

**EDITORIAL NOTE:** Although designed for a Chinese population, this module could be adapted easily for an American population by removing the reference to jins in J7 and perhaps replacing kilograms and centimeters with pounds and inches.

## MEN'S HEALTH STUDY IN SHANGHAI

### SECTION J. BODY SIZE

J1. As an adult, what is your (his) height in centimeters?

|\_|\_|\_|  
CM

Don't know ..... 888

J2. As an adult, what is your (his) usual weight in kilograms?

|\_|\_|\_|  
KG

Don't know ..... 888

J3. When you were (he was) about 8-9 years old, compared to other boys your (his) age, were you (was he)...?

- Short..... 1
- Somewhat short ..... 2
- Average height ..... 3
- Somewhat tall..... 4
- Tall ..... 5
- DON'T KNOW ..... 8

**IN 14-16, ASK FOR EACH AGE RANGE, ENDING WITH CURRENT AGE RANGE.**

J4.	Compared with other boys (men) in the same age range, you were (he was) considered...?	8-9 yrs	20-29 yrs	40-49 yrs	60-69 yrs	1988
	Very thin.....	1	1	1	1	1
	Somewhat thin.....	2	2	2	2	2
	Average.....	3	3	3	3	3
	Somewhat heavy.....	4	4	4	4	4
	Very heavy.....	5	5	5	5	5
	Don't know.....	8	8	8	8	8
	Not applicable.....	6	6	6	6	6
J5.	What was your (his) weight in kilograms at different ages? Don't know (=998) .....	_ _ _  Kg  _ _ _	_ _ _  Kg  _ _ _	_ _ _  Kg  _ _ _	_ _ _  Kg  _ _ _	_ _ _  Kg  _ _ _
J6.	What was your (his) trouser waist size in centimeters at different ages? Don't know (=998) .....	_ _ _  Cm  _ _ _	_ _ _  Cm  _ _ _	_ _ _  Cm  _ _ _	_ _ _  Cm  _ _ _	_ _ _  Cm  _ _ _

J7. In the past 5 years, did you (he) lose 10 pounds (9 jins) or more without trying?  
 Yes ..... 1  
 No ..... 2

J8. As an adult, what was your (his) highest weight?  
 |\_|\_|\_|\_|  
 KG

J9. At what age did you (he) first reach this highest weight?  
 |\_|\_|\_|  
 AGE

J10. For how many years or months were you (was he) at this highest weight?  
 |\_|\_|\_| Years ..... 1  
 Months ..... 2

**SECTION K. PHYSICAL MEASUREMENTS**

NOTE: Each measurement is to be taken twice, and the difference between the measurements is to be computed. If the difference exceeds the tolerance limits given below, a third measurement is to be taken and recorded.

K1. Standing height (cm)  
 |\_|\_|\_|\_|\_|\_|

K2. Waist circumference (cm)

First	Second	Difference	Tolerance	Third
_ _ _ _ _	_ _ _ _ _	_ _ _ _ _	2.0	_ _ _ _ _

K3. Hip circumference (cm)

First	Second	Difference	Tolerance	Third
_ _ _ _ _	_ _ _ _ _	_ _ _ _ _	2.0	_ _ _ _ _

K4. Right upper arm circumference (cm)

First	Second	Difference	Tolerance	Third
_ _ _ _ _	_ _ _ _ _	_ _ _ _ _	2.0	_ _ _ _ _

K5. Weight (kg)  
 |\_|\_|\_|\_|\_|

K6. Type of earwax: (EXAMINE BY OTOSCOPE)

Wet .....	1
Dry .....	2
Mixture .....	3
Refused .....	7
Can't classify .....	8

K7. Chest hair density: (REFER TO PHOTOGRAPHS)

None.....	0
Sparse .....	1
Moderate .....	2
Dense .....	3
Very dense .....	4
Refused .....	7
Can't classify .....	8