

Appendix 1. Patient Activation Measure, 13-Item

Below are some statements that people sometimes make when they talk about their health. Please indicate how much you agree or disagree with each statement as it applies to you personally by circling your answer. Your answers should be what is true for you and not just what you think the doctor wants you to say. If the statement does not apply to you, circle N/A.

1. When all is said and done, I am the person who is responsible for taking care of my health

Disagree	Strongly Disagree	Agree	Agree Strongly	N/A
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2. Taking an active role in my own health care is the most important thing that affects my health

Disagree	Strongly Disagree	Agree	Agree Strongly	N/A
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3. I am confident I can help prevent or reduce problems associated with my health

Disagree	Strongly Disagree	Agree	Agree Strongly	N/A
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4. I know what each of my prescribed medications do

Disagree	Strongly Disagree	Agree	Agree Strongly	N/A
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5. I am confident that I can tell whether I need to go to the doctor or whether I can take care of a health problem myself

Disagree	Strongly Disagree	Agree	Agree Strongly	N/A
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6. I am confident that I can tell a doctor concerns I have even when he or she does not ask

Disagree	Strongly Disagree	Agree	Agree Strongly	N/A
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7. I am confident that I can follow through on medical treatments I may need to do at home

Disagree	Strongly Disagree	Agree	Agree Strongly	N/A
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8. I understand my health problems and what causes them.

Disagree	Strongly Disagree	Agree	Agree Strongly	N/A
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9. I know what treatments are available for my health problems

Disagree	Strongly Disagree	Agree	Agree Strongly	N/A
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10. I have been able to maintain (keep up with) lifestyle changes, like eating right or exercising

Disagree	Strongly Disagree	Agree	Agree Strongly	N/A
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11. I know how to prevent problems with my health

Disagree	Strongly Disagree	Agree	Agree Strongly	N/A
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12. I am confident I can figure out solutions when new problems arise with my health

Disagree	Strongly Disagree	Agree	Agree Strongly	N/A
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13. I am confident that I can maintain lifestyle changes, like eating right and exercising, even during times of stress

Disagree	Strongly Disagree	Agree	Agree Strongly	N/A
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Appendix 2. Smartphrases

Smartphrase - Diet and Exercise:

24 hr diet recall

- Breakfast:

- Lunch:

- Dinner:

Beverages:

Soda? (Y/N): If Y soda, how much per day?:

Juice? (Y/N): If Y juice, how much per day?:

% of meals in past week home cooked:

% of meals in past week eaten out:

Does patient have access to healthy food? (Y/N):

Within the past 12 mo, we worried whether our food would run out before we got money to buy more. (Y/N)

Within the past 12 mo, the food we bought just didn't last and we didn't have money to get more. (Y/N)

Exercise

Times per week:

Minutes per day:

Intensity:

(high intensity = running, bicycling, swimming, soccer; low intensity = walking, yoga)

Smartphrase - Health Goals:

I counseled the patient on these diet/exercise topics:

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Diet/exercise patient goals for next visit:

1.

2.