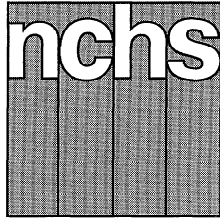


National Health and Nutrition Examination Survey



From the Centers for Disease Control and Prevention/National Center for Health Statistics

Parental Consent



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Centers for Disease Control and Prevention
National Center for Health Statistics



This booklet contains facts for you about the
National Health and Nutrition Examination Survey

The National Health and Nutrition Examination Survey

The National Health and Nutrition Examination Surveys (NHANES) are studies that look into the health and nutrition of people in this country. The surveys include interviews and physical exams. NHANES is a program of the National Center for Health Statistics (NCHS)—a Federal agency that gathers health data for the United States. Our agency is part of the Centers for Disease Control and Prevention, U.S. Public Health Service.

48,000 persons under age 18 have been part of past NHANES.

We will select a sample of people in towns and cities across the country to be part of the survey. Parents or guardians will answer some questions in the home. Those questions will be about the family's diet and health.

One focus of this survey will be young people, so more than usual are being asked to take part. Young people who agree to be in our survey will visit the mobile exam center. There



Our NHANES programs began in the early 1960's. In the second and third surveys we examined only children and young people. Since then, our surveys have included people of all ages. The current NHANES survey began in 1999. It will now be an on-going program and will go to locations in all parts of the United States.

Our NHANES surveys are unique. They combine an interview with many health tests, which we do in mobile units. These special exam centers travel the country with a highly trained medical team. The team conducts exams that focus on special health topics. They use the most up-to-date methods and equipment. We examine about 5,000 persons each year in 15 different locations. More than

they will have medical and dental exams, and other lab tests.

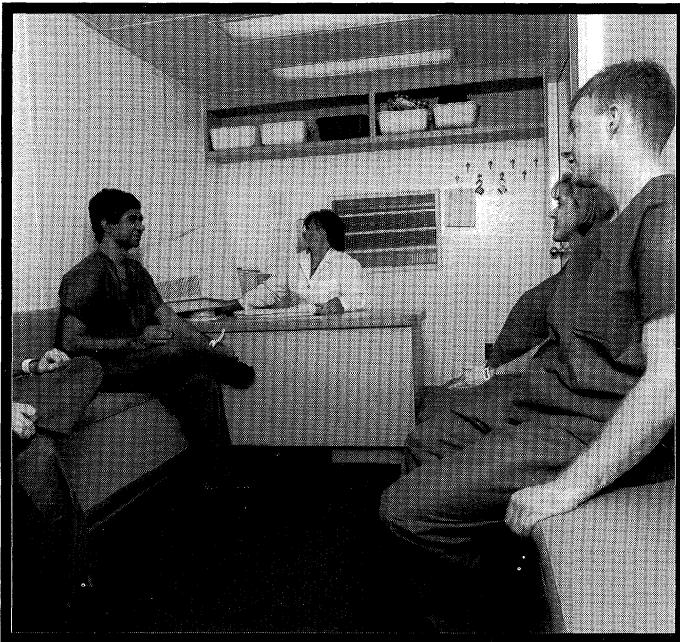
Tests and measurements that tell us about the growth and development and health of kids throughout the United States are a part of the survey. We also look at special health problems that may affect young people.

If you take part in the survey, our team will give you findings from some tests as you get your exam. If you wish, we will send you other test results later. In the past, we have had the chance to call or revisit people who took part in this survey. We may contact you in the future to ask you to be part of other research projects.

The Household Interview

Your child has been chosen to take part in the National Health and Nutrition Examination Survey. At your home, our interviewer will ask you some questions. They will be about your work and family. Other questions will be about illnesses and diseases your family may have had. Some questions are about the kinds of health care your family gets and other health topics. Also, we will ask for your Social Security and Medicare numbers to do research on health and health care coverage. We may contact you again for further studies.

You may choose not to answer any question. No penalties or loss of benefits will come from refusing to answer. The interview will take about an hour of your time.



We use the data collected in this survey to study many health issues. Please check the Questions and Answers at the end of this booklet. They tell you about the legal authority for this survey and give answers to some questions that people often ask.

The Health Examination

Our interviewer will ask permission for your child to make an appointment for the exam at the mobile exam center.



Our medical team will collect health data by examining him or her, doing lab testing, and asking questions about health. No internal exam is included. We may ask your child to prepare for the exam by fasting for a short time. The exam may take from 2-1/2 to 4 hours for those 12 and older and 1-3 hours for younger children. The time depends on the age of the person examined. Infants and young children have very few procedures. As the person gets older, more tests and measurements are done. You may learn more about your child's health if you choose to get a written report of exam findings. NHANES does not cover the cost of any health care you may decide to seek after the exam. This exam is not a substitute for regular health care.

Your child's exam will also help us learn more about the health and nutritional status of children in this country. Many researchers and planners in universities, the government, and other groups use data from the survey.

We respect your family's privacy. We keep all data safe and secure. Public laws protect your privacy and prevent disclosure of any information you give. Before we provide your family's survey data or samples to anyone for use in future research, we remove your name, address, and any other information that would directly identify you. We combine your answers and all test results with those from thousands of other people. We report survey findings in percentages and totals to protect the privacy of those who took part in the survey.

Depending on your child's age, the exam may include:

Health Measurements

- * Physician's exam—all ages
- * Blood pressure—ages 8 and older
- * Body fat—boys 8 and older
- * Bone density—for boys ages 8 and older
- * Oral health exam by a dentist—for ages 2 and older
- * Vision test—ages 12 and older
- * Fitness test—ages 12 and older
- * Height, weight, and other body measures—all ages
- * TB skin test—ages 1 and older
- ** Hair sample for mercury test—ages 1–5 years and girls ages 16 and older

Lab Tests on Urine: (6 years and older)

- Bone status tests—ages 8 and older
- Kidney function tests—ages 6 and older
- ! Sexually transmitted disease (STD)
 - Chlamydia and gonorrhea—ages 14 and older
- Exposure to pesticides—selected persons ages 6–59

Lab Tests on Blood: (1 year and older)

- * Anemia—all ages
- * Cholesterol—ages 3 and older
- * Glucose measures—ages 12 and older
- Markers of immunization status—ages 6 and older
- ** Infectious diseases—ages 3 and older
- * Kidney function tests—ages 12 and older
- * Lead—all ages
- ** Cadmium—all ages
- ** Mercury—ages 1–5 and girls 16 and older
- * Liver function tests—ages 12 and older
- Nutrition status—all ages
- * Hormone tests—ages 12 and older
- ! Herpes type 2—ages 14 and older
- Exposure to environmental chemicals—selected persons ages 12–19

Private Health Interviews

- Health status—for all ages (parent answers for ages 11 and younger)
- Mental health—ages 8 and older
- Drug and alcohol use—ages 12 and older
- Nutrition— all ages (parent answers for ages 5 and younger)
- Physical activity—ages 12 and older
- Reproductive health—girls ages 12 and older
- Sexual experience—ages 14 and older
- Tobacco use—ages 12 and older

- * Results reported to you and your child
- ** Results reported only if positive (or abnormal)
- Results reported only to person tested

Answers to Some Questions You May Have

Q Do I have to take part in the survey?

A You may participate in the survey or not. You may give permission for your child to take part or not. That is your choice. No penalties or loss of benefits will come from refusing to take part. During the interviews you may choose not to answer any question.

Q Why is it so important for me and my child to be part of the survey? Why not ask my neighbor?

A We selected your household and your child in a carefully designed sample of people living in the United States. We cannot choose someone in your or your child's place because no one has the same health characteristics. Having you as part of our survey will help make our information complete. We will add the information you give us to that from all others who join in this study. That information will help us better understand our nation's health.

Q What do my child and I gain by taking part in the survey?

- A**
- The chance to help learn more about the health of the nation
 - Free health test results, perhaps some of major value
 - A cash payment in appreciation for your child's exam

Q How do I know my answers and my child's test results will be kept confidential?

A We respect your privacy. Public laws keep all information you give confidential. We will hold all data we collect in the strictest

confidence. We gather and protect all information in keeping with the requirements of Federal Law: the Public Health Service Act (42 USC 242k) authorizes collection and Section 308(d) of that law (42 USC 242m) and the Privacy Act of 1974 (5 USC 552A) prohibit us from giving out information that identifies you or your family without your consent. This means that we cannot give out any fact about you, even if a court of law asks for it. We will keep all survey data safe and secure. When we allow researchers to use survey data, we protect your privacy. We assign code numbers in place of names or other facts that could identify you, your child, or family.

Q Are the tests my child may be asked to take safe?

A We chose the tests and measurements we do because they are safe. As in any other exam like this, some procedures may give slight discomfort. Examples are collecting a blood sample or doing the dental exam. For the blood sample, your child will have a small amount of blood withdrawn from a vein in his/her arm with a needle.

We will ask questions about conditions that might make a certain test or procedure wrong for your child.

We will give bone density tests that involve low-dosage x-rays to boys 8 years old and older. Radiation in this procedure is less than you might get in a cross-country airplane flight or from natural daily background radiation.

Q How will we receive the results of the exam?

A We will give some results, such as blood pressure, on the same day of the exam. If the exam reveals something urgent about your child's

health, we will notify you at once. If some urgent problem is found through lab tests, we will immediately send that information in a letter to your home address. We will mail you the routine findings report about 12–16 weeks after the exam. Some results, such as STD tests, are given in special ways only to the person examined as explained below. We will not give results from some tests because they will be used only for research.

Q How would survey data be used by other agencies and researchers?

A What you and your child tell us, the exam findings, and samples your child may give are a rich resource for health science. Many Federal agencies, universities, and other public and private groups use NHANES data. They use it to help find new cures and treatments for diseases and disabilities. The aim is to enhance the health of all people. Results of this survey may be reported in scientific journals, at major meetings, or through other news media. None of these reports will ever name or use data that can point to any person who took part in the survey.

Several of the National Institutes of Health help us in this survey. The U.S. Department of Agriculture is our partner in planning how to get data on the foods you eat. We share with them the task of studying people's diets in the United States. The U.S. Environmental Protection Agency is another of our many partners. Your child's survey data help study harmful effects of exposure to environmental hazards. In all these studies, you and your child's identity is strictly protected.

Q Will any of my child's survey data be linked to other facts about my child?

A Combining NHANES results with other facts about you can be useful. Some health

research can be done only if we link survey results with data from other sources. For instance, we will use Social Security numbers to link survey data with vital statistics and other health records. Strict security measures will be taken to insure that none of these procedures result in release of any information you and your child provide us.

Also, we may need to contact you and your child in the future. To do this we would ask public or private agencies, such as the Post Office, to provide changes in your address.

Q Why are you testing persons 14 and older for chlamydia and gonorrhea?

A Chlamydia and gonorrhea are two sexually transmitted diseases that have a major impact on health. In recent years, they have been a growing problem in young people in the United States. We will test survey participants who are 14–39 years old to find out how many people have chlamydia and gonorrhea. People with these diseases need treatment to prevent disease spread and to prevent their own serious health problems in the future.

Q Why are you testing persons 14 and older for herpes?

A Herpes type 2 is another sexually transmitted disease that has been affecting young people in the United States. We will test survey participants who are 14–49 years old to find out how many people have herpes type 2. Most people infected with this virus have no symptoms at all. Herpes has no cure, but medications are available to relieve symptoms. Your child cannot have this blood test repeated by your own doctor or local clinic because this test is not available commercially. If he/she tests positive but has never had sores or blisters, the risk of his/her spreading the virus is unknown.

Q How will persons 14 and older get results for the chlamydia, gonorrhea, and herpes tests?

A Persons tested can receive their chlamydia, gonorrhea, and herpes test results a few weeks after the exam. Before leaving the exam center, they will receive a toll-free phone number, a password, and the dates to call for their results. When they call, we will give them their test results after they provide us with their password. If they don't call during the time given, we will call them. We will give test results, either positive or negative, only to persons tested. If a test shows that they may have a current health problem, we will tell them how to seek treatment. If you do not want your child to be tested, you can tell the interviewer now or the technician before blood is drawn during the exam.

Q Why are you testing for tuberculosis (TB)?

A TB has become a major public health problem in this country. Testing in NHANES will help us find out how many persons in the United States are infected with TB. The tests we use give the most specific reading on whether a person has been infected. The tuberculin test measures tuberculosis infection. The other test looks for infection with harmless germs related to TB. The second test makes the tuberculin test results easier to understand. These tests have U.S. Food and Drug Administration (FDA) approval for this survey but are not approved for commercial use.

To see if your child has ever been exposed to TB, we inject a drop of each skin test material just under the top layer of the skin on each arm. We will do this while your child is at the exam center. Your child may have some small discomfort from these tests. Pain, itching, and redness at the test site may occur. There is a very low risk of severe allergic reactions in highly sensitive persons. Less than one

percent (1%) of persons tested have had noticeable swelling or have developed a blister at the injection site. If it occurs, the area usually heals without medicine within a few days.

We will give you and your child a report on the TB test when we contact him or her a few days after the visit to the exam center. If your child has a positive tuberculin skin test, we will refer him or her to a health care provider for evaluation. If further evaluation shows your child is infected with tuberculosis, he or she may be given therapy. This treatment will make it much less likely that your child will develop active TB in the future. NHANES does not cover the cost of any treatment. Even if testing does not benefit your child directly, the results will help to develop the program for TB prevention and control in the United States.

The test results are confidential to the extent permitted by law and are protected by the same laws that protect all NHANES data. FDA may review your records related to the TB skin test.

Q In the health interview at the exam center, it says my child will be asked questions about drug use and sexual experience. What does that mean?

A At the mobile exam center all persons who are 12–17 years old will be asked some personal questions in complete privacy. Your child will be alone in a room. The questions will be on a computer screen. The person can respond simply by touching an answer on the screen. All responses are completely confidential. These questions are asked because some behaviors relate to people's health. Persons ages 12–17 are asked if they have ever used marijuana or cocaine. Persons ages 14–17 are asked if they have had sexual intercourse. If the answer is yes, they are asked the age at first intercourse and the number of partners. Sexually active persons are asked about condom use.

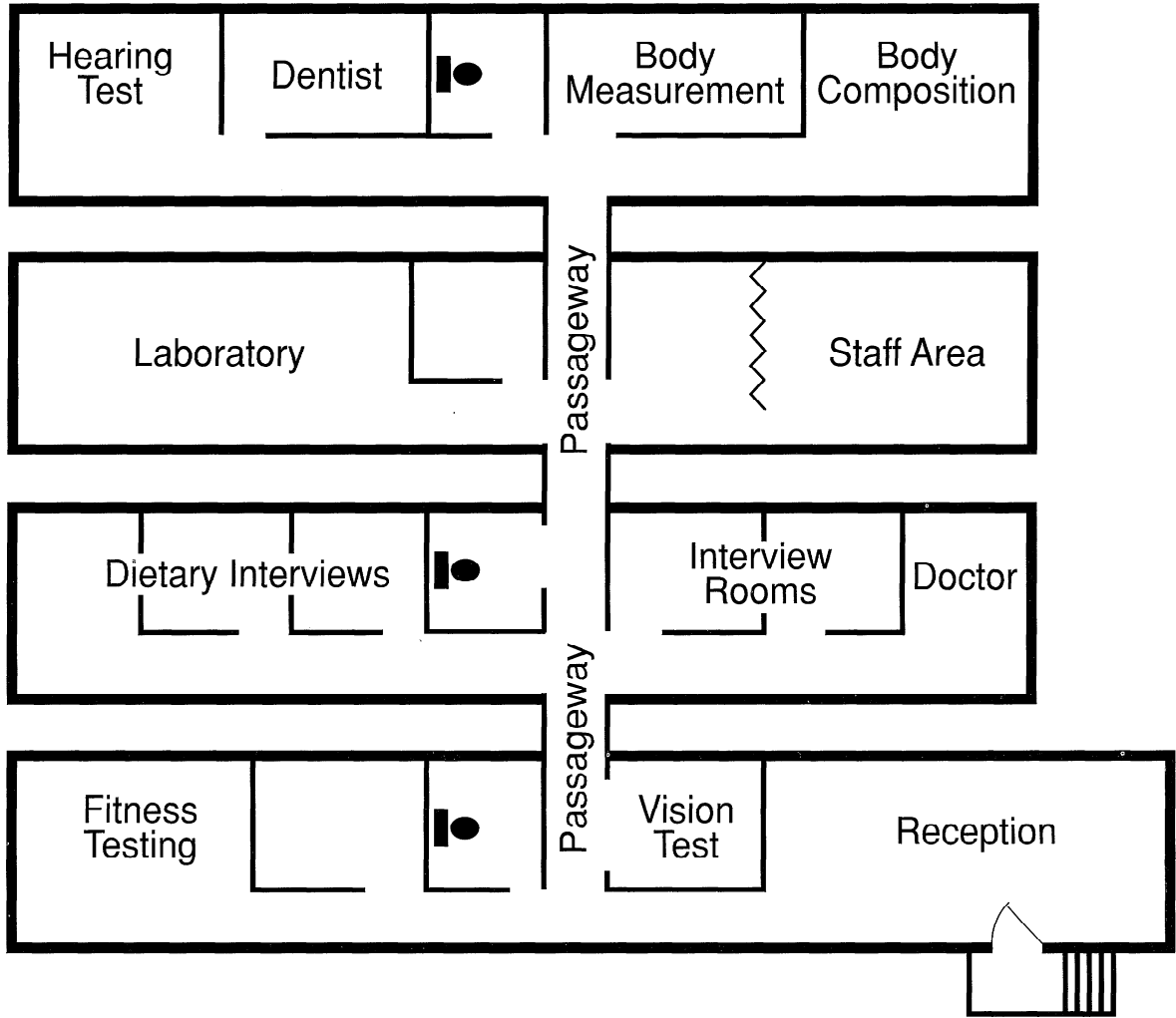
Q What if I have more questions?

A Our survey representative can discuss other questions or concerns or give you other printed matter that can help. She or he can give you a phone number in your area that you can call for more information. Also, you can make a free call to Dr. Kathryn Porter at the U.S. Public Health Service

office to discuss any aspect of the survey. She can be reached at 1-800-452-6115, Monday–Friday, 9 AM–6 PM EST. You can also get answers to your questions by mail (Room 900, 6525 Belcrest Rd., Hyattsville, MD 20782) or by E-mail (kzs4@cdc.gov). If you have questions about the rights of a survey participant, call Dr. Lester R. Curtin at 1-800-223-8118.

We ask you to sign the attached form to show that you know the nature and purpose of taking part in the survey. Please be sure you understand the facts we have given you and that all your questions are answered.

Mobile Examination Center (MEC) Diagram



National Health and Nutrition Examination Survey (NHANES)

The attached brochure gives the facts about NHANES. The survey is one in a series conducted by the National Center for Health Statistics (NCHS). These surveys tell us about the health and nutrition of people in this country. They combine an interview with a physical exam. The exams are done in mobile units. We will select a sample of people in towns and cities across the country to be part of the survey.

In the mobile exam center, our medical team will collect health data by examining persons selected, doing lab testing, and asking questions about their health. As in any other exam like this, some procedures may give slight discomfort. Examples are collecting a blood sample or doing the dental exam. The exam may take from 2-1/2 to 4 hours for those 12 and older and 1-3 hours for younger children. The time depends on the age of the person examined, since some procedures are done only for certain ages.

The survey exam is not a substitute for regular health care. However, some of your child's examination results will be available at the testing site. Other results will be sent to your home if you wish. If your child is old enough to have STD testing, the results will be disclosed only to your teenager. NHANES does not cover the cost of any health care after the exam. You may be contacted in the future for further research.

We will use information collected in the survey only for research and statistical reports. All health data and samples that we collect in NHANES will be kept strictly private. Unless you agree, our staff is not allowed to discuss that any particular person is part of this survey under penalty of Federal law: Section 308(d) of the Public Health Service Act (42 USC 242m) and the Privacy Act of 1974 (5 USC 552A). However, we will refer clear signs of physical abuse of a child to the state agency that looks into child abuse and neglect.

You may permit your child to participate in the survey or not. That is your choice. No penalties or loss of benefits will come from refusing to take part. If you choose to take part, you or your child may refuse any part of the exam and are free to drop out anytime. Also, during the interviews a person may choose not to answer any question.

To discuss any aspect of the survey, you can make a free call to Dr. Kathryn Porter at the U.S. Public Health Service office at 1-800-452-6115, Monday-Friday, 9 AM-6 PM EST. If you have questions about the rights of a survey participant, call Dr. Lester R. Curtin at 1-800-223-8118.

Parent or Guardian of the Survey Participant who is Under 18 Years Old:

I have read the information above and in the attached brochure, which explains the nature and purpose of NHANES. I freely choose to let my child take part in the survey. I understand that data about my child will be released only as described.

Signature of parent or guardian

Date

I do not want a written report on my child's exam.

Signature of staff member

Date

Witness (if required)

Date

Print name
of participant

First

Middle

Last

SP ID

Public reporting burden of this collection of information is estimated to average 6.6 hours per response for total participation, including the time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed, and completing and reviewing the collection of information. An agency may not conduct or sponsor, and a person is not required to respond to collection of information unless it displays a currently valid OMB control number. Send comments regarding this burden estimate or any other aspect of this collection of information, including suggestions for reducing this burden, to CDC/ATSDR Reports Clearance Officer; 1800 Clifton Road, MS D-24, Atlanta, GA 30333, ATTN: PRA (0920-0237).
OMB # 0920-0237

For more information about the National Center for Health Statistics and the National Health and Nutrition Examination Survey contact:

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