



Centers for Disease  
Control and Prevention  
National Center for  
Health Statistics

# NHANES Household Interview Booklet

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**National Health and Nutrition Examination Survey**



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# NHANES HAND CARDS

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**Welcome to NHANES**





## National Health and Nutrition Examination Survey

Hello,

Thank you for being part of the National Health and Nutrition Examination Survey, or NHANES! NHANES is an important national study run by the Centers for Disease Control and Prevention. Now that you are in the study, we want to tell you more about what to expect.

Our health representative will call soon to ask some questions about your health. Then you will visit our mobile health center for a safe, free health exam.

We will give you the results of your exam which you can share with your doctor. We will reimburse you for childcare, eldercare, and transportation expenses, or we can help you get to the health center. We will also give you a token of our thanks for your time.

During your telephone interview, we will go over the information in this booklet. It includes:

- Information you will need for your telephone interview
- A flyer describing your rights as a participant and all that we do to keep your information safe
- Forms that ask for your permission to be part of the study
- A list of the measurements we will take and the lab tests we will do
- An envelope with a VISA® debit card inside. We will add the token of our thanks to this card, so please have it with you during the interview.

If you have any questions, please call our office at 1-800-452-6115, or visit [www.cdc.gov/NHANES](http://www.cdc.gov/NHANES).

Thank you for being part of this study! With your help, we can learn more about our Nation's health.

Sincerely,

Duong (Tony) Nguyen, DO, FAAP  
Commander, U.S. Public Health Service  
Chief Medical Officer, Division of Health and Nutrition Examination Surveys  
National Center for Health Statistics, Centers for Disease Control and Prevention







## **National Health and Nutrition Examination Survey Home Interview Consent**

Welcome to the National Health and Nutrition Examination Survey (NHANES). You have been selected to be part of this study which includes an interview and a health exam. This study is sponsored by the National Center for Health Statistics, part of the Centers for Disease Control and Prevention. The information collected in this interview will be extremely valuable in understanding the health and nutrition of people in the United States.

### **Home interview Consent**

Taking part in this interview is voluntary. You may choose to skip any question you don't wish to answer or end the interview at any time without penalty. We are required by Federal law to develop and follow strict procedures to protect the confidentiality of your information and use your answers only for statistical purposes. (Please refer to the laws shown below.) On average, the interview will take 15-40 minutes based on your age. As a thank you for your time and effort, you will receive a \$25 debit card for completing the interview.

**Before we begin the interview, we will ask you to tell us if you agree to proceed with the interview. This will be your verbal consent.**

### **Data linkage Consent**

We can do additional health studies by linking the interview and exam data of everyone who participates to vital statistics, health, nutrition, and other related records.

**We will ask if we can link these survey records with other records. This will be your verbal consent.**

### **Additional information for the home interview**

- 1. Assurance of Confidentiality** – We take your privacy very seriously. All information that relates to or describes identifiable characteristics of individuals, a practice, or an establishment will be used only for statistical purposes. NCHS staff, contractors, and agents will not disclose or release responses in identifiable form without the consent of the individual or establishment in accordance with section 308(d) of the Public Health Service Act (42 U.S.C. 242m) and the Confidential Information Protection and Statistical Efficiency Act of 2018 (Title III of the Foundations for Evidence-Based Policymaking Act of 2018 (Pub. L. No. 115-435, 132 Stat. 5529 § 302)). In accordance with CIPSEA, every NCHS employee, contractor, and agent has taken an oath and is subject to a jail term of up to five years, a fine of up to \$250,000, or both if he or she willfully discloses ANY identifiable information about you.
  
- 2. Data linkage information:**  
By matching NHANES data with other health-related records, researchers can study health conditions like heart attacks and diabetes in depth. They can also better understand health care use and health care costs for all Americans. These findings will help doctors assist patients in making smart choices.

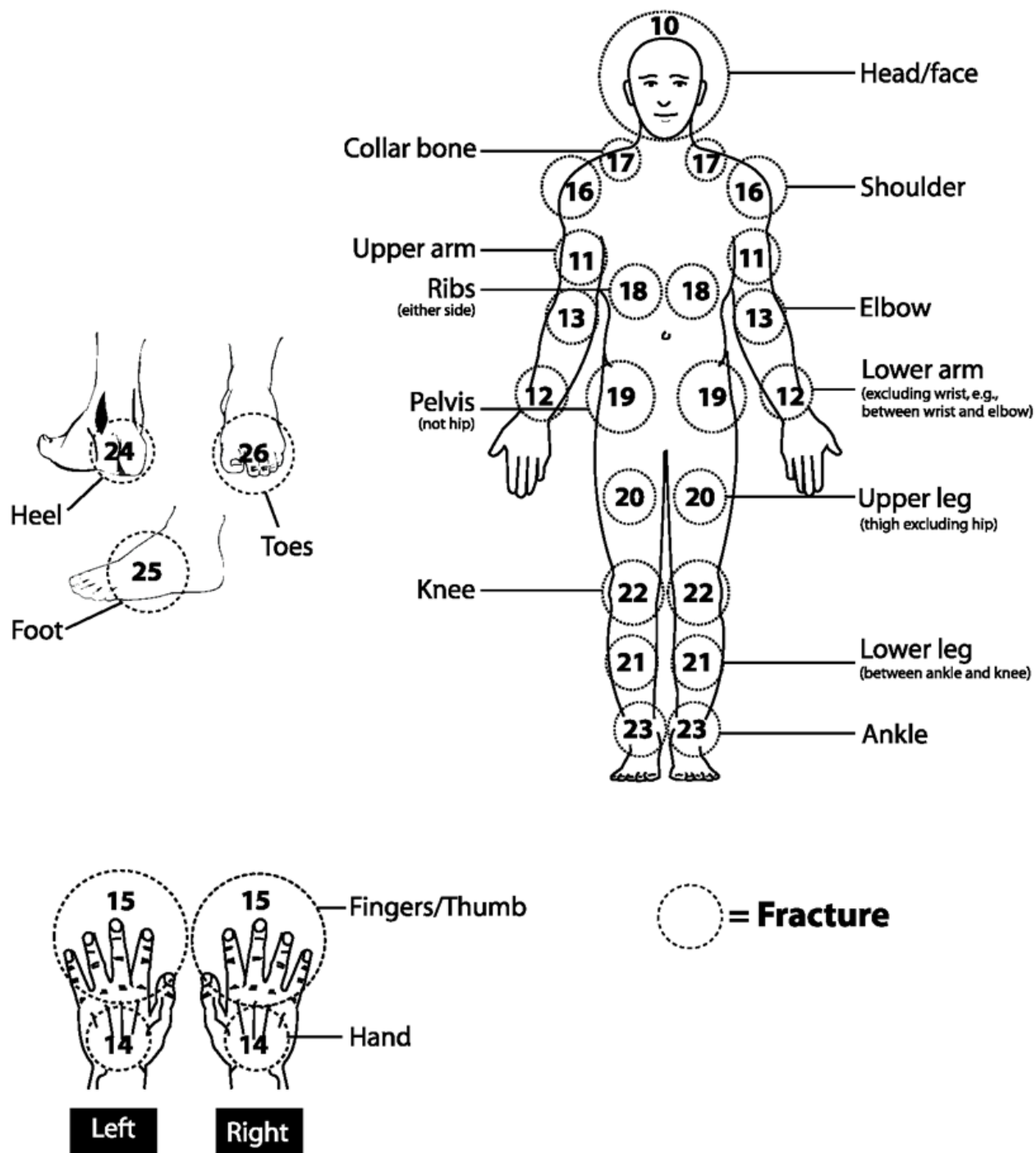
**3. Do you have more questions about the survey?**

You can make a toll-free call to the Chief Medical Officer at 1-800-452-6115, Monday-Friday, 7:30 AM-4:30 PM EST. If you have questions about your rights about being in the survey, call the Ethics Review Board at the National Center for Health Statistics, toll free, at 1-800-223-8118. Please leave a brief message with your name and phone number. Say that you are calling about Protocol # 2021-05. Your call will be returned as soon as possible.

**Household Member  
Hand Cards**



# OSQ1



# AUQ1

Genetic/hereditary causes

Ear infections (including fluid in ears)

Ear diseases (otosclerosis, menieres, tumor)

Illness/infections (measles, meningitis, mumps)

Drugs/medications

Head or neck injury/trauma

Loud brief explosive noise/sounds

Noise exposure, long-term (machinery, etc.)

Aging, getting older

# SMQ1

## Include

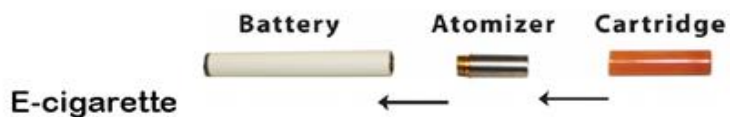


Hand Rolled Cigarette

## Do NOT Include



Cigar Images Courtesy of Legacy®



# DMQ1

Never attended/kindergarten only

1st grade

2nd grade

3rd grade

4th grade

5th grade

6th grade

7th grade

8th grade

9th grade

10th grade

11th grade

12th grade, no diploma

High school graduate

GED or equivalent

Some college, no degree

Associate degree: Occupational, technical, or vocational program

Associate degree: Academic program

Bachelor's degree (example: BA, AB, BS, BBA)

Master's degree (example: MA, MS, MEng, MEd, MBA)

Professional school degree (example: MD, DDS, DVM, JD)

Doctoral degree (example: PhD, EdD)



# DMQ2

- 10. Mexican
- 11. Puerto Rican
- 12. Cuban
- 13. Dominican (Republic)

## **Central American:**

- 14. Costa Rican
- 15. Guatemalan
- 16. Honduran
- 17. Nicaraguan
- 18. Panamanian
- 19. Salvadoran
- 20. Other Central American

## **South American:**

- 21. Argentinean
- 22. Bolivian
- 23. Chilean
- 24. Colombian
- 25. Ecuadorian
- 26. Paraguayan
- 27. Peruvian
- 28. Uruguayan
- 29. Venezuelan
- 30. Other South American

## **Other Hispanic or Latino:**

- 31. Filipino
- 32. Spaniard
- 33. Spanish
- 34. Spanish American
- 35. Hispano/Hispana
- 36. Hispanic/Latino
- 41. Chicana/Chicano

# HIQ1

Private health insurance

Medicare

Medi-gap

Medicaid

Children's Health Insurance Program (CHIP)

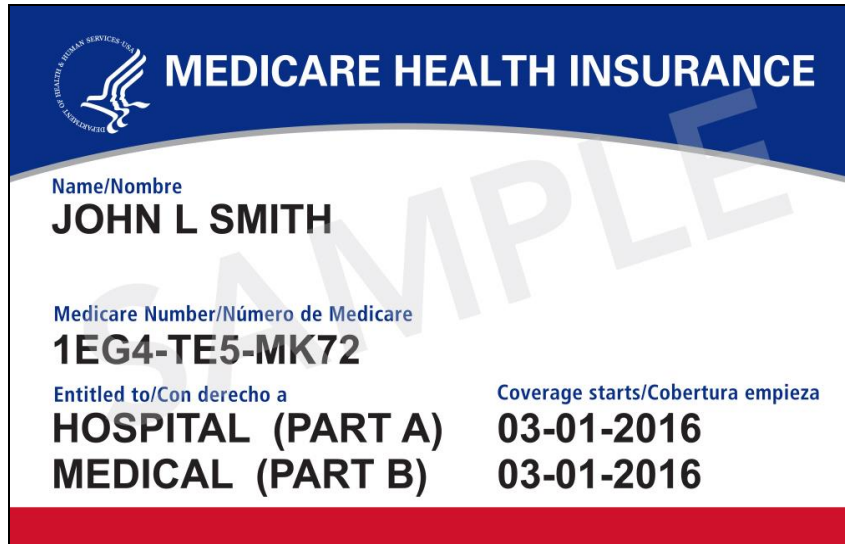
Military Related Health Care: Tricare  
(CHAMPUS)/VA HEALTH CARE/Champ-VA

Indian Health Service

State-sponsored health plan

Other government program

# HIQ2



The image shows a Medicare Health Insurance card for John L. Smith. The card has a blue header with the Medicare logo and the text "MEDICARE HEALTH INSURANCE". Below the header, the cardholder's name is listed as "JOHN L SMITH". The Medicare number is "1EG4-TE5-MK72". The card also lists the types of coverage and their start dates: "HOSPITAL (PART A)" and "MEDICAL (PART B)", both starting on "03-01-2016". A large, light blue "SAMPLE" watermark is visible across the center of the card.

MEDICARE HEALTH INSURANCE	
Name/Nombre	<b>JOHN L SMITH</b>
Medicare Number/Número de Medicare	<b>1EG4-TE5-MK72</b>
Entitled to/Con derecho a	Coverage starts/Cobertura empieza
<b>HOSPITAL (PART A)</b>	<b>03-01-2016</b>
<b>MEDICAL (PART B)</b>	<b>03-01-2016</b>



## Family Hand Cards



# DMQ1

Never attended/kindergarten only

1st grade

2nd grade

3rd grade

4th grade

5th grade

6th grade

7th grade

8th grade

9th grade

10th grade

11th grade

12th grade, no diploma

High school graduate

GED or equivalent

Some college, no degree

Associate degree: Occupational, technical, or vocational program

Associate degree: Academic program

Bachelor's degree (example: BA, AB, BS, BBA)

Master's degree (example: MA, MS, MEng, MEd, MBA)

Professional school degree (example: MD, DDS, DVM, JD)

Doctoral degree (example: PhD, EdD)

# CBQ1

## EXAMPLES OF PLACES OTHER THAN GROCERY STORES

Convenience Stores (7-11, Mini Mart)

Wholesale Stores (Costco, Sam's Club, BJ's)

Target/ Wal-Mart/ Kmart

Dollar Store

Bakeries

Meat Markets

Vegetable stands

Farmer's Markets



# INQ1

U.	\$20,000 - \$20,999	JJ.	\$35,000 - \$39,999
V.	\$21,000 - \$21,999	KK.	\$40,000 - \$44,999
W.	\$22,000 - \$22,999	LL.	\$45,000 - \$49,999
X.	\$23,000 - \$23,999	MM.	\$50,000 - \$54,999
Y.	\$24,000 - \$24,999	NN.	\$55,000 - \$59,999
Z.	\$25,000 - \$25,999	OO.	\$60,000 - \$64,999
AA.	\$26,000 - \$26,999	PP.	\$65,000 - \$69,999
BB.	\$27,000 - \$27,999	QQ.	\$70,000 - \$74,999
CC.	\$28,000 - \$28,999	RR.	\$75,000 - \$79,999
DD.	\$29,000 - \$29,999	SS.	\$80,000 - \$84,999
EE.	\$30,000 - \$30,999	TT.	\$85,000 - \$89,999
FF.	\$31,000 - \$31,999	UU.	\$90,000 - \$94,999
GG.	\$32,000 - \$32,999	VV.	\$95,000 - \$99,999
HH.	\$33,000 - \$33,999	WW.	\$100,000 and over
II.	\$34,000 - \$34,999		

## INQ2

A.	Less than \$1,000	K.	\$10,000 - \$10,999
B.	\$1,000 - \$1,999	L.	\$11,000 - \$11,999
C.	\$2,000 - \$2,999	M.	\$12,000 - \$12,999
D.	\$3,000 - \$3,999	N.	\$13,000 - \$13,999
E.	\$4,000 - \$4,999	O.	\$14,000 - \$14,999
F.	\$5,000 - \$5,999	P.	\$15,000 - \$15,999
G.	\$6,000 - \$6,999	Q.	\$16,000 - \$16,999
H.	\$7,000 - \$7,999	R.	\$17,000 - \$17,999
I.	\$8,000 - \$8,999	S.	\$18,000 - \$18,999
J.	\$9,000 - \$9,999	T.	\$19,000 - \$19,999

# INQ3

Cash

Checking account

Saving accounts

CDs (Certificates of deposit)

Retirement accounts (such as IRAs, 401K, etc.)

Stocks

Bonds

Mutual funds

# INQ4

A: \$0 - \$3,000

B: \$3,001 - \$5,000

C: \$5,001 - \$10,000

D: \$10,001 - \$15,000

E: \$15,001 - \$20,000

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Cash

Checking account

Saving accounts

CDs (Certificates of deposit)

Retirement accounts (such as IRAs, 401K, etc.)

Stocks

Bonds

Mutual funds

FSQ1

Often true

Sometimes true

Never true



## References







Centers for Disease Control and Prevention  
National Center for Health Statistics



## National Health and Nutrition Examination Study

### Overview

The National Health and Nutrition Examination Survey (NHANES) is conducted by the National Center for Health Statistics (NCHS), which is part of the Centers for Disease Control and Prevention. We designed the survey to learn about the health and nutrition of people in the United States.

Our survey is unique. It combines an interview with health measurements that are done in special mobile exam centers. These centers travel across the country, each with its own highly trained medical team. The team looks at special health topics. We use the most up-to-date methods and equipment for medical exams and lab tests.

### Why is this health survey important?

We use the data gathered in this survey to find out the number of people with certain health problems—for example, diabetes and high blood pressure. We look at diet and other habits that affect health, such as smoking and exercise. NHANES provides health and nutrition information on people of all ages. It is also used by those who design health programs and services, and the survey expands our knowledge about the health of people in the United States.

### What do I gain by taking part in the exam?

- Free health test results.
- The chance to help learn more about the health of the Nation.
- A token of thanks for your time and effort.

You may choose to be in the survey, and you may allow your child to be in it, too. That is your choice. There is no penalty if you refuse. You may refuse any part of the exam and you are free to drop out at any time. Also, during the interviews you may choose not to answer every question.

### What will I be asked to do at the mobile center?

Upon arriving at the mobile center, you will be asked to change into a two-piece examination outfit. Our medical team will then guide you to private rooms, where we will check your height and weight, blood pressure, and body composition. We will collect blood and urine samples.

If your appointment is scheduled in the morning, we will ask you not to eat or drink anything except water overnight. The health tests may take up to 2 ½ hours. The time spent in the mobile center and the tests you receive will be based on your age and current medical condition. For a full list of exams you may receive, see the Health Measurements List.

### After your visit to the NHANES mobile center

You will be asked to participate in two dietary interviews by phone 3-7 days after your visit to the mobile center. All survey participants will be asked to take part in the interviews. An adult will answer questions for children less than 5 years old and will assist children 6-11 years old. Participants 12 years and older will respond for themselves. You, or an adult in your family (if you are between 1-15 years old), will also be asked about food shopping habits in a separate interview. For each of these interviews you will receive a token of thanks for your time and effort.



2021 MEC Exam Consent/Assent Brochure



### Are the tests safe?

The tests are safe. Some tests may cause you slight discomfort. Examples are having a blood sample taken or not eating for 8 hours. For the blood sample, a person will have a small amount of blood drawn from a vein in his or her arm with a needle. We will not ask you to have any test that is wrong for you because of a health problem you have.

We will perform a body composition scan that involves low-dosage x-rays to persons aged 8 years and older. Radiation exposure during this test is equal to a cross-country airline flight or a few days of natural background radiation.

We will get information about periods from girls and women, and those who have started their periods will have a urine pregnancy test. Those with a positive test will not have the body composition scan or the liver ultrasound transient elastography test.

Medical errors and injuries are rare. The NHANES program cannot provide money or other compensation if they occur. However, if you believe you have been harmed as a result of your participation in NHANES, we want to know about it. Please call us at 1-800-452-6115. You also have a right to file a claim under the Federal Tort Claims Act (28 U.S. Code § 2674) with the Centers for Disease Control and Prevention. We can provide you with information about this process. You must file the claim within 2 years after the date you became aware of the personal injury, loss of property, or other damage.

### Will you be asked personal questions?

At the mobile center, you will be asked some personal questions in complete privacy. You will answer the questions in a private room on a computer screen. You answer by touching an answer choice on the screen. Like all of the other data we collect, your answers are kept strictly private.

If you are under 18 years of age, we may notify your parents if we have reason to believe you may harm yourself because of sad feelings.

### Will I get my results?

You will get a report of your results. If the exam shows urgent health problems, we will notify you at once and refer you for treatment. If an urgent problem is found through your lab tests, we will immediately send that information in a letter to your home address. If you wish, we will also mail routine results to you approximately 3–4 months after the exam. In general, we give results only to persons examined or to the parents or guardians of children. Some results, like those for sexually transmitted diseases (STD) and pregnancy, are not put in writing.

We report positive pregnancy results only to the person tested if she is aged 14 years or over and doesn't already know that she is pregnant. If a girl is younger than 14 and has a positive pregnancy test, we will inform both her and her parent or guardian.

Some test results are not reported because not enough information is currently known to understand their meaning for your health. Better ways to look at some of the tests may be developed in the future. Some of the tests may be read again. We will not report the results of future tests to you.

NHANES does not cover the cost of any health care you may decide to get after the exam. If you have questions about getting your results, please call 1-800-452-6115.





### Will my information be kept private?

We respect your privacy. Public laws keep all information you give private.

**Assurance of Confidentiality:** We take your privacy very seriously. All information that relates to or describes identifiable characteristics of individuals, a practice, or an establishment will be used only for statistical purposes. NCHS staff, contractors, and agents will not disclose or release responses in identifiable form without the consent of the individual or establishment in accordance with section 308(d) of the Public Health Service Act (42 U.S.C. 242m) and the Confidential Information Protection and Statistical Efficiency Act of 2018 (Title III of the Foundations for Evidence-Based Policymaking Act of 2018 (Pub. L. No. 115-435, 132 Stat. 5529 § 302)). In accordance with CIPSEA, every NCHS employee, contractor, and agent has taken an oath and is subject to a jail term of up to five years, a fine of up to \$250,000, or both if he or she willfully discloses ANY identifiable information about you.

These laws do not allow us to give out data that identifies you or your family without your permission. However, if we find signs of child abuse during an exam, we will report it to the local department of social services or the police.

We will keep all survey data safe and secure. When we share data with our partners, to help prepare and process the data, we do so in a way that protects your privacy as required by law.

### How are NHANES data used?

What you tell us, your exam results, and the samples you give are a good resource for health science. Many federal agencies, universities, and other public and private groups use NHANES data and these data may be reported in journals, at major scientific meetings, or through other news media. They use it to help find new cures and treatments for diseases and disabilities. The aim is to make the health of all people better. None of these reports will ever use data that can identify any person who took part in the survey.

NHANES has been used in important national reports. One of these highlights the food we eat. Another tells us about the exposures we have to chemicals in the environment. The survey has also been used to track the number of people who have health conditions like high blood pressure or diabetes. Studies using NHANES data can be found on our website, <https://www.cdc.gov/nchs/nhanes/participant.htm>.

Health studies using NHANES can be enhanced by combining your survey records with other data sources. An example is linking your survey results with vital statistics and Medicare claims. To do this, we will ask your permission to collect your Social Security and Medicare numbers. As we stated earlier, we keep this information safe and secure.

Also, we may need to contact you in the future. To do this, we will ask public or private agencies, such as the Post Office, to update us with changes to your home address. In the past, we have called or revisited people who took part in this survey. We may contact you in the future to ask you to be part of other public health studies. Your participation in future studies is voluntary.

### Will you test for sexually transmitted diseases (STDs)?

Teenagers (14 years and older) and adults under age 60 will be tested for STDs. We will not put these results in writing, but you can get STD test results a few weeks after the exam.

Before you leave the mobile center, you will be given a toll-free number, a password, and the dates to call for your results. Only you will get your test results by calling in and telling us your password. Parents will not be told their child's STD test results. If your test results show that you have a current health problem, we will talk with you about the results and tell you how to get treatment. We will keep all STD test results completely private, just like all other test results. If you do not want to be tested, you can tell a staff member. For details on the tests, please see the Health Measurements List.

## Safety precautions

The mobile center and medical team will follow CDC guidelines for COVID-19 precautions. Participants will be asked to follow all CDC safety recommendations. Staff will wear masks, gloves, and other personal protective equipment as needed. The number of participants and staff at the mobile center will be limited to ensure proper social distancing. Special care will be taken to clean surfaces and equipment with CDC recommended disinfectants after each participant exam. Upon arrival at the mobile center you will be asked questions about your health on that day and over the past 2 weeks.



## More questions?

Visit the NHANES participant website at <https://www.cdc.gov/nchs/nhanes/participant.htm>.

Our survey representatives can discuss other questions or concerns you might have or give you printed material that can help you. They can also give you a phone number in your area that you can call for more facts about the survey.

You can call our Chief Medical Officer, Dr. Duong Nguyen of the U.S. Public Health Service, to discuss any aspect of the survey. He can be reached at 1-800-452-6115, Monday-Friday, 7:30 a.m.-4:30 p.m. ET. You may contact him regarding any harm to you resulting from this survey. You can also get answers to your questions by writing to Dr. Nguyen at MS P08, 3311 Toledo Rd., Hyattsville, MD 20782-2064.

If you have questions about your rights as a participant in this study, please call the Ethics Review Board at the National Center for Health Statistics, toll-free, at 1-800-223-8118. Please leave a brief message with your name and phone number, and say that you are calling about Protocol (#2021-05) for NHANES 2021-2022. Your call will be returned as soon as possible.





Centers for Disease  
Control and Prevention  
National Center for  
Health Statistics

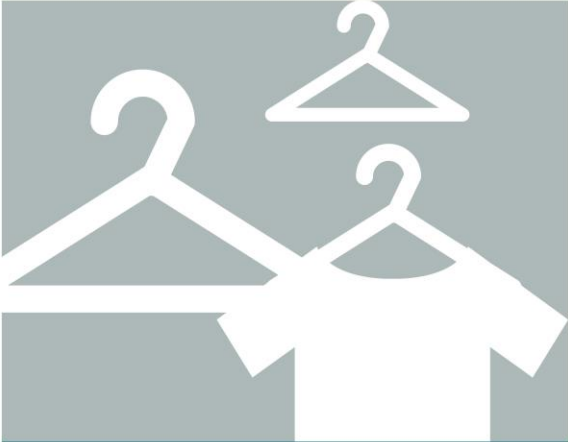


# National Health and Nutrition Examination Study

This booklet contains facts for you about the National Health and Nutrition Examination Survey.

## About Your Exam

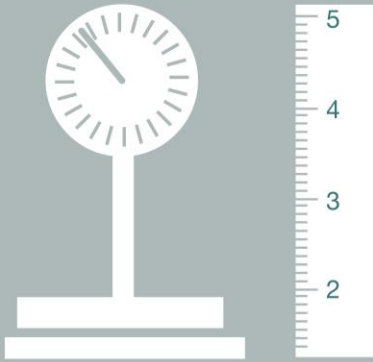
The National Health and Nutrition Examination Survey (NHANES) studies the health and diet of people in this country. The survey will look at how young people grow and develop. We look at special health problems that may affect kids. We go all over the United States in these vans. The National Health and Nutrition Examination Survey will help us find out more about the health of children your age. The exam is a little like going to the doctor.



You will change into special exam clothes at the exam center.



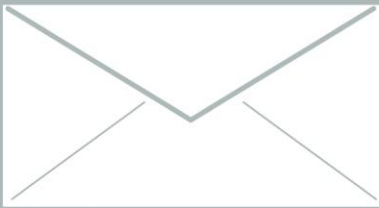
We will take your blood pressure and pulse.



We will see how much you weigh and how tall you are.



We will take your blood and have you pee in a cup.



We will send you and your parents a report of your exam.



Our staff will answer any questions you have.

We would like you to go to our mobile exam center vans for an exam. You do not have to do this if you do not want to. You can also stop at any time and you do not have to do any tests that you do not want to. If you take part, you will learn some things about yourself. You will help us learn a lot about kids in the United States.

**NATIONAL HEALTH AND NUTRITION EXAMINATION SURVEY (NHANES)**  
Consent/Assent and Parental Permission for Specimen Storage and Continuing Studies

Print name of participant \_\_\_\_\_  
First Middle Last

**The results of continuing studies of your stored specimens may help find new ways to prevent, treat, and cure many diseases. Please turn to the back of this form for answers to commonly asked questions.**

For persons ages 7 and over, check a box

- Yes, my blood and urine may be kept for future health studies, and I understand that I will not be contacted with the results from these studies
- No, my blood and urine cannot be kept for future health studies

For parent/guardian of a child under the age of 18, check a box

- Yes, my child's blood and urine may be kept for future health studies, and I understand that I will not be contacted with the results from these studies
- No, my child's blood and urine cannot be kept for future health studies

\_\_\_\_\_  
Signature of participant age 7 or over Date

\_\_\_\_\_  
Signature of parent/guardian of participant under 18 Date  
(Unless the participant is an emancipated minor )

I observed the interviewer read this form to the person named above and he/she agreed to participate by signing or marking this form.

\_\_\_\_\_  
Witness (if required) Date

Name of staff member present when this form was signed: \_\_\_\_\_

SPID \_\_\_\_\_

**Assurance of Confidentiality** – We take your privacy very seriously. All information that relates to or describes identifiable characteristics of individuals, a practice, or an establishment will be used only for statistical purposes. NCHS staff, contractors, and agents will not disclose or release responses in identifiable form without the consent of the individual or establishment in accordance with section 308(d) of the Public Health Service Act (42 U.S.C. 242m) and the Confidential Information Protection and Statistical Efficiency Act of 2018 (Title III of the Foundations for Evidence-Based Policymaking Act of 2018 (Pub. L. No. 115-435, 132 Stat. 5529 § 302)). In accordance with CIPSEA, every NCHS employee, contractor, and agent has taken an oath and is subject to a jail term of up to five years, a fine of up to \$250,000, or both if he or she willfully discloses ANY identifiable information about you.

*Frequently asked questions*

**Q Why will a sample of blood and urine be kept for future health studies?**

*A* We will store some of the blood and urine from persons who are examined in NHANES for future health studies. These samples will be frozen and kept in a specimen bank for as long as they last. You can request that your samples be removed at any time. Your participation is voluntary, and no loss of benefits will result if you refuse.

**Q What studies will be done with the samples?**

*A* At this time, no specific studies are planned besides the tests included in the NHANES exam. As scientists learn more about health and diseases, other studies will be conducted that may include stored samples. There can be many additional studies on these samples.

**Q Who can use the stored samples for further study?**

*A* Researchers from Federal agencies, universities, and other scientific centers can submit proposals to use the stored specimens. These proposals will be reviewed for scientific merit and then by a separate board that determines if the study proposed is ethical. The NHANES program will always know which samples belong to you or your child, but we will not give other researchers any information that could identify you or your child.

**Q Will I receive results from any future testing of my specimens?**

*A* Science and medicine are continually advancing. New tests and new ways of looking at results will be developed in the future. We can't predict what tests will be done or what the results will mean for your health. Since testing of specimens will be done only for study purposes, the NHANES program will not contact you or your family with results from these future studies. We will describe the completed studies on our website. If you are interested in your results from any of these studies, you may call our toll-free number, 1-800-452-6115 to request your specific results as they come available.

**Q What are the benefits and risks for allowing my blood or urine sample to be used for future studies?**

*A* You will not directly benefit but these studies may eventually help the health of people in the future. The risk of giving a sample includes the minor risk associated with taking the blood sample. There may also be a risk that some people may use the information from these studies to exaggerate or downplay differences among people. The ethics board that will review all studies using these samples will attempt to prevent any misuse of the information gained from the NHANES samples.

**Q How can I remove blood or urine samples from the specimen bank?**

*A* In the future, if you want samples removed from the specimen bank, call us toll-free at 1-800-452-6115.



**NATIONAL HEALTH AND NUTRITION EXAMINATION SURVEY**  
**CONSENT/ASSENT AND PARENTAL PERMISSION FOR EXAMINATION AT THE MOBILE EXAMINATION CENTER**

Print name of participant \_\_\_\_\_

First

Middle

Last

**PARENT OR GUARDIAN OF SURVEY PARTICIPANT WHO IS UNDER 18 YEARS OLD:**

For the Parent or Guardian of the Survey Participant who is a minor (unless the participant is an emancipated minor)

I have read the Examination Brochure and the Health Measurements List, which explain the nature and purpose of the survey. I freely choose to let my child take part in the survey.

\_\_\_\_\_  
 Signature of parent or guardian

\_\_\_\_\_  
 Date

**FOR PARENT OR GUARDIAN OF SURVEY PARTICIPANT 12-17 YEARS (check the box):**

I agree to have my child's interview about his/her current health status, diet, and health behaviors recorded for quality control.

I do not agree to have my child's interview about his/her current health status, diet, and health behaviors recorded for quality control.

**SURVEY PARTICIPANT WHO IS 12 YEARS OLD OR OLDER:**

I have read the Examination Brochure and the Health Measurements List, which explain the nature and purpose of the survey. I freely choose to take part in the survey.

\_\_\_\_\_  
 Signature of participant

\_\_\_\_\_  
 Date

If you are 18 and older and do not want a written report of your exam results, check here .

**SURVEY PARTICIPANT WHO IS 7-11 YEARS:**

Your parents say you can take part in this special survey. You have just read about the survey in this booklet.

If you want to take part in the survey, write your name below.

\_\_\_\_\_  
 Signature of participant

\_\_\_\_\_  
 Date

I observed the interviewer read this form to the person named above and he/she agreed to participate by signing or marking this form.

\_\_\_\_\_  
 Witness (if required)

\_\_\_\_\_  
 Date

Name of staff member present when this form was signed: \_\_\_\_\_

**Assurance of Confidentiality** – We take your privacy very seriously. All information that relates to or describes identifiable characteristics of individuals, a practice, or an establishment will be used only for statistical purposes. NCHS staff, contractors, and agents will not disclose or release responses in identifiable form without the consent of the individual or establishment in accordance with section 308(d) of the Public Health Service Act (42 U.S.C. 242m) and the Confidential Information Protection and Statistical Efficiency Act of 2018 (Title III of the Foundations for Evidence-Based Policymaking Act of 2018 (Pub. L. No. 115-435, 132 Stat. 5529 § 302)). In accordance with CIPSEA, every NCHS employee, contractor, and agent has taken an oath and is subject to a jail term of up to five years, a fine of up to \$250,000, or both if he or she willfully discloses ANY identifiable information about you.

2021

\_\_\_\_\_  
 SP ID



### Our promise to you

- Your health exam will be free. We will share the results with you and give you a token of appreciation for your time.
- Taking part in NHANES will not affect your benefits like Medicare, Medicaid, Social Security, food stamps, or disability.
- We will provide free transportation to our mobile health center or help cover the cost of getting there.
- We will keep your information confidential. We will never give any information to state or federal agencies, including the police or immigration services.
- We will remove all information that could show your identity, like your name, address, or phone numbers.

### Learn More Online or By Calling

For more information on NHANES visit:  
[www.cdc.gov/nhanes](http://www.cdc.gov/nhanes)

You may also call toll-free  
(English or Spanish) at: 1-800-452-6115

Data from the National Center for Health Statistics (NCHS) are released in printed reports and on the NCHS website at <https://www.cdc.gov/nchs>.

For specific questions about how NCHS protects the information you provide, contact:

### Confidentiality Office, NCHS

Telephone:  
1-888-642-4159

E-mail:  
[NCHSconfidentiality@cdc.gov](mailto:NCHSconfidentiality@cdc.gov)

## How the National Health and Nutrition Examination Survey Keeps Your Information

# CONFIDENTIAL



Centers for Disease  
Control and Prevention  
National Center for  
Health Statistics

# Protecting the public's privacy

## NCHS and NHANES

### Our promise

The National Center for Health Statistics (NCHS) carried out the first National Health and Nutrition Examination Survey (NHANES) in 1960. Today, more than 60 years later, the promise to protect the privacy of everyone remains our top priority. We believe this record is an important reason why so many people are willing to take part in the survey.

### There's safety in numbers, especially our numbers!

#### The law...

We take your privacy very seriously. All information that relates to or describes identifiable characteristics of individuals, a practice, or an establishment will be used only for statistical purposes. NCHS staff, contractors, and agents will not disclose or release responses in identifiable form without the consent of the individual or establishment in accordance with section 308(d) of the Public Health Service Act (42 U.S.C. 242m)

and the Confidential Information Protection and Statistical Efficiency Act of 2018 (Title III of the Foundations for Evidence-Based Policymaking Act of 2018 (Pub. L. No. 115-435, 132 Stat. 5529 § 302)). In accordance with CIPSEA, every NCHS employee, contractor, and agent has taken an oath and is subject to a jail term of up to five years, a fine of up to \$250,000, or both if he or she willfully discloses ANY identifiable information about you.

#### The pledge...

Anyone working on the NHANES must sign a pledge. As specified in this written pledge, disclosing your private information is punishable by law.

#### The penalties...

People who break these laws can be fined up to \$250,000, lose their job, or go to jail.

### Other ways we protect your privacy

Those working for NCHS must also follow special rules for handling private information. These rules are meant to ensure that the privacy of the people taking part in NHANES is fully respected.

- Anything that could reveal who you are is removed. This includes, but is not limited to, your or your families' names, addresses, phone numbers, and places of work.
- Data are not released if they are for a geographical location so small that the numbers might identify someone.
- All computers are password protected. Data are encrypted for transmission using secure data networks and housed on secure servers with access restricted to authorized users.

## NCHS and NHANES have a strong record for maintaining privacy during data collection processing.

Health Study  
P.O. Box 5109  
Buffalo Grove, IL 60089



9553 302464 1.1  
04168

45545452

9228223752096



THANK YOU  
1600 RESEARCH BLVD  
WES04 0 121719 190  
ROCKVILLE, MD 20850

This is your  
Carrier Card  
Sheet number.

Enjoy your Health Study  
Visa® Prepaid card!



At [www.prepaidcardstatus.com](http://www.prepaidcardstatus.com)  
or 1-866-230-3809:

- Check your balance and spend history.
- Get a PIN.
- Update profile. Your card's default profile is NHANES Study, 1600 Research Blvd, Rockville, MD 20850. Many web merchants validate card address at checkout.

For NHANES Study questions, call 1-888-458-4762.  
NHANES Support hours are:  
Monday – Friday 12:00 noon to 8:00 pm ET.



### Spend

Use this card to shop online or add the card to your favorite retailer or restaurant app.



### Cash

This card can't be used at an ATM or bank for cash.



### Checkout

In-store purchases can be credit or debit. No PIN is needed for credit purchases.

Use your Visa Prepaid card anywhere Visa debit cards are accepted in the U.S. The card may not be used at any merchant, including internet and mail or telephone order merchants, outside of the U.S. See reverse for additional instructions, fees and Cardholder Agreement. Card is issued by The Bancorp Bank, Member FDIC, pursuant to a license from Visa U.S.A. Inc.



## Who can I contact if I have questions?

To discuss any aspect of the survey, you can call one of our survey representatives at 1-855-958-0631. You may also visit [www.cdc.gov/nhanes](http://www.cdc.gov/nhanes) or scan the QR code for more information. If you have questions about your rights as a survey participant, call the Ethics Review Board at the National Center for Health Statistics at 1-800-223-8118. Leave a brief message containing your name, phone number, and your NHANES survey concerns. Your call will be returned as soon as possible. Thank you.

