Healthy Lifestyle Questionnaire

Please fill out this form. Filling out this form will help Every Woman Matters (EWM) and the Nebraska Colon Cancer Screening Program (NCP) determine what services are best for you.

Even if you are not able to get services, you can still get health education.

WHAT YOU NEED TO KNOW:

- You must NOT have health insurance that would pay for preventive services.
- Please answer ALL questions. If you don't we will call you or send the form back to you and this could delay important health screenings.
- Please PRINT clearly. Use a black or blue ink pen. Do not use pencil.
- This is NOT your screening card. Please do not make an appointment with your health care provider until you get a Screening Card.
- After you send this to EWM/NCP, it will be reviewed to see what screenings you are eligible for. This usually takes up to 2 weeks.
- Once the program determines what screenings you are eligible for, a Screening Card and this HLQ, will be returned in the mail so that you can take them to your appointment to give to your healthcare provider.

WHAT YOUR PROVIDER NEEDS TO KNOW:

- Screenings were determined based upon the HLQ submitted to EWM/NCP.
- This HLQ was mailed back to the client with a Screening Card. Client was instructed to bring the form so you can discuss benefits of healthy lifestyle behaviors.
- Clinics may keep the HLQ as a part of the client chart, if so desired.

Thank you for taking time for your health!




Informed Consent and Release of Medical Information

- **You must read pages 2 and 3 to be a part of the Every Woman Matters Program and/or the Nebraska Colon Cancer Screening Program.**
- **You are NOT able to enroll until all pages are filled out.**

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EVERY WOMAN MATTERS (FEMALES)

- I want to be a part of the Every Woman Matters (EWM) Program. I know:
  - I must be between 35-74 years of age to receive services
  - I cannot be over income guidelines
  - If I have insurance, EWM will only pay after my insurance pays
  - I must re-enroll in EWM every year
  - I must be a female (per Federal Guidelines)
  - I will notify EWM if I do not wish to be a part of this program anymore
- I know that if I am 35-74 years of age, I may be eligible for full screening services which may include: breast and cervical cancer screening, screenings for blood pressure, cholesterol, diabetes, and obesity based upon US Preventive Services Task Force and Program Guidelines.
- I have talked with my health care provider about the screening test(s) and understand possible side effects or discomforts.
- I understand that I may be asked to increase my level of physical activity and make changes to my diet as part of the health education offered to me. I understand that before I make these activity and/or diet changes I am encouraged to talk to my health care provider about any related concerns or questions.
- I will talk with my health care provider about how I am going to pay for any tests or services that are not paid by EWM.
- When I receive my Screening Card I will be given an opportunity to make a $5 donation to the program to help other women receive screening services.

NEBRASKA COLON CANCER SCREENING PROGRAM (MALES and FEMALES)

- I want to be a part of the Nebraska Colon Cancer Screening Program (NCP). I know:
  - I must be between 45-74 years of age to receive services (there are no exceptions)
  - I cannot be over income guidelines
  - If I have insurance, NCP will only pay after my insurance pays
  - I must re-enroll in NCP every year
  - I must have a primary care doctor listed
  - I will notify NCP if I do not wish to be a part of this program anymore
  - I must be a Nebraska resident
- If I am eligible to participate, I understand that NCP will look at my health history and tell me what colon cancer screening test I am eligible for.
- Based upon my health history and what type of test I am eligible for, I know that NCP may provide me with a home based stool kit and/or assist me in scheduling a colonoscopy. If I am enrolled in the program and receive a home based stool kit from the program and have a positive test, it will be followed up with a colonoscopy.
  - If I receive a colonoscopy through NCP I understand that I may be asked to pay 10% of the cost.
  - I understand that my payments will help others with colonoscopy costs through NCP.
- I will talk with my health care provider about the screening test(s) for colon cancer and understand possible side effects or discomforts.
- I will talk with my health care provider about how I am going to pay for any tests or services that are not paid by NCP.
- I understand that NCP does not pay for treatment if I am diagnosed with colon cancer. NCP staff will assist me in finding treatment resources.

 Continue Reading on Page 3 ~ You MUST Sign and Date Page 3 ---→

Informed Consent and Release of Medical Information

I know that:

- I may be given information to learn how to change my diet, increase activity, and/or stop smoking. EWM/NCP may remind me when it is time for me to schedule my screening exams and send me mail to help me learn more about my health.

- Based on my personal and health history, I may receive screening and/or health education materials. I know that if I move without giving my mailing address to EWM/NCP, I may not get reminders about screening and education. I accept responsibility for following through on any advice my health care provider may give me.

- My health care provider, laboratory, clinic, radiology unit, and/or hospital can give results of my breast and cervical cancer screening, heart disease and diabetes screening, follow up exams, colorectal screening, diagnostic tests and/or treatment to EWM/NCP.

- To assist me in making the best health care decisions, EWM/NCP may share clinical and other health care information including lab results and health history with my health care providers.

- My name, address, email, social security number and/or other personal information will be used only by EWM/NCP. It may be used to let me know if I need follow up exams. This information may be shared with other organizations as required to receive treatment resources.

- Other information may be used for studies approved by EWM/NCP and/or The Centers for Disease Control and Prevention (CDC) for use by outside researchers to learn more about women's and men's health. These studies will not use my name or other personal information.

In order to be eligible for EWM/NCP you must be a U.S. Citizen or a qualified alien under the Federal Immigration and Nationality Act. Please check which box applies to you.

- For the purpose of complying with Neb. Rev. Stat. 4-111(1)(b),I attest as follows:

❍ I am a citizen of the United States.

OR

❍ I am a qualified alien under the federal Immigration and Nationality Act, 8 U.S.C. 1101 et seq., as such act existed on January 1, 2009, and is lawfully present in the United States. I am attaching a front and back copy of my USCIS documentation. **(for example, Permanent Resident Card or A-Number/Alien Registration Number)**

I hereby attest that my response and the information provided on this form and any related application for public benefits are true, complete, and accurate and I understand that this information may be used to verify my lawful presence in the United States.

Please Print Your Name (first, middle, last)

Your Signature

month day year

Your Date of Birth

month day year

Date of Your Signature

Be Sure to Print Your Name, Sign and Date This Page ⇢

Client Information & Healthy Lifestyle Questionnaire

INSTRUCTIONS: Please answer each question and PRINT clearly!

Version: 1/2024

DEMOGRAPHICS

First Name:	**Middle Initial:**	**Last Name:**
Maiden Name:	**Marital Status:** ❍Single ❍Married ❍Divorced ❍Widowed	
Birthdate: _____/_____/_____ month day year	**Gender:** ❍Female ❍Male ❍Transgender ❍Female to Male ❍Male to Female	**Do you identify as:** ❍Heterosexual ❍Lesbian ❍Bisexual ❍Gay
Social Security #: _____-_____-_____		**Birth Place:** City and State or Country of Birth
Address:		**Apt. #:**
City:	**County:**	**State:** / **Zip:**
Preferred way of contact: ❍ Home (_____)_____ ❍ Work (_____)_____ ❍ Cell (_____)_____	**Best time to reach you?** ❍AM ❍PM ❍ **Yes,** it is okay to text my cell phone.	

❍ **Yes,** I want to receive program information by email. My email is: _____

In case we can't reach you:

Contact person:	Phone: (_____)_____ ❍Home ❍Work ❍Cell	Relationship: ❍Spouse ❍Family/Friend ❍Other _____

Are you of **Hispanic/Latina(o)** origin?	❍Yes ❍No ❍Unknown
What is your **primary language** spoken in your home?	❍English ❍Spanish ❍Vietnamese ❍Other _____
What **race or ethnicity** are you? *(check all boxes that apply)*	❍American Indian/Alaska Native Tribe_____ ❍Black/African American ❍Mexican American ❍White ❍Asian ❍Pacific Islander/Native Hawaiian ❍Other_____ ❍Unknown
Are you a **Refugee**? ❍Yes ❍No ❍DK*	If yes, where from:
Highest level of **education** completed:	❍<9th grade ❍Some high school ❍High school graduate or equivalent ❍Some college or higher ❍Don't Know
How did you **hear about the program**:	❍Doctor/Clinic ❍Family/Friend ❍Agency ❍Newspaper/Radio/TV ❍I am a Current/Previous Client ❍Community Health Worker ❍Social Media (Facebook/Instagram, etc.) ❍Other _____

INCOME & INSURANCE

I may be required to show proof that my income is within the program income guidelines when I am contacted by program staff. If I am found to be over income guidelines, I will be responsible for my bills for services received.

What is your household income **before** taxes?	❍Weekly ❍Monthly ❍Yearly	Income: $ _____
Please Note: - Self employed are to use net income after taxes. - If you do not have any income, please write $0 in the income space.		**Forms will be returned if the income space is left blank.**
How many **people** live on this income?	❍1 ❍2 ❍3 ❍4 ❍5 ❍6 ❍7 ❍8 ❍9 ❍10 ❍11 ❍12	
Do you have **insurance**? ❍Yes ❍No	If **yes**, is it:	❍Medicare (for people 65 and over) ❍Part A and B ❍Part A only ❍Medicaid (full coverage for self) ❍Catastrophic Insurance Only ❍Private Insurance with or without Medicaid Supplement ***(please list)***_____

 You're On a Roll.....Continue to Page 5 ---→

Client Information & Healthy Lifestyle Questionnaire

INSTRUCTIONS: Please answer each question and PRINT clearly!

Version: 1/2024

BREAST & CERVICAL

****ONLY females need to answer the questions in this box**

1. Have you ever had any of the following tests?:			
Pap test	❍Yes ❍No ❍DK*	Previous/Prior Pap Test Date: ___/___/___	Result: ❍Normal ❍Abnormal ❍DK*
HPV test	❍Yes ❍No ❍DK*	Previous/Prior HPV Test Date: ___/___/___	Result: ❍Normal ❍Abnormal ❍DK*
Mammogram	❍Yes ❍No ❍DK*	Previous/Prior Mammogram Date: ___/___/___	Result: ❍Normal ❍Abnormal ❍DK*
2. Have **you** ever had a **hysterectomy** *(removal of the uterus)*? 2a. Was your cervix removed? 2b. Was your **hysterectomy** to treat cervical cancer?			❍Yes ❍No ❍DK* ❍Yes ❍No ❍DK* ❍Yes ❍No ❍DK*
3. Has your ***mother, sister or daughter*** ever had **breast cancer**? 4. Have **you** ever had breast cancer? 5. Have **you** ever had cervical cancer?		❍Yes ❍No ❍DK* ❍Yes ❍No ❍DK* ❍Yes ❍No ❍DK*	When: _____/_____/_____ When: _____/_____/_____

COLON CANCER

1. How many **1st degree relatives**, excluding yourself, ***(parents, brothers, sisters, children)*** have been told they have **colon cancer or rectal cancer**?			❍0 ❍1 ❍2 ❍3+ ❍DK*
2. How many of those family members with **colon cancer** were **under the age of 60**?			❍0 ❍1 ❍2 ❍3+ ❍DK*
3. How many **1st degree relatives,** excluding yourself, ***(parents, brothers, sisters, children)*** have been told they have **polyps in the colon**?			❍0 ❍1 ❍2 ❍3+ ❍DK*
4. How many of those family members with **polyps** were **under the age of 50**?			❍0 ❍1 ❍2 ❍3+ ❍DK*
5. How many **1st degree relatives**, excluding yourself, ***(parents, brothers, sisters, children)*** have been told they have **other types of cancer**?			❍0 ❍1 ❍2 ❍3+ ❍DK*
5a. What kind of **cancer** did they have?			
6. Have **you** ever been told that you have had **polyps** in the colon?			❍Yes ❍No ❍DK*
6a. What **type of polyps** did you have? _____ **How many** polyps did you have?_____			
7. Have **you** ever had any of the **following tests**? *(Dates and results need to be marked)*:			
Home Based Stool Kit	❍Yes ❍No ❍DK*	Most Recent Date___/___/___	Result: ❍Normal ❍Abnormal
Sigmoidoscopy	❍Yes ❍No ❍DK*	Most Recent Date___/___/___	Result: ❍Normal ❍Abnormal
Were polyps removed?	❍Yes ❍No ❍DK*		
Colonoscopy	❍Yes ❍No ❍DK*	Most Recent Date___/___/___	Result: ❍Normal ❍Abnormal
Were polyps removed?	❍Yes ❍No ❍DK*		
Double Contrast Barium Enema (DCBE)	❍Yes ❍No ❍DK*	Most Recent Date___/___/___	Result: ❍Normal ❍Abnormal
8. Have **you** ever been told by a doctor, nurse, or other health professional that you have had:			
Crohns Disease Familial Adenomatous Polyposis (FAP) Hereditary Non Polyposis Colorectal Cancer (HNPCC) Inflammatory Bowel Disease (IBD) Ulcerative Colitis			❍Yes ❍No ❍DK* ❍Yes ❍No ❍DK* ❍Yes ❍No ❍DK* ❍Yes ❍No ❍DK* ❍Yes ❍No ❍DK*
9. Are **you** currently under a doctor's care for any of the above conditions?			❍Yes ❍No ❍DK*
10. Within the last **30 days** have you had bleeding from the rectum?			❍Yes ❍No ❍DK*
10a. What did your doctor say about your **rectal bleeding**?			
11. Have **you** ever been told that you have had **colon or rectal cancer**?			❍Yes ❍No ❍DK*
11a. If yes, **when** were you diagnosed?			_____/_____/_____
12. My **Every Woman Matters or Primary doctor** is: *(please print)*			
Name of Clinic		City	Phone

**DK - Don't Know/Not Sure*

First Name: _____ Last Name: _____ Date of Birth: ____/____/____

Keep Moving for Your Health! ➝

Client Information & Healthy Lifestyle Questionnaire

INSTRUCTIONS: Please answer each question and PRINT clearly!

Version: 1/2024

DIET & PHYSICAL ACTIVITY

1. How many cups of **fruit** do you eat in an average day? *(1 cup equals 1 large banana or 1 medium apple)*	❍0 ❍1 ❍2 ❍3 ❍4 ❍5 ❍6+ ❍DK*
2. How many cups of **vegetables** do you eat in an average day? *(1 cup equals 12 baby carrots or 1 ear corn)*	❍0 ❍1 ❍2 ❍3 ❍4 ❍5 ❍6+ ❍DK*
3. Do you eat **fish** at least two times a week?	❍Yes ❍No ❍DK*
4. How many servings of **grain products** do you eat in a day? *(serving equals 1 slice whole wheat bread, 3 cups popped popcorn, 1/2 cup rice/pasta, 3/4 cup oatmeal)*	❍0 ❍1 ❍2 ❍3 ❍4 ❍5 ❍6+ ❍DK*
4a. Of these servings, how many are **whole grain?**	❍Less than half ❍About half ❍More than half ❍DK*
5. Do you drink less than 36 ounces of **beverages with added sugars** weekly? *(3 (12 ounce) cans regular soda, juice, alcohol, specialty drinks)*	❍Yes ❍No ❍DK*
6. Are you currently watching or reducing your **sodium** or **salt** intake?	❍Yes ❍No ❍DK*
7. How many minutes of **physical activity** do you get in a WEEK? *(walking/running, aerobic dancing, water aerobics, general gardening, bicycling)*	_____ Minutes ❍DK*

CHOLESTEROL, BLOOD PRESSURE & DIABETES

	HIGH BLOOD PRESSURE	HIGH CHOLESTEROL	DIABETES
1. Has your doctor, nurse or other health professional **EVER** told you that you have:	❍Yes ❍No ❍DK*	❍Yes ❍No ❍DK*	❍Yes ❍No ❍DK*
2. Do you take any medication prescribed by your doctors **NOW** to lower:	❍Yes ❍No ❍DK*	❍Yes ❍No ❍DK*	❍Yes ❍No ❍DK*
3. During the **past 7 days**, how many days *(including today)* did you take your medication as prescribed:	_____ Days ❍Not Applicable ❍DK*	_____ Days ❍Not Applicable ❍DK*	_____ Days ❍Not Applicable ❍DK*
On days you **did not take your medication** as prescribed, please tell us why:	❍Cost ❍Forgot to take ❍Side Effects ❍Need Refill ❍Don't Want to take Meds ❍Other _____	❍Cost ❍Forgot to take ❍Side Effects ❍Need Refill ❍Don't Want to take Meds ❍Other _____	❍Cost ❍Forgot to take ❍Side Effects ❍Need Refill ❍Don't Want to take Meds ❍Other _____
5. Do you check your **BLOOD PRESSURE** when you are not at the doctor's office *(at home, at pharmacy, or at a store, etc.)*?	❍Yes ❍No ❍DK*		
5a. If no, provide reason:	❍No, never told to check ❍No, don't know how to check ❍No, don't have equipment		
5b. If yes, how often do you check your **BLOOD PRESSURE**:	❍Multiple times a day ❍Daily ❍Weekly ❍A few times per week ❍Monthly ❍DK*		
5c. If yes, do you share your **BLOOD PRESSURE** numbers with your doctor that you take at home, the pharmacy or a store?	❍Yes ❍No ❍DK*		

HEART

1. Have you been **diagnosed** by a healthcare provider as having **any** of these conditions:
(mark all that apply)

Coronary Heart Disease/Chest Pain:	❍Yes ❍No ❍DK*
Congenital Heart Defects:	❍Yes ❍No ❍DK*
Heart Failure:	❍Yes ❍No ❍DK*
Stroke/Transient Ischemic Attack (TIA):	❍Yes ❍No ❍DK*
Vascular Disease:	❍Yes ❍No ❍DK*
Heart Attack:	❍Yes ❍No ❍DK*
(females only) Gestational Hypertension:	❍Yes ❍No ❍DK*
(females only) Gestational Diabetes:	❍Yes ❍No ❍DK*
(females only) Pre-Eclampsia/Eclampsia	❍Yes ❍No ❍DK*

2. Are you taking **aspirin daily** to help prevent a heart attack or stroke? ❍Yes ❍No ❍DK*

SMOKING

1. Do you **smoke**? Includes cigarettes, pipes, or cigars *(smoked tobacco in any form)*

❍Current Smoker
❍Quit (1-12 months ago)
❍Quit (More than 12 months)
❍Never Smoked

*DK - Don't Know/Not Sure

 Keep Going! You Are Almost Done! ---→ First Name: _____ Last Name: _____ Date of Birth: ____/____/____

INSTRUCTIONS: Please answer each question and PRINT clearly!

Version: 1/2024

DAILY LIFE	
1. Thinking about your **physical health**, which includes physical illness and injury, on how many days during the past **30 days** was your physical health **not good**?	_____ Days ❍DK*
2. Thinking about your **mental health**, which includes stress, depression, and problems with emotions, on how many days during the past **30 days** was your mental health **not good**?	_____ Days ❍DK*
3. During the past **30 days**, on about how many days did poor physical or mental health keep you from doing your **usual activities**, such as self-care, work, or recreation?	_____ Days ❍DK*
4. Are you limited in any activities because of physical, mental or emotional problems?	❍Yes ❍No ❍DK*
5. Do **you now have** any health problems that requires you to use **special equipment**, such as a cane, a wheelchair, a special bed or a special telephone?	❍Yes ❍No ❍DK*
5a. If yes, what **type of disability**?	❍Emotional ❍Intellectual ❍Physical ❍Sensory
6. Over the past 2 weeks, **how often** have you been bothered by any of the following problems: 6a. **Little interest or pleasure in doing things**:	❍Not at all ❍Several days ❍More than half ❍Nearly every day
6b. **Feeling down, depressed, or hopeless**:	❍Not at all ❍Several days ❍More than half ❍Nearly every day
7. Do **you own or use** any of the following types of **computers**? 7a. Desktop/Laptop: 7b. Smartphone: 7c. Tablet/Other portable wireless computer:	 ❍Yes ❍No ❍DK* ❍Yes ❍No ❍DK* ❍Yes ❍No ❍DK*
8. Do you or any member of your household have **access to the internet**?	❍Yes-by paying a cell phone company / internet service provider ❍Yes-without paying a cell phone company / internet service provider ❍No access to internet in the house, apartment or mobile home ❍DK*
9. During the last **12 MONTHS**, was there a time when you were worried you would **run out of food** because of lack of money or other resources?	❍Yes ❍No ❍DK*
10. Have you ever **missed a doctor's appointment** because of **transportation** problems?	❍Yes ❍No ❍DK*
11. If you are currently using **child care services** please identify the type of services you use, if not, select *Not Applicable*. ***(select all that apply)***	❍Infant (Birth to 11 months) ❍Toddler (11 to 36 months) ❍Preschool (3 to 5 years) ❍After School Care (K-9th Grade) ❍Not Applicable ❍DK*
12. Have you had any of these **child-care related problems** during the past year? ***(select all that apply)***	❍Cost ❍Availability ❍Location ❍Transportation ❍Hours of Operation ❍Other ❍Not Applicable ❍DK*
13. What is your **housing situation**?	❍I have housing ❍I have housing, but I am worried about losing my housing ❍I do not have housing ❍DK*

**NA - Not Applicable *DK - Don't Know/Not Sure*

First Name: _____ Last Name: _____ Date of Birth: ____/____/____ **Great Job! One More Section to Go!** ⇢

Client Information & Healthy Lifestyle Questionnaire

INSTRUCTIONS: Please answer each question and PRINT clearly!

Version: 1/2024

SAFETY & WELLNESS	
1. How many days in the last week have you had a **drink containing alcohol**?	❍Never _____Days ❍DK*
1a. On days that you had a drink containing alcohol, **how many drinks** did you have? *(one drink contains 14 grams of pure alcohol, which is found in: 12 ounces of regular beer, 5 ounces of wine or 1.5 ounces of distilled spirits)*	❍Never _____Drinks ❍DK*
2. If you are a **woman**, how many days in the past year have you had 4 or more alcoholic drinks in a day?	❍Never _____ Days ❍NA* ❍DK*
3. If you are a **man**, how many days in the past year have you had 5 or more alcoholic drinks in a day?	❍Never _____ Days ❍NA* ❍DK*
4. During the past 12 months, have you had a **flu shot or flu mist**?	❍No ❍Yes ❍DK*
4a. If not, please share why?	
5. Have you had a **pneumonia shot**?	❍No ❍Yes ❍DK*
6. When did you last visit a **dentist or a dental clinic** for any reason?	❍Within past year ❍Within past 2 years ❍2 or more years ago ❍Never ❍DK*
7. The following will ask about **how safe you feel**:	
7a. How **often** does your partner **physically hurt you**?	❍Never ❍Rarely ❍Sometimes ❍Fairly Often ❍Frequently ❍Response not given
7b. How **often** does your partner **insult or talk down to you**?	❍Never ❍Rarely ❍Sometimes ❍Fairly Often ❍Frequently ❍Response not given
8. These four items are related to **medicine that you take** for ***any health conditions*** that you might have: 8a. Do you ever forget to take your medicine? 8b. Are you careless at times about taking your medicine? 8c. When you feel better, do you sometimes stop taking your medicine? 8d. Sometimes if you feel worse when you take your medicine, do you stop taking it?	 ❍Yes ❍No ❍Response not given ❍Yes ❍No ❍Response not given ❍Yes ❍No ❍Response not given ❍Yes ❍No ❍Response not given

**NA - Not Applicable *DK - Don't Know/Not Sure*

Great Job! You're DONE!!

If you have questions, please contact the Nebraska Women's & Men's Health Programs:

Nebraska Women's & Men's Health Programs
301 Centennial Mall South || P.O. Box 94817
Lincoln, NE 68509-4817

Toll Free: 800-532-2227
In Lincoln: 402-471-0929
Fax: 402-471-0913

Websites: www.dhhs.ne.gov/womenshealth
www.dhhs.ne.gov/crc

Email: dhhs.ewm@nebraska.gov (Every Woman Matters)
dhhs.nccsp@nebraska.gov (Nebraska Colon Program)

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