HCHS/SOL Question by Question Instructions
Weight History Form (WHE/WHS), Version A

General Instructions

The questionnaire obtains a weight history in adults at least 21 years of age at the time of their interview. Participants between the ages of 18 and 20 are not administered this form. Interviewer will ask participants age and confirm age on the participant's Exam Itinerary Checklist.

This form requires participants to estimate their weight as well as their height. You will have the opportunity to record this information in metric or non-metric units (e.g., kilograms or pounds). If you are not sure what unit they are providing an answer in, be sure to ask. You should also familiarize yourself with the following conversion factors in order to avoid recording the wrong unit of measure: 1) one pound= 0.45 kilograms; and 2) one foot= 30.48 centimeters. It is essential that you record the information given by the participant in the correct boxes provided. Boxes for recording information given in the metric system are always listed first on the form.

Question by Question Instructions

Q1   Question asks the participant if they are under 21 years of age. Interviewer should confirm participant's age by looking at the participant's Exam Itinerary Checklist.

       If age is under 21, check the box and do not administer the rest of this form. If no, continue to Q2.

       For participants 21 years of age and older, read the following script: "These set of questions asks about your height and weight at different ages since age 21. If you don't remember exactly, give your best guess." Emphasize the phrase "...since age 21" when delivering this phrase.

Q2   Question asks the participant to estimate how tall they were at age 21 (without wearing shoes). Remind the participant that you will record their answer either in centimeters or in feet and inches. Fill out the centimeters box or the feet and inches box, but not both. Use leading zeros when filling in the boxes (e.g., "06" feet "02" inches not "6" feet "2" inches). Round their answer to the nearest unit; if for example they respond they are six feet, 2 ½ inches record "06 and "03" in the feet and inches boxes provided; if they respond they are six feet, 2 1/4 inches record "06 and "02" in the feet and inches boxes provided.

Q3   Question asks the participant to estimate how much they weighed at age 21 (without wearing shoes). For women, this weight should not include weight at time of pregnancy around this age. If a woman reports being pregnant for most of the time around age 21, please stress this is an estimate of her non-pregnant weight <u>around</u> age 21.

       Remind the participant that you will record their answer in either in kilograms or in pounds. Round weight to the nearest unit. For example, if they report they weigh 93.4 kilograms then record "093" in the kilogram box provided on the form. Round up if they report a half unit. For example, if they report weight 195.5 pounds then record "196" in the pound box provided.

Q 4-5   Questions ask the respondent to estimate their weight at ages 45 and 65 respectively. Only administer the questions if the participant has reached these age milestones. For Q4, remind female participants not to estimate a weight around this age while pregnant (i.e., subtract 'excess' weight due to pregnancy when providing a weight estimate). For both questions apply the same rounding and recording rules described above.

Q6   Question asks the participant to indicate how much their weight has changed in the past 12 months. Check the box provided if they indicate that their weight has not changed during this period; these participants are skipped to the end of the questionnaire. For those with a weight change, record their estimates in either kilograms or pounds in the space provided. This number should be the net loss or gain.

Q7   Question asks if this change was a loss or a gain. This loss or gain should be for the final result of the weight change.

Q8   Question asks if this loss or gain occurred because the participant was trying to lose or gain weight.