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1 BLOOD PRESSURE 血压

A EQUIPMENT NEEDED 所需设备

Equipment needed: Omron HEM-7200 Monitor, Batteries, Stopwatch

所需设备: 欧姆龙 HEM-7200 血压计, 电池, 秒表

B BLOOD PRESSURE 血压测量

[INTRO: Now let's talk about the first activity. I'd like to measure your blood pressure using this monitor and cuff which I will secure around your left arm. I would like to take three blood pressure measures. I will ask you to relax and remain seated and quiet during the measurements. First, I will place the cuff on your left arm. Once the cuff is placed appropriately on your arm and we are ready to begin, I'll ask you to lay your arm on a flat surface palm facing up so that the center of your upper arm is at the same height as your heart. I will then press the "START" button. The cuff will inflate and deflate automatically. After we have completed all three measures, I will give you your results 现在我们来进行第一项测试, 我将用血压计为您测量血压, 共量 3 次。测量过程中请您坐下、放松并保持安静。首先, 我会将袖带缠绕在您左臂上, 袖带固定好后开始测量, 请您将手臂放在平面上, 手心朝上, 使上臂和心脏同一高度, 然后我会按“开始”按钮, 袖带将自动充气 and 放气, 完成 3 次测量后, 我会告诉您测量结果]

IWER 访问员: Demonstrate the measurement 演示测量方法

Insert arm cuff plug into jack on the side of the monitor, place the cuff on your left arm approximately 1 – 2 cm above the elbow. Position the arrows over the brachial artery on the inside of the arm. Press the "START/STOP" button to show how the cuff with inflate automatically 将袖带插头插入血压计一侧的插孔, 袖带缠绕于左上臂肘窝上方约 1 – 2 cm 处, 空气管下面的箭头应位于手臂内侧的中心处, 按“开始/停止”按钮, 演示袖带如何自动充气。

PA001 Do you have a rash, a cast, edema (swelling) in the arm, open sores or wounds, or a significant bruise where the blood pressure cuff will be in contact? 您手臂上有皮疹、肿胀、或在血压计袖带接触的地方有开放性溃疡或伤口、或严重瘀伤吗?

1. Yes 是 → Skip to [QA001](#) 跳至 [QA001](#)
5. No 否

PA002 Do you understand the directions for this measurement and agree to take it? 您能明白测量方法并愿意参加这次测量吗?

1. Yes 是 → Skip to [QA002-QA013](#) 跳至 [QA002-QA013](#)
5. No 否

QA001 Why didn't R complete the blood pressure measurement? (Circle all that apply) 为什么受试者未能完成血压测量? (可多选)

1. R felt it would not be safe 受试者认为不安全
2. IWER felt it would not be safe 访问员认为不安全
3. R refused or was not willing to complete the test 受试者拒绝或不愿意测量
4. R tried but was unable to complete test 受试者尝试了，但无法完成测量
5. R did not understand the instructions 受试者无法明白测量的指令
6. R had a rash, a cast, edema, etc. on arm; other health reason 受试者手臂有皮疹、水肿，或其他健康原因
7. No suitable space 没有合适的地方进行测试
8. Problem with equipment or supplies 测量测量仪器或设备有问题
97. Other (Specify) 其他（请注明）： _____(QA001_1)

PROCEDURE 程序:

Go to next measurement 跳至下一项体检

QA002-QA013 Conduct the blood pressure measurements 测量血压。

[IWER: Record measurements in chart (Enter '993' in systolic reading if R tried but was unable to do it. Enter '999' if R chose not to do it) 访员注意：在下表中记录测量值（如果受试者尝试了但未能完成测量，请在收缩压读栏中填入“993”，如果受试者拒绝测量，则填入“999”）]

Measurement 测量	Time 测量时间	Systolic 收缩 压	Diastolic 舒 张压	Pulse 脉 搏
1	(QA002)____: (QA002_1)_____	(QA003) mmHg	(QA004) mmHg	(QA005) P
2	(QA006)____: (QA006_1)_____	(QA007) mmHg	(QA008) mmHg	(QA009) P
3	(QA010)____: (QA010_1)_____	(QA011) mmHg	(QA012) mmHg	(QA013) P

PROCEDURE 程序:

IF QA003 = 993 or 999, skip to QA001, 如果 QA003 = 993 或者 999, 跳至 QA001

QA014 Which arm was used to conduct the measurements? 测量了哪只手臂的血压?

1. Left arm 左臂
2. Right arm 右臂

QA015 How compliant was R during this measurement? 受试者在测量的过程中依从性如何?

1. R was fully compliant 完全依从
2. R was prevented from fully complying due to illness, pain, or other symptoms or discomforts 由于疾病，疼痛或其它症状或不适而不能完全依从
3. R was not fully compliant, but no obvious reason for this 不能完全依从，但没有明显的原因

QA016 What was R's position for this test? 测量中受试者采用什么体位?

1. Standing 站着
2. Sitting 坐着
3. Lying down 躺着

QA017 Did the R smoke, exercise, consume alcohol or food within the 30 minutes prior to completing the blood pressure test? 在进行测量之前 30 分钟内, 受试者是否吸烟、运动、进食和饮酒?

1. Yes 是
5. No 否
8. Don't know 不知道

2 BREATHING 呼吸功能

A EQUIPMENT NEEDED 所需设备

Equipment needed: Peak flow meter, Disposable mouthpiece(s) packaged in plastic bag
 所需设备: 肺峰流速仪, 有塑料包装的一次性吹嘴

B BREATHING MEASUREMENT 呼吸功能测量

[INTRO: Next I'm going to ask you to perform a simple measurement that will measure how fast you can expel air from your lungs. It is important that you blow as hard and as fast as you can. I would like you to perform the measurement three times. When we are ready to begin, I'll ask you to stand up. Take as deep a breath as possible. Open your mouth and close your lips firmly around the outside of the mouthpiece, and then blow as hard and as fast as you can into the mouthpiece. Like this...接下来我们将进行一个简单的测量, 测试您排出肺部空气的速度。关键是您要尽全力并以最快速度吹气, 共测量 3 次。测量开始时, 请您站立, 尽全力深吸后, 屏住气并用嘴完全含住吹嘴, 避免漏气, 尽全力并以最快速度向吹嘴吹气。像这样...]

IWER 访问员: Demonstrate the measurement 演示测量方法

Stand up, take a deep breath and then place lips around the outside of the mouthpiece. Blow as hard and as fast as you can 站立, 深吸后气后将嘴对准吹嘴, 尽全力并以最快速度吹气。

PB001 Do you understand the directions for this measurement and agree to take it? 您能明白测量方法并愿意参加这次测量吗?

1. Yes 是 → Skip to [QB002-QB004](#) 跳至 [QB002-QB004](#)
5. No 否

QB001 Why didn't R complete the breathing test? (Circle all that apply) 为什么受试者没有完成呼吸功能测定? (可多选)

1. R felt it would not be safe 受试者认为测量不安全
2. IWER felt it would not be safe 访问员认为测量不安全
3. R refused or was not willing to complete the test 受试者拒绝或不愿意完成测量
4. R tried but was unable to complete test 受试者尝试但未能完成测量
5. R did not understand the instructions 受试者不明白测量方法
6. R could not participate due to health reasons 受试者由于健康原因不能测量
7. No suitable space 没有合适的地方进行测量
8. Problem with equipment or supplies 测量仪器或测量仪器或设备有问题
97. Other (Specify) 其他 (请注明): _____ (**QB001_1**)

PROCEDURE 程序:

Go to next measurement 跳至下一项体检

QB002-QB004 Conduct the breathing measurements 测量呼吸功能。

[IWER: Record measurements in chart (Record 30 if less than 60; Record 890 if past last tick mark; Record 993 if R tried but was unable; or Record 999 if R chose not to do it) 访问员：在下表中记录测量（如果结果小于 60 则记录“30”，如果结果超过最大刻度标记则记录“890”，如果受试者尝试了但未能完成测量，记录为“993”，如果受试者选择不做这项测量记录“999”）]

Measurement 测量	Measurement Reading 测量读数
1	(QB002)
2	(QB003)
3	(QB004)

PROCEDURE 程序:

IF QB002 = 993 or 999, skip to QB001, 如果 QB002 = 993 或者 999, 跳至 QB001

QB005 How much effort did R give to this test? 受试者在测试中尽了多大的努力?

1. R gave full effort 受试者尽了最大努力
2. R was prevented from giving full effort by illness, pain, or other symptoms or discomforts 受试者由于生病、疼痛或其他症状或不适而没有尽全力
3. R did not appear to give full effort, but no obvious reason for this 受试者似乎没有尽全力，但没有明显的原因

QB006 What was R's position for this test? 测量中受试者采用什么体位?

1. Standing 站着
2. Sitting 坐着
3. Lying down 躺着

3 HAND STRENGTH 握力

A EQUIPMENT NEEDED 所需设备

Equipment needed: Dynamometer

所需设备: 握力计

B HAND STRENGTH MEASUREMENT 握力测量

[INTRO: Now I would like to assess the strength of your hand in a gripping action. I will ask you to squeeze this handle as hard as you can, just for a couple of seconds and then let go. I will take alternately two measurements from your right and your left hands 现在我将测试您手部的最大握力, 请你竭尽全力紧握握力计, 保持几秒钟, 然后放开, 我将分别测量您的左右手]

IWER 访问员: Demonstrate the measurement 演示测量方法

Stand, hold the dynamometer at a right angle and squeeze the handle for a few seconds 站立, 抓住握力计, 肘部呈直角, 并用力握紧保持几秒钟。

PC001 Before we begin, I'd like to make sure it is safe for you to do this measurement. Have you had surgery or experienced any swelling, inflammation, severe pain, or injury in one or both hands within the last 6 months? 在测试之前, 我要确保您能安全地做这项测试, 在过去的 6 个月里, 您的一只手或双手有没有做过手术或者发生任何肿胀、发炎、严重疼痛或受伤?

1. Yes 是
5. No 否 → Skip to [PC003](#) 跳至 [PC003](#)

PC002 In which hand (had surgery or experienced any swelling, inflammation, severe pain, or injury in the last 6 months)? 哪只手 (在过去的 6 个月, 做过手术或肿胀、发炎、严重疼痛或受伤)?

1. Both hands 双手 → Skip to [QC001](#) 跳至 [QC001](#)
2. Left hand only 仅左手 → continue but do not perform measurement on left hand 继续但不测量左手
3. Right hand only 仅右手 → continue but do not perform measurement on right hand 继续但不测量右手

PC003 Do you understand the directions for this measurement and agree to take it? 您能明白测量方法并愿意参加这次测量吗?

1. Yes 是 → Skip to [QC002](#) 跳至 [QC002](#)
5. No 否

QC001 Why didn't R complete the hand strength test? (Circle all that apply) 为什么受试者没有完成握力测量?

1. R felt it would not be safe 受试者认为测量不安全

2. IWER felt it would not be safe 访问员认为测量不安全
3. R refused or was not willing to complete the test 受试者拒绝或不愿意完成测量
4. R tried but was unable to complete test 受试者尝试但未能完成测量
5. R did not understand the instructions 受试者不明白测量方法
6. R could not participate due to surgery, swelling, etc.; other health reason 受试者由于手术、肿胀或其他健康原因不能测量
7. No suitable space 没有合适的地方进行测量
8. Problem with equipment or supplies 测量仪器或测量仪器或设备有问题
97. Other (Specify) 其他 (请注明): _____(QC001_1)

PROCEDURE 程序:

Go to next measurement 跳至下一项体检

QC002 Which is your dominant hand? 您习惯用那只手?

1. Right hand 右手
2. Left hand 左手
3. Both hands equally dominant 两只手差不多

QC003-QC006 Conduct the hand strength measurements 测量握力大小。

[IWER: Record 993 if R tried but was unable. Record 999 if R chose not to do it 访问员: 如果受试者尝试但未能完成测量记录 993, 如果受试者选择不做这项测量, 记录 999]

Measurement 测量	Left Hand 左手	Right Hand 右手
1	(QC003) _____ kg	(QC004) _____ kg
2	(QC005) _____ kg	(QC006) _____ kg

PROCEDURE 程序:

IF QC003 or QC004 = 993 or 999, skip to QC001, 如果 QC003 或者 QC004 = 993 或者 999, 跳至 QC001

QC007 How much effort did R give to this test? 受试者在测试中尽了多大的努力?

1. R gave full effort 受试者尽了最大努力
2. R was prevented from giving full effort by illness, pain, or other symptoms or discomforts 受试者由于生病、疼痛或其他症状或不适而没有尽全力
3. R did not appear to give full effort, but no obvious reason for this 受试者似乎没有尽全力, 但没有明显的原因

QC008 What was R's position for this test? 测量中受试者采用什么体位?

1. Standing 站着
2. Sitting 坐着
3. Lying down 躺着

QC009 Did the R rest their arm on a support while performing the test? 在测试过程中, 受试者的手臂是否得到休息?

1. Yes 有
5. No 无

4 BALANCE TESTS 平衡能力

[INTRO: I would now like you to try to stand in different positions. I will first describe and show each position to you. Then I'd like you to try to do it. If you cannot do particular position, or if you feel it would be unsafe to try to do it, tell me and we'll move on to the next one. Let me emphasize that I do not want you to try to do any activity that you feel might be unsafe 现在我希望您能努力以这几个姿势站好。首先我会向您描述一下每种姿势，然后希望您能尽力去做。如果您不能完成某种姿势，或者您感到那样做会很不安全，可以告诉我。我们可以继续下一种姿势。需要强调一点，我不希望您去做任何您感到不安全的动作]

4.1 SEMI-TANDEM 双脚半前后站立

A EQUIPMENT NEEDED 所需设备

Equipment needed: Stopwatch, Show Card

所需设备: 秒表, 显示卡

B SEMI-TANDEM 双脚半前后站立测量

IWER 访问员: Demonstrate the measurement 演示测量方法

For the first one, I want you to try to stand with the side of the heel of one foot touching the big toe of the other foot for about 10 seconds. You may put either foot in front, whichever is more comfortable for you. Like.... 首先，我想让您试一下一只脚的脚跟侧面触及另外一只脚的大脚趾站着并持续 10 秒钟。只要您感到更舒服，你可以把任何一只脚放到前面。就像这样...



PD001 Before we begin, do you have any problems from recent surgery, injury or other health conditions that might prevent you from standing up from a chair and balancing? 在我们开始前，请问最近是否有手术、损伤或其他疾病影响您从椅子上站起来并保持平衡？

1. Yes 是 → Discuss with him/her whether s/he should attempt each measurement given his/her physical problems after describing each measurement. Do not assume a respondent is too physically limited to attempt a measurement without discussing it with him/her. 描述完每项测试后，要与他/她讨论，考虑到身体状况，他/她是否希望尝试每个测试。不要假定受访者身体状况不能完成测试，而不去与他们讨论。

5. No 否

PD002 Do you understand the directions for this measurement and agree to take it? 您能明白测量方法并愿意参加这次测量吗？

1. Yes 是 → Skip to [QD002](#) 跳至 [QD002](#)

5. No 否

QD001 Why didn't R complete semi-tandem stand? (Circle all that apply) 为什么受访者没有完成双脚半前后站立测试？

1. R felt it would not be safe 受试者认为不安全
2. IWER felt it would not be safe 访问员认为不安全
3. R refused or was not willing to complete the test 受试者拒绝或不愿意测量
4. R tried but was unable to complete test 受试者尝试了，但无法完成测量
5. R did not understand the instructions 受试者无法明白测量的指令
6. R had surgery, injury or other health condition that prevented R from standing
受试者有过手术、外伤或其他健康问题影响其站立
7. No suitable space 没有合适的地方进行测试
8. Problem with equipment or supplies 测量测量仪器或设备有问题
97. Other (Specify) 其他 (请注明): _____(QD001_1)

PROCEDURE 程序:

Go To Side-by-Side 跳至双脚并拢站立测试

QD002 Did R hold semi-tandem stand for a full 10 seconds without stepping out of place or grabbing hold of anything? 受访者是否在没有移动或抓住任何东西的情况下保持双脚半前后站持续 10 秒钟?

1. Yes 是
 5. No 否 → Enter amount of time R held stand in seconds with two decimal places
记录保持站立的秒数 (保留两位小数) _____(QD003)
993. R tried but was unable 受试者尝试了，但没有成功
999. R chose not to do it 受试者选择不做

PROCEDURE 程序:

IF QD002 = 993 or 999, skip to QD001, 如果 QD002 = 993 或者 999, 跳至 QD001

QD004 Did R use any compensatory movements of his/her trunk, arms or legs to steady him/herself during semi-tandem stand? 在测试过程中，受试者是否使用躯干、手臂或腿来保持平衡?

1. Yes 是
5. No 否
8. Don't know 不知道

PROCEDURE 程序:

If R was able to complete the semi-tandem for the full 10 seconds without stepping out of place or grabbing a hold of anything, Go To Full-Tandem 如果受试者在没有移动或抓住任何东西的情况下，能够双脚半前后站立持续 10 秒钟，进行双脚前后成一直线站立测试

If R was not able to complete the semi-tandem for the full 10 seconds without stepping out of place or grabbing a hold of anything, Go To Side-By-Side 如果受试者在没有移动或抓住任何东西的情况下，不能完成双脚半前后站测试并保持 10 秒钟，则进行双脚并拢站立测试

4.2 FULL-TANDEM 双脚前后成一直线站立

A EQUIPMENT NEEDED 所需设备

Equipment needed: Stopwatch, Show Card

所需设备: 秒表, 显示卡

B FULL-TANDEM 双脚前后成一直线站立测量

PE001 Choose measurement according to R's age. 根据受试者年龄确定受试者进行以下哪项测试

1. 30 seconds full-tandem balance measurement (70 years old or above) 30 秒双脚前后站立平衡测试 (受试者 70 岁或以上)
5. 60 seconds full-tandem balance measurement (Less than 70 years old) 60 秒双脚前后站立平衡测试 (受试者小于 70 岁)

IWER 访问员: Demonstrate the measurement 演示测量方法

Now I want you to try to stand with the heel of one foot in front of and touching the toes of the other foot for about [30/60] seconds. You may put either foot in front, whichever is more comfortable for you. You may use your arms, bend your knees, or move your body to maintain your balance, but try not to move your feet. Try to hold this position until I tell you to stop. Like this.... 现在请您尝试用后一只脚的足尖抵住前一只脚的足跟站立 30/60 秒, 只要您觉得舒适, 任何一只脚放前面都可以。您可以使用双臂, 弯曲膝盖, 或移动身体来保持平衡, 但尽量不要移动您的脚。尝试保持这个姿势直到我告诉您停下来。像这样...



PE002 Do you understand the directions for this measurement and agree to take it? 您能明白测量方法并愿意参加这次测量吗?

1. Yes 是 → Skip to [QE002](#) 跳至 [QE002](#)
5. No 否

QE001 Why didn't R complete full-tandem measurement? (Circle all that apply) 为什么受访者没有完成双脚半前后站立测试?

1. R felt it would not be safe 受试者认为不安全
2. IWER felt it would not be safe 访问员认为不安全
3. R refused or was not willing to complete the test 受试者拒绝或不愿意测量
4. R tried but was unable to complete test 受试者尝试了, 但无法完成测量
5. R did not understand the instructions 受试者无法明白测量的指令
6. R had surgery, injury or other health condition that prevented R from standing 受试者有过手术、外伤或其他健康问题影响其站立
7. No suitable space 没有合适的地方进行测试
8. Problem with equipment or supplies 测量测量仪器或设备有问题

97. Other (Specify) 其他 (请注明): _____(QE001_1)

PROCEDURE 程序:

Go To Side-by-Side 跳至双脚并拢站立测试

QE002 Did R hold full-tandem stand for a full [30/60] seconds without stepping out of place or grabbing hold of anything? 受试者是否能够在没有移动脚或抓任何物的情况下前后脚站立保持 [30/60] 秒?

1. Yes 是

5. No 否 → Enter amount of time R held stand in seconds with two decimal places 记录保持站立的秒数 (保留两位小数) _____(QE003)

993. R tried but was unable 受试者尝试了, 但没有成功

999. R chose not to do it 受试者选择不做

PROCEDURE 程序:

IF QE002 = 993 or 999, skip to QE001, 如果 QE002 = 993 或者 999, 跳至 QE001

QE004 Did R use any compensatory movements of his/her trunk, arms or legs to steady him/herself during semi-tandem stand? 在测试过程中, 受试者是否使用躯干、手臂或腿来保持平衡?

1. Yes 是

5. No 否

8. Don't know 不知道

QE005 Record the type of floor surface that the balance measures were conducted on 记录用于测试的地板类型

1. Linoleum/tile/wood 地板革/瓷砖/木地板

2. Carpet 地毯

3. Clay 土地

4. Concrete 水泥地

5. Not sure 不确定

97. Other (Specify) 其他 (请注明): _____(QE005_1)

QE006 How compliant was R during the balance measurements? 受试者在测量的过程中依从性如何?

1. R was fully compliant 完全依从

2. R was prevented from fully complying due to illness, pain, or other symptoms or discomforts 由于疾病, 疼痛或其它症状或不适而不能完全依从

3. R did not appear to be fully compliant, but no obvious reason for this 不完全依从, 但没有明显的原因

4.3 SIDE-BY-SIDE 双脚并拢站立

A EQUIPMENT NEEDED 所需设备

Equipment needed: Stopwatch, Show Card

所需设备: 秒表, 显示卡

B SIDE-BY-SIDE 双脚并拢站立测量

IWER 访问员: Demonstrate the measurement 演示测量方法

Now I will show you the next movement. I want you to try to stand with your feet together, side-by-side for about 10 seconds. You may use your arms, bend your knees, or move your body to maintain your balance, but try not to move your feet. Try to hold this position until I tell you to stop. Like this...现在我向您做下一个动作。希望您能双脚并拢站立持续 10 秒钟。您可以使用手臂、屈膝或移动身体以保持平衡, 但是尽量不移动双脚。尽量保持这一姿势直到我告诉你停下来。就像这样...

PF001 Do you understand the directions for this measurement and agree to take it? 您能明白测量方法并愿意参加这次测量吗?

1. Yes 是 → Skip to **QF002** 跳至 **QF002**
5. No 否

QF001 Why didn't R complete Side-by-Side stand? (Circle all that apply) 为什么受访者没有完成双脚并拢站立测试?

1. R felt it would not be safe 受试者认为不安全
2. IWER felt it would not be safe 访问员认为不安全
3. R refused or was not willing to complete the test 受试者拒绝或不愿意测量
4. R tried but was unable to complete test 受试者尝试了, 但无法完成测量
5. R did not understand the instructions 受试者无法明白测量的指令
6. R had surgery, injury or other health condition that prevented R from standing 受试者有过手术、外伤或其他健康问题影响其站立
7. No suitable space 没有合适的地方进行测试
8. Problem with equipment or supplies 测量测量仪器或设备有问题
97. Other (Specify) 其他 (请注明): _____ (**QF001_1**)

PROCEDURE 程序:

Go To Walking Speed 跳至步行速度测量

QF002 Did R hold side-by-side stand for a full 10 seconds without stepping out of place or grabbing hold of anything? 受试者是否能够在没有移动脚或抓任何物的情况下双脚并拢站立保持 10 秒?

1. Yes 是
5. No 否 → Enter amount of time R held stand in seconds with two decimal places 记录保持站立的秒数 (保留两位小数) _____ (**QF003**)

993. R tried but was unable 受试者尝试了, 但没有成功

999. R chose not to do it 受试者选择不做

PROCEDURE 程序:

IF QF002 = 993 or 999, skip to QF001, 如果 QF002 = 993 或者 999, 跳至 QF001

QF004 Did R use any compensatory movements of his/her trunk, arms or legs to steady him/herself during semi-tandem stand? 在测试过程中, 受试者是否使用躯干、手臂或腿来保持平衡?

1. Yes 是
5. No 否
8. Don't know 不知道

QF005 Record the type of floor surface that the balance measures were conducted on 记录用于测试的地板类型

1. Linoleum/tile/wood 地板革/瓷砖/木地板
2. Carpet 地毯
3. Clay 土地
4. Concrete 水泥地
5. Not sure 不确定
97. Other (Specify) 其他 (请注明): _____(QF005_1)

QF006 How compliant was R during the balance measurements? 受试者在测量的过程中依从性如何?

1. R was fully compliant 完全依从
2. R was prevented from fully complying due to illness, pain, or other symptoms or discomforts 由于疾病, 疼痛或其它症状或不适而不能完全依从
3. R did not appear to be fully compliant, but no obvious reason for this 不完全依从, 但没有明显的原因

5 WALKING SPEED 步行速度

A EQUIPMENT NEEDED 所需设备

Equipment needed: Tape measure, Stopwatch, Masking Tape

所需设备: 卷尺, 秒表, 美纹纸胶带

B WALKING SPEED 步行速度测试

PG002_1 Is R eligible for Walking Speed Test? 是否合乎步行速度测试的条件?

1. Yes, R's age ≥ 60 是, 受访者年龄 ≥ 60
5. No, R's age < 60 否, 受访者年龄 < 60 → Skip to Repeated Chair Stands 跳至重复从椅子站起的时间测试

PG002 Next, I would like to assess whether you can walk a very short distance comfortably (using a walking stick or other aid if necessary). First, I want to make sure it is safe to carry out the measurement. Do you have any problems from recent surgery, injury, or other health conditions that might prevent you from walking? 接下来, 我将评估你是否能很舒适地走很短的距离 (可以使用拐杖或其它必要的辅助物品)。首先, 我需确认这项测试对您来说是否安全。请问您从近期是否因手术、外伤、或有其他健康状况可能对您行走造成限制?

1. No apparent restriction 没有明显的限制 → Skip to [QG002](#) 跳至 [QG002](#)
2. Yes, recent surgery 是, 近期做过手术
3. Yes, injury 是, 外伤
4. Yes, other health condition 是, 其他健康状况

[INTRO: Now let's find a place where we can conduct the measurement. We will need a clear space about 4 meters long in a non-carpeted area, if possible. I'm going to place the measuring tape alongside the space where the walk will take place 现在让我们找一个合适的地方进行测试。我们需要一个约 4 米长, 没有地毯的开阔的空间]

IWER 访问员: Demonstrate the measurement 演示测量方法

Set up the course (2.5 meters) 设立好 2.5 米的线路

This is our walking course. I am going to time you as you walk the course. I will be asking you to walk the course two times. I'll walk along side you the whole time during the measurement. Now I'd like to demonstrate how to do the measurement. You will start by lining your feet up at the starting point 这是我们的行走线路。当您沿着线路走的时候, 我会计时。我会请您沿着线路走 2 次。在测量过程中, 我会一直在您侧面跟随您行走。现在, 我来给您演示如何进行测试。测试开始时, 请自测试的起点抬腿开始步行。

PG003 Do you understand the directions for this measurement and agree to take it? 您能明白测量方法并愿意参加这次测量吗?

1. Yes 是 → Skip to **QG002** 跳至 **QG002**
5. No 否

QG001 Why didn't R complete the Walking Speed measurement? (Circle all that apply) 为什么受试者未能完成步行速度测量? (可多选)

1. R felt it would not be safe 受试者认为不安全
2. IWER felt it would not be safe 访问员认为不安全
3. R refused or was not willing to complete the test 受试者拒绝或不愿意测量
4. R tried but was unable to complete test 受试者尝试了, 但无法完成测量
5. R did not understand the instructions 受试者无法明白测量的指令
6. R had surgery, injury, or other health condition that prevented R from walking 受试者因为手术, 外伤或其它健康原因妨碍了步行速度
7. No suitable space 没有合适的地方进行测试
8. Problem with equipment or supplies 测量测量仪器或设备有问题
97. Other (Specify) 其他 (请注明): _____ (**QG001_1**)

PROCEDURE 程序:

Go to Repeated Chair Stands 跳至重复从椅子站起的时间测试

QG002 Conduct the first walking speed measurements 第一次步行速度测量。

[IWER: I am going to time you as you walk the course at your normal pace. I will be asking you to walk the course at your usual pace a total of two times. I'll walk along side you the whole time during the measurement. I'd like you to stand here with your feet lined up. Start walking when I say 'Begin'. Walk all the way past the other end of the tape before you stop. Are you ready to go now? Begin 对受试者说“当你一正常步速沿着线路行走时, 我会给您计时。我会请您沿着线路以正常步速行走 2 次。测量过程中, 我会一直在您侧面跟随您行走。请在此站立, 双脚并列。当我说“开始”, 请走到胶带的终点再停下来。准备好了吗? 开始]

[IWER: Record measurements in chart (Record 993 if R tried but was unable. Record 999 if R chose not to do it) 将测试结果记录在下表中 (如果尽管受试者尝试了, 但无法进行测试, 请填写 993。如果受试者选择不进行测试, 请填写 999)]

Measurement 测量	Walking Time 步行时间
1	(QG002) _____ seconds 秒

PROCEDURE 程序:

IF **QG002** = 993 or 999, skip to **QG001**, 如果 **QG002** = 993 或者 999, 跳至 **QG001**

QG003 Conduct the second walking speed measurements 第二次步行速度测量。

[IWER: Now I want you to repeat the walk. Remember to walk at your usual pace and go all the way past the other end of the course. I'd like you to stand here with your feet lined up. Start walking when I say 'Begin'. Are you ready to go now?

Begin 现在请您重走一遍。请记住，用您平常的步速，沿着线路一直走到胶带的另一端。请您在此站立，双脚并列。当我说“开始”，请走到胶带的终点再停下来。准备好了吗？开始...]

[IWER: Record measurements in chart (Record 993 if R tried but was unable. Record 999 if R chose not to do it) 将测试结果记录在下表中（如果尽管受试者尝试了，但无法进行测试，请填写 993。如果受试者选择不进行测试，请填写 999）]

Measurement 测量	Walking Time 步行时间
2	(QG003) _____ sec 秒

QG004 Record type of floor surface 访问员记录地面的类型

1. Linoleum/tile/wood 地板革/瓷砖/木地板
2. Carpet 地毯
3. Clay 土地
4. Concrete 水泥地
5. Not sure 不知道
97. Other (Specify): 其他（请注明）: _____(QG004_1)

QG005 Record type of aid used 记录步行辅助器

1. None 无
2. Walking stick or cane 拐杖或手杖
3. Elbow crutches 手臂仗、肘拐
4. Walking frame 助行架
97. Other (Specify): 其他

QG006 How compliant was R during this measurement? 受试者在测量的过程中依从性如何？

1. R was fully compliant 完全依从
2. R was prevented from fully complying due to illness, pain, or other symptoms or discomforts 由于疾病，疼痛或其它症状或不适而不能完全依从
3. R was not fully compliant, but no obvious reason for this 不能完全依从，但没有明显的原因

6 REPEATED CHAIR STANDS 重复从椅子站起的时间测试

A EQUIPMENT NEEDED 所需设备

Equipment needed: Chair, Stopwatch

所需设备: 椅子, 秒表

B REPEATED CHAIR STANDS TESTS 重复从椅子站起的时间测试

IWER 访问员 Demonstrate the measurement 演示测量方法

Now I will show you the next movement. Please keep your arms folded across your chest. When I say 'ready? stand', please stand up straight and then sit down again at your fastest pace five times without stopping in between and without using your arms to push off. Do you think you can do that for me? 现在我向您做下一个动作, 请将双臂交叉抱于胸前, 当我说“您准备好了吗? 站起来”时, 请以您最快的速度站直然后坐下, 重复 5 次, 每两次之间不能停下, 而且不能用手臂推扶。

PH001 Do you understand the directions for this measurement and agree to take it? 您能明白测量方法并愿意参加这次测量吗?

1. Yes 是 → Skip to [QH002](#) 跳至 [QH002](#)
5. No 否

QH001 Why didn't R complete the Side-by-Side stand? (Circle all that apply) 为什么受试者没有完成重复从椅子站起时间的测试? (可多选)

1. R felt it would not be safe 受试者认为测试不安全
2. IWER felt it would not be safe 访问员认为测试不安全
3. R refused or was not willing to complete the test 受试者拒绝或不愿意完成测试
4. R tried but was unable to complete test 受试者尝试了但未能完成测试
5. R did not understand the instructions 受试者不明白测试方法
6. R had surgery, injury or other health condition that prevented R from standing 受试者由于手术、外伤或其他健康原因不能站立
7. No suitable space 没有合适的地方进行测试
8. Problem with equipment or supplies 设备问题
97. Other (Specify) 其他 (请注明): _____ (**QH001_1**)

PROCEDURE 程序:

Go to Standing Height 跳至身高测量

QH002 Did R can stand up straight and then sit down again at his/her usual pace five times without stopping in between and without using arms to push off? 受访者可以在不用手臂支撑的情况下按其平时的节奏连续起立坐下五次吗?

1. Yes 是, Enter amount of time R held stand in seconds to two decimal places 记录受试者所用的时间, 保留小数点两位 (QH003): _____ Sec 秒
 5. No 否, Enter amount of time R held stand in seconds to two decimal places 记录受试者保持的时间, 保留小数点两位 (QH004): _____ Sec 秒
993. R tried but was unable 受试者尝试了, 但未能完成
999. R chose not to do it 受试者选择不做测试

PROCEDURE 程序:

IF QH002 = 993 or 999, skip to QH001, 如果 QH002 = 993 或者 999, 跳至 QH001

QH005 Record the number of stands R completed 记录受试者完成的站立次数 _____ 0..5 times
次

QH006 Record the chair height from floor to seat in the space provided 记录从地面到坐位之间的椅子的高度

1. Chair From CHALRS With 42 CM Height CHARLS 项目组提供的高度 42 cm 厘米的椅子
2. Other Chair, Height 其他椅子, 高度 (QH006_1): _____ 0..999 cm 厘米

QH007 Did R use his/her trunk arms during repeated chair stands? 在测试过程中, 受试者是否用了手臂?

1. Yes 是
2. No 否
8. Don't Know 不知道

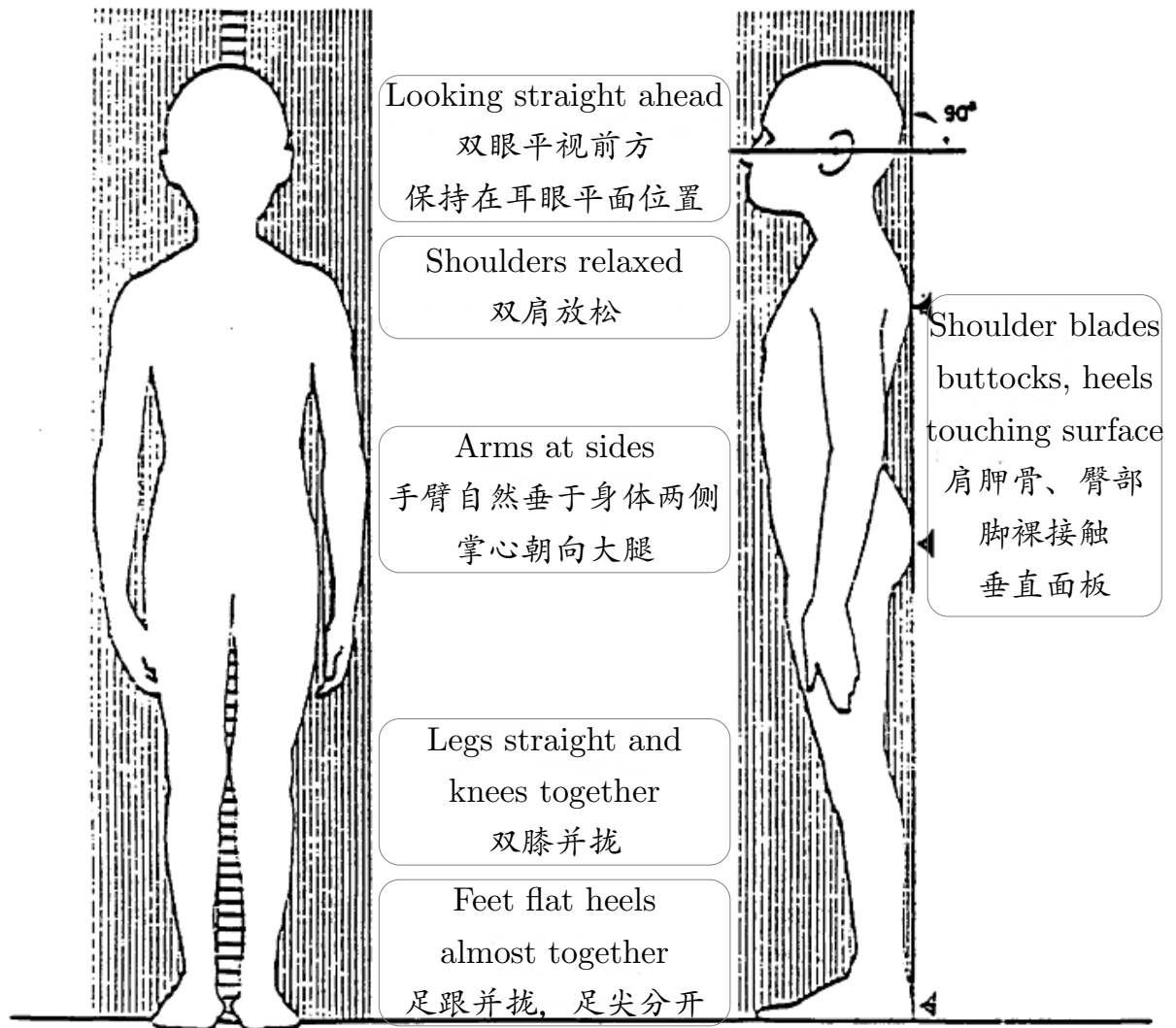
7 STANDING HEIGHT 身高测量

A EQUIPMENT NEEDED 所需设备

Equipment needed: Stadiometer

所需设备: 立式身高计

B STANDING HEIGHT 身高测量



IWER 访问员: Demonstrate the measurement 演示测量方法

Next I will measure your height using this stadiometer. Please stand erect on the floor board of the stadiometer with your back to the vertical backboard of the stadiometer. Your weight should be evenly distributed on both feet. The heels of the feet are placed together with both heels touching the base of the vertical board.

Place the feet pointed slightly outward at a 60°. Your head should be maintained in the Frankfort Horizontal Plane position 接下来我们将测量您的身高。请赤足、以立正姿势站在身高计的底板上，后背靠在测量仪的垂直背板上，上肢自然下垂，足跟并拢，靠垂直背板，足尖分开成 60°。头部保持在耳眼平面位置。

PI001 Do you understand the directions for this measurement and agree to take it? 您能明白测量方法并愿意参加这次测量吗?

1. Yes 是 → [QI002](#) 跳至 [QI002](#)
5. No 否

QI001 Why didn't R complete the breathing test? (Circle all that apply) 为什么受试者没有完成身高测定? (可多选)

1. R felt it would not be safe 受试者认为测试不安全
2. IWER felt it would not be safe 访问员认为测试不安全
3. R refused or was not willing to complete the test 受试者拒绝或不愿意完成测试
4. R tried but was unable to complete test 受试者尝试了但未能完成测试
5. R did not understand the instructions 受试者不明白测试方法
6. R had humpback, cannot stand, etc. other health reasons 受试者由于驼背、不能站立等健康原因不能测量
7. No suitable space 没有合适的地方进行测试
8. Problem with equipment or supplies 设备问题
97. Other (Specify) 其他 (请注明): _____ ([QI001_1](#))

PROCEDURE 程序:

Go to Upper Arm Length 跳至手臂长度测量

QI002 Record measurements in chart (Record 993 if R tried but was unable. Record 999 if R chose not to do it) 将测试结果记录在下表中 (如果尽管受试者尝试了, 但无法进行测试, 请填写 993。如果受试者选择不进行测试, 请填写 999)

Measurement 测量	Height 身高 (cm)
1	(QI002) _____ 0..210, 993, 999 (cm)

PROCEDURE 程序:

IF [QI002](#) = 993 or 999, skip to [QI001](#), 如果 [QI002](#) = 993 或者 999, 跳至 [QI001](#)

QI003 How compliant was R during this measurement? 受试者在测量的过程中依从性如何?

1. R was fully compliant 完全依从
2. R was prevented from fully complying due to illness, pain, or other symptoms or discomforts 由于疾病, 疼痛或其它症状或不适而不能完全依从
3. R was not fully compliant, but no obvious reason for this 能完全依从, 但没有明显的原因

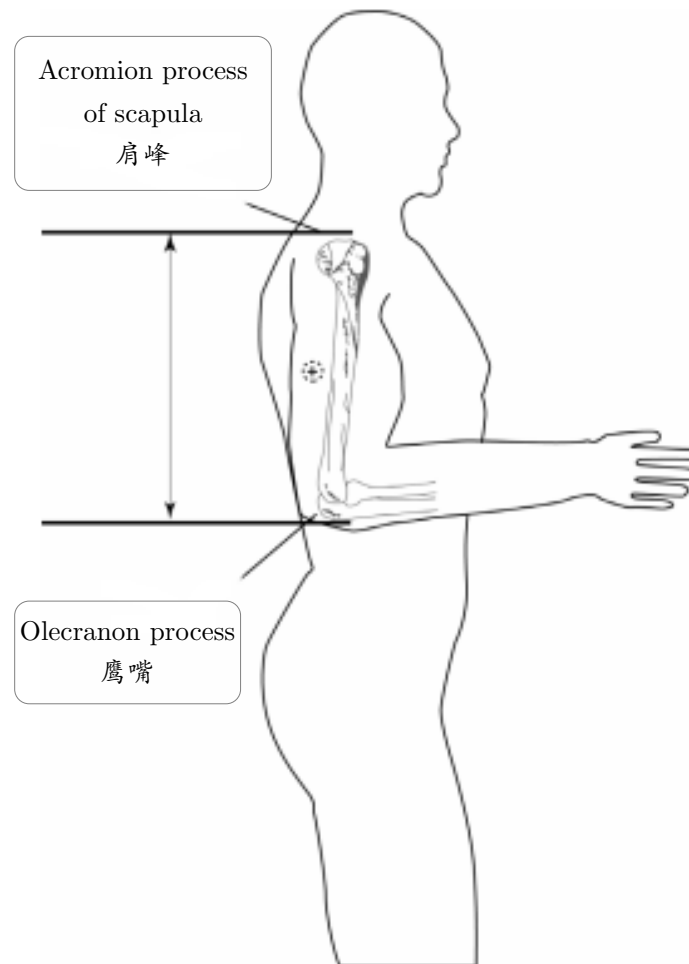
8 UPPER ARM LENGTH 手臂长度测量

A EQUIPMENT NEEDED 所需设备

Equipment needed: MA DING Rule

所需设备: 马丁尺

B UPPER ARM LENGTH MEASUREMENT 上臂长度测量



IWER 访问员: Demonstrate the measurement 演示测量方法

Next I will measure your upper arm length 接下来我们将测量您的手臂长度

PJ001 Do you understand the directions for this measurement and agree to take it? 您能明白测量方法并愿意参加这次测量吗?

1. Yes 是 → [QJ002](#) 跳至 [QJ002](#)

5. No 否

QJ001 Why didn't R complete the upper arm length? (Circle all that apply) 为什么受试者没有完成上臂长度测定? (可多选)

1. R felt it would not be safe 受试者认为测试不安全
2. IWER felt it would not be safe 访问员认为测试不安全
3. R refused or was not willing to complete the test 受试者拒绝或不愿意完成测试
4. R tried but was unable to complete test 受试者尝试了但未能完成测试
5. R did not understand the instructions 受试者不明白测试方法
6. R could not participated due to health reasons 受试者由于健康原因不能测量
7. No suitable space 没有合适的地方进行测试
8. Problem with equipment or supplies 设备问题
97. Other (Specify) 其他 (请注明): _____ (**QJ001_1**)

PROCEDURE 程序:

Go to Knee Height 跳至膝高测量

QJ002 Record measurements in chart (Record 993 if R tried but was unable. Record 999 if R chose not to do it) 将测试结果记录在下表中 (如果尽管受试者尝试了, 但无法进行测试, 请填写 993。如果受试者选择不进行测试, 请填写 999)

Measurement 测量	Upper Arm Length 上臂长度 (cm)
1	(QJ002) _____ 0..150, 993, 999 (cm)

PROCEDURE 程序:

IF **QJ002** = 993 or 999, skip to **QJ001**, 如果 **QJ002** = 993 或者 999, 跳至 **QJ001**

QJ003 Which arm was used to conduct the measurements? 测量了哪侧上臂的长度?

1. Left 左侧
2. Right 右侧

QJ004 How compliant was R during this measurement? 受试者在测量的过程中依从性如何?

1. R was fully compliant 完全依从
2. R was prevented from fully complying due to illness, pain, or other symptoms or discomforts 由于疾病, 疼痛或其它症状或不适而不能完全依从
3. R was not fully compliant, but no obvious reason for this 不能完全依从, 但没有明显的原因

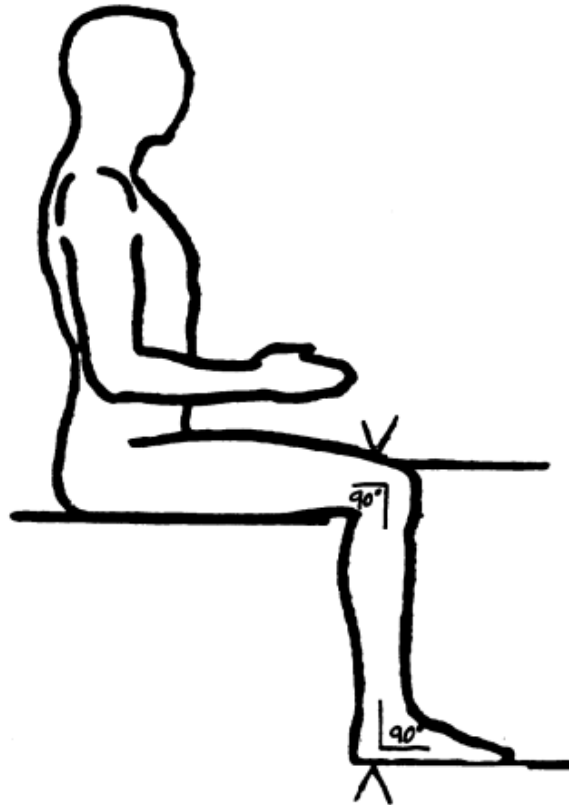
9 KNEE HEIGHT 膝高测量

A EQUIPMENT NEEDED 所需设备

Equipment needed: MA DING Rule

所需设备: 马丁尺

B KNEE HEIGHT 膝高测量



IWER 访问员: Demonstrate the measurement 演示测量方法

Next I will measure your knee height. Please sit on a chair with barefoot 接下来我们将测量您的膝高。请赤足、坐在椅子上

PK001 Do you understand the directions for this measurement and agree to take it? 您能明白测量方法并愿意参加这次测量吗?

1. Yes 是 → [QK002](#) 跳至 [QK002](#)
5. No 否

QK001 Why didn't R complete the knee height? (Circle all that apply) 为什么受试者没有完成膝高测定? (可多选)

1. R felt it would not be safe 受试者认为测试不安全

2. IWER felt it would not be safe 访问员认为测试不安全
3. R refused or was not willing to complete the test 受试者拒绝或不愿意完成测试
4. R tried but was unable to complete test 受试者尝试了但未能完成测试
5. R did not understand the instructions 受试者不明白测试方法
6. R could not participated due to health reasons 受试者由于健康原因不能测量
7. No suitable space 没有合适的地方进行测试
8. Problem with equipment or supplies 设备问题
97. Other (Specify) 其他 (请注明): _____(QK001_1)

PROCEDURE 程序:

Go to Weight Measurement 跳至体重测量

QK002 Record measurements in chart (Record 993 if R tried but was unable. Record 999 if R chose not to do it) 将测试结果记录在下表中 (如果尽管受试者尝试了, 但无法进行测试, 请填写 993。如果受试者选择不进行测试, 请填写 999)

Measurement 测量	Knee Height 膝高 (cm)
1	(QK002) _____ 0..150, 993, 999 (cm)

PROCEDURE 程序:

IF QK002 = 993 or 999, skip to QK001, 如果 QK002 = 993 或者 999, 跳至 QK001

QK003 Which leg was used to conduct the measurements? 测量了哪侧腿的膝高?

1. Left 左侧
2. Right 右侧

QK004 How compliant was R during this measurement? 受试者在测量的过程中依从性如何?

1. R was fully compliant 完全依从
2. R was prevented from fully complying due to illness, pain, or other symptoms or discomforts 由于疾病, 疼痛或其它症状或不适而不能完全依从
3. R was not fully compliant, but no obvious reason for this 不能完全依从, 但没有明显的原因

10 WEIGHT 体重测量

A EQUIPMENT NEEDED 所需设备

Equipment needed: Scale

所需设备: 体重秤

B WEIGHT MEASUREMENT 体重测量

PL001 Is R eligible for Weight Measurement? 是否合乎测量体重的条件?

1. Yes weight < 150kg 是, 体重 < 150
5. No weight ≥ 150kg 否, 体重 ≥ 150kg → Skip to Waist Circumference 跳至腰围测量

IWER 访问员: Demonstrate the measurement 演示测量方法

Now, I'd like to measure your weight. To measure your weight, I will ask you to stand on this scale, with your shoes off, while I read the display 现在, 我想为您测量体重。请您脱下鞋子, 站在体重秤上, 我来读数。

PL002 Do you understand the directions for this measurement and agree to take it? 您能明白测量方法并愿意参加这次测量吗?

1. Yes 是 → Skip to [QL002](#) 跳至 [QL002](#)
5. No 否

QL001 Why weren't you able to measure R's weight? (Circle all that apply) 你为什么无法测量受试者的体重? (可多选)

1. R felt it would not be safe 受试者认为测试不安全
2. IWER felt it would not be safe 访问员认为测试不安全
3. R refused or was not willing to complete the test 受试者拒绝或不愿意完成测试
4. R tried but was unable to complete test 受试者尝试了但未能完成测试
5. R did not understand the instructions 受试者不明白测试方法
6. R is not able to stand or balance on scale; other health reason 受试者无法在体重秤上站立或保持平衡; 其他健康方面的原因
7. No suitable space 没有合适的地方进行测试
8. Problem with equipment or supplies 设备问题
97. Other (Specify) 其他 (请注明): _____ (**QL001_1**)

PROCEDURE 程序:

Go to Waist Circumference 跳至腰围测量

QL002 Record measurements in chart (Record 993 if R tried but was unable. Record 999 if R chose not to do it) 将测试结果记录在下表中 (如果尽管受试者尝试了, 但无法进行测试, 请填写 993。如果受试者选择不进行测试, 请填写 999)

Measurement 测量	Weight Measurement 体重测量值 (kg)
1	(QL002)_____ 0..150, 993, 999 (kg)

PROCEDURE 程序:

IF **QL002** = 993 or 999, skip to **QL001**, 如果 **QL002** = 993 或者 999, 跳至 **QL001**

QL003 Record type of floor surface 记录地面的类型

1. Linoleum/tile/wood 地板革/瓷砖/木地板
2. Carpet 地毯
3. Clay 土地
4. Concrete 水泥地
5. Not sure 不知道
97. Other (Specify) 其他 (请注明): _____ (**QL003_1**)

QL004 Was R wearing shoes during the measurement? 受试者是否穿着鞋测量?

1. Yes 是
5. No 否

QL005 How compliant was R during this measurement? 受试者在测量的过程中依从性如何?

1. R was fully compliant 完全依从
2. R was prevented from fully complying due to illness, pain, or other symptoms or discomforts 由于疾病, 疼痛或其它症状或不适而不能完全依从
3. R was not fully compliant, but no obvious reason for this 不能完全依从, 但没有明显的原因

11 WAIST CIRCUMFERENCE 腰围测量

A EQUIPMENT NEEDED 所需设备

Equipment needed: Soft Tape Measure

所需设备: 软尺

B WAIST CIRCUMFERENCE 腰围测量

IWER 访问员: Demonstrate the measurement 演示测量方法

Now I'm going to perform a simple measurement of your waist circumference. For this measurement it is important for you to be standing. I will ask you to identify where on your body your navel (belly button) is located. I will then place this soft measuring tape around your waist, over your clothing, holding it securely at the level of your navel. Once the tape measure is placed appropriately around your waist then we are ready to begin. I will ask you to take a normal breath and exhale, holding your breath at the end of the exhale. I will then record the measurement 现在我会给你做一项简单的腰围测试。这项测试中需要您站着。我将用尺子在您肚脐的位置水平绕腰部一圈。当腰围尺处于正确位置时，我们开始测量。请您平静呼吸。呼气末请屏住呼吸，我会在这时候读数。

Stand and locate navel. Place measuring tape over the clothing around the waist at the level of the navel. Take a normal breath and exhale, holding breath at end of exhale and letting the tape out slightly 立正，定位脐部。腰围尺在脐部位置水平绕受试者一周。平静呼吸，呼气末屏住呼吸，读数。

PM001 Ask if necessary: (“Before we begin, do you feel you are able to stand while we do this measurement?”) 必要时问受访者: (“开始前，您认为在测试过程中，您是否能够站着?”)

1. Yes 是
5. No 否 → Skip to [QM001](#) 跳至 [QM001](#)

PM002 Do you understand the directions for this measurement and agree to take it? 您能明白测量方法并愿意参加这次测量吗?

1. Yes → Skip to [QM002](#) 跳至 [QM002](#)
5. No 否

QM001 Why weren't you able to measure R's waist? (Circle all that apply) 为什么无法完成腰围测量? (可多选)

1. R felt it would not be safe 受试者认为测试不安全
2. IWER felt it would not be safe 访问员认为测试不安全
3. R refused or was not willing to complete the test 受试者拒绝或不愿意完成测试
4. R tried but was unable to complete test 受试者尝试了但未能完成测试
5. R did not understand the instructions 受试者不明白测试方法

6. R is not able to stand; other health reason 受试者无法站立；其他原因
7. No suitable space 没有合适的地方进行测试
8. Problem with equipment or supplies 设备问题
97. Other (Specify) 其他（请注明）： _____(QM001_1)

PROCEDURE 程序:

The End 结束体检

QM002 Record measurements in chart (Record 993 if R tried but was unable. Record 999 if R chose not to do it) 将测试结果记录在下表中（如果尽管受试者尝试了，但无法进行测试，请填写 993。如果受试者选择不进行测试，请填写 999）

Measurement 测量	Waist Measurement 腰围测量值 (cm)
1	(QM002)_____ 0.. 993, 999 (cm)

PROCEDURE 程序:

IF QM002 = 993 or 999, skip to QM001, 如果 QM002 = 993 或者 999, 跳至 QM001

QM003 What difficulties occurred during this measurement? (Circle all that apply) 在测量过程中有哪些困难？（可多选）

1. None 没有
2. R had breathing difficulties 受试者呼吸方面有困难
3. R was unable to hold breath at the end of the exhale 受试者在呼气末不能屏住呼吸
4. R was prevented from giving full effort by illness, pain, or other symptoms or discomforts 受试者因为疾病、疼痛或其他症状或不适而不能尽全力配合
5. R did not appear to give full effort, but no obvious reason for this 受试者未能尽全力，但没有明显的原因
6. Had difficulty or unable to locate navel 不能或定位脐部有困难
97. Other (Specify) 其他（请注明）： _____(QM003_1)

QM004 How compliant was R during this measurement? 受试者在测量的过程中依从性如何？

1. R was fully compliant 完全依从
2. R was prevented from fully complying due to illness, pain, or other symptoms or discomforts 由于疾病，疼痛或其它症状或不适而不能完全依从
3. R was not fully compliant, but no obvious reason for this 不能完全依从，但没有明显的原因

QM005 Was the R wearing bulky clothing during this measurement? 受试者在测量过程中是否穿者厚重的衣服？

1. Yes 是
5. No 否