

Health and Physical Activity Questionnaire

Name: _____ Date of birth: _____ Telephone: _____

Dear participants,

This questionnaire investigates personal health status, living habits and physical activity. All collected data are exclusively used for academic research, and all personal information will be kept strictly confidential. Please tick the corresponding option number or fill in the blanks as required.

Part 1 General Health and Lifestyle Survey

1. Ethnicity

☐① Han Chinese ☐② Other: _____

2. Occupation (for retired participants, please fill in your pre-retirement occupation)

- ☐① Administrators of government agencies, party organizations, enterprises and public institutions
- ☐② Professional and technical personnel
- ☐③ Clerical and related staff
- ☐④ Commerce and service workers
- ☐⑤ Workers in agriculture, forestry, animal husbandry and fishery
- ☐⑥ Production and transportation equipment operators and related staff
- ☐⑦ Military personnel
- ☐⑧ Others

3. Educational attainment

- ☐① Primary school or below ☐② Junior high school
- ☐③ Senior high school / technical secondary school
- ☐④ College or bachelor's degree
- ☐⑤ Master's degree and above

4. Monthly household after-tax income (CNY)

- ☐① ≤ 1000 ☐② 1001–2000 ☐③ 2001–3000 ☐④ 3001–4000

☐⑤ 4001–5000 ☐⑥ 5001–8000 ☐⑦ 8001–10000 ☐⑧ Above 10000

5. Overall sleep quality

☐① Poor ☐② Fair ☐③ Good

6. Total daily sleep duration (including daytime nap): ____ hours ____ minutes

7. Smoking status

☐① Current smoker ☐② Former smoker ☐③ Never smoke (skip to Question 9 if selected)

8. Detailed smoking history (select only one option)

- ☐① Quit smoking: quit for ____ years, previously smoked for ____ years
- ☐② Occasional smoker (not daily): smoking history ____ years, average ____ cigarettes per week
- ☐③ Daily smoker: smoking history ____ years, average ____ cigarettes per day

9. Alcohol consumption status

☐① Yes ☐② No (skip to Question 11 if selected)

10. Average alcohol intake per occasion in the past two weeks (multiple selections allowed)

- ☐① Beer: ____ bottles, ____ ml per bottle
- ☐② Red wine or grape wine: ____ liang
- ☐③ Spirits (Chinese liquor, foreign liquor, etc.): ____ liang

11. Self-perceived physical health in the past month

☐① Excellent ☐② Good ☐③ Fair ☐④ Poor ☐⑤ Very poor

12. Days with psychological stress in the past month

☐① More than 15 days ☐② 7–15 days ☐③ 1–6 days ☐④ None ☐⑤ Unclear

13. Family history of cardiovascular disease in immediate relatives

☐① No ☐② Yes, onset before 60 years old ☐③ Yes, onset after 60 years old

14. Have you ever been diagnosed with hypertension by a medical professional?

☐① No ☐② Yes

15. Have you ever been diagnosed with dyslipidemia (hyperlipidemia) by a medical

professional?

- ☐ ① No ☐ ② Yes

16. Diseases diagnosed by a doctor (multiple selections allowed)

- ☐ ① Heart disease ☐ ② Peripheral vascular disease ☐ ③ Cerebrovascular disease ☐ ④ Hypotension
- ☐ ⑤ Rheumatic fever ☐ ⑥ Liver disease (excluding fatty liver) ☐ ⑦ Type 1 or Type 2 diabetes
- ☐ ⑧ Chronic obstructive pulmonary disease ☐ ⑨ Interstitial lung disease or cystic fibrosis
- ☐ ⑩ Thyroid dysfunction ☐ ⑪ Kidney disease ☐ ⑫ Asthma ☐ ⑬ None of the above

17. Existing physical signs or symptoms (multiple selections allowed)

- ☐ ① Palpitations or tachycardia
- ☐ ② Orthopnea or paroxysmal nocturnal dyspnea
- ☐ ③ Significant heart murmur
- ☐ ④ Abnormal fatigue or shortness of breath at rest or during mild exertion
- ☐ ⑤ Ankle injury or swelling
- ☐ ⑥ Recurrent chest discomfort
- ☐ ⑦ Dizziness or syncope (especially during exercise)
- ☐ ⑧ None of the above signs or symptoms

18. Have you engaged in regular physical exercise in the past 12 months?

- ☐ ① No (skip to Part 2 Question 7) ☐ ② Yes

Part 2 Anthropometric, Menstrual, Dietary, Medical and Physical Activity Information

Physical Indicators	
Height (cm): _____	Weight (kg): _____
Handgrip strength (1st test): Left ____ Right ____ Handgrip strength (2nd test): Left ____ Right ____	
Left calf circumference: ____ cm	Right calf circumference: ____ cm
Waist circumference: ____ cm	Hip circumference: ____ cm
Single leg standing on heel: >10s ☐	Tandem standing: >10s ☐
Single-leg standing with eyes closed: ____ sec	Five-times sit-to-stand time: ____ sec
4-meter walking time: ____ sec	3-meter shuttle walk time: ____ sec
2-minute step test: _____	

Menstrual History

Age at menarche: _____ years;

Period duration: _____ days

Menopause age/time: _____

Menstrual cycle length: _____ days;

Regular menstruation: ☐ Yes ☐ No;

Dietary & Supplement Habits

Nutritional supplements: Whey protein; calcium tablets; vitamin D; soy isoflavones;
others: _____

Food	Frequency
Dairy	4–7 days/week ☐ 1–3 days/week ☐ Occasionally ☐ Never ☐
Beans	4–7 days/week ☐ 1–3 days/week ☐ Occasionally ☐ Never ☐
Vegetables	4–7 days/week ☐ 1–3 days/week ☐ Occasionally ☐ Never ☐
Fruits	4–7 days/week ☐ 1–3 days/week ☐ Occasionally ☐ Never ☐
Coffee	4–7 days/week ☐ 1–3 days/week ☐ Occasionally ☐ Never ☐
Tea	4–7 days/week ☐ 1–3 days/week ☐ Occasionally ☐ Never ☐

Note: Meat/egg/fish/legume: $\geq 50\text{g}$ daily; Milk: $\geq 200\text{ml}$ daily

Medical & Surgical History

Chronic diseases	
Surgical history	
Bone disease	
Muscle disorder: Fall history (time & location)	
Muscle strain & injury history	

Long-term Medication

General medication (over 3 consecutive months)	
Hormonal medication (over 3 consecutive months)	

Family Medical History

Family fracture history: ☐Yes ☐No

Parents with kyphosis: ☐Yes ☐No; Parents with osteoporosis: ☐Yes ☐No

Exercise History

Item	Pre-retirement	Post-retirement
Regular exercise habit	☐ Yes ☐ No	☐ Yes ☐ No
Preferred sports		
Duration per session		
Weekly exercise frequency		
Years of consistent training		
Exercise venue & motivation		
Receive professional coaching guidance		
Previous suspension of regular exercise (cause & timeframe)		
Years of exercise interruption		
Age/Time of resuming regular exercise		
Sports after resumption		
Weekly frequency & single duration after resumption		
Consistent training years after resumption		

Exercise Comparison: Pre-pandemic (2018–2021) vs Post-pandemic (2022–2024)

	2018–2021	2022–2024
Sports items		
Single duration & weekly frequency		
Persistent exercise years		
Self-perceived physical & exercise changes between two periods		