

National Health and Nutrition Examination Survey

2015-2016 Data Documentation, Codebook, and Frequencies

Fasting Questionnaire (FASTQX_I)

Data File: FASTQX_I.xpt

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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 2015-2016 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 Act 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 [2015-2016 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 [2015-2016 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 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	68	68	
2	No	8843	8911	
.	Missing	254	9165	

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
0 to 10	Range of Values	68	68	
.	Missing	9097	9165	

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 58	Range of Values	68	68	
.	Missing	9097	9165	

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	38	38	
2	No	8873	8911	
.	Missing	254	9165	

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 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
0 to 15	Range of Values	38	38	
.	Missing	9127	9165	

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
6 to 58	Range of Values	38	38	
.	Missing	9127	9165	

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	221	221	
2	No	8690	8911	
.	Missing	254	9165	

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 14	Range of Values	221	221	
.	Missing	8944	9165	

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 59	Range of Values	221	221	
.	Missing	8944	9165	

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	53	53	
2	No	8858	8911	
.	Missing	254	9165	

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 14	Range of Values	53	53	
.	Missing	9112	9165	

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	53	53	
.	Missing	9112	9165	

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	123	123	
2	No	8788	8911	
.	Missing	254	9165	

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 16	Range of Values	123	123	
.	Missing	9042	9165	

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	123	123	
.	Missing	9042	9165	

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 37	Range of Values	8911	8911	
.	Missing	254	9165	

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	8911	8911	
.	Missing	254	9165	

PHDSESN - Session in which SP was examined

Variable Name: PHDSESN**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	4166	4166	
1	afternoon	3390	7556	
2	evening	1609	9165	
.	Missing	0	9165	