NHANES MEC Questionnaire Hand Cards 2007-2008



2008 Calendar

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

DPQ 1

Not at all

Several days

More than half the days

Nearly every day

BHQ₁

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	The state of the s	Fluffy pieces with ragged edges, a mushy stool									
Type 7		Watery, no solid pieces									

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)

WHQ2

EXAMPLES OF FROZEN MEALS AND FROZEN PIZZAS

