Component Description

The Weight History section of the Mobile Examination Center (MEC) Interview (variable name prefix WHQMEC) provides personal interview data on topics related to body weight in youth 8-15 years of age. These topics include self-perception of weight and dieting attempts.

Eligible Sample

The target sample for the questions in this section is youth, aged 8-15 years.

Interview Setting and Mode of Administration

The questions were asked at the MEC, by trained interviewers, using the Computer-Assisted Personal Interview (CAPI) system as part of the MEC interview. Proxy respondents were not permitted for this section.

For details on the administration of WHQMEC\_H, refer to the NHANES 2013-2014 [MEC Interviewers Procedures Manual](https://wwwn.cdc.gov/nchs/data/nhanes/2013-2014/manuals/mec_interviewer_2013.pdf) and the 2013-2014 [Weight History questionnaire](https://wwwn.cdc.gov/nchs/data/nhanes/2013-2014/questionnaires/whq_capi_h.pdf) 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.

For details on the quality assurance/quality control process for this component, please refer to the NHANES 2013-14 MEC Interviewer Procedures Manual.

Data Processing and Editing

Frequency counts were verified during the preparation of the file.

Responses to WHQ030m, which asks if adolescents consider themselves now to be fat or overweight, too thin, or about the right weight, can be compared with proxy responses to WHQ030e in the Early Childhood Questionnaire (ECQ) section.

Exam sample weights should be used for analyses.

Analytic Notes

Please refer to the [NHANES Analytic Guidelines](https://wwwn.cdc.gov/nchs/nhanes/analyticguidelines.aspx) and the on-line [NHANES Tutorial](https://www.cdc.gov/nchs/tutorials/) 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 8 YEARS - 15 YEARS

WHQ030M - How do you consider your weight

**Variable Name:**

WHQ030M

**SAS Label:**

How do you consider your weight

**English Text:**

Do you consider yourself now to be . . .

**Target:**

Both males and females 8 YEARS - 15 YEARS

| **Code or Value** | **Value Description** | **Count** | **Cumulative** | **Skip to Item** |
| --- | --- | --- | --- | --- |
| 1 | fat or overweight, | 254 | 254 |  |
| 2 | too thin, or | 114 | 368 |  |
| 3 | about the right weight? | 1109 | 1477 |  |
| 7 | refused | 0 | 1477 |  |
| 9 | don't know | 1 | 1478 |  |
| . | Missing | 74 | 1552 |  |

WHQ500 - Trying to do about weight

**Variable Name:**

WHQ500

**SAS Label:**

Trying to do about weight

**English Text:**

Which of the following are you trying to do about your weight:

**Target:**

Both males and females 8 YEARS - 15 YEARS

| **Code or Value** | **Value Description** | **Count** | **Cumulative** | **Skip to Item** |
| --- | --- | --- | --- | --- |
| 1 | lose weight, | 589 | 589 |  |
| 2 | gain weight, | 179 | 768 | WHQ520 |
| 3 | stay the same weight, or | 396 | 1164 | WHQ520 |
| 4 | not trying to do anything about your weight? | 312 | 1476 | WHQ520 |
| 7 | Refused | 1 | 1477 | WHQ520 |
| 9 | Don't know | 1 | 1478 | WHQ520 |
| . | Missing | 74 | 1552 |  |

WHQ520 - How often tried to lose weight

**Variable Name:**

WHQ520

**SAS Label:**

How often tried to lose weight

**English Text:**

In the past year, how often have you tried to lose weight? Would you say . . .

**Target:**

Both males and females 8 YEARS - 15 YEARS

| **Code or Value** | **Value Description** | **Count** | **Cumulative** | **Skip to Item** |
| --- | --- | --- | --- | --- |
| 1 | never, | 585 | 585 |  |
| 2 | sometimes, or | 688 | 1273 |  |
| 3 | a lot? | 204 | 1477 |  |
| 7 | Refused | 0 | 1477 |  |
| 9 | Don't know | 1 | 1478 |  |
| . | Missing | 74 | 1552 |  |