Ongoing Activities to Support the Asian Oversample in NHANES

Lisa Broitman, M.P.A.
Deputy Director, Division of Health and Nutrition Examination Surveys, NCHS, CDC
What is NHANES?

- The National Health and Nutrition Examination Survey is a program of studies designed to assess the health and nutritional status of adults and children in the U.S.
<table>
<thead>
<tr>
<th>Survey</th>
<th>Dates</th>
<th>Ages</th>
</tr>
</thead>
<tbody>
<tr>
<td>NHES I</td>
<td>1960–62</td>
<td>18–79 years</td>
</tr>
<tr>
<td>NHES II</td>
<td>1963–65</td>
<td>6–11 years</td>
</tr>
<tr>
<td>NHES III</td>
<td>1966–70</td>
<td>12–17 years</td>
</tr>
<tr>
<td>NHANES I</td>
<td>1971–75</td>
<td>1–74 years</td>
</tr>
<tr>
<td>NHANES II</td>
<td>1976–80</td>
<td>6 mo.–74 years</td>
</tr>
<tr>
<td>HHANES</td>
<td>1982–84</td>
<td>6 mo.–74 years</td>
</tr>
<tr>
<td>NHANES III</td>
<td>1988–94</td>
<td>2 mo.+</td>
</tr>
<tr>
<td>NHANES</td>
<td>1999–</td>
<td>All ages</td>
</tr>
</tbody>
</table>
What are the goals of NHANES?

To produce U.S. population-based estimates of:

- Health conditions and environmental exposures
- Awareness, treatment and control of selected diseases
- Prescription drug and supplement use
- Nutrition status and diet behaviors
Frequently included questionnaire topics

- Access to care
- Blood pressure
- Cholesterol
- Chronic conditions
- Demographics
- Diabetes
- Dietary behavior
- Dietary supplements
- Early childhood
- Food security
- Health insurance
- Oral health
- Physical activity
- Physical function
- Reproductive health
- Sex, drugs, alcohol, tobacco
- Weight history
Frequently included laboratory tests

- CBC
- Lipids
- Chemistry panel (kidney, hepatic function)
- Folate/RBC folate
- HIV, Herpes, Hepatitis
- Cotinine
- Lead, mercury, cadmium
- Urinary creatinine and albumin
- Diabetes (glucose, insulin, HbA1c)
Model of Broad and Deep Federal Partnerships

Approximately 30 federal partners with various degrees of collaboration:

- Survey Planning and Content
- Financial Support
- Data Quality – Subject Matter Expertise
- Publication Co-authorship

Leveraging NHANES Infrastructure

- Efficient means for collecting interdisciplinary health data
Who is eligible to participate?

- Civilian, non-institutionalized household population in the U.S.
- All ages
- ~ 5,000 individuals each year
- Sample selected based on specific age, race/ethnicity, income, and gender domains
NHANES Oversamples: 2007–2010

- Hispanics
- African Americans
- Low-income whites
- Persons age 60 and older
NHANES Oversamples: 2011–2014

- Hispanics
- African Americans
- Low-income whites
- Persons age 60 and older
- Asians (as defined by Census)
## Expected Percent Distribution of Sample for 2007–2014

<table>
<thead>
<tr>
<th></th>
<th>2007–10</th>
<th>2011–14</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hispanic</td>
<td>32</td>
<td>25</td>
</tr>
<tr>
<td>Non-Hispanic Black</td>
<td>21</td>
<td>25</td>
</tr>
<tr>
<td>Other low income</td>
<td>13</td>
<td>13</td>
</tr>
<tr>
<td>Other non-low income</td>
<td>32</td>
<td>24</td>
</tr>
<tr>
<td>Asian</td>
<td>&lt;2</td>
<td>14</td>
</tr>
</tbody>
</table>
Asian as defined by Census

A person having origins in any of the original peoples of the Far East, Southeast Asia, or the Indian subcontinent including, for example:

- Cambodia
- China
- India
- Japan
- Korea
- Malaysia
- Pakistan
- The Philippine Islands
- Thailand
- Vietnam
Ancestry Question:
Please give me the group that represents your Asian origin or ancestry

<table>
<thead>
<tr>
<th>Asian Indian</th>
<th>Indonesian</th>
<th>Okinawan</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bangladeshi</td>
<td>Iwo Jiman</td>
<td>Pakistani</td>
</tr>
<tr>
<td>Bengalese</td>
<td>Japanese</td>
<td>Siamese</td>
</tr>
<tr>
<td>Bharat</td>
<td>Korean</td>
<td>Singaporean</td>
</tr>
<tr>
<td>Bhutanese</td>
<td>Laohmong</td>
<td>Sri Lankan</td>
</tr>
<tr>
<td>Cambodian</td>
<td>Laotian</td>
<td>Taiwanese</td>
</tr>
<tr>
<td>Cantonese</td>
<td>Madagascar/</td>
<td>Thai</td>
</tr>
<tr>
<td>Chinese</td>
<td>Malagasy</td>
<td>Vietnamese</td>
</tr>
<tr>
<td>Dravidian</td>
<td>Malaysian</td>
<td></td>
</tr>
<tr>
<td>East Indian</td>
<td>Maldivian</td>
<td></td>
</tr>
<tr>
<td>Filipino</td>
<td>Mong</td>
<td></td>
</tr>
<tr>
<td>Goanese</td>
<td>Nepalese</td>
<td></td>
</tr>
<tr>
<td>Hmong</td>
<td>Nipponese</td>
<td></td>
</tr>
<tr>
<td>Indochinese</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Asian Indian
Bangladeshi
Bengalese
Bharat
Bhutanese
Cambodian
Cantonese
Chinese
Dravidian
East Indian
Filipino
Goanese
Hmong
Indochinese

Indonesian
Iwo Jiman
Japanese
Korean
Laohmong
Laotian
Madagascar/
Malagasy
Malaysian
Maldivian
Mong
Nepalese
Nipponese

Okinawan
Pakistani
Siamese
Singaporean
Sri Lankan
 Taiwanese
Thai
Vietnamese
Translations

- Chinese –
  - Mandarin (written and spoken)
    - Simplified
    - Traditional
  - Cantonese (spoken)
- Korean
- Vietnamese
- Other languages for a select few documents
Translations

- Advance letter
- Endorsement letters
- Consent forms
- Reminder letter/instructions
- Safety exclusions
- Exam center instructions
- Post exam instructions
- Outreach materials
- NHANES website participant page
Health of the Asian Population

National Health and Nutrition Examination Survey - NHANES

More than 14 million Asians live in the United States

Why is NHANES important to you and your family?
This is a unique opportunity to learn more about your health and help us better understand the health of Asians in the United States. The information collected will help develop health policies and programs designed to improve the health and well-being of all Asian communities. You are important to the NHANES. We hope you will participate if you are selected.

We Protect You
The information you share will always remain private and confidential.

Let's Improve Our Health!

Cancer
Prevention and screenings are important because Asians in the U.S. have high rates of certain cancers.

Diabetes
Asian Americans are more likely to have diabetes compared to non-Hispanic whites and it seems to vary by Asian ethnicity.

High Blood Pressure
In 2007, almost one in five Asian American adults had high blood pressure, which can increase the risk of heart diseases, stroke and kidney diseases.

Childhood Growth & Development
NHANES measures the height and weight of children to develop growth charts. Participation by Asians will help these charts be more reflective of Asian children.

Help Researchers Learn More About How to Help Our Community!

Special Benefits for You and Your Family:
- FREE health measurements
- Interpreters are available for your use
- FREE exam results will be sent directly to you
- CASH payment for your time and effort
- FREE transportation or transportation payment
- Reimbursement for childcare or eldercare

For more information:
Call the NHANES office at 1 (800) 452-6115 or visit our website at http://www.cdc.gov/nchs/nhanes.htm

PARTICIPATE in NHANES!
Translated Materials
Chào Mừng Quý Tham Dự Viên của Chương Trình NHANES

What is NHANES?
National Health and Nutrition Examination Survey

Lời Thưởng Thêm về Cuốn Phim

Chủ Đề: Phim này giải thích về những gì Tham Dự Viên cần quan trọng khi tham dự chương trình NHANES. Phim bao gồm thứ đã và các xét nghiệm được tiến hành, về các quyên lợi dành cho Tham Dự Viên, và về các chi tiết khác của cuộc khảo sát.

Lý Do: Phim được dự trù để tạo được sự quan trọng giữa đôi bên và tình bạn cho Tham Dự Viên ít hiểu về các quyền lợi đăng nhập nhiều mảnh NHANES cần biết nhất.

Thời Lượng: 3 phút, 50 giây
Ngày Sản Xuất: 9/20/2011
Interpreters

- Family members or friends
- Use local organizations to identify other interpreters
- Language line services
Interpreters

- Provide interpreters already translated resources for use in the household and MEC
  - Glossary of terms
  - Hand cards
  - Exam scripts
Endorsement Letters

- Asian American Justice Center (AAJC)
- Asian & Pacific Islander American Health Forum (APIAHF)
- Asian Pacific American Labor Alliance (APALA)
- Asian Pacific Partners for Empowerment Advocacy and Leadership (APPEAL)
- Association of Asian Pacific Community Health Organizations (AAPCHO)
- Boat People SOS (BPSOS)
- Hmong National Development, Inc. (HND)
- Japanese American Citizens League (JACL)
- Laotian American National Alliance (LANA)
- National Alliance of Vietnamese American Service Agencies (NAVASA)
- National Asian American Pacific Islander Mental Health Association (NAAPIMHA)
- National Asian Pacific American Women’s Forum (NAPAWF)
Endorsement Letters

- National Asian Pacific Center on Aging (NAPCA)
- National Association of Asian American Professionals (NAAAP)
- National Coalition for Asian Pacific American Community Development (CAPACD)
- National Council of Asian Pacific Islander Physicians (NCAPIP)
- National Federation of Filipino American Associations (NaFFAA)
- National Korean American Service & Education Consortium (NAKASEC)
- OCA
- South Asian Americans Leading Together
- Southeast Asian Resource Action Center
Maintains High Response Rates Through Intensified Outreach Efforts

- National and community endorsements
- Publicity and media campaign
- New and improved outreach materials

Interview response rates over 77%
Examination response rates over 71%

Advance arrangements and outreach
<table>
<thead>
<tr>
<th>NHANES Cycle</th>
<th>Response Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>NHANES II</td>
<td>73</td>
</tr>
<tr>
<td>Hispanic HANES</td>
<td>73</td>
</tr>
<tr>
<td>NHANES III</td>
<td>78</td>
</tr>
<tr>
<td>NHANES 1999–2004</td>
<td>77</td>
</tr>
<tr>
<td>NHANES 2005–2006</td>
<td>77</td>
</tr>
<tr>
<td>NHANES 2007–2008</td>
<td>76</td>
</tr>
<tr>
<td>NHANES 2009–2010</td>
<td>77</td>
</tr>
<tr>
<td>NHANES 2011</td>
<td>71</td>
</tr>
</tbody>
</table>

*Response rates are indicated as percentages*
NHANES response rates in 2010 and 2011 by race/ethnicity

Percent

- All persons
- Non-Hispanic Black
- Hispanic
- Asian
- Non-Hispanic White

2010: N/A
2011: N/A
Thank you

謝謝您

谢谢

감사합니다

Cám ơn

Lisa Broitman
Email: lbroitman@cdc.gov
http://www.cdc.gov/nchs/nhanes.htm