



## Major content areas of ARCHES questionnaire, physical examination, and blood and urine tests

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### Main Questionnaire Domains

- General health and access to care
- Perceived stress
- Physical functioning (Activities of Daily Living and Instrumental Activities of Daily Living)
- Medical conditions and family medical history
- Diabetes
- Hypertension
- Knowledge of signs and symptoms of heart attack and stroke
- Cholesterol
- Aspirin use
- Oral health
- Physical activity
- Sleep disorders
- Fruit and vegetable consumption
- Self-reported weight and weight management
- Tobacco use and exposure
- Alcohol consumption
- Occupation
- Social support and depression
- Demographic information and housing
- Health insurance
- Food security
- Complementary and alternative medicine use
- Reactions to race
- Hepatitis C risk factors
- List of all medications and supplements

### Physical Examination

- Weight
- Height
- Abdominal circumference
- Arm circumference
- Pulse (three readings throughout interview)
- Blood pressure (three readings throughout interview)

## **Blood and Urine Tests**

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### **Blood chemistry panel**

(alanine aminotransferase (ALT), aspartate aminotransferase (AST), bicarbonate, direct/indirect bilirubin, calcium, chloride, cholesterol, creatinine phosphokinase (CPK), creatinine, gamma glutamyl transpeptidase (GGT), iron, phosphate, lactate dehydrogenase (LDH), lipase, magnesium, potassium, sodium, total bilirubin, total protein, triglycerides)

### **Complete blood count**

(hematocrit, hemoglobin, mean corpuscular hemoglobin (MCH), mean corpuscular hemoglobin concentration (MCHC), mean corpuscular volume (MCV), red blood cell count (RBC), , white blood cell count (WBC) and differential counts)

**Calcium**

**Cystatin C**

**Fasting glucose**

**Fasting serum insulin**

**Hemoglobin A1c (HbA1c) (on known diabetics only)**

**High sensitivity C-reactive protein**

**Homocysteine**

**Parathyroid hormone**

**Phosphate**

**Serum cotinine**

**Serum creatinine**

**Urinary albumin-to-creatinine ratio (ACR)**