

NHANES

**Sample Person Questionnaire
Hand Cards**

2009-2010



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

BPQ1

High normal blood pressure

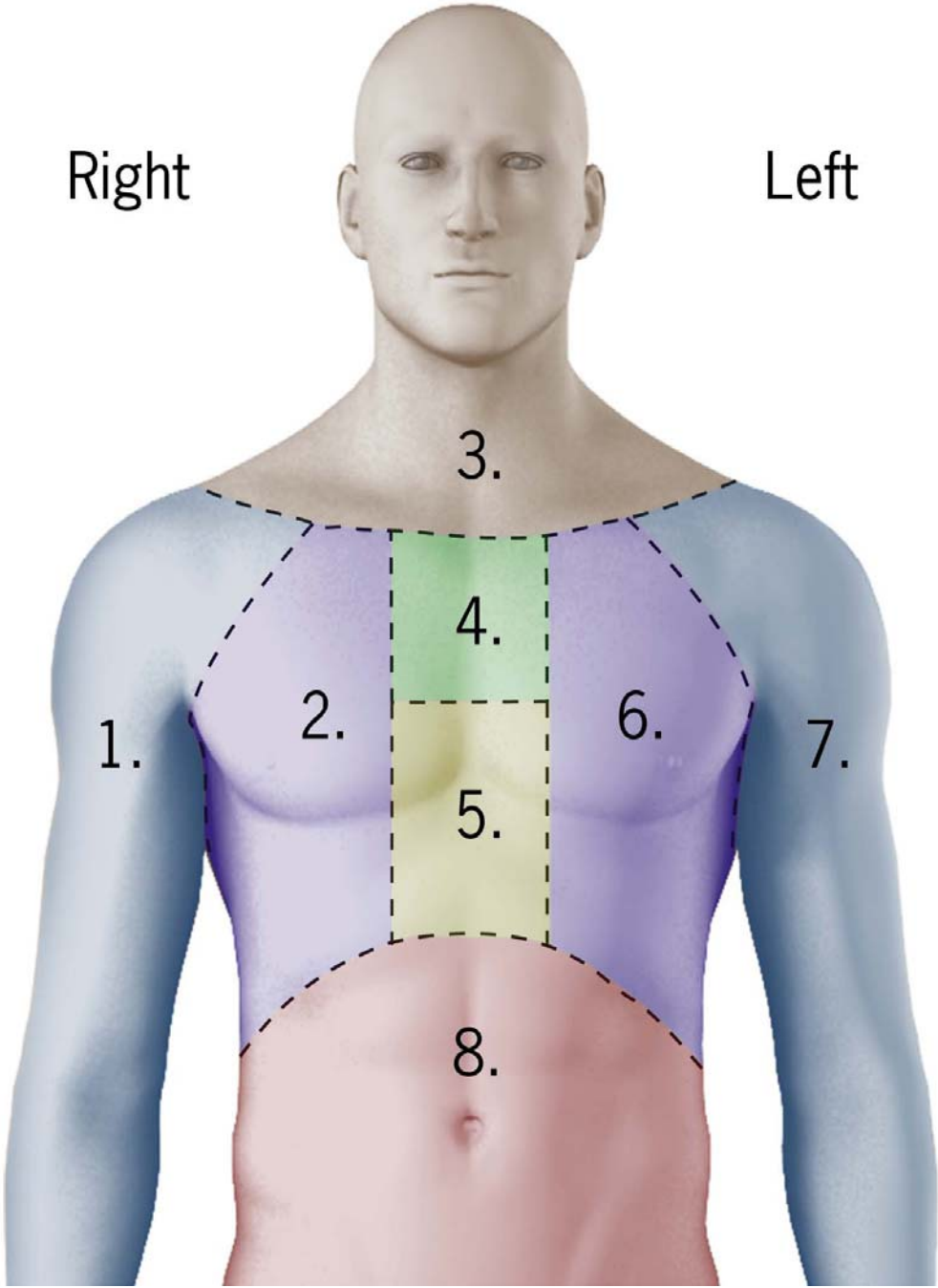
Prehypertension

Borderline hypertension

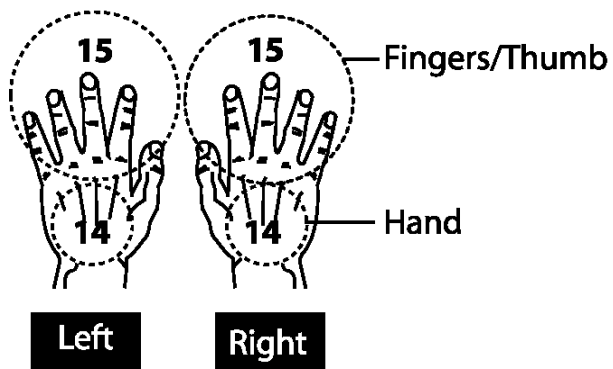
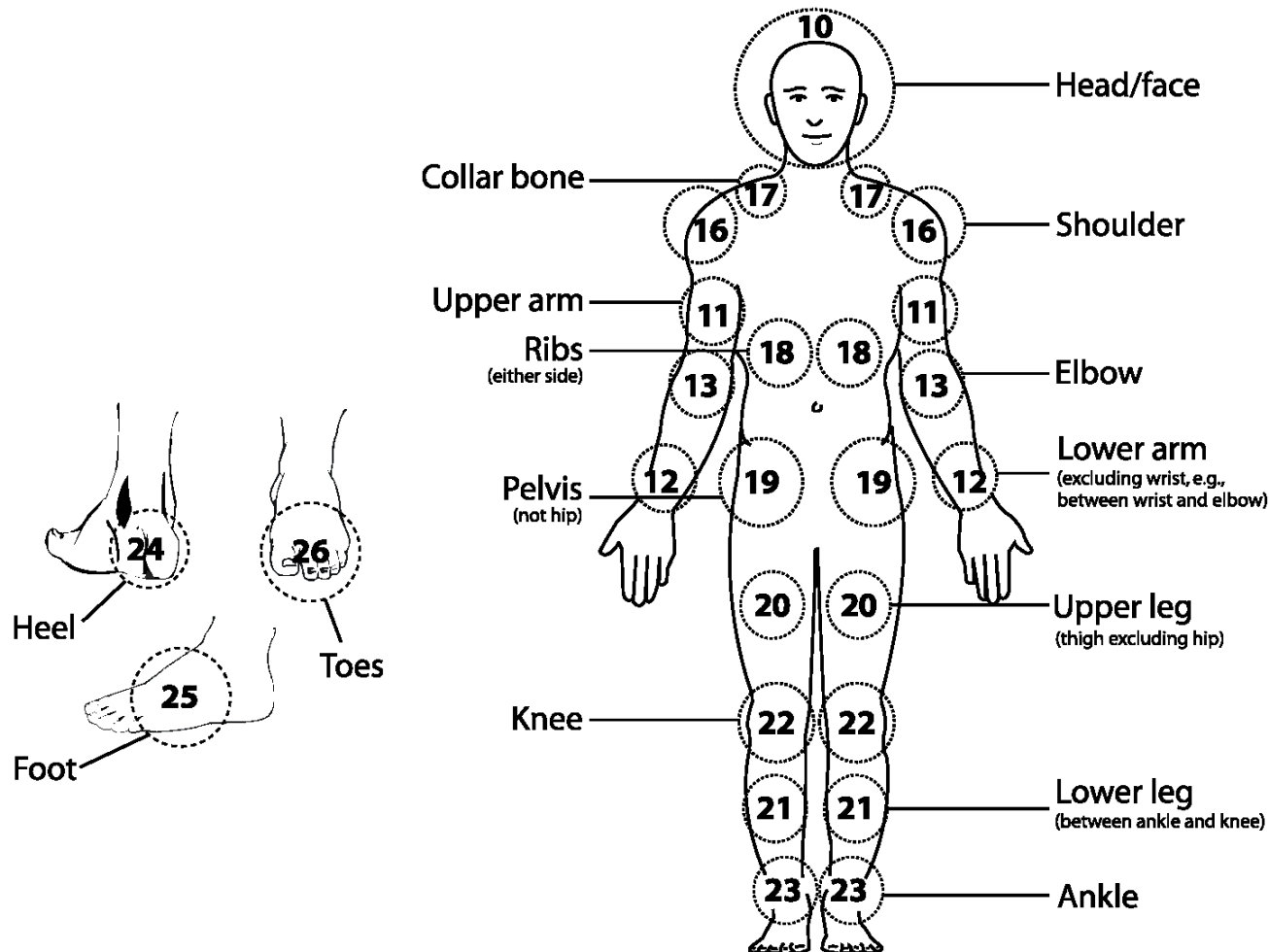
CDQ1

Right

Left



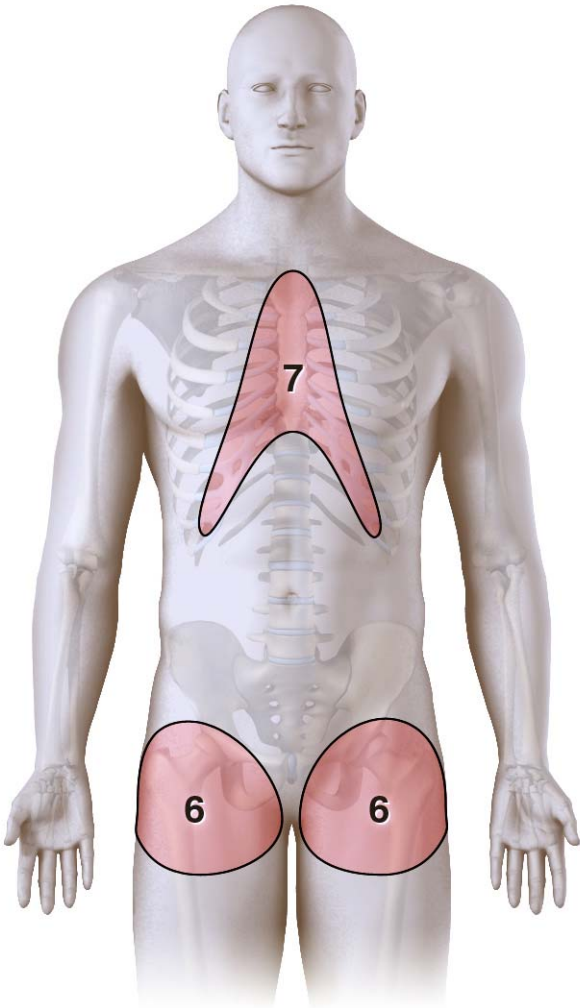
OSQ1



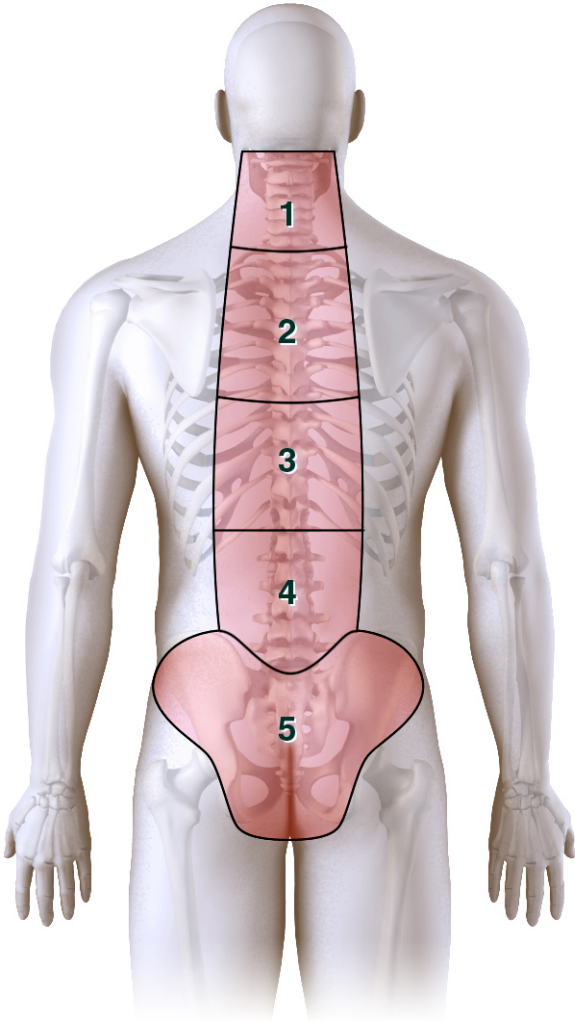
ARQ1

PAIN LOCATION DIAGRAM

Front



Back



ARQ2

Pain

Aching

Stiffness

ARQ3

None of the pain

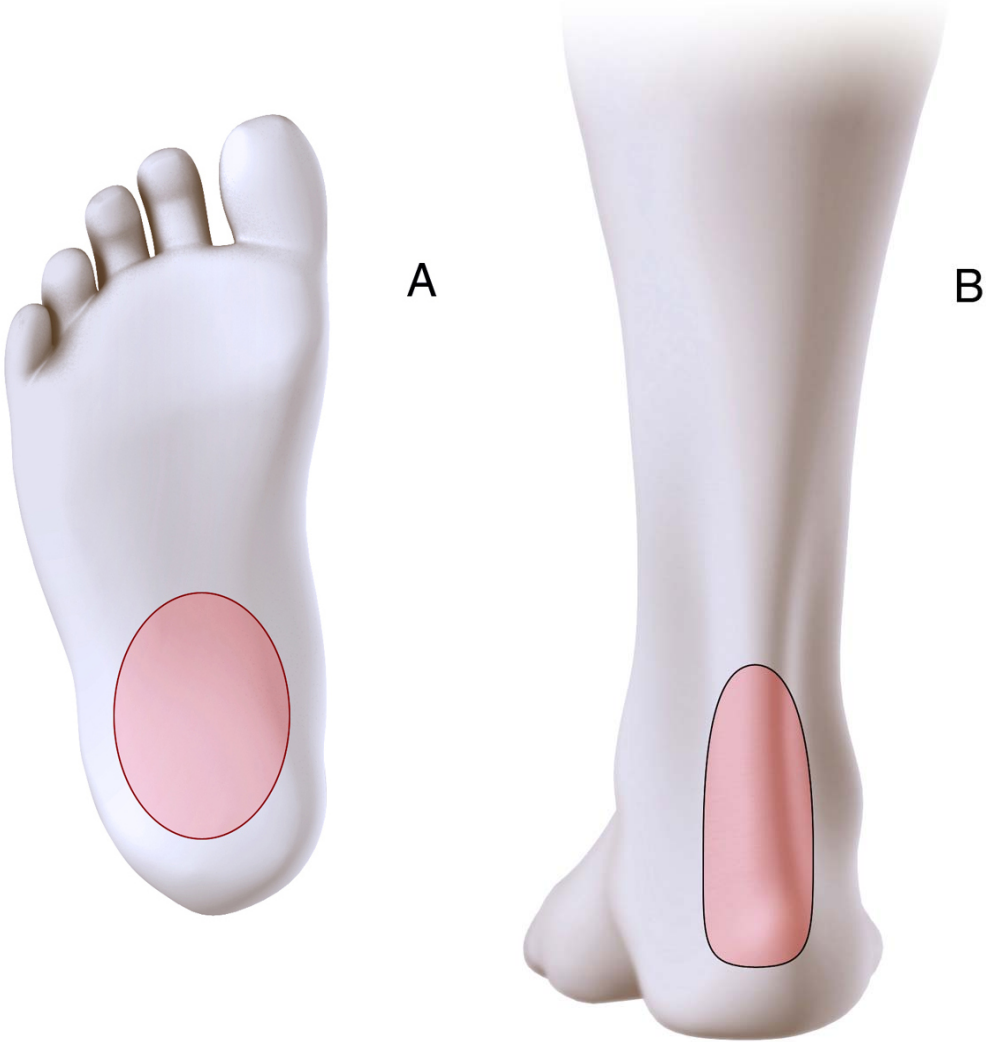
Some of the pain

Most of the pain

All of the pain

ARQ4

LOCATION DIAGRAM FOR HEEL AREA PAIN



DEQ1

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

DEQ2

Always

Most of the time

Sometimes

Rarely

Never

PAQ1

Wore a mask

Spent less time outdoors

Avoided roads that have heavy traffic

Did less strenuous activities

Took medication

Closed windows of your house

Drove your car less

Canceled outdoor activities

Exercised indoors instead of outside

Used buses, trains, or subways

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

EXAMPLES OF FROZEN MEALS & FROZEN PIZZAS



DBQ5

Wheat

Cow's milk

Eggs

Fish

Shellfish (shrimp, crab,
or lobster)

Corn

Peanut

Other nuts

Soy products

Other

DTQ1

EXAMPLES OF RED MEAT

Beef

Veal

Pork

Bacon

Ham

Lamb

Hotdogs and cold cuts
made with red meats

Include:

Sandwiches

Lasagna

Stew

Pizza

Hamburgers

made with red meats

DTQ2

EXAMPLES OF PROCESSED MEAT

Cold cuts

Luncheon meats

Hotdogs

Bacon

Ham

Pastrami

Salami

Sausages

Bratwursts

Corned beef

Include:

Sandwiches

Soups

Pizza

Casseroles

} made with those meats

DTQ3

TYPES OF WHOLE GRAIN BREAD

Whole wheat

Rye

Oatmeal

Pumpernickel

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, South Beach, other high protein or low carbohydrate diet, cabbage soup diet, Ornish, Nutrisystem, Body-for-Life

Took diet pills prescribed by a doctor

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

Started to smoke or began to smoke again

Took laxatives or vomited

Drank a lot of water

Ate more fruits, vegetables, salads

Ate less sugar, candy, sweets

Changed eating habits (didn't eat late at night, ate several small meals a day)

Ate less junk food or fast food

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

DMQ4

10. Mexican

11. Puerto Rican

12. Cuban

13. Dominican (Republic)

Central American:

14. Costa Rican

15. Guatemalan

16. Honduran

17. Nicaraguan

18. Panamanian

19. Salvadoran

20. Other Central American

South American:

21. Argentinean

22. Bolivian

23. Chilean

24. Colombian

25. Ecuadorian

26. Paraguayan

27. Peruvian

28. Uruguayan

29. Venezuelan

30. Other South American

Other Hispanic or Latino:

31. Filipino

32. Spaniard

33. Spanish

34. Spanish American

35. Hispano/Hispana

36. Hispanic/Latino

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

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 (PART A) MEDICAL (PART B)	EFFECTIVE DATE 07-01-1986 07-01-1986
SIGN HERE _____	
DO NOT SEND CLAIMS FOR PAYMENT OF MEDICARE BENEFITS TO THIS (↓) ADDRESS	

DSQ1a

VITAMINS	Calcium	Vitamin C	Calcium and Magnesium
MINERALS	Iron	Vitamin E	Calcium plus Vitamin D
	Zinc		
MULTI-VITAMIN-- MULTI-MINERALS	Flintstones	One a Day	Prenatals
	Tri-Vi-Flor	B-Complex	Centrum
HERBALS AND BOTANICALS	Echinacea	Garlic	Saw Palmetto
	Ginkgo	Ginseng	
FIBER	Metamucil	Fibercon	Benefiber
AMINO ACIDS	Lysine	Methionine	Tryptophan
OTHERS	Fish Oil	Chondroitin	Glucosamine

DSQ1b

EXAMPLES OF ANTACIDS

Tums

Roloids

Maalox

Mylanta

DSQ2

Decided to take it for reasons of my own

A doctor or other health provider told me to

DSQ3

For good bowel/colon health

For prostate health

For mental health

To prevent health problems

To improve my overall health

For teeth, prevent cavities

To supplement my diet (because I don't get enough from food)

To maintain health (to stay healthy)

To prevent colds, boost immune system

For heart health, cholesterol

For eye health

For healthy joints, arthritis

For skin health, dry skin

For weight loss

For bone health, build strong bones, osteoporosis

To get more energy

For pregnancy

For anemia, such as low iron

DSQ4

Less than 1 month

1 month but less than 2 months

2 months but less than 3 months

3 months

DSQ5

Capsules

Wafers

Tablets

Chews/gummies

Chewable tablets

Dots

Pills

Granules

Caplets

Lozenges

Soft gels

Gel

Gel caps

Inhaler

Vegicaps

Nebulizer

Package/packets

Injection

Liquid

Discus

Powder

DSQ6

EXAMPLES OF ASTHMA PRODUCTS

Albuterol (Proventil, Ventolin,
Vospire)

Albuterol (Combivent, Duoneb)

Beclomethasone (Beclovent,
Qvar, Vanceril)

Bitolterol (Tornalate)

Budesonide (Entocort,
Pulmicort)

Cromolyn (Intal)

Epinephrine

Flunisolide (Aerobid)

Fluticasone (Flovent)

Fluticasone (Advair)

Formoterol (Foradil)

Ipratropium (Atrovent)

Levalbuterol (Xopenex)

Metaproterenol (Alupent,
Metaprel)

Mometasone (Asmanex)

Montelukast (Singulair)

Nedocromil (Tilade)

Oxtriphylline (Choledyl)

Pirbuterol (Maxair)

Salmeterol (Serevent)

Terbutaline (Brethaire,
Brethine, Bricanyl)

Theophylline (Theo,
Uniphyll)

Tiotropium (Spiriva)

Triamcinolone (Azmacort)

Zafirlukast (Accolate)

Zileuton (Zyflo)

DSQ7

Less than 1 month

1 month but less than 2 months

2 months but less than 3 months

3 months

DSQ8

Capsules

Wafers

Tablets

Chews/gummies

Chewable tablets

Dots

Pills

Granules

Caplets

Lozenges

Soft gels

Gel

Gel caps

Inhaler

Vegicaps

Nebulizer

Package/packets

Injection

Liquid

Discuss

Powder

