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

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ENTER NUMBER OF FEET

AND

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ENTER NUMBER OF INCHES

OR

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ENTER NUMBER OF METERS

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</table>
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/she is} currently pregnant, how much did {you/she} weigh before your pregnancy?]

RECORD CURRENT WEIGHT
ENTER WEIGHT IN POUNDS OR KILOGRAMS

CAPI INSTRUCTION:
DISPLAY OPTIONAL SENTENCE [If {you are/she is} 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.053  How much did {you/SP} weigh a year ago? [If {you were/she was} pregnant a year ago, how much did {you/she} weigh before your pregnancy?]

ENTER WEIGHT IN POUNDS OR KILOGRAMS

CAPI INSTRUCTION:
DISPLAY OPTIONAL SENTENCE [If {you were/she was} pregnant . . .] ONLY IF SP IS FEMALE AND SP AGE IS 16 THROUGH 60.

|___|___|___|
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.087)
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.087 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)
What did {you/SP} do to keep from gaining weight?

HAND CARD WHQ1
CODE ALL THAT APPLY

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<tr>
<th>Activity</th>
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<tr>
<td>ATE LESS FOOD (AMOUNT)</td>
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<tr>
<td>SWITCHED TO FOODS WITH LOWER CALORIES</td>
<td>11</td>
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<tr>
<td>ATE LESS FAT</td>
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<td>EXERCISED</td>
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<td>SKIPPED MEALS</td>
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<tr>
<td>ATE &quot;DIET&quot; FOODS OR PRODUCTS</td>
<td>15</td>
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<tr>
<td>USED A LIQUID DIET FORMULA SUCH AS SLIMFAST OR OPTIFAST</td>
<td>16</td>
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<tr>
<td>JOINED A WEIGHT LOSS PROGRAM</td>
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<td>SUCH AS WEIGHT WATCHERS, JENNY CRAIG, TOPS, OR OVEREATERS ANONYMOUS</td>
<td>17</td>
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<td>FOLLOWED A SPECIAL DIET SUCH AS DR. ATKINS, OTHER HIGH PROTEIN OR LOW CARBOHYDRATE DIET, ZONE, GRAPEFRUIT, PRITIKIN (SPECIFY)</td>
<td>30</td>
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<tr>
<td>TOOK DIET PILLS PRESCRIBED BY A DOCTOR</td>
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<td>TOOK OTHER PILLS, MEDICINES, HERBS, OR SUPPLEMENTS NOT NEEDING A PRESCRIPTION</td>
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<td>33</td>
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<tr>
<td>DRANK A LOT OF WATER</td>
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<td>OTHER</td>
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<td>REFUSED</td>
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<td>DON'T KNOW</td>
<td>99</td>
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**BOX 2**

CHECK ITEM WHQ.105:
IF SP AGE >= 36, CONTINUE.
OTHERWISE, GO TO BOX 3.
WHQ.111 How much did {you/SP} weigh **10 years ago**? [If you don't know {your/his/her} exact weight, please make your best guess.] [If {you were/she was} pregnant, how much did {you/she} weigh before {your/her} pregnancy?]

ENTER WEIGHT IN POUNDS OR KILOGRAMS

CAPI INSTRUCTION:
DISPLAY OPTIONAL SENTENCE [If {you were/she was} . . .] ONLY IF SP IS FEMALE AND AGE IS LESS THAN 69.

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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.146.

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.] [If {you were/she was} pregnant, how much did {you/she} weigh before your pregnancy?]

ENTER WEIGHT IN POUNDS OR KILOGRAMS

CAPI INSTRUCTION:
DISPLAY OPTIONAL SENTENCE [If {you were/she was} . . .] ONLY IF SP IS FEMALE.

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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.146.

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.147 What is the most {you have/SP has} ever weighed? [Do not include any times when {you were/she was} pregnant.]

ENTER WEIGHT IN POUNDS OR KILOGRAMS

CAPI INSTRUCTION:
DISPLAY OPTIONAL SENTENCE {Do not include . . . } ONLY IF SP IS FEMALE.

|   |   |   |
Enter number of pounds
OR
|   |   |   |
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.]

ENTER AGE IN YEARS

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