

Frequency	Code	Response	Variable Name	Type/Length
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Section 9: General Health and Diet (partners)

The next questions are about your health.

1.		In general, how is your health?	H3GH1	num 1
	528	1	excellent	
	596	2	very good	
	305	3	good	
	67	4	fair	
	11	5	poor	
2.		How do you think of yourself in terms of weight?	H3GH2	num 2
	26	1	very underweight	
	155	2	slightly underweight	
	684	3	about the right weight	
	550	4	slightly overweight	
	90	5	very overweight	
	1	98	don't know	
	1	99	not applicable	
3.		What are you currently doing about your weight? Are you trying to lose weight, gain weight or bulk up, or stay the same weight—or are you not trying to do anything about your weight?	H3GH3	num 1
	457	1	trying to lose weight	
	203	2	trying to gain weight or bulk up <i>[skip to Q.5]</i>	
	217	3	trying to stay the same weight	
	629	4	not trying to do anything about weight <i>[skip to Q.5]</i>	
	1	8	don't know	
4.		Which of the following things did you do during the past seven days in order to lose weight or stay the same weight? Indicate all that apply.		

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Frequency	Code	Response	Variable Name	Type/Length
		dieted—that is, ate pre-packaged weight-loss meals, fewer calories, or less fat	H3GH4A	num 1
408	0	not marked		
262	1	marked		
833	7	legitimate skip		
4	9	not applicable		
		exercised	H3GH4B	num 1
193	0	not marked		
481	1	marked		
833	7	legitimate skip		
		fasted or skipped meals	H3GH4C	num 1
529	0	not marked		
144	1	marked		
1	6	refused		
833	7	legitimate skip		
		made yourself throw up	H3GH4D	num 1
668	0	not marked		
6	1	marked		
833	7	legitimate skip		
		took weight-loss pills	H3GH4E	num 1
622	0	not marked		
52	1	marked		
833	7	legitimate skip		
		took laxatives	H3GH4F	num 1
674	0	not marked		
833	7	legitimate skip		
		used diuretics—that is, water pills	H3GH4G	num 1

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Frequency	Code	Response	Variable Name	Type/Length
669	0	not marked		
4	1	marked		
833	7	legitimate skip		
1	9	not applicable		
took food supplements (powders, herbal supplements, mineral pills, or vitamins that are supposed to take the place of meals or to reduce appetite)			H3GH4H	num 1
619	0	not marked		
55	1	marked		
833	7	legitimate skip		
took part in an organized weight-loss or weight-control program			H3GH4I	num 1
651	0	not marked		
22	1	marked		
833	7	legitimate skip		
1	9	not applicable		
5.	In the past seven days, how many times did you go to an exercise or fitness center to exercise or work out?		H3GH5	num 2
1122	0	0 times		
385		range 1 to 21 times		
6.	In the past seven days, have you eaten so much in a short period that you would have been embarrassed if others had see you do it?		H3GH6	num 1
1408	0	no		
99	1	yes		
7.	In the past seven days, have you been afraid to start eating because you thought you wouldn't be able to stop or control your eating?		H3GH7	num 1
1476	0	no		
30	1	yes		

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1	9	not applicable		
8.		Have you ever been told by a doctor that you have an eating disorder, such as anorexia nervosa or bulimia?	H3GH8	num 1
1459	0	no		
46	1	yes		
1	8	don't know		
1	9	not applicable		
<i>[If Q.3 = 2, ask Q.9.]</i>				
9.		In the past seven days, which of the following things did you do in order to gain weight or bulk up? Indicate all that apply.		
		ate different foods than usual	H3GH9A	num 1
142	0	not marked		
59	1	marked		
1304	7	legitimate skip		
2	9	not applicable		
		exercised	H3GH9B	num 1
115	0	not marked		
87	1	marked		
1304	7	legitimate skip		
1	9	not applicable		
		lifted weights	H3GH9C	num 1
118	0	not marked		
84	1	marked		
1304	7	legitimate skip		
1	9	not applicable		
		took food supplements	H3GH9D	num 1
169	0	not marked		
33	1	marked		

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1304	7	legitimate skip		
1	9	not applicable		
ate more			H3GH9E	num 1
92	0	not marked		
110	1	marked		
1304	7	legitimate skip		
1	9	not applicable		
10. In the past month, how often did a health problem cause you to miss a day of school or work?			H3GH10	num 1
1172	0	never		
258	1	a few times		
27	2	about once a week		
6	3	almost every day		
4	4	every day		
1	8	don't know		
39	9	not applicable		
11. People usually divide their week into days they work, go to school, or have other regularly scheduled activities, and days when they do not have such obligations.				
On days when you go to work, school, or similar activities, what time do you usually wake up?				
hour			H3GH11H	num 2
14	1	1:00		
15	2	2:00		
14	3	3:00		
72	4	4:00		
230	5	5:00		
408	6	6:00		
327	7	7:00		

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Frequency	Code	Response	Variable Name	Type/Length
175	8	8:00		
106	9	9:00		
75	10	10:00		
37	11	11:00		
21	12	12:00		
2	96	refused		
1	98	don't know		
10	99	not applicable		
minute			H3GH11M	num 2
917	0	0 minutes		
20		1 to 14 minutes		
36	15	15 minutes		
22		16 to 29 minutes		
416	30	30 minutes		
12		31 to 44 minutes		
56	45	45 minutes		
13		46 to 59 minutes		
2	96	refused		
1	98	don't know		
9	99	not applicable		
3	●	missing		
[Indicate AM or PM.]			H3GH11T	num 1
1436	1	AM		
68	2	PM		
3	●	missing		
12. What time do you usually go to sleep the night (or day) before?				
hour			H3GH12H	num 2

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Frequency	Code	Response	Variable Name	Type/Length
126	1	1:00		
104	2	2:00		
42	3	3:00		
11	4	4:00		
6	5	5:00		
9	6	6:00		
10	7	7:00		
32	8	8:00		
113	9	9:00		
341	10	10:00		
399	11	11:00		
300	12	12:00		
2	96	refused		
1	98	don't know		
10	99	not applicable		
1	●	missing		
minute			H3GH12M	num 2
1493	0	0 to 59 minutes		
2	96	refused		
1	98	don't know		
10	99	not applicable		
1	●	missing		
[Indicate AM or PM.]			H3GH12T	num 1
632	1	AM		
875	2	PM		
13. On days you don't have to get up at a certain time, what time do you usually get up?				
hour			H3GH13H	num 2

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Frequency	Code	Response	Variable Name	Type/Length
44	1	1:00		
21	2	2:00		
9	3	3:00		
3	4	4:00		
20	5	5:00		
73	6	6:00		
184	7	7:00		
272	8	8:00		
279	9	9:00		
300	10	10:00		
151	11	11:00		
145	12	12:00		
2	96	refused		
1	98	don't know		
3	99	not applicable		
minute			H3GH13M	num 2
1211	0	0 minutes		
14		1 to 14 minutes		
3	15	15 minutes		
1		16 to 29 minutes		
267	30	30 minutes		
1		31 to 45 minutes		
5	45	45 minutes		
2		46 to 59 minutes		
2	96	refused		
1	98	don't know		
3	99	not applicable		

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		<i>[Indicate AM or PM.]</i>	H3GH13T	num 1
1309	1	AM		
198	2	PM		
14. On those days, what time do you usually go to sleep the night or day before?				
		hour	H3GH14H	num 2
264	1	1:00		
264	2	2:00		
130	3	3:00		
46	4	4:00		
14	5	5:00		
10	6	6:00		
4	7	7:00		
13	8	8:00		
25	9	9:00		
129	10	10:00		
257	11	11:00		
343	12	12:00		
3	96	refused		
2	98	don't know		
3	99	not applicable		
		minute	H3GH14M	num 2
1240	0	0 minutes		
21		1 to 14 minutes		
1	15	15 minutes		
235	30	30 minutes		
1		31 to 44 minutes		
1		46 to 59 minutes		

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3	96	refused		
2	98	don't know		
3	99	not applicable		
<i>[Indicate AM or PM.]</i>			H3GH14T	num 1
1054	1	AM		
453	2	PM		
15. In the past seven days, how often did you fall asleep when you should have been awake (for example, during class or at work)?			H3GH15	num 1
1199	0	never		
265	1	a few times		
23	2	almost every day		
10	3	every day		
1	8	don't know		
9	9	not applicable		
16. In the past seven days, how often did you take a nap?			H3GH16	num 1
754	0	never		
594	1	a few times		
103	2	almost every day		
51	3	every day		
1	6	refused		
1	8	don't know		
3	9	not applicable		
17. Do you consider yourself a vegetarian?			H3GH17	num 1
1452	0	no		
53	1	yes		
1	6	refused		
1	8	don't know		

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Frequency	Code	Response	Variable Name	Type/Length
		18. On how many of the past seven days did you eat food from a fastfood place, McDonalds, Kentucky Fried Chicken, Pizza Hut, Taco Bell, or a local fastfood restaurant?	H3GH18	num 2
234	0	no days		
300	1	one day		
307	2	two days		
225	3	three days		
146	4	four days		
106	5	five days		
42	6	six days		
146	7	seven days		
1	96	refused		
		19. On how many of the past seven days did you eat breakfast—that is, a meal within an hour of getting up?	H3GH19	num 2
492	0	no days		
133	1	one day		
158	2	two days		
134	3	three days		
106	4	four days		
95	5	five days		
47	6	six days		
341	7	seven days		
1	96	refused		
		20. In the last month, have you taken any vitamins or minerals?	H3GH20	num 1
881	0	no		
625	1	yes		
1	6	refused		