

# National Health and Nutrition Examination Survey

## August 2021-August 2023 Data Documentation, Codebook, and Frequencies

### Diet Behavior & Nutrition (DBQ\_L)

**Data File:** DBQ\_L.xpt

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**Last Revised:** NA

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### Component Description

The Diet Behavior and Nutrition questionnaire (variable name prefix DBQ) provides personal interview data on various dietary behavior and nutrition related topics. Many of the questions were included in NHANES II (1976-80), Hispanic HANES (1982-84), NHANES III (1988-94), and NHANES 1999-March 2020. Topics included in the DBQ are:

- Breastfeeding and other childhood feeding practices ( $\leq$  6 years);
- Community or government meal program participation for seniors ( $\geq$  60 years);
- School meal program participation (4-19 years);
- Meal planner/shopper/preparer status ( $\geq$  16 years).

Information on individual participant's role as a meal planner/shopper/preparer at home in the DBQ section were collected as part of the core set of the Flexible Consumer Behavior Survey (FCBS) module. The FCBS module has been included in NHANES since 2007, and was developed in collaboration with the Economic Research Service (ERS) of the U.S. Department of Agriculture (USDA). It is designed to collect information on people's knowledge, attitudes, and beliefs toward nutrition and food choices. The FCBS module has two elements: a core set of questions asked during the NHANES household interview, and a supplementary module asked as a telephone follow-up interview with focuses specifically designed for each 2-year data collection cycle.

In addition to questions included in the DBQ section, the core set of questions for the FCBS module collected in the August 2021-August 2023 survey cycle also included questions at the participant's family level. For example, family monthly income and family assets, food expenditures, as well as the family's participation on federal food assistance programs. The family food expenditures data are included in the Consumer Behavior (CBQ) section, while the monthly income and family assets data are included in the Income (INQ) section, and food program participation data are included in the Food Security (FSQ) section.

Data from the phone follow-up FCBS supplementary module are to be released in separate files and made available on the NHANES website as well. Similar to other datasets created from the NHANES August 2021-August 2023 cycle, all FCBS related data files can be linked by the respondent sequence number (SEQN). For more information on the other FCBS related data, refer to the documentation accompanying the datasets.

### Eligible Sample

The target age groups for individual questions in this section vary by the topic. For example, the questions pertaining to infant nutrition and breastfeeding were asked of proxy respondents

for children 6 years of age and younger; and senior meal program participation questions were asked of respondents 60 years of age and older. Please review the questionnaire and codebook carefully. Frequency counts were verified during the preparation of the file.

## Interview Setting and Mode of Administration

These questions were asked by trained interviewers using the Computer-Assisted Personal Interview (CAPI) system in the participant's home or by telephone.

Hand cards showing response categories were used for some questions. When necessary, the interviewers read the hand cards to respondents. Participants 16 years of age and older and emancipated minors were interviewed directly. A proxy provided information for survey participants who were under 16 years of age and for individuals who could not answer the questions themselves.

## Quality Assurance & Quality Control

The CAPI system is programmed with built-in consistency checks to reduce data entry errors and online help screens to assist interviewers in defining key terms. All data was reviewed by the NHANES field office staff for accuracy and completeness.

## Data Processing and Editing

Frequency counts were checked, "skip" patterns were verified, and the plausibility of question responses was reviewed. Edits were made to some variables to ensure the completeness, consistency, and analytic usefulness of the data. Edits were also made 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., DBQ) to a D (i.e., DBD). For example, some data were collected using two variables (a number variable and a unit of measure variable) but combined into a single variable for data release purposes.

### **DBD020, DBD030, DBD041, DBD050, DBD055, and DBD061** (Breastfeeding and other childhood feeding practices)

This information was collected using two-part (number and unit) questions to allow respondents to report the age of interest in days, weeks, months, or years. The released variables were edited to standardize the reported age to number of days, using the following conversion factors: 7 days/week, 30.4 days/month and 365 days/year. If the age for the time stopped breastfeeding (DBD030), or stopped receiving formula (DBD050), or first fed milk (DBD060) was reported as older than 1095 days (3 years), the value was re-coded as "666666." Similarly, if the age for the time first fed formula (DBD041) was reported as older than 365 days (1 year), or the age for the time started other food/beverage than breastmilk/formula was reported as older than 730 days (2 years), the value was re-coded as "666666" as well.

## Analytic Notes

These questions were asked as part of the household interview, therefore, the interview sample weights may be used in the analysis for data in this section. However, if the data is joined with other data from the Mobile Examination Center (MEC), the MEC exam weights should be used for analyses.

Please refer to the [NHANES Analytic Guidelines](#) and the on-line [NHANES Tutorial](#) for further details on the use of sample weights and other analytic issues. Both are available on the NHANES website.

## Codebook and Frequencies

### SEQN - Respondent sequence number

**Variable Name:** SEQN  
**SAS Label:** Respondent sequence number  
**English Text:** Respondent sequence number.  
**Target:** Both males and females 0 YEARS - 150 YEARS

## DBQ010 - Ever breastfed or fed breastmilk

**Variable Name:**

DBQ010

**SAS Label:**

Ever breastfed or fed breastmilk

**English Text:**

Now I'm going to ask you some general questions about {SP's} eating habits. Was {SP} ever breastfed or fed breastmilk?

**Target:**

Both males and females 0 YEARS - 6 YEARS

Code or Value	Value Description	Count	Cumulative	Skip to Item
1	Yes	1121	1121	
2	No	314	1435	DBD041
7	Refused	0	1435	DBD041
9	Don't know	6	1441	DBD041
.	Missing	10492	11933	

## DBD030 - Age stopped breastfeeding (days)

**Variable Name:** DBD030

**SAS Label:** Age stopped breastfeeding (days)

**English Text:** How old was {SP} when {he/she} completely stopped breastfeeding or being fed breastmilk?

**Target:** Both males and females 0 YEARS - 6 YEARS

Code or Value	Value Description	Count	Cumulative	Skip to Item
1 to 1095	Range of Values	987	987	
0	Still breastfeeding	124	1111	
666666	More than 1095 days (3-year) old	5	1116	DBD041
777777	Refused	0	1116	DBD041
999999	Don't know	5	1121	DBD041
.	Missing	10812	11933	

## DBD041 - Age first fed formula (days)

**Variable Name:** DBD041

**SAS Label:** Age first fed formula (days)

**English Text:** How old was {SP} when {he/she} was first fed formula?

**Target:** Both males and females 0 YEARS - 6 YEARS

Code or Value	Value Description	Count	Cumulative	Skip to Item
1 to 365	Range of Values	1128	1128	
0	Never	288	1416	DBD055
666666	More than 365 days (1-year) old	8	1424	
777777	Refused	0	1424	
999999	Don't know	17	1441	
.	Missing	10492	11933	

## DBD050 - Age stopped receiving formula (days)

**Variable Name:** DBD050

**SAS Label:** Age stopped receiving formula (days)

**English Text:** How old was {SP} when {he/she} completely stopped drinking formula?

**Target:** Both males and females 0 YEARS - 6 YEARS

Code or Value	Value Description	Count	Cumulative	Skip to Item
2 to 1095	Range of Values	948	948	
0	Still drinking formula	167	1115	
666666	More than 1095 days (3-year) old	3	1118	
777777	Refused	0	1118	
999999	Don't know	35	1153	
.	Missing	10780	11933	

## DBD055 - Age started other food/beverage

**Variable Name:** DBD055

**SAS Label:** Age started other food/beverage

**English Text:** This next question is about the first thing that {SP} was given other than breast milk or formula. Please include juice, cow's milk, sugar water, baby food, or anything else that {SP} might have been given, even water. How old was {SP} when {he/she} was first fed anything other than breast milk or formula? (Days)

**Target:** Both males and females 0 YEARS - 6 YEARS

Code or Value	Value Description	Count	Cumulative	Skip to Item
1 to 730	Range of Values	1350	1350	
0	Never	60	1410	DBD265A
666666	More than 730 days (2-year) old	4	1414	
777777	Refused	0	1414	
999999	Don't know	26	1440	
.	Missing	10493	11933	

## DBD061 - Age first fed milk (days)

**Variable Name:** DBD061

**SAS Label:** Age first fed milk (days)

**English Text:** How old was {SP} when {he/she} was first fed milk?

**Target:** Both males and females 0 YEARS - 6 YEARS

Code or Value	Value Description	Count	Cumulative	Skip to Item
1 to 1095	Range of Values	1185	1185	
0	Never	158	1343	DBD265A
666666	More than 1095 days (3-year) old	1	1344	
777777	Refused	0	1344	
999999	Don't know	12	1356	
.	Missing	10577	11933	

## DBQ073A - Type of milk first fed - whole milk

**Variable Name:** DBQ073A

**SAS Label:** Type of milk first fed - whole milk

**English Text:** What type of milk was {SP} first fed? Was it . . .

**English Instructions:** CODE ALL THAT APPLY

**Target:** Both males and females 0 YEARS - 6 YEARS

Code or Value	Value Description	Count	Cumulative	Skip to Item
10	Whole or regular milk	862	862	
77	Refused	0	862	
99	Don't know	7	869	
.	Missing	11064	11933	

## DBQ073B - Type of milk first fed - 2% milk

**Variable Name:** DBQ073B

**SAS Label:** Type of milk first fed - 2% milk

**English Text:** What type of milk was {SP} first fed? Was it . . .

**English Instructions:** CODE ALL THAT APPLY

**Target:** Both males and females 0 YEARS - 6 YEARS

Code or Value	Value Description	Count	Cumulative	Skip to Item
11	2% fat or reduced-fat milk	180	180	
.	Missing	11753	11933	

## DBQ073C - Type of milk first fed - 1% milk

**Variable Name:** DBQ073C

**SAS Label:** Type of milk first fed - 1% milk

**English Text:** What type of milk was {SP} first fed? Was it . . .

**English Instructions:** CODE ALL THAT APPLY

**Target:** Both males and females 0 YEARS - 6 YEARS

Code or Value	Value Description	Count	Cumulative	Skip to Item
12	1% fat or low-fat milk (includes 0.5% fat milk or low-fat milk not further specified),	66	66	
.	Missing	11867	11933	

## DBQ073D - Type of milk first fed - fat free milk

**Variable Name:** DBQ073D

**SAS Label:** Type of milk first fed - fat free milk

**English Text:** What type of milk was {SP} first fed? Was it . . .

**English Instructions:** CODE ALL THAT APPLY

**Target:** Both males and females 0 YEARS - 6 YEARS

Code or Value	Value Description	Count	Cumulative	Skip to Item
13	fat-free, skim or nonfat milk, or	16	16	
.	Missing	11917	11933	

## DBQ073E - Type of milk first fed - soy milk

**Variable Name:** DBQ073E

**SAS Label:** Type of milk first fed - soy milk

**English Text:** What type of milk was {SP} first fed? Was it . . .

**English Instructions:** CODE ALL THAT APPLY

**Target:** Both males and females 0 YEARS - 6 YEARS

Code or Value	Value Description	Count	Cumulative	Skip to Item
14	soy milk, or	21	21	
.	Missing	11912	11933	

## DBQ073U - Type of milk first fed - other

**Variable Name:** DBQ073U

**SAS Label:** Type of milk first fed - other

**English Text:** What type of milk was {SP} first fed? Was it . . .

**English Instructions:** CODE ALL THAT APPLY

**Target:** Both males and females 0 YEARS - 6 YEARS

Code or Value	Value Description	Count	Cumulative	Skip to Item
30	Another type?	82	82	
.	Missing	11851	11933	

## DBD265A - CHECK ITEM

**Variable Name:** DBD265A

**English Instructions:** CHECK ITEM DBD265A: IF SP AGE  $\geq$  60, CONTINUE. IF SP AGE 4-19, GO TO DBQ.360. ELSE, GO TO DBD710.

**Target:** Both males and females 0 YEARS - 150 YEARS

## DBQ301 - Community/Government meals delivered

**Variable Name:** DBQ301

**SAS Label:** Community/Government meals delivered

**English Text:** The next questions are about meals provided by community or government programs. In the past 12 months, did {you/SP} receive any meals delivered to {your/his/her} home from community programs, "Meals on Wheels", or any other programs?

**Target:** Both males and females 60 YEARS - 150 YEARS

Code or Value	Value Description	Count	Cumulative	Skip to Item
1	Yes	174	174	
2	No	3326	3500	
7	Refused	0	3500	
9	Don't know	0	3500	
.	Missing	8433	11933	

## DBQ330 - Eat meals at Community/Senior center

**Variable Name:**

DBQ330

**SAS Label:**

Eat meals at Community/Senior center

**English Text:**

In the past 12 months, did {you/SP} go to a community program or senior center to eat prepared meals?

**English Instructions:**

INCLUDE ADULT DAY CARE

**Target:**

Both males and females 60 YEARS - 150 YEARS

Code or Value	Value Description	Count	Cumulative	Skip to Item
1	Yes	95	95	
2	No	3404	3499	
7	Refused	0	3499	
9	Don't know	1	3500	
.	Missing	8433	11933	

## DBD355 - CHECK ITEM

**Variable Name:** DBD355

**English Instructions:** CHECK ITEM DBD355: IF SP AGE 4-19, GO TO DBQ360, ELSE GO TO DBD710.

**Target:** Both males and females 1 YEARS - 150 YEARS

## DBQ360 - Attend kindergarten thru high school

**Variable Name:**

DBQ360

**SAS Label:**

Attend kindergarten thru high school

**English Text:**

During the school year, {do you/does SP} attend a kindergarten, grade school, junior or high school?

**Target:**

Both males and females 4 YEARS - 19 YEARS

Code or Value	Value Description	Count	Cumulative	Skip to Item
1	Yes	2762	2762	
2	No	593	3355	DBD710
7	Refused	1	3356	DBD710
9	Don't know	1	3357	DBD710
.	Missing	8576	11933	

## DBQ370 - School serves school lunches

**Variable Name:**

DBQ370

**SAS Label:**

School serves school lunches

**English Text:**

Does {your/SP's} school serve school lunches? These are complete lunches that cost the same every day.

**Target:**

Both males and females 4 YEARS - 19 YEARS

Code or Value	Value Description	Count	Cumulative	Skip to Item
1	Yes	2643	2643	
2	No	116	2759	DBQ400
7	Refused	1	2760	DBQ400
9	Don't know	2	2762	DBQ400
.	Missing	9171	11933	

## DBD381 - # of times/week get school lunch

**Variable Name:** DBD381

**SAS Label:** # of times/week get school lunch

**English Text:** During the school year, about how many times a week {do you/does SP} usually get a complete school lunch?

**Target:** Both males and females 4 YEARS - 19 YEARS

Code or Value	Value Description	Count	Cumulative	Skip to Item
1 to 5	Range of Values	2159	2159	
0	None	463	2622	DBQ400
7777	Refused	0	2622	DBQ400
9999	Don't know	21	2643	DBQ400
.	Missing	9290	11933	

## DBQ390 - School lunch free, reduced or full price

**Variable Name:**

DBQ390

**SAS Label:**

School lunch free, reduced or full price

**English Text:**

{Do you/Does SP} get these lunches free, at a reduced price, or {do you/does he/she} pay full price?

**Target:**

Both males and females 4 YEARS - 19 YEARS

Code or Value	Value Description	Count	Cumulative	Skip to Item
1	Free	1612	1612	
2	Reduced price	101	1713	
3	Full price	437	2150	
7	Refused	0	2150	
9	Don't know	9	2159	
.	Missing	9774	11933	

## DBQ400 - School serve complete breakfast each day

**Variable Name:**

DBQ400

**SAS Label:**

School serve complete breakfast each day

**English Text:**

Does {your/SP's} school serve a complete breakfast that costs the same every day?

**Target:**

Both males and females 4 YEARS - 19 YEARS

Code or Value	Value Description	Count	Cumulative	Skip to Item
1	Yes	2378	2378	
2	No	298	2676	DBQ422
7	Refused	1	2677	DBQ422
9	Don't know	85	2762	DBQ422
.	Missing	9171	11933	

## DBD411 - # of times/week get school breakfast

**Variable Name:** DBD411

**SAS Label:** # of times/week get school breakfast

**English Text:** During the school year, about how many times a week {do you/does SP} usually get a complete breakfast at school?

**Target:** Both males and females 4 YEARS - 19 YEARS

Code or Value	Value Description	Count	Cumulative	Skip to Item
1 to 5	Range of Values	1400	1400	
0	None	955	2355	DBQ422
7777	Refused	0	2355	DBQ422
9999	Don't know	23	2378	DBQ422
.	Missing	9555	11933	

## DBQ421 - School breakfast free/reduced/full price

**Variable Name:**

DBQ421

**SAS Label:**

School breakfast free/reduced/full price

**English Text:**

{Do you/Does SP} get these breakfasts free, at a reduced price, or  
{do you/does he/she} pay full price?

**Target:**

Both males and females 4 YEARS - 19 YEARS

Code or Value	Value Description	Count	Cumulative	Skip to Item
1	Free	1230	1230	
2	Reduced price	59	1289	
3	Full price	105	1394	
7	Refused	0	1394	
9	Don't know	6	1400	
.	Missing	10533	11933	

## DBQ422 - CHECK ITEM

**Variable Name:** DBQ422

**English Instructions:** CHECK ITEM DBQ422: IF DBQ390 = CODE 1 OR CODE 2 OR DBQ421 = CODE 1 OR CODE 2, CONTINUE; OTHERWISE, GO TO DBD710.

**Target:** Both males and females 4 YEARS - 19 YEARS

## DBQ424 - Summer program meal free/reduced price

**Variable Name:**

DBQ424

**SAS Label:**

Summer program meal free/reduced price

**English Text:**

(Do you/Does SP) get a free or reduced price meal at any summer program (he/she) attends?

**Target:**

Both males and females 4 YEARS - 19 YEARS

Code or Value	Value Description	Count	Cumulative	Skip to Item
1	Yes	480	480	
2	No	760	1240	
3	Did not attend summer program	530	1770	
7	Refused	0	1770	
9	Don't know	10	1780	
.	Missing	10153	11933	

## DBD710 - CHECK ITEM

**Variable Name:** DBD710

**English Instructions:** CHECK ITEM DBD710: IF SP AGE < 16, GO TO END OF SECTION.  
OTHERWISE, CONTINUE.

**Target:** Both males and females 1 YEARS - 150 YEARS

## DBQ930 - Main meal planner/preparer

**Variable Name:** DBQ930

**SAS Label:** Main meal planner/preparer

**English Text:** {Are you/Is SP} the person who does most of the planning or preparing of meals in {your/SP's} family?

**English Instructions:** INTERVIEWER INSTRUCTION: IF SP ANSWERS "SOMETIMES" OR "50/50", ENTER YES.

**Target:** Both males and females 16 YEARS - 150 YEARS

Code or Value	Value Description	Count	Cumulative	Skip to Item
1	Yes	5513	5513	
2	No	2970	8483	
7	Refused	0	8483	
9	Don't know	3	8486	
.	Missing	3447	11933	

## DBQ935 - Shared meal planning/preparing duty

**Variable Name:** DBQ935

**SAS Label:** Shared meal planning/preparing duty

**English Text:** {Do you/Does SP} share in the planning or preparing of meals with someone else?

**Target:** Both males and females 16 YEARS - 150 YEARS

Code or Value	Value Description	Count	Cumulative	Skip to Item
1	Yes	4273	4273	
2	No	4212	8485	
7	Refused	0	8485	
9	Don't know	1	8486	
.	Missing	3447	11933	

## DBQ940 - Main food shopper

**Variable Name:** DBQ940

**SAS Label:** Main food shopper

**English Text:** {Are you/Is SP} the person who does most of the shopping for food in {your/SP's} family?

**English Instructions:** INTERVIEWER INSTRUCTION: IF SP ANSWERS "SOMETIMES" OR "50/50", ENTER YES.

**Target:** Both males and females 16 YEARS - 150 YEARS

Code or Value	Value Description	Count	Cumulative	Skip to Item
1	Yes	5502	5502	
2	No	2982	8484	
7	Refused	0	8484	
9	Don't know	2	8486	
.	Missing	3447	11933	

## DBQ945 - Shared food shopping duty

**Variable Name:** DBQ945

**SAS Label:** Shared food shopping duty

**English Text:** {Do you/Does SP} share in the shopping for food with someone else?

**Target:** Both males and females 16 YEARS - 150 YEARS

Code or Value	Value Description	Count	Cumulative	Skip to Item
1	Yes	4289	4289	
2	No	4195	8484	
7	Refused	0	8484	
9	Don't know	2	8486	
.	Missing	3447	11933	

