

**WEIGHT HISTORY (WHQ)**

WHQ010\_PRE In these next questions, we will ask your weight and how it may have changed over your lifetime.

**INTERVIEWER: HIT ENTER TO CONTINUE**

WHQ010

How tall are you without shoes?

**(IF THEY ANSWER IN METERS/CENTIMETERS, ENTER 'x')**

<0-7> FEET **WHQ010 FMT\_NUMERIC.**

<x> ANSWER GIVEN IN METERS/CENTIMETERS

<d> DON'T KNOW

<r> REFUSED

<0-11.99> INCHES

**OR**

<0-2> METERS

<0-99.9> CENTIMETERS

WHQ025 How much do you weigh without clothes or shoes?

**[FOR FEMALES UP TO AGE 59 ONLY]:**

If you are currently pregnant, how much did you weigh **before** your pregnancy?

**(IF THEY ANSWERS IN KILOGRAMS, ENTER 'x')**

<0-999.99> POUNDS **WHQ025 FMT\_NUMERIC.**

<x> ANSWER GIVEN IN KILOGRAMS

<d> DON'T KNOW

<r> REFUSED

**OR**

<0-500.00> KILOGRAMS

**WEIGHT HISTORY (WHQ)**

WHQ030

Do you consider yourself now to be overweight, underweight, or about the right weight?

- <1> OVERWEIGHT **WHQ030 FMT\_WHQ030\_.**
- <2> UNDERWEIGHT
- <3> ABOUT THE RIGHT WEIGHT
  
- <d> DON'T KNOW
- <r> REFUSED

WHQ040 Would you like to weigh more, less or stay about the same?

- <1> MORE **WHQ040 FMT\_MORELESS.**
- <2> LESS
- <3> STAY ABOUT THE SAME
  
- <d> DON'T KNOW
- <r> REFUSED

WHQ070 During the **past 12 months**, did you try to either lose or maintain weight?

- <1> YES **WHQ070 FMT\_YES\_NO.**
- <2> NO **(Skip to WHQ145)**
  
- <d> DON'T KNOW **(Skip to WHQ145)**
- <r> REFUSED **(Skip to WHQ145)**

WHQ088\_R2 How did you try to lose or maintain weight?

**(HAND CARD. CHECK ALL THAT APPLY, ENTER 'x' WHEN DONE)**

- FMT\_WHQ088\_R2**
- WHQ088\_OTHER FMT\_CHAR.**
  
- <1> ATE LESS FOOD (AMOUNT)
- <2> SWITCHED TO FOODS WITH LOWER CALORIES
- <3> ATE LESS FAT
- <4> ATE FEWER CARBOHYDRATES
- <5> EXERCISED
- <6> SKIPPED MEALS
- <7> ATE "DIET" FOODS OR PRODUCTS
- <8> USED A LIQUID DIET FORMULA SUCH AS SLIMFAST OR OPTIFAST

**WEIGHT HISTORY (WHQ)**

- <9> JOINED A WEIGHT LOSS PROGRAM SUCH AS WEIGHT WATCHERS, JENNY CRAIG, TOPS, OR OVEREATERS ANONYMOUS
- <10> FOLLOWED A SPECIAL DIET SUCH AS DR. ATIKINS, OTHER HIGH PROTEIN OR LOW CARBOHYDRATE DIET, ZONE, GRAPEFRUIT, PRITIKIN
- <11> TOOK DIET PILLS PRESCRIBED BY A DOCTOR
- <12> TOOK OTHER PILLS, MEDICINES, HERBS, OR SUPPLEMENTS NOT NEEDING A PRESCRIPTION
- <13> STARTED TO SMOKE OR BEGAN TO SMOKE AGAIN
- <14> TOOK LAXATIVES OR VOMITED
- <15> DRANK A LOT OF WATER
- <16-25> OTHER (SPECIFY)
- <26> SOUGHT HELP FROM PERSONAL TRAINER, DIETITIAN, NUTRITIONIST, DOCTOR OR OTHER HEALTH PROFESSIONAL
- <d> DON'T KNOW
- <r> REFUSED

WHQ145 How much do you agree with the following: My current body weight is a threat to my health?

**(HAND CARD)**

- <1> STRONGLY AGREE **WHQ145 FMT\_DISAGREE\_4CAT**
- <2> AGREE
- <3> NEUTRAL
- <4> DISAGREE
- <5> STRONGLY DISAGREE
- <d> DON'T KNOW
- <r> REFUSED

WHQ147 What is the most you **ever** weighed? **[IF RHQ131 = [1] YES]:** Do not include your weight during any pregnancy.

**(IF THEY ANSWER IN KILOGRAMS, ENTER 'x')**

- <0-999> POUNDS **WHQ147\_A FMT\_NUMERIC.**
- <x> ANSWER GIVEN IN KILOGRAMS
- <d> DON'T KNOW
- <r> REFUSED

**WEIGHT HISTORY (WHQ)****OR**<0-500>      KILOGRAMS      **WHQ147\_B    FMT\_NUMERIC.**

WHQ150      How old were you then? If you don't know the exact age, please make your best guess.

<0-130>      YEARS OLD      **WHQ150      FMT\_NUMERIC.**

&lt;d&gt;      DON'T KNOW

&lt;r&gt;      REFUSED

WHQ160      What was your weight at birth?

**(IF THEY ANSWER IN KILOGRAMS/GRAMS, ENTER 'x')**<0-999>      POUNDS      **(End of Qnr)**      **WHQ160\_A    FMT\_NUMERIC.**

&lt;x&gt;      ANSWER GIVEN IN KILOGRAMS/GRAMS

<d>      DON'T KNOW      **(Go to WHQ161)**<r>      REFUSED      **(Go to WHQ161)**<0-15> OUNCES      **WHQ160\_B    FMT\_NUMERIC.****OR**<0-500>      KILOGRAMS      **(End of Qnr)**      **WHQ160\_C    FMT\_NUMERIC.**<0-999>      GRAMS      **WHQ160\_D    FMT\_NUMERIC.**

WHQ161      Were you a small baby, an average baby, or a large baby?

<1>      A SMALL BABY      **WHQ161      FMT\_WHQ161\_.**

&lt;2&gt;      AN AVERAGE BABY

&lt;3&gt;      A LARGE BABY

&lt;d&gt;      DON'T KNOW

&lt;r&gt;      REFUSED