

NHANES

MEC Questionnaire Hand Cards

2005-2006



2006 Calendar

January	February	March	April
<u>S</u> <u>M</u> <u>Tu</u> <u>W</u> <u>Th</u> <u>F</u> <u>S</u> 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	<u>S</u> <u>M</u> <u>Tu</u> <u>W</u> <u>Th</u> <u>F</u> <u>S</u> 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28	<u>S</u> <u>M</u> <u>Tu</u> <u>W</u> <u>Th</u> <u>F</u> <u>S</u> 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	<u>S</u> <u>M</u> <u>Tu</u> <u>W</u> <u>Th</u> <u>F</u> <u>S</u> 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30
May	June	July	August
<u>S</u> <u>M</u> <u>Tu</u> <u>W</u> <u>Th</u> <u>F</u> <u>S</u> 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	<u>S</u> <u>M</u> <u>Tu</u> <u>W</u> <u>Th</u> <u>F</u> <u>S</u> 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	<u>S</u> <u>M</u> <u>Tu</u> <u>W</u> <u>Th</u> <u>F</u> <u>S</u> 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	<u>S</u> <u>M</u> <u>Tu</u> <u>W</u> <u>Th</u> <u>F</u> <u>S</u> 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31
September	October	November	December
<u>S</u> <u>M</u> <u>Tu</u> <u>W</u> <u>Th</u> <u>F</u> <u>S</u> 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	<u>S</u> <u>M</u> <u>Tu</u> <u>W</u> <u>Th</u> <u>F</u> <u>S</u> 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	<u>S</u> <u>M</u> <u>Tu</u> <u>W</u> <u>Th</u> <u>F</u> <u>S</u> 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	<u>S</u> <u>M</u> <u>Tu</u> <u>W</u> <u>Th</u> <u>F</u> <u>S</u> 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

DPQ 1

Not at all

Several days

More than half the days

Nearly every day

BHQ 1

2 or more times a day

Once a day



2 or more times a week

Once a week

1-3 times a month

Never

BHQ 2

THE BRISTOL STOOL FORM SCALE		
Type 1		Separate hard lumps, like nuts
Type 2		Sausage-like but lumpy
Type 3		Like a sausage but with cracks in the surface
Type 4		Like a sausage or snake, smooth and soft
Type 5		Soft blobs with clear-cut edges
Type 6		Fluffy pieces with ragged edges, a mushy stool
Type 7		Watery, no solid pieces

PAQ2

VIGOROUS ACTIVITIES

Aerobics (High Impact, e.g., Step, Taebo)
Basketball
Bicycling
Boxing
Football
Hiking
Hockey
Jogging
Kayaking
Martial Arts (Karate, Judo)
Raquetball
Rollerblading
Rowing
Running
Skating
Skiing – Cross Country (Including Nordic Track)
Skiing - Downhill
Soccer
Stair Climbing
Swimming
Tennis
Treadmill
Volleyball
Wrestling
Other (Specify)

PAQ3

MODERATE ACTIVITIES

Aerobics (Low Impact)
Baseball
Basketball
Bicycling
Bowling
Dance
Fishing
Football
Frisbee
Golf
Hiking
Hockey
Horseback Riding
Hunting
Jogging
Kayaking
Martial Arts (Karate, Judo)
Rollerblading
Rowing
Skating
Skiing – Downhill
Soccer
Softball
Stair Climbing
Stretching
Swimming
Tennis
Treadmill
Volleyball
Walking
Weight Lifting
Yoga
Other (Specify)

WHQ1

I want to look better

I want to be healthier

I want to be better at sports and other physical activities

I get teased about my weight

I think my clothes will fit better

I think boys will like me better

I think girls will like me better

My friends are trying to lose weight

Someone in my family is trying to lose weight

My mother or father wants me to lose weight

My teacher or coach wants me to lose weight

A doctor, nurse, or other health professional wants me to lose weight

Other (specify)