

NHANES

**Sample Person Questionnaire
Hand Cards**

2005-2006



PFQ1

No difficulty

Some difficulty

Much difficulty

Unable to do

Do not do this activity

PFQ2

Arthritis/rheumatism

Back or neck problem

Birth defect

Cancer

Depression/anxiety/emotional problem

Other developmental problem (such as cerebral palsy)

Diabetes

Fractures, bone/joint injury

Hearing problem

Heart problem

Hypertension/high blood pressure

Lung/breathing problem

Mental retardation

Other injury

Senility

Stroke problem

Vision/problem seeing

Weight problem

Other impairment/problem

DIQ1

Prediabetes

Impaired fasting glucose

Impaired glucose tolerance

Borderline diabetes

DIQ2

6 or less

7 or less

8 or less

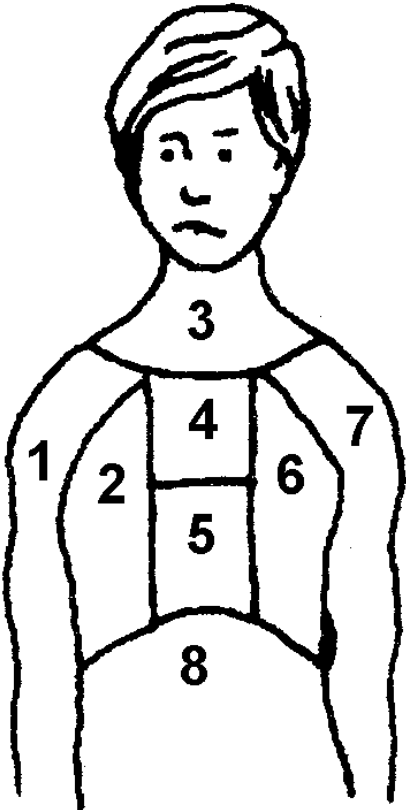
9 or less

10 or less

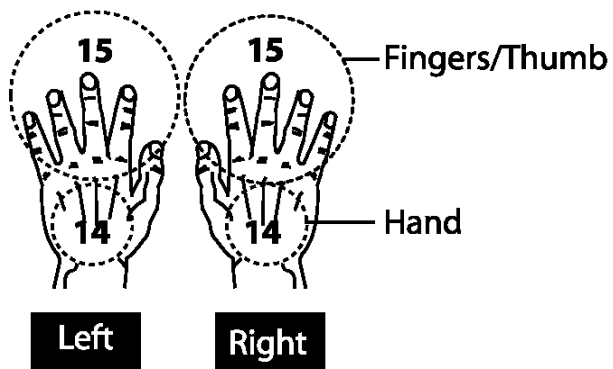
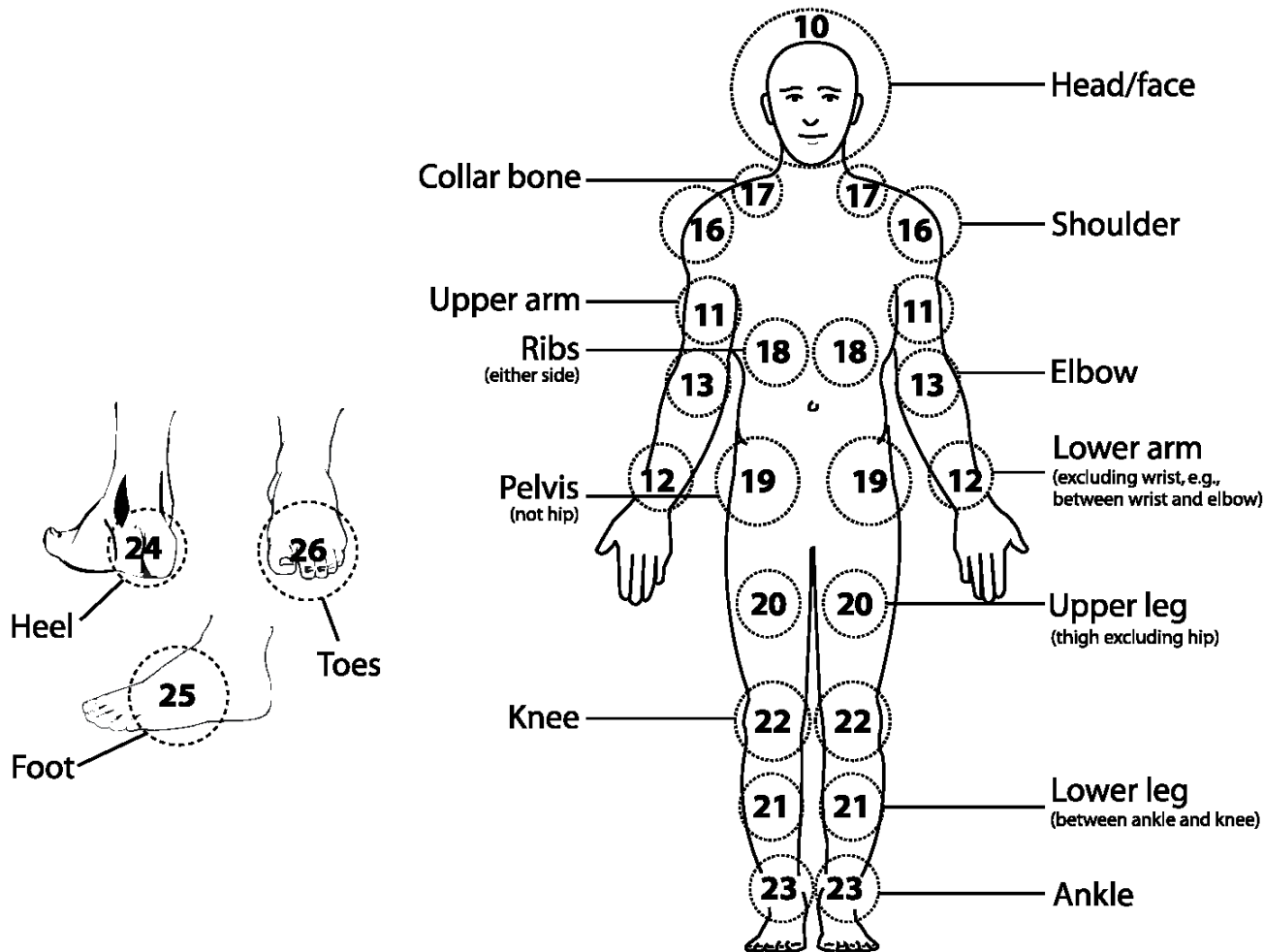
CDQ1

RIGHT

LEFT



OSQ1



VIQ1

No difficulty

A little difficulty

Moderate difficulty

Extreme difficulty

Unable to do because of eyesight

Does not do this for other reasons

VIQ2

No difficulty

A little difficulty

Moderate difficulty

Extreme difficulty

Unable to do because of eyesight

Does not do this for other reasons

Never drove

BAQ1

This handcard is no longer in use

DEQ1

This handcard is no longer in use

DEQ2

Get a severe sunburn with blisters

A severe sunburn for a few days
with peeling

Mildly burned with some tanning

Turning darker without a sunburn

Nothing would happen in half an
hour

Other

DEQ2A

Always

Most of the time

Sometimes

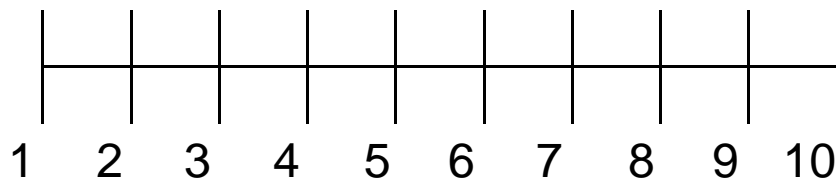
Rarely

Never

DEQ3

No
Problem

Very Large
Problem



DEQ4

Little or no psoriasis

Only a few patches

Scattered patches

Extensive psoriasis

DEQ5

This handcard is no longer in use

OHQ1

Very often

Fairly often

Occasionally

Hardly ever

Never

OHQ2

This handcard is no longer in use

PAQ1

Sits during the day and does not walk about very much

Stands or walks about quite a lot during the day, but does not have to carry or lift things very often

Lifts or carries light loads, or has to climb stairs or hills often

Does heavy work or carries heavy loads

PAQ2

Vigorous Activities

Aerobics (high impact,
e.g., step, Taebo)

Basketball

Bicycling

Boxing

Football

Hiking

Hockey

Jogging

Kayaking

Martial arts (karate, judo)

Racquetball

Rollerblading

Rowing

Running

Skating

Skiing – cross country
(including Nordic Track)

Skiing – downhill

Soccer

Stair climbing

Swimming

Tennis

Treadmill

Volleyball

Wrestling

PAQ3

Moderate Activities

Aerobics (low impact)	Martial arts (karate, judo)
Baseball	Rollerblading
Basketball	Rowing
Bicycling	Skating
Bowling	Skiing – downhill
Dance	Soccer
Fishing	Softball
Football	Stair climbing
Frisbee	Stretching
Golf	Swimming
Hiking	Tennis
Hockey	Treadmill
Horseback riding	Volleyball
Hunting	Walking
Jogging	Weight lifting
Kayaking	Yoga

SLQ1

Never

Rarely – 1 time a month

Sometimes – 2-4 times a month

Often – 5-15 times a month

Almost always – 16-30 times a month

SLQ2

Don't do this activity for other reasons

No difficulty

Yes, a little difficulty

Yes, moderate difficulty

Yes, extreme difficulty

DBQ1

Never

Rarely – less than once a week

Sometimes – once a week or more, but
less than once a day

Often – once a day or more

DBQ2

A **regular** milk drinker for **most** or **all** of lifetime, including childhood

Never has been a **regular** milk drinker

Milk drinking has **varied** over lifetime – sometimes has been a **regular** milk drinker and sometimes has **not** been a regular milk drinker

DBQ3

Never

Rarely – less than once a week

Sometimes – once a week or more, but
less than once a day

Often – once a day or more

DBQ4

SAMPLE FOOD LABEL

Serving Size

Nutrition Facts	
Serving Size 1 cup (228g) Servings Per Container 2	
Amount Per Serving	
Calories 260	Calories from Fat 120
% Daily Value*	
Total Fat 13g	20%
Saturated Fat 5g	25%
Trans Fat 2g	
Cholesterol 30mg	10%
Sodium 660mg	28%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A 4%	Vitamin C 2%
Calcium 15%	Iron 4%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate Protein 4

Nutrition Facts Panel

INGREDIENTS: ENRICHED WHEAT FLOUR , WHEY, WHEY PROTEIN CONCENTRATE, DRIED CHEESE, SKIM MILK, BUTTERMILK, SALT, SODIUM PHOSPHATE, SODIUM TRIPOLYPHOSPHATE, CITRIC ACID, YELLOW 5, YELLOW 6, LACTIC ACID

List of Ingredients

DBQ5

Always

Most of the time

Sometimes

Rarely

Never

DBQ6

SAMPLE HEALTH CLAIM IN FOOD LABELS

Cabbage is a good source of Vitamin A, Vitamin C and dietary fiber. Low fat diets rich in fruits and vegetables (foods that are low in fat and contain Vitamin A, Vitamin C and dietary fiber) may reduce the risk of some types of cancer, a disease associated with many factors.



25 grams of soy protein a day, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease. Two links contain 6.7 grams of soy protein.



American Heart Association

Meets American Heart Association food criteria for saturated fat and cholesterol for healthy people over age 2.

While many factors affect heart disease, diets low in saturated fat and cholesterol may reduce the risk of this disease.

Soluble fiber from oatmeal, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease.

A serving of **Cracker Instant**

... increase calcium!

Teen and adult women never outgrow their need for calcium, and fat free **Mix'n Drink** is a rich source of calcium to help build and maintain healthier bones! Regular exercise and a healthy diet rich in calcium reduce their high risk of osteoporosis later in life.

day to reduce risk of heart disease.

DBQ7

Always

Most of the time

Sometimes

Rarely

Never

DBQ8

Strongly Agree

Somewhat Agree

Neither Agree nor Disagree

Somewhat Disagree

Strongly Disagree

WHQ1

Ate less food (amount)

Switched to foods with lower calories

Ate less fat

Ate fewer carbohydrates

Exercised

Skipped meals

Ate "diet" foods or products

Used a liquid diet formula such as Slimfast or Optifast

Joined a weight loss program such as Weight
Watchers, Jenny Craig, Tops, or Overeaters
Anonymous

Followed a special diet such as Dr. Atkins, other high
protein or low carbohydrate diet, Zone, grapefruit,
Pritikin

Took diet pills prescribed by a doctor

Took other pills, medicines, herbs, or supplements not
needing a prescription

Started to smoke or begin to smoke again

Took laxatives or vomited

Drank a lot of water

Other (Specify)

OCQ1

An employee of a **private** company, business, or individual for wages, salary, or commission

A **federal** government employee

A **state** government employee

A **local** government employee

Self-employed in **own** business, professional practice or farm

Working **without pay** in family business or farm

ACQ1

Only Spanish

More Spanish than English

Both equally

More English than Spanish

Only English

DMQ1

Never attended/kindergarten only

1st grade

2nd grade

3rd grade

4th grade

5th grade

6th grade

7th grade

8th grade

9th grade

10th grade

11th grade

12th grade, no diploma

High school graduate

GED or equivalent

Some college, no degree

Associate degree: Occupational, technical, or vocational program

Associate degree: Academic program

Bachelor's degree (example: BA, AB, BS, BBA)

Master's degree (example: MA, MS, MEng, MEd, MBA)

Professional school degree (example: MD, DDS, DVM, JD)

Doctoral degree (example: PhD, EdD)

DMQ2

Yes, born in United States

Yes, born in Puerto Rico, Guam,
American Virgin Islands, or other
U.S. territory

Yes, born abroad to American parents

Yes, U.S. citizen by naturalization

No, not a citizen of the United States

DMQ3

Europe or Australia/New Zealand

Asia or Africa or South Pacific

South/Central America (including
Mexico)

Caribbean

Middle East

Other

DMQ4

- | | |
|-----------------------------|----------------------------------|
| 10. Puerto Rican | 18. Cuban |
| 12. Dominican
(Republic) | 19. Cuban American |
| 13. Mexican/
Mexicano | 20. Central or South
American |
| 14. Mexican
American | 40. Other Latin
American |
| 15. Chicano | 41. Other Hispanic |

DMQ5

White

Black

African American

Indian (American)

Alaska Native

Native Hawaiian

Guamanian

Samoan

Other Pacific Islander

Asian Indian

Chinese

Filipino

Japanese

Korean

Vietnamese

Other Asian

Some Other Race

HIQ1

Private health insurance

Medicare

Medi-gap

Medicaid

SCHIP (CHIP/Children's Health Insurance Program)

Military Health Care (Tricare/VA/Champ-VA)

Indian Health Service

State-sponsored health plan

Other government program

Single service plan (e.g., dental, vision, prescriptions)

HIQ2

MEDICARE



HEALTH INSURANCE

1-800-MEDICARE (1-800-633-4227)

NAME OF BENEFICIARY

JANE DOE

MEDICARE CLAIM NUMBER

000-00-0000-A

SEX

FEMALE

IS ENTITLED TO

**HOSPITAL
MEDICAL**

**(PART A)
(PART B)**

EFFECTIVE DATE

**07-01-1986
07-01-1986**

SIGN
HERE

DO NOT SEND CLAIMS FOR PAYMENT OF
MEDICARE BENEFITS TO THIS (↓) ADDRESS

DSQ1

BOTANICALS, HERBS, AND HERBAL MEDICINE PRODUCTS	Echinacea, ginseng, ginkgo, St. John's Wort, kava kava, dong quai, saw palmetto
FIBER TAKEN AS A DIETARY SUPPLEMENT	Fiberwafers™, Florafiber™, Herb-lax™, Psyllium™, Metamucil™, Fibercon™
INDIVIDUAL OR SINGLE VITAMINS	Vitamin A, vitamin C, or vitamin E
MULTIPLE VITAMINS (2 OR MORE COMBINED)	B complex, Centrum™, Flintstones™, vitamins C and E
INDIVIDUAL OR SINGLE MINERALS	Calcium, copper, iron, or zinc
MULTIPLE MINERALS (2 OR MORE COMBINED)	Iron and zinc, or calcium and magnesium
VITAMIN AND MINERAL COMBINATIONS	Centrum™ with minerals, Flintstones with iron™, Calcium plus Vitamin D
COMBINATIONS OF VITAMINS, MINERALS AND OTHER PRODUCTS	One-a-Day with Ginko™
AMINO ACIDS	Lysine, methionine, and tryptophan
FISH OILS	Omega-3 fatty acids
GLANDULARS	Pancreas, liver, and organ extracts
ZINC LOZENGES	Coldeeze™

Include products formulated to improve athletic performance, muscle strength, memory, increase energy, etc.