

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

The next questions are about your health.

1.	In general, how is your health?		H3GH1	num 2
	4991	1 excellent		
	6148	2 very good		
	3356	3 good		
	645	4 fair		
	55	5 poor		
	1	96 refused		
	1	98 don't know		
2.	How do you think of yourself in terms of weight?		H3GH2	num 2
	183	1 very underweight		
	1690	2 slightly underweight		
	7211	3 about the right weight		
	5100	4 slightly overweight		
	989	5 very overweight		
	3	96 refused		
	15	98 don't know		
	6	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
	5102	1 trying to lose weight		
	2368	2 trying to gain weight or bulk up <i>[skip to Q.5]</i>		
	2295	3 trying to stay the same weight		
	5404	4 not trying to do anything about weight <i>[skip to Q.5]</i>		

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Frequency	Code	Response	Variable Name	Type/Length
1	6	refused		
13	8	don't know		
14	9	not applicable		
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.				
dieted—that is, ate pre-packaged weight-loss meals, fewer calories, or less fat			H3GH4A	num 1
4370	0	not marked		
2948	1	marked		
8	6	refused		
7800	7	legitimate skip		
13	8	don't know		
58	9	not applicable		
exercised			H3GH4B	num 1
1669	0	not marked		
5700	1	marked		
3	6	refused		
7800	7	legitimate skip		
3	8	don't know		
22	9	not applicable		
fasted or skipped meals			H3GH4C	num 1
5994	0	not marked		
1380	1	marked		
3	6	refused		
7800	7	legitimate skip		
1	8	don't know		
19	9	not applicable		
made yourself throw up			H3GH4D	num 1

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Frequency	Code	Response	Variable Name	Type/Length
7345	0	not marked		
27	1	marked		
3	6	refused		
7800	7	legitimate skip		
3	8	don't know		
19	9	not applicable		
took weight-loss pills			H3GH4E	num 1
6829	0	not marked		
545	1	marked		
3	6	refused		
7800	7	legitimate skip		
1	8	don't know		
19	9	not applicable		
took laxatives			H3GH4F	num 1
7330	0	not marked		
45	1	marked		
3	6	refused		
7800	7	legitimate skip		
1	8	don't know		
18	9	not applicable		
used diuretics—that is, water pills			H3GH4G	num 1
7319	0	not marked		
55	1	marked		
3	6	refused		
7800	7	legitimate skip		
2	8	don't know		
18	9	not applicable		

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Frequency	Code	Response	Variable Name	Type/Length
		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
6561	0	not marked		
811	1	marked		
4	6	refused		
7800	7	legitimate skip		
1	8	don't know		
20	9	not applicable		
		took part in an organized weight-loss or weight-control program	H3GH4I	num 1
7124	0	not marked		
235	1	marked		
6	6	refused		
7800	7	legitimate skip		
5	8	don't know		
27	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
9993	0	0 times		
5195		range 1 to 21 times		
1	96	refused		
6	98	don't know		
2	99	not applicable		
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
14223	0	no		
957	1	yes		

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Frequency	Code	Response	Variable Name	Type/Length
4	6	refused		
13	8	don't know		
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
14816	0	no		
360	1	yes		
3	6	refused		
16	8	don't know		
2	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
14861	0	no		
318	1	yes		
3	6	refused		
12	8	don't know		
3	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
1676	0	not marked		
675	1	marked		
4	6	refused		
12829	7	legitimate skip		
4	8	don't know		
9	9	not applicable		
	exercised		H3GH9B	num 1

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Frequency	Code	Response	Variable Name	Type/Length
1139	0	not marked		
1226	1	marked		
1	6	refused		
12829	7	legitimate skip		
2	9	not applicable		
lifted weights			H3GH9C	num 1
1139	0	not marked		
1226	1	marked		
1	6	refused		
12829	7	legitimate skip		
2	9	not applicable		
took food supplements			H3GH9D	num 1
1856	0	not marked		
509	1	marked		
1	6	refused		
12829	7	legitimate skip		
2	9	not applicable		
ate more			H3GH9E*	num 1
1129	0	not marked		
1236	1	marked		
1	6	refused		
12829	7	legitimate skip		
1	8	don't know		
2	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
11743	0	never		

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Frequency	Code	Response	Variable Name	Type/ Length
2948	1	a few times		
161	2	about once a week		
43	3	almost every day		
47	4	every day		
3	6	refused		
3	8	don't know		
249	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
122	1	1:00		
124	2	2:00		
156	3	3:00		
579	4	4:00		
1835	5	5:00		
4005	6	6:00		
3471	7	7:00		
2153	8	8:00		
1269	9	9:00		
747	10	10:00		
350	11	11:00		
264	12	12:00		
23	96	refused		
25	98	don't know		
73	99	not applicable		

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Frequency	Code	Response	Variable Name	Type/Length
1	●	missing		
minute			H3GH11M	num 2
9585	0	0 minutes		
100		1 to 14 minutes		
346	15	15 minutes		
103		16 to 29 minutes		
4237	30	30 minutes		
63		31 to 44 minutes		
554	45	45 minutes		
78		50 to 59 minutes		
24	96	refused		
24	98	don't know		
73	99	not applicable		
10	●	missing		
<i>[Indicate AM or PM.]</i>			H3GH11T	num 1
14452	1	AM		
732	2	PM		
13	●	missing		
12. What time do you usually go to sleep the night (or day) before?				
hour			H3GH12H	num 2
1715	1	1:00		
1134	2	2:00		
477	3	3:00		
195	4	4:00		
100	5	5:00		
89	6	6:00		
100	7	7:00		

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Frequency	Code	Response	Variable Name	Type/Length
248	8	8:00		
905	9	9:00		
3042	10	10:00		
3720	11	11:00		
3349	12	12:00		
24	96	refused		
23	98	don't know		
72	99	not applicable		
4	●	missing		
minute			H3GH12M	num 2
11379	0	0 minutes		
120		1 to 14 minutes		
34	15	15 minutes		
6		16 to 29 minutes		
3462	30	30 minutes		
9		31 to 44 minutes		
58	45	45 minutes		
7		46 to 59 minutes		
24	96	refused		
23	98	don't know		
72	99	not applicable		
3	●	missing		
[Indicate AM or PM.]			H3GH12T	num 1
7331	1	AM		
7866	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
516	1	1:00		
311	2	2:00		
125	3	3:00		
54	4	4:00		
133	5	5:00		
510	6	6:00		
1422	7	7:00		
2371	8	8:00		
3035	9	9:00		
3128	10	10:00		
1882	11	11:00		
1652	12	12:00		
23	96	refused		
25	98	don't know		
10	99	not applicable		
minute			H3GH13M	num 2
12127	0	0 minutes		
89		1 to 14 minutes		
40	15	15 minutes		
9		16 to 29 minutes		
2787	30	30 minutes		
8		31 to 44 minutes		
65	45	45 minutes		
6		46 to 59 minutes		
23	96	refused		
24	98	don't know		
10	99	not applicable		

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Frequency	Code	Response	Variable Name	Type/ Length
9	●	missing		
<i>[Indicate AM or PM.]</i>			H3GH13T	num 1
12684	1	AM		
2503	2	PM		
10	●	missing		
14. On those days, what time do you usually go to sleep the night or day before?				
hour			H3GH14H	num 2
2601	1	1:00		
2806	2	2:00		
1697	3	3:00		
693	4	4:00		
274	5	5:00		
133	6	6:00		
54	7	7:00		
79	8	8:00		
262	9	9:00		
1048	10	10:00		
2137	11	11:00		
3348	12	12:00		
23	96	refused		
30	98	don't know		
10	99	not applicable		
2	●	missing		
minute			H3GH14M	num 2
12715	0	0 minutes		
118		1 to 14 minutes		
15	15	15 minutes		

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Frequency	Code	Response	Variable Name	Type/Length
7		16 to 29 minutes		
2233	30	30 minutes		
9		31 to 44 minutes		
24	45	45 minutes		
10		46 to 59 minutes		
23	96	refused		
30	98	don't know		
10	99	not applicable		
3	●	missing		
<i>[Indicate AM or PM.]</i>			H3GH14T	num 1
11311	1	AM		
3886	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
12182	0	never		
2661	1	a few times		
222	2	almost every day		
70	3	every day		
2	6	refused		
5	8	don't know		
55	9	not applicable		
16. In the past seven days, how often did you take a nap?			H3GH16	num 1
6982	0	never		
6632	1	a few times		
1079	2	almost every day		
494	3	every day		
1	6	refused		

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Frequency	Code	Response	Variable Name	Type/Length
3	8	don't know		
6	9	not applicable		
17.	Do you consider yourself a vegetarian?		H3GH17	num 1
14742	0	no		
442	1	yes		
2	6	refused		
10	8	don't know		
1	9	not applicable		
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
2765	0	no days		
3148	1	one day		
3109	2	two days		
2215	3	three days		
1269	4	four days		
1006	5	five days		
328	6	six days		
1350	7	seven days		
1	96	refused		
4	98	don't know		
2	99	not applicable		
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
4432	0	no days		
1419	1	one day		
1727	2	two days		
1364	3	three days		

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Frequency	Code	Response	Variable Name	Type/ Length
1068	4	four days		
1119	5	five days		
494	6	six days		
3571	7	seven days		
1	96	refused		
2	98	don't know		
20. In the last month, have you taken any vitamins or minerals?			H3GH20	num 1
8800	0	no		
6393	1	yes		
2	6	refused		
2	8	don't know		