

WEIGHT HISTORY (WHQ)

WHQ010 (INTERVIEWER: CHECK LAST PAGE OF SAQ AND ENTER HEIGHT AND WEIGHT LISTED ON LAST PAGE IN WHQ 010 AND WHQ025 BELOW. IF SAQ IS NOT DONE OR INCOMPLETE, ASK WHQ010 AND WHQ025 BEFORE BEGINNING THE ANTHROPOMETRY MEASUREMENTS.)

How tall are you without shoes?

(IF THEY ANSWER IN METERS/CENTIMETERS, ENTER 'x')

<0-7> FEET **WHQ010_A FMT_NUMERIC.**
<x> ANSWER GIVEN IN METERS/CENTIMETERS

<d> DON'T KNOW
<r> REFUSED

<0-11.99> INCHES **WHQ010_B FMT_NUMERIC.**

OR

<0-2> METERS **WHQ010_C FMT_NUMERIC.**

<0-99.9> CENTIMETERS **WHQ010_D FMT_NUMERIC.**

WHQ025 How much do you weigh without clothes or shoes?
[FOR FEMALES UP TO AGE 59 ONLY]:
If you are currently pregnant, how much did you weigh **before** your pregnancy?

(IF THEY ANSWERS IN KILOGRAMS, ENTER 'x')

<0-999.99> POUNDS **WHQ025_A FMT_NUMERIC.**
<x> ANSWER GIVEN IN KILOGRAMS

<d> DON'T KNOW
<r> REFUSED

OR

<0-500.00> KILOGRAMS **WHQ025_B FMT_NUMERIC.**

WEIGHT HISTORY (WHQ)

WHQ030 In these next questions, we will ask you about how your weight has changed over your lifetime.

Do you consider yourself now to be overweight, underweight, or about the right weight?

- <1> OVERWEIGHT
- <2> UNDERWEIGHT
- <3> ABOUT THE RIGHT WEIGHT

- <d> DON'T KNOW
- <r> REFUSED

WHQ040 Would you like to weigh more, less, or stay about the same?

- <1> MORE
- <2> LESS
- <3> STAY ABOUT THE SAME

- <d> DON'T KNOW
- <r> REFUSED

WHQ053 How much did you weigh **a year ago**?
[FOR FEMALES UP TO AGE 59 ONLY]:
If you were pregnant a year ago, how much did you weigh **before** your pregnancy?

(IF THEY ANSWER IN KILOGRAMS, ENTER 'x')

- <0-999.99> POUNDS
- <x> ANSWER GIVEN IN KILOGRAMS

- <d> DON'T KNOW
- <r> REFUSED

OR

- <0-500.00> KILOGRAMS

WHQ070 During the **past 12 months**, did you try to either lose or maintain weight?

- <1> YES
- <2> NO **(Skip to WHQ110)**

- <d> DON'T KNOW **(Skip to WHQ110)**

WEIGHT HISTORY (WHQ)

<r> REFUSED **(Skip to WHQ110)**

WHQ088 How did you try to lose or maintain weight?
(HAND CARD. CHECK ALL THAT APPLY, ENTER 'x' WHEN DONE)

- <1> ATE LESS FOOD (AMOUNT)
- <2> SWITCHED TO FOODS WITH LOWER CALORIES
- <3> ATE LESS FAT
- <4> ATE FEWER CARBOHYDRATES
- <5> EXERCISED
- <6> SKIPPED MEALS
- <7> ATE "DIET" FOODS OR PRODUCTS
- <8> USED A LIQUID DIET FORMULA SUCH AS SLIMFAST OR OPTIFAST
- <9> JOINED A WEIGHT LOSS PROGRAM SUCH AS WEIGHT WATCHERS, JENNY CRAIG, TOPS, OR OVEREATERS ANONYMOUS
- <10> FOLLOWED A SPECIAL DIET SUCH AS DR. ATIKINS, OTHER HIGH PROTEIN OR LOW CARBOHYDRATE DIET, ZONE, GRAPEFRUIT, PRITIKIN
- <11> TOOK DIET PILLS PRESCRIBED BY A DOCTOR
- <12> TOOK OTHER PILLS, MEDICINES, HERBS, OR SUPPLEMENTS NOT NEEDING A PRESCRIPTION
- <13> STARTED TO SMOKE OR BEGAN TO SMOKE AGAIN
- <14> TOOK LAXATIVES OR VOMITED
- <15> DRANK A LOT OF WATER
- <16-25> OTHER (SPECIFY)

- <d> DON'T KNOW
- <r> REFUSED

WHQ090 In the **past 12 months**, did you seek help from a personal trainer, dietitian, nutritionist, doctor or other health professional to lose weight?

- <1> YES
- <2> NO **(Skip to WHQ110)**

- <d> DON'T KNOW **(Skip to WHQ110)**
- <r> REFUSED **(Skip to WHQ110)**

WEIGHT HISTORY (WHQ)

WHQ100 Was that a personal trainer, dietitian, nutritionist, doctor or other health professional?

(CODE ALL THAT APPLY, ENTER 'x' WHEN DONE)

- <1> PERSONAL TRAINER
- <2> DIETITIAN
- <3> NUTRITIONIST
- <4> DOCTOR
- <5> OTHER HEALTH PROFESSIONAL

- <d> DON'T KNOW
- <r> REFUSED

[SKIP TO WHQ120]

WHQ110 Have you **ever** tried to lose weight?

- <1> YES
- <2> NO **(Skip to WHQ121)**

- <d> DON'T KNOW **(Skip to WHQ121)**
- <r> REFUSED **(Skip to WHQ121)**

WHQ120 How much weight did you lose in your most successful attempt **ever** to lose weight?

- <0-999.99> POUNDS
- <x> ANSWER GIVEN IN KILOGRAMS

- <d> DON'T KNOW
- <r> REFUSED

OR

- <0-500.00> KILOGRAMS

[If SP is age 25 or younger, skip to WHQ147.]

WHQ121 How much did you weigh at **age 25**? If you don't know your exact weight, please make your best guess.

[FOR FEMALES UP TO AGE 59 ONLY]:

WEIGHT HISTORY (WHQ)

If you are or were pregnant, how much did you weigh before your pregnancy?

(IF THEY ANSWER IN KILOGRAMS, ENTER 'x')

<0-999.99> POUNDS

<x> ANSWER GIVEN IN KILOGRAMS

<d> DON'T KNOW

<r> REFUSED

OR

<0-500.00> KILOGRAMS

[If SP is age 49 or younger, skip to question WHQ147.]

WHQ122 How tall were you at age 25?

(IF THEY ANSWER IN METERS/CENTIMETERS, ENTER 'x')

<0-7> FEET

<x> ANSWER GIVEN IN METERS/CENTIMETERS

<d> DON'T KNOW

<r> REFUSED

<0-11.99> INCHES

OR

<0-2> METERS

<0-99.9> CENTIMETERS

WHQ147 What is the most you **ever** weighed?

(IF THEY ANSWER IN KILOGRAMS, ENTER 'x')

<0-999.99> POUNDS

<x> ANSWER GIVEN IN KILOGRAMS

<d> DON'T KNOW

<r> REFUSED

OR

WEIGHT HISTORY (WHQ)

<0-500.00> KILOGRAMS

WHQ150 How old were you then? If you don't know the exact age, please make your best guess.

<0-130> YEARS OLD

<d> DON'T KNOW

<r> REFUSED

WHQ160 What was your weight at birth?

(IF THEY ANSWER IN KILOGRAMS/GRAMS, ENTER 'x')

<0-29> POUNDS **(End of Qnr)**

<x> ANSWER GIVEN IN KILOGRAMS/GRAMS

<d> DON'T KNOW **(Go to WHQ161)**

<r> REFUSED **(Go to WHQ161)**

<0-15> OUNCES

OR

<0-20> KILOGRAMS **(End of Qnr)**

<0-999> GRAMS

WHQ161 Were you a small baby, an average baby, or a large baby?

<1> A SMALL BABY

<2> AN AVERAGE BABY

<3> A LARGE BABY

<d> DON'T KNOW

<r> REFUSED