

## NHANES Recruitment

If you are watching this video, you are one of a select group of people living across the United States who are being asked to participate in NHANES -- the National Health and Nutrition Examination Survey. NHANES is sponsored by the National Center for Health Statistics, part of the U.S. Centers for Disease Control and Prevention and is one of the most respected and widely used sources of health information in the country. It serves as the nation's health checkup, providing a comprehensive picture of the health of all persons living in the United States.

For over 50 years, the NHANES survey has been dedicated to helping the medical community understand how healthy we are and what new health programs we need.

NHANES information provides parents and pediatricians with growth charts that track the height and weight development of children.

NHANES found that many Americans suffered from high blood pressure and high cholesterol. As a result, national campaigns were undertaken to promote better treatment and prevention techniques among physicians and patients. .

NHANES also learned that many Americans needed more vitamins and minerals in their diet and now many foods are fortified with important nutrients.

NHANES discovered that a majority of Americans had high levels of lead in their blood and policies were put in place to eliminate the use of lead in gasoline and paint. As a result, we have seen a 70% decline in the blood lead levels of our population.

Today NHANES continues to monitor key health issues affecting individuals and their families such as heart disease, asthma, anemia, diabetes, and arthritis. We are also looking at new

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health priorities such as immunization, osteoporosis, skin cancer, emphysema, and environmental exposures to chemicals and metals.

Since NHANES started, over 160,000 individuals, from hundreds of communities, have participated. Of course, we cannot talk to everyone in the country, so every year we randomly choose about 7,000 people to participate. Each chosen participant represents thousands of others and is vital to the success of the study. No one else can take your place.

Your participation begins with an interview conducted in your home by our health representative. You will then be asked to make an appointment for a free health exam at a mobile center.

Our health center has state of the art equipment and is staffed by a highly trained team of licensed and certified health professionals, including a physician and a dentist. Depending on your age, you may have your blood pressure taken, get a bone density test, be asked about the foods you eat, receive a hearing test, or have a dental exam.

Your health results will be mailed to you so you can share them with your doctor. And you will receive a cash payment for your time and effort.

All information collected on NHANES is held strictly confidential. This pledge to protect the privacy of all survey participants has never been broken. It is guaranteed under the Privacy Act of 1974, the Public Health Service Act, and the Confidential Information Protection and Statistical Efficiency Act

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If you have questions, our health representative can answer them and give you materials about the study. You may also visit our website or call our headquarters toll free at 1-800-452-6115.

Thank you for taking the time to learn about this unique study. The information you provide will make a difference to you and to others like you. Join us, and be a part of the National Health and Nutrition Examination Survey.