

**2003-04 Questionnaire**

Questionnaire:SP (2003-04)  
Target Group:SPs 16+

**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/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)

WHQ.102 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

**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.

|\_|\_|\_|  
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.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.

|\_|\_|\_|  
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.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

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