

Sanofi A-OK (60-3482-09)

1	Province/ Region
2	cma.
3	Education Of Panel Member
4	Household Income
5	Employment Of Panel Member
6	Marital Status
7	Q1. Below you will see a list of items that may or may not put people at risk of developing heart disease. Please indicate the three items that you feel put people at the greatest risk of developing heart disease.
8	Q2. Below you will see a list of items that may or may not put people at risk of developing diabetes. Please indicate the three items that you feel put people at the greatest risk of developing diabetes.
9	Q3. [SUMMARY - TRUE] Here are some statements people have made related to health. Please indicate which of these things you think are true, and which you think are false. If you don't know, please indicate so.
10	Q3. [SUMMARY - FALSE] Here are some statements people have made related to health. Please indicate which of these things you think are true, and which you think are false. If you don't know, please indicate so.
11	Q3_1. [Some kinds of cholesterol are good for you] Here are some statements people have made related to health. Please indicate which of these things you think are true, and which you think are false. If you don't know, please indicate so.
12	Q3_2. [Eating spicy food puts you at higher risk of getting heart disease] Here are some statements people have made related to health. Please indicate which of these things you think are true, and which you think are false. If you don't know, please indicate so.
13	Q3_3. [Being short is bad for your heart] Here are some statements people have made related to health. Please indicate which of these things you think are true, and which you think are false. If you don't know, please indicate so.
14	Q3_4. [Excess fat around the midsection is one cause of high cholesterol] Here are some statements people have made related to health. Please indicate which of these things you think are true, and which you think are false. If you don't know, please indicate so.
15	Q3_5. [Excess fat around the midsection is one cause of high blood sugar] Here are some statements people have made related to health. Please indicate which of these things you think are true, and which you think are false. If you don't know, please indicate so.
16	Q3_6. [Having bad breath is an indicator of diabetes] Here are some statements people have made related to health. Please indicate which of these things you think are true, and which you think are false. If you don't know, please indicate so.
17	Q3_7. [Not getting enough vitamin C in your diet can cause high blood pressure] Here are some statements people have made related to health. Please indicate which of these things you think are true, and which you think are false. If you don't know, please indicate so.
18	Q3_8. [A measurement of waist size gives an indication of a person's risk of developing heart disease or diabetes] Here are some statements people have made related to health. Please indicate which of these things you think are true, and which you think are false. If you don't know, please indicate so.
19	Q3_9. [Chances are if you have high blood pressure,high cholesterol or high blood sugar you'll be more likely to have all three conditions.] Here are some statements people have made related to health. Please indicate which of these things you think are true, and which you think are false. If you don't know, please indicate so.
20	Q3b. To your knowledge, which of the following puts people at a higher risk of developing heart disease or diabetes?
21	Q4. [SUMMARY - TOP2BOX (Extremely/ Very much at risk)] To what degree, do you think people who are overweight are at risk for developing:
22	Q4. [SUMMARY - LOW2BOX (Not at all/ Not very much at risk)] To what degree, do you think people who are overweight are at risk for developing:
23	Q4_1. [Diabetes] To what degree, do you think people who are overweight are at risk for developing:
24	Q4_2. [Cancer] To what degree, do you think people who are overweight are at risk for developing:
25	Q4_3. [Heart attack] To what degree, do you think people who are overweight are at risk for developing:
26	Q4_4. [Heart disease] To what degree, do you think people who are overweight are at risk for developing:
27	Q4_5. [Stroke or 'mini-stroke'] To what degree, do you think people who are overweight are at risk for developing:
28	Q4_6. [Arthritis] To what degree, do you think people who are overweight are at risk for developing:
29	Q4_7. [High blood pressure] To what degree, do you think people who are overweight are at risk for developing:
30	Q4_8. [High cholesterol] To what degree, do you think people who are overweight are at risk for developing:
31	Q4_9. [Sleep apnea] To what degree, do you think people who are overweight are at risk for developing:
32	Q5_1. [What would you consider a normal weight?] Thinking of a 6 foot man who is about 45 years old:
33	Q5_2. [At what weight would you say he was overweight?] Thinking of a 6 foot man who is about 45 years old:
34	Q5_3. [At what weight would you say he was obese?] Thinking of a 6 foot man who is about 45 years old:
35	Q5_1. 6ft Normal
36	Q5_2. 6ft Overweight
37	Q5_3. 6ft Obese
38	Q5a. To your knowledge, what is the measurement of waist size, above which a man would be considered to be at risk for diabetes and cardiovascular disease? (in Inches)

39	Q5a. At Risk Male Waist
40	Q6_1. [What would you consider a normal weight?] Thinking of a 5ft 5inch woman who is about 45 years old:
41	Q6_2. [At what weight would you say he was overweight?] Thinking of a 5ft 5inch woman who is about 45 years old:
42	Q6_3. [At what weight would you say he was obese?] Thinking of a 5ft 5inch woman who is about 45 years old:
43	Q6_1. 5ft5 Normal
44	Q6_2. 5ft5 Overweight
45	Q6_3. 5ft5 Obese
46	Q6a. To your knowledge, what is the measurement of waist size, above which a woman would be considered to be at risk for diabetes and heart disease? (in Inches)
47	Q6a. At Risk Woman Waist
48	Q7. How would you describe your health overall?
49	Q8. [SUMMARY - ALREADY DIAGNOSED/EXTREMELY/VERY AT RISK] To what degree do you feel you personally are at risk for developing.
50	Q8. [SUMMARY - TOP2BOX (Extremely/ Very much at risk)] To what degree do you feel you personally are at risk for developing.
51	Q8. [SUMMARY - LOW2BOX (Not at all/ Not very much at risk)] To what degree do you feel you personally are at risk for developing.
52	Q8_1. [Diabetes] To what degree do you feel you personally are at risk for developing.
53	Q8_2. [Cancer] To what degree do you feel you personally are at risk for developing.
54	Q8_3. [Heart attack / another heart attack] To what degree do you feel you personally are at risk for developing.
55	Q8_4. [Heart disease] To what degree do you feel you personally are at risk for developing.
56	Q8_5. [Stroke or 'mini-stroke' / another stroke or 'mini-stroke'] To what degree do you feel you personally are at risk for developing.
57	Q8_6. [Arthritis] To what degree do you feel you personally are at risk for developing.
58	Q8_7. [High blood pressure] To what degree do you feel you personally are at risk for developing.
59	Q8_8. [High cholesterol] To what degree do you feel you personally are at risk for developing.
60	Q8_9. [Sleep apnea] To what degree do you feel you personally are at risk for developing.
61	Q9. In the past 6 months, how often were you physically active during your leisure time ...? By 'physically active' we mean doing something for at least thirty minutes that would raise your heart rate and perhaps cause you to become warm or breathe more heavily, such as brisk walking, dancing, an exercise class, or sports.
62	Q10. How satisfied are you with your current weight?
63	Q11. Would you say right now that your waistline is:
64	Q12. Would you say that right now you are:
65	Q13. At any time in the last 12 months have you actively tried to lose weight?
66	Q14. In the past 12 months have you actively tried to lose inches from your waist?
67	Q13/14. Actively Tried to Lose Weight in Past 12 Months after Q14
68	Q15. Do you plan to try to lose weight in the next 12 months?
69	Q16b. If you could lose inches from anywhere on your body, from which part of your body would you like to lose those inches?
70	Q16. What is the one most compelling reason as to why you want to lose inches from your waist?
71	Q17b. [SUMMARY - TOP2BOX (Extremely/ Very Important)] The following are some common reasons why people say they want to achieve or maintain a normal weight. Please use the following scale to rate how important each of the following items are to you personally as a reason to try to achieve or maintain a normal weight.
72	Q17b. [SUMMARY - LOW2BOX (Not at all/ Not very Important)] The following are some common reasons why people say they want to achieve or maintain a normal weight. Please use the following scale to rate how important each of the following items are to you personally as a reason to try to achieve or maintain a normal weight.
73	Q17b_1. [To improve my appearance] The following are some common reasons why people say they want to achieve or maintain a normal weight. Please use the following scale to rate how important each of the following items are to you personally as a reason to try to achieve or maintain a normal weight.
74	Q17b_2. [To be more healthy] The following are some common reasons why people say they want to achieve or maintain a normal weight. Please use the following scale to rate how important each of the following items are to you personally as a reason to try to achieve or maintain a normal weight.
75	Q17b_3. [To have a better social life] The following are some common reasons why people say they want to achieve or maintain a normal weight. Please use the following scale to rate how important each of the following items are to you personally as a reason to try to achieve or maintain a normal weight.
76	Q17b_4. [My doctor says I should] The following are some common reasons why people say they want to achieve or maintain a normal weight. Please use the following scale to rate how important each of the following items are to you personally as a reason to try to achieve or maintain a normal weight.
77	Q17b_5. [My friends/ family say I should] The following are some common reasons why people say they want to achieve or maintain a normal weight. Please use the following scale to rate how important each of the following items are to you personally as a reason to try to achieve or maintain a normal weight.
78	Q17b_6. [To have more energy] The following are some common reasons why people say they want to achieve or maintain a normal weight. Please use the following scale to rate how important each of the following items are to you personally as a reason to try to achieve or maintain a normal weight.
79	Q17b_7. [To reduce the risk of getting a serious medical condition.] The following are some common reasons why people say they want to achieve or maintain a normal weight. Please use the following scale to rate how important each of the following items are to you personally as a reason to try to achieve or maintain a normal weight.

80	Q17b_8. [To improve self esteem] The following are some common reasons why people say they want to achieve or maintain a normal weight. Please use the following scale to rate how important each of the following items are to you personally as a reason to try to achieve or maintain a normal weight.
81	Q17. In the past 12 months which, if any, of the following people measured your waist size:
82	Q18. In the past 12 months have you discussed your weight with your doctor?
83	Q19. Why haven't you discussed your weight with your doctor?
84	Q20. Who initiated the first discussion about your weight? Was it:
85	Q21. [SUMMARY - YES] Did you discuss any of the following with your doctor in the past 12 months?
86	Q21. [SUMMARY - YES] Did you discuss any of the following with your doctor in the past 12 months?
87	Q21. [SUMMARY - NO] Did you discuss any of the following with your doctor in the past 12 months?
88	Q21_1. [Health risks associated with being overweight] Did you discuss any of the following with your doctor in the past 12 months?
89	Q21_2. [Health risks associated with having excess fat around the midsection] Did you discuss any of the following with your doctor in the past 12 months?
90	Q21_3. [Health risks associated with being underweight] Did you discuss any of the following with your doctor in the past 12 months?
91	Q21_4. [How to determine whether you are at a normal weight] Did you discuss any of the following with your doctor in the past 12 months?
92	Q21_5. [How to measure your waist size] Did you discuss any of the following with your doctor in the past 12 months?
93	Q21_6. [Strategies for achieving or maintaining a normal weight] Did you discuss any of the following with your doctor in the past 12 months?
94	Q21_7. [Importance of having a healthy waist size] Did you discuss any of the following with your doctor in the past 12 months?
95	Q21_8. [Which type of fat is the most dangerous] Did you discuss any of the following with your doctor in the past 12 months?
96	Q22. Which, if any, of the following strategies did he/ she recommend for you to help achieve or maintain a normal weight?
97	Q23. And which, if any, of the following strategies did you use to try to achieve or maintain a normal weight in the last 12 months?
98	Q23. And which, if any, of the following strategies did you use to try to achieve or maintain a normal weight in the last 12 months?
99	Q24. Below are some common reasons why some people find it difficult to lose weight. What, if any, is the biggest hurdle for you
100	Q24b. What is the second biggest hurdle?
101	Q24c. What is the third biggest hurdle?
102	Q24. [TOTAL - MENTION] Below are some common reasons why some people find it difficult to lose weight. What, if any, is the biggest hurdle for you/ What is the second biggest hurdle?/ What is the third biggest hurdle?
103	Q25. [SUMMARY - TOP2BOX (Agree)] The following statements have been made about exercise, food and weight. For each statement please indicate whether you agree or disagree with each statement, and whether you agree or disagree strongly or moderately.
104	Q25. [SUMMARY - LOW2BOX (Disagree)] The following statements have been made about exercise, food and weight. For each statement please indicate whether you agree or disagree with each statement, and whether you agree or disagree strongly or moderately.
105	Q25_1. [My weight just seems to grow over time, no matter what I eat or do.] The following statements have been made about exercise, food and weight. For each statement please indicate whether you agree or disagree with each statement, and whether you agree or disagree strongly or moderately.
106	Q25_2. [The only way to lose weight is to change your diet and/or exercise more.] The following statements have been made about exercise, food and weight. For each statement please indicate whether you agree or disagree with each statement, and whether you agree or disagree strongly or moderately.
107	Q25_3. [I think about every piece of food I put into my mouth.] The following statements have been made about exercise, food and weight. For each statement please indicate whether you agree or disagree with each statement, and whether you agree or disagree strongly or moderately.
108	Q25_4. [Diets are not effective.] The following statements have been made about exercise, food and weight. For each statement please indicate whether you agree or disagree with each statement, and whether you agree or disagree strongly or moderately.
109	Q25_5. [I don't get enough exercise] The following statements have been made about exercise, food and weight. For each statement please indicate whether you agree or disagree with each statement, and whether you agree or disagree strongly or moderately.
110	Q25_6. [Controlling my weight is a life long struggle.] The following statements have been made about exercise, food and weight. For each statement please indicate whether you agree or disagree with each statement, and whether you agree or disagree strongly or moderately.
111	Q25_7. [I think doctors can help you lose weight if you really want to.] The following statements have been made about exercise, food and weight. For each statement please indicate whether you agree or disagree with each statement, and whether you agree or disagree strongly or moderately.
112	Q25_8. [I'd rather take medication than follow a diet.] The following statements have been made about exercise, food and weight. For each statement please indicate whether you agree or disagree with each statement, and whether you agree or disagree strongly or moderately.
113	Q25_9. [I should exercise for my health, but it is just too hard.] The following statements have been made about exercise, food and weight. For each statement please indicate whether you agree or disagree with each statement, and whether you agree or disagree strongly or moderately.
114	Q25_10. [I should eat healthier than I do.] The following statements have been made about exercise, food and weight. For each statement please indicate whether you agree or disagree with each statement, and whether you agree or disagree strongly or moderately.
115	Q25_11. [Gaining weight is just a natural part of aging.] The following statements have been made about exercise, food and weight. For each statement please indicate whether you agree or disagree with each statement, and whether you agree or disagree strongly or moderately.

<u>116</u>	Q25_12. [Taking medication, when lifestyle and dietary changes are not enough, is an appropriate way to manage my weight.] The following statements have been made about exercise, food and weight. For each statement please indicate whether you agree or disagree with each statement, and whether you agree or disagree strongly or moderately.
<u>117</u>	Q25_13. [You can't really control whether or not you are overweight.] The following statements have been made about exercise, food and weight. For each statement please indicate whether you agree or disagree with each statement, and whether you agree or disagree strongly or moderately.
<u>118</u>	Q25_14. [Diets are short-term fixes don't work so there's no use dieting.] The following statements have been made about exercise, food and weight. For each statement please indicate whether you agree or disagree with each statement, and whether you agree or disagree strongly or moderately.
<u>119</u>	Q25_15. [I feel good about myself no matter what I weigh] The following statements have been made about exercise, food and weight. For each statement please indicate whether you agree or disagree with each statement, and whether you agree or disagree strongly or moderately.
<u>120</u>	Q25_16. [I can lose weight on my own, without the help of anyone] The following statements have been made about exercise, food and weight. For each statement please indicate whether you agree or disagree with each statement, and whether you agree or disagree strongly or moderately.
<u>121</u>	Q25_17. [I don't think being overweight is the problem people say it is] The following statements have been made about exercise, food and weight. For each statement please indicate whether you agree or disagree with each statement, and whether you agree or disagree strongly or moderately.
<u>122</u>	Q25_18. [I think about my weight frequently] The following statements have been made about exercise, food and weight. For each statement please indicate whether you agree or disagree with each statement, and whether you agree or disagree strongly or moderately.
<u>123</u>	Q25_19. [I know it is important to achieve or maintain a certain weight for health reasons, but really I am mainly concerned about how I look] The following statements have been made about exercise, food and weight. For each statement please indicate whether you agree or disagree with each statement, and whether you agree or disagree strongly or moderately.
<u>124</u>	Q26b_1. [A Heart attack] Has a doctor ever told you that you have had:
<u>125</u>	Q26b_2. [A Stroke or 'mini-stroke'] Has a doctor ever told you that you have had:
<u>126</u>	Q26. How tall are you (in Inches)?
<u>127</u>	Q27. About how much do you weight (in Lbs)?
<u>128</u>	Q26/27. BMI Calculation
<u>129</u>	Q28. We would like to ask you to take a measurement of your waist with a tape measure. Do you have a tape measure in your home?
<u>130</u>	Q29. What is your waist measurement in inches?
<u>131</u>	Q30. What is your waist size (in Inches)?
<u>132</u>	Q31. What is your pant waist size (in Inches)?
<u>133</u>	Waist
<u>134</u>	Q32. Please indicate your gender:
<u>135</u>	Q34. Age.
<u>136</u>	Q35. As well as being Canadian, many of us have a relationship to other communities or countries in which our families once lived. Do you consider yourself to be part of any of the following communities?