to please let me know and we can move on to another test.		
NO.	QUESTIONS	CATEGORIES AND CODES
L4	Have you had a cataract surgery or any procedure on your retina 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 a pencil and straighten yourself up. Interviewer: Put the pencil on the floor in front of the interviewee and let them know when to begin. If the interviewee is not able to do it in less than 30 seconds, do not allow them to continue.	Tried, but unable could not complete 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 up and walk to the location I indicate to you. Interviewer: the distance to walk is 3 meters.	Tried, but unable 95 Not attempted for safety 96 Refused to do it 98 Duration of exercise __ _ seconds Duration of exercise __ _ hundredths
THANK YOU FOR YOUR COOPERATION		
Within a few weeks you will receive by mail the results of the tests, and if it is necessary, a letter from our physician. Within 2 years we will visit you again. For this, I need you to provide me with the name and contact information of a person who does not live in this house and will be able to inform us about you in case you move away from this home.		
NOTE IN THE LOGBOOK		
		End time: __ _ : __ _