

National Health and Nutrition Examination Survey 2003-2004

Documentation, Codebook, and Frequencies

MEC Questionnaire Component:
Weight History
Questionnaire Data

Survey Years:
2003 to 2004

SAS Export File:
WHQ_C.XPT



July 2006

NHANES 2003–2004 Data Documentation

Questionnaire Section: **Sample Person**

Weight History (WHQ_C)

Years of Coverage: 2003–2004

First Published: July 2006

Last Revised: N/A

Component Description	The Weight History section of the sample person questionnaire (variable name prefix WHQ) provides personal interview data on several topics related to body weight, including self-reported weight over the lifetime, self-perception of weight, attempted weight loss during the past 12 months, and methods used to try to lose weight and to keep from gaining weight.
Eligible Sample	The target sample for the questions in this section is persons age 16 years and older. However, target samples for some questions in this section vary. Please review the codebook carefully. Frequency counts were verified during the preparation of the file.
Interview Setting and Mode of Administration	Household interview; In-person The Interviewer Procedure Manuals and Exam Manuals and the survey questionnaires can be found on the NHANES website.
Quality Assurance & Quality Control	For details on the QA/QC process for this component, please refer to the Interviewer Procedure Manuals and Exam Manuals .

**Data
Processing
and Editing**

Self-reported height was standardized to inches using the conversion factors 0.3937 inches per centimeter and 12 inches per foot. Current and past self-reported weights were standardized to weight in pounds using the conversion factor 2.2046 pounds per kilogram.

Reported heights and weights considered to be physiologically implausible and the result of interviewer data entry error were coded as “missing.”

Responses to WHD150 (age when weighed the most) were top coded at 85 years for consistency with the top-coded age of the sample person.

For WHD150, if maximum weight extended over more than one year, the interviewer recorded the most recent age at which the survey participant reported that weight.

Analytic Notes

Although these data were collected as part of the household questionnaire, if they are merged with the MEC exam data, exam sample weights should be used for the analyses.

Please refer to the Analytic Guidelines for further details on the use of sample weights and other analytic issues at:

http://www.cdc.gov/nchs/about/major/nhanes/nhanes2003-2004/analytical_guidelines.htm.

References

None

Locator Record

Title: Household interview: Weight History (WHQ_C)

Contact Number: 1-866-441-NCHS

Years of Content: 2003–2004

First Published: July 2006

Revised: NA

Access Constraints: None

Use Constraints: None

Geographic Coverage: National

Subject: Personal interview data for persons age 16 years and older on topics related to body weight, including self-reported weight over the lifetime, self-perception of weight, attempted weight loss during the past 12 months, and methods used to try to lose weight and to keep from gaining weight.

Record Source: NHANES 2003–2004

Survey Methodology: NHANES 2003–2004 is a stratified multistage probability sample of the civilian non-institutionalized population of the U.S.

Medium: NHANES Web site; SAS transport files

**National Health and Nutrition Examination Survey
Codebook for Data Production (2003-2004)**

**Weight History Section of SP Questionnaire (WHQ_C)
Person Level Data**

July 2006



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				
Code or Value	Description	Count	Cumulative	Skip to Item
48 to 83	Range of Values	6080	6080	
7777	Refused	1	6081	
9999	Don't know	80	6161	
.	Missing	52	6213	

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?				
English Instructions: RECORD CURRENT WEIGHT. IF PREGNANT, ASK FOR WEIGHT BEFORE PREGNANCY. ENTER WEIGHT IN POUNDS OR KILOGRAMS.				
Code or Value	Description	Count	Cumulative	Skip to Item
80 to 400	Range of Values	6116	6116	
7777	Refused	2	6118	
9999	Don't know	48	6166	
.	Missing	47	6213	

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:				
Code or Value	Description	Count	Cumulative	Skip to Item
1	Overweight,	2971	2971	
2	Underweight, or	419	3390	
3	About the right weight?	2810	6200	
7	Refused	2	6202	
9	Don't know	11	6213	
.	Missing	0	6213	

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:				
Code or Value	Description	Count	Cumulative	Skip to Item
1	More,	593	593	
2	Less, or	3354	3947	
3	Stay about the same?	2253	6200	
7	Refused	1	6201	
9	Don't know	12	6213	
.	Missing	0	6213	

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.				
Code or Value	Description	Count	Cumulative	Skip to Item
55 to 415	Range of Values	6121	6121	
7777	Refused	2	6123	
9999	Don't know	56	6179	
.	Missing	34	6213	

WHQ055	Target
Hard Edits	B(16 Yrs. to 150 Yrs.)
	SAS Label
	Check Item
English Text:	
English Instructions: :BOX 1. CHECK ITEM WHQ055: IF WEIGHT IN WHD050 IS 10 POUNDS, 4.55 KILOGRAMS, OR MORE THAN WEIGHT IN WHD020 (E.G., WHD050 = 150 LBS AND WHD020 = 135 LBS), CONTINUE. OTHERWISE, GO TO WHQ070.	

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:				
Code or Value	Description	Count	Cumulative	Skip to Item
1	Yes	608	608	WHD080A
2	No	441	1049	
7	Refused	0	1049	
9	Don't know	5	1054	
.	Missing	5159	6213	

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:				
Code or Value	Description	Count	Cumulative	Skip to Item
1	Yes	1694	1694	
2	No	3906	5600	WHQ090
7	Refused	1	5601	WHQ090
9	Don't know	4	5605	WHQ090
.	Missing	608	6213	

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.				
Code or Value	Description	Count	Cumulative	Skip to Item
10	Ate less food (amount)	1449	1449	
77	Refused	0	1449	
99	Don't know	1	1450	
.	Missing	4763	6213	

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.				
Code or Value	Description	Count	Cumulative	Skip to Item
11	Switched to foods with lower calories	822	822	
.	Missing	5391	6213	

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.				
Code or Value	Description	Count	Cumulative	Skip to Item
12	Ate less fat	885	885	
.	Missing	5328	6213	

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.				
Code or Value	Description	Count	Cumulative	Skip to Item
13	Exercised	1345	1345	
.	Missing	4868	6213	

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.				
Code or Value	Description	Count	Cumulative	Skip to Item
14	Skipped meals	432	432	
.	Missing	5781	6213	

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.				
Code or Value	Description	Count	Cumulative	Skip to Item
15	Ate diet foods or products	249	249	
.	Missing	5964	6213	

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.

Code or Value	Description	Count	Cumulative	Skip to Item
16	Used a liquid diet formula such as Slimfast or Optifast	162	162	
.	Missing	6051	6213	

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.				
Code or Value	Description	Count	Cumulative	Skip to Item
17	Joined a weight loss program such as Weight Watchers, Jenny Craig, Tops, or Overeaters Anonymous	148	148	
.	Missing	6065	6213	

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.				
Code or Value	Description	Count	Cumulative	Skip to Item
31	Took diet pills prescribed by a doctor	64	64	
.	Missing	6149	6213	

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.				
Code or Value	Description	Count	Cumulative	Skip to Item
32	Took other pills, medicines, herbs, or supplements not needing a prescription	157	157	
.	Missing	6056	6213	

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.				
Code or Value	Description	Count	Cumulative	Skip to Item
33	Took laxatives or vomited	37	37	
.	Missing	6176	6213	

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.				
Code or Value	Description	Count	Cumulative	Skip to Item
40	Other	65	65	
.	Missing	6148	6213	

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.				
Code or Value	Description	Count	Cumulative	Skip to Item
34	Drank a lot of water	795	795	
.	Missing	5418	6213	

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.				
Code or Value	Description	Count	Cumulative	Skip to Item
30	Followed a special diet such as Dr. Atkins, other high protein or low carbohydrate diet, zone, grapefruit, Pritikin (specify)	233	233	
.	Missing	5980	6213	

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:				
Code or Value	Description	Count	Cumulative	Skip to Item
1	Yes	2230	2230	
2	No	3978	6208	WHD110
7	Refused	1	6209	WHD110
9	Don't know	4	6213	WHD110
.	Missing	0	6213	

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.				
Code or Value	Description	Count	Cumulative	Skip to Item
10	Ate less food (amount)	1302	1302	
77	Refused	0	1302	
99	Don't know	0	1302	
.	Missing	4911	6213	

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.				
Code or Value	Description	Count	Cumulative	Skip to Item
11	Switched to foods with lower calories	692	692	
.	Missing	5521	6213	

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.				
Code or Value	Description	Count	Cumulative	Skip to Item
12	Ate less fat	807	807	
.	Missing	5406	6213	

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.				
Code or Value	Description	Count	Cumulative	Skip to Item
13	Exercised	1225	1225	
.	Missing	4988	6213	

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.				
Code or Value	Description	Count	Cumulative	Skip to Item
14	Skipped meals	290	290	
.	Missing	5923	6213	

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.				
Code or Value	Description	Count	Cumulative	Skip to Item
15	Ate diet foods or products	147	147	
.	Missing	6066	6213	

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.				
Code or Value	Description	Count	Cumulative	Skip to Item
16	Used a liquid diet formula such as Slimfast or Optifast	81	81	
.	Missing	6132	6213	

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.				
Code or Value	Description	Count	Cumulative	Skip to Item
17	Joined a weight loss program such as Weight Watchers, Jenny Craig, Tops, or Overeaters Anonymous	87	87	
.	Missing	6126	6213	

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.				
Code or Value	Description	Count	Cumulative	Skip to Item
31	Took diet pills prescribed by a doctor	27	27	
.	Missing	6186	6213	

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.				
Code or Value	Description	Count	Cumulative	Skip to Item
32	Took other pills, medicines, herbs, or supplements not needing a prescription	95	95	
.	Missing	6118	6213	

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.				
Code or Value	Description	Count	Cumulative	Skip to Item
33	Took laxatives or vomited	16	16	
.	Missing	6197	6213	

WHD1001	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.				
Code or Value	Description	Count	Cumulative	Skip to Item
40	Other	67	67	
.	Missing	6146	6213	

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.				
Code or Value	Description	Count	Cumulative	Skip to Item
34	Drank a lot of water to not gain weight	594	594	
.	Missing	5619	6213	

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.				
Code or Value	Description	Count	Cumulative	Skip to Item
30	Followed a special diet such as Dr. Atkins, other high protein or low carbohydrate diet, zone, grapefruit, Pritikin (specify)	141	141	
.	Missing	6072	6213	

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.				
Code or Value	Description	Count	Cumulative	Skip to Item
50 to 550	Range of Values	3525	3525	
7777	Refused	0	3525	
9999	Don't know	40	3565	
.	Missing	2648	6213	

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.				
Code or Value	Description	Count	Cumulative	Skip to Item
50 to 400	Range of Values	4227	4227	
7777	Refused	2	4229	
9999	Don't know	90	4319	
.	Missing	1894	6213	

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				
Code or Value	Description	Count	Cumulative	Skip to Item
41 to 80	Range of Values	2415	2415	
7777	Refused	0	2415	
9999	Don't know	71	2486	
.	Missing	3727	6213	

WHD140	Target			
	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.				
Code or Value	Description	Count	Cumulative	Skip to Item
87 to 589	Range of Values	5456	5456	
7777	Refused	3	5459	
9999	Don't know	136	5595	
.	Missing	618	6213	

WHQ150	Target			
	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				
Code or Value	Description	Count	Cumulative	Skip to Item
11 to 84	Range of Values	5467	5467	
85	85 years or older	44	5511	
77777	Refused	0	5511	
99999	Don't know	26	5537	
.	Missing	676	6213	