CRELES

Anthropometry and physical functionality. SECOND ROUND

Central American Center for Population, University of Costa Rica

Name of senior:	Selection Code: |__|__|__|__|
Name of substitute (if applicable)	County & District: |__|__|__|__|__|
Segment: |__|__|__|	Housing: |__|__|

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	
K1	Researcher	Giovanni Jorge Mabelyn Marcela Maritza Jenny María Julio	3 4 5 6 7 8 9 10
K2	Is the interviewee able to stand?	Yes No	1 → K3 2 → K5
K3	Weight (in lbs)	Weight Weight Refused Attempted but unable Not attempted	|__|__|__| whole |__| decimal 996 997 998
K4	Height	Height Height Refused Attempted but unable Not attempted	|__|__|__|cm |__| mm 996 997 998
KN17	Researcher: Observe whether this person has any visible curvature in his/her back (hunchback)	Yes No	1 2
K5	Height of the knee	Height Height Refused Attempted but unable Not attempted	|__|__|__|cm |__| mm 996 997 998

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
K8	Circumference of the calf	Circumference |__|__| cm Circumference |__| mm Unable to stand 995 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
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

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
	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.. Hand Strength (Dynamometer) (Kgs) **K15. Note which hand was used:** **Right 1** **Left 2**	**K13. First time:** Tried, but unable 95 Not attempted for safety 96 Interviewee disabled 97 Refused to do it 98 Completed test: |__|__| whole Completed test: |__| decimal **K14. Second time:** Tried, but unable 95 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 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

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
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 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 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. **NOTE IN THE LOGBOOK**		
		End time: |__|__|:|__|__|