

**WEIGHT HISTORY (WHQ)**

SPID# \_\_\_\_\_

Date: \_\_\_\_\_

Interviewer: \_\_\_\_\_

*In these next questions, we will ask you about how your weight has changed over your lifetime.*

WHQ.030. Do you consider yourself now to be...? WHQ030 FMT\_WHQ030\_

Overweight **1**

Underweight **2**

About the right weight? **3**

Refused **77**

Don't Know **99**

WHQ.040. Would you like to weigh...? WHQ040 FMT\_MORELESS

More **1**

Less **2**

Stay about the same? **3**

Refused **77**

Don't Know **99**

WHQ.053. How much did you weigh **a year ago**? **[If SP is female, and younger than 60 years old, clarify]:** (If you were pregnant a year ago, how much did you weigh **before** your pregnancy?)

**[ENTER WEIGHT IN POUNDS OR KILOGRAMS]**

|\_|\_|\_|\_| . |\_|\_|\_|\_|  
Enter Number of pounds  
WHQ.053a

WHQ053\_A FMT\_NUMERIC**OR**

|\_|\_|\_|\_| . |\_|\_|\_|\_|  
Enter Number of Kilograms  
WHQ.053b

WHQ053\_B FMT\_NUMERIC**OR**

Refused **777**

Don't Know **999**

**[INTERVIEWER: Look up self-reported weight of SP on Anthropometry and Blood Pressure form (WHQ.025A in pounds or WHQ.025B in Kilograms).**

**If weight in WHQ.053 is 10 pounds more than weight in WHQ.025A or 4.55 Kilograms more than weight in WHQ.025B, continue to WHQ.061. Otherwise, SKIP TO WHQ.070.]**

WHQ.061. Was the decrease between your **current** weight and your weight **a year ago** **because you tried to lose weight**?

Yes **1** **(Skip to WHQ.088)** WHQ061 FMT\_YES\_NO

No **2**

Refused **77**

Don't Know **99**

**WEIGHT HISTORY (WHQ)**

WHQ.070. During the **past 12 months**, did you try to either lose or maintain weight?

Yes	1		WHQ070	FMT_YES_NO
No	2	(Skip to WHQ.110)		
Refused	77	(Skip to WHQ.110)		
Don't Know	99	(Skip to WHQ.110)		

WHQ.088. How did you try to lose or maintain weight? **[HAND CARD. ENTER ALL THAT APPLY.]**

Ate less food (amount)	1	
Switched to foods with lower calories	2	
Ate less fat	3	
Ate fewer carbohydrates	4	
Exercised	5	
Skipped meals	6	
Ate "diet" foods or products	7	
Used a liquid diet formula such as Slimfast or Optifast	8	
Joined a weight loss program such as Weight Watchers, Jenny Craig, TOPS, or Overeaters Anonymous	9	
Followed a special diet such as Dr. Atkins, other high protein or low carbohydrate diet, Zone, Grapefruit, Pritikin	10	
Took diet pills prescribed by a doctor	11	
Took other pills, medicines, herbs, or supplements not needing a prescription	12	
Started to smoke or began to smoke again	13	
Took laxatives or vomited	14	
Drank a lot of water	15	
Other (Specify:_____)	16	
Refused	77	
Don't Know	99	

1 <sup>ST</sup> RESPONSE	WHQ088_A	FMT_WHQ088_
2 <sup>ND</sup> RESPONSE	WHQ088_B	FMT_WHQ088_
3 <sup>RD</sup> RESPONSE	WHQ088_C	FMT_WHQ088_
4 <sup>TH</sup> RESPONSE	WHQ088_D	FMT_WHQ088_
5 <sup>TH</sup> RESPONSE	WHQ088_E	FMT_WHQ088_
6 <sup>TH</sup> RESPONSE	WHQ088_F	FMT_WHQ088_
7 <sup>TH</sup> RESPONSE	WHQ088_G	FMT_WHQ088_
8 <sup>TH</sup> RESPONSE	WHQ088_H	FMT_WHQ088_
9 <sup>TH</sup> RESPONSE	WHQ088_I	FMT_WHQ088_
10 <sup>TH</sup> RESPONSE	WHQ088_J	FMT_WHQ088_
11 <sup>TH</sup> RESPONSE	WHQ088_K	FMT_WHQ088_
12 <sup>TH</sup> RESPONSE	WHQ088_L	FMT_WHQ088_
13 <sup>TH</sup> RESPONSE	WHQ088_M	FMT_WHQ088_
14 <sup>TH</sup> RESPONSE	WHQ088_N	FMT_WHQ088_
15 <sup>TH</sup> RESPONSE	WHQ088_O	FMT_WHQ088_
16 <sup>TH</sup> RESPONSE	WHQ088_P	FMT_WHQ088_
OTHER RESPONSE	WHQ088_OTHER	FMT_CHAR

**WEIGHT HISTORY (WHQ)**

WHQ.090 In the **past 12 months**, did you seek help from a personal trainer, dietitian, nutritionist, doctor or other health professional to lose weight?

Yes **1** WHQ090 FMT\_YES\_NO  
 No **2** (Skip to WHQ.110)  
 Refused **77** (Skip to WHQ.110)  
 Don't Know **99** (Skip to WHQ.110)

WHQ.100. Was that a...? **[ENTER ALL THAT APPLY]**

Personal trainer **1**  
 Dietitian **2**  
 Nutritionist **3**  
 Doctor **4**  
 Other health professional **5**  
 Refused **77**  
 Don't Know **99**

1 <sup>st</sup> RESPONSE	WHQ100_A	FMT_WHQ100_
2 <sup>nd</sup> RESPONSE	WHQ100_B	FMT_WHQ100_
3 <sup>rd</sup> RESPONSE	WHQ100_C	FMT_WHQ100_
4 <sup>th</sup> RESPONSE	WHQ100_D	FMT_WHQ100_
5 <sup>th</sup> RESPONSE	WHQ100_E	FMT_WHQ100_

**[Do not ask WHQ.110 if SP answered "yes" to either WHQ.061 or WHQ.070---  
 Skip to WHQ.120]**

WHQ.110. Have you **ever** tried to lose weight? WHQ110 FMT\_YES\_NO

Yes **1**  
 No **2** (Skip to WHQ.121)  
 Refused **77** (Skip to WHQ.121)  
 Don't Know **99** (Skip to WHQ.121)

WHQ.120. How much weight did you lose in your most successful attempt **ever** to lose weight?

**[ENTER WEIGHT IN POUNDS OR KILOGRAMS]**

|\_|\_|\_|\_| WHQ120\_A FMT\_NUMERIC

Enter Number of pounds

WHQ.120a

**OR**

|\_|\_|\_|\_| WHQ120\_B FMT\_NUMERIC

Enter Number of Kilograms

WHQ.120b

**OR**

Refused **777**  
 Don't Know **999**

**[If SP is age 25 or younger, skip to WHQ.147.]**

**WEIGHT HISTORY (WHQ)**

WHQ.121. **[Only for SPs age 26 and older]:** How much did you weigh at **age 25**? If you don't know your exact weight, please make your best guess. (If you are or were pregnant, how much did you weigh before your pregnancy?)

**[ENTER WEIGHT IN POUNDS OR KILOGRAMS]**

|\_|\_|\_|

Enter Number of pounds

WHQ.121a

WHQ121\_B FMT\_NUMERIC

**OR**

|\_|\_|\_|

Enter Number of Kilograms

WHQ.121b

WHQ121\_B FMT\_NUMERIC

**OR**

Refused **777**

Don't Know **999**

**[If SP is age 49 or younger, skip to question WHQ.147.]**

WHQ.122. **[Only for SPs age 50 and older]:** How tall were you at age 25?

**[Enter Height in Feet and Inches OR meters and centimeters.]**

|\_|

Enter number of feet

WHQ.122a

WHQ122\_A FMT\_NUMERIC

**AND**

|\_|\_|

Enter number of inches

WHQ.122b

WHQ122\_B FMT\_NUMERIC

**OR**

|\_|

Enter number of meters

WHQ.122c

WHQ122\_C FMT\_NUMERIC

**AND**

|\_|\_|

Enter number of centimeters

WHQ.122d

WHQ122\_D FMT\_NUMERIC

**OR**

Refused **777**

Don't Know **999**

WHQ.147. What is the most you **ever** weighed? (Do not include any times when you were pregnant. If you don't know exactly, please make your best guess.)

**[ENTER WEIGHT IN POUNDS OR KILOGRAMS]**

|\_|\_|\_|

Enter Number of pounds

WHQ.147a

WHQ147\_A FMT\_NUMERIC

**OR**

|\_|\_|\_|

Enter Number of Kilograms

WHQ.147b

WHQ147\_B FMT\_NUMERIC

**OR**

Refused **777**

Don't Know **999**

**WEIGHT HISTORY (WHQ)**

WHQ.150. How old were you then? If you don't know the exact age, please make your best guess.

|\_|\_|\_|

Enter age in years

WHQ150 FMT\_NUMERIC

Refused 77

Don't Know 99

WHQ.160. What was your weight at birth?

**[Enter Number in Pounds and Ounces OR Kilograms and grams.]**

|\_|\_|\_|

Enter number of pounds

WHQ.160a

WHQ160\_A FMT\_NUMERIC

**AND**

|\_|\_|\_|

Enter number of ounces

WHQ.160b

WHQ160\_B FMT\_NUMERIC

**OR**

|\_|\_|

Enter number of Kilograms

WHQ.160c

WHQ160\_C FMT\_NUMERIC

**AND**

|\_|\_|\_|\_|

Enter number of grams

WHQ.160d

WHQ160\_D FMT\_NUMERIC

**[If SP responded with birth weight, this is the end of the questionnaire.]**

**OR**

Refused 777 (Continue to WHQ.160.10)

Don't Know 999 (Continue to WHQ.160.10)

WHQ 160.10. Were you...?

WHQ161 FMT\_WHQ161\_

A small baby 1

An average baby 2

A large baby 3

Refused 77

Don't Know 99