

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.025 How much {do you/does SP} weigh without clothes or shoes? {If you are currently pregnant, how much did you weigh **before** your pregnancy?}

RECORD **CURRENT** WEIGHT
ENTER WEIGHT IN POUNDS OR KILOGRAMS

CAPI INSTRUCTION:
DISPLAY OPTIONAL SENTENCE {If you are currently pregnant . . .} **ONLY** IF SP IS FEMALE **AND** AGE IS 16 THROUGH 59.

|_|_|_|
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.052 How much did {you/SP} weigh **a year ago**? {If you were pregnant a year ago, how much did you weigh **before** your pregnancy?}

ENTER WEIGHT IN POUNDS OR KILOGRAMS

CAPI INSTRUCTION:

DISPLAY OPTIONAL SENTENCE {If you were pregnant . . .} **ONLY** IF SP IS FEMALE **AND** SP AGE IS 16 THROUGH 59.

|_|_|_|
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.052 IS 10 POUNDS, 4.55 KILOGRAMS, OR MORE THAN WEIGHT IN WHQ.025 (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.086)
- NO 2
- REFUSED 7
- DON'T KNOW 9

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

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

WHQ.086 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
- FOLLOWED A SPECIAL DIET SUCH AS DR. ATKINS, OTHER HIGH PROTEIN OR LOW CARBOHYDRATE DIET, ZONE, GRAPEFRUIT, PRITIKIN (SPECIFY) 30
- TOOK DIET PILLS PRESCRIBED BY A DOCTOR 31
- TOOK OTHER PILLS, MEDICINES, HERBS, OR SUPPLEMENTS NOT NEEDING A PRESCRIPTION 32
- TOOK LAXATIVES OR VOMITED 33
- DRANK A LOT OF WATER 34
- OTHER 40
- REFUSED 77
- DON'T KNOW 99

WHQ.090 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.101 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
FOLLOWED A SPECIAL DIET SUCH AS DR. ATKINS, OTHER HIGH PROTEIN OR LOW CARBOHYDRATE DIET, ZONE, GRAPEFRUIT, PRITIKIN (SPECIFY)	30
TOOK DIET PILLS PRESCRIBED BY A DOCTOR	31
TOOK OTHER PILLS, MEDICINES, HERBS, OR SUPPLEMENTS NOT NEEDING A PRESCRIPTION	32
TOOK LAXATIVES OR VOMITED	33
DRANK A LOT OF WATER	34
OTHER	40
REFUSED	77
DON'T KNOW	99

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

|_|_|_|
ENTER NUMBER OF POUNDS

OR

|_|_|_|
ENTER NUMBER OF KILOGRAMS

OR

REFUSED 777
DON'T KNOW 999

BOX 3

CHECK ITEM WHQ.115A:
IF SP AGE >= 27, CONTINUE.
OTHERWISE, GO TO WHQ.145.

WHQ.120 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 WHQ.145.

WHQ.130 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

WHQ.145 What is the most {you have/SP has} **ever** weighed? {Do not include any times when you were pregnant.}

ENTER WEIGHT IN POUNDS OR KILOGRAMS

CAPI INSTRUCTION:

DISPLAY OPTIONAL SENTENCE {Do not include . . .} **ONLY** IF SP IS FEMALE **AND** SP AGE IS 16 THROUGH 59.

|_|_|_|

ENTER NUMBER OF POUNDS

OR

|_|_|_|

ENTER NUMBER OF KILOGRAMS

OR

REFUSED 777

DON'T KNOW 999

WHQ.150 How old {were you/was SP} then? [If you don't know {your/his/her} exact age, please make your best guess.]

|_|_|_|

ENTER AGE IN YEARS

REFUSED 777

DON'T KNOW 999