

ATTITUDES ABOUT HEALTH

This survey will provide important information about how people feel about the risk of getting a chronic disease, like diabetes. There are no right or wrong answers. We are interested in *your* opinions and attitudes. Please answer each question as best as you can.

General Attitudes

For each item, please circle the number below the response that BEST DESCRIBES YOUR OPINION.

	Strongly Agree	Agree	Disagree	Strongly disagree
1. I feel that I have little control over risks to my health.	1	2	3	4
2. If I am going to get diabetes, there is not much I can do about it.	1	2	3	4
3. I think that my personal efforts will help control my risks of getting diabetes.	1	2	3	4
4. People who make a good effort to control the risks of getting diabetes are much less likely to get diabetes.	1	2	3	4
5. I worry about getting diabetes.	1	2	3	4
6. Compared to other people of my same age and sex (gender), I am <i>less</i> likely than they are to get diabetes.	1	2	3	4
7. Compared to other people of my same age and sex (gender), I am <i>less</i> likely than they are to get a serious disease.	1	2	3	4
8. Worrying about getting diabetes is very upsetting.	1	2	3	4

Your Attitudes about Health Risks

Below is a list of health problems and diseases. For each one, please circle the number below the words to tell us if you think **your own personal health** is at "almost no risk," "slight risk," "moderate risk" or "high risk" from these problems.

If you, or a family member, already have the disease (or had the disease in the past), please *also* check (✓) the appropriate line on the right.



	Almost No Risk	Slight Risk	Moderate Risk	High Risk	Have(or had) this disease:	
					<i>myself</i>	<i>family member</i>
9. Arthritis	1	2	3	4	_____	_____
10. Heart Disease	1	2	3	4	_____	_____
11. Cancer	1	2	3	4	_____	_____
12. High blood pressure	1	2	3	4	_____	_____
13. Hearing loss	1	2	3	4	_____	_____
14. Asthma	1	2	3	4	_____	_____
15. Diabetes	1	2	3	4	_____	_____
16. Osteoporosis (bone disease)	1	2	3	4	_____	_____
17. Stroke	1	2	3	4	_____	_____
18. Blindness	1	2	3	4	_____	_____
19. Foot amputation	1	2	3	4	_____	_____
20. Infections needing treatment by a doctor	1	2	3	4	_____	_____
21. Impotence (only in men)	1	2	3	4	_____	_____
22. Kidney failure	1	2	3	4	_____	_____
23. AIDS	1	2	3	4	_____	_____

Environmental Health Risks

Below is a list of possible hazards or dangerous conditions in the environment around most of us.

For each one, please circle the number below the words to tell us if your **own personal health** is at "almost no risk," "slight risk," "moderate risk" or "high risk" from each of the following hazards or conditions.

	Almost No Risk	Slight Risk	Moderate Risk	High Risk
24. Medical X-rays (radiation)	1	2	3	4
25. Violent crime	1	2	3	4
26. Extreme weather (hot or cold)	1	2	3	4
27. Driving/riding in an automobile	1	2	3	4
28. "Street" drugs (illegal drugs)	1	2	3	4
29. Air pollution	1	2	3	4
30. Pesticides	1	2	3	4
31. Household chemicals	1	2	3	4
32. Cigarette smoke from people smoking around you	1	2	3	4

Risks of Getting Diabetes for People in the General Public

We would like you to **think about people in the general public** and NOT about your own personal risk of getting diabetes.

Circle the number below the words that best describe your opinion about whether each item listed below *increases (or raises) the risk* of someone getting diabetes, *has no effect on the risk*, or *decreases (or lowers) the risk* of someone getting diabetes.

	Increases the risk	Has NO effect on risk	Decreases the risk	Don't Know
33. Being Asian American	1	2	3	0
34. Being Caucasian (White)	1	2	3	0
35. Eating a healthy diet	1	2	3	0
36. Being Black or African-American	1	2	3	0
37. Being Hispanic	1	2	3	0
38. Having had diabetes during pregnancy	1	2	3	0
39. Having a blood relative with diabetes	1	2	3	0
40. Being 65 years of age or older	1	2	3	0
41. Exercising regularly	1	2	3	0
42. Being American Indian	1	2	3	0
43. Controlling weight gain	1	2	3	0

Thanks!