

Blue Zones Legacy Project

Survey Cover Page

Name of Student: _____

Name of Teacher: _____

Name of Person Being Interviewed (Participant): _____

Age of Participant: _____ Date of Birth: _____

Circle Highest Level or Year of School Completed: 1-8 9-12 13-16 17-20 >20

Gender: M/F

Just so you know...

Because the Legacy Project is part of a scientific study that requires privacy and confidentiality, eventually the information that you provide will be analyzed separate from this cover sheet.

For Blue Zones Use Only:

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Blue Zones Legacy Project Survey

Students, please remember you will need a pencil and a stopwatch or watch with a second hand to complete Survey Parts B and C.

Part A Interview: Begin by asking your participant the following questions:

1. How would you describe your general health?
 - a. Excellent
 - b. Good
 - c. Fair
 - d. Poor
 - e. Don't know

2. By yourself, without using any special equipment, how difficult is it for you to walk a quarter of a mile—about three blocks?
 - a. Not difficult at all
 - b. Somewhat difficult
 - c. Very difficult
 - d. Cannot do this activity

3. How difficult is it for you to walk up 10 steps without resting?
 - a. Not difficult at all
 - b. Somewhat difficult
 - c. Very difficult
 - d. Cannot do this activity

4. How difficult is it for you to stand or be on your feet for about 2 hours?
 - a. Not difficult at all
 - b. Somewhat difficult
 - c. Very difficult
 - d. Cannot do this activity

5. How difficult is it for you to stoop, bend, or kneel?
 - a. Not difficult at all
 - b. Somewhat difficult
 - c. Very difficult
 - d. Cannot do this activity

6. How difficult is it for you to use your fingers to grasp or handle small objects?
 - a. Not difficult at all
 - b. Somewhat difficult
 - c. Very difficult

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- d. Cannot do this activity
7. How difficult is it for you to lift or carry something as heavy as 10 pounds, such as a full bag of groceries?
- a. Not difficult at all
 - b. Somewhat difficult
 - c. Very difficult
 - d. Cannot do this activity
8. How difficult is it for you to go out to do things like shopping, movies, or sporting events?
- a. Not difficult at all
 - b. Somewhat difficult
 - c. Very difficult
 - d. Cannot do this activity
9. How difficult is it for you to participate in social activities such as visiting friends, attending clubs and meetings, or going to parties?
- a. Not difficult at all
 - b. Somewhat difficult
 - c. Very difficult
 - d. Cannot do this activity
10. How often do you walk a mile (about 8-12 blocks)?
- a. Every day
 - b. 4-6 days per week
 - c. 2-3 days per week
 - d. 1 day per week
 - e. Less than one day per week
 - f. Never
11. What kinds of physical activity or exercise do you do?
12. On average, how many minutes of physical activity or exercise do you get each day?
- a. 0-15 minutes
 - b. 15-30 minutes
 - c. 30-45 minutes
 - d. 45-60 minutes
 - e. 60 minutes or more

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13. As a younger person, what kinds of physical activity or exercise did you do regularly?

14. About how tall are you without shoes?

- a. _____ feet _____ inches
- b. Don't know

15. About how much do you weigh without shoes?

- a. _____ pounds
- b. Don't know

16. Currently, do you smoke cigarettes?

- a. Every day
- b. Some days
- c. Never
- d. Don't know

17. How often do you drink juices?

- a. _____ per day
- b. _____ per week
- c. _____ per month
- d. _____ per year
- e. _____ never
- f. Don't know

18. Not counting juice, how often do you eat fruit?

- a. _____ per day
- b. _____ per week
- c. _____ per month
- d. _____ per year
- e. _____ never
- f. Don't know

19. How often do you eat green salad?

- a. _____ per day
- b. _____ per week
- c. _____ per month
- d. _____ per year
- e. _____ never
- f. Don't know

20. How often do you eat carrots?

- a. _____ per day

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- b. _____ per week
- c. _____ per month
- d. _____ per year
- e. _____ never
- f. Don't know

21. Are there any foods you have eaten frequently in your life to which you owe your good health?

- a. _____
- b. Don't know/ not sure

22. Are there any foods you have avoided frequently in your life to which you owe your good health?

- a. _____
- b. Don't know/ not sure

23. Do you usually snack between meals? If so, what is the most common snack you eat?

- a. Yes: _____
- b. No

24. How much soda do you consume daily?

- a. _____ # of cups
- b. _____ # of cans
- c. _____ # of bottles
- d. None
- e. Don't know

25. Do you volunteer on a regular basis? If so, what kind of volunteer work do you do?

- a. Yes: _____
- b. No

26. Do you wear contact or corrective lenses?

- a. Yes
- b. No

27. How good is your eyesight for seeing things at a distance?

- a. Excellent
- b. Good
- c. Fair
- d. Poor
- e. Don't know

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28. How good is your eyesight for seeing things up close?
- a. Excellent
 - b. Good
 - c. Fair
 - d. Poor
 - e. Don't know
29. How is your hearing?
- a. Excellent
 - b. Good
 - c. Fair
 - d. Poor
 - e. Don't know
30. Tell me about your friends and the people closest to you?
31. Tell me about any clubs or organizations you belong to?
32. Tell me about some times in your life when you tried something new?
33. What are the 3 most important factors that you feel have contributed to your good health?
34. What life lessons did you learn as a young person?
35. What do you believe are the most important values to pass down to future generations?

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Part B: Finger Tapping Exercise

The goal of this exercise is to see how long it takes your “super senior” to tap the table with his/her middle finger 30 times. Please remember to have your stopwatch or watch with a second hand ready.

- Ask your “super senior” to show you which hand he/she normally writes with.
- Ask him/her to place it on the table in a relaxed position with their palm completely flat.
- Tell your “super senior” that you’d like him/her to tap the table with his/her middle finger 30 times. Tell him/her that you will track how long it takes him/her.
- When you’re both ready, look at your watch. When the second hand gets to ‘12’, say, “Go!” Or, if you’re using a stopwatch, start it.
- Move your eyes quickly from your watch to their finger and silently count 30 taps yourself.
- On the 30th tap, look immediately back at your watch or stopwatch and write down how many seconds it took, then answer the questions below.

1. Your “super senior”:
 - a. Completed the exercise
 - b. Was unable to finish the exercise
 - c. Refused to do the exercise
2. If your “super senior” completed the exercise, how long did it take him/her:
 - a. _____ seconds/ 30 taps
3. If your “super senior” completed the exercise, he/she tapped with a:
 - a. Normal, regular rhythm
 - b. Abnormal, non-regular rhythm

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Part C: Trails A and B Exercise

The goal of this exercise is to see how long it takes for your “super senior” to connect the circles with a pencil without picking up the pencil from the paper.

- Tell your “super senior” that you’d like him/her to connect the circles with a pencil in order as fast as he/she can without removing the pencil from the paper.
- Have your “super senior” take the Trail A sample exercise first. Tell your “super senior”:
 - “Here is the Trail A sample or practice exercise. On this page there are some numbers. Begin at number 1 (point to 1) and draw a line from 1 to 2 (point to 2), 2 to 3 (point to 3), and so on, in order, until you reach the end (point to the circle marked “end”). Draw the lines as fast as you can. You can start whenever you’re ready.”
- Once your “super senior” finishes the practice exercise, move on to the longer Trail A exercise. Tell your “super senior”:
 - “Let’s move on to Trail A. On this page there are numbers 1 to 25. Begin at number 1 (point to 1) and draw a line from 1 to 2 (point to 2), 2 to 3 (point to 3), and so on, until you reach the end (point). Remember to draw the lines as fast as you can. Ready? Set? Go!”
- Immediately look at your watch or stopwatch and begin timing. When the person is finished, look at your watch and stop timing. Write down the time it takes your “super senior” to finish Trail A.
- Now move on to Trail B. Tell your “super senior”:
 - “Trail B is very similar to Trail A, except this Trail has both numbers and letters on the page. Let’s start by taking the practice exercise. Begin at 1 (point to 1) and draw a line from 1 to A (point to A), A to 2 (point to 2), 2 to B (point to B), B to 3 (point to 3), and so on, in order, until you reach the end (point to the circle marked “end”). Remember, first you have a **number** (point to 1), then a **letter** (point to A), then a **number** (point to 2), then a **letter** (point to B), and so on. Understand? Draw the lines as fast as you can. You can start whenever you’re ready.”
- Once your “super senior” finishes the practice exercise, move on to Trail B. Tell your “super senior”:
 - “Let’s move on to Trail B. On this page there are numbers 1 to 13 and letters A to L. Begin at 1 (point to 1) and draw a line from 1 to A (point to A), A to 2 (point to 2), 2 to B (point to B), B to 3 (point to 3), and so on, in order, until you reach the end (point to the circle marked “end”). Remember, first you have a number (point to 1), then a letter (point to A), then a number (point to 2), then a letter (point to B), and so on. Remember to draw the lines as fast as you can. Ready? Set? Go!”

After you have interviewed your “super senior”, complete the scoring guide below. For each circle, determine whether the line was drawn correctly and then fill out the guide accordingly.

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Trail A

	Correct	Incorrect
1→2		
2→3		
3→4		
4→5		
5→6		
6→7		
7→8		
8→9		
9→10		
10→11		
11→12		
12→13		
13→14		
14→15		
15→16		
16→17		
17→18		
18→19		
19→20		
20→21		
21→22		
22→23		
23→24		
24→25		
TOTALS		

Trail B

	Correct	Incorrect
1→A		
A→2		
2→B		
B→3		
3→C		
C→4		
4→D		
D→5		
5→E		
E→6		
6→F		
F→7		
7→G		
G→8		
8→H		
H→9		
9→I		
I→10		
10→J		
J→11		
11→K		
K→12		
12→L		
L→13		
TOTALS		

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