



## Project RICE Intervention Screening Questionnaire

*To be filled out by the Interviewer:* Interviewer Initials: \_\_\_\_\_  
 Date: \_\_\_\_\_ Diabetes Risk Score: \_\_\_\_\_  
 Time: \_\_\_\_\_  
 Location: \_\_\_\_\_ Eligible? YES \_\_\_\_\_ NO \_\_\_\_\_

The purpose of this form is to determine eligibility to participate in the Project RICE Intervention.

### Part I: Diabetes Risk Assessment (American Diabetes Association)

You must be at-risk for diabetes in order to participate in this study. We can determine this based on the following questions and your body mass index (BMI)\*.

\*BMI refers to a number calculated from a person's weight and height. This provides a reliable indicator of body fatness for most people and is used to screen for weight categories that may lead to health problems such as diabetes.

#### CIRCLE THE CORRECT ANSWER

#### WRITE SCORE IN THE BOX

**1. How old are you?**

Less than 40 years (0 points)  
 40—49 years (1 point)  
 50—59 years (2 points)  
 60 years or older (3 points)

**2. Are you a man or a woman?**

Man (1 point) Woman (0 points)

**3. If you are a woman, have you ever been diagnosed with gestational diabetes?**

Yes (1 point) No (0 points)

**4. Do you have a mother, father, sister, or brother with diabetes?**

Yes (1 point) No (0 points)

**5. Have you ever been diagnosed with high blood pressure?**

Yes (1 point) No (0 points)

**6. Are you physically active?**

Yes (0 points) No (1 point)

**7. What is your weight status?**

*(Measure height and ask participant to step on scale. Record height, weight, and BMI. See chart at right to determine points.)*

**8. In the last 3 months, have you been told by a doctor that you have prediabetes?**

Yes (5 points) No (0 points)

*(Note: must be verified before baseline screening through recent health record (last 3 months)).*



Add up the score.

Height	Weight (lbs.)		
4' 7"	99-116	117-159	160+
4' 8"	103-120	121-165	166+
4' 9"	106-125	126-171	172+
4' 10"	110-129	130-177	178+
4' 11"	114-134	135-183	184+
5' 0"	118-138	139-189	190+
5' 1"	122-143	144-196	197+
5' 2"	126-148	149-202	203+
5' 3"	130-152	153-209	210+
5' 4"	134-157	158-216	217+
5' 5"	138-162	163-222	223+
5' 6"	142-167	168-229	230+
5' 7"	146-172	173-236	237+
5' 8"	151-178	179-243	244+
5' 9"	155-183	184-251	252+
5' 10"	160-188	189-258	259+
5' 11"	165-194	195-265	266+
6' 0"	169-199	200-273	274+
6' 1"	174-205	206-280	281+
6' 2"	179-210	211-288	289+
6' 3"	184-216	217-296	297+
6' 4"	189-222	223-304	305+
	(1 point)	(2points)	(3 points)
	You weigh less than the amount in the left column. (0 points)		

**Record:**

Height: \_\_\_\_\_ ft \_\_\_\_\_ inches

Weight: \_\_\_\_\_ lbs

BMI \_\_\_\_\_

### Score 5 points or more?

☐ **Yes** – At risk for diabetes and may be eligible to participate in Project RICE: **CONTINUE SURVEY**

You are at increased risk for having type 2 diabetes. However, only your doctor can tell for sure if you do have type 2 diabetes or prediabetes (a condition that precedes type 2 diabetes in which blood glucose levels are higher than normal). Talk to your doctor to see if additional testing is needed. Type 2 diabetes is more common in Asian Americans.

The good news is that you can manage your risk for type II diabetes. Small steps make a big difference and can help you live a longer, healthier life. This program may be able to help you.

☐ **No** – Probably at low risk for diabetes and not eligible to participate in Project RICE: **END SURVEY**

Thank you for taking the diabetes risk assessment. The good news is that you are probably at low risk for diabetes. You are not eligible to participate in this program at this time. Please take this information on diabetes prevention. Also, if you have any friends or relatives who may be interested in this program, please have them contact me. My contact information is listed on the flyer.

### Part 2: Study Eligibility

If you scored 5 points or more on the Diabetes Risk Assessment, this form will help us determine if you are eligible for the study. If you are eligible, you will have the option to learn more about the study and sign a consent form to participate now, or to provide your name and contact information on a sign-in sheet. We will then contact you with further information regarding the study.

1. Where were you born?

☐ Korea [CONTINUE TO QUESTION #2]

☐ Other \_\_\_\_\_ [LIST COUNTRY] [IF CHECKED, ASK]: Was at least one of your parents born in Korea?

☐ Yes

☐ No [**Not eligible**]

[PARTICIPANT MUST BE BORN IN KOREA OR HAVE AT LEAST ONE PARENT WHO WAS BORN IN KOREA TO BE ELIGIBLE]

2. Have you ever been told by a doctor that you have type II diabetes?

☐ Yes [**Not eligible**]

☐ No

☐ Not Sure

Other \_\_\_\_\_

3. Has a doctor or other health professional ever prescribed you medication to help lower or control your blood sugar? [NOTE: For women, this does not include during pregnancy.]

☐ Yes [**Not eligible**]

☐ No

☐ Not Sure

Other \_\_\_\_\_

4. Have you ever been told by a doctor that you have hypertension, or high blood pressure?

☐ Yes

☐ No

☐ Not Sure

Other \_\_\_\_\_

[CONTINUE]

5. Have you ever been told by a doctor that you have high cholesterol?

☐ Yes

☐ No

☐ Not Sure

Other \_\_\_\_\_

[CONTINUE]

6. How old are you? \_\_\_\_\_ years

[IF AGE <18 OR >75, END THE SURVEY]

7. Gender

☐ Female [IF FEMALE, GO TO QUESTION # 8]

☐ Male [IF MALE, GO TO QUESTION #9]

8. Are you currently pregnant?

☐ Yes [**Not eligible**]

☐ No

☐ Not Sure

☐ Currently trying to become pregnant [Explain: If you become pregnant at any time during the study, you will become ineligible to participate.]

9. Now I am going to ask you a series of questions regarding your health status:

	YES	NO
a. Are you currently on renal dialysis?	NE	
b. Do you have any other serious illnesses, such as cancer?	NE	
c. Have you had any other serious illnesses within the last 12 months?	NE	
d. Have you had a coronary event (e.g. heart failure, heart attack) within the last 12 months?	NE	
e. Are you currently participating in any other research studies or programs related to diabetes or cardiovascular disease?	NE	
f. Do you have any physical issues which would make it difficult for you to attend educational sessions?	NE	
g. Would you be <u>unable to attend</u> regular educational sessions and follow-up visits that will take place in Flushing?	NE	
h. Are you planning to travel outside of NYC for more than 6 weeks in the next 6 months?	NE	

[IF ANSWERS YES TO ANY OF THESE QUESTIONS, NOT ELIGIBLE]

**END OF SURVEY**

IF PARTICIPANT IS NOT ELIGIBLE:

Thank you for completing this questionnaire. You are not eligible to participate in this program at this time. Please take this information on diabetes prevention. Also, if you have any friends or relatives who may be interested in this program, please have them contact me. My contact information is listed on the flyer.

IF PARTICIPANT IS ELIGIBLE:

Good news! You are eligible to participate in this exciting research study. If you are interested in joining our program, I can go through the consent form with you now, or you may leave your name and contact information on the sign-in sheet and we will contact you shortly.