VIGITEL

Ministry of Health - Health Surveillance Secretariat Surveillance of Risk and Protection Factors for Chronic Noncommunicable Diseases by Telephone Interviews (Vigitel) - 2019 Hotline - 136
INTERVIEW City: XX, confirm the city: \square yes \square no (thank and close; exclude from sample bank and agenda).
1. Replica XX number of residents XX number of adults XX
2. Good morning / afternoon / evening. My name is XXXX. I'm from the Ministry of Health, is your phone number XXXX? □ Yes □ No - Sorry, I called the wrong number
3. I would like to speak to NAME OF SELECTED INDIVIDUAL. Is he $\/$ she home?
 Yes No - What is the best day of the week and time to talk to Mr. Mrs. NAME OF SELECTED INDIVIDUAL? Residence to return. Thank you, we will call you back. Close it.
3.a Can I talk to him / her now?
 □ No - What is the best day of the week and time to Mr. Mrs. NAME OF SELECTED INDIVIDUAL? □ Residence to return. Thank you, we will call you back. Close it.
4. Have you been informed about the assessment conducted by the
Ministry of Health? Yes (skip to Q5) No - The Ministry of Health is evaluating the health conditions of the Brazilian population and your telephone number was selected to participate in the interview. The interview should take about 10 minutes. Your answers will be kept confidential and will be used together with the answers of the other interviewees to provide a scenario of the current health conditions of the Brazilian population. For your safety, this interview will be recorded. If you have any questions about the research, you can clarify it directly on the "Disque Saúde" of the Ministry of Health on number 136. Would you like to write down the phone now or at the end of the interview? We inform that this research is regulated by the National Commission for Ethics in Research for Human Beings (CONEP) of the Ministry of Health.

5. Can we start the intervi ☐ Yes (skip to Q6) ☐ No - What is the best do ☐ Residence to return. Th	ay of						
Q6. How old are you? (or	nly ≥18	3 years	s and ·	<150)		years	
Q7. Sex: 1 () Male (skip Q14) Q14)			2 ()	Female	e (if > 50) years old, s	skip
Q8. What is your schoolin 8A completed?	g?	8B -	What	was the	e last gr	ade (year) y	you
1 Elementary school		□ 2	□ 3	□ 4			
2 □ Admission 3 □High school	□ 4□ 1	□ 2	□ 3	□ 4			
□ 1 □ 2 □ 3 □ 4 □ 5 □ 6 □ 5 □ High school or techn adult education □ 1 □ 2 □ 3 □ 6 □ Higher education □ 1 □ 2 □ 3 □ 4 □ 5 □ 6 □ 7 □ Graduate studies (special conditions) 8 □ Illiterate 777 □ Do not know (only 888 □ Did not want to an	iical o 7 - 8 ecializ Q6> 6	or + cation,					ool
Q9. Do you know your we 30 kg and <300 kg)	eight (even i	if it is a	ın appro	oximate	value)? (on	ly ≥
kg 777 \(\text{Do not know} \) 888 \(\text{Did not want to inform}					n		
Q11. Do you know your height? (only \geq 1.20 m and $<$ 2.20 m)m cm 777 \square Do not know 888 \square Did not want to inform							
Q12. Do you remember age? (Only for Q6> 20 years) 1 □ Yes 2 □ No (skip) Q13. Which was? (only ≥ 2)	to Q	14)		-	ht arou	nd 20 years	of
kg 888 🗆 Di	•		•	•			

Q14. Are you pregnant a 1 □ Yes	t the moment? (Or 2 □ No	nly if q6 <50 & q7 = 2) 777 □ Do not know			
R190. Do you have license to drive a car, motorcycle and / or other vehicle?					
1 □ yes	2 □ No	888 🗆 Did not want to inform			
R128a. Do you drive a ca 1 □ yes	r, motorcycle and 2 □ No	/ or other vehicle? 888 □ Did not want to inform			
Now I'm going to ask you	some questions a	bout your eating habits			
Q15. On how many days 1 () 1 to 2 days a week 2 () 3 to 4 days a week 3 () 5 to 6 days a week 4 () Everyday (including 5 () Almost never 6 () Never					
Q16. On how many days of the week, you usually eat at least one type of vegetable or legume (lettuce, tomato, cabbage, carrot, chayote, eggplant, zucchini - not including potatoes, cassava and yam)? 1 () 1 to 2 days a week 2 () 3 to 4 days a week 3 () 5 to 6 days a week 4 () Everyday (including Saturday and Sunday) 5 () Almost never (skip to Q25) 6 () Never (skip to Q25)					
Q17. On how many days of the week, do you usually eat lettuce and tomato salad or any other raw vegetable or legume? 1 () 1 to 2 days a week 2 () 3 to 4 days a week 3 () 5 to 6 days a week 4 () Everyday (including Saturday and Sunday) 5 () Almost never (skip to Q19) 6 () Never (skip to Q19)					
Q18. On an ordinary day 1 () At lunch (once a da 2 () At dinner or 3 () At lunch and dinner	у)	d do you usually eat:			

Q19. On how many days of the week, do you eat COOKED vegetables or legumes with food or soup, such as cabbage, carrots, chayote, eggplant, zucchini, not including potatoes and cassava? 1 () 1 to 2 days a week 2 () 3 to 4 days a week 3 () 5 to 6 days a week 4 () Every day (including Saturday and Sunday) 5 () Almost never (skip to Q25) 6 () Never (skip to Q25)
Q20. On an ordinary day, do you eat cooked vegetables or vegetables? 1 () At lunch (once a day) 2 () At dinner or 3 () At lunch and dinner (twice a day)
Q25. On how many days of the week, do you usually drink natural fruit juice? 1 () 1 to 2 days a week 2 () 3 to 4 days a week 3 () 5 to 6 days a week 4 () Everyday (including Saturday and Sunday) 5 () Almost never (skip to Q27) 6 () Never (skip to Q27)
Q26. On an ordinary day, how many glasses of natural fruit juice do you usually drink? 1 () 1 2 () 2 3 () 3 or more
Q27. On how many days of the week do you usually eat fruits? 1 () 1 to 2 days a week 2 () 3 to 4 days a week 3 () 5 to 6 days a week 4 () Everyday (including Saturday and Sunday) 5 () Almost never (skip to Q29) 6 () Never (skip to Q29)
Q28. On an ordinary day, how many times do you eat fruits? 1 () 1 time in the day 2 () 2 times a day 3 () 3 or more times a day

Q29. On how many days of the week do you usually drink soft drinks or artificial juice? 1 () 1 to 2 days a week 2 () 3 to 4 days a week 3 () 5 to 6 days a week 4 () Everyday (including Saturday and Sunday) 5 () Almost never (skip to R301) 6 () Never (skip to R301)
Q30. What type? 1 () Regular 2 () Diet / light / zero 3 () Both
Q31. On an ordinary day, how many glasses / cans do you usually drink? 1 □ 1 2 □ 2 3 □ 3 4 □ 4 5 □ 5 6 □ 6 or + 777 □ Do not know
Now I will list some foods and I would like you to tell me if you have eaten any of them yesterday (from when you woke up to when you went to sleep)
R301. I will start with natural or basic foods. a. Lettuce, cabbage, broccoli, watercress or spinach 1 Ures 2 No
b. Pumpkin, carrot, sweet potato or okra / caruru1 □ Yes 2 □ No
c. Papaya, mango, yellow melon or pequi 1 ☐ Yes 2 ☐ No
d. Tomato, cucumber, zucchini, eggplant, chayote or beetroot 1 \square Yes $2\square$ No
e. Orange, banana, apple or pineapple 1 ☐ Yes 2 ☐ No
f. Rice, pasta, polenta, couscous or green corn 1 □ Yes 2 □ No
g. Beans, peas, lentils or chickpeas 1 □ Yes 2 □ No
h. Common potato, cassava or yam 1 ☐ Yes 2 ☐ No

i. Beef, pork	, chicken or fish
1□ Yes	2□ No
j. Fried, boile	ed or scrambled egg
1□ Yes	2 No
k. milk 1 🗆 Yes	2□ No
I. Peanuts, c	cashews or Brazil nuts
1□ Yes	2 No
	will list processed foods or products.
a. Soft drink: 1□ Yes	
b. Fruit juice	in box or can
1□ Yes	2 No
c. Drink pow 1□ Yes	
d. Chocolat	
e. Flavored 1 🗆 Yes	•
f. Packet sno	ack (or chips) or cookie / cracker
1 🗆 Yes	2 No
g. Cookie /	sweet cookie, stuffed cookie or package cookie
1 🗆 Yes	2 No
h. Chocolat	re, ice cream, jelly, flan or other industrialized dessert
1□ Yes	2 No
_	oologna or ham 2 No
j. Loaf, hot d	dog or hamburger bread
1□ Yes	2 No
•	ise, ketchup or mustard 2□ No

I. Margarine 1□ Yes	2□ No	
m. Instant noo frozen dish 1□ Yes	odles, packaged soup 20 No	o, frozen lasagna or other ready-to-eat
Now, some qu	uestions on the consu	mption of alcoholic beverages
-	usually drink alcohol? 2 – no (skip to R128c 1)	
1 () 1 to 2 day 2 () 3 to 4 day 3 () 5 to 6 day 4 () Everyday 5 () Less than	ys a week	and Sunday)
alcoholic drin be five cans	of beer, five glasse	rou consume five or more doses of on? (five doses of alcoholic drink would s of wine or five doses of cachaça, olic beverage) (for men only)
1 □ Yes (skip t	o Q39)	2 □ No (skip to R128a)
on a single o beer, 4 glass	ccasion? (four doses	consume four or more doses of alcohol of alcoholic drink would be 4 cans of es of cachaça, whiskey or any other n only) 2 no (skip to R128a)
		nth did this occur?

 15 Tennis 16 Dance (ballet, ballroom, belly dance) 17 Others
Q44. Do you exercise at least once a week? 1 a yes 2 no (skip to Q47)
Q45. How many days per week do you practice physical exercise or sport? 1 □ 1 to 2 days a week 2 □ 3 to 4 days a week 3 □ 5 to 6 days a week 4 □ Everyday (including Saturday and Sunday)
Q46. On the day you practice physical exercise or sport, how long does this activity last? 1 □ Less than 10 minutes 2 □ Between 10 and 19 minutes 3 □ Between 20 and 29 minutes 4 □ Between 30 and 39 minutes 5 □ Between 40 and 49 minutes 6 □ Between 50 and 59 minutes 7 □ 60 minutes or more
Q47. In the past three months, did you work? 1 \(\text{Yes} \) 2 \(\text{No (skip to Q52)} \)
Q48. In your work, do you walk much? 1 a yes 2 a no 777 a Do not know
Q49. In your work, do you carry weight or do another heavy activity? 1 \(\text{Yes} \) 2 \(\text{No (skip to Q50)} \) 777 \(\text{Do not know (skip to Q50)} \)
R147. In a typical week, on how many days do you do these activities at work? Number of days 555 □ Less than once a week 888 □ Did not want to answer
R148. When you perform these activities, how long do they usually last? HH: \mbox{MM}
Q50. Do you go to or return from work on foot or by bicycle? 1 □ Yes, the whole route 2 □ Yes, part of the route 3 □ no (skip to Q52)

Q51. How much time do you spend traveling to go to work and home in this route (on foot or by bicycle)? 1
Q52. Are you currently attending a course / school or taking someone to a course / school?
1 \square Yes 2 \square No (skip to Q55) 888 \square Did not want to inform (skip to Q55)
Q53. To go to or return from this course or school, do you travel by foot or bicycle?
1 ☐ Yes, the whole route 2 ☐ Yes, part of the route 3 ☐ No (skip to Q55)
Q54. How much time do you spend traveling to go to work and go back home on this route (on foot or by bicycle)? 1
Q55. Who usually cleans your house? 1 Me, alone (skip to R149) 2 Me, with another person 3 Another person (skip to Q59a)
Q56. The heaviest part of the cleaning is: 1 □ Me 2 □ Another person (skip to Q59a) 3 □ Both
R149. In a normal week, how many days do you clean your house? Number of days 555 □ Less than once a week 888 □ Did not want to answer
R150. How long does the cleaning usually take?

Q59a. On avera television?	ge, how m	nany hou	rs a	day	do	you	usually	watch
1 () Less than 1 ha 2 () Between 1 ar 3 () Between 2 ar 4 () Between 3 ar 5 () Between 4 ar 6 () Between 5 ar 7 () More than 6 to 8 \(\) Does not wate	nd 2 hours nd 3 hours nd 4 hours nd 5 hours nd 6 hours nours	٦						
Q59b. In your SPA participate in soc		-		-			-	
games? 1 \(\text{Yes} \) 2 \(\text{D} \)	No (skip to	Q60)	77	7 🗆 D	o no	t kno	w (skip t	o Q60)
Q59c. On average, how many hours of your free time (excluding work), do you use the computer, tablet or cell phone in one day? 1 () Less than 1 hour 2 () Between 1 and 2 hours 3 () Between 2 and 3 hours 4 () Between 3 and 4 hours 5 () Between 4 and 5 hours 6 () Between 5 and 6 hours 7 () More than 6 hours								
In the next question			IIIE :	SIIIOKI	ilig il	idbii.		
Q60. Do you curre 1 () Yes, daily (go 2 () Yes, but not o	to Q61)			3 () N	lo (sk	kip to	Q64)	
Q61. How many of 1 1-4 2 5-9 3 10-14 4 15-19 5 20-29 6 30-39 7 40 or +	igarettes do	o you smo	ke p	er day	y?		(go to	Q62)

Q61a. How mo 1 = 1-4 2 = 5-9 3 = 10-14 4 = 15-19 5 = 20-29 6 = 30-39 7 = 40 or +	any cigarettes d	do you smoke per week? (only if Q60 = 2)
Q62. How old years and \geq 6)	=	en you started smoking regularly? (only ≥ 5
years		7 🗆 Do not remember
-	u tried to quit sm	noking? 2 □ No (skip to Q67)
1 () Yes, daily 2 () Yes, but n 3 () No (Go to Q69 if h	•	one and does not work)
Q67. Do any o 1 yes	• •	no live with you smoke indoors? 888 Did not want to inform
you work? (or 1 □ Yes go to Q69)	for Q47 = 1) $2 \square \text{ No (s)}$	work smoke in the same environment where skip to R401 if $Q60 = 1$ or $Q60 = 2$; IF $Q60 = 3$, (skip to R401 if $Q60 = 1$ or $Q60 = 2$; IF $Q60 = 1$
	you work indoo 2□ No	ors? 888 🗆 Did not want to inform

R401. The last time you bought cigarettes for your own use, how many cigarettes did you buy? (Interviewer: record the quantity and, when necessary, record the details of the unit) (Answer if q60 = 1 or q60 = 2)

Unit	Qtt.	Details
a. Cigarettes	_1	
b. Packs	l	(How many cigarettes were in each pack)
c. Packages	_1	_ (How many packs were in each package) & _ (How many cigarettes were in each pack)
I do not buy cigarettes for own use (skip to Q69)		

R402. In total, how much did you pay for that purchase? \mathbb{R} \$

R403. Do you use electronic devices with liquid nicotine or chopped tobacco leaf (electronic cigarette, electronic hookah, heated cigarette or other electronic device) to smoke or vaporize? (Do not consider marijuana)

<read< th=""><th>OPTIONS></th></read<>	OPTIONS>
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1 () Yes,	d	ai	lv
	, , , ,	\sim	Q.	ıу

- 2 () Yes, less than daily
- 3 () No, but I used it in the past
- 4 () Never used

Q69. What is your skin color or race?

- 1 () White
- 2() Black
- 3 () Yellow
- 4 () Brown
- 5 () Indigenous
- 777 □ Do not know
- 888 Did not want to inform

CIVIL. What is your current marital status?

- 1 () Single
- 2 () Married legally
- 3 () Stable union for more than six months
- 4 () Widowed
- 5 () Separated or divorced
- 888 () Did not want to inform

Q70. In addition to this phone number, do you have another landline number in your home?
1 □ Yes 2 □ No (skip to Q74)
Q71. If so: How many in total? phone numbers or lines
Now, we are reaching the end of the questionnaire and we would like to know about your health status.
Q74. How would you rate your health status? 1 () Very good 2 () Good 3 () Regular 4 () Poor 5 () Very poor 777 Do not know 888 Did not want to inform
Q75. Has any doctor ever told you that you have high blood pressure? 1 □ Yes 2 □ No (skip to Q76) 777 □ Do not remember (skip to Q76)
R 203. Has any doctor ever prescribed you medication to control high
blood pressure? 1 □ Yes 2 □ No 777 □ Do not remember
R129. Are you currently taking any medications to control high blood pressure? 1 □ Yes 2 □ No (skip to Q76) 777 □ Do not know (skip to Q76) 888 □ Did not want to answer (skip to Q76)
R130a. How do you get medication to control high blood pressure? 1 () SUS health unit 2 () Popular federal government pharmacy 3 () Other place (private / private pharmacy, drugstore) 777 Do not know 888 Did not want to answer
R174. In the past 30 days, have you been without any of the medications to control high blood pressure for some time? (APPLY if R129 = 1) 1 \square Yes 2 \square No 777 \square Do not remember

R175 When was the last time you measured your blood pressure? 1 Less than 6 months 2 Between 6 months and 1 year 3 Between 1 and 2 years 4 Between 2 and 3 years 5 3 years or more 6 Never 777 Do not know / remember
Q76. Has any doctor ever told you that you have diabetes? 1 \square Yes 2 \square No (skip to Q79) 777 \square Do not remember (skip to Q79) (if Q7 = 1, man go to Q88)
R138. (If woman) Did you have diabetes only when you were pregnant? (only for Q7 = 2) 1 () Yes 2 () No 3 () I never been pregnant 777 \square Do not remember
R202. How old were you when the doctor said you had diabetes? years 777 Do not know / remember
R 204. Has any doctor ever prescribed you diabetes medication? 1 □ Yes 2 □ No 777 □ Do not remember
R133a. Are you currently taking any medication to control diabetes? 1 □ Yes 2 □ No (go to R133b) 777 □ Do not know (go to R133b) 888 □ Did not want to answer (go to R133b)
R134c. How do you get medications to control diabetes? 1 () SUS health unit 2 () Popular federal government pharmacy 3 () Other place (private / private pharmacy, drugstore) 777 □ Do not know 888 □ Did not want to answer
D3. In the past 30 days, have you been without medications to control diabetes for some time? 1 \square Yes

R133b. Are you 0	currently using insulin t	o control diabetes?		
2 □ No (if woma	□ No (if woman - Q7 = 2, go to Q79; if man - Q7 = 1, go to Q88) 77 \Box Do not know (if woman - Q7 = 2, go to Q79; If man - Q7 = 1, go to			
,	ant to answer (if wom	an - Q7 = 2, go to Q79; If man - Q7		
1 () SUS health (2 () Popular fed	unit eral government phar e (private / private pho ow	•		
D1. In the past 3	0 days, have you beer	n without insulin for some time?		
2 No 777 Do not kno 888 Did not wo				
glucose, that is, 1 \(\text{Less than 6 r} \) 2 \(\text{Between 6 r} \) 3 \(\text{Between 1 c} \) 4 \(\text{Between 2 c} \)	blood sugar? months months and 1 year and 2 years and 3 years ore 6 Never done	ok a blood test to measure blood		
=	n? (female only - Q7 =	Pap smear, a cervical cancer 2) 777 \square Do not know (skip to Q81)		
Q80. How long of 1 Less than 1 y 2 Between 1 c 3 Between 2 c 4 Between 3 c 5 5 years or m 777 Do not rer	and 2 years and 3 years and 5 years ore	Pap smear?		
Q81. Have you only)	ever had a mammog	ram, x-ray of the breasts? (female		
, ,	□ No (skip to Q88)	777 🗆 Do not know (skip to Q88)		

Q82. How long ago did you have a mammogram? 1 Less than 1 year 2 Between 1 and 2 years 3 Between 2 and 3 years 4 Between 3 and 5 years 5 5 or more years 777 Do not remember
Q88. Do you have health plan or medical insurance? 1 () Yes, just one 2 () Yes, more than one 3 () No 888 □ Did not want to answer (If you don't drive 0_R128 ≠ 1, go to R153)
R135. In the past 12 months, have you been fined for driving too fast on the road? (Only for drivers - R128a = 1) 1 () Yes 2 () No (skip to R153) 777 Do not remember (skip to R153) 888 Did not want to answer (skip to R153)
R136. In what location did you get fined? 1 () In the city (urban road) 2 () Highway 3 () Both 777 Do not remember 888 Did not want to answer
R153. In the last 12 months, did you go to a blitz in your city? 1 () Yes (if not driver [R128a \neq 1] go to R179) (If R153 \neq 1 & if driver [R128a = 1] go to 178) 2 () No (if not driver [R128a \neq 1] go to R179) (If R153 \neq 1 & if driver [R128a = 1] go to 178) 777 \Box Do not remember (if not driver [R128a \neq 1] go to R179) (If R153 \neq 1 & if driver [R128a = 1] go to 178) 888 \Box Did not want to answer (if not driver [R128a \neq 1] go to R179) (If R153 \neq 1 & if driver [R128a = 1] go to 178)
R137a. In the past twelve months, as a driver, have been stopped at some traffic blitz in your city? (only for drivers - R128a = 1) 1 () Yes 2 () No (go to R178) 777 Do not remember (go to R178) 888 Did not want to answer (go to R178)

R154. (If Yes for R137a) Were you invited to take a breathalyzer test? 1 () Yes 2 () No (go to R178) 777 □ Do not remember (go to R178) 888 □ Did not want to answer (go to R178)
R155. (If Yes for R154) Did you take the breathalyzer test? 1 () Yes 2 () No (go to R178) 777 Do not remember (go to R178) 888 Did not want to answer (go to R178)
R156. (If Yes for R155). Was the breathalyzer test positive? 1 () Yes 2 () No 777 Do not remember 888 Did not want to answer
R178. In the past 30 days, did you use cell phone (calls, text messages, etc.) while driving a vehicle? (Only for drivers - R128a = 1) 1 () Yes 2 () No 777 Do not remember 888 Did not want to answer
R179. Do you or any other adult (> 18 years old) in your household have a cell phone? 1 () Yes 2 () No (go to R900) 777 □ Do not remember (go to R900) 888 □ Did not want to answer (go to R900)
R180. (If yes) Of <number adults="" of=""> adults in your household, how many have a cell phone?</number>
777 □ Do not know 888 □ Did not want to answer
R900. Do you or someone in your family who lives with you receive family allowance? 1 () Yes 2 () No 777 \square Do not know

Note: Mention the answer alternatives to the interviewee only when they start with parentheses.