

**Wave IV Section 4: General Health and Diet**

Number of observations: 15,701

**The next questions are about your health and your diet.**

<b>H4GH1</b>		Num	1. In general, how is your health?
Frequency	Percent	Value	Label
3011	19.2%	1	excellent
5950	37.9%	2	very good
5219	33.2%	3	good
1353	8.6%	4	fair
168	1.1%	5	poor

***If PRISON4 = 1, skip to Q.3, else ask Q.2.***

<b>H4GH2</b>		Num	2. In the past 30 days, how often did a health problem cause you to miss a day of school or work?
Frequency	Percent	Value	Label
12846	81.8%	0	never
2411	15.4%	1	a few times
162	1.0%	2	about once a week
54	0.3%	3	almost every day
147	0.9%	4	every day
2	0.0%	6	refused
73	0.5%	7	legitimate skip
6	0.0%	8	don't know

***If BIO\_SEX4 = 2, ask Q.3, else skip to Q.5.***

<b>H4GH3M</b>		Num	3M. What is the date your last menstrual period began? [Month]
Frequency	Percent	Value	Label

875	5.6%	1	January
1271	8.1%	2	February
1235	7.9%	3	March
1060	6.8%	4	April
848	5.4%	5	May
639	4.1%	6	June
510	3.2%	7	July
464	3.0%	8	August
409	2.6%	9	September
314	2.0%	10	October
306	1.9%	11	November
273	1.7%	12	December
8	0.1%	96	refused
7349	46.8%	97	legitimate skip
121	0.8%	98	don't know
19	0.1%	.	missing

<b>H4GH3D</b>		Num	3D. What is the date when your last menstrual period began? [Day] NOTE: Smallest 5 and largest 5 values are displayed.
Frequency	Percent	Value	Label
484	3.1%	1	1
263	1.7%	2	2
269	1.7%	3	3
230	1.5%	4	4
319	2.0%	5	5
6223	39.6%	6-30	NOTE: Range of values omitted from display
84	0.5%	31	31
2	0.0%	96	refused

7349	46.8%	97	legitimate skip
451	2.9%	98	don't know
27	0.2%	.	missing

<b>H4GH3Y</b>		Num	3Y. What is the date when your last menstrual period began? [Year]
Frequency	Percent	Value	Label
1	0.0%	1989	1989
1	0.0%	1994	1994
1	0.0%	1995	1995
4	0.0%	1998	1998
8	0.1%	1999	1999
9	0.1%	2000	2000
13	0.1%	2001	2001
12	0.1%	2002	2002
11	0.1%	2003	2003
24	0.2%	2004	2004
38	0.2%	2005	2005
104	0.7%	2006	2006
877	5.6%	2007	2007
7130	45.4%	2008	2008
19	0.1%	2009	2009
1	0.0%	9996	refused
7349	46.8%	9997	legitimate skip
72	0.5%	9998	don't know
27	0.2%	.	missing

***If Q.3 = 98, ask Q.4, else skip to Q.5.***

<b>H4GH4A</b>		Num	4A. What is your best guess about how long ago your last menstrual
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			period began? [Number of days, weeks, or months]* NOTE: Smallest 5 and largest 5 values are displayed.
Frequency	Percent	Value	Label
19	0.1%	1	1
42	0.3%	2	2
56	0.4%	3	3
24	0.2%	4	4
12	0.1%	5	5
225	1.4%	6-360	NOTE: Range of values omitted from display
1	0.0%	365	365
1	0.0%	996	refused
15248	97.1%	997	legitimate skip
71	0.5%	998	don't know
2	0.0%	.	missing

<b>H4GH4B</b>		Num	4B. What is your best guess about how long ago your last menstrual period began? [Days, weeks, or months]*
Frequency	Percent	Value	Label
73	0.5%	1	days
103	0.7%	2	weeks
223	1.4%	3	months
4	0.0%	6	refused
15248	97.1%	7	legitimate skip
47	0.3%	8	don't know
3	0.0%	.	missing

<b>H4GH5F</b>		Num	5F. How tall are you in feet? *
Frequency	Percent	Value	Label
230	1.5%	4	4 feet

12641	80.5%	5	5 feet
2802	17.8%	6	6 feet
2	0.0%	7	7 feet
1	0.0%	96	refused
25	0.2%	98	don't know

<b>H4GH5I</b>		Num	5I. How tall are you in inches?
Frequency	Percent	Value	Label
1338	8.5%	0	0 inches
1211	7.7%	1	1 inch
1458	9.3%	2	2 inches
1340	8.5%	3	3 inches
1537	9.8%	4	4 inches
1265	8.1%	5	5 inches
1443	9.2%	6	6 inches
1347	8.6%	7	7 inches
1151	7.3%	8	8 inches
1191	7.6%	9	9 inches
1192	7.6%	10	10 inches
1194	7.6%	11	11 inches
1	0.0%	96	refused
33	0.2%	98	don't know

<b>H4GH6</b>		Num	6. What is your current weight in pounds?*
Frequency	Percent	Value	Label
1	0.0%	0	0 pounds
2	0.0%	11	11 pounds

NOTE: Smallest 5 and largest 5 values are displayed.

1	0.0%	15	15 pounds
1	0.0%	18	18 pounds
1	0.0%	20	20 pounds
15488	98.6%	22-500	NOTE: Range of values omitted from display
1	0.0%	511	511 pounds
1	0.0%	525	525 pounds
1	0.0%	617	617 pounds
12	0.1%	996	refused
192	1.2%	998	don't know

<b>H4GH7</b>		Num	7. How do you think of yourself in terms of weight?
Frequency	Percent	Value	Label
118	0.8%	1	very underweight
1135	7.2%	2	slightly underweight
5514	35.1%	3	about the right weight
6737	42.9%	4	slightly overweight
2190	13.9%	5	very overweight
3	0.0%	6	refused
4	0.0%	8	don't know

<b>H4GH8</b>		Num	8. How many times in the past seven days did you eat food from a fast food restaurant, such as McDonald's, Burger King, Wendy's, Arby's, Pizza Hut, Taco Bell, or Kentucky Fried Chicken or a local fast food restaurant? (Enter 99 for 99 or more times.) NOTE: Smallest 5 and largest 5 values are displayed.
Frequency	Percent	Value	Label
3579	22.8%	0	0 times
3746	23.9%	1	1 time
2962	18.9%	2	2 times
1831	11.7%	3	3 times

1075	6.8%	4	4 times
2419	15.4%	5-40	NOTE: Range of values omitted from display
1	0.0%	55	55 times
8	0.1%	99	99 or more times
2	0.0%	996	refused
8	0.1%	998	don't know
70	0.4%	.	missing

**The next questions ask about what you generally eat and drink at home and away from home.**

<b>H4GH9</b>		Num	9. In the past 7 days, how many regular (non-diet) sweetened drinks did you have? Include regular soda, juice drinks, sweetened tea or coffee, energy drinks, flavored water, or other sweetened drinks. (Enter 99 for 99 or more.) NOTE: Smallest 5 and largest 5 values are displayed.
Frequency	Percent	Value	Label
1990	12.7%	0	0 drinks
688	4.4%	1	1 drink
1050	6.7%	2	2 drinks
927	5.9%	3	3 drinks
702	4.5%	4	4 drinks
10220	65.1%	5-84	NOTE: Range of values omitted from display
5	0.0%	90	90 drinks
1	0.0%	91	91 drinks
82	0.5%	99	99 or more drinks
1	0.0%	996	refused
35	0.2%	998	don't know

<b>H4GH10</b>		Num	10. In the past 7 days, how many diet or low-calorie drinks did you have? Include diet sodas, unsweetened tea or coffee, or other drinks sweetened with artificial sweeteners. (Enter 99 for 99 or more.) NOTE: Smallest 5 and largest 5 values are displayed.
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Frequency	Percent	Value	Label
9190	58.5%	0	0 drinks
564	3.6%	1	1 drink
678	4.3%	2	2 drinks
532	3.4%	3	3 drinks
399	2.5%	4	4 drinks
4303	27.4%	5-84	NOTE: Range of values omitted from display
1	0.0%	90	90 drinks
1	0.0%	95	95 drinks
18	0.1%	99	99 or more drinks
2	0.0%	996	refused
13	0.1%	998	don't know

<b>H4GH11H</b>		Num	11H. At what time did you last eat or drink anything other than water, including sugar-containing candy or gum? [Hour]
Frequency	Percent	Value	Label
1439	9.2%	1	1
1159	7.4%	2	2
1041	6.6%	3	3
963	6.1%	4	4
1078	6.9%	5	5
1036	6.6%	6	6
905	5.8%	7	7
1247	7.9%	8	8
1656	10.5%	9	9
1686	10.7%	10	10
1383	8.8%	11	11
2039	13.0%	12	12

6	0.0%	96	refused
63	0.4%	98	don't know

<b>H4GH11M</b>		Num	11M. At what time did you last eat or drink anything other than water, including sugar-containing candy or gum? [Minute] NOTE: Smallest 5 and largest 5 values are displayed.
Frequency	Percent	Value	Label
8783	55.9%	0	0
30	0.2%	1	1
15	0.1%	2	2
63	0.4%	3	3
10	0.1%	4	4
6718	42.8%	5-56	NOTE: Range of values omitted from display
2	0.0%	57	57
6	0.0%	58	58
4	0.0%	59	59
6	0.0%	96	refused
64	0.4%	98	don't know

**(On the AM/PM screen display: 12 MIDNIGHT IS AM. 12 NOON IS PM.)**

<b>H4GH11T</b>		Num	11T. At what time did you last eat or drink anything other than water, including sugar-containing candy or gum? [am/pm]
Frequency	Percent	Value	Label
5702	36.3%	1	am
9940	63.3%	2	pm
4	0.0%	6	refused
55	0.4%	8	don't know

<b>H4GH12</b>		Num	12. Did you drink a caffeinated beverage (e.g., coffee, tea or soda) in the past 24 hours?
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Frequency	Percent	Value	Label
4815	30.7%	0	no
10881	69.3%	1	yes
5	0.0%	8	don't know

***If Q.12 = 1, ask Q.13, else skip to Section 5.***

<b>H4GH13H</b>		Num	13H. At what time did you last drink a caffeinated beverage? [Hour]
Frequency	Percent	Value	Label
904	5.8%	1	1
761	4.8%	2	2
647	4.1%	3	3
604	3.8%	4	4
589	3.8%	5	5
738	4.7%	6	6
747	4.8%	7	7
1026	6.5%	8	8
1268	8.1%	9	9
1367	8.7%	10	10
910	5.8%	11	11
1306	8.3%	12	12
2	0.0%	96	refused
4815	30.7%	97	legitimate skip
12	0.1%	98	don't know
5	0.0%	.	missing

<b>H4GH13M</b>		Num	13M. At what time did you last drink a caffeinated beverage? [Minute] NOTE: Smallest 5 and largest 5 values are displayed.
Frequency	Percent	Value	Label

6703	42.7%	0	0
27	0.2%	1	1
12	0.1%	2	2
46	0.3%	3	3
5	0.0%	4	4
4068	25.9%	5-58	NOTE: Range of values omitted from display
3	0.0%	59	59
2	0.0%	96	refused
4815	30.7%	97	legitimate skip
15	0.1%	98	don't know
5	0.0%	.	missing

**(On the AM/PM screen display: 12 MIDNIGHT IS AM. 12 NOON IS PM.)**

<b>H4GH13T</b>		Num	13T. At what time did you last drink a caffeinated beverage? [am/pm]
Frequency	Percent	Value	Label
4549	29.0%	1	am
6320	40.3%	2	pm
2	0.0%	6	refused
4815	30.7%	7	legitimate skip
10	0.1%	8	don't know
5	0.0%	.	missing

**\*H4GH4A, H4GH4B**

There are two cases where H4GH3M = 98 and H4GH3D = 98 are missing data for H4GH4A and H4GH4B. An additional case where H4GH3M = 98, H4GH3D = 98, and H4GH3Y = 9998 has data for H4GH4A (98) but is missing data for H4GH4B.

**\*H4GH5F**

Includes soft check if feet < 3 or > 7: "Please confirm the height entered in feet."

**\*H4GH6**

Several main study cases self-reported their weight as less than 70 lbs. A subsequent version of the survey added a soft check to this question in order to catch these cases. There are 12 cases where self-reported weight is less than 70 and may be incorrect.

Several main study cases self-reported their weight as over 400 lbs, ranging from 401 to 617 lbs. A soft check for cases with weight > 400 lbs: "Please confirm the weight entered" was used for this variable.