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 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:
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. 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 .................................................  77777
DON'T KNOW ............................................  99999
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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 .............................................. 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)
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, 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 ..................................................... 77777
DON’T KNOW ................................................ 99999
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

BOX 3A

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

| ENTER NUMBER OF CENTIMETERS |
| REFUSED | 7777 |
| DON'T KNOW | 9999 |
What is the most you have ever weighed? [Do not include any times when you were 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 ............................................ 77777 (END OF SECTION)
DON'T KNOW ...................................... 99999 (END OF SECTION)

How old were you then? [If you don't know your exact age, please make your best guess.]

ENTER AGE IN YEARS

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