



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Centers for Disease Control and Prevention
National Center for Health Statistics



2013 NHANES Health Measurements

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 (◆). Two diamonds (◆◆) means you will receive the test result only if high or abnormal.

Health Measurements

You will be weighed and measured (all) ◆

The doctor will take your blood pressure (8+) ◆

We will look at the condition of your teeth and gums (1+) ◆

Dental imaging for fluorosis (6-19)

You will have body composition tests that involve low-dosage x-rays (*Pregnant women will not have this test*)

Total body scan (8-59) ◆

Hip and spine bone density scans (40+) ◆

You will have a taste and smell test (40+) ◆

You will have a grip strength test (6+) ◆

Private Interviews

You will be asked questions about your eating habits (all)

You will be asked to answer questions about:

Weight history (8-15)

Reproductive history (females 12+)

Drug use (12-69), alcohol and tobacco use (12-19), self-identified stage of puberty (8-19) and sexual history (14-69)

(You will do these by yourself using a touch-screen computer in privacy)

You will be asked to take short tests to assess your learning and memory (60+)

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 and metals (all) [arsenic ◆◆]

Kidney function tests (all) ◆

Sexually transmitted diseases:

Chlamydia (14-39) ◆

Trichomonas (14-59) ◆

(Urine is not tested for drug use)



Please turn over to see the next page.

2013 NHANES Health Measurements, cont.

Lab Tests on Blood (1+)

You will have your blood drawn. The blood will be tested for:

- Anemia (all) ♦
- Nutrition status (all) ♦
- Exposures to environmental metals:
 - Lead, cadmium, mercury, manganese (all under 12, selected participants 12+) ♦
 - Selenium (6-11, selected participants 12+) ♦
 - Copper and zinc (6+) ♦
- Infectious diseases (2+) ♦♦
- Total Cholesterol/HDL (6+) ♦
- Triglycerides/LDL (Morning session participants only, 12+) ♦
- Exposure to environmental chemicals (selected participants 6+)
- Kidney and liver function (12+) ♦
- Markers of celiac disease (6+) ♦
- Marker of muscle damage (12+) ♦
- Caffeine (6+)
- Testosterone (6+) ♦
- Estradiol (6+)
- Sex hormone binding globulin (6+)
- Sexually transmitted diseases (STD):
 - Genital herpes (14-49) ♦
 - Human immunodeficiency virus (HIV) (18-59) ♦
 - Human Papillomavirus (HPV) (14-59)
- Glucose (12+) ♦
 - Persons examined in the morning will have their blood drawn a second time to check for prediabetes
- Fluoride (3-19) ♦

Lab Tests on Saliva

Human Papillomavirus (HPV) (14-69)

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 and boys only:

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

Lab Tests on Water:

The interviewer will collect a sample of household tap water if participants are under 20 years of age. The water will be tested for fluoride. ♦

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 4-11 days after the exam to be asked similar questions.

You will be asked to provide two additional urine samples (ages 20 - 69). Before leaving the center, you will be given instructions, two clean empty cups, and a prepaid, addressed box for shipment to our lab.

You will be asked to wear a physical activity monitor for 7 days after your exam (ages 3 years and older). A prepaid envelope will be provided for mailing the monitor back to our headquarters.

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

If you have questions about getting your results, please call 1-800-452-6115.