



Cohort #

MR centre #

Participant #

Participant
Initials

F M L

4d. During the past 12 months, was there ever a time when you felt sad, blue or depressed for two weeks or more in a row?

 No

 Yes

5. Have either or both of your biological parents had a heart attack?

 No/Unsure

 Yes

6. Diet

6a. Do you eat salty food or snacks one or more times a day?

 No

 Yes

6b. Do you eat deep fried foods or snacks or fast food 3 or more times a week?

 No

 Yes

6c. Do you eat fruit one or more times daily?

 No

 Yes

6d. Do you eat vegetables one or more times daily?

 No

 Yes

6e. Do you eat meat and/or poultry 2 or more times daily?

 No

 Yes

7. How active are you during your leisure time? *(Select one only)*

 Mainly sedentary (e.g. sitting, reading, watching television)

 Mild exercise (minimal effort eg. yoga, archery, sport fishing, easy walking)

 Moderate exercise (eg. walking, bicycle riding, or light gardening at least 4 hours per week)

 Strenuous exercise (heart beats rapidly e.g. running/jogging, football, vigorous swimming)