**Weight History Section of SP Questionnaire (WHQ)**
**Person Level Data -- use Interview Weights for Analysis**

| SEQN | Version Info | Target |
|---|---|---|
| | Version 1.0 | B(16 Yrs. - 150 Yrs.) |
| **Hard Edits** | **SAS Label** | |
| | Respondent sequence number | |

English Text: Respondent sequence number.

English Instructions: < blank >

Codes:

| WHD010 | Version Info | Target |
|---|---|---|
| | Version 1.0 | B(16 Yrs. - 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:
   7777 = Refused
   9999 = Don't know

| WHD020 | Version Info | Target |
|---|---|---|
| | Version 1.0 | B(16 Yrs. - 150 Yrs.) |
| **Hard Edits** | **SAS Label** | |
| | Current Self-reported weight (pounds) | |

English Text: How much {do you/does SP} weigh without clothes or shoes?

English Instructions: RECORD CURRENT WEIGHT. INCLUDE WEIGHT DURING PREGNANCY. ENTER WEIGHT IN POUNDS OR KILOGRAMS.

Codes:
   77777 = Refused

99999 = Don't know

| WHQ030 | Version Info | Target |
|---|---|---|
| | Version 1.0 | B(16 Yrs. - 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: < blank >

Codes:

    1 = Overweight,

    2 = Underweight, or

    3 = About the right weight?

    7 = Refused

    9 = Don't know

| WHQ040 | Version Info | Target |
|---|---|---|
| | Version 1.0 | B(16 Yrs. - 150 Yrs.) |
| **Hard Edits** | **SAS Label** | |
| - | Like to weigh more, less or same | |

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

English Instructions: < blank >

Codes:

    1 = More,

    2 = Less, or

    3 = Stay about the same?

    7 = Refused

    9 = Don't know

| WHD050 | Version Info | Target |
|---|---|---|
| | Version 1.0 | B(16 Yrs. - 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:

   77777 = Refused

   99999 = Don't know

| **WHD060** | **Version Info** | **Target** |
|---|---|---|
| | Version 1.0 | B(16 Yrs. - 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: < blank >

Codes:

     1 = Yes                                             ( Skip to: WHQ090 )

     2 = No

     7 = Refused

     9 = Don't know

| **WHQ070** | **Version Info** | **Target** |
|---|---|---|
| | Version 1.0 | B(16 Yrs. - 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: < blank >

Codes:

     1 = Yes

     2 = No                                             ( Skip to: WHQ090 )

     7 = Refused                                       ( Skip to: WHQ090 )

     9 = Don't know                                   ( Skip to: WHQ090 )

| **WHD080A** | **Version Info** | **Target** |
|---|---|---|
| | Version 1.0 | B(16 Yrs. - 150 Yrs.) |
| **Hard Edits** | **SAS Label** | |
| | Ate less food to lose weight | |

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

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

Codes:

    10 = Ate less food (amount)

    77 = Refused

    99 = Don't know

| WHD080B | Version Info | Target |
|---|---|---|
| | Version 1.0 | B(16 Yrs. - 150 Yrs.) |
| **Hard Edits** | **SAS Label** | |
| | Lowered calories to lose weight | |

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

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

Codes:

    11 = Switched to foods with lower calories

| WHQ080C | Version Info | Target |
|---|---|---|
| | Version 1.0 | B(16 Yrs. - 150 Yrs.) |
| **Hard Edits** | **SAS Label** | |
| | Ate less fat to lose weight | |

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

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

Codes:

    12 = Ate less fat

| WHD080D | Version Info | Target |
|---|---|---|
| | Version 1.0 | B(16 Yrs. - 150 Yrs.) |
| **Hard Edits** | **SAS Label** | |
| | Exercised to lose weight | |

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

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

Codes:

    13 = Exercised

| WHQ080E | Version Info | Target |
|---|---|---|
| | Version 1.0 | B(16 Yrs. - 150 Yrs.) |
| **Hard Edits** | **SAS Label** | |

| | Skipped meals to lose weight |
|---|---|

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

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

Codes:

    14 = Skipped meals

| **WHD080F** | **Version Info** | **Target** |
|---|---|---|
| | Version 1.0 | B(16 Yrs. - 150 Yrs.) |
| **Hard Edits** | **SAS Label** | |
| | Ate diet products to lose weight | |

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

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

Codes:

    15 = Ate diet foods or products

| **WHQ080G** | **Version Info** | **Target** |
|---|---|---|
| | Version 1.0 | B(16 Yrs. - 150 Yrs.) |
| **Hard Edits** | **SAS Label** | |
| | Used liquid diet formula to lose weight | |

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

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

Codes:

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

| **WHQ080H** | **Version Info** | **Target** |
|---|---|---|
| | Version 1.0 | B(16 Yrs. - 150 Yrs.) |
| **Hard Edits** | **SAS Label** | |
| | Joined program to lose weight | |

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

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

Codes:

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

| | **Version Info** | **Target** |
|---|---|---|

| **WHQ080I** | **Version Info** | **Target** |
|---|---|---|
| | Version 1.0 | B(16 Yrs. - 150 Yrs.) |
| **Hard Edits** | **SAS Label** | |
| | Took RX diet pills to lose weight | |

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

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

Codes:
  18 = Took diet pills prescribed by a doctor

| **WHQ080J** | **Version Info** | **Target** |
|---|---|---|
| | Version 1.0 | B(16 Yrs. - 150 Yrs.) |
| **Hard Edits** | **SAS Label** | |
| | Took non-RX suppl. to lose weight | |

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

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

Codes:
  19 = Took other pills, medicines, herbs, or supplements not needing a
       prescription

| **WHQ080K** | **Version Info** | **Target** |
|---|---|---|
| | Version 1.0 | B(16 Yrs. - 150 Yrs.) |
| **Hard Edits** | **SAS Label** | |
| | Took laxatives to lose weight | |

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

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

Codes:
  20 = Took laxitives or vomited

| **WHD080L** | **Version Info** | **Target** |
|---|---|---|
| | Version 1.0 | B(16 Yrs. - 150 Yrs.) |
| **Hard Edits** | **SAS Label** | |
| | Other methods to lose weight | |

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

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

Codes:

21 = Other (specify)

| WHD080M | Version Info | Target |
|---|---|---|
| | Version 1.0 | B(16 Yrs. - 150 Yrs.) |
| **Hard Edits** | **SAS Label** | |
| | Drank a lot of water to lose weight | |

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

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

Codes:
22 = Drank a lot of water to lose weight

| WHD080N | Version Info | Target |
|---|---|---|
| | Version 1.0 | B(16 Yrs. - 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:
23 = Followed a special diet

| WHQ090 | Version Info | Target |
|---|---|---|
| | Version 1.0 | B(16 Yrs. - 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: < blank >

Codes:
1 = Yes
2 = No                          ( Skip to: WHQ110 )
7 = Refused                     ( Skip to: WHQ110 )
9 = Don't know                  ( Skip to: WHQ110 )

| WHQ100A | Version Info | Target |
|---|---|---|
| | Version 1.0 | B(16 Yrs. - 150 Yrs.) |
| **Hard Edits** | **SAS Label** | |

| | | Ate less to not gain weight |
|---|---|---|

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

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

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

| **WHQ100B** | **Version Info** | **Target** |
|---|---|---|
| | Version 1.0 | B(16 Yrs. - 150 Yrs.) |
| **Hard Edits** | **SAS Label** | |
| | Lowered calories to not gain weight | |

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

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

Codes:
    11 = Switched to foods with lower calories

| **WHD100C** | **Version Info** | **Target** |
|---|---|---|
| | Version 1.0 | B(16 Yrs. - 150 Yrs.) |
| **Hard Edits** | **SAS Label** | |
| | Ate less fat to not gain weight | |

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

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

Codes:
    12 = Ate less fat

| **WHD100D** | **Version Info** | **Target** |
|---|---|---|
| | Version 1.0 | B(16 Yrs. - 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:
    13 = Exercised

| WHQ100E | Version Info | Target |
|---|---|---|
| | Version 1.0 | B(16 Yrs. - 150 Yrs.) |
| **Hard Edits** | **SAS Label** | |
| | Skipped meals to not gain weight | |

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

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

Codes:
    14 = Skipped meals

| WHD100F | Version Info | Target |
|---|---|---|
| | Version 1.0 | B(16 Yrs. - 150 Yrs.) |
| **Hard Edits** | **SAS Label** | |
| | Ate diet foods to not gain weight | |

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

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

Codes:
    15 = Ate diet foods or products

| WHQ100G | Version Info | Target |
|---|---|---|
| | Version 1.0 | B(16 Yrs. - 150 Yrs.) |
| **Hard Edits** | **SAS Label** | |
| | Used liquid diet formula to not gain | |

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

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

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

| WHQ100H | Version Info | Target |
|---|---|---|
| | Version 1.0 | B(16 Yrs. - 150 Yrs.) |
| **Hard Edits** | **SAS Label** | |
| | Joined program to not gain weight | |

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

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

Codes:

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

| **WHQ100I** | **Version Info** | **Target** |
|---|---|---|
| | Version 1.0 | B(16 Yrs. - 150 Yrs.) |
| **Hard Edits** | **SAS Label** | |
| | Took RX diet pills to not gain | |

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

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

Codes:
    18 = Took diet pills prescribed by a doctor

| **WHQ100J** | **Version Info** | **Target** |
|---|---|---|
| | Version 1.0 | B(16 Yrs. - 150 Yrs.) |
| **Hard Edits** | **SAS Label** | |
| | Took non-RX suppl. to not gain weight | |

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

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

Codes:
    19 = Took other pills, medicines, herbs, or supplements not needing a
         prescription

| **WHQ100K** | **Version Info** | **Target** |
|---|---|---|
| | Version 1.0 | B(16 Yrs. - 150 Yrs.) |
| **Hard Edits** | **SAS Label** | |
| | Took laxatives to not gain weight | |

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

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

Codes:
    20 = Took laxitives or vomited

| **WHQ100L** | **Version Info** | **Target** |
|---|---|---|
| | Version 1.0 | B(16 Yrs. - 150 Yrs.) |
| **Hard Edits** | **SAS Label** | |
| | Other methods to lose weight | |

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

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

Codes:
21 = Other (specify)

| WHD100M | Version Info | Target |
|---|---|---|
| | Version 1.0 | B(16 Yrs. - 150 Yrs.) |
| **Hard Edits** | **SAS Label** | |
| | Drank a lot of water to not gain weight | |

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

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

Codes:
22 = Drank a lot of water to not gain weight

| WHD100N | Version Info | Target |
|---|---|---|
| | Version 1.0 | B(16 Yrs. - 150 Yrs.) |
| **Hard Edits** | **SAS Label** | |
| | Followed a special diet to lose weight | |

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

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

Codes:
23 = Followed a special diet to not gain weight

| WHD110 | Version Info | Target |
|---|---|---|
| | Version 1.0 | B(36 Yrs. - 150 Yrs.) |
| **Hard Edits** | **SAS Label** | |
| - | Self-reported weight-10 yrs ago | |

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:
77777 = Refused
99999 = Don't know

| WHD120 | Version Info | Target |
|---|---|---|
| | Version 1.0 | B(27 Yrs. - 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:
  77777 = Refused
  99999 = Don't know

| WHD130 | Version Info | Target |
|---|---|---|
| | Version 1.0 | B(50 Yrs. - 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:
  7777 = Refused
  9999 = Don't know

| WHD140 | Version Info | Target |
|---|---|---|
| | Version 1.0 | B(18 Yrs. - 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:
  77777 = Refused
  99999 = Don't know

| WHD150 | Version Info | Target |
|---|---|---|
| | Version 1.0 | B(18 Yrs. - 150 Yrs.) |

| Hard Edits | SAS Label |
|---|---|
| 1 - 120 | 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:
  77777 = Refused
  99999 = Don't know

| WHD160 | Version Info | Target |
|---|---|---|
| | Version 1.0 | B(19 Yrs. - 150 Yrs.) |
| **Hard Edits** | **SAS Label** | |
| | Least self-reported weight since 18(lbs) | |

English Text: What is the least {you/SP} ever weighed since {you were/s/he was} 18?

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

Codes:
  77777 = Refused                                    ( End of Section )
  99999 = Don't know                                 ( End of Section )

| WHD170 | Version Info | Target |
|---|---|---|
| | Version 1.0 | B(19 Yrs. - 150 Yrs.) |
| **Hard Edits** | **SAS Label** | |
| 1 - 120 | Age when lightest 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:
  77777 = Refused
  99999 = Don't know