

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 025 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

[If weight in WHQ053 is 10 pounds more than weight in WHQ025A or 4.55 Kilograms more than weight in WHQ.025B, continue to WHQ.061. Otherwise, SKIP TO WHQ070.]

WEIGHT HISTORY (WHQ)

WHQ061 Was the decrease between your **current** weight and your weight **a year ago because you tried to lose weight?**

<1> YES **(Skip to WHQ088)**

<2> NO

<d> DON'T KNOW

<r> REFUSED

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)**

<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

WEIGHT HISTORY (WHQ)

<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)**

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)**

WEIGHT HISTORY (WHQ)

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]:

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

WEIGHT HISTORY (WHQ)**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

<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')<0-999.99> 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<0-500.00> KILOGRAMS **(End of Qnr)**

<0-999> GRAMS

WEIGHT HISTORY (WHQ)

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

ANTHROPOMETRY & BLOOD PRESSURE (ANT) (BP)

ANT010 Forearm measurement from shoulder to elbow:

<10-70> centimeters

<d> Don't know <r> Refused

Value one: _____ cm

ANT010 FMT_NUMERIC.

[ANT020 calculate midpoint]

Comments?

<1> Enter Comments

ANT010_X \$FMT_CHAR.

<2> No Comments

ANT030 Right Mid-Arm Circumference:

<3-76> centimeters

<d> Don't know <r> Refused

Value one: _____ cm

ANT030 FMT_NUMERIC.

Comments?

<1> Enter Comments

ANT030_X \$FMT_CHAR.

<2> No Comments

BP040 Blood Pressure Readings:

Arm: <1> Right <2> Left **ANT040_ARM FMT_LR.**

Mastectomy: <1> Yes <2> No R: _____ L: _____

BP040_MASR BP040_MASL FMT_YES_NO.

Sore or injured: <1> Yes <2> No R: _____ L: _____

BP040_INJR BP040_INJL FMT_YES_NO.

Dialysis shunt: <1> Yes <2> No R: _____ L: _____

BP040_DIAR BP040_DIAL FMT_YES_NO.

<50-250> Systolic / <35-150> Diastolic

<d> Don't know <r> Refused

First BP: _____ / _____

BP040_1A / BP040_1B FMT_NUMERIC.

Second BP: _____ / _____

BP040_2A / BP040_2B FMT_NUMERIC.

Third BP: _____ / _____

BP040_3A / BP040_3B FMT_NUMERIC.

Average: _____ / _____

Comments?

<1> Enter Comments

BP040_X \$FMT_CHAR.

<2> No Comments

BP050 Average Pulse:

<30-150> beats per minute

<d> Don't know <r> Refused

ANTHROPOMETRY & BLOOD PRESSURE (ANT) (BP)

_____ beats per minute **BP050 FMT_NUMERIC.**

Comments?

<1> Enter Comments **BP050_X \$FMT_CHAR.**

<2> No Comments

ANT060 Standing Height

<50-250> centimeters

<d> Don't know <r> Refused

Value One: _____ cm

Retype: _____ cm*

ANT060_1 FMT_NUMERIC.

Value Two: _____ cm

Retype: _____ cm*

ANT060_2 FMT_NUMERIC.

Value Three: _____ cm†

Retype: _____ cm*

ANT060_3 FMT_NUMERIC.

Not able to stand straight?

ANT060_Z FMT_YES_NO.

<1> Yes

<2> No

Shoes kept one?

ANT060_Y FMT_YES_NO.

<1> Yes (why? – SPECIFY)

<2> No

Comments?

<1> Enter Comments **ANT060_X \$FMT_CHAR.**

<2> No Comments

ANT070 Standing Weight:

<25.0-500.0> kilograms

<d> Don't know <r> Refused

Value One: _____ kg

ANT070 FMT_NUMERIC.

Own clothes kept on?

ANT070_Y FMT_YES_NO.

<1> Yes (why? – SPECIFY)

<2> No

Two scales used?

ANT070_Z FMT_YES_NO.

<1> Yes

<2> No

Comments?

<1> Enter Comments **ANT070_X \$FMT_CHAR.**

<2> No Comments

ANT080 Waist Circumference:

<20-300> centimeters

<d> Don't know <r> Refused

ANTHROPOMETRY & BLOOD PRESSURE (ANT) (BP)

Value One: _____ cm	Retype: _____ cm*	ANT080_1	FMT_NUMERIC.
Value Two: _____ cm	Retype: _____ cm*	ANT080_2	FMT_NUMERIC.
Value Three: _____ cm†	Retype: _____ cm*	ANT080_3	FMT_NUMERIC.

Comments?

<1> Enter Comments

<2> No Comments

ANT090

Hip Circumference:

<20-300> centimeters

<d> Don't know <r> Refused

Value One: _____ cm	Retype: _____ cm*	ANT090_1	FMT_NUMERIC.
Value Two: _____ cm	Retype: _____ cm*	ANT090_2	FMT_NUMERIC.
Value Three: _____ cm†	Retype: _____ cm*	ANT090_3	FMT_NUMERIC.

Own clothes kept on?

ANT090_Y **FMT_YES_NO.**

<1> Yes

<2> No

Comments?

<1> Enter Comments

ANT090_X **\$FMT_CHAR.**

<2> No Comments

* Data entry forces Retype values to match original data entry; Retype values not provided in dataset.

† Only required if Value One and Value Two are more than 2cm apart.