



2006 NHANES Health Measurements List

Below is a list of tests you will receive on the day of your examination.
You will only have the test if your age falls within the ages shown in parenthesis.
You will receive the results of health measures shown with a black diamond (◆).

Health Measurements

- You will be weighed and measured (all) ◆
- We will measure your body fat (8-69) ◆
- The doctor will take your blood pressure (8+) ◆
- We will look at the condition of your teeth (5+) ◆
- You will be asked to walk on a treadmill if you are examined in the afternoon or evening. This is a fitness test and not a stress test (12-49) ◆
(Pregnant women in their second or third trimester will not have the fitness test)
- You will have bone density tests that involve low-dosage x-rays
 - Hip and spine scans (8+) ◆
 - Total body scans (8-69) ◆
 - (Pregnant women will not have bone density tests)*
- You will have a hearing test (12-19 and 70+) ◆
- You will have an eye test.
 - Visual acuity testing (12+) ◆
 - Visual field testing (40+) ◆
 - Digital photographs of retina (40+) ◆
 - (Eyes will not be dilated with eyedrops)*

Private Interviews

- You will be asked questions about your eating habits (all)
- You will be asked to answer questions about drug, alcohol, and tobacco use, reproductive and sexual history (12+)
(You will do this by yourself and using a private touch-screen computer)

Lab Tests on Urine (6+)

- You will be given a clean empty cup when you arrive at the exam center. When you change into the exam clothes in a private rest room, you will provide a urine sample. The urine will be tested for:
 - Exposure to environmental chemicals (all) ◆
 - Kidney function tests (all)
 - Sexually transmitted diseases:
 - Chlamydia and gonorrhea (14-39) ◆
 - Human immunodeficiency virus (HIV) (18-49) ◆
 - (Urine is not tested for drug use)*

Lab Tests on Blood (1+)

- You will have your blood drawn. The blood will be tested for:
 - Anemia (all) ◆
 - Nutrition status (all) ◆
 - Blood reaction to allergens (all) ◆
 - Exposures to environmental metals: lead, cadmium, and mercury (all) ◆
 - Infectious diseases (2+) ◆
 - Cholesterol, triglycerides and other lipids (6+) ◆
 - Exposure to environmental chemicals (6+) ◆
 - Parathyroid hormone (6+) ◆
 - Kidney and liver function (12+) ◆

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2006 NHANES Health Measurements List– Part 2

Lab Tests on Blood, continued (1+)

Sexually transmitted diseases (STD):

Genital herpes (14-49) ♦

Human immunodeficiency virus (HIV) (18-49)♦

Human papillomavirus (HPV) (18-59) ♦

Glucose (12+) ♦

Persons examined in the morning will have their blood drawn a second time to check for prediabetes

Women and girls only:

You will be asked to self-administer a vaginal swab in complete privacy. The swab will be tested for the presence of Human Papillomavirus (14-59) ♦

Females 12 years and older will have a urine pregnancy test, as well as girls 8-11 who have started their periods. Our physician will tell you if you are pregnant if you did not already know it. Parents of girls younger than 14 years of age who are pregnant will also be informed of the test result.

Men only:

Your blood will be checked for your level of prostate specific antigen (PSA) (40+) ♦

Lab Tests on Water:

The interviewer will collect a sample of your household tap water, which we will test for environmental chemicals (12+) ♦

After your visit to the NHANES mobile center:

If you had a dietary interview as part of your exam, you will get a phone call 3-10 days after the exam to be asked similar questions. Also, a food survey will be mailed to your home. You will be asked to complete this survey and return it in a prepaid envelope that we will provide. The questions will take 20-30 minutes to answer.

Children ages 6 years and older and adults will also be asked to wear a physical activity monitor. Staff will give you the monitor at the mobile center. You will wear the monitor at home for 7 days. You will be asked to return the monitor to our office in a prepaid envelope that we will provide.

A few weeks after your visit to the mobile center, a technician will visit your home to ask a short set of questions and collect a dust sample by vacuuming areas in the room where you sleep. The dust sample will be sent to a lab where it will be tested for allergens. Allergens are things that can cause allergies. Results of this dust testing will be given to you. A date and time to collect a dust sample will be set up after your exam.

People who test positive for hepatitis C will be called and asked to be in a brief phone interview 6 months after the exam.

Men 40-70 years of age with a high PSA test result will be called and asked to be in a brief phone interview 6 months after the exam.

Taking part in these interviews and health measures after your visit to the mobile center is voluntary.



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