

OPTIONAL QUESTIONNAIRE**SECTION F. ANTHROPOMETRY/PHYSICAL ACTIVITY****Optional detailed information about anthropometry**

1. When you were born, were you a small, medium or large baby? SMALL (<2.5kg/<5.5lb) 1 / MEDIUM (2.5-3.9kg / 5.5-7lbs) 2 / LARGE (>4kg/>8.8lb) 3 / DK 8888

2. What was your average weight at age 20? _____ KILOGRAMS/ DK 8888

3. What was your average weight at age 30? _____ KILOGRAMS/ DK 8888

4. What was your average weight at age 40? _____ KILOGRAMS/ DK 8888

5. What was your average weight at age 50? _____ KILOGRAMS/ DK 8888

6. What was your average weight at age 60? _____ KILOGRAMS/ DK 8888

7. What was your average weight at age >70? _____ KILOGRAMS/ DK 8888

3. What is your waist and hip circumference (must be measured)?

WAIST _____ CENTIMETERS/NOT POSSIBLE TO MEASURE 8888

HIP _____ CENTIMETERS/NOT POSSIBLE TO MEASURE 8888

4. What was your heaviest weight? _____ KILOGRAMS/ DK 8888

4a. At what age did you weight this much? _____ YEARS / DK 8888

4b. For how many years did you weight this much? _____ YEARS/ DK 8888

4c. Did you gain weight gradually or fast? GRADUALLY 1 / FAST 2 / DK 8888

5. When do you tend to put on weight when you gain weight? HIPS AND THIGHS MOSTLY 1 / WAIST AND STOMACH MOSTLY 2 / BREAST AND UPPER BODY MOSTLY 3 / BUTTOCKS MOSTLY 4 / ALL OVER EQUALLY 5 / NEVER CARRIED ANY EXTRA WEIGHT 6 / DK 8888

Optional information about physical activity

For different periods, please report separately the type of physical activity done at leisure time, and at work.

1. At leisure time:

1a. Period. From AGE ___ TO AGE ___ YEAR

1b. How many hours per week did you engage in low intensity activities? _____ HR A WEEK / DK 8888

1c. How many hours per week did you engage in moderate intensity activities? _____ HR A WEEK / DK 8888

1d. How many hours per week did you engage in intense activities? _____ HR A WEEK / DK 8888

Low intensity: Low physical effort, no sweat and no increase in heart beat: Walking, house work, gardening, carpentry, exercise at home, dancing, petanque, and fishing.

Moderate intensity: moderate physical effort, when practicing it there is moderate sweating and slight increase in heart beat: hiking, ballet, aerobics, gym, jogging, swimming, skiing, tennis, basketball, riding a bike, hunting.

Intense physical activity: requires big physical effort, while practicing it there is a lot of sweating, and there is a clear increase in heart beat: running, lift weightlifting, squash, football, cycling, and competitive sports.

2. At work:

2a. Period. FROM AGE___ TO AGE___ YEAR

2b. How many hours per week did you engage in low intensity activities? _____ HR A WEEK / DK 8888

2c. How many hours per week did you engage in moderate intensity activities? _____ HR A WEEK / DK 8888

2d. How many hours per week did you engage in intense activities? _____ HR A WEEK / DK 8888

Optional information about sleeping habits

1. During the past 10 years, do you usually go to sleep at the same time every day? YES 1 / NO 2 / DK 8888

2. At what time do you usually go to sleep? ____:____H

3. On average, how many hours do you usually sleep? _____HOURS

4. During your life, have you ever had long periods (at least one year) in which you had sleep problems? YES 1 / NO 2 / DK 8888

4a. Which type of sleep problem did you have? DIFFICULTIES TO FALL ASLEEP 1 / WAKE UP IN THE MIDDLE OF THE NIGHT AND PROBLEMS TO SLEEP AGAIN 2 / HAVE TO TAKE MEDICATION TO SLEEP 3./ OTHER 4 / DK 8888

If other, please specify _____

4b. At what age did you started having sleeping problems? _____YEARS

4c. At what age did you stop having sleeping problems? _____ YEARS

5. At any period in your life has there been a time (of a year or longer) in which you have frequently changed the time to go to sleep? YES 1 / NO 2 / DK 8888

5a. Have these changes been the result of working night shifts? YES 1 / NO 2 / DK 8888

If NO, please specify motive _____

6. In a normal week, how many days a week do you take a nap? _____ DAYS A WEEK

SECTION G. WORK EXPOSURE

Beginning with the first job you held for 1 year or longer, please answer the following questions:

1. Period. FROM AGE ___ TO AGE ___ YEARS

2. How much time did you spend at work? Answer below

2a. How many months a year? _____ MONTHS A YEAR

2b. How many days a week? _____ DAYS A WEEK

2c. How many hours a day? _____ HOURS A DAY

3. What was your main activity in this job? _____

4. What were the main tools or products used in this job?

GUIDELINES FOR COMPLETING THE OPTIONAL SECTIONS OF THE QUESTIONNAIRE

This questionnaire was designed for case-control studies. Questionnaire must be applied by trained interviewers and questions must not be modified in any way.

Section F. Anthropometry/ Physical activity

Optional detailed information about anthropometry

1. Indicate if the patient was a small (<2.5kg/<5.5lb), medium (2.5-3.9kg / 5.5-7lbs), or large (>4kg/>8.8lb) baby at birth

2 – 7. Indicate the weight of the patient at each decade of their life from their 20s to their 70s. If the patient is younger than 70, indicate 7777 for the following decades (example: if the patient is their 50s, indicate 7777 for decades 60 and >70)

3. Measure waist and hip circumference of the patient using a measure tape (Circumference of waist, 2 cm above the umbilicus and hip at the maximal protrusion)

4. Indicate the heaviest weight the patient has ever weighted in their lifetime, and age and number of years in which the patient weighted the heaviest. Also indicate if this heavy weight gain was gradually or fast

5. Indicate the main parts of the body in which the patient usually accumulates the weight when gaining weight.

Optional information about physical activity

Inquire about the physical activity of the patient for different habit periods and separately for work and leisure time.

- a. Age of start and finish of the specific activity period
- b. How many hours per week did they engage in low intensity activities
- c. How many hours per week did they engage moderate intensity activities
- d. How many hours per week did they engage intense intensity activities

Low intensity activities are described as low physical effort, no sweat and no increase in heart beat such as: walking, house work, gardening, carpentry, exercise at home, dancing, petanque, and fishing.

Moderate intensity activities are described as moderate physical effort, when practicing it there is moderate sweating and slight increase in heart beat such as: hiking, ballet, aerobics, gym, jogging, swimming, skiing, tennis, basketball, riding a bike, hunting.

Intense physical activities are described as requiring big physical effort, while practicing it there is a lot of seating, and there is a clear increase in heart beat such as: running, lift weighting, squash, football, cycling, and competitive sports.

Optional information about sleeping habits

1. Indicate if during the past ten years the patient usually went to sleep at the same time every day
2. Indicate the time at which the patient reported to usually go to sleep
3. Indicate the patient's average hours of sleep
4. Indicate if the patient reports ever having sleeping problems during long periods (at least one year), if the patient answers affirmatively indicate the type of sleeping problem they had, and the age at which these problems started and finished (indicate for each period, if this occurred more than once).
5. Indicate if the patient reports ever having frequently changed their sleeping hour times during at least one year. If the patient answers affirmatively indicate if this was the result of working night shifts.
6. Indicate how many days a week does the patient normally take a nap