

NHANES

MEC Questionnaire Hand Cards

2009-2010



2009

<p>January</p> <p><u>S</u> <u>M</u> <u>Tu</u> <u>W</u> <u>Th</u> <u>F</u> <u>S</u></p> <p>1 2 3</p> <p>4 5 6 7 8 9 10</p> <p>11 12 13 14 15 16 17</p> <p>18 19 20 21 22 23 24</p> <p>25 26 27 28 29 30 31</p>	<p>February</p> <p><u>S</u> <u>M</u> <u>Tu</u> <u>W</u> <u>Th</u> <u>F</u> <u>S</u></p> <p>1 2 3 4 5 6 7</p> <p>8 9 10 11 12 13 14</p> <p>15 16 17 18 19 20 21</p> <p>22 23 24 25 26 27 28</p>	<p>March</p> <p><u>S</u> <u>M</u> <u>Tu</u> <u>W</u> <u>Th</u> <u>F</u> <u>S</u></p> <p>1 2 3 4 5 6 7</p> <p>8 9 10 11 12 13 14</p> <p>15 16 17 18 19 20 21</p> <p>22 23 24 25 26 27 28</p> <p>29 30 31</p>	<p>April</p> <p><u>S</u> <u>M</u> <u>Tu</u> <u>W</u> <u>Th</u> <u>F</u> <u>S</u></p> <p>1 2 3 4</p> <p>5 6 7 8 9 10 11</p> <p>12 13 14 15 16 17 18</p> <p>19 20 21 22 23 24 25</p> <p>26 27 28 29 30</p>
<p>May</p> <p><u>S</u> <u>M</u> <u>Tu</u> <u>W</u> <u>Th</u> <u>F</u> <u>S</u></p> <p>1 2</p> <p>3 4 5 6 7 8 9</p> <p>10 11 12 13 14 15 16</p> <p>17 18 19 20 21 22 23</p> <p>24 25 26 27 28 29 30</p> <p>31</p>	<p>June</p> <p><u>S</u> <u>M</u> <u>Tu</u> <u>W</u> <u>Th</u> <u>F</u> <u>S</u></p> <p>1 2 3 4 5 6</p> <p>7 8 9 10 11 12 13</p> <p>14 15 16 17 18 19 20</p> <p>21 22 23 24 25 26 27</p> <p>28 29 30</p>	<p>July</p> <p><u>S</u> <u>M</u> <u>Tu</u> <u>W</u> <u>Th</u> <u>F</u> <u>S</u></p> <p>1 2 3 4</p> <p>5 6 7 8 9 10 11</p> <p>12 13 14 15 16 17 18</p> <p>19 20 21 22 23 24 25</p> <p>26 27 28 29 30 31</p>	<p>August</p> <p><u>S</u> <u>M</u> <u>Tu</u> <u>W</u> <u>Th</u> <u>F</u> <u>S</u></p> <p>1</p> <p>2 3 4 5 6 7 8</p> <p>9 10 11 12 13 14 15</p> <p>16 17 18 19 20 21 22</p> <p>23 24 25 26 27 28 29</p> <p>30 31</p>
<p>September</p> <p><u>S</u> <u>M</u> <u>Tu</u> <u>W</u> <u>Th</u> <u>F</u> <u>S</u></p> <p>1 2 3 4 5</p> <p>6 7 8 9 10 11 12</p> <p>13 14 15 16 17 18 19</p> <p>20 21 22 23 24 25 26</p> <p>27 28 29 30</p>	<p>October</p> <p><u>S</u> <u>M</u> <u>Tu</u> <u>W</u> <u>Th</u> <u>F</u> <u>S</u></p> <p>1 2 3</p> <p>4 5 6 7 8 9 10</p> <p>11 12 13 14 15 16 17</p> <p>18 19 20 21 22 23 24</p> <p>25 26 27 28 29 30 31</p>	<p>November</p> <p><u>S</u> <u>M</u> <u>Tu</u> <u>W</u> <u>Th</u> <u>F</u> <u>S</u></p> <p>1 2 3 4 5 6 7</p> <p>8 9 10 11 12 13 14</p> <p>15 16 17 18 19 20 21</p> <p>22 23 24 25 26 27 28</p> <p>29 30</p>	<p>December</p> <p><u>S</u> <u>M</u> <u>Tu</u> <u>W</u> <u>Th</u> <u>F</u> <u>S</u></p> <p>1 2 3 4 5</p> <p>6 7 8 9 10 11 12</p> <p>13 14 15 16 17 18 19</p> <p>20 21 22 23 24 25 26</p> <p>27 28 29 30 31</p>

DTQ1

Examples of Red Meat

Beef

Veal

Pork

Bacon

Ham

Lamb

Hotdogs and cold cuts made
with red meats

Include:

Sandwiches

Lasagna

Stew

Pizza

Hamburgers

made with red meats

DTQ2

Examples of Processed Meat

Cold cuts
Luncheon meats
Hotdogs
Bacon
Ham
Pastrami
Salami
Sausages
Bratwursts
Corned beef

Include:

Sandwiches
Soups
meats
Pizza
Casseroles

} made with those

DTQ3

Types of Whole Grain Bread

Whole wheat

Rye

Oatmeal

Pumpernickel

DPQ1

Not at all

Several days

More than half the days

Nearly every day

BHQ1

2 or more times a day

Once a day

2 or more times a week

Once a week

1-3 times a month

Never

BHQ2

THE BRISTOL STOOL FORM SCALE

Type 1



Separate hard lumps, like nuts

Type 2



Sausage-like but lumpy

Type 3



Like a sausage but with cracks in the surface

Type 4



Like a sausage or snake, smooth and soft

Type 5



Soft blobs with clear-cut edges

Type 6



Fluffy pieces with ragged edges, a mushy stool

Type 7



Watery, no solid pieces

BHQ3

Always

Most of the time

Sometimes

Rarely

Never

WHQ1

I want to look better

I want to be healthier

I want to be better at sports and other physical activities

I get teased about my weight

I think my clothes will fit better

I think boys will like me better

I think girls will like me better

My friends are trying to lose weight

Someone in my family is trying to lose weight

My mother or father wants me to lose weight

My teacher or coach wants me to lose weight

A doctor, nurse, or other health professional wants me to lose weight

Other (specify)

WHQ2

EXAMPLES OF FROZEN MEALS AND FROZEN PIZZAS

