



**NATIONAL HEALTH AND NUTRITION
EXAMINATION SURVEY
NHANES 2007-2008**

**Flexible Consumer Behavior Survey
(FCBS) Module**

August 2007



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FLEXIBLE CONSUMER BEHAVIOR SURVEY (FCBS) MODULE

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NHANES 2007-2008 FCBS CORE MODULE

- a. Interview mode: In-person household interview
- b. Target age: 1+ years (proxy interview for 1-15 years old)
- c. FCBS core module includes two parts:
 - 1. Family level questions
 - 25 questions administered as part of the NHANES household family questionnaire
 - Includes a new Consumer Behavior Section (CBQ) with 19 questions, 5 questions in the Income Section (INQ), and one question in the Food Security Section (FSQ)
 - 2. Sample person questions
 - 19 questions included as part of the Dietary Behavior Section (DBQ) in the NHANES household SP questionnaire

NHANES 2007-2008 FCBS CORE MODULE

Family Level Questions

Section I. Dietary Habits

a. Special Diet Use

BOX NEW 1A

NEW CHECK ITEM:

IF ONE PERSON FAMILY, GO TO CBQ.020.

OTHERWISE, CONTINUE.

CBQ.010 Is anyone in this family on any kind of diet, either to lose weight or for some other health-related reason?

HELP SCREEN:

Examples of special diets include diet for weight loss, low carbohydrate, high protein, Atkins, to lower cholesterol, gluten-free, low sodium, diabetic diet, etc.

YES 1
NO 2
REFUSED 7
DON'T KNOW 9

b. Food Availability

CBQ.020 The next questions ask how often {your family has/you have} certain types of food **available** at home.

How often {does your family/do you} have **fruits** available at home? This includes fresh, dried, canned and frozen fruits. Would you say always, most of the time, sometimes, rarely, or never?

HAND CARD CBQ1

ALWAYS 1
MOST OF THE TIME 2
SOMETIMES 3
RARELY 4
NEVER 5
REFUSED 7
DON'T KNOW 9

CBQ.030 How often {does your family/do you} have any of these **dark green vegetables** available at home? This includes fresh, dried, canned, and frozen vegetables. [Would you say always, most of the time, sometimes, rarely, or never?]

HAND CARD CBQ2 and HAND CARD CBQ3.

INTERVIEWER INSTRUCTION: DO NOT INCLUDE ICEBERG, BUTTERHEAD, BOSTON, AND MANOA LETTUCE

- ALWAYS 1
- MOST OF THE TIME 2
- SOMETIMES 3
- RARELY 4
- NEVER 5
- REFUSED 7
- DON'T KNOW 9

CBQ.040 How often {does your family/do you} have **salty snacks** such as chips and crackers available at home? Do not include nuts. [Would you say always, most of the time, sometimes, rarely, or never?]

HAND CARD CBQ3

- ALWAYS 1
- MOST OF THE TIME 2
- SOMETIMES 3
- RARELY 4
- NEVER 5
- REFUSED 7
- DON'T KNOW 9

CBQ.050 How often {does your family/do you} have **1% fat, skim or fat-free milk** available at home? Please do not include 2% milk. [Would you say always, most of the time, sometimes, rarely, or never?]

HAND CARD CBQ3

INTERVIEWER INSTRUCTION: DO NOT INCLUDE SOY MILK

- ALWAYS 1
- MOST OF THE TIME 2
- SOMETIMES 3
- RARELY 4
- NEVER 5
- REFUSED 7
- DON'T KNOW 9

CBQ.060 How often {does your family/do you} have **soft drinks, fruit-flavored drinks, or fruit punch** available at home? Please do not include diet drinks, 100 percent juice or sports drinks. [Would you say always, most of the time, sometimes, rarely, or never?]

HAND CARD CBQ3

ALWAYS	1
MOST OF THE TIME	2
SOMETIMES	3
RARELY	4
NEVER	5
REFUSED	7
DON'T KNOW	9

CBQ.100 During the **past 30 days**, {did your family/did you} spend money on **food** at stores **other** than grocery stores? Here are some examples of stores where you might buy food. Please do not include stores that you have already told me about.

HAND CARD CBQ4

- YES 1
- NO 2 (CBQ.120)
- REFUSED 7 (CBQ.120)
- DON'T KNOW 9 (CBQ.120)

CBQ.110 About how much money {did your family/did you} spend on **food** at these types of stores? (Please do not include any stores you have already told me about.) (You can tell me per week or per month.)
Q/U

INTERVIEWER: ENTER "0" IF SP SAYS NO MONEY WAS SPENT.

HAND CARD CBQ4

\$ | | | | | | | | | | | | | |

- REFUSED 7
- DON'T KNOW 9

ENTER UNIT

- WEEK 1
- MONTH 2
- REFUSED 7
- DON'T KNOW 9

CBQ.120 During the **past 30 days**, how much money {did your family/did you} spend on **eating out**? Please include money spent in cafeterias at work or at school or on vending machines, **for all family members**. (You can tell me per week or per month.)
Q/U

INTERVIEWER INSTRUCTION: IF RESPONDENT KNOWS ONLY AMOUNT FOR SELF, CODE DK.

INTERVIEWER: ENTER "0" IF SP SAYS NO MONEY WAS SPENT.

\$ | | | | | | | | | | | | | |

- REFUSED 7
- DON'T KNOW 9

ENTER UNIT

- WEEK 1
- MONTH 2
- REFUSED 7
- DON'T KNOW 9

CBQ.130 Q/U During the **past 30 days**, how much money {did your family/did you} spend on food **carried out** or **delivered**? Please do not include money you have already told me about. (You can tell me per week or per month.)

INTERVIEWER INSTRUCTION: IF RESPONDENT KNOWS ONLY AMOUNT FOR SELF, CODE DK.

INTERVIEWER: ENTER "0" IF SP SAYS NO MONEY WAS SPENT.

\$ | | | | | | | | | | | | | | | |

REFUSED 7
 DON'T KNOW 9

ENTER UNIT

WEEK 1
 MONTH 2
 REFUSED 7
 DON'T KNOW 9

b. Shopping, Cooking and Time Use

CBQ.140 How often {do you/ do you or someone else} do the major food shopping for {yourself/your family}? Please do not include times when {you buy/someone buys} only a few items.

Would you say...

CAPI INSTRUCTIONS:
 IF FAMILY IS COMPRISED OF ONLY ONE ADULT SP, SELECT FIRST PREFILLS FOR THE THREE ALTERNATIVE PHRASINGS.

more than once a week, 1
 once a week, 2
 once every two weeks, or 3
 once a month or less? 4
 RARELY MAKE ANY MAJOR SHOPPING
 TRIPS, ONLY SMALL TRIPS 5
 RARELY SHOP FOR FOOD 6
 REFUSED 7
 DON'T KNOW 9

CBQ.150
Q/U

How much time does it usually take to get to the grocery store for food shopping?

INTERVIEWER INSTRUCTION: IF MORE THAN ONE STORE SAY: Please tell me about the one you go to most often.

INTERVIEWER INSTRUCTION: IF MORE THAN ONE PERSON DOES THE FOOD SHOPPING SAY: Please tell me about the one who does most of the shopping.

INTERVIEWER INSTRUCTION: THE AMOUNT OF TIME RECORDED HERE REFERS TO A "ONE-WAY" TRIP.

|_|_|

ENTER NUMBER OF MINUTES OR HOURS

REFUSED 777

DON'T KNOW 999

ENTER UNIT

MINUTES 1

HOURS 2

CBQ.160

During the **past 7 days**, how many times did {you or someone else in your family/you} cook food for dinner or supper at home?

HELP SCREEN:

This includes time spent putting the ingredients together to cook a meal. Do not include heating up leftovers.

CAPI INSTRUCTIONS:

SOFT EDIT: 1-7.

|_|_|

ENTER NUMBER

NEVER 0 (BOX 1B)

REFUSED 77

DON'T KNOW 99

CBQ.170
Q/U

How much time do {you or someone else in your family/do you} **usually** spend on cooking dinner or supper and cleaning up after the cooking? Please do not include time spent eating.

|_|_|

ENTER NUMBER OF MINUTES OR HOURS

REFUSED 777

DON'T KNOW 999

ENTER UNIT

MINUTES 1

HOURS 2

BOX 1B

CHECK ITEM CBQ.175:

IF ONLY 1 PERSON IN FAMILY, GO TO END OF SECTION.

CBQ.180 During the **past 7 days**, how many meals did all or **most of your family** sit down and eat together at home?

|_|_|

ENTER NUMBER

NEVER 0 (END OF SECTION)

REFUSED 777 (END OF SECTION)

DON'T KNOW 999 (END OF SECTION)

CAPI INSTRUCTIONS:

SOFT EDIT: 0-21.

MESSAGE: VERIFY FAMILY EATS AT HOME MORE THAN 3 MEALS PER DAY.

CBQ.190 How many of these meals were cooked at home?

|_|_|

ENTER NUMBER

REFUSED 777

DON'T KNOW 999

Section III. Income and Assets

a. Monthly Income

INQ.235 What is the total income received last month, {LAST CALENDAR MONTH & CURRENT CALENDAR YEAR} by {you/NAMES OF OTHER FAMILY/you and NAMES OF FAMILY MEMBERS}} before taxes?

[Please include income from all sources we have just talked about such as wages, salaries, Social Security or retirement benefits, help from relatives and so forth.]

[INTERVIEWER INSTRUCTION: IF SP DOES NOT KNOW INCOME OF OTHER FAMILY MEMBERS, ENTER DON'T KNOW.]

CAPI INSTRUCTION:

- REQUIRE DOUBLE ENTRY OF INCOME.
- SCREEN SHOULD READ:
 “LAST MONTH’S INCOME FOR {NAMES OF FAMILY MEMBERS} HAS BEEN RECORDED AS {INCOME ENTERED IN INQ.200} DOUBLE ENTRY OF INCOME REQUIRED.”
- IF ENTRIES DO NOT MATCH, DISPLAY BOTH ENTRIES. INTERVIEW SHOULD SELECT ENTRY TO CORRECT.
- FOR THE CALENDAR FILL: IF CURRENT MONTH IS JANUARY THE PAST CALENDAR YEAR WILL BE SHOWN

\$ | | | | | | | | | | | | | | | | (BOX NEW 7A)

REFUSED 7
 DON'T KNOW 9

INQ.238 You may not be able to give us an exact figure, but can you tell me if the income for {you/NAMES OF OTHER FAMILY/your family} in {LAST CALENDAR MONTH & CURRENT CALENDAR YEAR} was . . .

{185% or less of monthly poverty level}, or 1
 more than {185% monthly poverty level}? 2 (BOX NEW 7A)
 REFUSED 7
 DON'T KNOW 9

PROBE: (That would be {12 times 185% monthly poverty level}} per year.)

CAPI INSTRUCTION:

- Fill 185% of the monthly poverty level based on family size:
 For family size of 1, fill (\$1511 round to nearest 100s = **\$1,500**)
 For each additional family member, fill {[\$1511+(524* # of additional person)] round to nearest 100s}
- Fill 185% of the **annual** poverty level based on family size in the PROBE:
 For family size of 1, fill [(\$1511*12) round to nearest 100s] = **\$18,100**
 For each additional member, fill {[\$1511+(524* # of additional person)]*12 round to nearest 100s}

Persons in Family	185% monthly poverty level		185% annual poverty level	
	Raw Number ¹	Rounded to nearest 100s ²	Raw Number ³	Rounded to nearest 100s ⁴
1	1511	1500	18132	18100

2	2035	2000	24420	24400
3	2559	2600	30708	30700
4	3083	3100	36996	37000
5	3607	3600	43284	43300
6	4131	4100	49572	49600
7	4655	4700	55860	55900
8	5179	5200	62148	62100

- ¹: \$1,511 for family size of 1, thereafter, adding \$524 for each additional person.
- ²: These are the numbers to be used in the response category fills.
- ³: Multiply by 12 to the raw number of the 185% monthly poverty level.
- ⁴: These are the numbers to be used in the probe fills

INQ.241 Was it more or less than {130% monthly poverty level}?

130% or less than monthly poverty level	1
More than 130% of monthly poverty level.....	2
REFUSED	7
DON'T KNOW	9

PROBE: {That would be 12 times 130% annual poverty level per year.}

CAPI INSTRUCTION:

- Fill 130% of the monthly poverty level based on family size:
For family size of **1**, fill (\$1062 round to nearest 100s = **\$1,100**)
For each additional family member, fill {[\$1062+(368* # of additional person)] round to nearest 100s}
- Fill 130% of the **annual** poverty level based on family size in the PROBE:
For family size of **1**, fill [(\$1062*12) round to nearest 100s] = **\$12,700**)
For each additional member, fill {[\$1062+(368* # of additional person)]*12 round to nearest 100s}

Persons in Family	130% monthly poverty level		130% annual poverty level	
	Raw Number ¹	Rounded to nearest 100s ²	Raw Number ³	Rounded to nearest 100s ⁴
1	1062	1100	12744	12700
2	1430	1400	17160	17200
3	1798	1800	21576	21600
4	2166	2200	25992	26000
5	2534	2500	30408	30400
6	2902	2900	34824	34800
7	3270	3300	39240	39200
8	3638	3600	43656	43700

- ¹: \$1,062 for family size of 1, thereafter, adding \$368 for each additional person.
- ²: These are the numbers to be used in the text of question and response category fills.
- ³: Multiply 12 to the raw number of the 130% monthly poverty level.
- ⁴: These are the numbers to be used in the probe fills

b. Assets

BOX NEW 7A

CHECK ITEM INQ.242:
IF FAMILY ANNUAL INCOME (INQ200) EQUAL OR LESS THAN {200% POVERTY LEVEL}, CONTINUE;
OTHERWISE, GO TO BOX 8.

CALCULATE 200% OF THE ANNUAL POVERTY LEVEL BASED ON FAMILY SIZE: \$19,600 FOR FAMILY SIZE OF 1, THEREAFTER, ADDING \$6,800 FOR EACH ADDITIONAL PERSON

INQ.244 Do {you/NAMES OF OTHER FAMILY/you and NAMES OF FAMILY MEMBERS} have more than \$5,000 in savings at this time? Please include money in your checking accounts.

INTERVIEWER INSTRUCTION: INCLUDE CASH, SAVINGS OR CHECKING ACCOUNTS, STOCKS, BONDS, MUTUAL FUNDS, RETIREMENT FUNDS (SUCH AS PENSIONS, IRAS, 401KS, ETC), AND CERTIFICATES OF DEPOSIT.

CAPI INSTRUCTION:
DISPLAY "you" for single-person family; DISPLAY "the members of your family" for multi-persons family.

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

INQ.247 Which letter on this card best represents the total savings or cash assets at this time for {you/NAMES OF OTHER FAMILY/your family}?

HAND CARD INQ3

|__| ENTER LETTER

REFUSED 7
DON'T KNOW 9

A: Less than \$500
B: \$501- \$1000
C: \$1001-\$2000
D: \$2001-\$3000
E: \$3001-\$4000
F: \$4001-\$5000

Section IV. Food Assistance - Food Stamps

FSQ.225 On what date did {you/your household} **last** receive food stamp benefits?
M/D/Y

|_|_| - |_|_| - |_|_| (FSQ.235)
MONTH DAY YEAR

INTERVIEWER INSTRUCTION: PROBE FOR ANY MISSING PORTIONS OF DATE.

CAP I INSTRUCTION:
SEPARATE FIELDS FOR MONTH, DAY AND YEAR, ALLOW ENTRY OF RF AND DK IN FIELDS.

REFUSED 7
DON'T KNOW 9

NHANES 2007-2008 FCBS CORE MODULE

Sample Person Questions

Section V. Self-Assessed Diet Quality

DBQ.700 Next I have some questions about {your/SP's} eating habits.

In general, how healthy is {your/his/her} overall diet? Would you say . . .

- excellent, 1
- very good, 2
- good, 3
- fair, or 4
- poor? 5
- REFUSED 7
- DON'T KNOW 9

Section VI. Food Assistance - WIC

BOX 14

CHECK ITEM DBQ.710:
IF SP AGE > 11, GO TO BOX 15.
ELSE, IF SP AGE 6-11, GO TO FSQ.675,
OTHERWISE, CONTINUE.

FSQ.651 Next are a few questions about the WIC program.

Did {SP} receive benefits from WIC, that is, the Women, Infants, and Children program, in the **past 12 months?**

- YES 1 (FSQ.673)
- NO 2 (BOX 14a)
- REFUSED 7 (BOX 14a)
- DON'T KNOW..... 9 (BOX 14a)

BOX 14a

CHECK ITEM DBQ.710a:
IF SP AGE < 1, GO TO FSQ.690.
OTHERWISE, GO TO FSQ.675.

FSQ.673 Is {SP} **now** receiving benefits from the WIC program?

- YES 1
- NO 2
- REFUSED 7
- DON'T KNOW..... 9

BOX 14b

CHECK ITEM DBQ.710b:
IF SP AGE =1 or < 1, GO TO FSQ.685.
OTHERWISE, CONTINUE.

{Next are a few questions about the WIC program, that is, the Women, Infants, and Children program}

FSQ.675 Did {SP} receive benefits from WIC when {he/she} was less than one year old?

- YES 1
- NO 2
- REFUSED 7
- DON'T KNOW 9

CAPI INSTRUCTION:
DISPLAY INTRODUCTION IF SP AGE IS 6-11.

BOX 14c

CHECK ITEM DBQ.710c:
IF SP AGE = 1, GO TO BOX 14d.
IF SP AGE = 2-5, and (FSQ651 = 1 or FSQ.673 = 1), GO TO BOX 14d.
OTHERWISE, CONTINUE.

FSQ.680 Did {SP} receive benefits from WIC when {he/she} {was/is} between the ages of 1 to {SP AGE} years old?

CAPI INSTRUCTION:
If SP age = 2 or 3, DISPLAY the current age of the SP in years;
If SP age >3, DISPLAY "4".

- YES 1
- NO 2
- REFUSED 7
- DON'T KNOW 9

BOX 14d

CHECK ITEM DBQ.710d:
IF SP AGE = 1 and
FSQ651 in (2, 7, 9) **and** FSQ.675 in (2, 7, 9), GO TO FSQ.690.
SP AGE 2-5 and
FSQ651 in (2, 7, 9) **and** FSQ.675 in (2, 7, 9) **and** FSQ.680 in (2, 7, 9), GO TO
FSQ.690.
SP AGE = 6-11 and
FSQ.675 in (2, 7, 9) **and** FSQ.680 in (2, 7, 9), GO TO FSQ.690.
OTHERWISE, CONTINUE.

FSQ.685 How long {did SP receive/has SP been receiving} benefits from the WIC program?

SOFT EDIT: NUMBER CANNOT BE MORE THAN SP'S AGE.

|_|_|

ENTER NUMBER (OF MONTHS OR YEARS)

REFUSED 77

DON'T KNOW 99

ENTER UNIT

MONTHS 1

YEARS 2

REFUSED 7

DON'T KNOW 9

FSQ.690 Did {SP's} mother receive benefits from WIC, while she was pregnant with {SP}?

YES 1

NO 2 (BOX 15)

REFUSED 7 (BOX 15)

DON'T KNOW 9 (BOX 15)

FSQ.695 What month of the pregnancy did {SP's} mother begin to receive WIC benefits?

|_|_|

ENTER NUMBER

REFUSED 77

DON'T KNOW 99

Section VII. Food-Away-From Home (FAFH) Frequency

BOX 15

CHECK ITEM DBQ.715:
 IF SP AGE < 1 GO TO END OF SECTION.
 IF SP AGE 12-15 GO TO DBQ.915.
 OTHERWISE, CONTINUE.

DBQ.895 Next I'm going to ask you about meals. By meal, I mean **breakfast, lunch and dinner**. During the **past 7 days**, how many meals {did you/did SP} get that were **prepared away from home** in places such as restaurants, fast food places, food stands, grocery stores, or from vending machines?

{Please do not include meals provided as part of the school lunch or school breakfast./Please do not include meals provided as part of the community programs you reported earlier.}

CAPI INSTRUCTION:
 IF DBQ381G = 1 OR DBQ.411G = 1, DISPLAY {Please do not include meals provided as part of the school lunch or school breakfast.}
 IF DBQ.301 = 1 OR DBQ.330 = 1, DISPLAY {Please do not include meals provided as part of the community programs you reported earlier.}
 SOFT EDIT: DISPLAY A MESSAGE FOR ENTRY LARGER THAN "21." – "Unusually large number entered – Please verify – this is more than 3 meals per day, each day during the past 7 days."

|_|_|
 ENTER NUMBER

- NONE 2 (DBQ.905)
- REFUSED 7 (DBQ.905)
- DON'T KNOW..... 9 (DBQ.905)

DBQ.900 How many of those meals {did you/did SP} get from a fast-food or pizza place?

|_|_|
 ENTER NUMBER

- NONE 2
- REFUSED 7
- DON'T KNOW..... 9

CAPI INSTRUCTION: HARD EDIT
 NUMBER OF MEALS ENTERED IN DBQ.900 MUST BE EQUAL TO OR LESS THAN NUMBER ENTERED IN DBQ.895. IF NOT, DISPLAY THE FOLLOWING:
 "THE NUMBER OF MEALS FROM A FAST FOOD OR PIZZA PLACE CANNOT BE GREATER THAN NUMBER OF MEALS PREPARED AWAY FROM HOME."

Section VIII. Use of Convenience Foods

DBQ.905 Some grocery stores sell “ready to eat” foods such as salads, soups, chicken, sandwiches and cooked vegetables in their salad bars and deli counters.

During the **past 30 days**, how often did {you/SP} eat “ready to eat” foods from the grocery store?
Please do not include sliced meat or cheese you buy for sandwiches and frozen or canned foods.

|_|_|
ENTER NUMBER OF TIMES (PER DAY, WEEK, OR MONTH)

- NEVER 0
- REFUSED 7
- DON'T KNOW..... 9

ENTER UNIT

- DAY 1
- WEEK..... 2
- MONTH 3

DBQ.910 During the **past 30 days**, how often did you {SP} eat frozen meals or frozen pizzas? Here are some examples of frozen meals and frozen pizzas.

HAND CARD DBQ4

|_|_|
ENTER NUMBER OF TIMES (PER DAY, WEEK, OR MONTH)

- NEVER 0
- REFUSED 7
- DON'T KNOW..... 9

ENTER UNIT

- DAY 1
- WEEK..... 2
- MONTH 3

Section IX. Other Dietary Related Behaviors/Characteristics

a. Vegetarian

DBQ.915 {Do you/Does SP} consider {yourself/himself/herself} to be a vegetarian?

CAPI INSTRUCTION:
PARENT SHOULD BE ASKED THIS QUESTION ABOUT CHILD WHO IS AGE 1-11. "Do you consider _____ to be"

- YES 1
- NO 2
- REFUSED 7
- DON'T KNOW..... 9

b. Food Allergies

DBQ.920 {Do you/Does SP} have any food allergies?

- YES 1
- NO 2 (BOX 15a)
- REFUSED 7 (BOX 15a)
- DON'T KNOW..... 9 (BOX 15a)

HELP SCREEN:
Food Allergy: A reaction causing a skin rash, hives, difficulty breathing, wheezing, or itching of the eyes, mouth, throat or skin.

DBQ.925 What foods {are you/is SP} allergic to?

HAND CARD DBQ5

[CODE ALL THAT APPLY]

- WHEAT 10
- COW'S MILK 11
- EGGS 12
- FISH 13
- SHELLFISH (SHRIMP, CRAB, OR LOBSTER)..... 14
- CORN 15
- PEANUT 16
- OTHER NUTS 17
- SOY PRODUCTS 18
- OTHER 19
- REFUSED 7
- DON'T KNOW..... 9

c. Main meal planner/shopper/preparer

BOX 15a
CHECK ITEM DBQ.715a: IF SP AGE < 16, GO TO END OF SECTION. OTHERWISE, CONTINUE.

DBQ.930 {Are you/Is SP} the person who does **most** of the planning **or** preparing of meals in {your/SP's} family?

INTERVIEWER INSTRUCTION: IF SP ANSWERS "SOMETIMES" OR "50/50", ENTER YES

YES	1
NO	2
REFUSED	7
DON'T KNOW.....	9

DBQ.935 {Do you/Does SP} share in the planning or preparing of meals with someone else?

YES	1
NO	2
REFUSED	7
DON'T KNOW.....	9

DBQ.940 {Are you/Is SP} the person who does **most** of the shopping for food in {your/SP's} family?

YES	1
NO	2
REFUSED	7
DON'T KNOW.....	9

DBQ.945 {Do you/Does SP} share in the shopping for food with someone else?

YES	1
NO	2
REFUSED	7
DON'T KNOW.....	9

NHANES 2007-2008 FCBS FOLLOW UP MODULE

- a. Interview mode: Telephone interview
- b. Target age: 16+ years
 - All NHANES participants ages 16 years and older who complete a day 2 dietary interview will be eligible to participate in the FCBS follow up interview.
 - NHANES participants 1-15 years old will not be asked the FCBS follow-up questionnaire. Instead, one of their adult family member (16+ years old) who is responsible for the family's meal planning, preparing or foods shopping will be sampled and asked to participate in this follow up interview.
- c. A hand card booklet is given to the participants at the mobile exam center for them to use with the follow up interview.

NHANES 2007-2008 FCBS FOLLOW UP MODULE

Section X. Hand Card Information

CBQ.502 You will need the green hand card booklet that is in the same bag as the food measuring guides (you used for your/we used for SP's) dietary phone interview. I'll wait while you locate it.

Do you have it?

Yes..... 1 (CBQ.505)
No, 2
REFUSED..... 7
DON'T KNOW..... 9

CBQ.503 Let's go ahead with the interview anyway. Do you have a cereal box, can or package of food with a food label on the back or the side that you can use for this interview? I'll wait while you locate it.

Yes.....1
No2
REFUSED.....7
DON'T KNOW.....9

Section XI. Food Away From Home (FAFH) Attitudes

CBQ.505 {Great. I'll tell you when you will need it. For the first few questions, please answer yes or no.}

In the past 12 months, did you buy food from fast food or pizza places?

CAPI INSTRUCTION:

If CBQ.503="2", "7", OR "9", REPLACE TEXT IN THE BRACES WITH THE FOLLOWING:
 "Ok, let's go ahead with the interview."

- Yes..... 1
- No 2 [CBQ.550]
- REFUSED..... 7
- DON'T KNOW 9

CBQ.510 I'm going to read several reasons why you might buy food from fast food or pizza places instead of cooking at home.

First, do you buy food from fast food or pizza places because it is **cheaper** than cooking at home?

- Yes..... 1
- No 2
- REFUSED..... 7
- DON'T KNOW 9

CBQ.515 Do you buy food from fast food or pizza places because the foods there are more **nutritious** than foods cooked at home?

- Yes..... 1
- No 2
- REFUSED..... 7
- DON'T KNOW 9

CBQ.520 Do you buy food from fast food or pizza places because the foods there **taste better** than foods cooked at home?

- Yes..... 1
- No 2
- REFUSED..... 7
- DON'T KNOW 9

CBQ.525 Do you buy food from fast food or pizza places because it is more **convenient** than cooking at home?

- Yes..... 1
- No 2
- REFUSED..... 7
- DON'T KNOW 9

CBQ.530 Do you eat at fast food or pizza places instead of cooking at home to **socialize** with family and friends?

- Yes..... 1
- No 2
- REFUSED..... 7
- DON'T KNOW 9

CBQ.535 The **last** time when you ate out or bought food at a **fast-food or pizza place**, did you see **nutrition or health information** about any foods on the menu?

- YES..... 1
- NO 2 (CBQ.545)
- REFUSED..... 7 (CBQ.545)
- DON'T KNOW 9 (CBQ.545)

CBQ.540 Did you use the information in deciding which foods to buy?

- YES..... 1
- NO 2
- REFUSED..... 7
- DON'T KNOW 9

CBQ.545 {Please open your hand card booklet and turn to hand card 1 to answer the next question.}

If nutrition or health information were readily available in fast food or pizza places, would you use it often, sometimes, rarely, or never, in deciding what to order?

[HAND CARD #1]

CAPI INSTRUCTION: Do NOT display the text in braces if CBQ.502="2".

- OFTEN..... 1
- SOMETIMES 2
- RARELY 3
- NEVER 4
- REFUSED..... 7
- DON'T KNOW 9

CBQ.550 In the past 12 months, did you eat at a restaurant with waiter or waitress service?

- Yes..... 1
- No 2 [CBQ.595]
- REFUSED..... 7
- DON'T KNOW 9

CBQ.555 I'm going to read several reasons why you might eat at a restaurant with a waiter or waitress instead of cooking at home.

First, do you eat at a restaurant with a waiter or waitress because it is **cheaper** than cooking at home?

Yes..... 1
 No 2
 REFUSED..... 7
 DON'T KNOW..... 9

CBQ.560 Do you eat at a restaurant [with a waiter or waitress] because the foods there are more **nutritious** than foods cooked at home?

Yes..... 1
 No 2
 REFUSED..... 7
 DON'T KNOW..... 9

CBQ.565 Do you eat at a restaurant [with a waiter or waitress] because the foods there **taste better** than foods cooked at home?

Yes..... 1
 No 2
 REFUSED..... 7
 DON'T KNOW..... 9

CBQ.570 Do you eat at a restaurant [with a waiter or waitress] because it is more **convenient** than cooking at home?

Yes..... 1
 No 2
 REFUSED..... 7
 DON'T KNOW..... 9

CBQ.575 Do you eat at a restaurant [with a waiter or waitress] instead of cooking at home to **socialize** with family and friends?

Yes..... 1
 No 2
 REFUSED..... 7
 DON'T KNOW..... 9

CBQ.580 The **last** time you ate at a restaurant **with a waiter or waitress**, did you see **nutrition or health information** about any foods on the menu?

YES..... 1
 NO 2 (CBQ.590)
 REFUSED..... 7 (CBQ.590)
 DON'T KNOW..... 9 (CBQ.590)

CBQ.585 Did you use the information in deciding which foods to buy?

- YES..... 1
- NO 2
- REFUSED..... 7
- DON'T KNOW 9

CBQ.590 {Please look at hand card 1 again.}

If nutrition or health information were readily available in restaurants with a waiter or waitress, would you use it often, sometimes, rarely, or never, in deciding what to order?

[HAND CARD #1]

CAPI INSTRUCTION: Do NOT display the text in braces if CBQ.502="2".

- OFTEN..... 1
- SOMETIMES 2
- RARELY 3
- NEVER 4
- REFUSED..... 7
- DON'T KNOW 9

Section XII. Knowledge, Perception, Habits

a. My Pyramid knowledge

CBQ.595 Next I'm going to ask a few questions about the nutritional guidelines recommended for Americans by the federal government.

Have you heard of **My Pyramid**?

- YES..... 1 (CBQ.605)
- NO 2
- REFUSED..... 7
- DON'T KNOW 9

CBQ.600 Have you heard of the Food Pyramid or the Food Guide Pyramid?

- YES..... 1 (CBQ.610)
- NO 2 (DBQ.890)
- REFUSED..... 7 (DBQ.890)
- DON'T KNOW 9 (DBQ.890)

CBQ.605 Have you looked up the My Pyramid plan for a {man/woman} your age on the internet?

- YES..... 1
- NO 2
- REFUSED..... 7
- DON'T KNOW 9

CBQ.610 Have you tried to follow the {My Pyramid Plan/Pyramid plan} recommended for you?

- YES..... 1
- NO 2
- REFUSED..... 7
- DON'T KNOW 9

BOX 2

CHECK ITEM CBQ.615:
CBQ.620-CBQ.645 ONLY APPLY TO RESPONDENT WHO IS A SP.

IF SP IS 16+ YEARS, CONTINUE.
OTHERWISE, GO TO DBQ.890.

CBQ.620 Let us talk about the amounts from different food groups that a person should eat each day.

How many **cups of milk** would you say a {man/woman} of your age and physical activity should drink each day for good health?

|_|_|_|_|_|
ENTER NUMBER OF CUPS

REFUSED77
DON'T KNOW99

CBQ.625 How many **cups of fruits** would you say a {man/woman} of your age and physical activity should eat each day for good health?

|_|_|_|_|_|
ENTER NUMBER OF CUPS

REFUSED77
DON'T KNOW99

CBQ.630 How many **cups of vegetables**, including dark green, orange, starchy, and other vegetables, would you say a {man/woman} of your age and physical activity should eat each day for good health?

|_|_|_|_|_|
ENTER NUMBER OF CUPS

REFUSED77
DON'T KNOW99

CBQ.635 How many **ounces of meat and beans** would you say a {man/woman} of your age and physical activity should eat each day for good health?

|_|_|_|_|_|
ENTER NUMBER OF OUNCES

REFUSED77
DON'T KNOW99

CBQ.637 How many **ounces** of **grains** would you say a {man/woman} of your age and physical activity should eat each day for good health?

HELP SCREEN:

Any food made from wheat, rice, oats, cornmeal, barley or another cereal grain is a grain product. Bread, pasta, oatmeal, breakfast cereals, tortillas, and grits are examples of grain products.

|_|_|_|_|_|

ENTER NUMBER OF OUNCES

REFUSED77

DON'T KNOW99

CBQ.640 How many **ounces** of **"whole grains"** would you say a {man/woman} of your age and physical activity should eat each day for good health?

INTERVIEWER INSTRUCTION:

If the respondent does not know what "whole grains" means, code "66".

Use help screen to provide answers to the respondent if he/she wants to know what "whole grains" means. However, do **NOT** change the original "66" code even if the respondent gives an answer after you had explained "whole grains".

HELP SCREEN:

Whole grains contain the entire grain kernel -- the bran, germ, and endosperm. Examples include: whole-wheat flour, whole-wheat bread, whole-wheat cereal flakes, bulgur (cracked wheat), oatmeal, whole cornmeal, and brown rice.

|_|_|_|_|_|

ENTER NUMBER OF OUNCES

DON'T KNOW WHAT IS "WHOLE GRAIN".....66

REFUSED77

DON'T KNOW99

b. Calories Knowledge

CBQ.645 {Please turn to hand card 2.}

About how many calories do you think a {man/woman} of your age and physical activity needs to consume a day to maintain your current weight?

[HAND CARD #2]

CAPI INSTRUCTION: Do NOT display the text in braces if CBQ.502="2".

- A. Less than 500 calories 1
- B. 500-1000 calories 2
- C. 1001-1500 calories 3
- D. 1501-2000 calories 4
- E. 2001-2500 calories 5
- F. 2501-3000 calories 6
- G. More than 3000 calories 7
- REFUSED 77
- DON'T KNOW 99

c. Attitudes toward Health and Diet

DBQ.890 {Turn to hand card 3.}

Would you say you strongly agree, somewhat agree, neither agree nor disagree, somewhat disagree, or strongly disagree with the following statement: "Some people are born to be fat and some thin; there is not much you can do to change this"?

[HAND CARD #3]

CAPI INSTRUCTION: Do NOT display the text in braces if CBQ.502="2".

- STRONGLY AGREE 1
- SOMEWHAT AGREE 2
- NEITHER AGREE NOR DISAGREE 3
- SOMEWHAT DISAGREE 4
- STRONGLY DISAGREE 5
- REFUSED 7
- DON'T KNOW 9

BOX 3

CHECK ITEM CBQ.650:
CBQ.655 ONLY APPLY TO RESPONDENT WHO IS A SP.

IF SP IS 16+ YEARS, CONTINUE.
OTHERWISE, GO TO CBQ.660.

CBQ.655 Would you say you strongly agree, somewhat agree, neither agree nor disagree, somewhat disagree, or strongly disagree with the following statement: "There is no reason for me to make changes to the things I eat"?

[HAND CARD #3]

- STRONGLY AGREE 1
- SOMEWHAT AGREE..... 2
- NEITHER AGREE NOR DISAGREE..... 3
- SOMEWHAT DISAGREE..... 4
- STRONGLY DISAGREE 5
- REFUSED 7
- DON'T KNOW 9

d. Factors Influence Grocery Shopping

CBQ.660 {For the next set of questions, please use hand card 4.}

When you buy food from a grocery store or supermarket, how important is "price"?

Would you say very important, somewhat important, not too important, or not at all important?

[HAND CARD #4]

CAPI INSTRUCTION: Do NOT display the text in braces if CBQ.502="2".

- VERY IMPORTANT 1
- SOMEWHAT IMPORTANT 2
- NOT TOO IMPORTANT 3
- NOT AT ALL IMPORTANT 4
- NEVER BUY FROM A GROCERY STORE OR SUPERMARKET 5 (DBQ.750)
- REFUSED 7
- DON'T KNOW 9

CBQ.665 How about "nutrition"? When you buy food from a grocery store or supermarket, how important is "nutrition"?

[Would you say very important, somewhat important, not too important, or not at all important?]

[HAND CARD #4]

- VERY IMPORTANT 1
- SOMEWHAT IMPORTANT 2
- NOT TOO IMPORTANT 3
- NOT AT ALL IMPORTANT 4
- REFUSED 7
- DON'T KNOW 9

CBQ.670 How about **"taste"**?
[When you buy food from a grocery store or supermarket, how important is **"taste"**?]
[Would you say very important, somewhat important, not too important, or not at all important?]

[HAND CARD #4]

VERY IMPORTANT	1
SOMEWHAT IMPORTANT	2
NOT TOO IMPORTANT	3
NOT AT ALL IMPORTANT	4
REFUSED	7
DON'T KNOW	9

CBQ.675 How about **"how easy the food is to prepare"**?
[When you buy food from a grocery store or supermarket, how important is **"how easy the food is to prepare"**?]
[Would you say very important, somewhat important, not too important, or not at all important?]

[HAND CARD #4]

VERY IMPORTANT	1
SOMEWHAT IMPORTANT	2
NOT TOO IMPORTANT	3
NOT AT ALL IMPORTANT	4
REFUSED	7
DON'T KNOW	9

CBQ.680 How about **"how well the food keeps after it's bought"**?
[When you buy food from a grocery store or supermarket, how important is **"how well the food keeps after it's bought"** [in other words, how soon it spoils]?]
[Would you say very important, somewhat important, not too important, or not at all important?]

[HAND CARD #4]

VERY IMPORTANT	1
SOMEWHAT IMPORTANT	2
NOT TOO IMPORTANT	3
NOT AT ALL IMPORTANT	4
REFUSED	7
DON'T KNOW	9

Section XIII. Food Label

DBQ.750 {For the next few questions you'll use hand card 6 to respond, but first please look at hand card 5 which shows an example of the food label.

The "**Nutrition Facts panel**" of a food label is everything on this page except the list of ingredients in pink. How often do **you** use the **Nutrition Facts panel** when deciding to buy a food product?}

Would you say always, most of the time, sometimes, rarely, or never?

[HAND CARDS #5 & #6]

CAPI INSTRUCTIONS:

IF CBQ.502=1, DISPLAY DBQ.750 AS SHOWN ABOVE.

ELSE IF CBQ.503=1, REPLACE TEXT IN THE BRACES WITH THE FOLLOWING:

"Next, we have some questions about food labels. On your (cereal box, can, food package, etc.) please look for the food label that is usually on the back or the side of the package. A food label has two parts, a Nutrition Facts panel and a list of ingredients. The "**Nutrition Facts panel**" of a food label lists the amount of calories, fat, fiber, carbohydrates and some other nutritional information.

How often do **you** use the **Nutrition Facts panel** when deciding to buy a food product?"

ELSE IF CBQ.503=2, 7, OR 9, REPLACE TEXT IN THE BRACES WITH THE FOLLOWING:

"Next, we have some questions about food labels. A food label usually is on the back or the side of the food package. It has two parts, a Nutrition Facts panel and a list of ingredients. The "**Nutrition Facts panel**" of a food label lists the amount of calories, fat, fiber, carbohydrates and some other nutritional information.

How often do **you** use the **Nutrition Facts panel** when deciding to buy a food product?"

ALWAYS 1
MOST OF THE TIME 2
SOMETIMES 3
RARELY 4
NEVER 5
NEVER SEEN 6
REFUSED 7
DON'T KNOW 9

DBQ.760 How about the **list of ingredients**? [HAND CARD #5]
How often do **you** use the **list of ingredients** on a food label, {such as the part colored in pink on hand card 5,} when deciding to buy a food product?

Would you say always, most of the time, sometimes, rarely, or never?

[HAND CARD #6]

CAPI INSTRUCTION: Do NOT display the text in braces if CBQ.502="2".

- ALWAYS 1
- MOST OF THE TIME 2
- SOMETIMES 3
- RARELY 4
- NEVER 5
- NEVER SEEN 6
- REFUSED 7
- DON'T KNOW 9

DBQ.770 How about the information on **the serving size**? [HAND CARD #5]
[How often do **you** use information on the **servng size** on a food label, {such as the part colored in green on hand card 5,} when deciding to buy a food product?]

[Would you say always, most of the time, sometimes, rarely, or never?]

[HAND CARD #6]

CAPI INSTRUCTION: Do NOT display the text in braces if CBQ.502="2".

- ALWAYS 1
- MOST OF THE TIME 2
- SOMETIMES 3
- RARELY 4
- NEVER 5
- NEVER SEEN 6
- REFUSED 7
- DON'T KNOW 9

CBQ.685 How about the information on **the percent daily value**? [HAND CARD #5]
[How often do **you** use information on the **percent daily value** on a food label, {such as the part colored in blue on hand card 5,} when deciding to buy a food product?]

[Would you say always, most of the time, sometimes, rarely, or never?]

[HAND CARD #6]

CAPI INSTRUCTION: Do NOT display the text in braces if CBQ.502="2".

- ALWAYS 1
- MOST OF THE TIME 2
- SOMETIMES 3
- RARELY 4
- NEVER 5
- REFUSED 7
- DON'T KNOW 9

CBQ.695 {Now turn the page to use hand card 7.} For this next question you may give more than one answer.

Now think about the “**servicing size**” on a food label. What does servicing size mean to you? Servicing size is...

CODE ALL THAT APPLY

[HAND CARD #7]

CAPI INSTRUCTION: Do NOT display the text in braces if CBQ.502=“2”.

- The amount of this food that people should eat..... 1
- The amount of this food that people usually eat 2
- Something that makes it easier to compare foods..... 3
- REFUSED 7
- DON'T KNOW 9

DBQ.780 Some food packages contain health claims about the benefits of nutrients or foods {like the examples on hand card 8}. How often do you use this kind of **health claim** when deciding to buy a product?

Using hand card 9, would you say always, most of the time, sometimes, rarely, or never?

[HAND CARDS #8 & #9]

CAPI INSTRUCTIONS:

IF CBQ.502=2, 7, or 9, REPLACE TEXT IN THE BRACES WITH THE FOLLOWING:

‘For example, “Diets low in sodium may reduce the risk of high blood pressure”, or “Diets rich in calcium may reduce your risk of osteoporosis” ’

- ALWAYS 1
- MOST OF THE TIME 2
- SOMETIMES..... 3
- RARELY..... 4
- NEVER..... 5
- NEVER SEEN 6
- REFUSED 7
- DON'T KNOW 9

CBQ.700 Many food packages contain an **expiration date** such as “**use by**” or “**sell by**”. How often do you use **the expiration date** when deciding to buy a product?

Would you say always, most of the time, sometimes, rarely, or never?

[HAND CARD #9]

- ALWAYS 1
- MOST OF THE TIME 2
- SOMETIMES..... 3
- RARELY..... 4
- NEVER..... 5
- NEVER SEEN 6
- REFUSED 7
- DON'T KNOW 9

BOX 5

CHECK ITEM CBQ. 705:

IF (DBQ.750 = 1-4) OR (DBQ.760 = 1-4) OR (DBQ.770 = 1-4) OR (DBQ.780 = 1-4),
OR (CBQ.685 = 1-4), CONTINUE;
OTHERWISE, GO TO CBQ.740.

CBQ.710 Now think about the types of food products you buy using food labels.
How often do you look for nutrition information on the food label when you buy **snack items** like chips,
popcorn, or pretzels?

Would you say always, most of the time, sometimes, rarely, or never?

[HAND CARD #9]

ALWAYS	1
MOST OF THE TIME	2
SOMETIMES	3
RARELY.....	4
NEVER.....	5
NEVER BUY THESE ITEMS	6
REFUSED	7
DON'T KNOW	9

CBQ.715 How about "**breakfast cereals**"?
[How often do you look for nutrition information on the food label when you buy **breakfast cereals**?]
[Would you say always, most of the time, sometimes, rarely, or never?]

[HAND CARD #9]

ALWAYS	1
MOST OF THE TIME	2
SOMETIMES	3
RARELY.....	4
NEVER.....	5
NEVER BUY THESE ITEMS	6
REFUSED	7
DON'T KNOW	9

CBQ.720 How about “**salad dressings**”?
[How often do you look for nutrition information on the food label when you buy **salad dressings**?]
[Would you say always, most of the time, sometimes, rarely, or never?]

[HAND CARD #9]

- ALWAYS 1
- MOST OF THE TIME 2
- SOMETIMES 3
- RARELY..... 4
- NEVER..... 5
- NEVER BUY THESE ITEMS 6
- REFUSED 7
- DON'T KNOW 9

CBQ.725 How about “**raw meat, poultry, or fish**”?
[How often do you look for nutrition information on the food label when you buy **raw meat, poultry, or fish**?]
[Would you say always, most of the time, sometimes, rarely, or never?]

[HAND CARD #9]

- ALWAYS 1
- MOST OF THE TIME 2
- SOMETIMES 3
- RARELY..... 4
- NEVER..... 5
- NEVER BUY THESE ITEMS 6
- REFUSED 7
- DON'T KNOW 9

CBQ.730 How about “**processed meat** products like hot dogs or bologna”?
[How often do you look for nutrition information on the food label when you buy **processed meat** products like hot dogs or bologna?]
[Would you say always, most of the time, sometimes, rarely, or never?]

[HAND CARD #9]

- ALWAYS 1
- MOST OF THE TIME 2
- SOMETIMES 3
- RARELY..... 4
- NEVER..... 5
- NEVER BUY THESE ITEMS 6
- REFUSED 7
- DON'T KNOW 9

CBQ.735

How about **“bread”**?

[How often do you look for nutrition information on the food label when you buy **bread**?]

[Would you say always, most of the time, sometimes, rarely, or never?]

[HAND CARD #9]

- ALWAYS 1
- MOST OF THE TIME 2
- SOMETIMES 3
- RARELY 4
- NEVER 5
- NEVER BUY THIS ITEM 6
- REFUSED 7
- DON'T KNOW 9

Section XIV. Food Safety – Organic Foods Use

CBQ.740 {Now, please look at the examples on hand card 10}

In the past 30 days, did you buy any food that was **labeled** 'organic'?

[HAND CARD #10]

HELP SCREEN

CAPI INSTRUCTION: Do NOT display the text in braces if CBQ.502="2".

- YES 1
- NO 2 (Box 6)
- DO NOT SHOP FOR FOOD 3 (Box 6)
- REFUSED 7 (Box 6)
- DON'T KNOW 9 (Box 6)

CBQ.745 How often do you buy organic food?

{Using hand card 11}

Would you say always, most of the time, sometimes, or rarely?

[HAND CARD #11]

CAPI INSTRUCTION: Do NOT display the text in braces if CBQ.502="2".

- ALWAYS 1
- MOST OF THE TIME 2
- SOMETIMES 3
- RARELY 4
- REFUSED 7
- DON'T KNOW 9

Section XV. Respondent Information

BOX 6.

CHECK ITEM CBQ.750:

CBQ.755, DBQ.930-DBQ.945, CBQ.760-CBQ.770 ONLY APPLY TO NON-SP RESPONDENT.

IF SP IS 16+ YEARS, GO TO CBQ.785.
OTHERWISE, CONTINUE.

CBQ.755 What is your relation with {SP}?

- Mother of SP 1
- Father of SP 2
- Grandparent of SP 3
- Child care provider, Caretaker 4
- Other Relative 5
- Friend, Non Relative 6
- REFUSED 7
- DON'T KNOW 9

DBQ.930 Are you the person who does **most** of the planning **or** preparing of meals in your family?

INTERVIEWER INSTRUCTION: IF SP ANSWERS "SOMETIMES" OR "50/50", ENTER YES

- YES 1
- NO 2
- REFUSED 7
- DON'T KNOW 9

DBQ.935 Do you share in the planning or preparing of meals with someone else?

- YES 1
- NO 2
- REFUSED 7
- DON'T KNOW 9

DBQ.940 Are you the person who does **most** of the shopping for food in your family?

YES 1
 NO 2
 REFUSED 7
 DON'T KNOW 9

DBQ.945 Do you share in the shopping for food with someone else?

YES 1
 NO 2
 REFUSED 7
 DON'T KNOW 9

CBQ.760 How old are you?

|_|_| Years
 Enter AGE

REFUSED 77
 DON'T KNOW 99

CBQ.765 Which of the following best describe your highest education level?

Less than high school..... 1
 High school diploma (including GED), or..... 2
 More than high school 3
 REFUSED 7
 DON'T KNOW 9

CBQ.770 WHAT IS THE GENDER OF THE RESPONDENT?

[Interviewer Instruction: this is a question for the interviewer to complete by selecting the appropriate option. No need to read the question to the SP]

MALE 1
 FEMALE..... 2

CBQ.785 THE INTERVIEW WAS COMPLETED IN:

INTERVIEWER INSTRUCTION:
 This is a question for the interviewer to complete by selecting the appropriate option. Do not read the question to the SP.

ENGLISH..... 1
 SPANISH..... 2
 ENGLISH AND SPANISH..... 3
 OTHER 4