

WEIGHT HISTORY - WHQ

WHQ.010 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 OR METERS AND CENTIMETERS

|_|_|
ENTER NUMBER OF FEET

AND

|_|_|
ENTER NUMBER OF INCHES

OR

|_|_|
ENTER NUMBER OF METERS

AND

|_|_|_|
ENTER NUMBER OF CENTIMETERS

OR

REFUSED 777
DON'T KNOW 999

WHQ.020 How much {do you/does SP} weigh without clothes or shoes?

RECORD **CURRENT** WEIGHT
INCLUDE WEIGHT DURING PREGNANCY
ENTER WEIGHT IN POUNDS OR KILOGRAMS

|_|_|_|
ENTER NUMBER OF POUNDS

OR

|_|_|_|
ENTER NUMBER OF KILOGRAMS

OR

REFUSED 777
DON'T KNOW 999

WHQ.030 {Do you/Does SP} consider {your/his/her}self now to be . . .

- overweight, 1
- underweight, or 2
- about the right weight? 3
- REFUSED 7
- DON'T KNOW 9

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.050 How much did {you/SP} weigh **a year ago**?

ENTER WEIGHT IN POUNDS OR KILOGRAMS
IF PREGNANT, ASK FOR WEIGHT BEFORE PREGNANCY

|_|_|_|
ENTER NUMBER OF POUNDS

OR

|_|_|_|
ENTER NUMBER OF KILOGRAMS

OR

- REFUSED 777
- DON'T KNOW 999

BOX 1

CHECK ITEM WHQ.055:
IF WEIGHT IN WHQ.050 IS 10 POUNDS, 4.55 KILOGRAMS, OR MORE THAN
WEIGHT IN WHQ.020 (E.G., WHQ.050 = 150 LBS AND WHQ.020 = 135 LBS),
CONTINUE.
OTHERWISE, GO TO WHQ.070.

WHQ.060 Was the change between {your/SP's} **current** weight and {your/his/her} weight **a year ago** intentional?

- YES 1 (WHQ.090)
- 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.090)
- REFUSED 7 (WHQ.090)
- DON'T KNOW 9 (WHQ.090)

WHQ.080 How did {you/SP} try to lose weight?

HAND CARD WHQ1
CODE ALL THAT APPLY

ATE LESS FOOD (AMOUNT)	10
SWITCHED TO FOODS WITH LOWER CALORIES	11
ATE LESS FAT	12
EXERCISED	13
SKIPPED MEALS	14
ATE "DIET" FOODS OR PRODUCTS	15
USED A LIQUID DIET FORMULA SUCH AS SLIMFAST OR OPTIFAST	16
JOINED A WEIGHT LOSS PROGRAM SUCH AS WEIGHT WATCHERS, JENNY CRAIG, TOPS, OR OVEREATERS ANONYMOUS	17
TOOK DIET PILLS PRESCRIBED BY A DOCTOR	18
TOOK OTHER PILLS, MEDICINES, HERBS, OR SUPPLEMENTS NOT NEEDING A PRESCRIPTION	19
TOOK LAXATIVES OR VOMITED	20
OTHER (SPECIFY)	21
REFUSED	77
DON'T KNOW	99

WHQ.090 During the **past 12 months**, {have you/has SP} done anything to keep from gaining weight?

YES	1
NO	2 (BOX 2)
REFUSED	7 (BOX 2)
DON'T KNOW	9 (BOX 2)

WHQ.100 What did {you/SP} do to keep from gaining weight?

HAND CARD WHQ1
CODE ALL THAT APPLY

ATE LESS FOOD (AMOUNT)	10
SWITCHED TO FOODS WITH LOWER CALORIES	11
ATE LESS FAT	12
EXERCISED	13
SKIPPED MEALS	14
ATE "DIET" FOODS OR PRODUCTS	15
USED A LIQUID DIET FORMULA SUCH AS SLIMFAST OR OPTIFAST	16
JOINED A WEIGHT LOSS PROGRAM SUCH AS WEIGHT WATCHERS, JENNY CRAIG, TOPS, OR OVEREATERS ANONYMOUS	17
TOOK DIET PILLS PRESCRIBED BY A DOCTOR	18
TOOK OTHER PILLS, MEDICINES, HERBS, OR SUPPLEMENTS NOT NEEDING A PRESCRIPTION	19
TOOK LAXATIVES OR VOMITED	20
OTHER (SPECIFY)	21
REFUSED	77
DON'T KNOW	99

BOX 2

CHECK ITEM WHQ.105:
IF SP AGE >= 36, CONTINUE.
OTHERWISE, GO TO BOX 3.

WHQ.110 How much did {you/SP} weigh **10 years ago**? [If you don't know {your/his/her} exact weight, please make your best guess.]

ENTER WEIGHT IN POUNDS OR KILOGRAMS
IF PREGNANT, ASK FOR WEIGHT BEFORE PREGNANCY

|_|_|_|

ENTER NUMBER OF POUNDS

OR

|_|_|_|

ENTER NUMBER OF KILOGRAMS

OR

REFUSED

777

DON'T KNOW

999

BOX 3

CHECK ITEM WHQ.115:
IF SP AGE >= 27, CONTINUE.
OTHERWISE, GO TO BOX 3A.

WHQ.120 How much did {you/SP} weigh at **age 25**? [If you don't know {your/his/her} exact weight, please make your best guess.]

ENTER WEIGHT IN POUNDS OR KILOGRAMS
IF PREGNANT, ASK FOR WEIGHT BEFORE PREGNANCY

|_|_|_|
ENTER NUMBER OF POUNDS

OR

|_|_|_|
ENTER NUMBER OF KILOGRAMS

OR

REFUSED 777
DON'T KNOW 999

BOX 3A

CHECK ITEM WHQ.125:
IF SP AGE >= 50, CONTINUE.
OTHERWISE, GO TO BOX 4.

WHQ.130 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 OR METERS AND CENTIMETERS

|_|_|
ENTER NUMBER OF FEET

AND

|_|_|
ENTER NUMBER OF INCHES

OR

|_|_|
ENTER NUMBER OF METERS

AND

|_|_|_|
ENTER NUMBER OF CENTIMETERS

OR

REFUSED 777
DON'T KNOW 999

BOX 4

CHECK ITEM WHQ.135:
IF SP AGE >= 18, CONTINUE.
OTHERWISE, GO TO END OF SECTION.

WHQ.140 **Up to the present time**, what is the most {you have/SP has} **ever** weighed?

ENTER WEIGHT IN POUNDS OR KILOGRAMS
DO **NOT** INCLUDE WEIGHT DURING PREGNANCY

|_|_|_|
ENTER NUMBER OF POUNDS

OR

|_|_|_|
ENTER NUMBER OF KILOGRAMS

OR

REFUSED 777
DON'T KNOW 999

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 777
DON'T KNOW 999

BOX 5

CHECK ITEM WHQ.155:
IF SP AGE >= 19, CONTINUE.
OTHERWISE, GO TO END OF SECTION.

WHQ.160 What is the least {you/SP} **ever** weighed since {you were/s/he was} 18?

ENTER WEIGHT IN POUNDS OR KILOGRAMS
DO **NOT** INCLUDE WEIGHT DURING PREGNANCY

|_|_|_|
ENTER NUMBER OF POUNDS

OR

|_|_|_|
ENTER NUMBER OF KILOGRAMS

OR

REFUSED 777
DON'T KNOW 999

WHQ.170 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 777
DON'T KNOW 999

