

National Health and Nutrition Examination Survey

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

Fasting Questionnaire (FASTQX_L)

Data File: FASTQX_L.xpt

First Published: September 2024

Last Revised: NA

Component Description

The fasting questionnaire is administered to determine the fasting status of the survey participant. Questions include but are not limited to: length of “food” fast, whether the participant had gum or mints, coffee or tea, or alcohol or dietary supplements prior to their laboratory examination.

Eligible Sample

Examined participants aged 1 year and older were eligible.

Description of Laboratory Methodology

The MEC phlebotomist administered the questionnaire to determine the fasting status of the survey participant.

There were no changes to the questionnaire or lab site for this component in the NHANES August 2021 - August 2023 cycle.

Laboratory Quality Assurance and Monitoring

Detailed instructions on specimen collection and processing are discussed in the NHANES Laboratory Procedures Manual (LPM). The NHANES quality control and quality assurance protocols (QA/QC) meet the 1988 Clinical Laboratory Improvement Amendments mandates. Detailed QA/QC instructions are discussed in the NHANES LPM.

Data Processing and Editing

Fasting questionnaire data were recorded directly into a computerized database; all forms used in the MEC were automated.

Analytic Notes

Refer to the August 2021 – August 2023 Laboratory Data Overview for general information on NHANES laboratory data.

Demographic and Other Related Variables

The analysis of NHANES laboratory data must be conducted using the appropriate survey design and demographic variables. The NHANES August 2021 – August 2023 Demographics File contains demographic data, health indicators, and other related information collected during household interviews as well as the sample weight variables. The recommended procedure for variance estimation requires use of stratum and PSU variables (SDMVSTRA and SDMVPSU, respectively) in the demographic data file.

This Fasting Questionnaire File includes auxiliary information such as fasting status, length of fast, and the time of venipuncture.

This laboratory data file can be linked to the other NHANES data files using the unique survey participant identifier (i.e., SEQN).

Use PHAFSTHR and PHAFSTMN to determine the duration of fasting in hours and minutes, respectively. When calculating a fasting time in hours and minutes, pay careful attention to the other times in hours and minutes. For example, the survey participants were asked: "When was the last time you ate or drank anything other than plain water? Do not include diet soda or black coffee or tea with artificial sweeteners like Sweet'N Low, NutraSweet, Equal, or Splenda." Survey participants were then asked questions PHQ020 to PHQ060: "Have you had any of the following since the last time you ate or drank anything other than plain water? Coffee or tea with cream or sugar (include milk or non-dairy creamers); Alcohol, such as beer, wine, or liquor; Gum, breath mints, lozenges, cough drops, or cold remedies; Antacids, laxatives, or anti-diarrheal; Dietary supplements such as vitamins and minerals."

If you are using fasting status in any of your analyses, please consider the answers to PHACOFHR/PHACOFMN, PHAALCHR/PHAALCMN, PHAGUMHR/PHAGUMMN/ PHAANTHR/PHAANTMN, and PHASUPHR/PHASUPMN with the times in hours and minutes in addition to the PHAFSTHR and PHSFSTMN times.

Use PHDSESN to determine the session in which the survey participant was examined.

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.

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 1 YEARS - 150 YEARS

PHQ020 - Coffee or tea with cream or sugar?

Variable Name: PHQ020

SAS Label: Coffee or tea with cream or sugar?

English Text: Coffee or tea with cream or sugar? [Include milk or non-dairy creamers.]

English Instructions: Have you had any of the following since " today at" or "yesterday at" fasting time in PHQ010.

Target: Both males and females 1 YEARS - 150 YEARS

Code or Value	Value Description	Count	Cumulative	Skip to Item
1	Yes	29	29	
2	No	8607	8636	PHQ030
.	Missing	91	8727	

PHACOFHR - Coffee/tea fast time (hours)

Variable Name: PHACOFHR

SAS Label: Coffee/tea fast time (hours)

English Text: The time (in hours) since the examinee last drank coffee or tea with cream or sugar.

Target: Both males and females 1 YEARS - 150 YEARS

Code or Value	Value Description	Count	Cumulative	Skip to Item
1 to 26	Range of Values	29	29	
.	Missing	8698	8727	

PHACOFMN - Coffee/tea fast time (minutes)

Variable Name: PHACOFMN

SAS Label: Coffee/tea fast time (minutes)

English Text: The time (in minutes) since the examinee last drank coffee or tea with cream or sugar.

Target: Both males and females 1 YEARS - 150 YEARS

Code or Value	Value Description	Count	Cumulative	Skip to Item
0 to 59	Range of Values	29	29	
.	Missing	8698	8727	

PHQ030 - Alcohol, such as beer, wine, or liquor?

Variable Name: PHQ030

SAS Label: Alcohol, such as beer, wine, or liquor?

English Text: Alcohol, such as beer, wine, or liquor?

English Instructions: Have you had any of the following since "today at" or "yesterday at" the fasting time in PHQ010.

Target: Both males and females 1 YEARS - 150 YEARS

Code or Value	Value Description	Count	Cumulative	Skip to Item
1	Yes	25	25	
2	No	8611	8636	PHQ040
.	Missing	91	8727	

PHAALCHR - Alcohol fast time (hours)

Variable Name: PHAALCHR

SAS Label: Alcohol fast time (hours)

English Text: The time (in hours) the examinee last drank alcohol suchs as beer, wine, or liquor.

Target: Both males and females 1 YEARS - 150 YEARS

Code or Value	Value Description	Count	Cumulative	Skip to Item
1 to 43	Range of Values	25	25	
.	Missing	8702	8727	

PHAALCMN - Alcohol fast time (minutes)

Variable Name: PHAALCMN

SAS Label: Alcohol fast time (minutes)

English Text: The time (in minutes) the examinee last drank alcohol such as beer, wine, or liquor.

Target: Both males and females 1 YEARS - 150 YEARS

Code or Value	Value Description	Count	Cumulative	Skip to Item
4 to 57	Range of Values	25	25	
.	Missing	8702	8727	

PHQ040 - Gum, mints, lozenges or cough drops

Variable Name: PHQ040

SAS Label: Gum, mints, lozenges or cough drops

English Text: Gum, breath mints, lozenges or cough drops, or other cough or cold remedies?

English Instructions: Have you had any of the following since "today at" or "yesterday at" the fasting time in PHQ010?

Target: Both males and females 1 YEARS - 150 YEARS

Code or Value	Value Description	Count	Cumulative	Skip to Item
1	Yes	311	311	
2	No	8324	8635	PHQ050
.	Missing	92	8727	

PHAGUMHR - Gum, mints cough drops fast time (hours)

Variable Name: PHAGUMHR

SAS Label: Gum, mints cough drops fast time (hours)

English Text: The time (in hours) the examinee last had gum, breath mints, lozenges or cough drops, or other cough or cold remedies.

Target: Both males and females 1 YEARS - 150 YEARS

Code or Value	Value Description	Count	Cumulative	Skip to Item
0 to 18	Range of Values	311	311	
.	Missing	8416	8727	

PHAGUMMN - Gum, mints, cough fast time (minutes)

Variable Name: PHAGUMMN

SAS Label: Gum, mints, cough fast time (minutes)

English Text: The time (in minutes) the examinee last had gum, breath mints, lozenges or cough drops, or other cough or cold remedies.

Target: Both males and females 1 YEARS - 150 YEARS

Code or Value	Value Description	Count	Cumulative	Skip to Item
0 to 58	Range of Values	311	311	
.	Missing	8416	8727	

PHQ050 - Antacids, laxatives, or anti-diarrheals?

Variable Name: PHQ050

SAS Label: Antacids, laxatives, or anti-diarrheals?

English Text: Antacids, laxatives, or anti-diarrheals?

English Instructions: Have you had any of the following since "today at" or "yesterday at" the fasting time in PHQ010.

Target: Both males and females 1 YEARS - 150 YEARS

Code or Value	Value Description	Count	Cumulative	Skip to Item
1	Yes	105	105	
2	No	8531	8636	PHQ060
.	Missing	91	8727	

PHAANTHR - Antacids, laxatives fast time (hours)

Variable Name: PHAANTHR

SAS Label: Antacids, laxatives fast time (hours)

English Text: The time (in hours) the examinee last had antacids, laxatives or anti-diarrheals.

Target: Both males and females 1 YEARS - 150 YEARS

Code or Value	Value Description	Count	Cumulative	Skip to Item
0 to 17	Range of Values	105	105	
.	Missing	8622	8727	

PHAANTMN - Antacids, laxatives fast time (minutes)

Variable Name: PHAANTMN

SAS Label: Antacids, laxatives fast time (minutes)

English Text: The time (in minutes) the examinee last had antacids, laxatives or anti-diarrheals.

Target: Both males and females 1 YEARS - 150 YEARS

Code or Value	Value Description	Count	Cumulative	Skip to Item
0 to 59	Range of Values	105	105	
.	Missing	8622	8727	

PHQ060 - Dietary supplements?

Variable Name: PHQ060

SAS Label: Dietary supplements?

English Text: Dietary supplements such as vitamins and minerals? [Include multivitamins and single nutrient supplements.]

English Instructions: Have you had any of the following since "today at" or "yesterday at" the fasting time in PHQ010.

Target: Both males and females 1 YEARS - 150 YEARS

Code or Value	Value Description	Count	Cumulative	Skip to Item
1	Yes	219	219	
2	No	8417	8636	PHAFSTHR
.	Missing	91	8727	

PHASUPHR - Dietary supplements fast time (hours)

Variable Name: PHASUPHR

SAS Label: Dietary supplements fast time (hours)

English Text: The time (in hours) the examinee last had dietary supplements such as vitamins and minerals.

Target: Both males and females 1 YEARS - 150 YEARS

Code or Value	Value Description	Count	Cumulative	Skip to Item
0 to 20	Range of Values	219	219	
.	Missing	8508	8727	

PHASUPMN - Dietary supplements fast time (minutes)

Variable Name: PHASUPMN

SAS Label: Dietary supplements fast time (minutes)

English Text: The time (in minutes) the examinee last had dietary supplements such as vitamins and minerals.

Target: Both males and females 1 YEARS - 150 YEARS

Code or Value	Value Description	Count	Cumulative	Skip to Item
0 to 59	Range of Values	219	219	
.	Missing	8508	8727	

PHAFSTHR - Total length of 'food fast' (hours)

Variable Name: PHAFSTHR

SAS Label: Total length of 'food fast' (hours)

English Text: The time (in hours) between when the examinee last ate or drank anything other than water and the time of the venipuncture.

Target: Both males and females 1 YEARS - 150 YEARS

Code or Value	Value Description	Count	Cumulative	Skip to Item
0 to 29	Range of Values	8609	8609	
30	30 hours or more	23	8632	
.	Missing	95	8727	

PHAFSTMN - Total length of 'food fast' (minutes)

Variable Name: PHAFSTMN

SAS Label: Total length of 'food fast' (minutes)

English Text: The time (in minutes) between when the examinee last ate or drank anything other than water and the time of the venipuncture.

Target: Both males and females 1 YEARS - 150 YEARS

Code or Value	Value Description	Count	Cumulative	Skip to Item
0 to 59	Range of Values	8632	8632	
.	Missing	95	8727	

PHDSESNZ - Session in which SP was examined

Variable Name: PHDSESNZ

SAS Label: Session in which SP was examined

English Text: Session in which SP was examined

Target: Both males and females 1 YEARS - 150 YEARS

Code or Value	Value Description	Count	Cumulative	Skip to Item
0	morning	4756	4756	
1	afternoon/evening	3971	8727	
.	Missing	0	8727	

