NHANES

Sample Person Questionnaire
Hand Cards

2019-2020

December 2019
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
OSQ3

Hip replacement

Knee replacement

Plates or pins to fix a broken bone

Dental implants (posts)

Metal sutures or clips

Stents

Pacemakers
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
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
Vosevi
Zepatier
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
OSQ1

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

Heel
Toes
Foot

15 15 Fingers/Thumb
14 14 Hand
Left Right

= Fracture
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
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
Speech-language

Reading

Hearing or listening skills

Intellectual disability

Movement or mobility difficulties

Other developmental or disability problems
Always

Usually

About half the time

Seldom

Never
Always

Usually

About half the time

Seldom

Never

No noise exposure past 12 months
DEQ1

Always
Most of the time
Sometimes
Rarely
Never
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
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
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
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
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
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
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
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
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
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
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
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
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
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)
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)
EXAMPLES OF FROZEN MEALS & FROZEN PIZZAS
<table>
<thead>
<tr>
<th>Action</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ate less food (amount)</td>
<td>Joined a weight loss program such as Weight Watchers, Jenny Craig, Tops, or Overeaters Anonymous</td>
</tr>
<tr>
<td>Switched to foods with lower calories</td>
<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, juice diet</td>
</tr>
<tr>
<td>Ate less fat</td>
<td>Took diet pills prescribed by a doctor</td>
</tr>
<tr>
<td>Ate fewer carbohydrates</td>
<td>Took other pills, medicines, herbs or supplements not needing a prescription</td>
</tr>
<tr>
<td>Exercised</td>
<td>Started to smoke or began to smoke again</td>
</tr>
<tr>
<td>Skipped meals, fasted</td>
<td>Took laxatives or vomited</td>
</tr>
<tr>
<td>Ate “diet” foods or products</td>
<td>Had weight loss surgery such as gastric bypass</td>
</tr>
<tr>
<td>Used a liquid diet formula such as Slimfast, Optifast, or Shakeology</td>
<td>Drank a lot of water</td>
</tr>
<tr>
<td></td>
<td>Ate more fruits, vegetables, salads</td>
</tr>
<tr>
<td></td>
<td>Ate less sugar, candy, sweets, drank less soda, drank less sugar sweetened beverages</td>
</tr>
<tr>
<td></td>
<td>Changed eating habits (didn’t eat late at night, ate several small meals a day, ate at home more)</td>
</tr>
<tr>
<td></td>
<td>Ate less junk food or fast food</td>
</tr>
<tr>
<td></td>
<td>Other (Specify)</td>
</tr>
</tbody>
</table>
SMQ1

Include

Cigarette

Hand Rolled Cigarette

Do NOT Include

Little Cigar

Cigarillo (Tipped)

Cigarillo

Cigar

Cigar Images Courtesy of Legacy®

Battery

Atomizer

Cartridge

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
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)
<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
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</thead>
<tbody>
<tr>
<td>10.</td>
<td>Mexican</td>
</tr>
<tr>
<td>11.</td>
<td>Puerto Rican</td>
</tr>
<tr>
<td>12.</td>
<td>Cuban</td>
</tr>
<tr>
<td>13.</td>
<td>Dominican (Republic)</td>
</tr>
<tr>
<td><strong>Central American:</strong></td>
<td></td>
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<tr>
<td>14.</td>
<td>Costa Rican</td>
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<tr>
<td>15.</td>
<td>Guatemalan</td>
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<tr>
<td>16.</td>
<td>Honduran</td>
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<tr>
<td>17.</td>
<td>Nicaraguan</td>
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<tr>
<td>18.</td>
<td>Panamanian</td>
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<tr>
<td>19.</td>
<td>Salvadoran</td>
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<tr>
<td>20.</td>
<td>Other Central American</td>
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<tr>
<td><strong>South American:</strong></td>
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<tr>
<td>21.</td>
<td>Argentinean</td>
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<td>22.</td>
<td>Bolivian</td>
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<tr>
<td>23.</td>
<td>Chilean</td>
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<tr>
<td>24.</td>
<td>Colombian</td>
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<tr>
<td>25.</td>
<td>Ecuadorian</td>
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<tr>
<td>26.</td>
<td>Paraguayan</td>
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<tr>
<td>27.</td>
<td>Peruvian</td>
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<tr>
<td>28.</td>
<td>Uruguayan</td>
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<tr>
<td>29.</td>
<td>Venezuelan</td>
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<tr>
<td>30.</td>
<td>Other South American</td>
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<tr>
<td><strong>Other Hispanic or Latino:</strong></td>
<td></td>
</tr>
<tr>
<td>31.</td>
<td>Filipino</td>
</tr>
<tr>
<td>32.</td>
<td>Spaniard</td>
</tr>
<tr>
<td>33.</td>
<td>Spanish</td>
</tr>
<tr>
<td>34.</td>
<td>Spanish American</td>
</tr>
<tr>
<td>35.</td>
<td>Hispano/Hispana</td>
</tr>
<tr>
<td>36.</td>
<td>Hispanic/Latino</td>
</tr>
<tr>
<td>41.</td>
<td>Chicana/Chicano</td>
</tr>
</tbody>
</table>
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
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
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
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
<table>
<thead>
<tr>
<th>Category</th>
<th>Products</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>VITAMINS</strong></td>
<td>Calcium</td>
</tr>
<tr>
<td></td>
<td>Vitamin C</td>
</tr>
<tr>
<td></td>
<td>Calcium and Magnesium</td>
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<tr>
<td></td>
<td>Vitamin E</td>
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<tr>
<td></td>
<td>Calcium plus Vitamin D</td>
</tr>
<tr>
<td><strong>MINERALS</strong></td>
<td>Iron</td>
</tr>
<tr>
<td></td>
<td>Zinc</td>
</tr>
<tr>
<td><strong>MULTI-VITAMIN--MULTI-MINERALS</strong></td>
<td>Flintstones</td>
</tr>
<tr>
<td></td>
<td>One a Day</td>
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<tr>
<td></td>
<td>Tri-Vi-Flor</td>
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<tr>
<td></td>
<td>B-Complex</td>
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<tr>
<td></td>
<td>Prenatal</td>
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<tr>
<td></td>
<td>Centrum</td>
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<tr>
<td><strong>HERBALS AND BOTANICALS</strong></td>
<td>Echinacea</td>
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<tr>
<td></td>
<td>Garlic</td>
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<tr>
<td></td>
<td>Saw Palmetto</td>
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<td></td>
<td>Ginkgo</td>
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<tr>
<td></td>
<td>Ginseng</td>
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<tr>
<td><strong>FIBER</strong></td>
<td>Metamucil</td>
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<td></td>
<td>Fibercon</td>
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<td></td>
<td>Benefiber</td>
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<tr>
<td><strong>AMINO ACIDS</strong></td>
<td>Lysine</td>
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<tr>
<td></td>
<td>Methionine</td>
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<tr>
<td></td>
<td>Tryptophan</td>
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<tr>
<td><strong>OTHERS</strong></td>
<td>Fish Oil</td>
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<tr>
<td></td>
<td>Chondroitin</td>
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<tr>
<td></td>
<td>Glucosamine</td>
</tr>
</tbody>
</table>
EXAMPLES OF ANTACIDS

- Tums
- Rolaids
- Maalox
- Mylanta
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