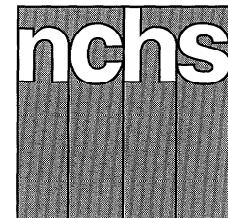


National Health and Nutrition Examination Survey



From the Centers for Disease Control and Prevention/National Center for Health Statistics

12-17 years of age



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Centers for Disease Control and Prevention
National Center for Health Statistics



This booklet contains facts for you about the
National Health and Nutrition Examination Survey

The National Health and Nutrition Examination Survey

The National Health and Nutrition Examination Surveys (NHANES) are studies that look into the health and nutrition of people in this country. The surveys include interviews and physical exams. NHANES is a program of the National Center for Health Statistics (NCHS)—a Federal agency that gathers health data for the United States. Our agency is part of the Centers for

5,000 persons each year in 15 different locations. More than 48,000 persons under age 18 have been part of past NHANES.

We will select a sample of people in towns and cities across the country to be part of the survey. Parents or guardians will answer some questions in the home. Those questions will be about the family's diet and health. One focus of this survey will be young people, so more than usual are being asked to take part. Young people



Disease Control and Prevention, U.S. Public Health Service.

Our NHANES programs began in the early 1960's. In the second and third surveys we examined only children and young people. Since then, our surveys have included people of all ages. The current NHANES survey began in 1999. It will now be an on-going program and will go to locations in all parts of the United States.

Our special exam centers travel the country with a highly trained medical team. The team conducts exams that focus on special health topics. They use the most up-to-date methods and equipment. We examine about

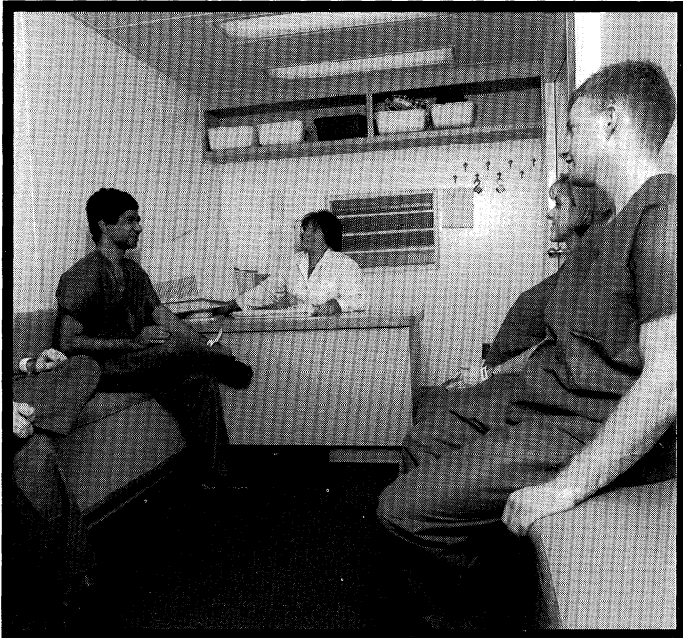
who agree to be in our survey will visit the mobile exam center. There they will have medical and dental exams and other lab tests. Tests and measurements that tell us about the growth and development and health of kids throughout the United States are a part of the survey. We also look at special health problems that may affect young people.

If you take part in the survey, our team will give you findings from some tests as you get your exam. If you wish, we will send you other test results later. In the past, we have had the chance to call or revisit people who took part in this survey. We may contact you in the future to ask you to be part of other research projects.

The Household Interview

You have been chosen to take part in the National Health and Nutrition Examination Survey. At your home, our interviewer will ask your parents or some other family member some questions. They will be about your school, your work, and your family. Other questions will be about illnesses and diseases you may have had. Also, we will ask for your Social Security number to do research on health and health care coverage.

We use the data collected in this survey to study many health issues. Please read the Questions and Answers in this booklet. They tell you about the legal authority for this survey and give answers to some questions that people often ask.



Your Health Examination

Our interviewer will talk with you and your parents or the person who looks after you. She (or he) will ask you to make an appointment for your exam at



the mobile exam center. Our medical team will collect health data by examining you, doing lab testing, and asking questions about your health. No internal exam is included. We may ask you to prepare for the exam by fasting for a short time. The exam will take from 2-1/2 to 4 hours. The time depends on your age. You and your parents may learn more about your health if you choose to get a written report of exam findings. NHANES does not cover the cost of any health care you may decide to seek after the exam. This exam is not a substitute for regular health care.

We respect your privacy. We keep all data safe and secure. Public laws protect your privacy and prevent disclosure of any information you give. Before we provide your survey data or samples to anyone for use in future research, we remove your name and address, and any other information that would directly identify you. We combine your answers and test results with those from thousands of other people. We report survey findings in percentages and totals to protect the privacy of those who took part in the survey.

Depending on your age, the exam may include:

Health Measurements

- * Physician's exam—all ages
- * Blood pressure—ages 8 and older
- * Body fat—boys 8 and older
- * Bone density—for boys ages 8 and older
- * Oral health exam by a dentist—for ages 2 and older
- * Vision test—ages 12 and older
- * Fitness test—ages 12 and older
- * Height, weight, and other body measures—all ages
- * TB skin test—ages 1 and older
- ** Hair sample for mercury test—ages 1–5 years and females 16 and older

Lab Tests on Urine: (6 years and older)

- Bone status tests—ages 8 and older
- Kidney function tests—ages 6 and older
- ! Sexually transmitted disease (STD)
 - Chlamydia and gonorrhea—ages 14 and older
- Exposure to pesticides—selected persons ages 6–59

Lab Tests on Blood: (1 year and older)

- * Anemia—all ages
- * Cholesterol—ages 3 and older
- * Glucose measures—ages 12 and older
- Markers of immunization status—ages 6 and older
- ** Infectious diseases—ages 3 and older
- * Kidney function tests—ages 12 and older
- * Lead—all ages
- ** Cadmium—all ages
- ** Mercury—ages 1–5 and girls 16 and older
- * Liver function tests—ages 12 and older
- Nutrition status—all ages
- * Hormone tests—ages 12 and older
- ! Herpes type 2—ages 14 and older
- Exposure to environmental chemicals—selected persons ages 12–19

Private Health Interviews

- Health status—for all ages (parent answers for 11 and younger)
- Mental health—ages 8 and older
- Drug and alcohol use—ages 12 and older
- Nutrition—for all ages (parent answers for ages 5 and younger)
- Physical activity—ages 12 and older
- Reproductive health—girls ages 12 and older
- Sexual experience—ages 14 and older
- Tobacco use—ages 12 and older

- * Results reported to you and your parent/guardian
- ** Results reported only if positive (or abnormal)
- ! Results reported only to you

Answers to Some Questions You May Have

Q Do I have to take part in the survey?

A You may participate in the survey or not. That is your choice. No penalties or loss of benefits will come from refusing to take part. During the interviews you may choose not to answer any question.

Q Why is it so important for me and my family to be part of the survey? Why not ask my neighbor?

A We selected your household and you in a carefully designed sample of people living in the United States. We cannot choose someone in your place because no one has the same health characteristics as you. Having you as part of our survey will help make our information complete. We will add the information you give us to that from all others who join in this study. That information will help us better understand our nation's health.

Q What do I gain by taking part in the survey?

- A**
- The chance to help learn more about the health of the nation
 - Free health test results, perhaps some of major value to you
 - A cash payment in appreciation for your help

Q How do I know my answers and exam results will be kept confidential?

A We respect your privacy. Public laws keep all information you give confidential. We will hold all data we collect in the strictest confidence.

We gather and protect all information in keeping with the requirements of Federal Law: the Public Health Service Act (42 USC 242k) authorizes collection and Section 308(d) of that law (42 USC 242m) and the Privacy Act of 1974 (5 USC 552A) prohibit us from giving out information that identifies you or your family without your consent. This means that we cannot give out any fact about you, even if a court of law asks for it. We will keep all survey data safe and secure. When we allow researchers to use survey data, we protect your privacy. We assign code numbers in place of names or other facts that could identify you.

Q How will I receive the results of my exam?

A We will give you some results, such as your blood pressure, on the same day of the exam. If the exam reveals something urgent about your health, we will notify you and your parents at once. If some urgent problem is found through your lab tests, we will immediately send that information in a letter to your home address. We will mail the routine findings report to you about 12–16 weeks after the exam. Some results, such as sexually transmitted disease tests, are given only to you in special ways as explained below. We will not give you results from some tests because they will be used only for research.

Q Are the tests I may be asked to take safe?

A We chose the tests and measurements we do because they are safe. As in any other exam like this, some procedures may give slight discomfort. Examples are collecting a blood sample or doing the dental exam. For the blood sample, you will have a small amount of blood withdrawn (from a vein in your arm) with a needle.

We will ask questions about conditions that might make a certain test or procedure wrong for you.

We will give bone density tests that involve low-dosage x-rays to boys 8 years old and older. Radiation in this procedure is less than you might get in a cross-country airplane flight or from natural daily background radiation.

Q Will any of my survey data be linked to other facts about me?

A Combining NHANES results with other facts about you can be useful. Some health research can be done only if we link survey results with data from other sources. For instance, we will use Social Security numbers to link survey data with vital statistics and other health records. Strict security measures will be taken to insure that none of these procedures result in release of any information you provide us.

Also, we may need to contact you in the future. To do this we would ask public or private agencies, such as the Post Office, to provide changes in your address.

Q How would survey data be used by other agencies and researchers?

A What you tell us, your exam findings, and samples you give are a rich resource for health science. Many Federal agencies, universities, and other public and private groups use NHANES data. They use it to help find new cures and treatments for diseases and disabilities. The aim is to enhance the health of all people. Results of this survey may be reported in scientific journals, at major meetings, or through other news media. None of these reports will ever name or use data that can point to any person who took part in the survey.

Several of the National Institutes of Health help us in this survey. The U.S. Department of Agriculture is our partner in planning how to get data on the foods you eat. We share with them the task of studying people's diets in the United States. The U.S. Environmental Protection Agency is another of our many partners. Your survey data will help study harmful effects of exposure to environmental hazards. In all these studies, your identity is strictly protected.

Q Why are you testing persons 14 and older for chlamydia and gonorrhea?

A Chlamydia and gonorrhea are two sexually transmitted diseases that have a major impact on health. In recent years, they have been a growing problem in young people in the United States. We will test survey participants who are 14–39 years old to find out how many people have chlamydia and gonorrhea. People with these diseases need treatment to prevent disease spread and to prevent their own serious health problems in the future.

Q Why are you testing persons 14 and older for herpes?

A Herpes type 2 is another sexually transmitted disease that has been affecting young people in the United States. We will test survey participants who are 14–49 years old to find out how many people have herpes type 2. Most people infected with this virus have no symptoms. Herpes has no cure, but medications are available to relieve symptoms. You cannot have this blood test repeated by your own doctor or local clinic because this test is not available commercially. If you test positive but have never had sores or blisters, the risk of your spreading the virus is unknown.

Q If I am 14 or older, how will I get my results for the chlamydia, gonorrhea, and herpes tests?

A You can get your chlamydia, gonorrhea, and herpes test results a few weeks after the exam. Before leaving the exam center, you will receive a toll-free phone number, a password, and the dates to call for your results. When you call in and tell us your password, we will give you your test results. If you don't call during the time given, we will call you. We will give test results, either positive or negative, only to you. If a test shows you have a health problem, we will talk with you about that problem and tell you how to seek treatment. If you do not want to be tested, you can tell the technician before your blood is drawn during the exam.

Q It says I will be asked questions about drug use and sexual experience in the exam center interview. What does that mean?

A At the mobile exam center all persons who are 12–17 years old will be asked some personal questions in complete privacy. You will be alone in a room. The questions will be on a computer screen. You can respond simply by touching an answer on the screen. All responses are completely confidential. These questions are asked because some behaviors relate to people's health. Persons ages 14–17 are asked if they have had sexual intercourse. If you have had sexual intercourse, additional questions about the experience(s) are asked. Also, some questions about use of illegal drugs are asked of persons 12–17.

Q Why are you testing for tuberculosis (TB)?

A TB has become a major public health problem in this country. Testing in NHANES will help us find out how many persons in the United States are infected with TB. The tests we use give

the most specific reading on whether a person has been infected. The tuberculin test measures tuberculosis infection. The other test looks for infection with harmless germs related to TB. The second test makes the tuberculin test results easier to understand. These tests have U.S. Food and Drug Administration (FDA) approval for this survey but are not approved for commercial use.

To see if you have ever been exposed to TB, we inject a drop of each skin test material just under the top layer of the skin on each arm. We will do this while you are at the exam center. You may have some small discomfort from these tests. Pain, itching, and redness at the test site may occur. There is a very low risk of severe allergic reactions in highly sensitive persons. Less than one percent (1%) of persons tested have had noticeable swelling or have developed a blister at the injection site. If it occurs, the area usually heals without medicine within a few days.

We will give you and your parents a report on the TB test when we contact you a few days after the visit to the exam center. If you have a positive tuberculin skin test, we will refer you to a health care provider for evaluation. If further evaluation shows you are infected with tuberculosis, you may be given therapy. This treatment will make it much less likely that you will develop active TB in the future. NHANES does not cover the cost of any treatment. Even if testing does not benefit you directly, the results will help to develop the program for TB prevention and control in the United States.

The test results are confidential to the extent permitted by law and are protected by the same laws that protect all NHANES data. FDA may review your records related to the TB skin test.

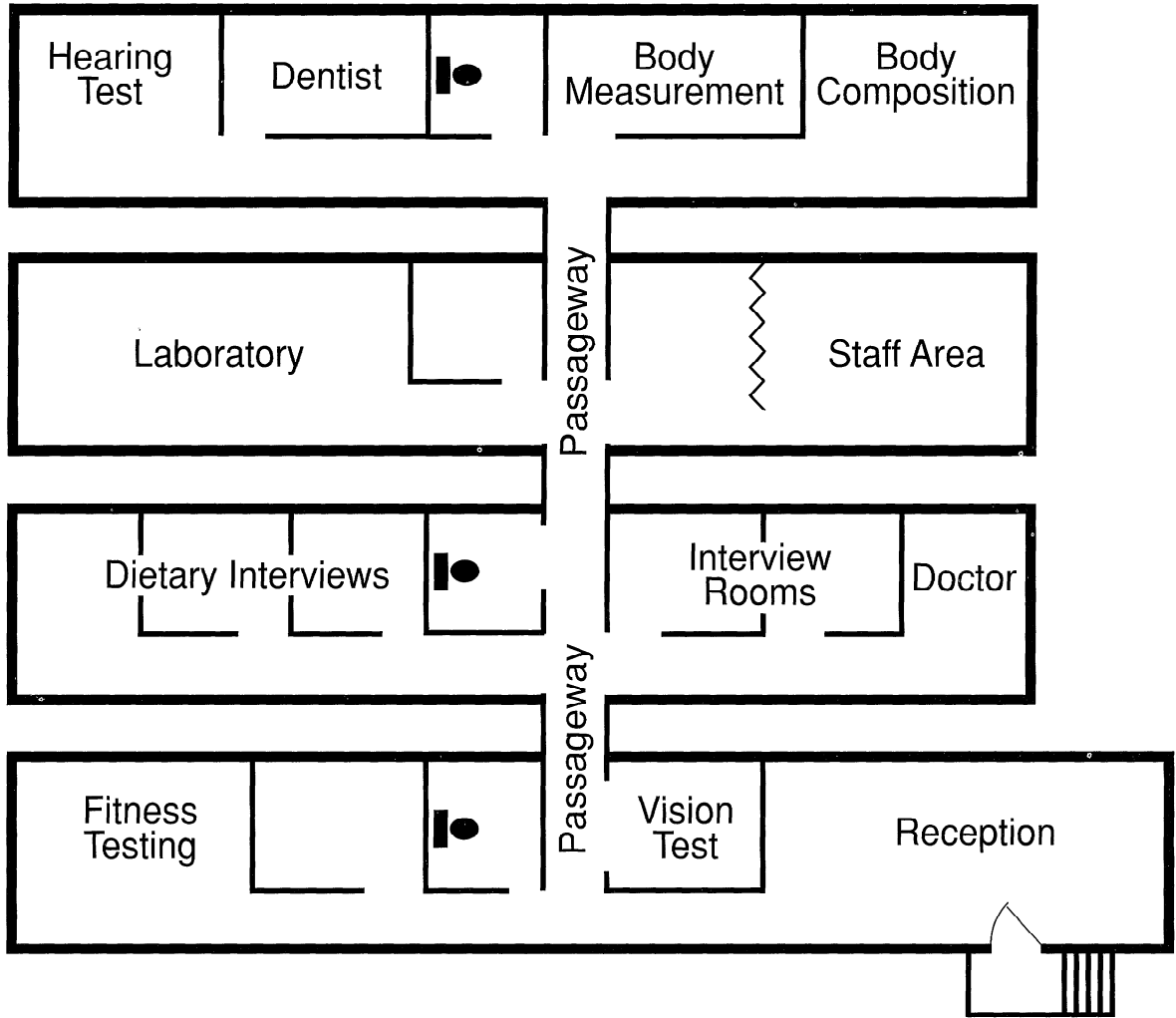
Q **What if I have more questions?**

A Our survey representative can discuss other questions or concerns or give you other printed matter that can help. She or he can give you a phone number in your area that you can call for more information. Also, you can make a free call to Dr. Kathryn Porter at the U.S. Public Health Service office to discuss any aspect of the survey. She can be reached at 1-800-452-6115, Monday-Friday, 9 AM-6 PM EST.

You can also get answers to your questions by mail (Room 900, 6525 Belcrest Rd., Hyattsville, MD 20782) or by E-mail (kzs4@cdc.gov). If you have questions about your rights as a survey participant, call Dr. Lester R. Curtin at 1-800-223-8118.

We ask you to sign the attached form to show that you know the nature and purpose of taking part in the survey. Please be sure you understand the facts we have given you and that all your questions are answered.

Mobile Examination Center (MEC) Diagram



National Health and Nutrition Examination Survey (NHANES)

Your parent or guardian says that you can take part in a special survey called the National Health and Nutrition Examination Survey (NHANES). The attached brochure gives the facts about NHANES. The survey tells us about the health and nutrition of people in the United States. You will be asked to have an exam at a mobile exam center.

In the mobile exam center vans, our medical team will be asking you questions and examining you. We will also be looking at your teeth and measuring your height and weight. The exam is something like the one your doctor does. You will not be getting any shots, but we do need to check your blood.

The exam may take from 2-1/2 to 4 hours. Many other young people and their families will also take part in the survey. You do not have to take part if you do not want to. You can refuse any part of the exam or quit if you want to.

If you want to be part of the survey, our interviewer will tell you when to come to the exam center vans. We will answer any questions you have. If you take part, you will learn some things about your health and help us learn a lot about the health of all young people.

If you agree to take part in the survey, we ask you to sign this paper.

You have answered all my questions. I agree to take part in the survey.

Signature of participant 12-17 years old

Date

Signature of staff member

Date

Print name
of participant

First

Middle

Last

SP ID

Public reporting burden of this collection of information is estimated to average 6.6 hours per response for total participation, including the time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed, and completing and reviewing the collection of information. An agency may not conduct or sponsor, and a person is not required to respond to collection of information unless it displays a currently valid OMB control number. Send comments regarding this burden estimate or any other aspect of this collection of information, including suggestions for reducing this burden, to CDC/ATSDR Reports Clearance Officer; 1800 Clifton Road, MS D-24, Atlanta, GA 30333, ATTN: PRA (0920-0237).

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For more information about the National Center for Health Statistics and the National Health and Nutrition Examination Survey contact:

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