

**WEIGHT HISTORY – WHQ****Target Group: SPs 16+**

WHQ.010 These next questions ask about {your/SP's} height and weight at different times in {your/his/her} life.  
G/F/I/M/C

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)

WHQ.025/ L/K 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. ENTER WEIGHT IN POUNDS OR KILOGRAMS.

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

WHQ.030 {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.

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.092/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
- NO ..... 2 (WHQ.225)
- REFUSED..... 7 (WHQ.225)
- DON'T KNOW..... 9 (WHQ.225)

WHQ.092/ OS 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
- HAD WEIGHT LOSS SURGERY..... 335
- 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

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..... 7777
- DON'T KNOW..... 9999

**BOX 3**

**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..... 7777  
DON'T KNOW..... 9999

**BOX 3A**

**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)

|\_|\_|  
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

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 (WHQ.190)  
DON'T KNOW..... 9 (WHQ.190)

|\_|\_|\_|  
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 (WHQ.190)  
DON'T KNOW.....99999 (WHQ.190)

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

WHQ.190 {Have you/Has SP} **ever** had weight loss surgery, also called bariatric surgery?

INTERVIEWER INSTRUCTION: DO NOT INCLUDE LIPOSUCTION, TUMMY TUCK, EXTRA SKIN REMOVED OR FAT REMOVAL AS WEIGHT LOSS SURGERY.

YES..... 1 (WHQ.195)  
NO ..... 2 (END OF SECTION)  
REFUSED..... 7 (END OF SECTION)  
DON'T KNOW..... 9 (END OF SECTION)



WHQ.195 Which type of weight loss surgery did {you/SP} have?  
OS

HAND CARD WHQ 2

INTERVIEWER INSTRUCTION: IF RESPONDENT ONLY MENTIONS "LIPOSUCTION", "TUMMY TUCK", "EXTRA SKIN REMOVED" OR "FAT REMOVAL" GO BACK AND CODE WHQ.190 "NO".

CODE ALL THAT APPLY

- GASTRIC BYPASS (ROUX-EN-Y GASTRIC BYPASS) ..... 1
- GASTRIC BANDING (ADJUSTABLE GASTRIC BANDING OR GASTRIC STAPLING)..... 2
- BARIATRIC SLEEVE (SLEEVE GASTRECTOMY)..... 3
- DUODENAL SWITCH (BILIOPANCREATIC DIVERSION OR BILIOPANCREATIC DIVERSION WITH A DUODENAL SWITCH) ..... 4
- OTHER (DO NOT SELECT FOR LIPOSUCTION, TUMMY TUCK, EXTRA SKIN REMOVE, FAT REMOVAL) ..... 5
- REFUSED..... 7
- DON'T KNOW..... 9

WHQ.200 [How old {were you/was SP} when {you/she/he} had weight loss surgery?]

[How old {were you/was SP} when {you/she/he} had the most recent weight loss surgery?]

CAPI INSTRUCTION:

IF ONE SURGERY SELECTED IN WHQ.195, DISPLAY: "How old {were you/was SP} when {you/she/he} had weight loss surgery?"

IF MORE THAN ONE SURGERY SELECTED IN WHQ.195, DISPLAY: "How old {were you/was SP} when {you/she/he} had the most recent weight loss surgery?"

HARD EDIT: AGE CANNOT BE GREATER THAN AGE {SP's AGE} OF SP.

|\_|\_|\_|  
ENTER AGE IN YEARS

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