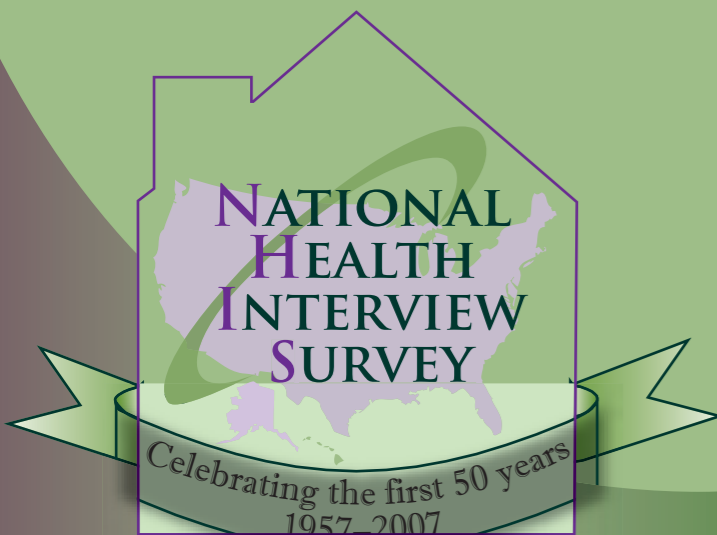


National Health Interview Survey

The principal source of information on the health of the U.S. population



SAFER • HEALTHIER • PEOPLE™

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



What is the National Health Interview Survey?

Conducted by the National Center for Health Statistics, the National Health Interview Survey (NHIS) has monitored the health of the nation since 1957. NHIS data on a broad range of health topics are collected through personal household interviews. For over 50 years, the U.S. Census Bureau has been the data collection agent for the National Health Interview Survey. Survey results have been instrumental in providing data to track health status, health care access, and progress toward achieving national health objectives.

Survey Sample

The NHIS is a large-scale household interview survey of a statistically representative sample of the U.S. civilian, noninstitutionalized population. Interviewers visit 35,000–40,000 households across the country and collect data about 75,000–100,000 individuals. To ensure accuracy of the results, interviewers need to reach as many homes selected for the sample as possible. Once selected, respondents cannot be replaced with anyone else. Participation in our survey is greatly appreciated.

Survey Content

On average, an NHIS interview takes about an hour to conduct. The questionnaire consists of two main parts:

- A core set of questions that remain basically unchanged from year to year.
- Supplemental questions that change from year to year and that collect additional data pertaining to current issues of national importance.

Sponsoring Supplements

Supplements are flexible in content, customized to address the unique data needs of the supplement sponsors. Each year, several supplements become part of the NHIS. No more than 20 minutes of an average NHIS interview is devoted to supplemental questions. Federal agencies and private, nonprofit organizations may sponsor supplements. The cost of adding questions is based on complexity and interviewing time. Lead time for developing supplements varies. Please contact us for more information about sponsoring a supplement.

Confidentiality

All data collected in this survey are used for statistical purposes only and are guaranteed by law to be held in the strictest of confidence.

Uses of National Health Interview Survey Data

Used by

- Policymakers
- Academics
- Other researchers
- Teachers
- Students
- Journalists
- General public

Used to

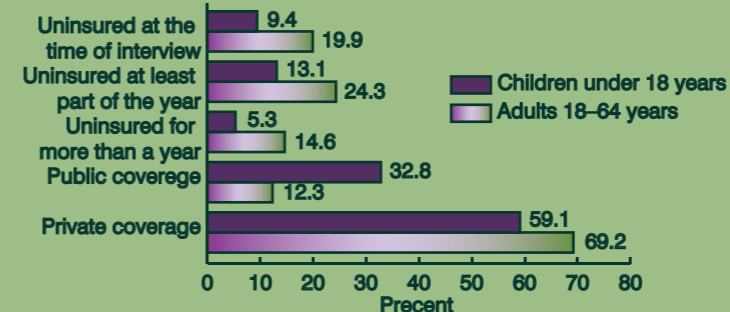
- Identify health problems
- Determine barriers to accessing health care
- Evaluate health programs
- Study health-related disparities
- Monitor progress toward national health objectives
- Monitor progress toward national well-being indicators

Examples of how the NHIS is used by policy makers

- Analyses using the NHIS have played an integral role in shaping CDC's cervical cancer screening policy.
- NHIS data are used to monitor 67 of the Healthy People 2010 objectives.
- NHIS health insurance estimates are used by the Department of Health and Human Services (DHHS), Assistant Secretary for Planning and Evaluation (ASPE) to monitor health insurance coverage of the U.S. civilian noninstitutionalized population.
- NHIS data helped attract attention to arthritis as a public health problem and resulted in the first-ever funding to CDC for an arthritis program.

Example of how the NHIS is used to monitor health insurance coverage

Percentage of persons without health insurance, by three measurements and age group, and percentage of persons with health insurance, by coverage type and age group: United States, January-September 2006



In 2006, 44 million Americans—nearly 15% of adults—had been uninsured for more than a year.

NHIS Data Dissemination and Access

Public-use products: Microdata files, questionnaires, documentation, and analytic reports can be downloaded for free at www.cdc.gov/nchs/nhis.htm. Microdata files are released about 6 months after the end of each data collection year.

- **Early Release Program:** The NHIS Early Release Program provides very timely estimates of key health and health-related indicators through three reports released on the NHIS Web site. **Early Release of Selected Estimates Based on Data from the National Health Interview Survey** is published quarterly and provides estimates of 15 selected measures of health. **Health Insurance Coverage: Early Release Estimates Based on Data from the National Health Interview Survey** is published quarterly and provides additional estimates of health insurance coverage. **Wireless Substitution: Early Release Estimates Based on Data from the National Health Interview Survey** is published in May and December of each year.

- **Reports:** NHIS estimates on a variety of topics are published through Series Reports, Advance Data Reports, and Health E-Stats. These products are available on the NHIS Web site.

Access to data not available from public-use releases:
NCHS Research Data Center (RDC): To protect the privacy of survey participants, some data cannot be released on the public-use files. NHIS files containing some of these data, such as finer geographic detail, can be accessed through the NCHS Research Data Center. Guidelines for submitting proposals to use the RDC are at: <http://www.cdc.gov/nchs/r&d/rdc.htm>.

For More Information

Visit the NHIS Web site for survey data, documentation, and analytic products at
<http://www.cdc.gov/nchs/nhis.htm>

Contact us at:
NHIS@cdc.gov
or call 301-458-4001

National Center for Health Statistics
Division of Health Interview Statistics
3311 Toledo Road
Hyattsville, Maryland 20782

America's Health Counts

Supplements are a leading source of specialized data on a variety of health topics for adults and children. Examples of NHIS Supplements and their sponsors:

Cancer

Complementary and Alternative Medicine

Immunization

Arthritis

National Cancer Institute, National Institutes of Health; and the National Center for Chronic Disease Prevention and Health Promotion, Centers for Disease Control and Prevention

National Center for Complementary and Alternative Medicine, National Institutes of Health

National Center for Immunization and Respiratory Diseases, Centers for Disease Control and Prevention

National Center for Chronic Disease Prevention and Health Promotion, Centers for Disease Control and Prevention; and the National Institute of Arthritis and Musculoskeletal and Skin Diseases, National Institutes of Health

Sponsor

Survey Year(s) of data collection

1987, 1992, 2000, 2003, 2005

2002, 2007

Annual

2002

Supplement content includes questions about:

- Diet and nutrition
- Physical activity
- Cancer screening
- Tobacco usage
- Sun protection
- Family history of cancer

- Acupuncture
- Ayurveda
- Biofeedback
- Chelation therapy
- Energy healing
- Hypnosis
- Massage therapy
- Naturopathy
- Chiropractic or osteopathic manipulation
- Relaxation and stress management techniques
- Traditional healers
- Movement therapies
- Natural herbs
- Vitamins
- Homeopathy
- Special diets
- Yoga, Tai Chi, and Qi Gong
- Prayer

Vaccination related to:

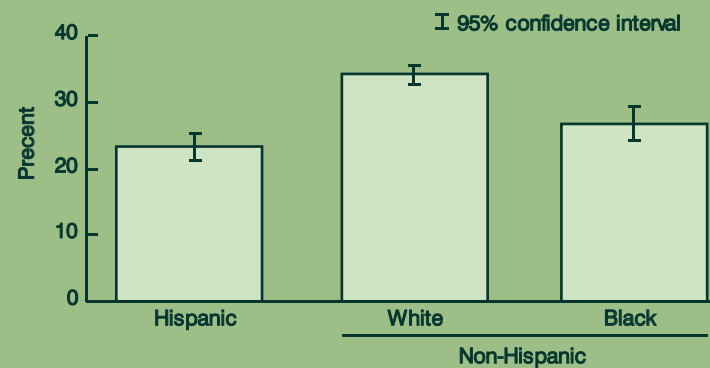
- Flu
- Pneumonia
- Hepatitis A
- Hepatitis B
- Tetanus
- Shingles
- Human Papillomavirus (HPV)

- The impact of arthritis on the type and amount of work people are able to do
- The receipt of medical advice to lose weight to improve joint symptoms
- The receipt of medical advice to engage in physical activity to improve joint symptoms
- Whether people have had a class to learn how to manage problems related to their arthritis or joint symptoms

Selected analyses of NHIS data:

Leisure-time physical activity

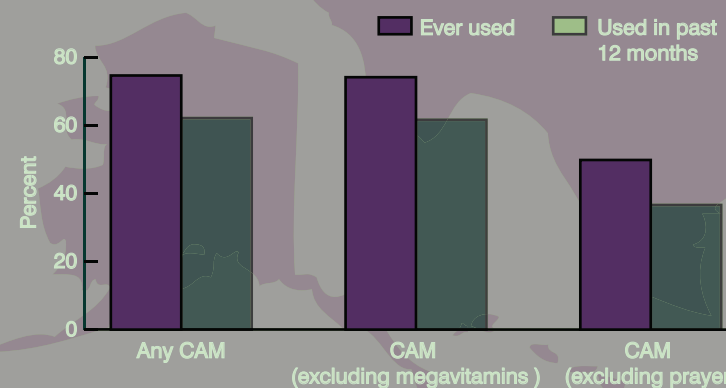
Age-sex-adjusted percentage of adults aged 18 years and over who engaged in regular leisure-time physical activity, by race and ethnicity: United States, January-September 2006



Non-Hispanic white adults were more likely to engage in regular leisure-time physical activity than Hispanic adults and non-Hispanic black adults.

Complementary and alternative medicine (CAM) use

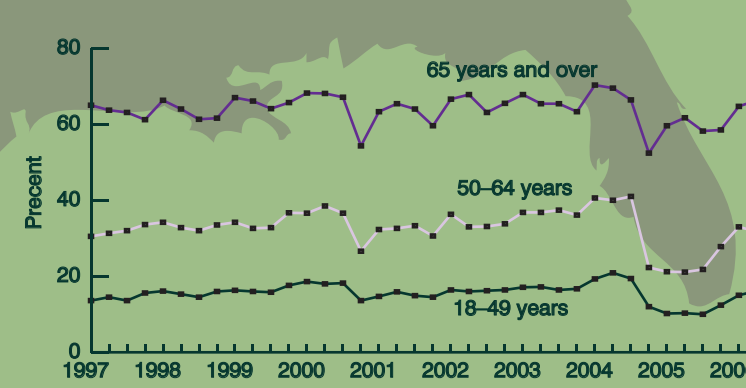
Age-adjusted percentage of adults who have used complementary and alternative medicine: United States, 2002



Three out of four Americans report ever having used some form of complementary and alternative medicine.

Influenza immunization

Percentage of adults aged 18 years and over who had received an influenza vaccination during the past 12 months, by age group and quarter: United States, 1997-September 2006



An influenza vaccination shortage occurred during the 2004-2005 flu season. Previous delays in availability of the flu shots also occurred in the fall of 2000 and, to a lesser extent, in the fall of 2001.

Prevalence of arthritis diagnosis and chronic joint symptoms in U.S. adults, by age, 2005 NHIS

