

## Supplemental Figure 1. Sample items of the Health Enhancement Lifestyle Profile scales.

### Exercise

1. How often during a week do you walk outside or on a treadmill for at least 20 min as a form of exercise?
2. How often during a week do you perform stretching or flexibility exercises (such as joint mobility/stretching exercise, calisthenics or Yoga)?
3. How often during a week do you work out at the gym or at home (such as aerobic exercise or dance) for at least 20 min?

### Diet

1. How often during a week do you eat three or more servings of healthy foods rich in protein in one day (such as white meat, lean poultry, fish, beans, nuts, reduced-fat milk, cottage cheese, tofu, or soymilk)?
2. How often during a week do you eat two or more servings of healthy foods rich in calcium in one day (such as milk products, yogurt, cheese, sardines or salmon, tofu, calcium-fortified orange juice, soymilk or cereals, spinach, collards, or calcium supplements)?
3. How often during a week do you eat three or more servings of fruits and vegetables in one day?

### Social and Productive Activities

1. How often during a week do you visit or go out with your friends or family members or relatives who do not live with you?
2. How often during a week do you participate in a social, cultural, or support group that you belong to?
3. How often during a week do you go to volunteer work in the community?

### Leisure

1. How often during a week do you read newspapers or favorite magazines, books, or novels?
2. How often during a week do you watch or listen to a favorite show/program on TV, radio station, or the Internet?
3. How often during a week do you go out for watching sport games, movies, concerts, plays, live shows, museums, or exhibitions?

### Activities of Daily Living

1. How often during a week do you tend to ignore the routine for grooming and personal hygiene (such as combing, shaving, nail cutting, and teeth brushing/flossing)?
2. How often during a week do you tend to ignore the routine for bathing/showing or hair washing?
3. How often during a week do you stay up late at night or sleep less than 5 hr a night?

### Stress Management and Spiritual Participation

1. How often during a week do you feel a sense of happiness and satisfaction in life because of the things you do throughout the day?
2. How often during a week do you spend at least 20 min in a day doing simple things that can bring about your good moods (such as caring for pets, or singing, reading, listening to music)?
3. How often during a week do you talk with a special someone in the evening about how your day went?

### Other Health Promotion and Risk Behavior

1. How often during a month do you drink three or more servings of alcohol-containing beverages in 1 day?
2. How often during a week do you smoke five or more cigarettes in one day?
3. How often during a month do you take pain medicine to control any form of body pain (such as migraine headache, arthritic pain, or back pain)?

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**Supplemental Table 1. Demographics and Health-Related Information**

	<i>n</i> (%)		<i>n</i> (%)
<b>Ethnicity</b>		<b>Health Insurance Plan</b>	
White	137 (54.2)	Medicare	114 (45.1)
Asian/Pacific Islander	39 (15.4)	Medi-Cal	22 (8.7)
African-American	36 (14.2)	Health Maintenance Organizations	132 (52.2)
Hispanic	34 (13.4)	Preferred Provider Organizations	41 (16.2)
Native American	4 (1.6)	Other	25 (9.9)
Other	3 (1.2)	No health insurance	7 (2.8)
<b>Marital Status</b>		<b>Health Problems/Impairments</b>	
Single	23 (9.1)	Arthritis	91 (36.0)
Married	120 (47.4)	Fractures, bone/joint injury	18 (7.1)
Divorced	37 (14.6)	Lung/breathing problem	25 (9.9)
Separated	5 (2.0)	Eye/vision problem	79 (31.2)
Widowed	66 (26.1)	Stroke	9 (3.6)
Cohabitated	2 (0.8)	Diabetes	49 (19.4)
<b>Education</b>		Depression	22 (8.7)
Elementary school	9 (3.6)	Back/neck pain	58 (22.9)
Middle school	9 (3.6)	Walking problem	49 (19.4)
High school	83 (32.8)	Hearing problem	48 (19.0)
Community college (AA)	56 (22.1)	Heart problem	31 (12.3)
Undergraduate	56 (22.1)	Hypertension	98 (38.7)
Graduate and above	36 (14.2)	Cancer	10 (4.0)
No answer	4 (1.6)	Sleeping problem	44 (17.4)
<b>Employment Status</b>		Other	11 (4.3)
Employed full-time	58 (22.9)	<b>Self-Rated Health</b>	
Employed part-time	24 (9.5)	Excellent	36 (14.2)
Unemployed/retired	168 (66.4)	Good	142 (56.1)
No answer	3 (1.2)	Fair	61 (24.1)
		Poor	13 (5.2)
		No answer	1 (0.4)

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