

Questionnaire II: Current behaviors to mitigate health risks from air pollution

1: Demographics and generic information

1.1 Gender

☐ Male

☐ Female

1.2 Age (years)

1.3 Education level

☐ Below primary

☐ Primary school

☐ Lower Secondary

☐ Upper secondary

☐ University

1.4 Occupation

1.5 Place of work/residence & location

ID	APAC indicator		
		Score	Description
A1	Avoid leaving place of residence without proper protection when AQI levels are too high (AQI > 101).	0	Stay outside of place of residence or work longer than 3 hours daily although the AQI levels exceed safety limits.
		1	Stay outside of place of residence or work for 2 - 3 hours daily although the AQI levels exceed safety limits.
		2	Stay outside of place of residence or work for 1 - 2 hours daily although the AQI levels exceed safety limits.
		3	Stay outside of place of residence or work less than 1 hour daily when the AQI levels exceed safety limits.
		4	Minimize leaving place of residence or work when the AQI levels exceed safety limits.
		5	Avoid leaving place of residence or work when the AQI levels exceed safety limits.
A2	Wear an N95 mask or equivalent when engaging in outdoor activity and AQI levels are too high (AQI > 101).	0	Never wear an N95 mask while outdoors although the AQI levels exceed safety limits.
		1	Rarely wear a face mask while outdoors when the AQI levels exceed safety limits. The face mask is not of N95 or equivalent type.
		2	Rarely wear a face mask while outdoors when the AQI levels exceed safety limits. The face mask is of N95 or equivalent type.
		3	Occasionally wear an N95 face mask while outdoors when the AQI levels exceed safety limits.
		4	Always wear either N95 or ordinary face mask while outdoors when the AQI levels exceed safety limits.

ID	APAC indicator		
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		5	Always wear an N95 face mask while outdoors when the AQI levels exceed safety limits.
A3	Apply sunscreen products with PA+++ and SPF30 to protect against UVA and UVB.	0	Never apply sunscreen products to protect against UV rays.
		1	Rarely apply sunscreen products to protect against UV rays. The sunscreen properties are below PA+++ and SPF30.
		2	Rarely apply sunscreen products to protect against UV rays. If applied, the sunscreens are of PA+++ and SPF30 or higher.
		3	Occasionally apply sunscreen products with PA+++ and SPF30 to protect against UV rays.
		4	Always apply sunscreen products with PA+++ and SPF30 or higher to protect against UV rays.
		5	Always apply sunscreen products with PA+++ and SPF30 or higher to protect against UV rays; and re-apply every 4 hours.
A4	Adopt diet regimens that lower oxidative stress.	0	No diet regimen to lower oxidative stress. In other word, select diets based on price and taste.
		1	Proportion of healthy diets is substantially smaller than unhealthy diets.
		2	Proportion of healthy diets is equal to or slightly larger than unhealthy diets.
		3	Proportion of healthy diets is considerably larger than unhealthy diets.
		4	Adopt diet regimen that helps lower oxidative stress.
		5	Adopt diet regimen that helps lower oxidative stress and meets the WHO's guidelines.
A5	Install indoor air filter systems certified by one of the following institutes: the British Allergy Foundation (BAF), the Association of Home Appliance Manufacturers (AHAM), and the European Centre for	0	No indoor air filter systems.
		1	There are indoor air filter systems but not certified by BAF, AHAM, or ECARF.
		2	There are indoor air filter systems but uncertain whether they are certified by BAF, AHAM, or ECARF.
		3	There are BAF-, AHAM- or ECARF-certified indoor air filter systems but rarely in operation.
		4	There are BAF-, AHAM- or ECARF-certified indoor air filter systems and often in operation.

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		Score	Description
	Allergy Research Foundation (ECARF).	5	There are BAF-, AHAM- or ECARF-certified indoor air filter systems and always in operation.
A6	Exercise regularly to reduce oxidative stress.	0	Never exercise.
		1	Exercise fewer than 2 days a week and less than 30 minutes each.
		2	Exercise 2 - 3 days a week and less than 30 minutes each.
		3	Exercise 2 - 3 days a week and more than 30 minutes each.
		4	Exercise 3 or more days a week or more than 150 minutes per week.
		5	Indoor exercise 3 or more days a week or more than 150 minutes per week. The exercise plan includes both cardio and weight training
A7	Take a shower and change into new clothes upon returning to place of residence (following outdoor activity).	0	Never take a shower or change into new clothes after returning to place of residence.
		1	Take a shower and change into new clothes more than 3 hours after returning to place of residence.
		2	Take a shower and change into new clothes within 3 hours after returning to place of residence.
		3	Take a shower and change into new clothes within 2 hours after returning to place of residence.
		4	Take a shower and change into new clothes within 1 hour after returning to place of residence.
		5	Take a shower or change into new clothes upon returning to place of residence.
A8	Take dietary supplements to reduce oxidative stress.	0	Never take dietary supplements to reduce oxidative stress.
		1	Rarely take dietary supplements and uncertain whether the supplements help reduce oxidative stress.
		2	Occasionally take dietary supplements and uncertain whether the supplements help reduce oxidative stress.
		3	Occasionally take dietary supplements that help reduce oxidative stress, including Vitamin A and Beta-carotene, Vitamin C, Vitamin E, Vitamin B6, B12, folic acid, Omega-3, Sulforaphane and N-acetyl cysteine.

ID	APAC indicator		
		Score	Description
		4	Regularly take dietary supplements that help reduce oxidative stress, including Vitamin A and Beta-carotene, Vitamin C, Vitamin E, Vitamin B6, B12, folic acid, Omega-3, Sulforaphane and N-acetyl cysteine.
		5	Regularly take dietary supplements that help reduce oxidative stress, including Vitamin A and Beta-carotene, Vitamin C, Vitamin E, Vitamin B6, B12, folic acid, Omega-3, Sulforaphane and N-acetyl cysteine, in addition to dietary supplements with high antioxidations.
A9	Avoid outdoor exercise and/or activities when AQI levels are too high (AQI > 101).	0	Engage in outdoor activities or sports longer than 3 hours although the AQI levels exceed safety limits.
		1	Engage in outdoor activities or sports between 2 - 3 hours although the AQI levels exceed safety limits.
		2	Engage in outdoor activities or sports between 1 - 2 hours although the AQI levels exceed safety limits.
		3	Engage in outdoor activities or sports less than 1 hour when the AQI levels exceed safety limits.
		4	Minimize engagement in outdoor activities or sports when the AQI levels exceed safety limits.
		5	Avoid outdoor activities or sports when the AQI levels exceed safety limits.
A10	Stay hydrated by drinking clean water every 2 – 3 hours, and the recommended quantity is 1.5 liters/day (8 - 10 glasses) for adult.	0	Daily consumption of water is alarmingly below the recommended quantity of 1.5 liters.
		1	Daily consumption of water is infrequent (>4 hours) and substantially below the recommended daily quantity.
		2	Daily consumption of water is less frequent (every 3-4 hours) and below the recommended daily quantity.
		3	Daily consumption of water is somewhat frequent (every 3 hours) but still below the recommended daily quantity.
		4	Daily consumption of water is adequate (every 2-3 hours) but still below the recommended daily quantity.
		5	Daily consumption of water is adequate (every 2-3 hours or less) and meets the recommended daily quantity.
A11	Elderly individuals with preexisting health conditions should avoid	0	You are over 60 years of age with many preexisting health conditions.
		1	You are over 60 years of age with certain chronic illnesses.

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		Score	Description
	exposure to air pollution.	2	You are under 60 years of age with certain chronic illnesses.
		3	You are over 60 years of age with few chronic illnesses.
		4	You are under 60 years of age with few chronic illnesses.
		5	You are under 60 years of age and without preexisting health conditions.
A12	Aware of the health impacts of air pollution and equip oneself with relevant knowledge to mitigate the impacts.	0	Lack of awareness of the health impacts of air pollution and no actions taken to mitigate the impacts.
		1	Minimal awareness of the health impacts of air pollution and few actions taken to mitigate the impacts.
		2	Incomplete awareness of the health impacts of air pollution and certain actions occasionally taken to mitigate the impacts.
		3	Sufficient awareness of the health impacts of air pollution and necessary actions taken to mitigate the impacts.
		4	Complete awareness of the health impacts of air pollution and actions (both proper and improper) taken to mitigate the impacts.
		5	Complete awareness of the health impacts of air pollution and proper actions taken to mitigate the impacts.