



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



2012 NHANES Health Measurements

Below is a list of tests you will receive on the day of your examination.

You will only have the test if your age falls within the ages shown in parenthesis.

You will receive the results of health measures shown with a black diamond (◆). Two diamonds (◆◆) means you will receive the test result only if high or abnormal.

Health Measurements

You will be weighed and measured (all) ◆

The doctor will take your blood pressure (8+) ◆

We will look at the condition of your teeth and gums (1+) ◆

You will have body composition tests that involve low-dosage x-rays

Total body scan (8-59) ◆

(Pregnant women will not have this test)

You will have a taste and smell test (40+) ◆

You will have a hearing test (20-69) ◆

You will have a grip strength test (6+) ◆

You will have a TB skin test (6+) ◆

You will have breathing tests (6-79)

Exhaled nitric oxide test using the NIOX-MINO™ device

Lung function test measuring the volume of air you can breathe out after taking a deep breath in ◆

- If the test shows abnormal results, you will be asked to visit our doctor and give permission to do another breathing test
- The doctor will talk to you about breathing a medication that opens up your breathing tubes before doing the test again

Private Interviews

You will be asked questions about your eating habits (all)

You will be asked to answer questions about:

Weight history (8-15)

Reproductive history (females 12+)

Drug use (12-69), alcohol and tobacco use (12-19), self-identified stage of puberty (8-19) and sexual history (14-69)

(You will do these by yourself using a touch-screen computer in privacy)

You will be asked to take short tests to assess your learning and memory (60+)

Lab Tests on Urine (6+)

You will be given a clean empty cup when you arrive at the exam center. When you change into the exam clothes in a private rest room, you will provide a urine sample. The urine will be tested for:

Exposure to environmental chemicals and metals (all) [arsenic ◆◆]

Kidney function tests (all) ◆

Sexually transmitted diseases: Chlamydia (14-39) ◆

(Urine is not tested for drug use)



Please turn over to see the next page.