NHANES

Sample Person Questionnaire
Hand Cards

2013-2014
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)
Prescribed Medicines for Hepatitis B

Adefovir
Alinia
Baraclude
Entecavir
Epivir
Epivir HBV
Hepsera
Interferon / Peginterferon
Intron A
Lamivudine
Nitazoxanide
Pegasys
Roferon-A
Telbivudine
Tenofovir
Tyzeka
Viread
Prescribed Medicines for Hepatitis C

Alinia
Boceprevir
Copegus
Incivek
Infergen
Interferon / Peginterferon
Intron A
Nitazoxanide
Pegasys
Pegintron
Rebetol
Rebetron
Ribapak
Ribasphere
Ribatab
Ribavirin
Roferon-A
Sylatron
Telaprevir
Victrrelis
Virazole
Prediabetes
Impaired fasting glucose
Impaired glucose tolerance
Borderline diabetes
Risk Factors:
10. Family history
11. Overweight
12. Age
13. Poor diet
14. Race
15. Had a baby that weighed over 9 lbs. at birth
16. Lack of physical activity or sedentary lifestyle

Medical Conditions:
17. High blood pressure
18. High blood sugar
19. High cholesterol
20. Hypoglycemic

Experienced Symptoms:
21. Extreme hunger
22. Tingling/numbness in hands or feet
23. Blurred vision
24. Increased fatigue

Other Factors:
25. Anyone could be at risk
26. Doctor warning
27. Other, specify
28. Gestational diabetes
29. Frequent urination
30. Thirst
DIQ3

Less than 6
Less than 7
Less than 8
Less than 9
Less than 10
Provider did not specify a goal
OSQ1

Diagram of the human body with labeled areas indicating possible fractures.

- Head/face
- Collar bone
- Shoulder
- Upper arm
- Ribs (either side)
- Elbow
- Lower arm (excluding wrist, e.g., between wrist and elbow)
- Pelvis (not hip)
- Upper leg (thigh excluding hip)
- Knee
- Lower leg (between ankle and knee)
- Ankle

Additional diagrams of the hands and feet, indicating:

- Fingers/Thumb
- Hand
- Left
- Right

Symbol for fracture: ⊗
Prescribed Medicines for Osteoporosis

- Fosamax
- Boniva
- Actonel
- Reclast
- Miacalcin
- Fortical
- Evista
- Forteo
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
CSQ2

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
1. Full load

2. Half load

3. Pea size

4. Smear
PAQ1

Baseball/softball
Basketball
Bocce ball
Cheerleading
Dance
Football
Frisbee/ultimate frisbee
Golf
Gymnastics
Hockey
Lacrosse
Running
Soccer
Swimming/diving
Tennis
Track and field
Trampoline
Volleyball
Wrestling
Other
PAQ2

Strongly agree

Agree

Neither agree nor disagree

Disagree

Strongly disagree
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
Often
Sometimes
Rarely
Never
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
Had weight loss surgery
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
ACQ1

Only Spanish

More Spanish than English

Both equally

More English than Spanish

Only English
ACQ2

English
Chinese
Farsi/Persian
Hindi
Japanese
Khmer/Cambodian
Korean
Tagalog/Filipino
Urdu
Vietnamese
Other
<table>
<thead>
<tr>
<th>Educational Level</th>
</tr>
</thead>
<tbody>
<tr>
<td>Never attended/kindergarten only</td>
</tr>
<tr>
<td>1st grade</td>
</tr>
<tr>
<td>2nd grade</td>
</tr>
<tr>
<td>3rd grade</td>
</tr>
<tr>
<td>4th grade</td>
</tr>
<tr>
<td>5th grade</td>
</tr>
<tr>
<td>6th grade</td>
</tr>
<tr>
<td>7th grade</td>
</tr>
<tr>
<td>8th grade</td>
</tr>
<tr>
<td>9th grade</td>
</tr>
<tr>
<td>10th grade</td>
</tr>
<tr>
<td>11th grade</td>
</tr>
<tr>
<td>12th grade, no diploma</td>
</tr>
<tr>
<td>High school graduate</td>
</tr>
<tr>
<td>GED or equivalent</td>
</tr>
<tr>
<td>Some college, no degree</td>
</tr>
<tr>
<td>Associate degree: Occupational, technical, or vocational program</td>
</tr>
<tr>
<td>Associate degree: Academic program</td>
</tr>
<tr>
<td>Bachelor’s degree (example: BA, AB, BS, BBA)</td>
</tr>
<tr>
<td>Master’s degree (example: MA, MS, MEng, MEd, MBA)</td>
</tr>
<tr>
<td>Professional school degree (example: MD, DDS, DVM, JD)</td>
</tr>
<tr>
<td>Doctoral degree (example: PhD, EdD)</td>
</tr>
</tbody>
</table>
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
<table>
<thead>
<tr>
<th><strong>DMQ3</strong></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>10. Mexican</strong></td>
<td><strong>South American:</strong></td>
</tr>
<tr>
<td><strong>12. Cuban</strong></td>
<td>22. Bolivian</td>
</tr>
<tr>
<td><strong>13. Dominican (Republic)</strong></td>
<td>23. Chilean</td>
</tr>
<tr>
<td><strong>Central American:</strong></td>
<td>24. Colombian</td>
</tr>
<tr>
<td><strong>14. Costa Rican</strong></td>
<td>25. Ecuadorian</td>
</tr>
<tr>
<td><strong>15. Guatemalan</strong></td>
<td>26. Paraguayan</td>
</tr>
<tr>
<td><strong>16. Honduran</strong></td>
<td>27. Peruvian</td>
</tr>
<tr>
<td><strong>17. Nicaraguan</strong></td>
<td>28. Uruguayan</td>
</tr>
<tr>
<td><strong>18. Panamanian</strong></td>
<td>29. Venezuelan</td>
</tr>
<tr>
<td><strong>19. Salvadoran</strong></td>
<td>30. Other South American</td>
</tr>
<tr>
<td><strong>20. Other Central American</strong></td>
<td><strong>Other Hispanic or Latino:</strong></td>
</tr>
<tr>
<td></td>
<td>31. Filipino</td>
</tr>
<tr>
<td></td>
<td>32. Spaniard</td>
</tr>
<tr>
<td></td>
<td>33. Spanish</td>
</tr>
<tr>
<td></td>
<td>34. Spanish American</td>
</tr>
<tr>
<td></td>
<td>35. Hispano/Hispana</td>
</tr>
<tr>
<td></td>
<td>36. Hispanic/Latino</td>
</tr>
<tr>
<td></td>
<td>41. Chicana/Chicano</td>
</tr>
</tbody>
</table>
DMQ4

American Indian or Alaska Native
Asian
Black or African American
Native Hawaiian or Pacific Islander
White
1. Native Hawaiian
2. Guamanian or Chamorro
3. Samoan
4. Other Pacific Islander
<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>10.</td>
<td>Asian Indian</td>
</tr>
<tr>
<td>11.</td>
<td>Bangladeshi</td>
</tr>
<tr>
<td>12.</td>
<td>Bengalese</td>
</tr>
<tr>
<td>13.</td>
<td>Bharat</td>
</tr>
<tr>
<td>14.</td>
<td>Bhutanese</td>
</tr>
<tr>
<td>15.</td>
<td>Burmese</td>
</tr>
<tr>
<td>16.</td>
<td>Cambodian</td>
</tr>
<tr>
<td>17.</td>
<td>Cantonese</td>
</tr>
<tr>
<td>18.</td>
<td>Chinese</td>
</tr>
<tr>
<td>19.</td>
<td>Dravidian</td>
</tr>
<tr>
<td>20.</td>
<td>East Indian</td>
</tr>
<tr>
<td>21.</td>
<td>Filipino</td>
</tr>
<tr>
<td>22.</td>
<td>Goanese</td>
</tr>
<tr>
<td>23.</td>
<td>Hmong</td>
</tr>
<tr>
<td>24.</td>
<td>Indochinese</td>
</tr>
<tr>
<td>25.</td>
<td>Indonesian</td>
</tr>
<tr>
<td>26.</td>
<td>Iwo Jiman</td>
</tr>
<tr>
<td>27.</td>
<td>Japanese</td>
</tr>
<tr>
<td>28.</td>
<td>Korean</td>
</tr>
<tr>
<td>29.</td>
<td>Laohmong</td>
</tr>
<tr>
<td>30.</td>
<td>Laotian</td>
</tr>
<tr>
<td>31.</td>
<td>Madagascar/Malagasy</td>
</tr>
<tr>
<td>32.</td>
<td>Malaysian</td>
</tr>
<tr>
<td>33.</td>
<td>Maldivian</td>
</tr>
<tr>
<td>34.</td>
<td>Mong</td>
</tr>
<tr>
<td>35.</td>
<td>Nepalese</td>
</tr>
<tr>
<td>36.</td>
<td>Nipponese</td>
</tr>
<tr>
<td>37.</td>
<td>Okinawan</td>
</tr>
<tr>
<td>38.</td>
<td>Pakistani</td>
</tr>
<tr>
<td>39.</td>
<td>Siamese</td>
</tr>
<tr>
<td>40.</td>
<td>Singaporean</td>
</tr>
<tr>
<td>41.</td>
<td>Sri Lankan</td>
</tr>
<tr>
<td>42.</td>
<td>Taiwanese</td>
</tr>
<tr>
<td>43.</td>
<td>Thai</td>
</tr>
<tr>
<td>44.</td>
<td>Vietnamese</td>
</tr>
</tbody>
</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>Items</th>
</tr>
</thead>
<tbody>
<tr>
<td>VITAMINS</td>
<td>Calcium, Vitamin C, Calcium and Magnesium</td>
</tr>
<tr>
<td>MINERALS</td>
<td>Iron, Vitamin E, Calcium plus Vitamin D</td>
</tr>
<tr>
<td>MULTI-VITAMIN-MULTI-MINERALS</td>
<td>Flintstones, One a Day, Prenatals</td>
</tr>
<tr>
<td></td>
<td>Tri-Vi-Flor, B-Complex, Centrum</td>
</tr>
<tr>
<td>HERBALS AND</td>
<td>Echinacea, Garlic, Saw Palmetto</td>
</tr>
<tr>
<td>BOTANICALS</td>
<td>Ginkgo, Ginseng</td>
</tr>
<tr>
<td>FIBER</td>
<td>Metamucil, Fibercon, Benefiber</td>
</tr>
<tr>
<td>AMINO ACIDS</td>
<td>Lysine, Methionine, Tryptophan</td>
</tr>
<tr>
<td>OTHERS</td>
<td>Fish Oil, Chondroitin, Glucosamine</td>
</tr>
</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:
Build muscle
Gain weight
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
Pregnancy/breastfeeding
Prostate health
Relaxation, decrease stress, improve sleep
Teeth, prevent cavities
Weight loss