

National Health and Nutrition Examination Survey

2017-March 2020 Data Documentation, Codebook, and Frequencies

Fasting Questionnaire (P_FASTQX)

Data File: P_FASTQX.xpt

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Component Description

The NHANES program suspended field operations in March 2020 due to the coronavirus disease 2019 (COVID-19) pandemic. As a result, data collection for the NHANES 2019-2020 cycle was not completed and the collected data are not nationally representative. Therefore, data collected from 2019 to March 2020 were combined with data from the NHANES 2017-2018 cycle to form a nationally representative sample of NHANES 2017-March 2020 pre-pandemic data. These data are available to the public. Please refer to the Analytic Notes section for more details on the use of the data.

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

All examined participants 1 year and older in the NHANES 2017-March 2020 pre-pandemic sample were eligible.

Description of Laboratory Methodology

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

Laboratory Quality Assurance and Monitoring

Detailed instructions on specimen collection and processing are discussed in the NHANES [2017-2018](#) and [2019-2020 NHANES Laboratory Procedures Manuals](#) (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

The COVID-19 pandemic required suspension of NHANES 2019-2020 field operations in March 2020 after data were collected in 18 of the 30 survey locations in the 2019-2020 sample. Data collection was cancelled for the remaining 12 locations. Because the collected data from 18 locations were not nationally representative, these data were combined with data from the previous cycle (2017-2018) to create a 2017-March 2020 pre-pandemic data file. A special weighting process was applied to the 2017-March 2020 pre-pandemic data file. The resulting sample weights in the demographic data file should be used to calculate estimates from the combined cycles. These sample weights are not appropriate for independent analyses of the 2019-2020 data and will not yield nationally representative results for either the 2017-2018 data alone or

the 2019-March 2020 data alone. Please refer to the NHANES website for additional information for the NHANES 2017-March 2020 pre-pandemic data, and for the previous 2017-2018 public use data file with specific weights for that 2-year cycle.

Refer to the [2017-2018](#) and [2019-2020 Laboratory Data Overview](#) documents 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 [2017-March 2020 Pre-Pandemic 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	159	159	
2	No	13152	13311	
.	Missing	461	13772	

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 17	Range of Values	159	159	
.	Missing	13613	13772	

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	159	159	
.	Missing	13613	13772	

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	66	66	
2	No	13245	13311	
.	Missing	461	13772	

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 17	Range of Values	66	66	
.	Missing	13706	13772	

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
0 to 59	Range of Values	66	66	
.	Missing	13706	13772	

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	407	407	
2	No	12904	13311	
.	Missing	461	13772	

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 23	Range of Values	407	407	
.	Missing	13365	13772	

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	407	407	
.	Missing	13365	13772	

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	110	110	
2	No	13201	13311	
.	Missing	461	13772	

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 20	Range of Values	110	110	
.	Missing	13662	13772	

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	110	110	
.	Missing	13662	13772	

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	273	273	
2	No	13038	13311	
.	Missing	461	13772	

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	273	273	
.	Missing	13499	13772	

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	273	273	
.	Missing	13499	13772	

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	13269	13269	
30	30 hours or more	36	13305	
.	Missing	467	13772	

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	13305	13305	
.	Missing	467	13772	

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	6454	6454	
1	afternoon	5090	11544	
2	evening	2228	13772	
.	Missing	0	13772	