

**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/C

How tall {are you/is SP} without shoes?

|\_|  
ENTER HEIGHT IN FEET AND INCHES ..... 1  
ENTER HEIGHT IN CENTIMETERS..... 2  
REFUSED ..... 7 (WHQ.025)  
DON'T KNOW..... 9 (WHQ.025)

|\_|\_|  
ENTER NUMBER OF FEET

CAPI INSTRUCTION:  
HARD EDIT: 2-8

REFUSED ..... 7777 (WHQ.025)  
DON'T KNOW..... 9999 (WHQ.025)

AND

|\_|\_|  
ENTER NUMBER OF INCHES

CAPI INSTRUCTION:  
HARD EDIT: 0-11

DON'T KNOW..... 9999 (WHQ.025)

OR

|\_|\_|\_|  
ENTER NUMBER OF CENTIMETERS

CAPI INSTRUCTION:  
HARD EDITS: 61 – 272.

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.

IF ITEM CHANGED, CHECK MEC COMPONENT.

|\_|  
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 .....7777  
DON'T KNOW.....9999

WHQ.030 {Do you/Does SP} consider {your/him/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.

IF THIS ITEM CHANGES, CHECK MEC COMPONENT.

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

**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/ How did {you/SP} try to lose weight?  
OS

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, FASTED .....	140
ATE "DIET" FOODS OR PRODUCTS .....	150
USED A LIQUID DIET FORMULA SUCH AS SLIMFAST, OPTIFAST, OR SHAKEOLOGY .....	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, JUICE DIET .....	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 SUCH AS GASTRIC BYPASS .....	335
DRANK A LOT OF WATER .....	340
ATE MORE FRUITS, VEGETABLES, SALADS .....	350
ATE LESS SUGAR, CANDY, SWEETS, DRANK LESS SODA, DRANK LESS SUGAR SWEETENED BEVERAGES .....	360
CHANGED EATING HABITS (DIDN'T EAT LATE AT NIGHT, ATE SEVERAL SMALL MEALS A DAY, ATE AT HOME MORE).....	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//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 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 CENTIMETERS

CAPI INSTRUCTION: HARD EDIT 61-272

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 (END OF SECTION)  
DON'T KNOW..... 9 (END OF SECTION)

|\_|\_|\_|  
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 (END OF SECTION)  
DON'T KNOW..... 9999 (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 ..... 7777  
DON'T KNOW..... 9999