 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/SP} like to weigh . . .

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

WHQ.053/ L/K  How much did {you/SP} weigh a year ago?  [If {you were/she was} pregnant a year ago, 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} 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.
<table>
<thead>
<tr>
<th>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?</th>
</tr>
</thead>
<tbody>
<tr>
<td>YES ...............................................................  1 (WHQ.092/OS)</td>
</tr>
<tr>
<td>NO .................................................................  2</td>
</tr>
<tr>
<td>REFUSED ...................................................................  7</td>
</tr>
<tr>
<td>DON'T KNOW ........................................................  9</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>WHQ.070 During the past 12 months, {have you/has SP} tried to lose weight?</th>
</tr>
</thead>
<tbody>
<tr>
<td>YES ........................................................................  1</td>
</tr>
<tr>
<td>NO .........................................................................  2 (WHQ.225)</td>
</tr>
<tr>
<td>REFUSED ...................................................................  7 (WHQ.225)</td>
</tr>
<tr>
<td>DON'T KNOW ........................................................  9 (WHQ.225)</td>
</tr>
</tbody>
</table>
How did {you/SP} try to lose weight?

HAND CARD WHQ1
CODE ALL THAT APPLY

<table>
<thead>
<tr>
<th>Choice</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>ATE LESS FOOD (AMOUNT) ....................................................................</td>
<td>100</td>
</tr>
<tr>
<td>SWITCHED TO FOODS WITH LOWER CALORIES ........................................</td>
<td>110</td>
</tr>
<tr>
<td>ATE LESS FAT ..................................................................................</td>
<td>120</td>
</tr>
<tr>
<td>ATE FEWER CARBOHYDRATES ...................................................................</td>
<td>125</td>
</tr>
<tr>
<td>EXERCISED .....................................................................................</td>
<td>130</td>
</tr>
<tr>
<td>SKIPPED MEALS ................................................................................</td>
<td>140</td>
</tr>
<tr>
<td>ATE “DIET” FOODS OR PRODUCTS .....................................................</td>
<td>150</td>
</tr>
<tr>
<td>USED A LIQUID DIET FORMULA SUCH AS SLIMFAST OR OPTIFAST .................</td>
<td>160</td>
</tr>
<tr>
<td>JOINED A WEIGHT LOSS PROGRAM SUCH AS WEIGHT WATCHERS, JENNY CRAIG, TOPS, OR OVEREATERS ANONYMOUS .............................................</td>
<td>170</td>
</tr>
<tr>
<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>
<td>300</td>
</tr>
<tr>
<td>TOOK DIET PILLS PRESCRIBED BY A DOCTOR ........................................</td>
<td>310</td>
</tr>
<tr>
<td>TOOK OTHER PILLS, MEDICINES, HERBS, OR SUPPLEMENTS NOT NEEDING A PRESCRIPTION ..................................................</td>
<td>320</td>
</tr>
<tr>
<td>STARTED TO SMOKE OR BEGAN TO SMOKE AGAIN ....................................</td>
<td>325</td>
</tr>
<tr>
<td>TOOK LAXATIVES OR VOMITED ................................................................</td>
<td>330</td>
</tr>
<tr>
<td>HAD WEIGHT LOSS SURGERY ..................................................................</td>
<td>335</td>
</tr>
<tr>
<td>DRANK A LOT OF WATER .....................................................................</td>
<td>340</td>
</tr>
<tr>
<td>ATE MORE FRUITS, VEGETABLES, SALADS ............................................</td>
<td>350</td>
</tr>
<tr>
<td>ATE LESS SUGAR, CANDY, SWEETS ....................................................</td>
<td>360</td>
</tr>
<tr>
<td>CHANGED EATING HABITS (DIDN’T EAT LATE AT NIGHT, ATE SEVERAL SMALL MEALS A DAY) ..................................................</td>
<td>370</td>
</tr>
<tr>
<td>ATE LESS JUNK FOOD OR FAST FOOD ...............................................</td>
<td>380</td>
</tr>
<tr>
<td>OTHER (SPECIFY) ............................................................................</td>
<td>400</td>
</tr>
<tr>
<td>REFUSED .........................................................................................</td>
<td>777</td>
</tr>
<tr>
<td>DON’T KNOW ....................................................................................</td>
<td>999</td>
</tr>
</tbody>
</table>

BOX 2A

OMITTED
WHQ.225 How many times (have you/has SP) lost 10 pounds or more because (you were/he was/she was) trying to lose weight? Was it . . .

1 to 2, ............................................................  1
3 to 5, ............................................................  2
6 to 10, .......................................................  3
11 times or more, or ......................................  4
never? ..........................................................  5
REFUSED .....................................................  7
DON'T KNOW ..............................................  9

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

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)

|   | ENTER NUMBER OF POUNDS
|   | OR
|   | ENTER NUMBER OF KILOGRAMS
|   | OR
|   | REFUSED ........................................ 77777
|   | DON'T KNOW .................................... 99999

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

WHQ.130/F/I/M/C
How tall {were you/was SP} at age 25? [If you don't know {your/his/her} exact height, please make your best guess.]

|   | ENTER HEIGHT IN FEET AND INCHES 1
|   | ENTER HEIGHT IN METERS AND CENTIMETERS 2
|   | REFUSED ........................................ 7 (WHQ.147)
|   | DON'T KNOW .................................... 9 (WHQ.147)
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:
SOFTEdit 75-500, HARD Edit 50-750
OR

|___|___|___|
Enter number of kilograms

CAPI instruction:
SOFTEdit 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