WEIGHT HISTORY - WHQ

WHQ.010 These next questions ask about [your/SP's] height and weight at different times in [your/his/her] life.

How tall [are you/is SP] without shoes?

ENTER HEIGHT IN FEET AND INCHES OR METERS AND CENTIMETERS

|____|____|
ENTER NUMBER OF FEET

AND

|_____|
ENTER NUMBER OF INCHES

OR

|____|
ENTER NUMBER OF METERS

AND

|____|____|
ENTER NUMBER OF CENTIMETERS

OR

REFUSED .......................... 777
DON'T KNOW ........................ 999

WHQ.020 How much (do you/does SP) weigh without clothes or shoes?

RECORD CURRENT WEIGHT
INCLUDE WEIGHT DURING PREGNANCY
ENTER WEIGHT IN POUNDS OR KILOGRAMS

|____|____|____|
ENTER NUMBER OF POUNDS

OR

|____|____|____|
ENTER NUMBER OF KILOGRAMS

OR

REFUSED .......................... 777
DON'T KNOW ........................ 999
WHQ.030 {Do you/Does SP} consider {your/his/her}self now to be . . .

- overweight, ................................ 1
- underweight, or .......................... 2
- about the right weight? ............... 3
- REFUSED .................................. 7
- DON'T KNOW .............................. 9

WHQ.040 Would {you/SP} like to weigh . . .

- more, ....................................... 1
- less, or ..................................... 2
- stay about the same? .................. 3
- REFUSED .................................. 7
- DON'T KNOW .............................. 9

WHQ.050 How much did {you/SP} weigh a year ago?

ENTER WEIGHT IN POUNDS OR KILOGRAMS
IF PREGNANT, ASK FOR WEIGHT BEFORE PREGNANCY

|___|___|___|
 ENTER NUMBER OF POUNDS

 OR

|___|___|___|
 ENTER NUMBER OF KILOGRAMS

 OR

- REFUSED .................................. 777
- DON'T KNOW .............................. 999

BOX 1

CHECK ITEM WHQ.055:
IF WEIGHT IN WHQ.050 IS 10 POUNDS, 4.55 KILOGRAMS, OR MORE THAN WEIGHT IN WHQ.020 (E.G., WHQ.050 = 150 LBS AND WHQ.020 = 135 LBS), CONTINUE.
OTHERWISE, GO TO WHQ.070.

WHQ.060 Was the change between {your/SP's} current weight and {your/his/her} weight a year ago intentional?

- YES ....................................... 1 (WHQ.090)
- NO ........................................ 2 (WHQ.090)
- REFUSED .................................. 7 (WHQ.090)
- DON'T KNOW .............................. 9 (WHQ.090)

WHQ.070 During the past 12 months, {have you/has SP} tried to lose weight?

- YES ....................................... 1
- NO ........................................ 2
- REFUSED .................................. 7
- DON'T KNOW .............................. 9
How did {you/SP} try to lose weight?

HAND CARD WHQ1
CODE ALL THAT APPLY

ATE LESS FOOD (AMOUNT) .......... 10
SWITCHED TO FOODS WITH LOWER CALORIES ............... 11
ATE LESS FAT .................... 12
EXERCISED ....................... 13
SKIPPED MEALS ................... 14
ATE “DIET” FOODS OR PRODUCTS .... 15
USED A LIQUID DIET FORMULA SUCH AS SLIMFAST OR OPTIFAST .... 16
JOINED A WEIGHT LOSS PROGRAM SUCH AS WEIGHT WATCHERS, JENNY CRAIG, TOPS, OR OVEREATERS ANONYMOUS ..................... 17
TOOK DIET PILLS PRESCRIBED BY A DOCTOR .................... 18
TOOK OTHER PILLS, MEDICINES, HERBS, OR SUPPLEMENTS NOT NEEDING A PRESCRIPTION ............... 19
TOOK LAXATIVES OR VOMITED ...... 20
OTHER (SPECIFY) .................. 21
REFUSED ......................... 77
DON’T KNOW ...................... 99

During the past 12 months, {have you/has SP} done anything to keep from gaining weight?

YES .............................. 1
NO .............................. 2 (BOX 2)
REFUSED ......................... 7 (BOX 2)
DON’T KNOW ...................... 9 (BOX 2)
WHQ.100  What did (you/SP) do to keep from gaining weight?

HAND CARD WHQ1
CODE ALL THAT APPLY

ATE LESS FOOD (AMOUNT) .......... 10
SWITCHED TO FOODS WITH LOWER CALORIES ....................... 11
ATE LESS FAT ..................... 12
EXERCISED ....................... 13
SKIPPED MEALS ................... 14
ATE “DIET” FOODS OR PRODUCTS .... 15
USED A LIQUID DIET FORMULA SUCH AS SLIMFAST OR OPTIFAST ......... 16
JOINED A WEIGHT LOSS PROGRAM SUCH AS WEIGHT WATCHERS, JENNY CRAIG, TOPS, OR OVEREATERS ANONYMOUS ..................... 17
TOOK DIET PILLS PRESCRIBED BY A DOCTOR ........................ 18
TOOK OTHER PILLS, MEDICINES, HERBS, OR SUPPLEMENTS NOT NEEDING A PRESCRIPTION ...................... 19
TOOK LAXATIVES OR VOMITED ...... 20
OTHER (SPECIFY) .......................... 21
REFUSED ........................... 77
DON'T KNOW ........................ 99

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WHQ.110  How much did (you/SP) weigh 10 years ago?  [If you don't know (your/his/her) exact weight, please make your best guess.]

ENTER WEIGHT IN POUNDS OR KILOGRAMS
IF PREGNANT, ASK FOR WEIGHT BEFORE PREGNANCY

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ENTER NUMBER OF POUNDS

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ENTER NUMBER OF KILOGRAMS

OR

REFUSED ........................... 777
DON'T KNOW ........................ 999

BOX 2

CHECK ITEM WHQ.105:
IF SP AGE >= 36, CONTINUE.
OTHERWISE, GO TO BOX 3.

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WHQ.115  How much did (you/SP) weigh 10 years ago?  [If you don't know (your/his/her) exact weight, please make your best guess.]

ENTER WEIGHT IN POUNDS OR KILOGRAMS
IF PREGNANT, ASK FOR WEIGHT BEFORE PREGNANCY

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ENTER NUMBER OF KILOGRAMS

OR

REFUSED ........................... 777
DON'T KNOW ........................ 999

BOX 3

CHECK ITEM WHQ.115:
IF SP AGE >= 27, CONTINUE.
OTHERWISE, GO TO BOX 3A.
How much did {you/SP} weigh at **age 25**?  [If you don't know {your/his/her} exact weight, please make your best guess.]

ENTER WEIGHT IN POUNDS OR KILOGRAMS
IF PREGNANT, ASK FOR WEIGHT BEFORE PREGNANCY

|___|___|___|
ENTER NUMBER OF POUNDS
  OR
|___|___|___|
ENTER NUMBER OF KILOGRAMS
  OR
REFUSED ......................... 777
DON'T KNOW ...................... 999

BOX 3A

CHECK ITEM WHQ.125:
IF SP AGE >= 50, CONTINUE.
OTHERWISE, GO TO BOX 4.

How tall {were you/was SP} at **age 25**?  [If you don't know {your/his/her} exact height, please make your best guess.]

ENTER HEIGHT IN FEET AND INCHES OR METERS AND CENTIMETERS

|___|___|
ENTER NUMBER OF FEET
  AND
|___|___|
ENTER NUMBER OF INCHES
  OR
|___|___|
ENTER NUMBER OF METERS
  AND
|___|___|___|
ENTER NUMBER OF CENTIMETERS
  OR
REFUSED ......................... 777
DON'T KNOW ...................... 999

BOX 4

CHECK ITEM WHQ.135:
IF SP AGE >= 18, CONTINUE.
OTHERWISE, GO TO END OF SECTION.
Up to the present time, what is the most (you have/SP has) ever weighed?

ENTER WEIGHT IN POUNDS OR KILOGRAMS
DO NOT INCLUDE WEIGHT DURING PREGNANCY

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ENTER NUMBER OF KILOGRAMS
OR

REFUSED .......................... 777
DON'T KNOW ........................ 999

How old (were you/was SP) then? [If you don't know (your/his/her) exact age, please make your best guess.]

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ENTER AGE IN YEARS

REFUSED .......................... 777
DON'T KNOW ........................ 999

BOX 5

CHECK ITEM WHQ.155:
IF SP AGE >= 19, CONTINUE.
OTHERWISE, GO TO END OF SECTION.

What is the least (you/SP) ever weighed since (you were/s/he was) 18?

ENTER WEIGHT IN POUNDS OR KILOGRAMS
DO NOT INCLUDE WEIGHT DURING PREGNANCY

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ENTER NUMBER OF POUNDS
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ENTER NUMBER OF KILOGRAMS
OR

REFUSED .......................... 777
DON'T KNOW ........................ 999

How old (were you/was SP) then? [If you don't know (your/his/her) exact age, please make your best guess.]

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ENTER AGE IN YEARS

REFUSED .......................... 777
DON'T KNOW ........................ 999