National Health and Nutrition Examination Survey
Codebook for Data Release (2001-2002)

Weight History Section of SP Questionnaire (WHQ_B)
Person level data -- use Interview Weights for analysis

July 2004

SEQN	Target
	B(16 Yrs. to 150 Yrs.)
Hard Edits	**SAS Label**
	Respondent sequence number

English Text: Respondent sequence number.

English Instructions:

WHD010	Target
	B(16 Yrs. to 150 Yrs.)
Hard Edits	**SAS Label**
	Current self-reported height (inches)

English Text: These next questions ask about {your/SP's} height and weight at different times in {your/his/her} life. How tall {are you/is SP} without shoes?

English Instructions: ENTER HEIGHT IN FEET AND INCHES OR METERS AND CENTIMETERS

Codes:	Skip To Values:
7777= Refused	
9999= Don't know	

WHD020	Target
	B(16 Yrs. to 150 Yrs.)
Hard Edits	**SAS Label**
	Current self-reported weight (pounds)

English Text: How much {do you/does SP} weigh without clothes or shoes? {If currently pregnant, how much did you weight before your pregnancy?}

English Instructions: ENTER WEIGHT IN POUNDS OR KILOGRAMS.

Codes:	Skip To Values:
7777= Refused	
9999= Don't know	

WHQ030	Target
	B(16 Yrs. to 150 Yrs.)
Hard Edits	**SAS Label**
	How do you consider your weight

English Text: {Do you/Does SP} consider {your/his/her}self now to be . . .

English Instructions:

Codes:	Skip To Values:
1= Overweight,	
2= Underweight, or	
3= About the right weight?	
7= Refused	
9= Don't know	

WHQ040	Target
	B(16 Yrs. to 150 Yrs.)
Hard Edits	**SAS Label**
	Like to weigh more, less or same

English Text: Would {you/SP} like to weigh . . .

English Instructions:

Codes:	Skip To Values:
1= More,	
2= Less, or	
3= Stay about the same?	
7= Refused	
9= Don't know	

WHD050	Target
	B(16 Yrs. to 150 Yrs.)
Hard Edits	**SAS Label**
	Self-reported weight-1 yr ago (pounds)

English Text: How much did {you/SP} weigh a year ago?

English Instructions: ENTER WEIGHT IN POUNDS OR KILOGRAMS. IF PREGNANT, ASK FOR WEIGHT BEFORE PREGNANCY.

Codes:	Skip To Values:
7777= Refused	
9999= Don't know	

WHQ055	Target
	B(16 Yrs. to 150 Yrs.)
Hard Edits	**SAS Label**
	Check Item

English Text:

English Instructions: :BOX 1. CHECK ITEM WHQ.055: IF WEIGHT IN WHD.050 IS 10 POUNDS, 4.55 KILOGRAMS, OR MORE THAN WEIGHT IN WHD.020 (E.G., WHQ.0509 = 150 LBS AND WHD.020 = 135 LBS), CONTINUE. OTHERWISE, GO TO WHQ.070.

WHQ060	Target
	B(16 Yrs. to 150 Yrs.)
Hard Edits	**SAS Label**
	Weight change intentional

English Text: Was the change between {your/SP's} current weight and {your/his/her} weight a year ago intentional?

English Instructions:

Codes:	Skip To Values:
1= Yes	WHD080A
2= No	
7= Refused	
9= Don't know	

WHQ070	Target
	B(16 Yrs. to 150 Yrs.)
Hard Edits	**SAS Label**
	Tried to lose weight in past year

English Text: During the past 12 months, {have you/has SP} tried to lose weight?

English Instructions:

Codes:	Skip To Values:
1= Yes	
2= No	WHQ090
7= Refused	WHQ090
9= Don't know	WHQ090

WHD080A	Target
	B(16 Yrs. to 150 Yrs.)
Hard Edits	**SAS Label**
	Ate less food

English Text: How did {you/SP} try to lose weight?

English Instructions: HAND CARD WHQ1. CODE ALL THAT APPLY.

Codes:	Skip To Values:
10= Ate less food (amount)	
77= Refused	
99= Don't know	

WHD080B	Target
	B(16 Yrs. to 150 Yrs.)
Hard Edits	**SAS Label**
	Switched to foods with lower calories

English Text: How did {you/SP} try to lose weight?

English Instructions: HAND CARD WHQ1. CODE ALL THAT APPLY.

Codes:	Skip To Values:
11= Switched to foods with lower calories	

WHD080C	Target
	B(16 Yrs. to 150 Yrs.)
Hard Edits	**SAS Label**
	Ate less fat

English Text: How did {you/SP} try to lose weight?

English Instructions: HAND CARD WHQ1. CODE ALL THAT APPLY.

Codes:	Skip To Values:
12= Ate less fat	

WHD080D	Target
	B(16 Yrs. to 150 Yrs.)
Hard Edits	**SAS Label**
	Exercised

English Text: How did {you/SP} try to lose weight?

English Instructions: HAND CARD WHQ1. CODE ALL THAT APPLY.

Codes:	Skip To Values:
13= Exercised	

WHD080E	Target
	B(16 Yrs. to 150 Yrs.)
Hard Edits	**SAS Label**
	Skipped meals

English Text: How did {you/SP} try to lose weight?

English Instructions: HAND CARD WHQ1. CODE ALL THAT APPLY.

Codes:	Skip To Values:
14= Skipped meals	

WHD080F	Target
	B(16 Yrs. to 150 Yrs.)
Hard Edits	**SAS Label**
	Ate diet foods or products

English Text: How did {you/SP} try to lose weight?

English Instructions: HAND CARD WHQ1. CODE ALL THAT APPLY.

Codes:	**Skip To Values:**
15= Ate diet foods or products	

WHD080G	**Target**
	B(16 Yrs. to 150 Yrs.)
Hard Edits	**SAS Label**
	Used a liquid diet formula

English Text: How did {you/SP} try to lose weight?

English Instructions: HAND CARD WHQ1. CODE ALL THAT APPLY.

Codes:	**Skip To Values:**
16= Used a liquid diet formula such as Slimfast or Optifast	

WHD080H	**Target**
	B(16 Yrs. to 150 Yrs.)
Hard Edits	**SAS Label**
	Joined a weight loss program

English Text: How did {you/SP} try to lose weight?

English Instructions: HAND CARD WHQ1. CODE ALL THAT APPLY.

Codes:	**Skip To Values:**
17= Joined a weight loss program such as Weight Watchers, Jenny Craig, Tops, or Overeaters Anonymous	

WHD080I	**Target**
	B(16 Yrs. to 150 Yrs.)
Hard Edits	**SAS Label**
	Took prescription diet pills

English Text: How did {you/SP} try to lose weight?

English Instructions: HAND CARD WHQ1. CODE ALL THAT APPLY.

	Skip To Values:
Codes:	

31= Took diet pills prescribed by a doctor

WHD080J	**Target**
	B(16 Yrs. to 150 Yrs.)
Hard Edits	**SAS Label**
	Took non-prescription diet pills

English Text: How did {you/SP} try to lose weight?

English Instructions: HAND CARD WHQ1. CODE ALL THAT APPLY.

Codes:	**Skip To Values:**

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

WHD080K	**Target**
	B(16 Yrs. to 150 Yrs.)
Hard Edits	**SAS Label**
	Took laxatives or vomited

English Text: How did {you/SP} try to lose weight?

English Instructions: HAND CARD WHQ1. CODE ALL THAT APPLY.

Codes:	**Skip To Values:**

33= Took laxatives or vomited

WHD080L	**Target**
	B(16 Yrs. to 150 Yrs.)
Hard Edits	**SAS Label**
	Other

English Text: How did {you/SP} try to lose weight?

English Instructions: HAND CARD WHQ1. CODE ALL THAT APPLY.

Codes:	**Skip To Values:**

40= Other

WHD080M	Target
	B(16 Yrs. to 150 Yrs.)
Hard Edits	**SAS Label**
	Drank a lot of water

English Text: How did {you/SP} try to lose weight?

English Instructions: HAND CARD WHQ1. CODE ALL THAT APPLY.

Codes:	Skip To Values:
34= Drank a lot of water	End of Section

WHD080N	Target
	B(16 Yrs. to 150 Yrs.)
Hard Edits	**SAS Label**
	Followed a special diet

English Text: How did {you/SP} try to lose weight?

English Instructions: HAND CARD WHQ1. CODE ALL THAT APPLY.

Codes:	Skip To Values:
30= Followed a special diet such as Dr. Atkins, other high protein or low carbohydrate diet, zone, grapefruit, Pritikin	End of Section

WHQ090	Target
	B(16 Yrs. to 150 Yrs.)
Hard Edits	**SAS Label**
	Tried not to gain weight in past year

English Text: During the past 12 months, {have you/has SP} done anything to keep from gaining weight?

English Instructions:

Codes:	Skip To Values:
1= Yes	
2= No	WHD110
7= Refused	WHD110
9= Don't know	WHD110

WHD100a	Target
	B(16 Yrs. to 150 Yrs.)
Hard Edits	**SAS Label**
	Ate less food

English Text: What did {you/SP} do to keep from gaining weight?

English Instructions: HAND CARD WHQ1. CODE ALL THAT APPLY.

Codes: **Skip To Values:**

    10= Ate less food (amount)

    77= Refused

    99= Don't know

WHD100b	Target
	B(16 Yrs. to 150 Yrs.)
Hard Edits	**SAS Label**
	Switched to foods with lower calories

English Text: What did {you/SP} do to keep from gaining weight?

English Instructions: HAND CARD WHQ1. CODE ALL THAT APPLY.

Codes: **Skip To Values:**

    11= Switched to foods with lower calories

WHD100c	Target
	B(16 Yrs. to 150 Yrs.)
Hard Edits	**SAS Label**
	Ate less fat

English Text: What did {you/SP} do to keep from gaining weight?

English Instructions: HAND CARD WHQ1. CODE ALL THAT APPLY.

Codes: **Skip To Values:**

    12= Ate less fat

WHD100d	Target
	B(16 Yrs. to 150 Yrs.)

Hard Edits	SAS Label
	Exercised

English Text: What did {you/SP} do to keep from gaining weight?

English Instructions: HAND CARD WHQ1. CODE ALL THAT APPLY.

Codes:	Skip To Values:
13= Exercised	

WHD100e	Target
	B(16 Yrs. to 150 Yrs.)
Hard Edits	**SAS Label**
	Skipped meals

English Text: What did {you/SP} do to keep from gaining weight?

English Instructions: HAND CARD WHQ1. CODE ALL THAT APPLY.

Codes:	Skip To Values:
14= Skipped meals	

WHD100f	Target
	B(16 Yrs. to 150 Yrs.)
Hard Edits	**SAS Label**
	Ate diet foods or products

English Text: What did {you/SP} do to keep from gaining weight?

English Instructions: HAND CARD WHQ1. CODE ALL THAT APPLY.

Codes:	Skip To Values:
15= Ate diet foods or products	

WHD100g	Target
	B(16 Yrs. to 150 Yrs.)
Hard Edits	**SAS Label**
	Used a liquid diet formula

English Text: What did {you/SP} do to keep from gaining weight?

English Instructions: HAND CARD WHQ1. CODE ALL THAT APPLY.

16= Used a liquid diet formula such as Slimfast or Optifast

WHD100h	Target
	B(16 Yrs. to 150 Yrs.)
Hard Edits	**SAS Label**
	Joined a weight loss program

English Text: What did {you/SP} do to keep from gaining weight?

English Instructions: HAND CARD WHQ1. CODE ALL THAT APPLY.

Codes: **Skip To Values:**

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

WHD100i	Target
	B(16 Yrs. to 150 Yrs.)
Hard Edits	**SAS Label**
	Took prescription diet pills

English Text: What did {you/SP} do to keep from gaining weight?

English Instructions: HAND CARD WHQ1. CODE ALL THAT APPLY.

Codes: **Skip To Values:**

31= Took diet pills prescribed by a doctor

WHD100j	Target
	B(16 Yrs. to 150 Yrs.)
Hard Edits	**SAS Label**
	Took non-prescription diet pills

English Text: What did {you/SP} do to keep from gaining weight?

English Instructions: HAND CARD WHQ1. CODE ALL THAT APPLY.

Codes: **Skip To Values:**

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

WHD100k	**Target**
	B(16 Yrs. to 150 Yrs.)
Hard Edits	**SAS Label**
	Took laxatives or vomited

English Text: What did {you/SP} do to keep from gaining weight?

English Instructions: HAND CARD WHQ1. CODE ALL THAT APPLY.

Codes: **Skip To Values:**

33= Took laxatives or vomited

WHD100l	**Target**
	B(16 Yrs. to 150 Yrs.)
Hard Edits	**SAS Label**
	Other

English Text: What did {you/SP} do to keep from gaining weight?

English Instructions: HAND CARD WHQ1. CODE ALL THAT APPLY.

Codes: **Skip To Values:**

40= Other

WHD100M	**Target**
	B(16 Yrs. to 150 Yrs.)
Hard Edits	**SAS Label**
	Drank a lot of water

English Text: What did {you/SP} do to keep from gaining weight?

English Instructions: HAND CARD WHQ1. CODE ALL THAT APPLY.

Codes: **Skip To Values:**

34= Drank a lot of water   End of Section

WHD100N	**Target**
	B(16 Yrs. to 150 Yrs.)
Hard Edits	**SAS Label**
	Followed a special diet

English Text: What did {you/SP} do to keep from gaining weight?

English Instructions: HAND CARD WHQ1. CODE ALL THAT APPLY.

Codes:	Skip To Values:
30= Followed a special diet such as Dr. Atkins, other high protein or low carbohydrate diet, zone, grapefruit, Pritikin	End of Section

WHD110	Target
	B(36 Yrs. to 150 Yrs.)
Hard Edits	**SAS Label**
	Self-reported weight-10 yrs ago (pounds)

English Text: How much did {you/SP} weigh 10 years ago? [If you don't know {your/his/her} exact weight, please make your best guess.]

English Instructions: ENTER WEIGHT IN POUNDS OR KILOGRAMS. IF PREGNANT, ASK FOR WEIGHT BEFORE PREGNANCY.

Codes:	Skip To Values:
7777= Refused	
9999= Don't know	

WHD120	Target
	B(27 Yrs. to 150 Yrs.)
Hard Edits	**SAS Label**
	Self-reported weight - age 25 (pounds)

English Text: How much did {you/SP} weigh at age 25? [If you don't know {your/his/her} exact weight, please make your best guess.]

English Instructions: ENTER WEIGHT IN POUNDS OR KILOGRAMS. IF PREGNANT, ASK FOR WEIGHT BEFORE PREGNANCY.

Codes:	Skip To Values:
7777= Refused	
9999= Don't know	

WHD130	Target
	B(50 Yrs. to 150 Yrs.)
Hard Edits	**SAS Label**

	Self-reported height - age 25 (inches)

English Text: How tall {were you/was SP} at age 25? [If you don't know {your/his/her} exact height, please make your best guess.]

English Instructions: ENTER HEIGHT IN FEET AND INCHES OR METERS AND CENTIMETERS

Codes:	Skip To Values:
7777= Refused	
9999= Don't know	

	Target
WHD140	B(18 Yrs. to 150 Yrs.)
Hard Edits	**SAS Label**
	Self-reported greatest weight(pounds)

English Text: Up to the present time, what is the most {you have/SP has} ever weighed?

English Instructions: ENTER WEIGHT IN POUNDS OR KILOGRAMS. DO NOT INCLUDE WEIGHT DURING PREGNANCY.

Codes:	Skip To Values:
7777= Refused	
9999= Don't know	

	Target
WHQ150	B(18 Yrs. to 150 Yrs.)
Hard Edits	**SAS Label**
	Age when heaviest weight

English Text: How old {were you/was SP} then? [If you don't know {your/his/her} exact age, please make your best guess.]

English Instructions: ENTER AGE IN YEARS

Codes:	Skip To Values:
77777= Refused	
99999= Don't know	