			П	111	111		
Alliance182 Plan Cohort # MR centre # Participant #		icipant Initials	 Ш м <i>L</i>	Visit #003			_
Today's date: year n	 nonth	date					
Community Environment							
1. A) In the last 6 months have you seen or Please place an X in the box to confirm			ving adv	ertisement	s being pro	moted in t	the media?
	On Posters	Permanent Signage	TV	Radio	At Cinema	Print Media	On products (eg. clothing)
a) Cigarette ads							
b) Importance of quitting smoking/ health effects of smoking ads							
c) Junk food/unhealthy food ads							
d) Soft drinks/sodas/sweetened drink ads							
e) Alcohol ads							
f) Fruits and vegetable ads							
g) Ads that promote the importance of good diet to maintaining good health							
h) Ads that promote the importance of physical activity to maintaining good health							
i) Food/drink ads with health claims							

Alliance182 Pla	ate #141		Visit #003		
Cohort # MR centre # Participant #	Participan Initial	s F M L			
B) In the last 6 months have you seen or Please place an X in the box to confire	heard any of th m if you have.	e following ad [,]	vertisements bei	ng promoted i	n the media?
	Sponsored Events	Internet	Actor on TV/movies	Free Samples	Promotional voucher that allow discounts
a) Cigarette ads					
b) Importance of quitting smoking/ health effects of smoking ads					
c) Junk food/unhealthy food ads					
d) Soft drinks/sodas/sweetened drink ads					
e) Alcohol ads					
f) Fruits and vegetable ads					
g) Ads that promote the importance of good diet to maintaining good health					
h) Ads that promote the importance of physical activity to maintaining good healt	h \square				

Community Tobacco Environment

i) Food/drink ads with health claims

•	general observation, which statement best describes now easy it is for youth (<18 yrs of age) to buy digarettes moked tobacco products in your community or in nearby stores used by your community? (Check one only)
	can buy in most (nearly all) outlets

Can buy in some outlets

Can not buy in any outlets

Don't know/unsure (Do not read this option out, only mark this if the person states they are unsure)

Alliance182 Plate #142		Visit #003	1 8 8	
Cohort # MR centre # Participant #				
3. Are you aware of any of the following laws and program		ν,		
a) That ban/restrict smoking in public places	No	Yes	Unsure	
b) That ban/restrict tobacco advertising				
c) That mandate health warnings on cigarette packets				
d) That prohibit the sale of cigarettes to children/teenagers				
e) That states it is illegal for children/teenagers to smoke				
f) That restrict where cigarettes can be sold				
 g) Support programs that individuals in your community can access to help them stop smoking? (eg. programs, or clinics, telephone quit lines) 				
,				
4. I am going to read out a list of health effects and diseas	-		y smoking cigarettes.	
	-		y smoking cigarettes. Unsure	
4. I am going to read out a list of health effects and diseas	se any of the fo	ollowing?		
4. I am going to read out a list of health effects and diseas Based on what you know or believe, does smoking caus	se any of the fo	ollowing?		
4. I am going to read out a list of health effects and diseas Based on what you know or believe, does smoking caus a) Chronic heart disease	se any of the fo	ollowing?		
4. I am going to read out a list of health effects and diseas Based on what you know or believe, does smoking caus a) Chronic heart disease b) Heart disease	se any of the fo	ollowing?		
4. I am going to read out a list of health effects and diseas Based on what you know or believe, does smoking caus a) Chronic heart disease b) Heart disease c) Diabetes	se any of the fo	ollowing?		
4. I am going to read out a list of health effects and diseas Based on what you know or believe, does smoking caus a) Chronic heart disease b) Heart disease c) Diabetes d) Stroke	se any of the fo	ollowing?		
 4. I am going to read out a list of health effects and diseas Based on what you know or believe, does smoking cause a) Chronic heart disease b) Heart disease c) Diabetes d) Stroke e) Arthritis 	se any of the fo	ollowing?		
 4. I am going to read out a list of health effects and diseas Based on what you know or believe, does smoking caus a) Chronic heart disease b) Heart disease c) Diabetes d) Stroke e) Arthritis f) Lung cancer 	se any of the fo	ollowing?		
 4. I am going to read out a list of health effects and diseas Based on what you know or believe, does smoking cause a) Chronic heart disease b) Heart disease c) Diabetes d) Stroke e) Arthritis f) Lung cancer g) Mouth and throat cancer h) Heart disease in non-smokers exposed to other 	se any of the fo	ollowing?		

Contextual Factors Assessment Individual Questionnaire

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Alliance182	Plate #143	Visit #0	 	
Cohort # MR centre # Partic	Participa Initia			
Community Alcohol Enviro	<u>nment</u>			
5. Including bars, do you think th	ne number of places w	here you can buy alcoho	l in your community i	s:
Too few	Too many	Abou	ıt right	
6. Please select the answer that	pest applies to you and	d your community:		
a) It is too easy for those under age	e to buy beer/alcohol at	stores in my community		
	Strongly disagree	Somewhat disagree	Somewhat agree	Strongly agree
b) T.V. alcohol advertisements shou	uld not be allowed on sh	ows popular with viewers l	pelow legal drinking ag	е
	Strongly disagree	Somewhat disagree	Somewhat agree	Strongly agree
c) The government should have co	mplete control over alco	hol sales and pricing		
	Strongly disagree	Somewhat disagree	Somewhat agree	Strongly agree
	Please continue o	on next page.		

Contextual Factors Assessment Individual Questionnaire

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Alliance182 Plate #144		Visit #003	
Participant Initials			
Cohort # MR centre # Participant #	F M L		
Community Nutrition/Physical Activity Environn	<u>nent</u>		
7. Do you think there are cultural or social pressure in your	community?		
	No	Yes	Unsure
a) To eat healthy food and drinks?			
b) For children to eat junk food or drink fizzy soft drinks?			
c) For adults to eat junk food?			
d) To eat a traditional, local diet?			
e) To be thin?			
f) To be fat?			
g) To smoke cigarettes?			
8. Are you aware of any of the following in your community			
o. Are you aware or any or the following in your community			
	No 	Yes	Unsure
a) Programs that individuals can access to improve their diets?			
b) Programs that individuals can access to increase their physical activity?			
c) Policies or laws that encourage healthy eating?			
d) Policies or laws that encourage physical activity?			
e) Official dietary guidelines on health foods/diets?			
f) Laws that mandate nutrient labeling on foods/beverages?			
g) Laws that subsidize or lower tax paid on fresh fruit and/or vegetables such that they are cheaper to buy?			
h) Laws that discourage advertising junk food to children?			

Contextual Factors Assessment Individual Questionnaire

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Alliance182 Plate #145		Visit #003	11			
Cohort # MR centre # Participant #		L				
9. Which of the following actions may prevent/stop a pe on what you know or believe indicate no, yes or unsi			k or strok	ce? Base	e d	
•	No	Yes		Unsur	e	
a) Doing more exercise						
b) Eating more fruit						
c) Eating more green vegetables						
d) Eating more meat						
e) Drinking more coffee						
f) Eating more dairy products (e.g. milk, cheese)						
g) Eating more fish						
h) Smoking						
i) Reducing fat in meals						
j) Reducing salt in meals						
k) Gaining weight						
Community and Social Environment						
10. How long have you lived in your community?						
years OR months	OR	since year]	
11. Please circle the answer that best applies to you ar mean within a 10-15 minute walk from your home. 1= Strongly disagree, 2= Somewhat disagree, 3= So	-	•		n walkin	g distan	ce
1- Strongly disagree, 2- Somewhat disagree, 3- So	mewnat agn	ee, 4- Strongly agri	₉₀ 1	2	3	4
a) Stores are within easy walking distance of my home						
b) There are many places to go within easy walking distant	ce of my hom	ne				
c) There are major barriers to walking in my local area that place to place (eg. freeways, railway lines, rivers)	t make it hard	I to get from				
d) There is so much traffic along nearby streets that it mak to walk in my community.	es it difficult o	or unpleasant				
e) My community streets are well lit at night.						
f) There are crosswalks and pedestrian signals to help wal in my community.	kers cross bu	usy streets				
g) The crime rates in my community makes it unsafe to go	on walks <u>du</u>	ring the day.				
h) The crime rates in my community makes it unsafe to go	on walks <u>at ı</u>	night.				

Final 1.1 October 30, 2013

Contextual Factors Assessment Individual Questionnaire

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Alliance182	Plate	#146		Visit #003	1111	
Cohort # MR centre #	Participant #	Participant Initials	F M L			
12. If you moved into the c apply if there is more to To pursue a healt	han one reason that	t is applicable	. After marr	iage		
	ork or spouse's work our children's school uality	Г	To get sup	rk/employment port from family ase specify	,	or my spouse
13. How likely would it be to Very Likely	hat you would cho Likely	ose to move from Neither Likely		-	er in the next likely	five years? Very Unlikely
			,			
14. I am going to read som these statements pleas						lo. For each of
			Strongly Agree	Agree	Disagree	Strongly Disagree
 a) If there is a problen neighbours work to 	•					
b) People around here neighbours.	e are willing to help	their				
c) People in this comr	nunity can be trust	ed.				
d) People do favours i house when you ar children, lend peopl	e gone, watch othe					
e) People volunteer to their community clea	· ·	laces in				
Relationship with far	mily members a	nd friends				
15. Now I am going to ask family members (sibling you have a close relation	gs, spouse, childre					
16. Do you have friends?						

Contextual Factors Assessment Individual Questionnaire

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Alliance182		Plate #147	7		Visit #003			
Cohort # MR centre #	Particij		articipant [Initials	F M L				
17. How many of these frie	ends would	you say you l	nave a close	e relationship	with?			
18. On average, how often live with you?	ı do you do	each of the fo	ollowing with	h any of thes	e friends, not	counting ar	ny of those wh	10
	Daily	3 or more times a week	1-2 times a week	1-2 times a month	Every few months	1-2 times a year	Less than once a year	Never
a) Meet up (include both arranged and chance meetings)								
b) Speak on the phone								
c) Write, email, or text								
19. Do you give any finanduring the past 12 more cost totals more than Yes	nths? Finar			_	_	_		
20. If yes, to whom did yo transfers.	u give fina		ease identify	/ all family m	embers or fri	ends to who	m you made f	inancial
Spouse/partner			Grand	child		her or sister ogical, adop	r (including ted, and step-	siblings)
Son or daughter adopted, and ste	(including p-children)	biological,	Paren	t	Oth	er relative		
Son or daughter	-in-law		Grand	parent	Care clea	•	ıding babysitte	er, house
Friend		ĺ	Paren	t-in-law		•	lease specify:	
21. What is the total value			e to your fa		-	12 months?		
22. Do you take care of ar			unable to c	N/. arry out their		ctivities?		

No

Yes

Contextual Factors Assessment Individual Questionnaire

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	Alliance182	Plate #14	8	Visit #00	3	111	
Cohort #	MR centre #	Participant #	articipant Initials				
23. Are you	Farmers association	on/environmental gro	s, clubs, or societies? ups/political party/se		clubs		
	Tenant groups, con Community organiz Self-help group	nmunity watch zation (eg. Rotary clu	ubs)				
	Education, arts, or Social club	music groups, eveni	ng classes				
	Sports clubs, exerc						
	Any other organiza		ions, clubs, or societi	ies			
24. Now so	ome questions abou	it your social activitie	es. How often, if at all	do you do a	ny of the follow	ing activities?	
		Twice a month or more on average	About once a month on average	Every few months		Less than once a year	Never
a) Go to t	he cinema						
b) Eat out	of the house						
c) Go to a	park/beach						
d) Play ca	rds or games						
e) Visiting	relatives/friends						
•	ng cultural ance/shows						
-	ing religious funct	ions					

	ate #149	Visit #003	
Cohort # MR centre # Participant #	Participant Initials	L	
<u>Civic Engagement</u>			
25. Did you vote in the following election	ns?		
The last municipal election	Yes	No	
The last provincial election	Yes	No	

Life satisfaction

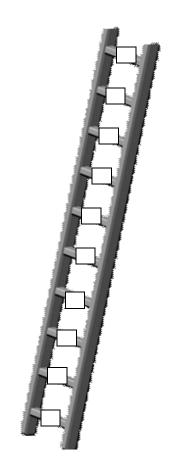
The last federal election

Think of this ladder as representing where people stand in our society. At the top of the ladder are the people who are the best off- those who have the most money, most education and best jobs. At the bottom are the people who are the worst off- who have the least money, least education, and worst jobs/no jobs. The higher up you are on the ladder, the closer you are to the people at the very top and the lower you are the closer you are to the people at the very bottom.

Yes

No

26. Please mark a cross (X) on the rung of the ladder where you would place yourself.



			ticipant Initials	
hort #	MR centre # Pa	articipant #	F M L	
ookinç ou spe lults c	ent the most free time.	By free time, we me	ean time spent for y	ge 16 and over) who are still alive and with w our enjoyment after work or on the weekend c or others. Please complete the following ch
	First Name (or initials, nickname of person)	Town/City in which they live	Distance from you (in km)	How do you normally communicate with this person?
1				In person Over the telephone Via email Via texting Via Facebook or other social media
2				In person Over the telephone Via email Via texting Via Facebook or other social media
3				In person Over the telephone Via email Via texting Via Facebook or other social media
to thre	ee adults (ages 16 and latives, friends, includ	d over) with whom you	ou most often discu ork or others. Please	s. Looking back over the past 12 months, thi issed important matters. These adults could be complete the following chart based on the
	First Name (or initials, nickname of person)	Town/City in which they live	Distance from you (in km)	How do you normally communicate with this person?
1				In person Over the telephone Via email Via texting Via Facebook or other social media
				In person Over the telephone Via email

Over the telephone

Via texting Via Facebook or other social media

Via email

3

Contextual Factors Assessment Individual Questionnaire

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Alliance 182 Plate #151 Visit #003
Cohort # MR centre # Participant # F M L
Individual Home and Work Environment
29. Thinking of your five closest non-related friends, how many of them:
a) Currently smoke b) Drink alcohol regularly c) Are overweight
30. a) Do you grow your own fruits and vegetables?
b) What percentage of total fruit/vegetables consumed are grown by you or your family?
31. What are your reasons to shop at the grocery store you most frequently shop at? (check all that apply) Aesthetics Proximity to my house Selection of fresh fruits and vegetables Prices are lower
32. How do you usually get to the grocery store? (mark one only) Walk Bicycle Car Bus Train Motorcycle Other personal motorized vehicles (specify) Other public transport (specify)
33. How many minutes does it take to get to your grocery store? min 34. Do you have access to the Internet? (Mark all that apply) At home At a friend/relatives house At work Other place In community for free No, no access to the internet In community, but need to pay
35. How many hours per week of screen time do you use? (eg. computer, TV, laptop, lpad, etc.)
hours/week

Contextual Factors Assessment Individual Questionnaire

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Alliance 182 Plate #152 Visit #003	
Cohort # MR centre # Participant # F M L	
36. What is the location of your usual workplace?	
a) At home In the community you live in (but not at home) Outside the community	
b) What is the postal code of your usual workplace?	
c) Approximately how many kilometers away is your usual workplace? km	
d) How long does it take to go from your home to your usual workplace?	
37. How many hours a week do you spend at your main workplace?	
Workplace Food Availability If you have more than one workplace, please answer these questions based on your main workplace e	nvironment.
38. Do you bring your won meals and/or snacks to work? No Yes	
a) If yes, on average how many days per week do you bring your own meals and/or snacks? (Please mark one number only)	
1 2 3 4 5 6 7	
39. Does your employer provide opportunities to purchase meals and/or snacks at your workplace?	
No Yes	
a) If yes, what purchasing outlets are provided?	
Vending machine	
Cafeteria	
Coffee shop	
Other, specify	
40. Do you purchase meal and/or snacks from fast food outlets/cafes for lunch? (eg. McDonalds, Starbucks)	
☐ No ☐ Yes	
a) If yes, on average how many days per week do you purchase your lunch? (Please mark one number only)	

Contextual Factors Assessment Individual Questionnaire

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Alliance 182 Plate #153 Visit #003
Cohort # MR centre # Participant # F M L
Workplace Physical Activity Provisions 41. Are there recreation facilities at your workplace? No Yes Do not know
If yes, are the facilities Free Subsidized Full price
If yes, please mark all facilities that apply:
Fitness centre Swimming pool Indoor recreation court
Outdoor recreation courts/fields (eg. basketball, tennis)
Other, specify (eg. yoga, martial arts)
42. On average, how many hours per week do you use these facilities? hrs mins
43. Does your workplace provide organized physical activity programs?(eg. Stairway to Health, workplace golf tournament, employee team in a slow pitch league)
☐ No ☐ Yes ☐ Do not know
44. Does your workplace provide physical activity compensation programs?(eg. gym membership, public transportation pass subsidy, fitness equipment allowance)
No Do not know
45. Approximately how many hours during your WORKDAY do you spend:
a) Sitting hrs mins
b) Standing hrs mins
c) Walking hrs mins
d) Biking hrs mins
e) Other, specify hrs mins

Contextual Factors Assessment Individual Questionnaire

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	Alliance 182 Plate #154 Visit #003
Cohort ‡	# MR centre # Participant # F M L
40 11-	de constant de constant de la consta
46. Ho	w do you usually spend your work breaks? (makr all that apply)
	Sitting at desk
	Shopping
	Eating lunch
	Walking
	Watching television/using a computer
	Unorganized physical activity (eg. jogging)
	Organized physical activity (eg. instructor led fitness class)
	Other, specify