NHANES

Sample Person Questionnaire
Hand Cards

2011-2012
TBQ1

Skin Test:

Tine Test:
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
MCQ1

Little or no psoriasis

Only a few patches (that could be covered by one or two palms of a hand)

Scattered patches (that could be covered between three and ten palms of a hand)

Extensive psoriasis (covering large areas of the body, that would be more than ten palms of a hand)
MCQ2

Never (in the past 7 days or week)

Rarely (once in the past week)

Sometimes (two or three times in the past week)

Often (about once a day)

Very often (several times a day)
Prediabetes

Impaired fasting glucose

Impaired glucose tolerance

Borderline diabetes
Risk Factors:
1. Family history
2. Overweight
3. Age
4. Poor dietary habit
5. Race
6. Had a baby that weighed over 9 lbs. at birth
7. Lack of physical activity or sedentary lifestyle

Medical Conditions:
8. High blood pressure
9. High sugar
10. High cholesterol
11. Hypoglycemic

Experienced Symptoms:
12. Extreme hunger
13. Tingling/numbness in hands or feet
14. Blurred vision
15. Increased fatigue

Other Factors:
16. Anyone could be at risk
17. Doctor warning
DIQ3

Less than 6
Less than 7
Less than 8
Less than 9
Less than 10
Provider did not specify a goal
High normal blood pressure
Prehypertension
Borderline hypertension
AUQ1

Always

Usually

About half the time

Seldom

Never
Always

Usually

About half the time

Seldom

Never

No noise exposure past 12 months
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
Always
Most of the time
Sometimes
Rarely
Never
CSQ1

Better

Worse

No change
Sweet
Sour
Salty
Bitter
Metallic
Burning or tingling
Bad or foul
Something else
CSQ3

Head cold or flu for longer than a month

Persistent dry mouth (not enough saliva)

Frequent nasal congestion from allergies
Wisdom teeth removed

Tonsils removed

Loss of consciousness because of a head injury

Broken nose or other serious injury to face or skull

Two or more sinus infections
Could not afford the cost
Did not want to spend the money
Insurance did not cover recommended procedures
Dental office is too far away
Dental office is not open at convenient times
Another dentist recommended not doing it
Afraid or do not like dentists
Unable to take time off from work
Too busy
I did not think anything serious was wrong/expected dental problems to go away
OHQ2

Very often

Fairly often

Occasionally

Hardly ever

Never
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
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, South Beach, other high protein or low carbohydrate diet, cabbage soup diet, Ornish, Nutrisystem, Body-for-Life
Took diet pills prescribed by a doctor
Took other pills, medicines, herbs or supplements not needing a prescription
Started to smoke or began to smoke again
Took laxatives or vomited
Drank a lot of water
Ate more fruits, vegetables, salads
Ate less sugar, candy, sweets
Changed eating habits (didn’t eat late at night, ate several small meals a day)
Ate less junk food or fast food
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
English
Chinese
Farsi/Persian
Hindi
Japanese
Khmer/Cambodian
Korean
Tagalog/Filipino
Urdu
Vietnamese
Other
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)
DMQ2

September 2001 or later

August 1990 to August 2001 (including Persian Gulf War)

September 1980 to July 1990

May 1975 to August 1980

August 1964 to April 1975 (Vietnam Era)

March 1961 to July 1964

February 1955 to February 1961

July 1950 to January 1955 (Korean War)

January 1947 to June 1950

December 1941 to December 1946 (World War II)

November 1941 or earlier
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<thead>
<tr>
<th>Number</th>
<th>Hispanic or Latino Origin</th>
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<tbody>
<tr>
<td>10.</td>
<td>Mexican</td>
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<tr>
<td>11.</td>
<td>Puerto Rican</td>
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<td>12.</td>
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<td>13.</td>
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<td>17.</td>
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<td>36.</td>
<td>Hispanic/Latino</td>
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DMQ4

American Indian or Alaskan Native

Asian

Black or African American

Native Hawaiian or Pacific Islander

White

Other
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<tbody>
<tr>
<td>Asian Indian</td>
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<tr>
<td>Bangladeshi</td>
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<td>Thai</td>
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<td>Vietnamese</td>
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</table>
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
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)
<table>
<thead>
<tr>
<th>Category</th>
<th>Vitamin/Mineral</th>
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<tbody>
<tr>
<td>VITAMINS</td>
<td>Calcium, Vitamin C, Calcium and Magnesium, Vitamin E, Calcium plus Vitamin D</td>
</tr>
<tr>
<td>MINERALS</td>
<td>Iron, Vitamin E, Zinc, Vitamin E, Calcium plus Vitamin D</td>
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<tr>
<td>MULTI-VITAMIN--MULTI-MINERALS</td>
<td>Flintstones, One a Day, Prenatals, B-Complex, Centrum</td>
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<tr>
<td>HERBALS AND BOTANICALS</td>
<td>Echinacea, Garlic, Saw Palmetto, Ginkgo, Ginseng</td>
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<tr>
<td>FIBER</td>
<td>Metamucil, Fibercon, Benefiber</td>
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<tr>
<td>AMINO ACIDS</td>
<td>Lysine, Methionine, Tryptophan</td>
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<tr>
<td>OTHERS</td>
<td>Fish Oil, Chondroitin, Glucosamine</td>
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</tbody>
</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
To:
Get more energy
Improve digestion
Improve my overall health
Maintain health (to stay healthy)
Maintain healthy blood sugar level, diabetes
Prevent colds, boost immune system
Prevent health problems
Supplement my diet (because I don’t get enough from food)

For:
Anemia, such as low iron
Bone health, build strong bones, osteoporosis
Eye health
Good bowel/colon health
Healthy Joints, arthritis
Healthy skin, hair, and nails
Heart health, cholesterol
Kidney and bladder health, urinary tract health
Liver health, detoxification, cleanse system
Menopause, hot flashes
Mental health
Muscle related issues, muscle cramps, muscle building
Pregnancy/breastfeeding
Prostate health
Relaxation, decrease stress, improve sleep
Teeth, prevent cavities
Weight loss