NHANES

Sample Person Questionnaire
Hand Cards

2007-2008
PFQ1

No difficulty

Some difficulty

Much difficulty

Unable to do

Do not do this activity
Arthritis/rheumatism
Back or neck problem
Birth defect
Cancer
Depression/anxiety/emotional problem
Other developmental problem (such as cerebral palsy)
Diabetes
Fractures, bone/joint injury
Hearing problem
Heart problem
Hypertension/high blood pressure
Lung/breathing problem
Mental retardation
Other injury
Senility
Stroke problem
Vision/problem seeing
Weight problem
Other impairment/problem
Prediabetes

Impaired fasting glucose

Impaired glucose tolerance

Borderline diabetes
DIQ2

6 or less
7 or less
8 or less
9 or less
10 or less
High normal blood pressure

Borderline hypertension
VIQ1

No difficulty
A little difficulty
Moderate difficulty
Extreme difficulty
Unable to do because of eyesight
Does not do this for other reasons
VIQ2

No difficulty

A little difficulty

Moderate difficulty

Extreme difficulty

Unable to do because of eyesight

Does not do this for other reasons

Never drove
Get a severe sunburn with blisters

A severe sunburn for a few days with peeling

Mildly burned with some tanning

Turning darker without a sunburn

Nothing would happen in half an hour

Other
DEQ2

Always

Most of the time

Sometimes

Rarely

Never
OhQ1

Very often
Fairly often
Occasionally
Hardly ever
Never
Wore a mask

Spent less time outdoors

Avoided roads that have heavy traffic

Did less strenuous activities

Took medication

Closed windows of your house

Drove my car less

Canceled outdoor activities

Exercised indoors instead of outside

Used buses, trains, or subways
SLQ1

Never

Rarely – 1 time a month

Sometimes – 2-4 times a month

Often – 5-15 times a month

Almost always – 16-30 times a month
SLQ2

Don’t do this activity for other reasons

No difficulty

Yes, a little difficulty

Yes, moderate difficulty

Yes, extreme difficulty
DBQ1

Never

Rarely – less than once a week

Sometimes – once a week or more, but less than once a day

Often – once a day or more
A regular milk drinker for most or all of lifetime, including childhood

Never has been a regular milk drinker

Milk drinking has varied over lifetime – sometimes has been a regular milk drinker and sometimes has not been a regular milk drinker
Never

Rarely – less than once a week

Sometimes – once a week or more, but less than once a day

Often – once a day or more
EXAMPLES OF FROZEN MEALS & FROZEN PIZZAS
Wheat
Cow’s milk
Eggs
Fish
Shellfish (shrimp, crab, or lobster)
Corn
Peanut
Other nuts
Soy products
Other
Ate less food (amount)
Switched to foods with lower calories
Ate less fat
Ate fewer carbohydrates
Exercised
Skipped meals
Ate "diet" foods or products
Used a liquid diet formula such as Slimfast or Optifast
Joined a weight loss program such as Weight Watchers, Jenny Craig, Tops, or Overeaters Anonymous
Followed a special diet such as Dr. Atkins, other high protein or low carbohydrate diet, Zone, grapefruit, Pritikin
Took diet pills prescribed by a doctor
Took other pills, medicines, herbs, or supplements not needing a prescription
Started to smoke or begin to smoke again
Took laxatives or vomited
Drank a lot of water
Other (Specify)
An employee of a **private** company, business, or individual for wages, salary, or commission

A **federal** government employee

A **state** government employee

A **local** government employee

Self-employed in **own** business, professional practice or farm

Working **without pay** in family business or farm
Only Spanish
More Spanish than English
Both equally
More English than Spanish
Only English
DMQ1

Never attended/kindergarten only

1st grade
2nd grade
3rd grade
4th grade
5th grade
6th grade
7th grade
8th grade
9th grade
10th grade
11th grade
12th grade, no diploma

High school graduate

GED or equivalent

Some college, no degree

Associate degree: Occupational, technical, or vocational program

Associate degree: Academic program

Bachelor’s degree (example: BA, AB, BS, BBA)

Master’s degree (example: MA, MS, MEng, MEd, MBA)

Professional school degree (example: MD, DDS, DVM, JD)

Doctoral degree (example: PhD, EdD)
Yes, born in United States

Yes, born in Puerto Rico, Guam, American Virgin Islands, or other U.S. territory

Yes, born abroad to American parents

Yes, U.S. citizen by naturalization

No, not a citizen of the United States
<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>10.</td>
<td>Mexican</td>
</tr>
<tr>
<td>11.</td>
<td>Puerto Rican</td>
</tr>
<tr>
<td>12.</td>
<td>Cuban</td>
</tr>
<tr>
<td>13.</td>
<td>Dominican (Republic)</td>
</tr>
<tr>
<td><strong>Central American:</strong></td>
<td></td>
</tr>
<tr>
<td>14.</td>
<td>Costa Rican</td>
</tr>
<tr>
<td>15.</td>
<td>Guatemalan</td>
</tr>
<tr>
<td>16.</td>
<td>Honduran</td>
</tr>
<tr>
<td>17.</td>
<td>Nicaraguan</td>
</tr>
<tr>
<td>18.</td>
<td>Panamanian</td>
</tr>
<tr>
<td>19.</td>
<td>Salvadoran</td>
</tr>
<tr>
<td>20.</td>
<td>Other Central American</td>
</tr>
<tr>
<td><strong>South American:</strong></td>
<td></td>
</tr>
<tr>
<td>21.</td>
<td>Argentinean</td>
</tr>
<tr>
<td>22.</td>
<td>Bolivian</td>
</tr>
<tr>
<td>23.</td>
<td>Chilean</td>
</tr>
<tr>
<td>24.</td>
<td>Colombian</td>
</tr>
<tr>
<td>25.</td>
<td>Ecuadorian</td>
</tr>
<tr>
<td>26.</td>
<td>Paraguayan</td>
</tr>
<tr>
<td>27.</td>
<td>Peruvian</td>
</tr>
<tr>
<td>28.</td>
<td>Uruguayan</td>
</tr>
<tr>
<td>29.</td>
<td>Venezuelan</td>
</tr>
<tr>
<td>30.</td>
<td>Other South American</td>
</tr>
<tr>
<td><strong>Other Hispanic or Latino:</strong></td>
<td></td>
</tr>
<tr>
<td>31.</td>
<td>Filipino</td>
</tr>
<tr>
<td>32.</td>
<td>Spaniard</td>
</tr>
<tr>
<td>33.</td>
<td>Spanish</td>
</tr>
<tr>
<td>34.</td>
<td>Spanish American</td>
</tr>
<tr>
<td>35.</td>
<td>Hispano/Hispana</td>
</tr>
<tr>
<td>36.</td>
<td>Hispanic/Latino</td>
</tr>
</tbody>
</table>
DMQ5

White
Black/African American
Indian (American)
Alaska Native
Native Hawaiian
Guamanian
Samoan
Other Pacific Islander (Specify)
Asian Indian
Chinese
Filipino (From Philippines)
Japanese
Korean
Vietnamese
Other Asian
Some Other Race
Private health insurance
Medicare
Medi-gap
Medicaid
SCHIP (CHIP/Children’s Health Insurance Program)
Military Health Care (Tricare/VA/Champ-VA)
Indian Health Service
State-sponsored health plan
Other government program
Single service plan (e.g., dental, vision, prescriptions)
1-800-MEDICARE (1-800-633-4227)

NAME OF BENEFICIARY
JANE DOE

MEDICARE CLAIM NUMBER      SEX
000-00-0000-A     FEMALE

IS ENTITLED TO     EFFECTIVE DATE
HOSPITAL (PART A)  07-01-1986
MEDICAL (PART B)   07-01-1986

SIGN
HERE

DO NOT SEND CLAIMS FOR PAYMENT OF MEDICARE BENEFITS TO THIS (¶) ADDRESS
<table>
<thead>
<tr>
<th>VITAMINS</th>
<th>MINERALS</th>
<th>Calcium</th>
<th>Vitamin C</th>
<th>Calcium and Magnesium</th>
<th>Calcium plus Vitamin D</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Iron</td>
<td>Vitamin E</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Zinc</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>MULTI-VITAMIN--MULTI-MINERALS</th>
<th>Flintstones</th>
<th>One a Day</th>
<th>Prenatals</th>
<th>Centrum</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Tri-Vi-Flor</td>
<td>B-Complex</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

| HERBALS AND BOTANICALS | Echinacea | Garlic | Saw Palmetto |
|                       | Ginkgo     | Ginseng |             |

<table>
<thead>
<tr>
<th>FIBER</th>
<th>Metamucil</th>
<th>Fibercon</th>
<th>Benefiber</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>AMINO ACIDS</th>
<th>Lysine</th>
<th>Methionine</th>
<th>Tryptophan</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>OTHERS</th>
<th>Fish Oil</th>
<th>Chondroitin</th>
<th>Glucosamine</th>
</tr>
</thead>
</table>
EXAMPLES OF ANTACIDS

Tums
Rolaids
Maalox
Mylanta
Decided to take it for reasons of my own

A doctor or other health provider told me to
For good bowel/colon health
For prostate health
For mental health
To prevent health problems
To improve my overall health
For teeth, prevent cavities
To supplement my diet (because I don’t get enough from food)
To maintain health (to stay healthy)
To prevent colds, boost immune system
For heart health, cholesterol
For eye health
For healthy joints, arthritis
For skin health, dry skin
For weight loss
For bone health, build strong bones, osteoporosis
To get more energy
For pregnancy
For anemia, such as low iron
DSQ4

Less than 1 month

1 month but less than 2 months

2 months but less than 3 months

3 months
<table>
<thead>
<tr>
<th>Capsules</th>
<th>Wafers</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tablets</td>
<td>Chews</td>
</tr>
<tr>
<td>Chewable tablets</td>
<td>Dots</td>
</tr>
<tr>
<td>Pills</td>
<td>Granules</td>
</tr>
<tr>
<td>Caplets</td>
<td>Lozenges</td>
</tr>
<tr>
<td>Soft gels</td>
<td>Gel</td>
</tr>
<tr>
<td>Gel caps</td>
<td>Inhaler</td>
</tr>
<tr>
<td>Vegicaps</td>
<td>Nebulizer</td>
</tr>
<tr>
<td>Package/packets</td>
<td>Injection</td>
</tr>
<tr>
<td>Liquid</td>
<td>Discus</td>
</tr>
<tr>
<td>Powder</td>
<td></td>
</tr>
</tbody>
</table>
EXAMPLES OF ASTHMA PRODUCTS

Albuterol (Proventil, Ventolin, Vospire)
Albuterol (Combivent, Duoneb)
Beclomethasone (Beclovent, Qvar, Vanceril)
Bitolterol (Tornalate)
Budesonide (Entocort, Pulmicort)
Cromolyn (Intal)
Epinephrine
Flunisolide (Aerobid)
Fluticasone (Flovent)
Fluticasone (Advair)
Formoterol (Foradil)
Ipratropium (Atrovent)
Levalbuterol (Xopenex)
Metaproterenol (Alupent, Metaprel)
Mometasone (Asmanex)
Montelukast (Singulair)
Nedocromil (Tilade)
Oxtriphylline (Choledyl)
Pirbuterol (Maxair)
Salmeterol (Serevent)
Terbutaline (Brethaire, Brethine, Bricanyl)
Theophylline (Theo, Uniphyl)
Tiotropium (Spiriva)
Triamcinolone (Azmacort)
Zafirlukast (Accolate)
Zileuton (Zyflo)
DSQ7

Less than 1 month

1 month but less than 2 months

2 months but less than 3 months

3 months
<table>
<thead>
<tr>
<th>DSQ8</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Tablets</td>
<td>Chews</td>
</tr>
<tr>
<td>Capsules</td>
<td>Wafers</td>
</tr>
<tr>
<td>Chewable tablets</td>
<td>Dots</td>
</tr>
<tr>
<td>Pills</td>
<td>Granules</td>
</tr>
<tr>
<td>Caplets</td>
<td>Lozenges</td>
</tr>
<tr>
<td>Soft gels</td>
<td>Gel</td>
</tr>
<tr>
<td>Gel caps</td>
<td>Inhaler</td>
</tr>
<tr>
<td>Vegicaps</td>
<td>Nebulizer</td>
</tr>
<tr>
<td>Package/packets</td>
<td>Injection</td>
</tr>
<tr>
<td>Liquid</td>
<td>Discus</td>
</tr>
<tr>
<td>Powder</td>
<td></td>
</tr>
</tbody>
</table>