

NHANES

**Sample Person Questionnaire
Hand Cards**

2019-2020



December 2019

RIQ1

Examples of what we learned when matching NHANES data to other data sources such as Medicare and Medicaid:

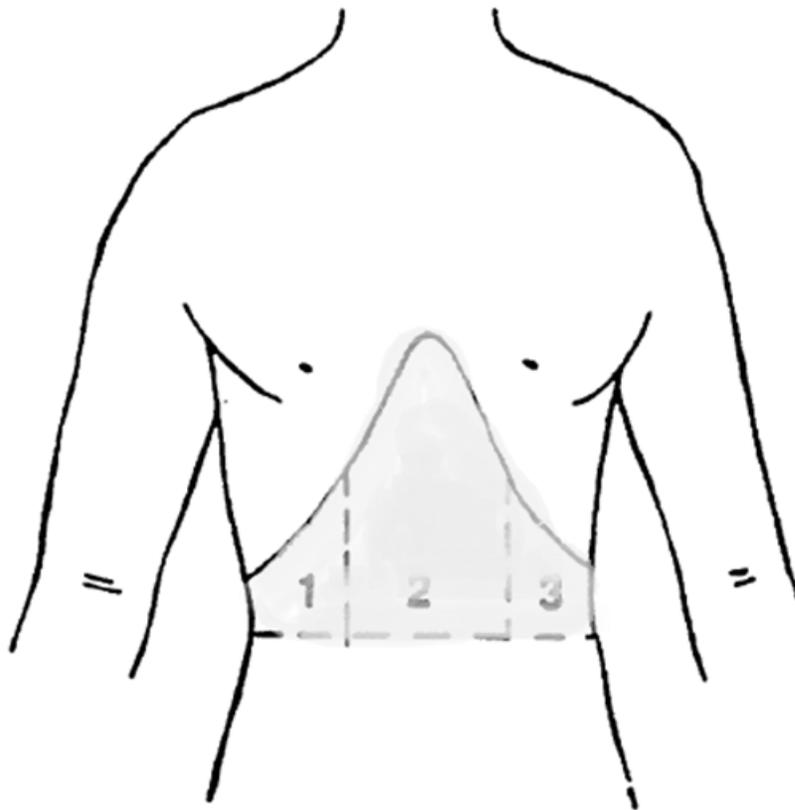
- How housing environment may affect the levels of lead in children's blood
- Higher vitamin D in the blood lowers the risk of broken bones
- Consuming high amount of sugar can increase the risk of heart diseases
- People who live or work with smokers have a higher risk of heart attack
- Adults who exercise, eat healthy diets, and do not smoke have a lower chance of dying

MCQ1

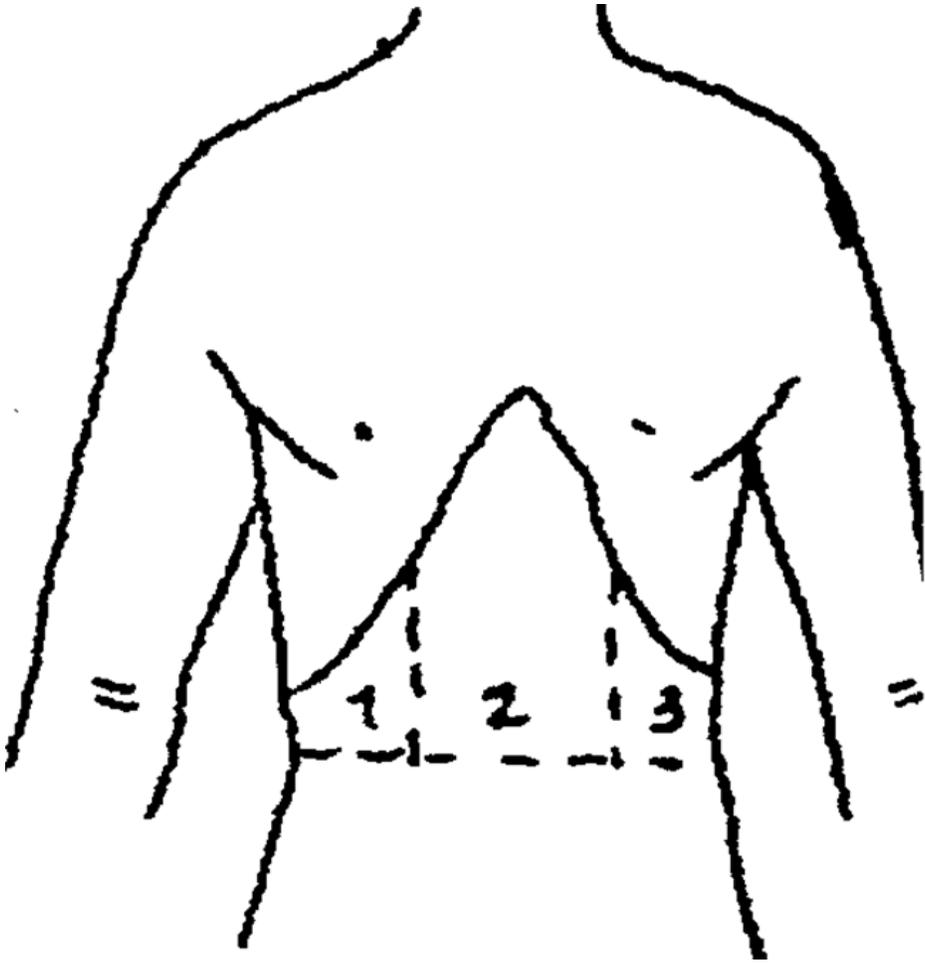
UPPER ABDOMEN

Right

Left



MCQ2



OSQ3

Hip replacement

Knee replacement

Plates or pins to fix a broken bone

Dental implants (posts)

Metal sutures or clips

Stents

Pacemakers

HEQ1

Prescribed Medicines for Hepatitis B

Adefovir

Alinia

Baraclude

Entecavir

Epivir

Epivir HBV

Hepsera

Interferon / Peginterferon

Intron A

Lamivudine

Nitazoxanide

Olysio (simeprevir)

Pegasys

Pegintron

Roferon-A

Sovaldi (sofosbuvir)

Telbivudine

Tenofovir

Tyzeka

Vemlidy

Viread

HEQ2

Prescribed Medicines for Hepatitis C

Alinia
Boceprevir
Copegus
Daklinza (Daclatasvir)
Epclusa
Harvoni
Incivek
Infergen
Interferon / Peginterferon
Intron A
Ledipasvir
Mayvret
Nitazoxanide
Olysio (simeprevir)
Pegasys
Pegintron
Rebetol
Rebetron
Ribapak
Ribasphere
Ribatab
Ribavirin
Roferon-A
Sovaldi (sofosbuvir)
Sylatron
Technivie
Telaprevir
Victrelis
Viekira Pak
Virazole
Vosevi
Zepatier

DIQ1

Prediabetes

Impaired fasting glucose

Impaired glucose tolerance

Borderline diabetes

DIQ2

Less than 6

Less than 7

Less than 8

Less than 9

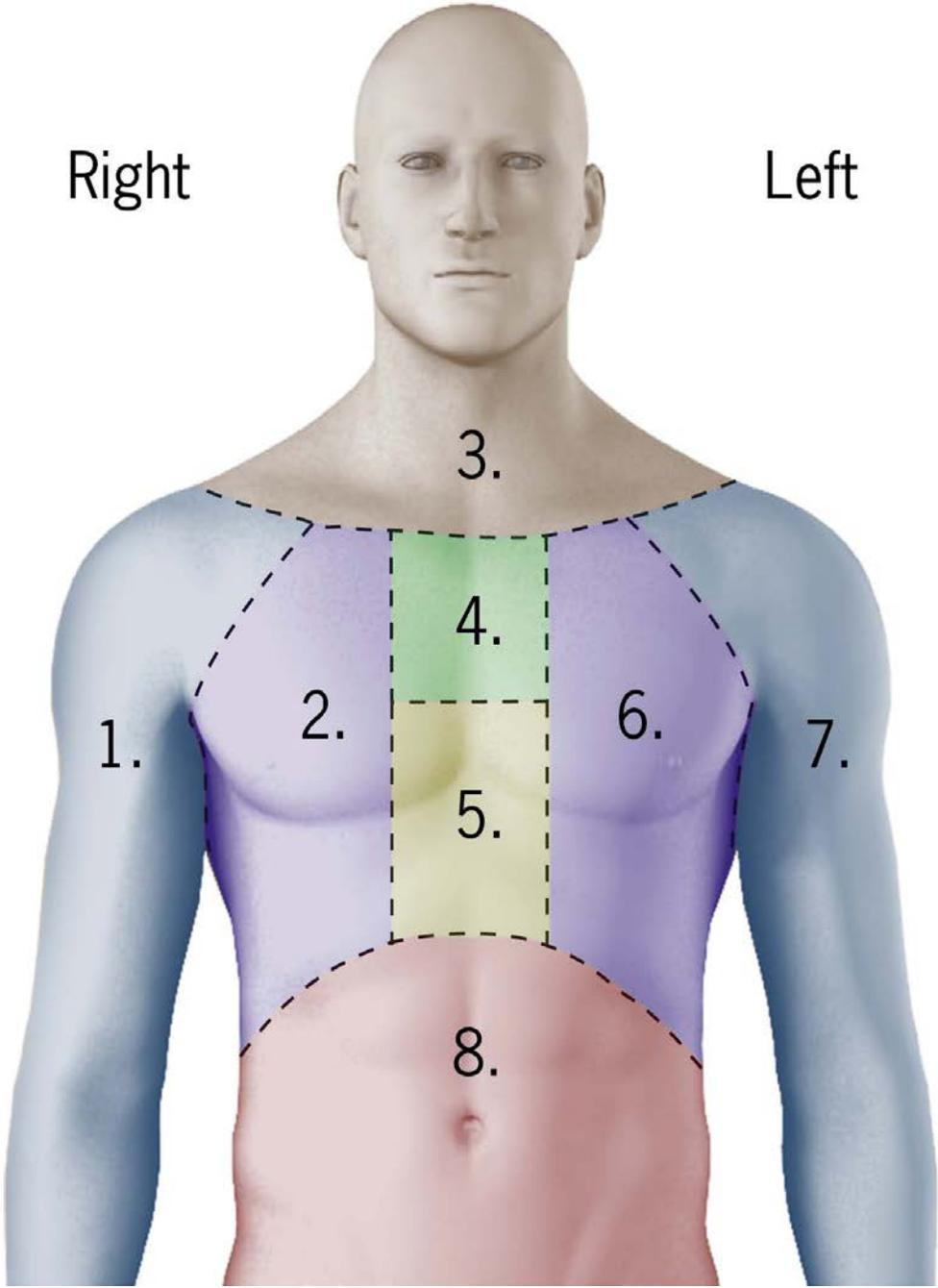
Less than 10

Provider did not specify a goal

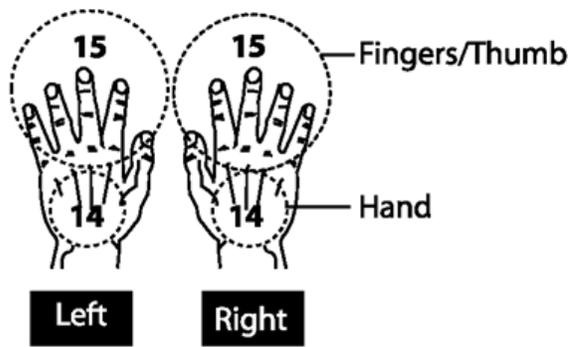
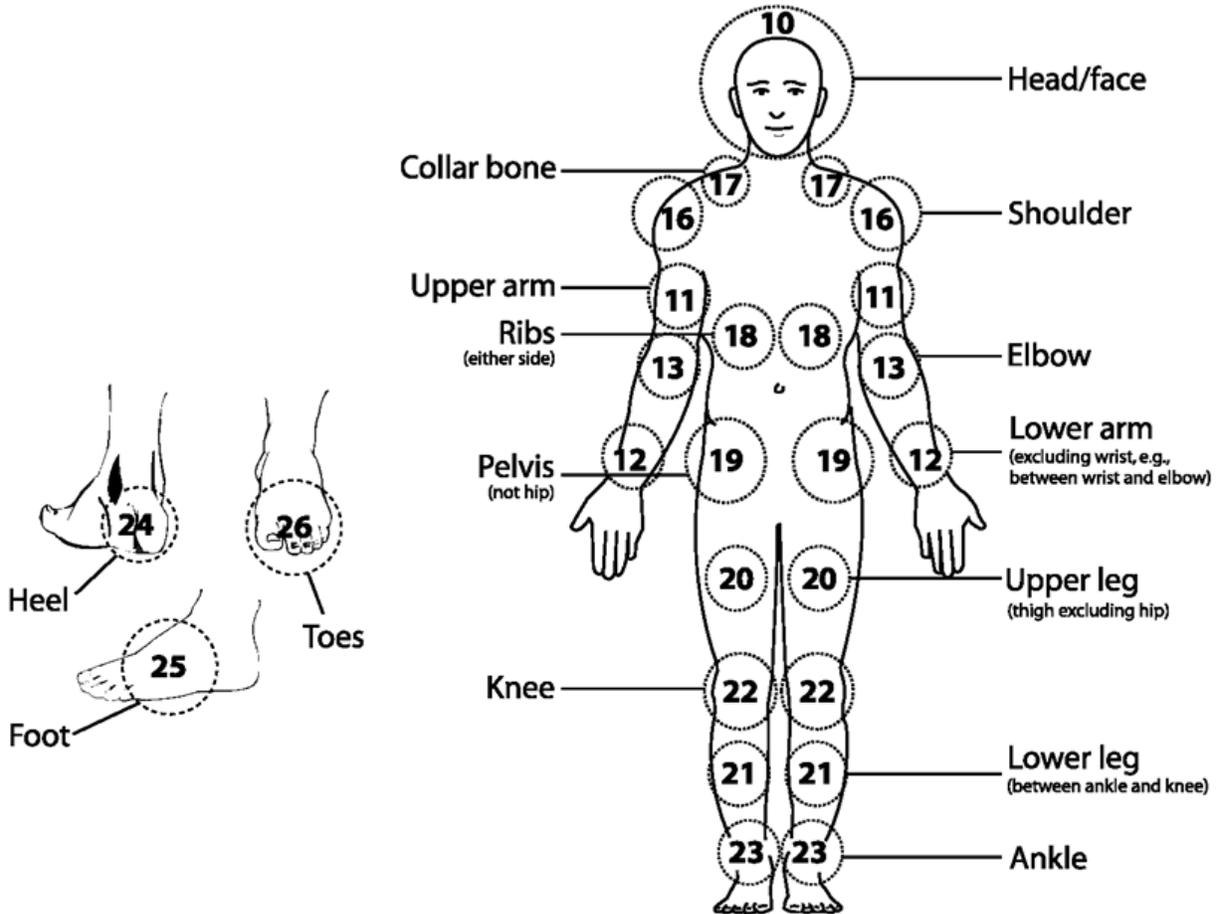
CDQ1

Right

Left



OSQ1



OSQ2

Prescribed Medicines for Osteoporosis

Fosamax, Alendronate

Boniva, Ibandronate

Actonel, Atelvia, Risedronate

Reclast, Zoledronic acid

Fortical, Miacalcin, Calcitonin

Evista, Raloxifene

Forteo, Teriparatide

Duavee, Bazedoxifene

Prolia, Denosumab

AUQ1

Genetic/hereditary causes

Ear infections (including fluid in ears)

Ear diseases (otosclerosis, menieres, tumor)

Illness/infections (measles, meningitis, mumps)

Drugs/medications

Head or neck injury/trauma

Loud brief explosive noise sounds

Noise exposure, long-term (machinery, etc.)

Aging, getting older

AUQ2

Speech-language

Reading

Hearing or listening skills

Intellectual disability

Movement or mobility difficulties

Other developmental or disability problems

AUQ3

Always

Usually

About half the time

Seldom

Never

AUQ4

Always

Usually

About half the time

Seldom

Never

No noise exposure past 12 months

DEQ1

Always

Most of the time

Sometimes

Rarely

Never

OHQ1

Went in on own for check-up, examination or cleaning

Was called in by the dentist for check-up, examination or cleaning

Something was wrong, bothering or hurting

Went for treatment of a condition that dentist discovered at earlier check-up or examination

OHQ2

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

OHQ3

Very often

Fairly often

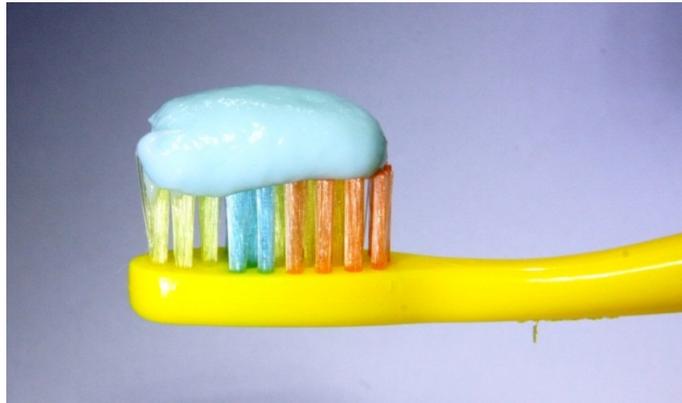
Occasionally

Hardly ever

Never

OHQ4

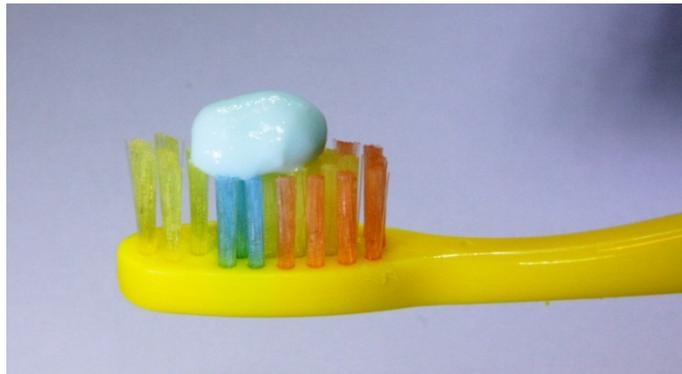
1. Full load



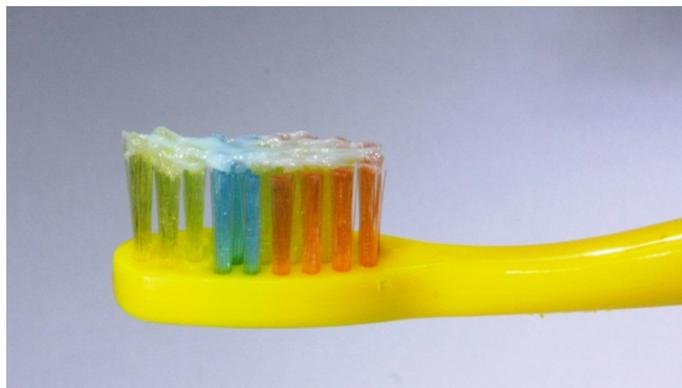
2. Half load



3. Pea size



4. Smear



FNQ1

No difficulty

Some difficulty

A lot of difficulty

Cannot do at all

FNQ2

Some difficulty

A lot of difficulty

Cannot do at all

FNQ3

No difficulty

Some difficulty

A lot of difficulty

Cannot do at all

BAQ1

Getting up after sitting or lying down

Bending down or leaning over

Looking up or leaning head back

Looking at moving objects – passing traffic or a train

Being in a place with a lot of people moving around

Being in wide-open spaces

Motion sickness from riding in a car or moving vehicle

Quick head movement from side-to-side

Rolling over in bed

Standing on your feet for a long time

None of these

BAQ2

Nausea or vomiting

Migraine or severe headache

Tinnitus (ringing, buzzing or roaring in ears or head)

Sinus congestion

Depression

Ear fullness, pressure or stuffed-up feeling, without pain

Hearing trouble (worse hearing)

None of these

BAQ3

Anemia

Anxiety or panic attacks

Diabetes

Heart disease

Hormonal changes (including pregnancy)

Low blood pressure or hypotension

Low blood sugar or hypoglycemia

Stroke

None of these

BAQ4

Auto-immune disease, such as rheumatoid arthritis, lupus, Sjogren's

Benign positional vertigo (BPV or BPPV)

Crystals—loose or dislodged in ear

Head or neck trauma or concussion

Inner ear infection, viral labyrinthitis

Ménière's (men-e-airz) disease

Migraines or headaches

Neurological condition, such as multiple sclerosis, Parkinson's

Side effects from medications, such as cancer treatments, antibiotics

None of these

BAQ5

Exercises at home, which were not begun in a clinic

Exercises or physical therapy begun in a clinic

Bed rest for several hours or days

Head rolling or Epley maneuver by a doctor or therapist

Steroid injections into the ear

Gentamicin (jen-tah-MI-sin) injections into the ear

Prescription medicines

Psychiatric or psychological treatment

Surgery to the ear

Some other type of surgery

None of these

BAQ6

Over-the-counter medicines or drugs

Dietary restrictions: low salt diet, avoiding certain foods or drinks, such as chocolate, coffee, or alcohol

Quitting or reducing use of tobacco or cigarettes

Massage therapy or chiropractic treatments or manipulations

Herbal remedy: feverfew leaf, ginger, ginkgo biloba, etc.

Wearing magnets or acupressure wristband

Counseling or stress management

Acupuncture

None of these

BAQ7

Anxiety or panic attacks

Auto-immune disease, such as rheumatoid arthritis, lupus, Sjogren's

Cognitive problems, such as memory, attention, learning

Depression

Head injury or concussion

Heart rhythm problems or heart failure

Migraine(s) or severe headaches

Numbness in the hands or feet lasting days or longer

Neurological disorder, such as Parkinson's, multiple sclerosis, seizures

Visual disturbances such as double vision, or extreme light sensitivity

No—none of these

SLQ1

Never

Rarely – 1 time a month

Sometimes – 2 to 4 times a month

Often – 5 to 15 times a month

Almost always – 16 to 30 times a month

DBQ1

Never

Rarely

Every few days

About once a day

At most feedings

Every feeding

DBQ2

Never

0-3 months

4-5 months

6-7 months

8-9 months

10-11 months

12 months or older

DBQ3

Nut butters



Nut and seed products



Nuts



Seeds



DBQ4

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

DBQ5

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

DBQ6

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

FSQ1

Child does not qualify for WIC (family income too high)

Child does not need WIC because family receives support from relatives or friends

Child does not need WIC because family receives support from SNAP, a food bank, or another program

Never thought about applying for WIC

Parent/caregiver cannot find time to get to the WIC clinic

Parent/caregiver does not have transportation to get to WIC

The stores that accept WIC are not close to family's home

WIC foods are difficult to find in the grocery store

Using WIC at the grocery store is uncomfortable

Another reason (describe)

FSQ2

Child no longer qualifies for WIC (family income too high)

Child no longer needs WIC because family receives support from relatives or friends

Child no longer needs WIC because family receives support from SNAP, a food bank, or another program

Parent/caregiver could not find time to go to the WIC clinic

Parent/caregiver could not find transportation to get to WIC

WIC clinic wait times were too long

The stores that accept WIC were not close to family's home

WIC foods were difficult to find in the grocery store

Using WIC at the grocery store was uncomfortable

Checking out at the store with WIC foods took a long time

Child did not like the WIC foods

Another reason (describe)

DBQ7

EXAMPLES OF FROZEN MEALS & FROZEN PIZZAS



WHQ1

Ate less food (amount)

Switched to foods with lower calories

Ate less fat

Ate fewer carbohydrates

Exercised

Skipped meals, fasted

Ate "diet" foods or products

Used a liquid diet formula such as Slimfast, Optifast, or Shakeology

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, juice diet

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 such as gastric bypass

Drank a lot of water

Ate more fruits, vegetables, salads

Ate less sugar, candy, sweets, drank less soda, drank less sugar sweetened beverages

Changed eating habits (didn't eat late at night, ate several small meals a day, ate at home more)

Ate less junk food or fast food

Other (Specify)

SMQ1

Include

Cigarette 



Hand Rolled Cigarette

Do NOT Include

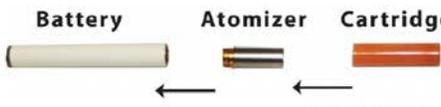
Little Cigar 

Cigarillo (Tipped) 

Cigarillo 

Cigar 

Cigar Images Courtesy of Legacy®

E-cigarette 

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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

DMQ1

Never attended/kindergarten only

1st grade

2nd grade

3rd grade

4th grade

5th grade

6th grade

7th grade

8th grade

9th grade

10th grade

11th grade

12th grade, no diploma

High school graduate

GED or equivalent

Some college, no degree

Associate degree: Occupational, technical, or vocational program

Associate degree: Academic program

Bachelor's degree (example: BA, AB, BS, BBA)

Master's degree (example: MA, MS, MEng, MEd, MBA)

Professional school degree (example: MD, DDS, DVM, JD)

Doctoral degree (example: PhD, EdD)

DMQ2

10. Mexican

11. Puerto Rican

12. Cuban

13. Dominican (Republic)

Central American:

14. Costa Rican

15. Guatemalan

16. Honduran

17. Nicaraguan

18. Panamanian

19. Salvadoran

20. Other Central American

South American:

21. Argentinean

22. Bolivian

23. Chilean

24. Colombian

25. Ecuadorian

26. Paraguayan

27. Peruvian

28. Uruguayan

29. Venezuelan

30. Other South American

Other Hispanic or Latino:

31. Filipino

32. Spaniard

33. Spanish

34. Spanish American

35. Hispano/Hispana

36. Hispanic/Latino

41. Chicana/Chicano

DMQ3

American Indian or Alaska Native

Asian

Black or African American

Native Hawaiian or Pacific Islander

White

DMQ4

1. Native Hawaiian
2. Guamanian or Chamorro
3. Samoan
4. Other Pacific Islander

DMQ5

10. Asian Indian
11. Bangladeshi
12. Bengalese
13. Bharat
14. Bhutanese
15. Burmese
16. Cambodian
17. Cantonese
18. Chinese
19. Dravidian
20. East Indian
21. Filipino
22. Goanese
23. Hmong
24. Indochinese
25. Indonesian
26. Iwo Jiman
27. Japanese
28. Korean
29. Laohmong
30. Laotian
31. Madagascar/Malagasy
32. Malaysian
33. Maldivian
34. Mong
35. Nepalese
36. Nipponese
37. Okinawan
38. Pakistani
39. Siamese
40. Singaporean
41. Sri Lankan
42. Taiwanese
43. Thai
44. Vietnamese

DMQ6

Examples of what we learned when matching NHANES data to other data sources such as Medicare and Medicaid:

- How housing environment may affect the levels of lead in children's blood
- Higher vitamin D in the blood lowers the risk of broken bones
- Consuming high amount of sugar can increase the risk of heart diseases
- People who live or work with smokers have a higher risk of heart attack
- Adults who exercise, eat healthy diets, and do not smoke have a lower chance of dying

HIQ1

Private health insurance

Medicare

Medi-gap

Medicaid

Children's Health Insurance Program (CHIP)

Military Related Health Care: Tricare
(CHAMPUS)/VA HEALTH CARE/Champ-VA

Indian Health Service

State-sponsored health plan

Other government program

No coverage of any type

HIQ2

MEDICARE			HEALTH INSURANCE	
1-800-MEDICARE (1-800-633-4227)				
NAME OF BENEFICIARY JANE DOE				
MEDICARE CLAIM NUMBER 000-00-0000-A		SEX FEMALE		
IS ENTITLED TO HOSPITAL (PART A) MEDICAL (PART B)		EFFECTIVE DATE 07-01-1986 07-01-1986		
SIGN HERE _____				
DO NOT SEND CLAIMS FOR PAYMENT OF MEDICARE BENEFITS TO THIS (↓) ADDRESS				

	MEDICARE HEALTH INSURANCE		
Name/Nombre JOHN L SMITH			
Medicare Number/Número de Medicare 1EG4-TE5-MK72			
Entitled to/Con derecho a HOSPITAL (PART A) MEDICAL (PART B)		Coverage starts/Cobertura empieza 03-01-2016 03-01-2016	

DSQ1a

VITAMINS	Calcium	Vitamin C	Calcium and Magnesium
MINERALS	Iron	Vitamin E	Calcium plus Vitamin D
	Zinc		
MULTI-VITAMIN-- MULTI-MINERALS	Flintstones	One a Day	Prenatals
	Tri-Vi-Flor	B-Complex	Centrum
HERBALS AND BOTANICALS	Echinacea	Garlic	Saw Palmetto
	Ginkgo	Ginseng	
FIBER	Metamucil	Fibercon	Benefiber
AMINO ACIDS	Lysine	Methionine	Tryptophan
OTHERS	Fish Oil	Chondroitin	Glucosamine

DSQ1b

EXAMPLES OF ANTACIDS

Tums

Rolaids

Maalox

Mylanta

DSQ 2

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