

National Health and Nutrition Examination Survey

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

Weight History (WHQ_L)

Data File: WHQ_L.xpt

First Published: September 2024

Last Revised: NA

Component Description

The Weight History section of the Sample Person Questionnaire (variable name prefix WHQ) provides personal interview data on several topics related to body weight and height, including self-reported weight and height, self-reported weight a year ago and attempted weight loss during the past 12 months.

Eligible Sample

Participants aged 16 years and older were eligible. Please review the codebook carefully. Frequency counts were verified during the preparation of the file.

Interview Setting and Mode of Administration

These questions were asked, in the home or by telephone, by trained interviewers using the Computer-Assisted Personal Interview (CAPI) system. For details on the administration of the WHQ_L, please refer to the Weight History Sample Person Questionnaire on the [NHANES website](#).

Quality Assurance & Quality Control

The CAPI system is programmed with built-in consistency checks to reduce data entry errors. CAPI also uses online help screens to assist interviewers in defining key terms used in the questionnaire.

Data Processing and Editing

Edits were made to some variables to ensure the completeness, consistency, and analytic usefulness of the data. Edits were also made, when necessary, 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., WHQ) to a D (i.e., WHD). For example, height data were collected as feet and inches, but standardized to inches using the conversion factors 0.3937 inches per centimeter and 12 inches per foot. Current and past self-reported weights were standardized to weight in pounds using the conversion factor 2.2046 pounds per kilogram.

Reported heights and weights, considered being physiologically implausible or the result of interviewer data entry error, were coded as "missing."

Analytic Notes

Although data in this file were collected as part of the household interview, if they are merged with the MEC exam data, exam sample 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.

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 16 YEARS - 150 YEARS

WHD010 - Current self-reported height (inches)

Variable Name:

WHD010

SAS Label:

Current self-reported height (inches)

English Text:

These next questions ask about {your/SP's} height and weight at different times in {your/his/her} life. How tall {are you/is SP} without shoes?

English Instructions:

ENTER HEIGHT IN FEET AND INCHES OR METERS AND CENTIMETERS.

Target:

Both males and females 16 YEARS - 150 YEARS

Code or Value	Value Description	Count	Cumulative	Skip to Item
40 to 83	Range of Values	8414	8414	
7777	Refused	2	8416	
9999	Don't know	70	8486	
.	Missing	15	8501	

WHD020 - Current self-reported weight (pounds)

Variable Name: WHD020

SAS Label: Current self-reported weight (pounds)

English Text: How much {do you/does SP} weigh without clothes or shoes?

English Instructions: RECORD CURRENT WEIGHT. IF PREGNANT, ASK FOR WEIGHT BEFORE PREGNANCY. ENTER WEIGHT IN POUNDS OR KILOGRAMS.

Target: Both males and females 16 YEARS - 150 YEARS

Code or Value	Value Description	Count	Cumulative	Skip to Item
63 to 530	Range of Values	8358	8358	
7777	Refused	40	8398	
9999	Don't know	88	8486	
.	Missing	15	8501	

WHD050 - Self-reported weight - 1 yr ago (pounds)

Variable Name: WHD050
SAS Label: Self-reported weight - 1 yr ago (pounds)
English Text: How much did {you/SP} weigh a year ago?
English Instructions: ENTER WEIGHT IN POUNDS OR KILOGRAMS. IF PREGNANT, ASK FOR WEIGHT BEFORE PREGNANCY.
Target: Both males and females 16 YEARS - 150 YEARS

Code or Value	Value Description	Count	Cumulative	Skip to Item
67 to 530	Range of Values	8272	8272	
7777	Refused	33	8305	
9999	Don't know	181	8486	
.	Missing	15	8501	

WHQ070 - Tried to lose weight in past year

Variable Name:

WHQ070

SAS Label:

Tried to lose weight in past year

English Text:

During the past 12 months, {have you/has SP} tried to lose weight?

Target:

Both males and females 16 YEARS - 150 YEARS

Code or Value	Value Description	Count	Cumulative	Skip to Item
1	Yes	3855	3855	
2	No	4627	8482	
7	Refused	1	8483	
9	Don't know	3	8486	
.	Missing	15	8501	

