

National Health and Nutrition Examination Survey 2005–2006

Documentation, Codebook, and Frequencies

Weight History
16 Years and Older

Questionnaire

Survey Years:
2005 to 2006

SAS Transport File:
WHQ_D.XPT



November 2007

NHANES 2005–2006 Data Documentation

Questionnaire Section: Weight History 16 Years and Older (WHQ_D)

First Published: November 2007

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-perception of weight, self-reported weight over the participant's lifetime, 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	<p>These questions were asked in the home, using an interviewer-administered computer-assisted personal interviewing (CAPI) system.</p> <p>For details on the administration of the Weight History (WHQ_D_) section, please refer to the NHANES 2005-06 Interviewer Procedure Manuals and the Weight History Sample Person Questionnaire on the NHANES website.</p>
Quality Assurance & Quality Control	For details on the QA/QC process for this component, please refer to the NHANES 2005-06 Interviewer Procedure Manuals on the NHANES website.

Data Processing and Editing

Edits were made to some variables to ensure the completeness, consistency, and analytic usefulness of the data. Edits were also made, when necessary, to address data disclosure concerns. When a variable was modified globally, as part of the editing process, the third letter in the variable name was changed from a Q (i.e. WHQ) to a D (i.e. WHD).

Height data were collected as feet and inches, but 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."

Three new WHD080 (How did you try to lose weight?) and WHD100 (What did you do to keep from gaining weight?) categories were created from Other (specify) responses: "Ate more fruits, vegetables, salads," "Changed eating habits (didn't eat late at night, ate less junk/fast food, ate several small meals/day)," and "Ate less sugar, candy, sweets."

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

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

Analytic Notes

2005-06 changes

Survey participants who answered yes to WHQ070 (During the past 12 months, have you tried to lose weight?) were no longer asked WHQ090 (Have you done anything in the past 12 months to keep from gaining weight?)

Several new questions were added asking about lifetime weight loss attempts (WHQ210), the amount of weight lost (WHD220), whether the survey participant had sought help from a health professional to lose

weight (WHQ270), and what type of health professional provided help (WHQ280A – WHQ280E).

New response categories “Ate fewer carbohydrates” and “Started to smoke or began to smoke again” were added to WHQ080 and WHQ100.

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

Please refer to the Analytic Guidelines for further details on the use of sample weights and other analytic issues. The Analytic Guidelines are available on the NHANES website.

References None

Locator Record

Title: Weight History 16 Years and Older (WHQ_D)

Contact Number: 1-866-441-NCHS

Years of Content: 2005–2006

First Published: November 2007

Revised: N/A

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 2005–2006

Survey Methodology: NHANES 2005–2006 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 (2005-2006)**

**Questionnaire Section:
Weight History 16 Years and Older (WHQ_D)**

November 2007



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	5963	5963	
7777	Refused	2	5965	
9999	Don't know	108	6073	
.	Missing	66	6139	

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
70 to 600	Range of Values	5994	5994	
7777	Refused	4	5998	
9999	Don't know	91	6089	
.	Missing	50	6139	

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 . . . [If {you are/she is} currently pregnant, what did {you/she} consider {your/her}self to be before {you were/she was} pregnant?]				
English Instructions: CAPI INSTRUCTION: DISPLAY OPTIONAL SENTENCE [If {you are/she is} currently pregnant...] ONLY IF SP IS FEMALE AND AGE IS 16 THROUGH 59.				
Code or Value	Description	Count	Cumulative	Skip to Item
1	Overweight,	2977	2977	
2	Underweight, or	402	3379	
3	About the right weight?	2741	6120	
7	Refused	3	6123	
9	Don't know	16	6139	
.	Missing	0	6139	

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,	624	624	
2	Less, or	3437	4061	
3	Stay about the same?	2068	6129	
7	Refused	2	6131	
9	Don't know	8	6139	
.	Missing	0	6139	

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
73 to 550	Range of Values	5987	5987	
7777	Refused	6	5993	
9999	Don't know	96	6089	
.	Missing	50	6139	

WHQ055	Target
	B(16 Yrs. to 150 Yrs.)
Hard Edits	SAS Label
	CHECK ITEM
English Text: CHECK ITEM	
English Instructions: BOX 1. CHECK ITEM WHQ.055: IF WEIGHT IN WHQ.053/L/K IS 10 POUNDS, 4.55 KILOGRAMS, OR MORE THAN WEIGHT IN WHQ.025/L/K (E.G., WHQ.052/L/K = 150 LBS AND WHQ.025/L/K = 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:	

Code or Value	Description	Count	Cumulative	Skip to Item
1	Yes	629	629	WHD080A
2	No	442	1071	
7	Refused	0	1071	
9	Don't know	0	1071	
.	Missing	5068	6139	

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	1885	1885	
2	No	3622	5507	WHQ090
7	Refused	2	5509	WHQ090
9	Don't know	1	5510	WHQ090
.	Missing	629	6139	

WHD080A	Target			
	B(16 Yrs. to 150 Yrs.)			
Hard Edits	SAS Label			
	Ate less to lose weight			
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)	1644	1644	
77	REFUSED	0	1644	
99	Don't know	0	1644	
.	Missing	4495	6139	

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	861	861	
.	Missing	5278	6139	

WHD080C	Target			
	B(16 Yrs. to 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.				
Code or Value	Description	Count	Cumulative	Skip to Item
12	Ate less fat	1019	1019	
.	Missing	5120	6139	

WHD080D	Target			
	B(16 Yrs. to 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.				
Code or Value	Description	Count	Cumulative	Skip to Item
13	Exercised	1599	1599	
.	Missing	4540	6139	

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	553	553	
.	Missing	5586	6139	

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	367	367	
.	Missing	5772	6139	

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	179	179	
.	Missing	5960	6139	

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	154	154	
.	Missing	5985	6139	

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	68	68	
.	Missing	6071	6139	

WHD080J		Target		
		B(16 Yrs. to 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.				
Code or Value	Description	Count	Cumulative	Skip to Item
32	Took other pills, medicines, herbs, or supplements not needing a prescription	207	207	
.	Missing	5932	6139	

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	30	30	
.	Missing	6109	6139	

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	53	53	
.	Missing	6086	6139	

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? Drank a lot of water.				
English Instructions:				
Code or Value	Description	Count	Cumulative	Skip to Item
34	Drank a lot of water	1169	1169	
.	Missing	4970	6139	

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? Followed a special diet.				
English Instructions:				
Code or Value	Description	Count	Cumulative	Skip to Item
30	Followed a special diet	236	236	
.	Missing	5903	6139	

WHD080O	Target			
	B(16 Yrs. to 150 Yrs.)			
Hard Edits	SAS Label			
	Ate fewer carbohydrates			
English Text: How did {you/SP} try to lose weight? Ate fewer carbohydrates.				
English Instructions:				
Code or Value	Description	Count	Cumulative	Skip to Item
41	Ate fewer carbohydrates	709	709	
.	Missing	5430	6139	

WHD080P		Target		
		B(16 Yrs. to 150 Yrs.)		
Hard Edits		SAS Label		
		Started to smoke or began to smoke again		
English Text: How did {you/SP} try to lose weight? Started to smoke or began to smoke again.				
English Instructions:				
Code or Value	Description	Count	Cumulative	Skip to Item
42	Started to smoke or began to smoke again	31	31	
.	Missing	6108	6139	

WHD080Q		Target		
		B(16 Yrs. to 150 Yrs.)		
Hard Edits		SAS Label		
		Ate more fruits, vegetables, salads		
English Text: How did {you/SP} try to lose weight? Ate more fruits, vegetables, salads.				
English Instructions:				
Code or Value	Description	Count	Cumulative	Skip to Item
43	Ate more fruits, vegetables, salads	8	8	
.	Missing	6131	6139	

WHD080R	Target			
	B(16 Yrs. to 150 Yrs.)			
Hard Edits	SAS Label			
	Changed eating habits			
English Text: How did {you/SP} try to lose weight? Change eating habits - didn't eat late at night, ate less junk/fast food, ate several small meals/day, etc.				
English Instructions:				
Code or Value	Description	Count	Cumulative	Skip to Item
44	Changed eating habits	18	18	
.	Missing	6121	6139	

WHD080S	Target			
	B(16 Yrs. to 150 Yrs.)			
Hard Edits	SAS Label			
	Ate less sugar, candy, sweets			
English Text: How did {you/SP} try to lose weight? Ate less sugar, candy, sweets.				
English Instructions:				
Code or Value	Description	Count	Cumulative	Skip to Item
45	Ate less sugar, candy, sweets	12	12	
.	Missing	6127	6139	

WHQ270		Target		
		B(16 Yrs. to 150 Yrs.)		
Hard Edits		SAS Label		
		Seek help from a health professional		
English Text: In the past 12 months, {did you/did SP} seek help from a personal trainer, dietitian, nutritionist, doctor or other health professional to lose weight?				
English Instructions:				
Code or Value	Description	Count	Cumulative	Skip to Item
1	Yes	350	350	
2	No	2164	2514	WHQ185
7	Refused	0	2514	WHQ185
9	Don't know	0	2514	WHQ185
.	Missing	3625	6139	

WHQ280A		Target		
		B(16 Yrs. to 150 Yrs.)		
Hard Edits		SAS Label		
		Personal trainer		
English Text: Was that a...				
English Instructions:				
Code or Value	Description	Count	Cumulative	Skip to Item
1	personal trainer	92	92	
7	Refused	0	92	
9	Don't know	0	92	
.	Missing	6047	6139	

WHQ280B	Target			
	B(16 Yrs. to 150 Yrs.)			
Hard Edits	SAS Label			
	Dietitian			
English Text: Was that a...				
English Instructions:				
Code or Value	Description	Count	Cumulative	Skip to Item
2	dietitian	56	56	
.	Missing	6083	6139	

WHQ280C	Target			
	B(16 Yrs. to 150 Yrs.)			
Hard Edits	SAS Label			
	Nutritionist			
English Text: Was that a...				
English Instructions:				
Code or Value	Description	Count	Cumulative	Skip to Item
3	nutritionist	67	67	
.	Missing	6072	6139	

WHQ280D	Target			
	B(16 Yrs. to 150 Yrs.)			
Hard Edits	SAS Label			
	Doctor			
English Text: Was that a...				
English Instructions:				
Code or Value	Description	Count	Cumulative	Skip to Item
4	doctor, or	102	102	
.	Missing	6037	6139	

WHQ280E	Target			
	B(16 Yrs. to 150 Yrs.)			
Hard Edits	SAS Label			
	Other health professional			
English Text: Was that a...				
English Instructions:				
Code or Value	Description	Count	Cumulative	Skip to Item
5	other health professional	26	26	
.	Missing	6113	6139	

WHQ185	Target			
	B(16 Yrs. to 150 Yrs.)			
Hard Edits	SAS Label			
	CHECK ITEM			
English Text: CHECK ITEM				
English Instructions: BOX 2A. CHECK ITEM WHQ185: IF WHQ061 = CODE 1 OR WHQ070 = CODE 1, GO TO WHQ220/L/K.				

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	599	599	
2	No	3024	3623	WHQ210
7	Refused	2	3625	WHQ210
9	Don't know	0	3625	WHQ210
.	Missing	2514	6139	

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)	271	271	
77	REFUSED	0	271	
99	Don't know	0	271	
.	Missing	5868	6139	

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	145	145	
.	Missing	5994	6139	

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	218	218	
.	Missing	5921	6139	

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	338	338	
.	Missing	5801	6139	

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	72	72	
.	Missing	6067	6139	

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	35	35	
.	Missing	6104	6139	

WHD100G		Target		
		B(16 Yrs. to 150 Yrs.)		
Hard Edits		SAS Label		
		Used 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	14	14	
.	Missing	6125	6139	

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	7	7	
.	Missing	6132	6139	

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	2	2	
.	Missing	6137	6139	

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	9	9	
.	Missing	6130	6139	

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	1	1	
.	Missing	6138	6139	

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.				
Code or Value	Description	Count	Cumulative	Skip to Item
40	Other (specify)	14	14	
.	Missing	6125	6139	

WHD100M		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? Drank a lot of water.				
English Instructions:				
Code or Value	Description	Count	Cumulative	Skip to Item
34	Drank a lot of water	191	191	
.	Missing	5948	6139	

WHD100N	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? Followed a special diet.				
English Instructions:				
Code or Value	Description	Count	Cumulative	Skip to Item
30	Followed a special diet	9	9	
.	Missing	6130	6139	

WHD100O	Target			
	B(16 Yrs. to 150 Yrs.)			
Hard Edits	SAS Label			
	Ate fewer carbohydrates			
English Text: How did {you/SP} try to lose weight? Ate fewer carbohydrates.				
English Instructions:				
Code or Value	Description	Count	Cumulative	Skip to Item
41	Ate fewer carbohydrates	103	103	
.	Missing	6036	6139	

WHD100P		Target		
		B(16 Yrs. to 150 Yrs.)		
Hard Edits		SAS Label		
		Started to smoke or began to smoke again		
English Text: How did {you/SP} try to lose weight? Started to smoke or began to smoke again.				
English Instructions:				
Code or Value	Description	Count	Cumulative	Skip to Item
42	Started to smoke or began to smoke again	5	5	
.	Missing	6134	6139	

WHD100Q		Target		
		B(16 Yrs. to 150 Yrs.)		
Hard Edits		SAS Label		
		Ate more fruits, vegetables, salads		
English Text: How did {you/SP} try to lose weight? Ate more fruits, vegetables, salads.				
English Instructions:				
Code or Value	Description	Count	Cumulative	Skip to Item
43	Ate more fruits, vegetables, salads	1	1	
.	Missing	6138	6139	

WHD100R	Target			
	B(16 Yrs. to 150 Yrs.)			
Hard Edits	SAS Label			
	Changed eating habits			
English Text: How did {you/SP} try to lose weight? Changed eating habits - didn't eat late at night, ate less junk/fast food, ate several small meals/day, etc.				
English Instructions:				
Code or Value	Description	Count	Cumulative	Skip to Item
44	Changed eating habits	6	6	
.	Missing	6133	6139	

WHD100S	Target			
	B(16 Yrs. to 150 Yrs.)			
Hard Edits	SAS Label			
	Ate less sugar, candy, sweets			
English Text: How did {you/SP} try to lose weight? Ate less sugar, candy, sweets.				
English Instructions:				
Code or Value	Description	Count	Cumulative	Skip to Item
45	Ate less sugar, candy, sweets	7	7	
.	Missing	6132	6139	

WHQ210		Target		
		B(8 Yrs. to 150 Yrs.)		
Hard Edits		SAS Label		
		Have you/Has SP ever tried to lose weigh		
English Text: Have you/Has SP ever tried to lose weight?				
English Instructions:				
Code or Value	Description	Count	Cumulative	Skip to Item
1	Yes	1054	1054	
2	No	2567	3621	WHQ105
7	Refused	2	3623	WHQ105
9	Don't know	2	3625	WHQ105
.	Missing	2514	6139	

WHD220		Target		
		B(16 Yrs. to 150 Yrs.)		
Hard Edits		SAS Label		
		Weight loss most successful (pounds)		
English Text: Weight loss most successful(pounds)				
English Instructions:				
Code or Value	Description	Count	Cumulative	Skip to Item
0 to 220	Range of Values	3475	3475	
77777	Refused	0	3475	
99999	Don't know	27	3502	
.	Missing	2637	6139	

WHQ105	Target
	B(16 Yrs. to 150 Yrs.)
Hard Edits	SAS Label
	CHECK ITEM
English Text: CHECK ITEM	
English Instructions: BOX 2. CHECK ITEM WHQ.105: IF SP AGE >= 36, CONTINUE. OTHERWISE, GO TO BOX 3.	

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
70 to 400	Range of Values	3270	3270	
7777	Refused	2	3272	
9999	Don't know	68	3340	
.	Missing	2799	6139	

WHQ115a	Target
	B(16 Yrs. to 150 Yrs.)
Hard Edits	SAS Label
	CHECK ITEM
English Text: CHECK ITEM	
English Instructions: BOX 3. CHECK ITEM WHQ.115a: IF SP AGE >= 27, CONTINUE. OTHERWISE, GO TO WHQ147/L/K.	

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.] If (you were/she was) pregnant, how much did (you?she) weigh before (your/her) pregnancy?	
English Instructions: ENTER WEIGHT IN POUNDS OR KILOGRAMS. IF PREGNANT, ASK FOR WEIGHT BEFORE PREGNANCY.	

Code or Value	Description	Count	Cumulative	Skip to Item
70 to 390	Range of Values	4049	4049	
7777	Refused	2	4051	
9999	Don't know	116	4167	
.	Missing	1972	6139	

WHQ125	Target
	B(16 Yrs. to 150 Yrs.)
Hard Edits	SAS Label
	CHECK ITEM
English Text: CHECK ITEM	
English Instructions: BOX 3A. CHECK ITEM WHQ.125: IF SP AGE >= 50, CONTINUE. OTHERWISE, GO TO WHQ147/L/K.	

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
51 to 80	Range of Values	2125	2125	
7777	Refused	1	2126	
9999	Don't know	64	2190	
.	Missing	3949	6139	

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
73 to 610	Range of Values	5341	5341	
7777	Refused	6	5347	
9999	Don't know	202	5549	
.	Missing	590	6139	

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. Response cannot be greater than the age of the SP.

Code or Value	Description	Count	Cumulative	Skip to Item
10 to 85	Range of Values	5431	5431	
77777	Refused	0	5431	
99999	Don't know	26	5457	
.	Missing	682	6139	