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8. THE MEC EXAMINATION APPOINTMENT

After you have completed the medical history interviews, your next important NHANES task will be to set up examination appointments for all selected SPs in the household. It is this combination of interview information and physical examination data that makes the NHANES program unique in health research.

This chapter of the manual provides you with an overview of the mobile examination center (MEC) components, gives key definitions associated with the examination, and outlines each step in establishing a date and time for the MEC appointment.

8.1 Overview of MEC Operations

8.1.1 The MEC Unit

The examination component of NHANES will be conducted in a specially equipped and designed MEC consisting of four trailers (Exhibit 8-1). Each trailer is approximately 50 feet long and 8 feet wide. The trailers are drawn by detachable truck tractors when moving from one geographic location (stand) to another. At an examination site, such as a hospital parking lot, the four trailers are set up side by side and connected by enclosed passageways. At any time during the main survey, there are two MECs set up at two different stands and one traveling to the next stand.

The MEC houses all of the state-of-the-art equipment necessary for the physical exams and tests conducted. The trailers are divided into rooms to assure the privacy of each study participant during the examinations and interviews.

Exhibit 8-1. Mobile Examination Center (MEC) exterior view

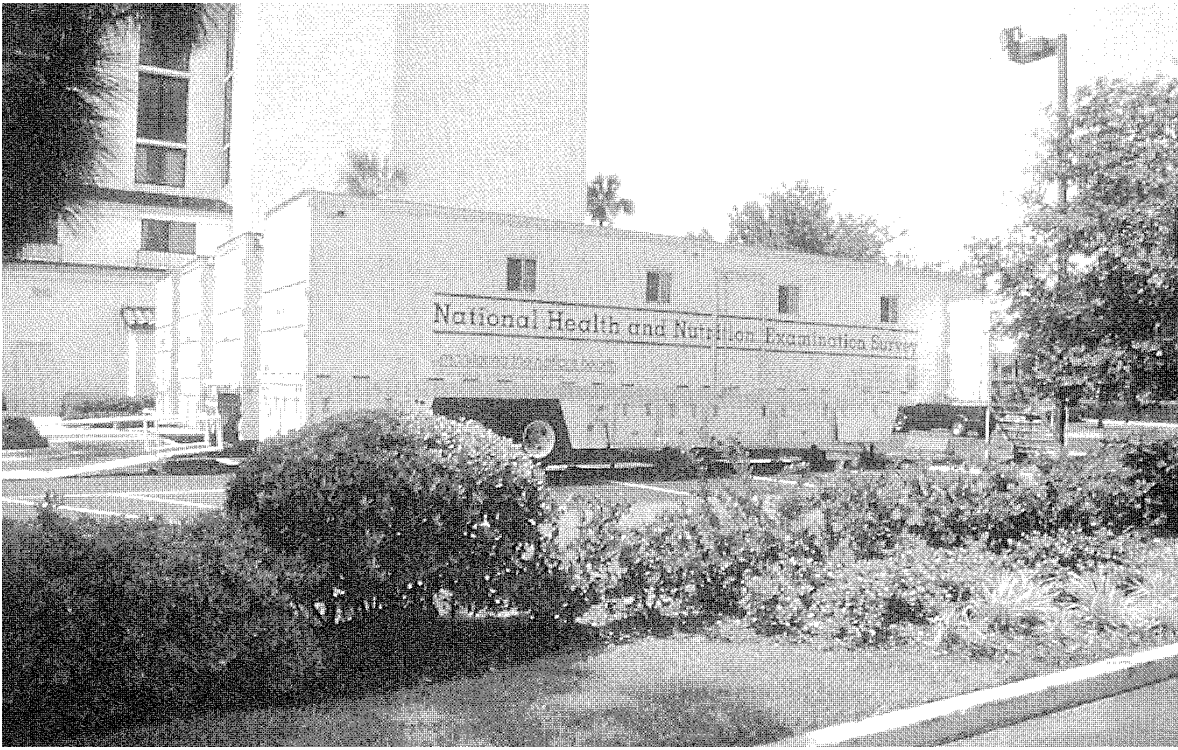
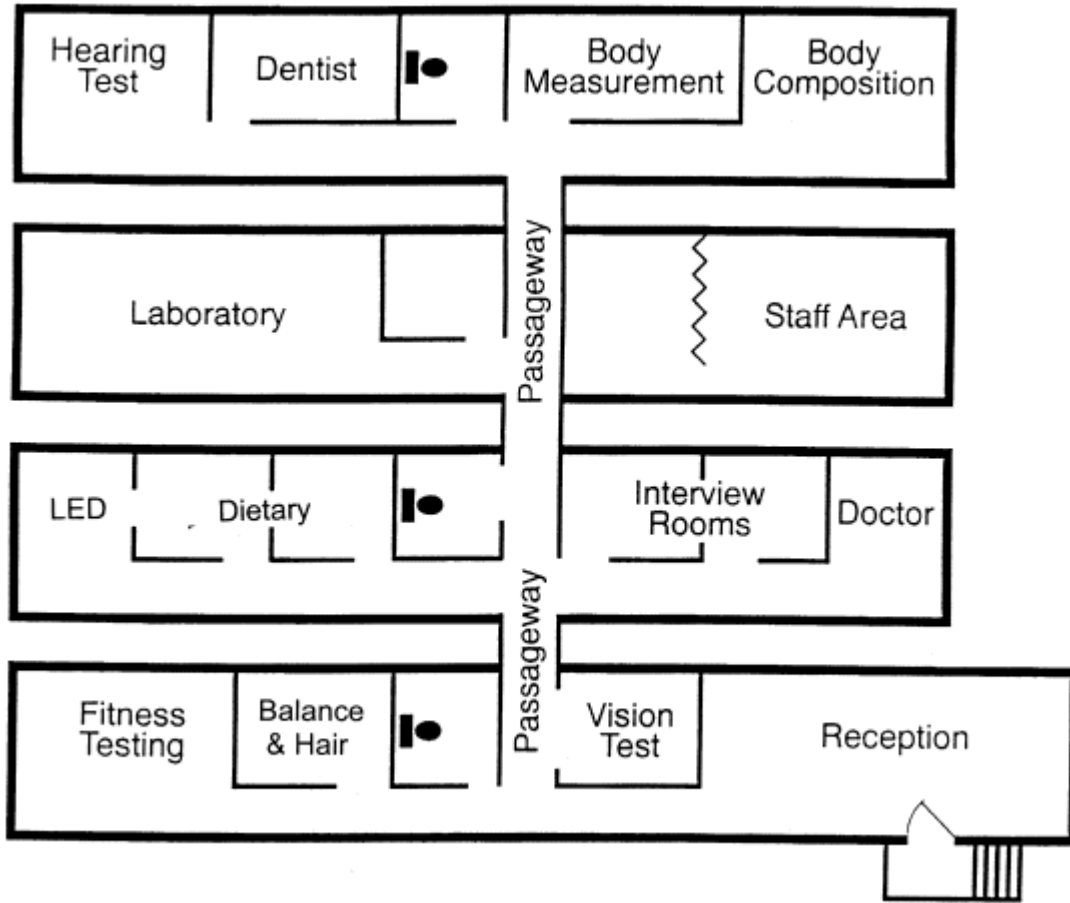


Exhibit 8-1 (continued). Mobile Examination Center (MEC) interior view



8.1.2 MEC Staff

There are 2 examination teams. Each team is composed of 19 highly qualified, trained, health professionals. The team members include the following personnel:

- 1 MEC manager;
- 1 MEC coordinator;
- 1 licensed physician;
- 1 licensed dentist,
- 3 medical technologists;
- 2 MEC interviewers;
- 4 health technicians;
- 2 dietary interviewers;
- 1 phlebotomist; and
- 2 TB readers.

In addition, local assistants will be trained at each stand to assist the exam staff. The MEC team will have some bilingual staff (Spanish/English).

8.1.3 MEC Exam

The MEC exam consists of a variety of physical and dental examinations, biochemical measurements, dietary interviewing, and an interview that covers a range of health-related topics. The length of the exam varies by age of SP as follows:

- **SPs 5 and under:** The exam takes approximately 1 hour.
- **SPs 6-11:** The exam takes approximately 2 hours.
- **SPs 12+:** The exam takes approximately 4 hours.

The specific tests an SP will receive depend on his/her age and gender and selection into various subsamples. Exhibit 8-2 lists all of the MEC exam components and indicates which components are given to each age group. The major exam components are described briefly here.

- **Physician's Exam**—An exam that includes blood pressure measurements. It does **not** include a gynecological exam. The physician also explains the STD tests and reporting of results for those getting these tests.
- **Body Measurements**—Height, weight, arm girth, circumference measurements and skinfold measurements.
- **Dietary Interview**—An assessment of the eating habits of adults and children including a 24-hour recall for all ages.
- **Health Interview**—An interview designed to obtain information on health behaviors (e.g., physical activity), specific health conditions (e.g., kidney, current health status), medical history (e.g., reproductive health), and risk factors (e.g., alcohol and drug use, sexual behavior). A mental health interview is also administered to SPs aged 8-39 years of age.
- **Specimen Collection**—A small sample of hair, approximately the diameter of an eraser tip (or 100 strands), is collected to determine total levels of mercury in the hair. Also, a nasal swab is used to detect the presence of methicillin-resistant staphylococcus aureus.
- **Venipuncture**—Blood tests are performed to determine biochemistry profiles such as kidney and liver function, serum electrolytes and blood glucose as well as a complete lipid profile (including HDL and LDL) selected hormone levels and tests for infectious diseases such as hepatitis, rubella, varicella and HIV.
- **Oral Health Exam**—A limited dental exam that checks for cavities, periodontal problems, tooth loss, and facial pain.
- **Urine Collection**—Urine is collected to assess kidney function tests, bone markers, environmental urine, priority pesticides, organophosphides and mercury level.
- **Dual Energy X-Ray Absortimetry (DXA)** – An assessment of total body composition that includes bone density, lean mass and total body mass.
- **Body Composition (BIA)**—Total body water will be measured through bioelectrical impedance analysis. This information is used to estimate body fat. No sensation is felt by the SP.
- **Cardiorespiratory Fitness**—An assessment of cardiovascular fitness via a treadmill test.

Exhibit 8-2. MEC Exam Components by Age

Components	Age group
* Doctor's Exam	All ages
* Blood Pressure	8 +
* Body Fat	8 +
* Bone Density	8 +
* Dentist Exam	2 +
* Vision Test	12 +
* Hearing Test	20-69 (half sample)
* Fitness Test	12 +
* Height, Weight, and Other Body Measures	All ages
** Hair Sample	1-5 & females 16-49
Nasal Swab	1+
Balance	40+
* Leg Circulation and Foot Sensation	40+
Muscle Strength	50+
Blood Draw	1 +
Urine Sample	6 +
Private Health Interview	8 +
Diet Interview	All ages

*Results reported to you or to your child and you

**Results reported only if positive (or abnormal)

- **Vision**—This examination consists of a near vision acuity test, a distance vision acuity test, and eyeglass prescription determination when appropriate, and an automated refraction measurement.
- **Balance Assessment**—A standard Romberg test is used to measure postural sway to assess the presence of balance disorders, disequilibrium and dizziness from vestibular disorders.
- **Audiometry/Tympanometry**—Hearing tests for SPs 20 years old and older. Half-sample for SPs aged 20-69 years.
- **Bone Markers**—Assessments of bone density (NTX and alkaline phosphatase) are obtained on older women and children aged 8-11 years.
- **Lower Extremity Disease Exam**—Measurements of blood pressure in the arms, feet, ankles, and toes to assess lower leg circulation and an assessment of the likelihood of disease in the feet..
- **Muscular Strength**—An assessment of lower body strength through a determination of the strength of the thigh muscles and a short timed walk.
- **Volatile Organic Compounds Exposure**—A small subsample of participants will be tested to obtain information on exposures to a selected group of volatile organic compounds related to air pollution.

It is important for you to become very familiar with the MEC examination. In the SP Consent/Assent Brochures (which will be discussed later in this chapter) you will find a list of the exam components. In most situations this is what you should use to explain the MEC examination to SPs. If, however, an SP wants to know exactly which components s/he will receive, a copy of Exhibit 8-2 has been inserted into your hand cards to be used as a reference. Respondents who ask for more detailed information about the examination than you can provide or than is provided in the SP Consent Brochure or the hand cards can be referred to the field office staff. Respondents can discuss the examination with the Stand Coordinator or the MEC Manager directly from the respondent's home. If more detail is required, the field office can also ask a MEC staff member to contact the respondent. Remember that respondents will also get very detailed information during their actual visit to the MEC.

8.1.4 MEC Exam Schedule

The examination centers will be open five days each week, with closed days changing on a rotating basis so that appointments will be available on any day of the week. There will be two

examination sessions a day, held morning and afternoon or morning and evening for the convenience of participants. Approximately 10 SPs should be scheduled for each exam session.

The weekly schedule for MEC exams will vary. During half of the stand exam period, MEC sessions will be scheduled Thursday through Monday. During the other weeks, exams will be scheduled Saturday through Wednesday. Evening exams will be offered twice a week (Mondays, Tuesdays, or Thursdays). When you receive your first assignment at a stand, your supervisor will give you a stand specific MEC exam schedule. SPs under age 12 or diabetics on insulin can be scheduled throughout the day (morning, afternoon or evening). SPs age 12+ should be given appointments either in the morning, afternoon or evening depending on whether the household has been randomly assigned to the morning or afternoon/evening fast. (See step #2 in Section 8.3.) Try to schedule as many appointments as possible for weekdays so that weekend schedules do not become overcrowded.

When the SP arrives at the MEC, s/he is greeted by the MEC Coordinator who is responsible for seeing to it that the SP receives all the appropriate exams for his/her gender and age. The SP changes from street clothes into a paper gown, trousers, and slippers provided by the MEC. S/he is then given an ID bracelet with an identification number and escorted from the reception area to each of the exam locations within the MEC.

8.2 General Procedures for Making MEC Appointments

Each eligible household can contain one or more SPs. If all SPs are not at home during your visit, then you will need to recontact the household to complete the interviews and/or set up examination appointments.

1. ONE SP IN THE HOUSEHOLD. This is the simplest household situation. You administer the SP Questionnaire to the respondent or to a proxy (as applicable), and set up the examination appointment at the conclusion of the interview.

2. TWO OR MORE SPS IN THE HOUSEHOLD—ALL SPS AT HOME DURING YOUR VISIT. Scheduling appointments for two or more SPs when all SPs are present at the time of contact is similar to scheduling appointments for one person. After completing the SP interview with each respondent, **informally** arrange possible appointment times for the examination with the SP pointing

out that s/he should choose a day(s) that is convenient for the other SPs in the family (and, if possible, in the household). You should encourage SPs to come together to the examination center. Experience indicates that SPs are more likely to keep their appointments if they come with other household members.

Then, upon completion of the questionnaires for **all** SPs, **formally** schedule a time and date by completing the Appointment Module (see step #7 in Section 8.3) and telephoning the field office to arrange for all SPs to come to the examination center together. Keep in mind the importance of appropriate scheduling for fasting. If it is not possible to schedule all the SPs for one session, schedule appointments when it is most convenient for each SP to get to the MEC.

3. TWO OR MORE SPS IN THE HOUSEHOLD—NOT ALL SPS AT HOME DURING YOUR VISIT. When one or more SPs are not at the household at the time of your contact, complete the SP Questionnaires for all SPs who are present and set up examination appointments for those interviewed.

On occasion the SP(s) interviewed may indicate that s/he would like to set up an appointment for one or more absent SPs (i.e., husband wants to be sure of securing an appointment at the same time for his absent wife, mother wants to insure a convenient time slot for herself and her daughter who is not at home). Go ahead and schedule a tentative appointment with the stand field office. Be sure to inform the office of this situation (tentative appointment) and remember that you must set up an appointment to conduct the SP interview **before** the examination appointment date and confirm the examination appointment at that time. (Keep in mind that the Family Questionnaire should be completed if an eligible respondent representing the family unit is present.)

If you need to return to a household to both interview and schedule an appointment with one or more absent SPs, be sure to establish a time for recontacting absent members of the household. Remember that recontact with a household in order to interview an absent SP is only mandatory for those 16 years of age or older. For SPs birth through 15 years old, an eligible adult family member must respond to the SP Questionnaires. An adult may schedule MEC appointments for an absent SP birth through 15 years old but older youths (7-17 years old) must sign an assent form in the presence of either the interviewer or MEC staff, so you will need to verify the appointment by telephone and make sure the respondent knows that the assent form must be signed in the MEC.

8.3 Specific Procedures

Whether you establish an appointment with all SPs during one visit or must return to the household on subsequent calls, the procedure for setting up the appointment is the same. Below is a step-by-step process you should follow when scheduling appointments:

1. Inform the SP that S/he Has Been Randomly Selected to Participate in a Health Examination

No formal statement is provided for you, however, it is important that your brief introduction include the following points:

- **Thank** the respondent for his/her cooperation in the household interviews.
- **Inform** the respondent that the U.S. Public Health Service cannot learn all they need to know about the health of the U.S. population from interview questions alone. Actual measurements and test results obtained through a physical examination are also needed. (REFER RESPONDENT TO APPROPRIATE SP CONSENT BROCHURE.)
- Remind the respondent that the second phase of this important study consists of a **free examination** for the preselected household members (NAME SPS). It is especially important to emphasize that the exam is free since some respondents refuse the exam out of fear that they will be billed for the exam later.
- Mention that s/he will be **furnished or reimbursed for transportation to and from** the MEC and establish what the transportation needs for each selected household member will be.

Encourage respondents to use the taxi service provided by the stand field office. "No shows" for appointments increase when SPs provide their own transportation. If an SP insists on an alternate form of transportation do not press the issue. We will reimburse respondents for a car/bus fare.

In special cases (a very elderly SP, a handicapped individual, or any other SP who you feel would not attend the examination otherwise), you should offer to provide transportation yourself or simply say that you will pick up the respondent(s) at a given time. However, remember, your personal services as a driver should not be routinely offered since this would make it impossible to meet our interviewing goals.

- Point out that **compensation** will be paid to each SP at the MEC upon completion of the examination. (REFER RESPONDENT TO THE APPROPRIATE SP BROCHURE.) The compensation plan is detailed in Section 8.3, step #2.

As noted in the brochure, this compensation is paid in appreciation of the respondent's time and interest in the examination and his/her availability during the preselected time slots.

- If the SP has child care problems, indicate that s/he can be **reimbursed at the MEC for babysitting expenses** incurred during the visit to the MEC.

In certain situations we may also pay for adult care of elderly or serious handicapped persons who cannot be at home by themselves.

A family is eligible for the Non Parental SP incentive if neither parent is an SP. This one time payment is to encourage parents who have not been chosen to complete the questionnaire and escort their child/ren to the examination.

- If a youth or his/her parents or guardians are concerned about missing classes either because of the difficulty involved in making up assignments or because of school regulations, and Saturday or evening sessions are not feasible, inform the respondent that we can **notify the school**. (Details are in Section 8.3, step #9.)

2. Inform the SP That Their Household Has Been Randomly Selected for Morning Fast or Afternoon/Evening Fast

The Household ID Label on the Household Folder will indicate the randomly selected sample for which the household has been selected (Exhibit 8-3). Households have been randomly divided into the morning and afternoon/evening samples so that valid national estimates can be made for various biochemical blood tests based upon time of day. You should look at this label to note the sample in which the household falls **before** beginning discussion with the SP or SPs about appointment times. The label will contain an "M" for a morning appointment and an "A/E" for an afternoon or evening appointment. It is extremely important that **SPs 12+ years** who are in the morning sample schedule a morning appointment, at approximately 8:30 a.m. Further it is extremely important that **SPs 12+ years** who are in the afternoon/evening sample schedule an afternoon appointment at approximately 1:30 p.m. or an evening appointment at approximately 5:30 p.m. Children under the age of 12 and diabetics on insulin may schedule an exam at any time of the day, although SPs within a family are encouraged to come to the MEC together if at all possible. Allow SPs 12+ to make appointments at nonpreselected times only if they refuse to come in during the preselected times.

To encourage SPs to conform to our randomly selected times for appointments, we will use the following compensation plan:

SPs 12+ who agree to fast and be examined at the preselected time slot	\$100
SPs 12+ who refuse to fast and be examined at the preselected time slot	\$70
Diabetic SPs taking insulin (no fasting)	\$70
SPs under age 12	\$30

Exhibit 8-3. Household ID Label on Household Folder

ASSIGNMENT BOX	
Stand: 998 Seg: 4 Serial: 6 82 Market St Rose Hill MD 20858 MISSED DU:	M

ASSIGNMENT BOX	
Stand: 998 Seg: 1 Serial: 9 8724 Drexel Hill PL Deal MD 20879 MISSED DU: Check for any DUs in this building that are not on the listing sheet.	A/E

3. Ask the Respondent to Read and Sign the Appropriate SP Consent/Assent Brochure

The brochure consists of several pages of informational text and a Consent/Assent Form which is the last page of the brochure. There are **two** separate SP Consent/Assent Brochures:

- A MEC Consent/Assent/Parental Permission Brochure for SPs 12 years or older and parents of SPs under 18; and
- A Child MEC Assent Brochure for SPs 7-11 years old.

The sequence of pages within the brochure and the placement of the consent/assent form as the last page ensures that the SP and/or the parent of the SP has read the text of the brochure before s/he signs the Consent/Assent form. The paragraphs that follow provide a specific explanation of each brochure and form.

<p>SP Consent/Assent/Parental Permission Brochure (SPs 12+ and Parents of SPs under 18) – Exhibit 8-4</p>
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The text of this brochure addresses 3 general topics:

- Questions and answers directed towards a general explanation of the structure and goals of the survey;
- Questions and answers directed towards the examination process, how they will be used and the voluntary nature of the study; and
- An explanation of the health examination including the specific examinations SPs in each age group will receive and which exam results will be reported to the SP.

The brochure contains pictures of a diverse group of people in various interview and examination situations.

The **Consent/Assent and Parental Permission for the Examination at the Mobile Examination Center** is the back page of this brochure and is printed on 3-part paper. An example of the text of this appears on page 8-25.

The Form has several areas **for signatures**. Use the following guidelines to complete the signature process.

For SPs 0-6 Years Old

- **Print** the name of the SP on the line provided.
- Have the **parent or guardian** of the SP read the statement, **sign** and date the form, in the area labeled "**For the Parent or Guardian of the Survey Participant who is Under 18 Years Old**".
- If the parent does **not** wish to receive the results of the exam, s/he must check the box next to the statement provided.
- Sign your name on the line entitled "Signature of staff member" and date the form.
- "Witness (if required)" refers to any witness used during the consent process. For example, if a respondent cannot read, read the whole brochure to him/her in the presence of a witness. If a respondent cannot read or write, have a witness testify that the respondent has been read the form information and consents to participate in the examination. In both cases, print the full name of the witness on the appropriate line and date the form.
- Record the SPs 6 digit SP ID number. You will obtain this number from the field office (usually when you call to make an appointment). Note that SPs who are 12-17 years old must sign the form in the **presence of the interviewer**. The form **cannot** be left with the respondent for the child to sign and bring to the MEC. If the child is not at home, he or she must sign the form in the MEC before the exam can take place. Under these circumstances it is acceptable for the child to sign a separate (new) form when he/she arrives at the MEC.

For SPs 7-11 Years Old

Follow the signature rules mentioned previously for SPs 0-6 in gaining parental/guardian permission for SPs 7-11 to be examined. Note: In addition, an SP who is 7-11 years old must read and sign a separate Child Assent Brochure and Assent Form tailored to younger children. This brochure is explained on page 8-16.

For SPs 12-17 Years Old

- **Print** the name of the SP on the line provided.
- Have the **parent or guardian** of the SP read the statement, **sign** and date the form in the area labeled "**For the Parent or Guardian of the Survey Participant who is Under 18 Years Old**". This form must be signed by the parent or guardian unless the SP is an emancipated minor (a person under 18 who lives alone or only with other persons under 18 or a person who is or has been married). If the SP is an emancipated minor, the "emancipated minor" box **must** be checked. This box appears next to the statement in parentheses that says, "Unless the participant is an emancipated minor" next to the general heading for the parents and guardian signature.
- If the parent does **not** wish to receive the results of the exam, s/he must check the box next to the statement provided.
- Have the **SP** read the statement, **sign** and date the form in the area labeled "**For the Survey Participant who is 12 Years Old or Older**".
- If the SP does **not** wish to receive the results of the exam, s/he must check the box next to the statement provided.
- Sign your name on the line entitled "Signature of staff member" and date the form.
- "Witness (if required)" refers to any witness used during the consent process. For example, if a respondent cannot read, read the whole brochure to him/her in the presence of a witness. If a respondent cannot read or write, have a witness testify that the respondent has been read the form information and consents to participate in the examination. In both cases, print the full name of the witness on the appropriate line and date the form.
- Record the SPs 6 digit SP ID number. You will obtain this number from the field office (usually when you call to make an appointment). Note that SPs who are 12-17 years old must sign the form in the **presence of the interviewer**. The form **cannot** be left with the respondent for the child to sign and bring to the MEC. If the child is not at home, he or she must sign the form in the MEC before the exam can take place. Under these circumstances it is acceptable for the child to sign a separate (new) form when he/she arrives at the MEC.

For SPs 18+

- **Print** the name of the SP on the line provided.
- Have the **SP** read the statement, **sign** and date the form in the area labeled "**For the Survey Participant who is 12 Years Old or Older**".

- If the SP does **not** wish to receive the results of the exam, s/he must check the box next to the statement provided.
- Sign your name on the line entitled "Signature of staff member" and date the form.
- "Witness (if required)" refers to any witness used during the consent process. For example, if a respondent cannot read, read the whole brochure to him/her in the presence of a witness. If a respondent cannot read or write, have a witness testify that the respondent has been read the form information and consents to participate in the examination. In both cases, print the full name of the witness on the appropriate line and date the form.
- Record the SPs 6 digit SP ID number. You will obtain this number from the field office (usually when you call to make an appointment).

<p>Child SP Assent Brochure (SPs 7 through 11) – Exhibit 8-5</p>

The purpose of this brochure is to inform the child SP who is between the ages of 7-11 about the health interview and health examination and to ensure that s/he **agrees** to be examined. You should give the brochure to the child. The text of the brochure must be reviewed by the child OR the interviewer must review the brochure with the child.

This brochure is much shorter than the Consent/Assent/Parental Brochure. The basic concepts of the study are very simply stated and the language in the text has been simplified so that it is more appropriate for young children.

The **Assent Form** that appears on the back of the brochure should be read and signed by **the child**. The rules for signing the form are the same as those for the Adolescent Assent Form. The form must be signed in the presence of the interviewer or the MEC staff. It **cannot** be left with the parent for the child to sign and bring to the MEC. The Child Assent Form appears on page 8-32.

The back page of the Child Assent Form is an area for signature. Use the following guidelines to complete the signature process:

- Have the child sign the form on the line entitled "Signature of participant 7-11 years old";
- Print the full name of the child on the lines provided;

- Sign and date the form on the appropriate line; and
- Print the child's SP ID in the space provided.

Allow the respondent adequate time to read the appropriate brochure including the Consent Form **thoroughly**. After the respondent has completed the form, review it carefully to assure that all appropriate information has been filled out completely.

Remember the **parent** or **guardian** of the child must read the SP Consent/Assent/Parental Permission Brochure and sign the Consent/Assent and Parental Permission Form before the child is examined.

We are not allowed to conduct any examination component on any person who has not had an opportunity to read the appropriate consent brochures and signed the appropriate consent/assent/parental permission forms.

Exhibit 8-4. SP Consent/Assent/Parental Brochure

National Health and Nutrition Examination Survey



From the Centers for Disease Control and Prevention/National Center for Health Statistics

Examination Consent Brochure



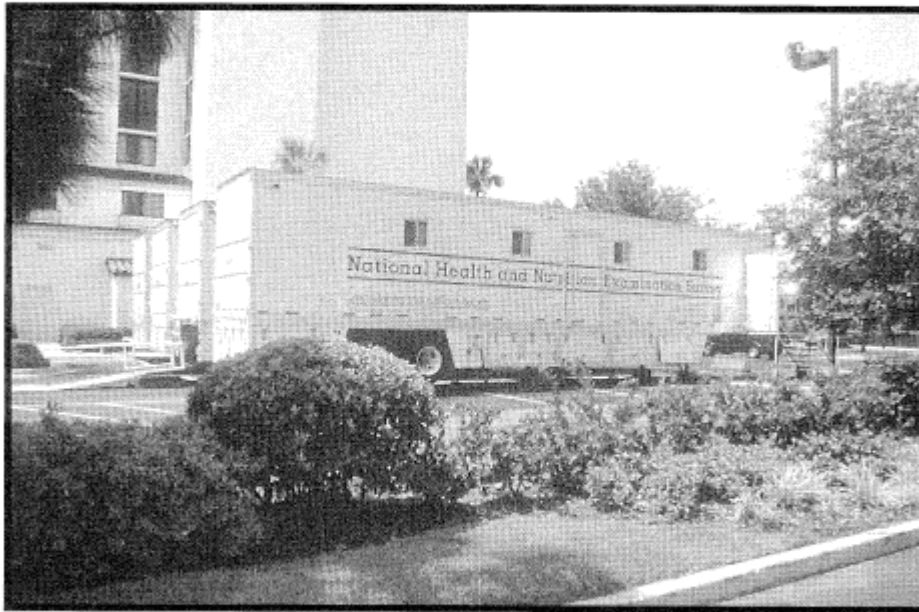
U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Centers for Disease Control and Prevention
National Center for Health Statistics



What is the National Health and Nutrition Examination Survey (NHANES)?

NHANES is a survey conducted by the National Center for Health Statistics (NCHS). NCHS is a part of the Centers for Disease Control and Prevention, U.S. Department of Health and Human Services.

We select a sample of people in towns and cities across the country to be part of the survey. Each year of the survey, we will examine about 5,000 people in 15 different sites. NHANES programs began in the early 1960s. The current survey began in 1999 and will now be an ongoing program. More than 130,000 persons have been part of past NHANES programs.



We have designed the study to learn about the health and diet of people in the United States.

Our survey is unique. It combines a home interview with health tests, which we do in mobile units. These special exam centers travel the country with a highly trained medical team. Our team conducts an exam that looks at special health topics. They use the most up-to-date methods and equipment for medical and dental exams, and other lab tests.

We will use the data gathered in this survey to assess the number of people with certain health problems — for example, diabetes and high blood pressure. We will look at diet and other habits that affect health, such as smoking and exercise. NHANES data will describe the health and nutrition of people of all ages. It will also help design health programs and services, and expand our knowledge about the health of people in the United States.

2

Why were you selected?

We picked you and your household in a carefully designed sample of people living in the United States. We cannot choose someone in your place because no one has the same health profile as you. Having you as part of our survey will help make our information complete. We will add the data from your interview and exam to that from all others who join in this study. That data will give us a big picture of our nation's health.

You may choose to take part in the survey and you may permit your child to join in. That is your choice. No penalties or loss of benefits will come from refusing to take part. You may refuse any part of the exam and are free to drop out anytime. Also, during the interviews you may choose not to answer any question.

What do you gain by taking part in the survey?

- Free health test results, perhaps some of major value to you
- The chance to help learn more about the health of the nation
- A cash payment to thank you for your time and effort

Are the data we collect confidential?

We respect your privacy. Public laws keep all information you give confidential.

We will hold all data we collect in the strictest confidence. We gather and protect all data in keeping with the requirements of Federal Laws: the Public Health Service Act (42 USC 242k) authorizes collection and Section 308(d) of that law (42 USC 242m) and the Privacy Act of 1974 (5 USC 552A) prohibit us from giving out information that identifies you or your family without your consent. This means that we cannot give out any fact about you, even if a court of law asks for it. However, if we find signs of child abuse during an exam, we will report it to the local department of social

services or appropriate law enforcement agency. We will keep all survey data safe and secure. When we allow researchers to use survey data, we protect your privacy. We assign code numbers in place of names or other facts that could identify you.

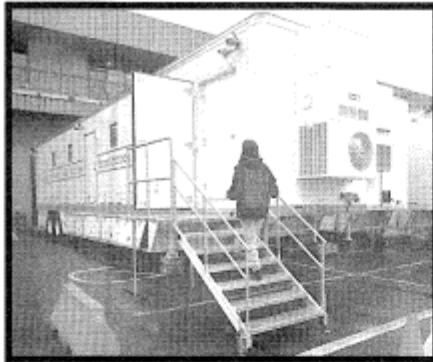


What about the exam?

Our interviewer will ask you to make an appointment for the exam at the mobile exam center. Our medical team will collect health data by examining you, doing lab testing, and asking questions about your health. No internal exam is included. No drug testing will be done. We may ask you to prepare for the exam by fasting for a short time. The exam may take from 2-1/2 to 4 hours for those 12 and older and 1-3 hours for younger children. The time depends on the age of the person examined, since some procedures are done only for certain ages. (For a full list of procedures, see page 5.)

Reports of Exam Findings

The survey exam does not replace regular health care. However, you will get some exam results at the exam site. If the exam reveals urgent health problems, we will notify you at once and refer you for treatment. If some urgent problem is found through your lab tests, right away we will send that information in a letter to your home address. If you wish, we



will mail the routine findings report to you about 12-16 weeks after the exam. In general, we give results only to the person examined or to the parents/guardians of children. Some results, such as sexually transmitted disease (STD) tests, are given in special ways explained below. We will not give you results from some tests because they will be used only for research. NHANES does not cover the cost of any health care you may decide to seek after the exam.

Safety of Tests

We chose the tests and measurements because they are safe. As in any other exam like this, some procedures may give slight discomfort. Examples are collecting a blood sample or doing the dental exam. For the blood sample, a person will have a small amount of blood drawn from a vein in his/her arm with a needle. We will not ask you to have any test or procedure that is wrong for you because of a health problem or condition.

We will give bone density tests that involve low-dosage x-rays to persons 8 years old and older. Radiation exposure during this test is equal to a cross-country airline flight or a few days of natural background radiation. But because the bone density scan involves x-rays, no one who is pregnant should get this exam. We will obtain information about periods from girls and women, and those who have started their periods will have a urine pregnancy test. Those with a positive test

will not have the bone density scan. Also, pregnant women and girls will not have fitness testing if they are in their second or third trimester. We report positive test results only to the person tested if she is 14 years old or older. If a girl is under 14 and has a positive pregnancy test, we will inform both her and her parent/guardian.

Private Health Interview

At the exam center, all persons who are 12-59 years old will be asked some personal questions in complete privacy. You will be alone in a room. The questions will be on computer screen. You respond by touching an answer on the screen. Your answers are completely confidential. We ask these questions because some behaviors relate to people's health. Persons are asked about sexual experience and the use of illegal drugs.



Also, our staff will ask persons who are 8-39 years old some questions about their feelings and behavior. If you are 15 or younger, a staff member will call your home after your exam to ask your mother (or other caretaker) these same questions about you.

4

If you are the parent/guardian of a child age 8-15 who is seen in NHANES, you will receive a phone call within a few weeks after the exam. Our staff will ask you questions about your child's feelings and how he or she is behaving at home and school. The interview will take about 1/2 hour. Your permission for your child's exam also gives consent for this phone call.

Tests for Reproductive Health and Sexually Transmitted Disease (STD)

Females aged 14-49 years will be asked to do private, self-administered, vaginal swabs. These swabs will be tested for bacterial vaginosis and *Trichomonas*. In addition, all persons 14-49 years will be tested for STDs. Depending on age, tests will be for some or all of these diseases: chlamydia, gonorrhea, herpes, syphilis, and HIV. We will not put these results in writing, but you can get reproductive health and STD test results a few weeks after the exam. Before leaving the exam center, you will receive a toll-free number, a password, and the dates to call for your results. Only you will get your test results by calling



in and telling us your password. Parents will not be informed of their child's STD test results. If your test results show that you have a current health problem, we will talk with you about the results and tell you how to seek treatment. We will keep all STD/HIV test results completely private, just like all other test results. If you do not want to be tested, you can tell a staff member.

The NHANES Exam**Health Measurements**

- * Doctor's exam - all ages
- * Blood pressure - ages 8 years and older
- * Body fat - ages 8 years and older
- * Bone density - ages 8 years and older
- * Oral health exam by a dentist - ages 2 years and older
- * Vision test - ages 12 years and older
- * Hearing test - ages 20-69 years
- * Fitness test - ages 12-49 years
- * Muscle strength - ages 50 years and older
- * Height, weight, and other body measures - all ages
- ** Hair sample for mercury test - ages 1-5 years and females ages 16-49 years
- Balance - ages 40 years and older
- * Leg circulation and sensation - ages 40 years and older
- ** Volatile organic compounds (VOCs) exposure - selected persons ages 20-59 years

Lab Tests on Urine: (6 years and older)

- Bone status tests - ages 8 and older
- Kidney function tests - ages 6 and older
- *** Sexually transmitted disease (STD)
 - Chlamydia and gonorrhea - ages 14-39
 - Human immunodeficiency virus (HIV) - ages 18-49 (only if no blood is drawn)
- Exposure to pesticides - selected persons ages 6-59
- ** Pregnancy test - females 12-59 and girls 8-11 who have periods
- ** - ages 13 and under
- *** - ages 14 and over

Lab Tests on Blood: (1 year and older)

- * Anemia - all ages
- * Cholesterol - ages 3 and older
- * Glucose measures - ages 12 and older
- Markers of immunization status - for ages 6-49
- ** Infectious diseases - ages 3 and older
 - (Persons who test positive for hepatitis C will be asked to participate in a brief telephone interview six months after the exam. Parents will respond for children.)
- * Kidney function tests - ages 12 and older

- * Lead - all ages
- ** Cadmium - all ages
- ** Mercury - ages 1-5 and females ages 16-49
- * Liver function tests - ages 12 and older
- Nutrition status - all ages
- * Hormone tests - ages 12 and older
- * Prostate Specific Antigen (PSA) - males ages 40 and older
- *** Sexually transmitted disease (STD)
 - Herpes type 2 - ages 14-49
 - Syphilis and human immunodeficiency virus (HIV) - ages 18-49
- VOCs - selected persons ages 20-59
- Exposure to environmental chemicals - selected persons ages 12-19

Other Lab Tests

- *** Vaginal swabs (self-administered) - females ages 14-49
 - Bacterial Vaginosis and *Trichomonas*
- Nasal swab - ages 1 year and older
 - Test for an antibiotic-resistant germ

Private Health Interviews

- Health status - all ages
 - (parent answers for ages 11 and younger)
- ** Mental health - ages 8-39
 - (If the child examined is 8-15, our interviewer will ask a parent or guardian these same questions in a phone interview within a month after the exam.)
- Questions about drug and alcohol use - ages 12 and older (no drug testing will be done)
- Nutrition - all ages (parent answers for ages 5 and younger)
- Physical activity - ages 12-15
- Reproductive health - females ages 12 and older
- Questions about sexual experience - ages 14-59
- Tobacco use - ages 12 and older

* Results reported to you or to your child and you
 ** Results reported only if positive (or abnormal)
 *** Results only reported to person tested

6

How are NHANES data used?

Many of the National Institutes of Health help us in this survey. The U.S. Department of Agriculture is our partner in planning how to get data on the foods you eat. We share with them the task of looking at people's diets in the United States. The U.S. Environmental Protection Agency is another of our many partners. Your survey data helps study harmful effects of being exposed to environmental hazards.

What you tell us, your exam findings, and samples you give are a rich resource for health science. Many Federal agencies, universities, and other public and private groups use NHANES data. They use it to help find new cures and treatments for diseases and disabilities. The aim is to enhance the health of all people. Results of this survey may be reported in journals, at major meetings, or through other news media. None of these reports will ever name or use data that can point to any person who took part in the survey.

Combining NHANES results with other facts about you can be useful. An example of this is using Social Security numbers to link survey data with vital statistics and other health records. Also, we may need to contact you in the future. To do this we would ask public or private agencies, such as the Post Office, to provide changes in your address.

In the past, we have had the chance to call or revisit people who took part in this survey. We may contact you in the future to ask you to be part of other research projects.



More questions?

Our survey representative can discuss other questions or concerns or give you other printed matter that can help. She or he can give you a phone number in your area that you can call for more facts about the survey. Also, you can make a free call to Dr. Kathryn Porter at the U.S. Public Health Service office to discuss any aspect of the survey. She can be reached at 1-800-452-6115, Monday-Friday, 9 AM - 6 PM EST. You may also contact her regarding any survey-related injury. You can also get answers to your questions by mail (Room 900, 6525 Belcrest Rd., Hyattsville, MD 20782). If you have questions about your rights as a participant, call the Institutional Review Board Chair at 1-800-223-8118.

**Exam Findings Are a Rich
Source for Health Science**

Mobile Examination Center (MEC) Diagram

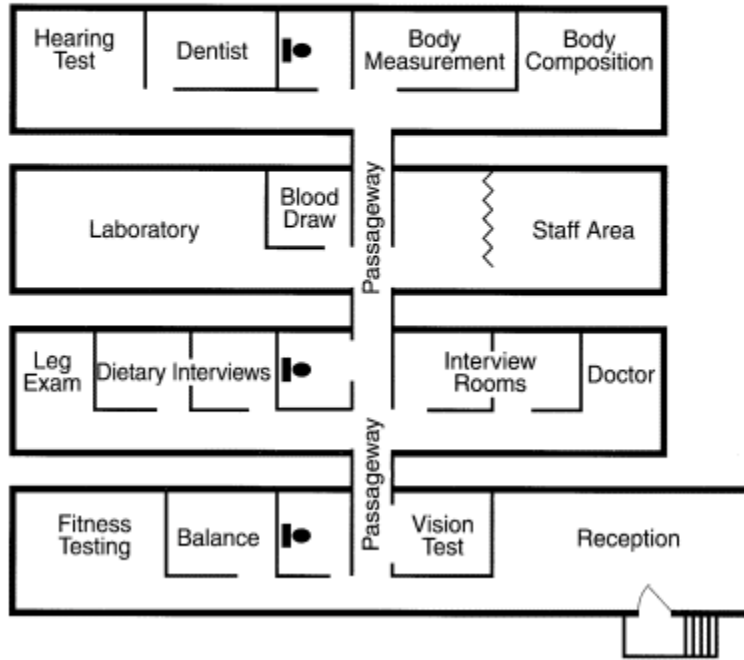


Exhibit 8-4. SP Consent/Assent/Parental Brochure (continued)

#3

FORM APPROVED: OMB # 0920-0237

NATIONAL HEALTH AND NUTRITION EXAMINATION SURVEY
CONSENT/ASSENT AND PARENTAL PERMISSION FOR EXAMINATION AT THE MOBILE EXAMINATION CENTER

Print name of participant _____
First Middle Last

The attached brochure gives the details about National Health and Nutrition Examination Survey (NHANES). After reading the information provided, please complete the form below.

For the Parent or Guardian of the Survey Participant who is Under 18 Years Old (unless the participant is an emancipated minor):

I have read the information in the attached NHANES brochure, which explains the nature and purpose of the survey. I freely choose to let my child take part in the survey.

Signature of parent/guardian of participant _____ Date _____

If you **do not want a written report** of your child's exam results, check here .

For the Survey Participant who is 12 Years Old or Older:

I have read the information in the attached NHANES brochure, which explains the nature and purpose of the survey. I freely choose to take part in the survey.

Signature of participant _____ Date _____

If you **do not want a written report** of your exam results, check here .

Signature of staff member _____ Date _____ Witness (if required) _____ Date _____

SP ID

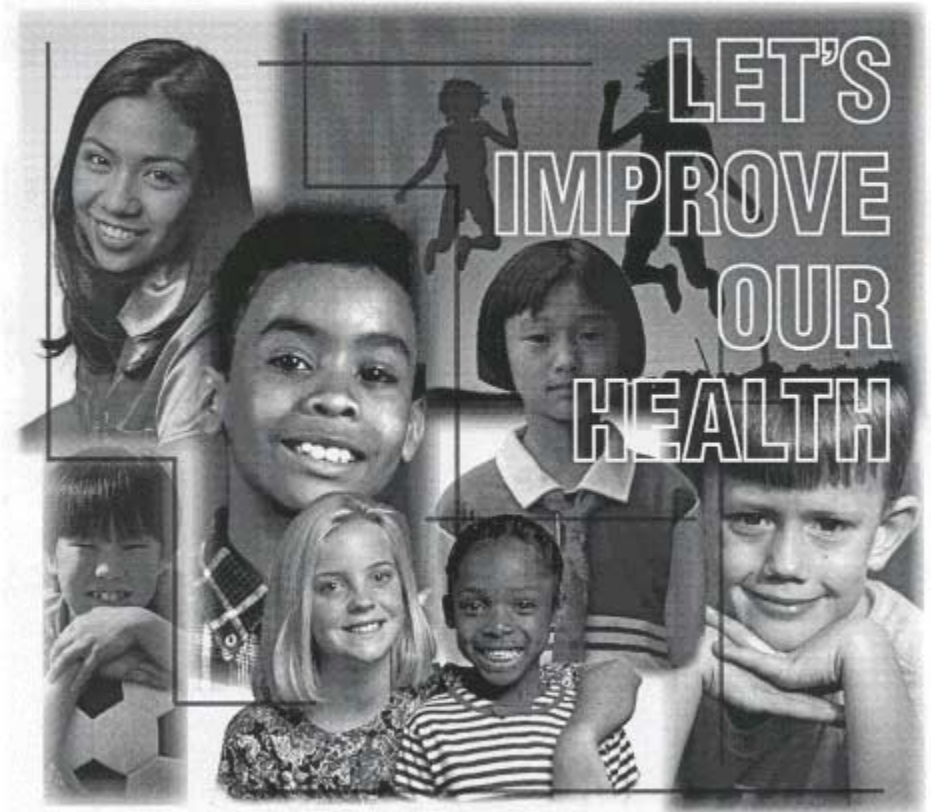
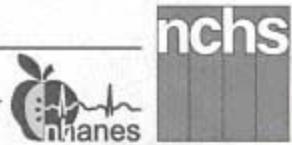
Public reporting burden of this collection of information is estimated to average 5.6 hours per response for total participation, including the time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed, and completing and reviewing the collection of information. An agency may not conduct or sponsor, and a person is not required to respond to collection of information unless it displays a currently valid OMB control number. Send comments regarding this burden estimate or any other aspect of this collection of information, including suggestions for reducing this burden to CDC/ATSDR Reports Clearance Officer, 1600 Clifton Road, MS D-24, Atlanta, GA 30333, ATTN: PRA (0920-0237).

Exhibit 8-5. Child SP Assent Brochure

**National Health
and Nutrition
Examination Survey**

From the Centers for Disease Control and Prevention/National Center for Health Statistics

Examination Assent Brochure **7-11 years of age**



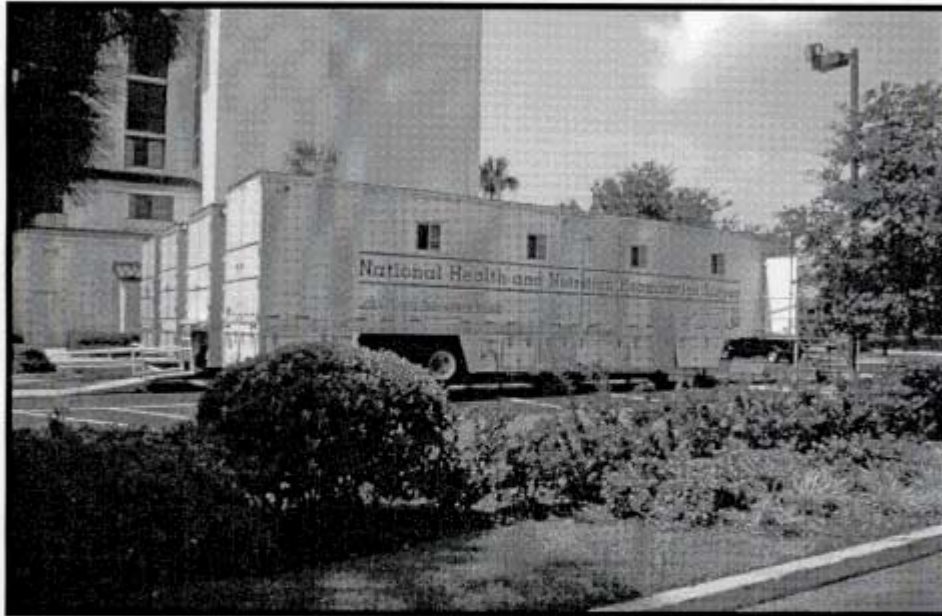
U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Centers for Disease Control and Prevention
National Center for Health Statistics



Exhibit 8-5. Child SP Assent Brochure (continued)

This booklet contains facts for you about the
National Health and Nutrition Examination Survey

The National Health and Nutrition Examination Survey (NHANES) studies the health and diet of people in this country.



We go all over the United States in these vans.

The survey will look at how young people grow and develop. We will look at special health problems that may affect kids.

2

Our survey wants you to come to this exam center. Your exam will help us find out more about the health of children your age.

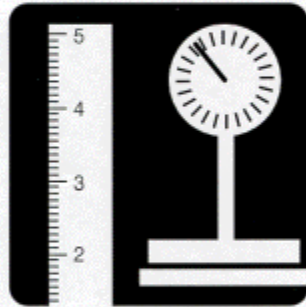


We will ask questions about what you eat and drink.

You will change into special exam clothes at the exam center.



Our doctor will take your blood pressure.



We will see how much you weigh and how tall you are.

Our dentist will look at your teeth.



4

We will check your blood and urine in our lab.



We will send you and your parents a report on your exam.



We will give you money to thank you for helping us with our survey.



Our staff will answer any questions you have.

We would like you to go to our mobile exam center vans for an exam. You will help us learn more about all children in the United States.

If you are 8 years or older, we will ask you about your feelings and about how you have been doing at home and school. Your mother (or other grown-up) will be called to answer these same questions about you.

Exhibit 8-5. Child SP Assent Brochure (continued)

#4

OMB # 0920-0237

National Health and Nutrition Examination Survey (NHANES)

Your parents say that you can take part in this special survey. You have just read about the survey in this book. The survey tells us about the health of people. We will ask you to have an exam at our vans that are here in your town. This exam is a little like going to the doctor. Other kids and their families will be at the center. You do not have to do this if you do not want to. If you take part, you will learn some things about yourself. You will help us learn a lot about other kids in the United States.

If you want to take part in the survey, write your name below.

Signature of participant 7-11 years old

Print name of participant

Signature of staff member

Date

SP ID

Public reporting burden of this collection of information is estimated to average 6.6 hours per response for total participation, including the time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed, and completing and reviewing the collection of information. An agency may not conduct or sponsor, and a person is not required to respond to collection of information unless it displays a currently valid OMB control number. Send comments regarding this burden estimate or any other aspect of this collection of information, including suggestions for reducing this burden to CDC/ATSDR Reports Clearance Officer, 1800 Clifton Road, MS D-24, Atlanta, GA 30333, ATTN: PRA (0920-0237).

4. Ask the Respondent to Read and Complete the Consent/Assent and Parental Permission for Specimen Storage and Continuing Studies (Exhibit 8-6)

As scientists learn more about health, important new research projects can be done using specimens (blood and urine) that are stored in a controlled environment. For this reason, we will ask to keep some of the SP specimens given during the time of the MEC examination for continuing studies. No specific studies are planned, however, as new ways to measure health and disease are discovered, other studies may be conducted that will add to the knowledge of the treatment and causes of disease.

All SPs who consent to the examination that includes blood and urine collection will be asked permission to keep blood and urine samples collected during the MEC examination for continuing studies. In addition, SPs who are 20 years old or older will be asked permission to use genetic samples to help understand the genetic link to medical conditions.

The rules for signing this form are similar to those used for signing the MEC Examination Consent/Assent/Parental Permission Forms. However, **in rare situations**, if the respondent refuses to check the items on the form or sign the form, s/he **should continue to be appointed to the MEC**. In this case the SPs specimens will not be kept.

The text that follows provides a specific explanation of the form.

The form is divided into three general areas:

- **Questions and answers directed toward the goals and procedures of specimen storage and future research**—Allow the SP time to read the text of each question and answer.
- **Statements and Required Check Boxes**—This part of the form contains three separate statements:
 - Two regarding permission to keep the SP's specimens for future health studies—one worded for the SP and the other worded for the parent of the SP, and
 - One regarding permission to use the genetic material from the specimens of SPs who are **20 years old or older** to understand the link between genes and medical conditions.

The SP and/or parent should read the appropriate statement and indicate whether s/he agrees to each by checking the box next to the statement. The SP and/or parent should then sign the form. **Note: If the SP or parent does not grant permission to keep specimens (box is not checked), then no signature is required. In this instance, the interviewer should record "Refused" in the space provided for the appropriate signature.**

Specific rules for completing the form are discussed below.

For SPs 0-6 Years Old

- The text of the form must be fully reviewed by the parent.
- Have the parent or guardian of the SP read the statement printed under the label "For parent/guardian of child under the age of 18, check this box". If the parent/guardian **agrees** to have the child's specimen kept, s/he should **check** the box provided.
- If the box is checked, have the **parent/guardian sign** on the appropriate signature line ("Signature of parent/guardian of participant under 18") and record the date. If the box is **not** checked, record "Refused" in the space provided for the signature and record the date.
- Sign your name and date the form under the line entitled "Signature of staff member".
- "Witness (if required)" refers to any witness used during the consent process. For example, if a respondent cannot read, read the text of the form to him/her in the presence of a witness. If the respondent cannot read or write, have a witness testify that the respondent has been read the form information and the appropriate statements. In both cases, print the full name of the witness on the appropriate line.
- Record the 6 digit SP ID on the lines provided. You will obtain this number from the field office (usually when you call to make an appointment).

The form is considered complete when all appropriate signatures have been obtained or when the word "Refused" is recorded in the space for the signatures. The SP specimens will not be kept if the appropriate box is not checked.

For SPs 7-17 Years Old

- The text of the form must be reviewed by the child or the interviewer must review the text with the child. The text must also be reviewed by the parent/guardian of the SP.

- Have the SP read the statement printed under the label "For persons ages 7 and over, check this box". If the SP **agrees** to have his/her specimens kept, s/he should **check** the box provided.
- Have the parent or guardian of the SP read the statement printed under the label "For parent/guardian of child under the age of 18, check this box". If the parent/guardian **agrees** to have the child's specimen kept, s/he should **check** the box provided. Note a parent or guardian must check this box unless the SP is an emancipated minor (see instructions for emancipated minors under the instructions for the parent/guardian signature).
- If the SP's box is checked, have the **SP sign** on the appropriate signature line ("Signature of participant age 7 and over") and record the date. If the appropriate SP's box is not checked, record "Refused" in the space provided for the SP's signature and record the date.
- If the parent's box is checked, have the **parent/guardian sign** on the appropriate signature line ("Signature of parent/guardian of participant under 18") and record the date. If the parent's box is not checked, record "Refused" in the space provided for the parent's signature and record the date. Note that this form must be signed by the parent/guardian unless the SP is an emancipated minor (a person under 18 who lives alone or with other persons under 18 or who is or has been married). If the SP is an emancipated minor, the "emancipated minor" box **must** be checked. This box appears in parentheses next to the statement, "Unless the participant is an emancipated minor" under the parent/guardian signature line.
- Sign your name and date the form under the line entitled "Signature of staff member".
- "Witness (if required)" refers to any witness used during the consent process. For example, if a respondent cannot read, read the text of the form to him/her in the presence of a witness. If the respondent cannot read or write, have a witness testify that the respondent has been read the form information and the appropriate statements. In both cases, print the full name of the witness on the appropriate line.
- Record the 6 digit SP ID on the lines provided. You will obtain this number from the field office (usually when you call to make an appointment).

Note: The form must be signed by the child in the presence of the interviewer or MEC staff in order to be considered complete. The form cannot be left with the parent for the child to answer and sign. It is acceptable for the child to sign a separate (identical) form in the MEC if s/he was not present to sign it in the presence of the interviewer. Also note that in order to keep the child's specimens for future research, **both** statements (one for the child and one for the parent/guardian) **must be checked**. The form is considered complete when all appropriate signatures and dates have been obtained or when the word "Refused" is written in the space for signatures.

For SPs 18 Years or Older

The text of the form must be fully reviewed by the SP.

- Have the SP read the statement printed under the label "For persons ages 7 and over, check this box". If the SP agrees to have his/her specimens kept, s/he should check the box provided. If applicable, have the SP read the statement under the label "Only for persons 20 and over, check this box". If the SP agrees to have genetic material saved, s/he should check the box provided.
- If **either** box is checked (SPs 20+), have the **SP sign** on the appropriate signature line ("Signature of participant age 7 and over") and record the date. If **neither** box is checked (SPs 20+), record "Refused" in the space provided for the SP's signature and date the form.
- Sign your name and date the form under the line entitled "Signature of staff member".
- "Witness (if required)" refers to any witness used during the consent process. For example, if a respondent cannot read, read the text of the form to him/her in the presence of a witness. If the respondent cannot read or write, have a witness testify that the respondent has been read the form information and the appropriate statements. In both cases, print the full name of the witness on the appropriate line.
- Record the 6 digit SP ID on the lines provided. You will obtain this number from the field office (usually when you call to make an appointment).

This form is considered complete when all appropriate signatures are obtained or when the word "Refused" is recorded in the space(s) provided for the signature. **The SPs specimens will not be kept if the appropriate box(es) is not checked.**

The SP should continue to be appointed to the MEC **regardless of whether s/he has agreed to specimen storage or genetic research by checking the appropriate box(es)**. In this case, the SP's specimens will not be kept.

A summary of the forms you should use to complete the examination consent process appears as Exhibit 8-7. This summary also appears on page 2 of the Household Folder and in your hand cards.

Exhibit 8-6. Consent/Assent and Parental Permission for Specimen Storage and Continuing Studies

#5 FORM APPROVED: OMB # 0920-0237

NATIONAL HEALTH AND NUTRITION EXAMINATION SURVEY (NHANES)
CONSENT/ASSENT AND PARENTAL PERMISSION FOR SPECIMEN STORAGE AND CONTINUING STUDIES

Print name of participant _____

First	Middle	Last
-------	--------	------

Q Why will a sample of blood and urine be kept for future health studies?

A We would like to store some of the urine and blood from persons who are examined in NHANES for future health studies. These samples will be frozen and kept in a specimen bank for as long as they last.

Q What studies will be done with the samples?

A At this time, no specific studies are planned besides the tests included in the NHANES exam. As scientists learn more about health and diseases, other studies will be conducted that may include stored samples. People conducting these studies will not contact NHANES participants for any additional information.

We will keep strictly private all health data and samples that we collect in NHANES. Our staff is not allowed to discuss that any person is part of this survey under penalty of Federal laws: Section 308(d) of the Public Health Service Act (42 USC 342m) and the Privacy Act of 1974 (5 USC 552A).

Q Who can use the stored samples for further study?

A Researchers from Federal agencies, universities, and other scientific centers can submit proposals to use the stored specimens. These proposals will be reviewed for scientific merit and by a board that determines if the study proposed is ethical. The NHANES program will always know which samples belong to you or your child, but we will not give other researchers any information that could identify you or your child.

Q Will I receive results from any future testing of my specimens?

A Most studies will simply add to our knowledge of health and disease. Therefore, we do not plan to contact you or your family with individual results from these studies. Periodically we will send a newsletter telling all NHANES participants about the studies being conducted. To get more general information about a particular study, you can call our toll-free number, 1-800-452-6115.

Q What genetic studies will be done and what part will my DNA sample play? (DNA samples will be collected only on those ages 20 or over.)

A Genetic studies look at the DNA found in cells. We will store part of the blood sample that we collect in the exam center for future genetic studies. We will keep this material for an unlimited time. Studies of human genes are helping us learn about many diseases and health conditions. The information from people who are part of NHANES could help that effort.

If you wish to have your samples used for future genetic studies, you will have a chance to say so when you sign this consent form.

Q How can I remove blood or urine samples from the specimen bank?

A In the future, if you want samples removed from the specimen bank, call us toll-free at 1-800-452-6115.

The results of continuing study of your stored specimens may help find new ways to prevent, treat, and cure many diseases.

For persons ages 7 and over, check this box
 I agree that my blood and urine may be kept for future health studies

For parent/guardian of a child under the age of 18, check this box
 I agree that my child's blood and urine may be kept for future health studies

Genetic testing studies may be done with DNA samples collected only on those ages 20 or over. If you wish to have your samples used for future genetic studies, check the box below:

Only for persons ages 20 and over, check this box
 I agree that my blood may be kept for future studies using my genes to help understand genetic links to medical conditions.

Signature of participant age 7 or over _____ Date _____

Signature of parent/guardian of participant under 18 _____ Date _____
 (Unless the participant is an emancipated minor)

Signature of staff member _____ Date _____ Witness (if required) _____ Date _____

SP ID _____

Public reporting burden of this collection of information is estimated to average 6.6 hours per response for total participation, including the time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed, and completing and reviewing the collection of information. An agency may not conduct or sponsor, and a person is not required to respond to collection of information unless it displays a currently valid OMB control number. Send comments regarding this burden estimate or any other aspect of this collection of information, including suggestions for reducing this burden to OIG/ATISOR Reports Clearance Officer, 1600 Clifton Road, NE, Atlanta, GA 30333, ATTN: PRA, (9020-0237).

Exhibit 8-7. Summary of Forms Used to Complete the Consent Process

	Household Interview Consent	Dust Sample Consent	Transport	MEC Consent/ Assent	MEC Child Assent	Future Research Consent/Assent	DSS Form
SP 0-11 Months	Signed by Parent	N/A	YES	Signed by Parent	N/A	N/A	N/A
SP 1-6 Years	Signed by Parent	YES (1-5)	YES	Signed by Parent	N/A	Signed by Parent	N/A
SP 7-11 Years	Signed by Parent	N/A	YES	Signed by Parent	Signed by Child	Signed by Parent & Child	N/A
SP 12-17 Years	Signed by Parent & Child (16-17)	N/A	YES (12-15)	Signed by Parent & Child	N/A	Signed by Parent & Child	N/A
SP 18+ Years	YES	N/A	N/A	YES	N/A	YES	YES (60+)

5. Arrange a General Appointment Date and Time for the Examination

Exams will start approximately three weeks after household interviewing begins. Thus, SPs who are interviewed at the beginning of the stand may have to wait up to three weeks for their exams. Generally, however, our goal is to schedule SPs for exams about 1 week following the SP interview. This allows the field office time to process the case and follow up with a reminder letter and phone call to the respondent. It is also close enough to the date of the original interview to sustain respondent interest in participation and thereby reduce the incidence of "no shows."

It is important for you to note, however, that it may not always be possible to arrange the exam appointment one to two weeks after the interview for a number of reasons.

- As noted above, the MEC is not in operation for the first few weeks of the interviewing period.
- The respondent may not be available during the period in question.
- As the field period progresses there will be fewer appointment slots available and respondents will have to be seen as the MEC schedule permits.

6. Complete the Appointment Process for the SP Using the CAPI Appointment Module

Once you have discussed some general appointment times and dates with the respondent, you are ready to access the CAPI Appointment Module screens. The items entered in this module are transmitted to the MEC when you upload information from your pentop during your visit to the field

office. Many of these items are **critical** to the SP examination process. This module **must** be completed for each SP appointed during the appointment process, **before** your next visit to the field office. To access the module on your pentop, follow the steps below.

- Tap on the "INTERVIEWS" tab. This will bring you to the list of Screeners assigned to you.
- Tap on MEC Appts cases.
- Select the appropriate SP from your list of SPs by double tapping on the appropriate SP name.
- Double tap on the "Appointment" tab at the bottom of the screen.

The Appointment Module consists of four screens:

- Consent Screen;
- Name Check Screen;
- Report of Findings Screen; and
- Appointment Screen.

Each of these screens are designed to meet specific objectives related to the appointment process.

Consent Screens—Exhibit 8-8

The two Consent Screens have several purposes:

- They provide information to the field office and MEC about whether the SP wishes to receive a report of findings.
- They provide information to the field office and MEC about whether the SP is an emancipated minor (a person under 18 who lives alone or only with persons who are under 18 or who is or has been married).
- They provide a check to ensure the paper Consent Forms have been signed. CAPI will display only those forms applicable to the SP's age.
- They provide information to the Field Office and MEC about which consent forms are signed and, if applicable, which are missing.

- They provide information to the MEC about whether the SP (or parent) has agreed to specimen storage and future research.
- If applicable, they document any components of the exam the respondent does not want.

Exhibit 8-8. Consent Screens

MEC Appt., Exclusion Module

Report Of Findings:

Do you wish to receive a report of findings?

IS SP AN EMANCIPATED MINOR?

Help Spanish Next Page Print Close

Row: 0 Definition

MEC Appt., Consent Module

Participant #: 601- 01-0001- 01- 03 Age: 14

GERTRUDE STEIN

Type of Consent		Consent Comment
MEC Consent/Assent Signed By Parent?	<input type="text" value="Yes"/>	<input type="text"/>
MEC Consent/Assent Signed By SP?	<input type="text" value="Yes"/>	<input type="text"/>
Future Research Consent Signed By Parent or REF?	<input type="text" value="Yes"/>	<input type="text"/>
Future Research Box Checked By Parent?	<input type="text" value="Yes"/>	<input type="text"/>
Future Research Consent Signed By SP or REF?	<input type="text" value="Yes"/>	<input type="text"/>
Future Research Box Checked By SP?	<input type="text" value="Yes"/>	<input type="text"/>
Authorization for Transportation Form Signed?	<input type="text" value="No"/>	<input type="text"/>

WARNING - SP CANNOT BE EXAMINED WITHOUT SIGNED MEC CONSENT FORMS.
MEC CONSENT FORMS SHOULD BE SIGNED BEFORE APPOINTMENT IS MADE.

Help Previous Page Next Page Print Close

Row: 5 Definition

Specifications for Completing the CAPI Consent Screens

DO YOU WISH TO RECEIVE A REPORT OF FINDINGS?

This item appears on the hard copy MEC consent form. Record whether the SP wishes to receive the ROF by selecting “YES” or “NO”.

IS SP AN EMANCIPATED MINOR?

This item appears on the MEC consent form. Record whether the SP is an emancipated minor (“emancipated minor” box checked on the MEC consent form) by selecting “YES” or “NO”. An emancipated minor is a person under 18 years old who lives alone or only with persons who are under 18 or a person under 18 years old who is or has been married.

TYPE OF CONSENT

Only the forms applicable will appear on the screen. Check that each applicable form is signed.

FUTURE RESEARCH BOX CHECKED/GENETIC RESEARCH BOX CHECKED

These items appear on the Consent/Assent/Parental Permission for Specimen Storage and Continuing Studies. Only those items applicable will appear. Record whether the SP/Parent **checked** the item by selecting "YES" or "NO" for each item.

CONSENT COMMENT

In the rare situations where a respondent consents to the exam, but refuses one or more of the components of the exam (i.e., the eye exam), this should be noted here. Comments that could affect the SP's visit to the examination center (i.e., requires wheelchair, currently pregnant) should be recorded on the **appointment screen** which will be discussed later in this section.

When you have completed this screen, tap on the "NEXT PAGE" tab at the bottom of the screen to move forward.

Name Check Screen—Exhibits 8-9 and 8-10

The purpose of this screen is to ensure that the SP's name has been recorded as completely and accurately as possible. The name of the SP as you have recorded it in the SP Questionnaire will appear at the top of this screen. Check the SP's signature on the Consent Forms against this information and resolve any discrepancies.

Specifications for the Name Correct Screen

NAME MATCHES/CORRECTION REQUIRED

If the SP name as entered in the SP Questionnaire needs no correction, tap on the NAME MATCHES button. If the name needs correction, tap on "CORRECTION REQUIRED" button and an overlay screen will appear (Exhibit 8-14).

ADD/EDIT PERSON NAME

If you have selected "CORRECTION REQUIRED", this screen will display each part of the SP's name in separate fields. You may correct or add to the name by tapping on the appropriate field and using the keyboard to enter the correction. When you are finished making the correction, you **must tap on the "OK"** button to ensure that CAPI accepts the correction.

Exhibit 8-9. Name Check Screen

MEC Appt., Name Check Module

Participant #: 601- 01 - 0001 - 01 - 03

GERTRUDE STEIN

INTERVIEW CHECK:
MATCH SIGNATURE ON CONSENT FORMS AGAINST ENTRY OF NAME IN SP
QUESTIONNAIRE DISPLAYED ABOVE. RECONCILE WITH SP/PARENT/PROXY.

Name Matches Correction Required

Help Previous Page Print Close

Row: 0 Definition:

Exhibit 8-10. Name Check Screen

The screenshot displays a software window titled "MEC Appt., Name Check Module". The main interface shows a "Participant #:" field with the value "601- 01- 0001- 01- 03". Below this, there are input fields for "GERTRUDE" and "STEIN". A dialog box titled "Add/Edit Person Name" is open, containing the following fields: "Name Prefix:" (MISS), "First Name:" (GERTRUDE), "Middle Name 1:" (ELEANOR), "Middle Name 2:" (empty), "Last Name 1:" (STEIN), "Last Name 2:" (empty), and "Name Suffix:" (empty). The dialog box has "OK" and "Cancel" buttons. On the left side of the main window, there is a section labeled "INTERVIEW" with a "MATCH SIG QUESTION" checkbox. At the bottom of the main window, there are buttons for "Help", "Previous Page", "Print", and "Close". The status bar at the bottom left shows "Ready".

The Appointment Screen—Exhibit 8-11

So far you have discussed some general appointment times with the SP, checked that all the necessary consent forms are signed and that the SP's name has been accurately recorded, and have confirmed the SP's request to receive a report of findings. You are now ready to call the field office to make the appointment. Ask the respondent if you may use his/her telephone to call the office and establish a final date and time for the appointment. During this call you will use the Appointment Screen.

The purpose of this screen is to ensure you have discussed all items necessary in the appointment process with the SP and that the telephone call you make to the field office for the appointment is conducted in an organized and efficient manner.

This screen contains all the key pieces of information needed to make a MEC appointment. You will be asked to provide the office with this key data during the appointment process. You must have the Appointment Screen in front of you during the appointment call, however, items should **not** be checked on the screen until you have **confirmed it with the SP and the field office**.

- **Participant Number, Fasting Requirements, Name, Age, and Gender** are prefilled from data previously obtained either as part of the stand survey control file or the household interview process.
- **Telephone Number, Language, and DOB (Date of Birth)** may also be prefilled if the SP questionnaire has been completed.
- **SP Type**—This will be prefilled with "Primary."
- **Session Booked**—Select the date and time (morning, afternoon or evening) of the appointment. Remember this information cannot be entered **until you have confirmed it with the SP and the field office**.
- **Child Care Needed**—Note if the SP will require child care reimbursement to attend the MEC session.
- **Transportation Type**—Enter the type of transportation the SP will use—If by taxi, you must give the appointment taker the address (home, work place, school, etc.) where the SP will be picked up and the approximate pick up and take home time so the taxi pick up can be scheduled accurately. As you give the appointment taker this information, check the appropriate box.

Exhibit 8-11. Appointment Screen

MEC Appt., Appointment Maker

Participant #: 601 - 01 - 0001 - 01 - 03 SP Name: STEIN, GERTRUDE ELE
Telephone #: - - Language:
Gender: Female Age: 14 Fasting Req: Afternoon/Evening
SP Type: Primary DOB:

Appointment Check List **Session Booked:** 12/13/99 Afternoon

Appointment Slip Reviewed: Interpreter Type: None
Trans. Type: Self Trans. Payment:
Non-SP Payment:

Trans Authorization Form:
Child/Adult Care:
Escort:

Special Considerations

Help Delete Consider. Add Consider. Previous Page Print Close

Row: 0 Definition:

- **Transportation Payment**—If SP is driving themselves to the MEC.
- **Non-SP Payment**—If no parent has been selected as an SP.
- **Special Considerations**—Note any special information about the SP that could affect his/her visit to the examination center. For example, the respondent has a physical or mental handicap (e.g., is extremely overweight, requires wheelchair, has dementia).

Obviously, some of these items will touch on sensitive areas, and you must use your discretion on what may be said in front of the SP. In addition, this information is known by you either through observation or because you were told by the SP. **DO NOT ASK ABOUT THIS TYPE OF SENSITIVE INFORMATION.**

BL = Blind
 CN = Cane Needed
 CR = Crutches
 DF = Deaf
 HI = Hearing Impaired
 LN = Lift Needed
 MI = Mental Impairment
 OB = Obese
 OP = Other Physical Impairment
 SA = Substance Abuse
 WL = Walker
 WC = Wheelchair

To add special considerations, first tap once on the box labeled 'Add Considerations'. The drop down list will appear. Select the appropriate code. You may access a description of each code by tapping once on the 'Help' button at the bottom of the screen.

- **Interpreter Type**—If an interpreter is needed, enter whether the interpreter is an NHANES employee (a professional interpreter) or Personal (someone who is not a professional—for example, someone in the family or a neighbor).
- **Authorization for Transportation**—If the SP is under 16 years old, check whether the Authorization for Transportation form has been completed.
- **Appointment Slip Reviewed**—After you have made the appointment and confirmed it with the field office, check that you have reviewed the information on the appropriate Appointment Slip with the respondent.
- **Phone**—Give the supervisor the SPs phone number.
- **Escort**—Note whether the SP will require an escort.

During the call you will **need to obtain** the SP ID # from the field office. This is a unique six-digit number given to each SP. This number must be placed on **every SP hard-copy form.**

If there is **no telephone available in the household** to make the appointment, ask the respondent for the location of the nearest telephone where you can place the call. Go immediately from the respondent's home to the nearest telephone and call the field office. Inform the office that you are calling from a place other than the person's home and review with the office a date and time that is convenient for both the SP and the office. Return to the household and confirm the appointment with the respondent and then enter the information on the Appointment Screen. In the unusual situation where upon returning to the household you find that the respondent is unavailable for the appointment scheduled, repeat the process.

NOTE: During the initial 2 to 3 weeks of interviewing the office will open early and close late to facilitate the scheduling of MEC appointments. Your supervisor will provide you with the official office hours and telephone number information for each week of the survey.

7. If Necessary, Have the Respondent Sign the Authorization for Transportation Arrangements for Person Under 16 Years of Age Form

In a situation where a minor (under 16) is to be transported to and from the examination center it is necessary for the parent or guardian to complete and sign the authorization for transportation form (see Exhibit 8-12).

In addition to authorizing transportation arrangements, the form also notifies parents that children under 12 should not come to the MEC without a proper escort (i.e., someone 12+ years old). If children under 12 do arrive at the MEC alone, they will not be examined. In such a case, the field office will telephone the SP's home and determine if someone 12+ is at home. If so, the SP will be sent home immediately in a taxi. Otherwise, the SP will remain at the MEC until the closing time of the session. If someone 12+ is at home at that time, the SP will then be sent home. Otherwise, the SP will be driven to the field office until someone 12+ at the SP's home can be reached.

Be sure that the parent/guardian reads carefully the statement on the form for transportation for children under 12. If you sense that there may be reading problems, read the statement aloud to the parent/guardian. Record the **full** name of the person who will accompany the child in the appropriate space. Be sure to take the form with you when you leave the household and turn it in with the case.

Exhibit 8-12. Authorization for Transportation Form



DEPARTMENT OF HEALTH & HUMAN SERVICES

Centers for Disease Control and Prevention

National Center for Health Statistics
6525 Belcrest Road
Hyattsville, Maryland 20782

NATIONAL HEALTH AND NUTRITION EXAMINATION SURVEY

AUTHORIZATION FOR TRANSPORTATION ARRANGEMENTS FOR
PERSONS UNDER 16 YEARS OF AGE

NAME OF CHILD: _____ AGE: _____

- I consent to transportation of my child to and from the Mobil Exam Center/Field Office by members of the National Health and Nutrition Examination Survey staff.
- I consent to transportation of my child to and from the Mobile Exam Center/Field Office in a taxi arranged and paid for by the National Health and Nutrition Examination Survey.
- I will drive.

Children under 12 must come to the Mobile Exam Center accompanied by someone aged 12 and over. Please complete the subsequent section with this in mind. Children under 12 who arrive alone will not be examined.

- Mother will accompany.
- Father will accompany.
- Other person 12 and over will accompany _____
Specify
- Will come alone (only for children ages 12-16).

(Date)

(Signature of Parent or Guardian)

(Witness)

SP ID _____

CDC 6827
8-0320 (3/98)

8. If Necessary, Tell the Respondent That the Field Office Will Provide Him/Her With a School Excuse Letter

As discussed earlier in this section, children 12+ should be scheduled for exams according to whether they have been randomly selected for the morning or the afternoon/evening samples. For students, we can provide a letter, to be presented to the school, explaining the nature of the survey and the need to examine this individual. This school excuse letter (Exhibit 8-18) can be sent along with a reminder letter. The school excuse form should be completed by the parent/guardian and sent to the school. If further contact is necessary, the field office can make arrangements to do so upon notification.

9. Determine the Appropriate Appointment Slip by Time of Day Exam is Scheduled and Age of the SP

There are **four different appointment slips** (see Exhibit 8-13). You should select the appointment slip that corresponds to the SP's age and exam session appointment (morning, afternoon, or evening). These forms contain the date and time of the appointment, detailed fasting instructions for the SP, and any special instructions needed for specific exams.

For **every** SP for whom an examination appointment is scheduled you must complete and leave at the household a separate Appointment for Examination Slip. To complete the appointment slip, fill in the SP ID (you will receive the number from the stand office), and day, date, and time (specify a.m. or p.m.). Fill in the taxi pick-up time if the SP has requested taxi transportation.

10. Read and Review the Fasting Instructions With the SP

SP fasting instructions appear on the back of the Appointment Slip. You should read and review the fasting instructions with the SP and make sure that s/he understands them. SPs are asked to fast because certain biochemical determinations from the blood are only meaningful if done on a fasting blood specimen. For example:

- Monitoring **nutritional status** is one of the key goals of NHANES. In order to establish a national baseline of information, tests will be done to determine the level of vitamins A, E, C, D, carotenoids, and selenium in the blood. Once these levels are established, researchers can make recommendations, such as the need to do more vitamin fortification. Valid estimates require subjects to fast.
- Determining **cholesterol levels and other blood lipid determinations** is another goal of NHANES. Valid measurements of triglyceride in the blood require subjects to fast.

Exhibit 8-13. School Excuse Letter



DEPARTMENT OF HEALTH & HUMAN SERVICES
Centers for Disease Control and Prevention

National Center for Health Statistics

6525 Belcrest Road
Hyattsville, Maryland 20782

Dear Principal:

Please excuse the below named student from class to participate in the National Health and Nutrition Examination Survey. The date and arrangements we have made for transportation are indicated below.

NAME _____

DATE _____

- Parent will pick up.
- Taxi will pick up.
- One of our representatives will pick up.
- Student will leave from home.

Thank you for your cooperation and your appreciation of the valuable contribution this student is making to our study. If you need to contact us, please call _____.

Sincerely yours,

Field Operations Coordinator

As parent/guardian of the above named child, I consent to the arrangements indicated.

Signed (Parent/Guardian)

KEEP IN MIND THAT ALL RESPONDENTS BEING ASKED TO FAST SHOULD BE REMINDED NOT TO FAST MORE THAN 16 HOURS.

Each appointment slip and its corresponding fasting instructions appear in Exhibit 8-14 and are described below:

- **Morning Exam Appointment Slip - Persons 12+ (yellow)**—This form is given to SPs 12+ years. It asks the respondent to fast overnight—that is, not to eat or drink anything except water—from 11:00 p.m. to 8:30 a.m. This means no coffee, no food, no gum, no snacks, and no beverages of any kind (except water) until after the MEC exam. Respondents are instructed to take their normal medications but with water only.

Respondents are also asked to bring their glasses if used and to bring their own rinsing and wetting solution for contacts if they so desire.

- **Afternoon Exam Appointment Slip - Persons 12+ (green)**—This form is given to persons 12+ who have an afternoon appointment. Respondents are asked to begin fasting—no food or drink of any kind except water—at 7:30 a.m. on the day of their appointment.

Respondents are asked to bring their glasses if used and to bring their own rinsing and wetting solution for contacts if they so desire.

- **Evening Exam Appointment Slip - Persons 12+ (pink)**—This form is given to persons 12+ who have an evening appointment. Respondents are asked to begin fasting at 11:30 a.m. on the day of their appointment.

Respondents are also asked to bring their glasses if used and to bring their own rinsing and wetting solution for contacts if they so desire.

- **Morning/Afternoon/Evening Appointment Slip - Persons Birth-11 years and for diabetics on insulin 12+ years (blue)**—This form is given to children ages birth-11 years and diabetics on insulin. It only requests that respondents bring their glasses if used and to bring their own rinsing and wetting solution for contacts if they so desire.

Exhibit 8-14. Exam Appointment Slips (4)

Morning Exam Appointment Slip – Persons 12+ Years (YELLOW)

MORNING EXAMS **(PERSONS 12+ YEARS)** **ON THE DAY BEFORE YOUR APPOINTMENT**

DO:

- Eat as you would on any normal day.
- Take your normal medications.

DON'T:

- Eat or drink anything except water after 11 P.M.
No coffee, tea, food, dietary supplements, mints, cough drops, gum, snacks, or beverages.

ON YOUR APPOINTMENT DAY

DO:

- Drink as much water as you like.
- Take your normal medications with water only.
- If you wear contact lenses, you may wear them and bring your own rinsing and wetting solution. In addition, please bring your eyeglasses.
- Wear shoes that are comfortable (sneakers, tennis or jogging shoes are preferred).
- Inform the examining staff upon arrival if you are allergic to latex.

DON'T:

- Eat or drink anything except water.
No coffee, tea, food, dietary supplements, mints, cough drops, gum, snacks, or beverages, and no nicotine for at least 3 hours.
- Do any exercises.
- Wear any jewelry (you will be asked to remove all jewelry and hair ornaments for some of the tests).

EXÁMENES DE LA MAÑANA **(PERSONAS DE 12 AÑOS Y MÁS)** **EL DÍA ANTES DE SU CITA**

DEBE:

- Comer como lo haría en un día normal.
- Tomar sus medicamentos usuales.

NO DEBE:

- Comer ni beber nada después de las 11 de la noche, excepto agua.
No beba café, té, ni coma alimentos, suplementos dietéticos, mentas, pastillas para la tos, chicles, meriendas, o refrescos.

EL DÍA DE SU CITA

DEBE:

- Tomar tanta agua como quiera.
- Tomar sus medicamentos usuales con agua solamente.
- Si usa lentes de contacto, los puede usar y traer su propia solución para enjuagarlos y mojarlos. Además, traiga sus (anteojos/lentes/espejuelos) por favor.
- Usar zapatos que sean cómodos (preferiblemente zapatillas de gimnasia ("sneakers"), de tenis o zapatos para correr).
- Informar, a su llegada, al personal de exámenes si usted es alérgico(a) al látex.

NO DEBE:

- Comer ni beber nada excepto agua.
No beba café, té, ni coma alimentos, suplementos dietéticos, mentas, pastillas para la tos, chicles, meriendas, o refrescos, y no use nicotina por 3 horas al menos.
- Hacer ejercicios.
- Usar ninguna joya (se le pedirá que se saque todas las joyas y adornos para el pelo para algunas de las pruebas).

Exhibit 8-14. Exam Appointment Slips (4) (continued)

Afternoon Exam Appointment Slip—Persons 12+ Years (GREEN)

AFTERNOON EXAMS
(PERSONS 12+ YEARS)
ON THE DAY BEFORE YOUR APPOINTMENT

DO:

- Eat as you would on any normal day.
- Take your normal medications.

ON YOUR APPOINTMENT DAY

DO:

- Drink as much water as you like.
- Take your normal medications with water only.
- Eat something for breakfast before 7:30 A.M.
- If you wear contact lenses, you may wear them and bring your own rinsing and wetting solution. In addition, please bring your eyeglasses.
- Wear shoes that are comfortable (sneakers, tennis or jogging shoes are preferred).
- Inform the examining staff upon arrival if you are allergic to latex.

DON'T:

- Eat or drink anything except water after 7:30 A.M.
No coffee, tea, food, dietary supplements, mints, cough drops, gum, snacks, or beverages, and no nicotine for at least 3 hours.
- Do any exercises.
- Wear any jewelry (you will be asked to remove all jewelry and hair ornaments for some of the tests).

EXÁMENES DE LA TARDE
(PERSONAS DE 12 AÑOS Y MÁS)
EL DÍA ANTES DE SU CITA

DEBE:

- Comer como lo haría en un día normal.
- Tomar sus medicamentos usuales.

EL DÍA DE SU CITA

DEBE:

- Tomar tanta agua como quiera.
- Tomar sus medicamentos usuales con agua solamente.
- Comer algo para el desayuno antes de las 7:30 de la mañana.
- Si usa lentes de contacto, los puede usar y traer su propia solución para enjuagarlos y mojarlos. Además, traiga sus (anteojos/lentes/espeuelos) por favor.
- Usar zapatos que sean cómodos (preferiblemente zapatillas de gimnasia ("sneakers"), de tenis o zapatos para correr).
- Informar, a su llegada, al personal de exámenes si usted es alérgico(a) al látex.

NO DEBE:

- Comer ni beber nada después de las 7:30 de la mañana, excepto agua.
No beba café, té ni coma alimentos, suplementos dietéticos, mentas, pastillas para la tos, chicles, meriendas, ni refrescos, y no use nicotina por 3 horas al menos.
- Hacer ejercicios.
- Usar ninguna joya (se le pedirá que se saque todas las joyas y adornos para el pelo para algunas de las pruebas).

Exhibit 8-14. Exam Appointment Slips (4) (continued)

Evening Exam Appointment Slip—Persons 12+ Years (PINK)

EVENING EXAMS[™]
(PERSONS 12+ YEARS)
ON THE DAY BEFORE YOUR APPOINTMENT

DO:

- Eat as you would on any normal day.
- Take your normal medications.

ON YOUR APPOINTMENT DAY

DO:

- Drink as much water as you like.
- Take your normal medications with water only.
- Eat something for breakfast before 11:30 A.M.
- If you wear contact lenses, you may wear them and bring your own rinsing and wetting solution. In addition, please bring your eyeglasses.
- Wear shoes that are comfortable (sneakers, tennis or jogging shoes are preferred).
- Inform the examining staff upon arrival if you are allergic to latex.

DON'T:

- Eat or drink anything except water after 11:30 A.M.
No coffee, tea, food, dietary supplements, mints, cough drops, gum, snacks, or beverages, and no nicotine for at least 3 hours.
- Do any exercises.
- Wear any jewelry (you will be asked to remove all jewelry and hair ornaments for some of the tests).

EXÁMENES NOCTURNOS
(PERSONAS DE 12 AÑOS Y MÁS)
EL DÍA ANTES DE SU CITA

DEBE:

- Comer como lo haría en un día normal.
- Tomar sus medicamentos usuales.

EL DÍA DE SU CITA

DEBE:

- Tomar tanta agua como quiera.
- Tomar sus medicamentos usuales con agua solamente.
- Comer algo para el desayuno antes de las 11:30 de la mañana.
- Si usa lentes de contacto, los puede usar y traer su propia solución para enjuagarlos y mojarlos. Además, traiga sus (anteojos/lentes/espeuelos) por favor.
- Usar zapatos que sean cómodos (preferiblemente zapatillas de gimnasia o "sneakers", de tenis o zapatos para correr).
- Informar, a su llegada, al personal de exámenes si usted es alérgico(a) al látex.

NO DEBE:

- Comer ni beber nada después de las 11:30 de la mañana, excepto agua.
No beba café, té ni coma alimentos, suplementos dietéticos, mentas, pastillas para la tos, chicles, meriendas, o refrescos, y no use nicotina por al menos 3 horas.
- Hacer ejercicios.
- Usar ninguna joya (se le pedirá que se saque todas las joyas y adornos para el pelo para algunas de las pruebas).

Exhibit 8-14. Exam Appointment Slips (4) (continued)

Morning/Afternoon/Evening Exam Appointment Slip—Persons 1-11 Years
& Diabetics on Insulin (BLUE)

MORNING, AFTERNOON, OR EVENING EXAMS
(PERSONS – BIRTH THROUGH 11 YEARS AND FOR
DIABETICS ON INSULIN 12+ YEARS)

Since fasting is not required for your exam –

DO:

- Eat as you would on any normal day.
- Drink as much water as you like.
- Take your normal medications.
- If you wear contact lenses, you may wear them and bring your own rinsing and wetting solution. In addition, please bring your eyeglasses.
- Wear shoes that are comfortable (sneakers, tennis or jogging shoes are preferred).
- Inform the examining staff upon arrival if you are allergic to latex.

DON'T:

- Do any exercises.
- Wear any jewelry (you will be asked to remove all jewelry and hair ornaments for some of the tests).
- Take nicotine for at least 3 hours.

EXÁMENES DE LA MAÑANA, TARDE, O NOCHE
(PERSONAS – DESDE EL NACIMIENTO HASTA LOS 11 AÑOS DE EDAD Y PARA
PERSONAS DIABÉTICAS DE 12 AÑOS Y MÁS DE EDAD QUE USAN INSULINA)

Debido a que ayunar no es un requisito para su examen –

DEBE:

- Comer como lo haría en un día normal.
- Tomar tanta agua como quiera.
- Tomar sus medicamentos usuales.
- Si usa lentes de contacto, los puede usar y traer su propia solución para enjuagarlos y mojarlos. Además, traiga sus (anteojos/lentes/espeuelos) por favor.
- Usar zapatos que sean cómodos (preferiblemente zapatillas de gimnasia ("sneakers"), de tenis o zapatos para correr).
- Informar, a su llegada, al personal de exámenes si usted es alérgico(a) al látex.

NO DEBE:

- Hacer ejercicios.
- Usar ninguna joya (se le pedirá que se saque todas las joyas y adornos para el pelo para algunas de las pruebas).
- Usar nicotina por al menos 3 horas.

11. Record all Appointment Information on the Front Cover of the Household Folder

After you complete the appointment process, write the appointment information for each SP on the Summary Table located on the front cover of the Household Folder (Exhibit 8-15). Enter complete information because this is your only hard copy documentation of this data.

12. Make a Closing Statement to the Respondent

The major points to be covered during the closing statement include:

- **Thank** the respondent for his/her cooperation and time. Prepare an **Outreach Folder**. As you may recall the Outreach Folder is a two-pocket folder designed for NHANES, which has an endorsement of the survey by the Secretary of the Department of Health and Human Services and the Surgeon General of the United States printed inside. The folder also contains four additional items:
 - An NHANES magnet;
 - An NHANES ruler; and
 - A brochure of NHANES data highlights.

One folder should be given to each eligible **household** at the conclusion of the appointment process for all SPs as a thank you for their cooperation and time. It is also a convenient place for SPs to store their copies of the Consent/Assent Form and other study materials. Remember that a **Certificate of Appreciation** (Exhibit 8-16) will be sent to the SP after their appointment is made with the field office.

Be sure to stress the importance of his/her contribution to the study. Even though the respondent should at this point be generally familiar with the survey objectives, it is important to leave the respondent with a feeling that s/he has participated and should continue to participate in a worthwhile experience.

- Restate the **date, time, and transportation** arrangements for the examination appointment.

A summary of all the steps (1 through 13) to be followed when making a MEC appointment is contained in your Hand Card Booklet.

8.4 Reporting Medical Findings to SPs

When questions about the results of examinations arise, explain to the respondent that findings reflecting most of the tests conducted as part of the MEC exam will be reported to the SP either during the time of the exam or sent to the SP 12-16 weeks after the exam is completed. Most results will be reported to the SP in writing regardless of when they are reported. An example of the Preliminary Report of Findings the SP receives for some of the exams at the time of the MEC visit appears as Exhibit 8-17. The report the SP receives on other exams 12-16 weeks later is very similar in format to this preliminary report. As necessary, use the Summary of MEC Examination Survey Measurements and Findings to show the SP which exams are reported (Exhibit 8-18). This exhibit will also be part of your Hand Card Booklet.

Exhibit 8-15. Summary Table of Household Folder

MEC EXAM APPOINTMENT SUMMARY									
FAM #	PER #	INTER ID	SP ID#	APPT DISP	MEC EXAM APPOINTMENT INFORMATION				
					DATE	TIME	TRANSPORT	SPECIAL CONSID	
	1	NAME:			GENDER:		AGE:		
		NAME:			GENDER:		AGE:		
		NAME:			GENDER:		AGE:		
		NAME:			GENDER:		AGE:		
		NAME:			GENDER:		AGE:		

REV. 10/00

Exhibit 8-16. Certificate of Appreciation

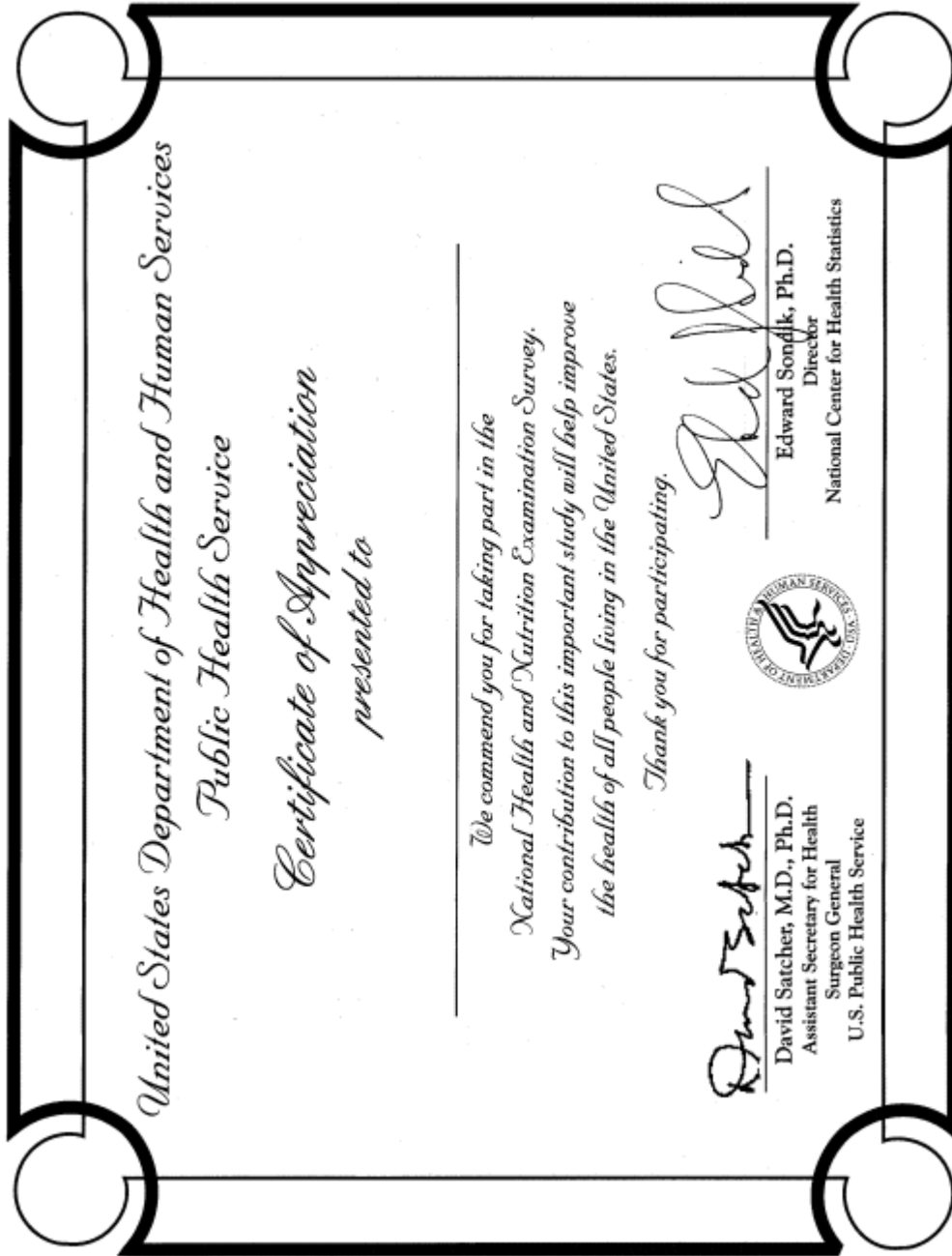


Exhibit 8-17. Preliminary Report of Findings

National Health and Nutrition Examination Survey

Preliminary Report of Findings

These measurements were obtained as part of a survey and do not represent a medical diagnosis. Interpretation of these measurements must be made by a physician.

Date of Examination: December 30, 1998
Participant Name: Hilda Smith
Participant Age: 44 years
Participant Gender: Female
SP ID: 405279 PR

Body Measurements

Height/Length: 5 ft. 7 in.
Weight: 154.3 lbs
Body Mass Index: 59.03

For a person of your height, your weight is above the range of a healthy weight, and you may be overweight.

Blood Pressure and Heart Rate

		Optimal	Normal	Acceptable
Systolic Blood Pressure:	108 mm Hg	< 120	< 130	< 140
Diastolic Blood Pressure:	80 mm Hg	< 80	< 85	< 90
Resting Pulse Rate:	80 bpm			

Your blood pressure is normal. Based on the 6th Report of the Joint National Committee on Detection, Evaluation, and Treatment of High Blood Pressure.

Dental

Exhibit 8-17. Preliminary Report of Findings (continued)

National Health and Nutrition Examination Survey

Preliminary Report of Findings

Vision

We have done a quick check of your vision today. Our exam is not as precise as an eye exam done by an eye doctor. These values may differ from a vision exam you may have by an ophthalmologist, optometrist or optician.

Your distance vision is **20/20** in your **right eye** and **20/25** in your **left eye** with contact lens.

This is a good level of vision. We have not done a full eye examination, so you should continue your usual schedule of periodic examinations by your eye doctor.

Cardiovascular Fitness

Your fitness test was done on a treadmill. The test consisted of a warm-up, two exercise periods (stage 1 and stage 2), and a recovery period. The table below shows your test results.

Stage	Required Time	Your Time	Your Heart Rate
Warmup	2 min	2 min	100 pm
Stage 1	3 min	3 min	110 pm
Stage 2	3 min	3 min	120 pm
Recovery	2 - 3 min	3 min	100 pm

During this exercise your maximum incline on the treadmill was 6% and your maximum speed was 2.7 mph.

Compared with other people your age and sex, your cardiovascular fitness level is high..

Audiometry

The softest sounds you are able to hear are called hearing thresholds. Your thresholds at different frequencies (pitches) are reported in the table below. The lower pitched sounds are towards the left of the table and the higher pitched sounds are towards the right. Values of 25 dB or less are considered normal hearing.

Hearing Levels by Ear and Frequency (Air Conduction)

	Frequency (Hz)						
	500	1000	2000	3000	4000	6000	8000
Right Ear (dB)	10	10	10	10	10	10	10
Left Ear (dB)	10	10	10	10	10	10	10

Thresholds reported in dB HL

Your hearing was tested by a trained examiner. Results indicate that your hearing is entirely within normal limits in both ears.

Exhibit 8-18. Summary of MEC Examination Survey Measurements and Findings

SP Receives Results

Blood Pressure*
Body Composition*
Bone Density
Dental Exam*
Eye Exam – Ages 12 and older*
Fitness Test*
Hearing – Ages 20 and older*
Height, Weight and Other Body Measurements*
Pregnancy Tests (Females 12-59)
Sexually Transmitted Diseases (Reported Via a Toll Free Phone Line)
Human Immunodeficiency Virus (HIV) (Reported Via a Toll Free Phone Line)
Complete Blood Count*
Lipid Profile
Glucose Measures
Kidney Tests
Lead Levels
Liver Tests
Nutritional Status
Hormone Tests

SP Receives Results Only If Abnormal

Infectious Diseases
Hair and Blood Sample for Mercury
Cadmium

*Reported at the time of the examination.

NOTE: TALKING WITH RESPONDENTS ABOUT THE DISCOVERY OF SERIOUS HEALTH PROBLEMS OR ABNORMAL TEST RESULTS MAY HAVE A NEGATIVE IMPACT ON PARTICIPATION. FOR THAT REASON, THE TEXT THAT FOLLOWS IS FOR YOUR INFORMATION ONLY.

If a member of the examination staff determines that there are major medical findings that should be evaluated soon by a health care provider, the staff physician will explain the condition to the SP, provide him/her with a written report and urge him/her to make an appointment with a medical care provider. If the SP has no medical care provider, the physician will have him/her choose from a list of providers obtained at the stand for this purpose.

When extremely abnormal findings are discovered by the laboratory after the examination has been completed, the lab will contact NCHS who in turn will send the SP (or parent) a letter describing the findings and strongly urging him or her to see a medical provider for a complete evaluation. This letter will usually be sent within two to three weeks of the exam.

If an emergency situation is discovered in the MEC, the MEC staff will contact a local rescue squad, ambulance service, or hospital emergency room whose telephone numbers will be kept posted in the MEC.

8.5 Answering Questions About Child Abuse

The fourth paragraph on the MEC Consent Form informs the respondent of the strict confidential nature of the study except in cases where there are clear signs of child abuse.

Past experience indicates that there will be very few SPs who have questions about child abuse issues, and you are not expected to explain this issue in detail to the SP. In fact, it is generally not advisable to provide a respondent with too much detailed information, since this could lead to confusion and unnecessary concerns on the respondent's part.

However, SPs that do have questions deserve a clear, accurate answer, given in a manner that communicates your recognition that theirs is an important question.

For that reason we provide you with a statement about child abuse and related questions and answers respondents may have (Exhibit 8-19). These will be part of your Hand Card Booklet. In most situations, providing the respondent with this information will end the child abuse conversation. If the respondent asks you **other** specific questions (not in your Hand Card Booklet) about child abuse issues, provide him/her with the appropriate telephone number which will be given to you when you arrive at the stand. Depending on the nature of the question, this may be the number of the field office, the local state agency that deals with child abuse cases or the National Center for Health Statistics. **Do not answer any child abuse questions based on your own knowledge.** Your supervisor will give you the appropriate local agency number at the beginning of each stand.

8.6 Answering Questions About AIDS Testing

AIDS is one of the health issues to be studied in NHANES. The MEC Brochure informs respondents of this. Based on past experience, we know that the overwhelming majority of respondents do not ask any questions concerning AIDS. However, if you are asked about AIDS and NHANES, we would like you to do the following:

1. Hand the respondent the AIDS Brochure (Exhibit 8-20), which contains information on the blood test given in the MEC and on the AIDS virus. Note that the brochure includes an 800 number that respondents can call for additional information.

Show the respondent the AIDS Information Sheet that appears as one of your Hand Cards in the "MEC" portion of the Hand Card Booklet (Exhibit 8-21).

In most situations this will end the AIDS conversation, and you will proceed with the appointment making process.

2. If the respondent asks you specific questions about AIDS indicate that you can provide him/her with the telephone number of a local health center where s/he can get authoritative answers. **Do not answer AIDS questions based on your own knowledge.** YOUR SUPERVISOR WILL GIVE YOU THIS NUMBER AT THE BEGINNING OF EACH STAND.
3. If the respondent would like to get the results of his/her AIDS test, they may call the special NCHS telephone number provided in the Consent Brochure.
4. If the respondent **insists** that s/he will participate in the MEC exam except for the AIDS testing, grant this concession and note it in the Consent Form Module.

Exhibit 8-19. Child Abuse Pages

NATIONAL HEALTH AND NUTRITION EXAMINATION SURVEY

INFORMATION ABOUT CHILD ABUSE

Physical child abuse is a serious and widespread problem. Every year more than a million children in the United States are abused, and between 2,000 and 5,000 die as a result of their injuries. Physicians are in a unique position to detect child abuse and are mandated by law to report such cases.

Physical abuse of a child is defined as the nonaccidental injury of a child. Some physical signs are unusual bruises, welts, burns or multiple broken bones. Usually, the injuries are more severe than those that could be attributed to the claimed cause.

**QUESTIONS AND ANSWERS ABOUT THE
NATIONAL HEALTH AND NUTRITION EXAMINATION SURVEY**

What do you mean by "clear evident of physical child abuse?"

This card contains information about and definition of "child abuse" obtained from two publications produced by the American Medical Association entitled "Diagnostic and Treatment Guidelines on Child Sexual Abuse" and "Child Physical Abuse and Neglect."

Why are the people working on the survey concerned about child abuse?

We are concerned about the health, safety, and proper treatment of all children and our physicians are mandated by state law to report such cases.

Who gave you the right to determine whether my child is being abused?

My purpose here today is to administer the Health and Nutrition Examination Survey questionnaire. However, the physicians in the Mobile Examination Center are mandated by federal law to report such cases.

What actions are taken in suspected cases of child abuse?

Investigations of suspected cases of child abuse are dependent upon the specific laws in your state.

**Will the physician at the Mobile Examination Center tell me if s/he
is reporting my child as being abused?**

Yes, they will inform you of their intention to do so.

Where do you get your guidelines on child abuse?

Guidelines vary from state to state, but the guidelines our physician uses for reporting come from two publications produced by the American Medical Association entitled "Diagnostic and Treatment Guidelines on Child Sexual Abuse" and "Child Physical Abuse and Neglect."

Exhibit 8-19. Child Abuse Pages (continued)

Are your physicians mandated by law to report instances of physical abuse of adults?

The law mentioned in the consent form only applies to physical abuse of children.

How can I get more information about child abuse and how it is treated in the National Health and Nutrition Examination Survey project?

My supervisor can give you more information and can be reached at (Give current phone number of Field Operations Coordinator).

If I have more questions which you or your supervisor cannot answer, who else can I call?

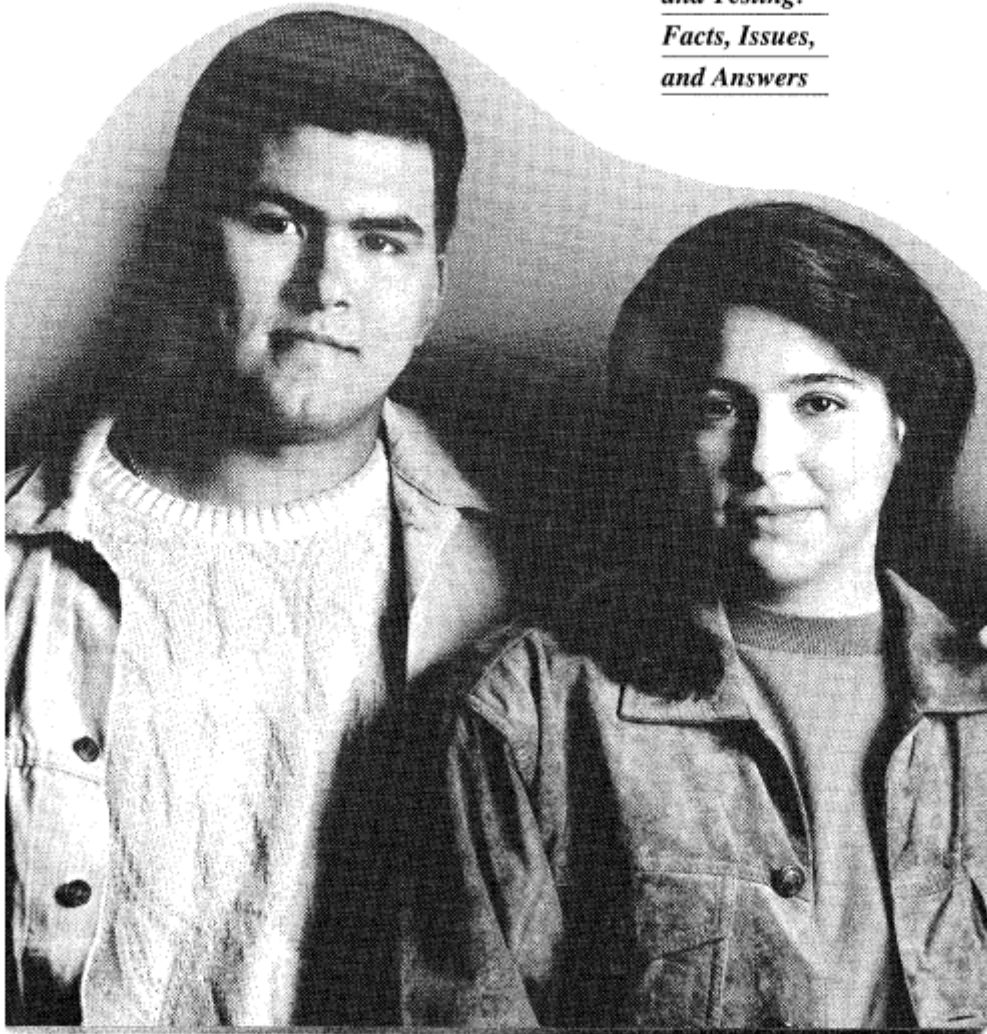
You may call the agency in your state that deals with child abuse cases (Give agency number) or the person to contact on a national level is Dr. Kathryn S. Porter at the National Center for Health Statistics. Her toll free number is 1 800 452-6115.

Exhibit 8-20. AIDS Brochure



DEPARTMENT OF HEALTH AND HUMAN SERVICES
Public Health Service
NAIEP/10-90/11

*Voluntary HIV
Counseling
and Testing:
Facts, Issues,
and Answers*



AIDS INFORMATION SHEET

NHANES is a survey that looks at the health of the United States population, studying many diseases such as heart disease, diabetes, and osteoporosis. One of the major health issues in the United States is AIDS. Because it is such an important public health problem and scientists need to know how widespread the infection is in the general population, we plan to test the blood of everyone ages 18-49 years for AIDS infection.

You cannot get AIDS from any procedure in the mobile examination center. All needles used in obtaining your blood are sterile and are used only on you. All other equipment used during the examination is either disposable or sterilized after each use.

8.7 Answering SP Questions About the Blood Draw

During the appointment process some SPs may have questions concerning the blood draw that takes place as part of the MEC examination. A special document has been produced to aid the health representative in answering these questions. This document appears as Attachment A.

8.8 Motivating the Respondent to Participate in the Examination

The face-to-face SP interview generally provides a unique opportunity for the interviewer and the respondent to establish a positive working relationship. This rapport will in most cases be crucial to motivating the respondent to cooperate in the examination component of NHANES.

However, situations will certainly arise where you sense that the respondent is apprehensive or reluctant about the examination. In such cases of noncooperation (short of an outright refusal) there are a number of techniques that should be employed once you have determined the reason for the reluctance. Some of the techniques are the same as those used to convince SPs to participate in the household interview, others are unique to the examination phase. These techniques are discussed in the Obtaining Respondent Cooperation Manual (Part II of your manual).

8.9 Making Field Reminders

Within 48 hours of their MEC appointment, all SPs will receive a reminder telephone call. This call is made from the stand field office. SPs who do not have phones, whose phones are not working, or who have not been contacted by phone for some other reason must be contacted in the field.

Field reminders will be assigned to interviewers by the field manager. A **field reminder assignment package** will include:

- A **Segment Folder** (Chapter 3) to help locate the address;
- A copy of the **Appointment History** of the SP who requires the field reminder (Exhibit 8-22); and
- A xerox copy of the **Household Folder Call Record** to serve as a contact reference.

Exhibit 8-22. Appointment History

Appointment Detail

SP: CHRIS RIZZO Participant ID: 400-01-0004-01-02 Session : Morning - 12/24/1998 - Start Time: 08:30 Appointment: 1 of 1

Address: 8815 ROSEMARK GAITHERSBURG, MD 20879

Type: Primary Status: Scheduled Status Date: 12/10/1998 Scheduled By: 1056: Baylin, Leah

Arrival Time: 08:30 Field Reminder: Child/Adult Care: Yes Interviewer: 1056: Leah Baylin

Assigned Fast: Afternoon/Evening Sched Fasting: Morning - 9 Hour Language: English Hold: No

Transportation Interpreter Special Considerations **History** SP Addresses Comments SP Info Consents

Sample Person Name	Status	Type	Session	Rescheduled By	Status Date	History Date
RIZZO, CHRIS	Scheduled	Primary	12/24/1998 - Morning	1056: Baylin, Leah	12/10/1998	12/10/1998 15:47:26
RIZZO, CHRIS	Cancelled\SP Resche	Primary	12/22/1998 - Morning	1056: Baylin, Leah	12/3/1998	12/10/1998 15:47:26
RIZZO, CHRIS	Scheduled	Primary	12/22/1998 - Morning	1056: Baylin, Leah	12/3/1998	12/3/1998 15:11:09

Previous Appointment Next Appointment Insert Detail Delete Detail Cancel Current Change OK Cancel

Field reminders must be done in person face-to-face—leaving a slip under the door is not a successful field contact. In the **unusual event** that face-to-face contact is not possible after multiple attempts with the household, the interviewer should then leave an appointment slip at the household for each SP and notify the field manager of the situation. SPs not receiving in-person field reminders may be more likely not to show for their MEC appointments.

In making field reminders to SPs, be sure to go over all of the points mentioned below.

1. Introduce yourself and explain that you are calling from the National Health and Nutrition Examination Survey.
2. Remind the SP that a health representative made an appointment for him/her to come to the MEC on (mention date of appointment).
3. Ask the SP to get the appointment slip that was left by the health representative so that you can review the instructions.
4. Review the time of the appointment and the address of the MEC. If the SP is to be picked up by a taxi, tell the SP what time the taxi will pick him/her up. If the SP is coming to the MEC on his or her own, remind the SP what time s/he needs to be there.
5. Review the fasting instructions with the SP.
6. If appropriate, remind the SP to bring his/her contact lens or glasses to the examination.

Moreover, it is important to keep in mind that each time a household contact is made, you should leave the most positive feeling behind concerning NHANES since it will surely affect the next component of the study, in this case, participation in the examination.

8.10 Rescheduling Broken MEC Appointments

Interviewers will support the field office staff efforts to reschedule respondents who cancel or do not appear for their MEC examination appointments. The study manager will assign these cases.

A **broken appointment assignment package** will include:

- A **segment folder** (Chapter 3) to help locate the address;
- The **SP/Family Non Response Card** to record the results of rescheduling the broken appointment;
- A **SP Appointment History Report**, which provides appointment history data on all SPs in a household.
- A photocopy of the Household Call Record from the Household Folder to provide contact information about the household.

At the time a broken appointment is assigned, the interviewer and the field manager should discuss conversion strategies (see Obtaining Respondent Cooperation Manual).