



NHANES 2001-2002 Data Release
Weight History Section of SP Questionnaire
(WHQ_B.XPT)
July 2004

Current Self-reported height (inches)				
WHD010	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	25	0.38	25	0.38
41	3	0.05	28	0.42
43	1	0.02	29	0.44
48	2	0.03	31	0.47
49	1	0.02	32	0.48
50	2	0.03	34	0.51
51	4	0.06	38	0.57
52	1	0.02	39	0.59
53	6	0.09	45	0.68
54	5	0.08	50	0.75
56	14	0.21	64	0.96
57	18	0.27	82	1.24
58	41	0.62	123	1.85
59	107	1.61	230	3.47
60	243	3.66	473	7.13
61	270	4.07	743	11.20
62	474	7.15	1217	18.34
63	473	7.13	1690	25.47
64	587	8.85	2277	34.32
65	551	8.31	2828	42.63
66	591	8.91	3419	51.54
67	565	8.52	3984	60.05
68	489	7.37	4473	67.43
69	431	6.50	4904	73.92
70	435	6.56	5339	80.48
71	370	5.58	5709	86.06
72	321	4.84	6030	90.90
73	187	2.82	6217	93.71
74	137	2.07	6354	95.78
75	79	1.19	6433	96.97
76	37	0.56	6470	97.53
77	17	0.26	6487	97.78
78	7	0.11	6494	97.89
79	2	0.03	6496	97.92
81	1	0.02	6497	97.93
7777 : Refused	5	0.08	6502	98.01
9999 : Don't know	132	1.99	6634	100.00



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Current Self-reported weight (pounds)				
WHD020	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	4	0.06	4	0.06
50 to 450	6524	98.34	6528	98.40
7777 : Refused	14	0.21	6542	98.61
9999 : Don't know	92	1.39	6634	100.00



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How do you consider your weight				
WHQ030	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	4	0.06	4	0.06
1 : Overweight,	3154	47.54	3158	47.60
2 : Underweight, or	441	6.65	3599	54.25
3 : About the right weight?	3013	45.42	6612	99.67
7 : Refused	5	0.08	6617	99.74
9 : Don't know	17	0.26	6634	100.00



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Like to weigh more, less or same				
WHQ040	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	4	0.06	4	0.06
1 : More,	606	9.13	610	9.20
2 : Less, or	3557	53.62	4167	62.81
3 : Stay about the same?	2456	37.02	6623	99.83
7 : Refused	5	0.08	6628	99.91
9 : Don't know	6	0.09	6634	100.00



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Self-reported weight-1 yr ago (pounds)				
WHD050	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	4	0.06	4	0.06
75 to 430	6491	97.84	6495	97.90
7777 : Refused	15	0.23	6510	98.13
9999 : Don't know	124	1.87	6634	100.00



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Weight change intentional				
WHQ060	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	5590	84.26	5590	84.26
1 : Yes	577	8.70	6167	92.96
2 : No	467	7.04	6634	100.00



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Tried to lose weight in past year				
WHQ070	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	581	8.76	581	8.76
1 : Yes	1757	26.48	2338	35.24
2 : No	4287	64.62	6625	99.86
7 : Refused	4	0.06	6629	99.92
9 : Don't know	5	0.08	6634	100.00



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Ate less food				
WHD080A	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	5114	77.09	5114	77.09
10 : Ate less food (amount)	1518	22.88	6632	99.97
99 : Don't know	2	0.03	6634	100.00



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Switched to foods with lower calories				
WHD080B	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	5829	87.87	5829	87.87
11 : Switched to foods with lower calories	805	12.13	6634	100.00



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Ate less fat				
WHD080C	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	5654	85.23	5654	85.23
12 : Ate less fat	980	14.77	6634	100.00



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Exercised				
WHD080D	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	5238	78.96	5238	78.96
13 : Exercised	1396	21.04	6634	100.00



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Skipped meals				
WHD080E	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	6217	93.71	6217	93.71
14 : Skipped meals	417	6.29	6634	100.00



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Ate diet foods or products				
WHD080F	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	6398	96.44	6398	96.44
15 : Ate diet foods or products	236	3.56	6634	100.00



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Used a liquid diet formula				
WHD080G	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	6410	96.62	6410	96.62
16 : Used a liquid diet formula such as Slimfast or Optifast	224	3.38	6634	100.00



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Joined a weight loss program				
WHD080H	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	6520	98.28	6520	98.28
17 : Joined a weight loss program such as Weight Watchers, Jenny Craig, Tops, or Overeaters Anonymous	114	1.72	6634	100.00



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Took prescription diet pills				
WHD080I	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	6562	98.91	6562	98.91
31 : Took diet pills prescribed by a doctor	72	1.09	6634	100.00



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Took non-prescription diet pills				
WHD080J	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	6392	96.35	6392	96.35
32 : Took other pills, medicines, herbs, or supplements not needing a prescription	242	3.65	6634	100.00



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Took laxatives or vomited				
WHD080K	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	6579	99.17	6579	99.17
33 : Took laxatives or vomited	55	0.83	6634	100.00



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Other				
WHD080L	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	6559	98.87	6559	98.87
40 : Other	75	1.13	6634	100.00



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Drank a lot of water				
WHD080M	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	5991	90.31	5991	90.31
34 : Drank a lot of water	643	9.69	6634	100.00



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Followed a special diet				
WHD080N	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	6509	98.12	6509	98.12
30 : Followed a special diet such as Dr. Atkins, other high protein or low carbohydrate diet, zone, grapefruit, Pritikin (specify)	125	1.88	6634	100.00



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Tried not to gain weight in past year				
WHQ090	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	4	0.06	4	0.06
1 : Yes	2283	34.41	2287	34.47
2 : No	4339	65.41	6626	99.88
7 : Refused	4	0.06	6630	99.94
9 : Don't know	4	0.06	6634	100.00



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Ate less food				
WHD100A	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	5255	79.21	5255	79.21
10 : Ate less food (amount)	1377	20.76	6632	99.97
99 : Don't know	2	0.03	6634	100.00



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Switched to foods with lower calories				
WHD100B	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	5916	89.18	5916	89.18
11 : Switched to foods with lower calories	718	10.82	6634	100.00



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Ate less fat				
WHD100C	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	5737	86.48	5737	86.48
12 : Ate less fat	897	13.52	6634	100.00



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Exercised				
WHD100D	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	5368	80.92	5368	80.92
13 : Exercised	1266	19.08	6634	100.00



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Skipped meals				
WHD100E	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	6359	95.85	6359	95.85
14 : Skipped meals	275	4.15	6634	100.00



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Ate diet foods or products				
WHD100F	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	6485	97.75	6485	97.75
15 : Ate diet foods or products	149	2.25	6634	100.00



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Used a liquid diet formula				
WHD100G	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	6519	98.27	6519	98.27
16 : Used a liquid diet formula such as Slimfast or Optifast	115	1.73	6634	100.00



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Joined a weight loss program				
WHD100H	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	6558	98.85	6558	98.85
17 : Joined a weight loss program such as Weight Watchers, Jenny Craig, Tops, or Overeaters Anonymous	76	1.15	6634	100.00



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Took prescription diet pills				
WHD100I	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	6595	99.41	6595	99.41
31 : Took diet pills prescribed by a doctor	39	0.59	6634	100.00



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Took non-prescription diet pills				
WHD100J	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	6503	98.03	6503	98.03
32 : Took other pills, medicines, herbs, or supplements not needing a prescription	131	1.97	6634	100.00



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Took laxatives or vomited				
WHD100K	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	6598	99.46	6598	99.46
33 : Took laxatives or vomited	36	0.54	6634	100.00



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Other				
WHD100L	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	6565	98.96	6565	98.96
40 : Other	69	1.04	6634	100.00



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Drank a lot of water				
WHD100M	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	6168	92.98	6168	92.98
34 : Drank a lot of water to not gain weight	466	7.02	6634	100.00



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Followed a special diet				
WHD100N	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	6570	99.04	6570	99.04
30 : Followed a special diet such as Dr. Atkins, other high protein or low carbohydrate diet, zone, grapefruit, Pritikin (specify)	64	0.96	6634	100.00



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Self-reported weight-10 yrs ago (pounds)				
WHD110	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	2789	42.04	2789	42.04
74 to 400	3734	56.29	6523	98.33
7777 : Refused	9	0.14	6532	98.46
9999 : Don't know	102	1.54	6634	100.00



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Self-reported weight - age 25 (pounds)				
WHD120	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	1973	29.74	1973	29.74
69 to 400	4440	66.93	6413	96.67
7777 : Refused	13	0.20	6426	96.86
9999 : Don't know	208	3.14	6634	100.00



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Self-reported height - age 25 (inches)				
WHD130	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	4086	61.59	4086	61.59
41	1	0.02	4087	61.61
48	1	0.02	4088	61.62
50	1	0.02	4089	61.64
53	2	0.03	4091	61.67
54	2	0.03	4093	61.70
56	6	0.09	4099	61.79
57	4	0.06	4103	61.85
58	10	0.15	4113	62.00
59	28	0.42	4141	62.42
60	61	0.92	4202	63.34
61	98	1.48	4300	64.82
62	205	3.09	4505	67.91
63	161	2.43	4666	70.33
64	227	3.42	4893	73.76
65	241	3.63	5134	77.39
66	230	3.47	5364	80.86
67	205	3.09	5569	83.95
68	177	2.67	5746	86.61
69	143	2.16	5889	88.77
70	184	2.77	6073	91.54
71	170	2.56	6243	94.11
72	122	1.84	6365	95.95
73	76	1.15	6441	97.09
74	61	0.92	6502	98.01
75	25	0.38	6527	98.39
76	11	0.17	6538	98.55
77	2	0.03	6540	98.58
83	1	0.02	6541	98.60
7777 : Refused	9	0.14	6550	98.73
9999 : Don't know	84	1.27	6634	100.00



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Self-reported greatest weight(pounds)				
WHD140	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	645	9.72	645	9.72
85 to 500	5855	88.26	6500	97.98
7777 : Refused	14	0.21	6514	98.19
9999 : Don't know	120	1.81	6634	100.00



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Age when heaviest weight				
WHQ150	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	760	11.46	760	11.46
8 to 103	5826	87.82	6586	99.28
99999 : Don't know	48	0.72	6634	100.00