WEIGHT HISTORY – WHQ
Target Group: SPs 16+

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 ......  1
ENTER HEIGHT IN METERS AND CENTIMETERS ......................  2
REFUSED ......................................................  7 (WHQ.025)
DON'T KNOW ..............................................  9 (WHQ.025)

____
ENTER NUMBER OF FEET

REFUSED ......................................................  7777 (WHQ.025)
DON'T KNOW ..............................................  9999 (WHQ.025)

AND

____
ENTER NUMBER OF INCHES

DON'T KNOW ..............................................  9999 (WHQ.025)

OR

____
ENTER NUMBER OF METERS

REFUSED ......................................................  7777 (WHQ.025)
DON'T KNOW ..............................................  9999 (WHQ.025)

AND

____
ENTER NUMBER OF CENTIMETERS

DON'T KNOW ..............................................  9999 (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

CAPI INSTRUCTION:
DISPLAY OPTIONAL SENTENCE [If {you are/she is} currently pregnant . . .] ONLY IF SP IS FEMALE AND AGE IS 16 THROUGH 59.

|___|___|___|
ENTER WEIGHT IN POUNDS ......................  1
ENTER WEIGHT IN KILOGRAMS ................  2
REFUSED .....................................................  7 (WHQ.030)
DON'T KNOW ...............................................  9 (WHQ.030)

|___|___|___|
ENTER NUMBER OF POUNDS

CAPI INSTRUCTION:
SOFT EDIT 75-500, HARD EDIT 50-750

OR

|___|___|___|
ENTER NUMBER OF KILOGRAMS

CAPI INSTRUCTION:
SOFT EDIT 34-225, HARD EDIT 23-338

OR

REFUSED ..................................................... 77777
DON'T KNOW ............................................... 99999

{Do you/Does SP} consider {your/his/her}self now to be . . . [If {you are/she is} currently pregnant, what did (you/she) consider {your/her}self to be before {you were/she was} pregnant?]

overweight, ....................................................  1
underweight, or ..............................................  2
about the right weight? .................................  3
REFUSED .....................................................  7
DON'T KNOW ...............................................  9

CAPI INSTRUCTION:
DISPLAY OPTIONAL SENTENCE [If {you are/she is} currently pregnant...] ONLY IF SP IS FEMALE AND AGE IS 16 THROUGH 59.
WHQ.040 Would you like to weigh . . .

more, ......................................................... 1
less, or ....................................................... 2
stay about the same? .................................. 3 (WHQ.053)
REFUSED ............................................... 7 (WHQ.053)
DON'T KNOW ........................................... 9 (WHQ.053)

WHQ.045/ L/K How much would you like to weigh?

ENTER WEIGHT IN POUNDS OR KILOGRAMS

|___|
ENTER WEIGHT IN POUNDS ............ 1
ENTER WEIGHT IN KILOGRAMS ........ 2
REFUSED ........................................... 7 (WHQ.053)
DON'T KNOW ..................................... 9 (WHQ.053)

|___|___|___|
ENTER NUMBER OF POUNDS

CAPI INSTRUCTION:
SOFT EDIT 75-500, HARD EDIT 50-750

OR

|___|___|___|
ENTER NUMBER OF KILOGRAMS

CAPI INSTRUCTION:
SOFT EDIT 34-225, HARD EDIT 23-338

OR

REFUSED ............................................. 77777
DON'T KNOW ...................................... 99999

WHQ.053/ L/K How much did you weigh a year ago? [If you were pregnant a year ago, how much did you weigh before your pregnancy?]

ENTER WEIGHT IN POUNDS OR KILOGRAMS

CAPI INSTRUCTION:
DISPLAY OPTIONAL SENTENCE [If you were pregnant . . . ] ONLY IF SP IS FEMALE AND SP AGE IS 17 THROUGH 60.

|___|
ENTER WEIGHT IN POUNDS ............ 1
ENTER WEIGHT IN KILOGRAMS ........ 2
REFUSED ........................................... 7 (BOX 1)
DON'T KNOW ..................................... 9 (BOX 1)
ENTER NUMBER OF POUNDS
CAPI INSTRUCTION:
SOFT EDIT 75-500, HARD EDIT 50-750

OR

ENTER NUMBER OF KILOGRAMS
CAPI INSTRUCTION:
SOFT EDIT 34-225, HARD EDIT 23-338

OR

REFUSED ..................................................... 77777
DON'T KNOW ............................................... 99999

BOX 1

CHECK ITEM WHQ.055:
IF WEIGHT IN WHQ.053/L/K IS 10 POUNDS, 4.55 KILOGRAMS, OR MORE THAN
WEIGHT IN WHQ.025/L/K (E.G., WHQ.053/L/K = 150 LBS AND WHQ.025/L/K = 135
LBS), CONTINUE.
OTHERWISE, GO TO WHQ.070.

WHQ.061  Was the change between {your/SP's} current weight and {your/his/her} weight a year ago because
{you/s/he} tried to lose weight?

YES ...............................................................  1 (WHQ.089/OS)
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 (WHQ.090)
NO .................................................................  2 (WHQ.090)
REFUSED .....................................................  7 (WHQ.090)
DON'T KNOW ...............................................  9 (WHQ.090)
How did {you/SP} try to lose weight?

HAND CARD WHQ1
CODE ALL THAT APPLY

ATE LESS FOOD (AMOUNT) ....................... 100
SWITCHED TO FOODS WITH LOWER
  CALORIES ........................................... 110
ATE LESS FAT ...................................... 120
ATE FEWER CARBOHYDRATES .............. 125
EXERCISED .......................................... 130
SKIPPED MEALS .................................. 140
ATE "DIET" FOODS OR PRODUCTS .......... 150
USED A LIQUID DIET FORMULA SUCH
  AS SLIMFAST OR OPTIFAST ............... 160
JOINED A WEIGHT LOSS PROGRAM
  SUCH AS WEIGHT WATCHERS, JENNY
  CRAIG, TOPS, OR OVEREATERS
  ANONYMOUS ..................................... 170
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 .................................. 300
TOOK DIET PILLS PRESCRIBED BY A
  DOCTOR ............................................. 310
TOOK OTHER PILLS, MEDICINES, HERBS,
  OR SUPPLEMENTS NOT NEEDING A
  PRESCRIPTION ..................................... 320
STARTED TO SMOKE OR BEGAN TO
  SMOKE AGAIN .................................... 325
TOOK LAXATIVES OR VOMITED ............ 330
DRANK A LOT OF WATER ...................... 340
ATE MORE FRUITS, VEGETABLES,
  SALADS ............................................. 350
ATE LESS SUGAR, CANDY, SWEETS ...... 360
CHANGED EATING HABITS (DIDN'T EAT
  LATE AT NIGHT, ATE SEVERAL SMALL
  MEALS A DAY) ................................. 370
ATE LESS JUNK FOOD OR FAST FOOD .... 380
OTHER (SPECIFY) ............................... 400
REFUSED ............................................. 777
DON'T KNOW ........................................ 999

In the past 12 months, {did you/did SP} seek help from a personal trainer, dietitian, nutritionist, doctor or other health professional to lose weight?

YES ................................................. 1
NO ................................................. 2 (BOX 2A)
REFUSED ......................................... 7 (BOX 2A)
DON'T KNOW ..................................... 9 (BOX 2A)
WHQ.281 Was that a . . .

CODE ALL THAT APPLY.

personal trainer,.............................................  1  
dietitian, .....................................................  2 
nutritionist, ....................................................  3 
doctor, or .....................................................  4 
other health professional? .............................  5  
REFUSED .....................................................  7  
DON’T KNOW .................................................  9

BOX 2A

CHECK ITEM WHQ.185:
IF WHQ.061 = CODE 1 OR WHQ.070 = CODE 1, GO TO WHQ.220/L/K.

WHQ.090 During the past 12 months, {have you/has SP} done anything to keep from gaining weight?

YES ...............................................................  1  
NO .................................................................  2  (WHQ.210) 
REFUSED .....................................................  7  (WHQ.210) 
DON’T KNOW .................................................  9  (WHQ.210)
What did you do to keep from gaining weight? 

Code all that apply.

Hand Card WHQ1

<table>
<thead>
<tr>
<th>Code</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>100</td>
<td>Ate less food (amount)</td>
</tr>
<tr>
<td>110</td>
<td>Switched to foods with lower calories</td>
</tr>
<tr>
<td>120</td>
<td>Ate less fat</td>
</tr>
<tr>
<td>125</td>
<td>Ate fewer carbohydrates</td>
</tr>
<tr>
<td>130</td>
<td>Exercised</td>
</tr>
<tr>
<td>140</td>
<td>Skipped meals</td>
</tr>
<tr>
<td>150</td>
<td>Ate &quot;diet&quot; foods or products</td>
</tr>
<tr>
<td>160</td>
<td>Used a liquid diet formula such as Slimfast or Optifast</td>
</tr>
<tr>
<td>170</td>
<td>Joined a weight loss program such as Weight Watchers, Jenny Craig, Tops, or Overeaters Anonymous</td>
</tr>
<tr>
<td>300</td>
<td>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</td>
</tr>
<tr>
<td>310</td>
<td>Took diet pills prescribed by a doctor</td>
</tr>
<tr>
<td>320</td>
<td>Took other pills, medicines, herbs, or supplements not needing a prescription</td>
</tr>
<tr>
<td>325</td>
<td>Started to smoke or began to smoke again</td>
</tr>
<tr>
<td>330</td>
<td>Took laxatives or vomited</td>
</tr>
<tr>
<td>340</td>
<td>Drank a lot of water</td>
</tr>
<tr>
<td>350</td>
<td>Ate more fruits, vegetables, salads</td>
</tr>
<tr>
<td>360</td>
<td>Ate less sugar, candy, sweets</td>
</tr>
<tr>
<td>370</td>
<td>Changed eating habits (didn’t eat late at night, ate several small meals a day)</td>
</tr>
<tr>
<td>380</td>
<td>Ate less junk food or fast food</td>
</tr>
<tr>
<td>400</td>
<td>Other (specify)</td>
</tr>
<tr>
<td>777</td>
<td>Refused</td>
</tr>
<tr>
<td>999</td>
<td>Don’t know</td>
</tr>
</tbody>
</table>

(Have you/Has SP) ever tried to lose weight?

<table>
<thead>
<tr>
<th>Code</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Yes</td>
</tr>
<tr>
<td>2</td>
<td>No</td>
</tr>
<tr>
<td>7</td>
<td>Refused</td>
</tr>
<tr>
<td>9</td>
<td>Don’t know</td>
</tr>
</tbody>
</table>
How much weight (did you/did SP) lose in {your/his/her} most successful attempt ever to lose weight?

ENTER WEIGHT IN POUNDS OR KILOGRAMS

HELP SCREEN: This question refers only to deliberate attempts to lose weight; it does not refer to weight loss because of illness, side effects of medication, stress, or other unintended causes.

|___|
ENTER WEIGHT IN POUNDS .............. 1
ENTER WEIGHT IN KILOGRAMS .......... 2
REFUSED ........................................ 7 (WHQ.111)
DON'T KNOW .................................. 9 (WHQ.111)

|___|___|___|
ENTER NUMBER OF POUNDS

CAPI INSTRUCTION:
SOFT EDIT OVER 100 POUNDS

OR

|___|___|___|
ENTER NUMBER OF KILOGRAMS

CAPI INSTRUCTION:
SOFT EDIT OVER 45 KILOGRAMS

OR

REFUSED ........................................ 77777
DON'T KNOW .................................. 99999

HELP SCREEN:
This question refers only to deliberate attempts to lose weight; it does not refer to weight loss because of illness, side effects of medication, stress, or other unintended causes.

BOX 2

CHECK ITEM WHQ.105:
IF SP AGE >= 36, CONTINUE.
OTHERWISE, GO TO BOX 3.
WHQ.111/L/K

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} . . .] ON LY IF SP IS FEMALE AND AGE IS LESS THAN OR EQUAL TO 69.

|___|
ENTER WEIGHT IN POUNDS ............... 1
ENTER WEIGHT IN KILOGRAMS ........... 2
REFUSED ........................................ 7 (BOX 3)
DON'T KNOW ................................. 9 (BOX 3)

|___|___|___|
ENTER NUMBER OF POUNDS

CAPI INSTRUCTION:
SOFT EDIT 75-500, HARD EDIT 50-750

OR

|___|___|___|
ENTER NUMBER OF KILOGRAMS

CAPI INSTRUCTION:
SOFT EDIT 34-225, HARD EDIT 23-338

OR

REFUSED ........................................ 77777
DON'T KNOW ................................. 99999

**BOX 3**

CHECK ITEM WHQ.115A:
IF SP AGE >= 27, CONTINUE.
OTHERWISE, GO TO WHQ.147/L/K.

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WHQ.121/L/K

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 WEIGHT IN POUNDS ............... 1
ENTER WEIGHT IN KILOGRAMS ........... 2
REFUSED ........................................ 7 (WHQ.130)
DON'T KNOW ................................. 9 (WHQ.130)
BOX 3A

CHECK ITEM WHQ.125:
IF SP AGE >= 50, CONTINUE.
OTHERWISE, GO TO WHQ.147/L/K.

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.]
F/I/M/C

ENTER HEIGHT IN FEET AND INCHES  1
ENTER HEIGHT IN METERS AND CENTIMETERS ..... 2
REFUSED .................................................. 7 (WHQ.147)
DON'T KNOW ......................................... 9 (WHQ.147)
ENTER NUMBER OF FEET

CAPI INSTRUCTION: HARD EDIT 2-8

AND

ENTER NUMBER OF INCHES

CAPI INSTRUCTION: HARD EDIT 0-11

OR

ENTER NUMBER OF METERS

CAPI INSTRUCTION: HARD EDIT 0-3

AND

ENTER NUMBER OF CENTIMETERS

CAPI INSTRUCTION: HARD EDIT 0-99

OR

REFUSED ...............................................  7777
DON'T KNOW .........................................  9999

BOX 4

OMITTED

WHQ.147/ L/K

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 WEIGHT IN POUNDS ............  1
ENTER WEIGHT IN KILOGRAMS ........  2
REFUSED ...........................................  7 (END OF SECTION)
DON'T KNOW .....................................  9 (END OF SECTION)
ENTER NUMBER OF POUNDS

CAPI INSTRUCTION:
SOFT EDIT 75-500, HARD EDIT 50-750

OR

ENTER NUMBER OF KILOGRAMS

CAPI INSTRUCTION:
SOFT EDIT 34-225, HARD EDIT 23-338

OR

REFUSED ............................................... 77777 (END OF SECTION)
DON'T KNOW ........................................... 99999 (END OF SECTION)

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 ............................................... 77777
DON'T KNOW ........................................... 99999

BOX 5

OMITTED