

**2007 NHIS Questionnaire - Sample Adult**  
**Adult Health Behaviors**  
Document Version Date: 12-Jul-06

**Question ID:** AHB.010\_00.000    **Instrument Variable Name:** SMKEV    **QuestionnaireFileName:** Sample Adult

**QuestionText:** These next questions are about cigarette smoking.

Have you smoked at least 100 cigarettes in your ENTIRE LIFE?

- 1 Yes
- 2 No
- 7 Refused
- 9 Don't know

**UniverseText:** Sample adults 18+

**SkipInstructions:** <1>[goto SMKREG]  
<2,R,D>[goto VIGNO]

**Question ID:** AHB.020\_00.000    **Instrument Variable Name:** SMKREG    **QuestionnaireFileName:** Sample Adult

**QuestionText:** How old were you when you FIRST started to smoke fairly regularly?

\* Enter '6' if less than 6 years old.

\* Enter '95' if 95 years old or older.

\* Enter '96' if never smoked regularly.

- 06-84 6 - 84 years
- 85 85 years or older
- 96 Never smoked regularly
- 97 Refused
- 99 Don't know

**UniverseText:** Sample adults 18+ who ever smoked 100 cigarettes

**SkipInstructions:** <6-95,96,R,D> [goto SMKNOW]  
  
[If SMKREG gt AGE and SMKREG ne <96>, goto ERR\_SMKREG

**Question ID:** AHB.030\_00.000    **Instrument Variable Name:** SMKNOW    **QuestionnaireFileName:** Sample Adult

**QuestionText:** Do you NOW smoke cigarettes every day, some days or not at all?

- 1 Every day
- 2 Some days
- 3 Not at all
- 7 Refused
- 9 Don't know

**UniverseText:** Sample adults 18+ who ever smoked 100 cigarettes

**SkipInstructions:** <1>[goto CIGSDA1]  
<2> [goto CIGDAMO]  
<3> [goto SMKQTNO]  
<R,D> [goto VIGNO]

**2007 NHIS Questionnaire - Sample Adult**  
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**Question ID:** AHB.040\_01.000    **Instrument Variable Name:** SMKQTNO    **QuestionnaireFileName:** Sample Adult

**QuestionText:** 1 of 2

How long has it been since you quit smoking cigarettes?

\* Enter number for time since quit smoking.

\* Enter '95' for 95 years old or older.

- 01-94 1 - 94
- 95 95+
- 97 Refused
- 99 Don't know

**UniverseText:** Sample adults 18+ who quit smoking

**SkipInstructions:** <1-95> [goto SMKQTTP]  
<R,D> [goto VIGNO]

**Question ID:** AHB.040\_02.000    **Instrument Variable Name:** SMKQTTP    **QuestionnaireFileName:** Sample Adult

**QuestionText:** 2 of 2

\* Enter time period for time since quit smoking.

- 1 Day(s)
- 2 Week(s)
- 3 Month(s)
- 4 Year(s)
- 7 Refused
- 9 Don't know

**UniverseText:** Sample adults 18+ who quit smoking

**SkipInstructions:** <1-4> [goto VIGNO]  
<4> [if SMKQTNO gt (AGE - <15>), goto ERR1\_SMKQTTP  
if (SMKREG + SMKQTNO gt AGE), goto ERR2\_SMKQTTP

**Question ID:** AHB.050\_00.000    **Instrument Variable Name:** CIGSDA1    **QuestionnaireFileName:** Sample Adult

**QuestionText:** On the average, how many cigarettes do you now smoke a day?

\* Enter '1' if less than 1 cigarette.

\* Enter '95' if 95 or more cigarettes.

- 01-94 1 - 94 cigarettes
- 95 95+ cigarettes
- 97 Refused
- 99 Don't know

**UniverseText:** Sample adults 18+ who are current every day smokers

**SkipInstructions:** <1-95,R,D> [goto CIGQTYR]

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**Question ID:** AHB.060\_00.000    **Instrument Variable Name:** CIGDAMO    **QuestionnaireFileName:** Sample Adult

**QuestionText:** On how many of the PAST 30 DAYS did you smoke a cigarette?

\*Enter '0' for None.

- 00 None
- 01-30 1-30 days
- 97 Refused
- 99 Don't know

**UniverseText:** Sample adults 18+ who are current some day smokers

**SkipInstructions:** <0>[goto CIGQTYR]  
<1-30,R,D> [goto CIGSDA2]

**Question ID:** AHB.070\_00.000    **Instrument Variable Name:** CIGSDA2    **QuestionnaireFileName:** Sample Adult

**QuestionText:** On the average, when you smoked during the PAST 30 DAYS, about how many cigarettes did you smoke a day?

\* Enter '1' if less than 1.

\* Enter '95' if 95 or more cigarettes.

- 01-94 1-94 cigarettes
- 95 95+ cigarettes
- 97 Refused
- 99 Don't know

**UniverseText:** Sample adults 18+ who are current some day smokers

**SkipInstructions:** <1-95,R,D> [goto CIGQTYR]

**Question ID:** AHB.080\_00.000    **Instrument Variable Name:** CIGQTYR    **QuestionnaireFileName:** Sample Adult

**QuestionText:** During the PAST 12 MONTHS, have you stopped smoking for more than one day BECAUSE YOU WERE TRYING TO QUIT SMOKING?

- 1 Yes
- 2 No
- 7 Refused
- 9 Don't know

**UniverseText:** Sample adults 18+ who are every day or someday smokers

**SkipInstructions:** <1,2,R,D> [goto VIGNO]

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**Question ID:** AHB.090\_01.000    **Instrument Variable Name:** VIGNO    **QuestionnaireFileName:** Sample Adult

**QuestionText:** 1 of 2

The next questions are about physical activities (exercise, sports, physically active hobbies...) that you may do in your LEISURE time.

How often do you do VIGOROUS leisure-time physical activities for AT LEAST 10 MINUTES that cause HEAVY sweating or LARGE increases in breathing or heart rate?

\* Read if necessary: How many times per day, per week, per month, or per year do you do these activities?

\* Enter number for vigorous leisure-time physical activities.

\* Enter '0' for Never.

\* Enter '996' if unable to do this type of activity.

- 000 Never
- 001-995 1-995 time(s)
- 996 Unable to do this type activity
- 997 Refused
- 999 Don't know

**UniverseText:** Sample adults 18+

**SkipInstructions:** <0,996,R,D>[goto MODNO]  
<1-995>[goto VIGTP]

**Question ID:** AHB.090\_02.000    **Instrument Variable Name:** VIGTP    **QuestionnaireFileName:** Sample Adult

**QuestionText:** 2 of 2

\* Enter time period for vigorous leisure-time physical activities.

- 0 Never
- 1 Per day
- 2 Per week
- 3 Per month
- 4 Per year
- 6 Unable to do this activity
- 7 Refused
- 9 Don't know

**UniverseText:** Sample adults 18+ who do vigorous activities

**SkipInstructions:** <1-4> goto VIGLNGNO

[if (VIGNO gt <4> and VIGTP eq <1>) or  
(VIGNO gt <28> and VIGTP eq <2>) or  
(VIGNO gt <31> and VIGTP eq <3>) or  
(VIGNO gt <365> and VIGTP eq <4>) goto ERR1\_VIGTP]

**2007 NHIS Questionnaire - Sample Adult**  
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**Question ID:** AHB.100\_01.000    **Instrument Variable Name:** VIGLNGNO    **QuestionnaireFileName:** Sample Adult

**QuestionText:** 1 of 2

About how long do you do these vigorous leisure-time physical activities each time?

\* Enter number for length of vigorous leisure-time physical activities.

001-995    1-995  
997        Refused  
999        Don't know

**UniverseText:** Sample adults 18+ who do vigorous activities

**SkipInstructions:** <1-995>[goto VIGLNGTP]  
<R,D>[goto MODNO]

**Question ID:** AHB.100\_02.000    **Instrument Variable Name:** VIGLNGTP    **QuestionnaireFileName:** Sample Adult

**QuestionText:** 2 of 2

\* Enter time period for length of vigorous leisure-time physical activities.

1        Minutes  
2        Hours  
7        Refused  
9        Don't know

**UniverseText:** Sample adults 18+ who do vigorous activities

**SkipInstructions:** <1,2>goto MODNO  
  
if VIGLNGNO lt <10> and VIGLNGTP eq <1> goto ERR1\_VIGLNGTP;  
  
if (VIGLNGNO gt <90> and VIGLNGTP eq <1>) or if VIGLNGNO gt <2> and VIGLNGTP eq <2> goto ERR2\_VIGLNGTP

**Question ID:** AHB.110\_01.000    **Instrument Variable Name:** MODNO    **QuestionnaireFileName:** Sample Adult

**QuestionText:** How often do you do LIGHT OR MODERATE LEISURE-TIME physical activities for AT LEAST 10 MINUTES that cause ONLY LIGHT sweating or a SLIGHT to MODERATE increase in breathing or heart rate?

\* If necessary, prompt with: How many times per day, per week, per month, or per year do you do these activities?

\* Enter number of light or moderate leisure-time physical activities.

\* Enter '0' for Never.

\* Enter '996' if unable to do this type of activity.

000        Never  
001-995    1-995 time(s)  
996        Unable to do this type activity  
997        Refused  
999        Don't know

**UniverseText:** Sample adults 18+

**SkipInstructions:** <1-995>[goto MODTP]  
<0, 996, R,D>[goto STRNGNO]

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**Question ID:** AHB.110\_02.000    **Instrument Variable Name:** MODTP    **QuestionnaireFileName:** Sample Adult

**QuestionText:** 2 of 2

\* Enter time period for light or moderate leisure-time physical activities

- 0 Never
- 1 Per day
- 2 Per week
- 3 Per month
- 4 Per year
- 6 Unable to do this activity
- 7 Refused
- 9 Don't know

**UniverseText:** Sample adults 18+ who do light or moderate activities

**SkipInstructions:** <1-4> goto MODLNGNO

[if (MODNO gt <4> and MODTP eq <1>) or  
(MODNO gt <28> and MODTP eq <2>) or  
(MODNO gt <31> and MODTP eq <3>) or  
(MODNO gt <365> and MODTP eq <4>)] goto ERR\_MODNO

**Question ID:** AHB.120\_01.000    **Instrument Variable Name:** MODLNGNO    **QuestionnaireFileName:** Sample Adult

**QuestionText:** 1 of 2

About how long do you do these light or moderate leisure-time physical activities each time?

\* Enter number for length of light or moderate leisure-time physical activities.

- 001-995 1-995
- 997 Refused
- 999 Don't know

**UniverseText:** Sample adults 18+ who do light or moderate activities

**SkipInstructions:** <1-995>[goto MODLNGTP]  
<R,D>[goto STRNGNO]

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**Question ID:** AHB.120\_02.000    **Instrument Variable Name:** MODLNGTP    **QuestionnaireFileName:** Sample Adult

**QuestionText:** 2 of 2

\* Enter time period for length of light or moderate leisure-time physical activities.

1	Minutes
2	Hours
7	Refused
9	Don't know

**UniverseText:** Sample adults 18+ who do light or moderate activities

**SkipInstructions:** <1,2> goto STRNGNO

if MODLNGNO lt <10> and MODLNGTP eq <1> goto ERR1\_MODLNGTP

if MODLNGNO gt <90> and MODLNGTP eq <1> or if MODLNGNO gt <2> and MODLNGTP eq <2> goto ERR2\_MODLNGTP

**Question ID:** AHB.130\_01.000    **Instrument Variable Name:** STRNGNO    **QuestionnaireFileName:** Sample Adult

**QuestionText:** How often do you do LEISURE-TIME physical activities specifically designed to STRENGTHEN your muscles such as lifting weights or doing calisthenics? (Include all such activities even if you have mentioned them before.)

\* Read if necessary: How many times per day, per week, per month, or per year do you do these activities?

\* Enter number for strengthening activities.

\* Enter '0' for Never.

\* Enter '996' for Unable to do this type activity

000	Never
001-995	1-995 time(s)
996	Unable to do this type activity
997	Refused
999	Don't know

**UniverseText:** Sample adults 18+

**SkipInstructions:** <1-995>[goto STRNGTP]  
<0, 996,R,D>[goto ALC1YR]

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**Question ID:** AHB.130\_02.000    **Instrument Variable Name:** STRNGTP    **QuestionnaireFileName:** Sample Adult

**QuestionText:** 2 of 2

\* Enter time period for strengthening activities

- 0 Never
- 1 Per day
- 2 Per week
- 3 Per month
- 4 Per year
- 6 Unable to do this activity
- 7 Refused
- 9 Don't know

**UniverseText:** Sample adults 18+ who do strengthening activities

**SkipInstructions:** <1-4> goto ALC1YR  
[If (STRNGNO gt <4> & STRNGTP = <1>) or (STRNGNO gt <28> & STRNGTP = <2>) or  
(STRNGNO gt <31> & STRNGTP = <3>) or (STRNGNO gt <365> & STRNGTP = <4>) goto  
ERR\_STRNGTP]

**Question ID:** AHB.140\_00.000    **Instrument Variable Name:** ALC1YR    **QuestionnaireFileName:** Sample Adult

**QuestionText:** These next questions are about drinking alcoholic beverages. Included are liquor such as whiskey or gin, beer, wine, wine coolers, and any other type of alcoholic beverage.

In ANY ONE YEAR, have you had at least 12 drinks of any type of alcoholic beverage?

- 1 Yes
- 2 No
- 7 Refused
- 9 Don't know

**UniverseText:** Sample adults 18+

**SkipInstructions:** <1> [goto ALC12MNO]  
<2,R,D> [goto ALCLIFE]

**Question ID:** AHB.150\_00.000    **Instrument Variable Name:** ALCLIFE    **QuestionnaireFileName:** Sample Adult

**QuestionText:** In your ENTIRE LIFE, have you had at least 12 drinks of any type of alcoholic beverage?

- 1 Yes
- 2 No
- 7 Refused
- 9 Don't know

**UniverseText:** Sample adults 18+ who have not had 12 drinks in any one year or don't know if they did or refused to answer

**SkipInstructions:** <1> [goto ALC12MNO]  
<2,R,D> [goto AHGT\_FT]



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**Question ID:** AHB.160\_01.000    **Instrument Variable Name:** ALC12MNO    **QuestionnaireFileName:** Sample Adult

**QuestionText:** 1 of 2

In the PAST YEAR, how often did you drink any type of alcoholic beverage?

\* Read if necessary: "How many days per week, per month or per year did you drink?"

\* Enter number for how often alcoholic beverages were consumed in the past year.

\*Enter '0' for Never.

- 000 Never
- 001-365 1-365 day(s)
- 997 Refused
- 999 Don't know

**UniverseText:** Sample adults 18+ who have had at least 12 drinks in any one year or at least 12 drinks in their entire life

**SkipInstructions:** <1-365>[goto ALC12MTP]  
<0,R,D>[goto AHGT\_FT]

**Question ID:** AHB.160\_02.000    **Instrument Variable Name:** ALC12MTP    **QuestionnaireFileName:** Sample Adult

**QuestionText:** 2 of 2

\* Enter time period for how often alcoholic beverages were consumed in the past year.

- 0 Never/None
- 1 Week
- 2 Month
- 3 Year
- 7 Refused
- 9 Don't know

**UniverseText:** Sample adults 18+ who drank at least once in the past year

**SkipInstructions:** <1-3> [goto ALCAMT]

[If (ALC12MNO gt <7> & ALC12MTP = <1>) or (ALC12MNO gt <31> & ALC12MTP = <2>) or (ALC12MNO gt <365> & ALC12MTP = <3>) goto ERR\_ALC12MTP]

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**Question ID:** AHB.170\_00.000    **Instrument Variable Name:** ALCAMT    **QuestionnaireFileName:** Sample Adult

**QuestionText:** In the PAST YEAR, on those days that you drank alcoholic beverages, on the average, how many drinks did you have?

\* Enter '1' if less than 1 drink.

\* Enter '95' if 95 or more drinks.

- 01-94 1-94 drinks
- 95 95+ drinks
- 97 Refused
- 99 Don't know

**UniverseText:** Sample adults 18+ who have had at least 1 drink in the past year

**SkipInstructions:** <1-95,R,D> [goto ALC5UPNO]  
<10-95>[goto ERR\_ALCAMT]

**Question ID:** AHB.180\_01.000    **Instrument Variable Name:** ALC5UPNO    **QuestionnaireFileName:** Sample Adult

**QuestionText:** 1 of 2

In the PAST YEAR, on how many DAYS did you have 5 or more drinks of any alcoholic beverage?

\* Read if necessary:

How many days per week, per month or per year did you have 5 or more drinks in a single day?

\* Enter number of days.

\* Enter '0' for Never/None.

- 000 Never/None
- 001-365 1-365 day(s)
- 997 Refused
- 999 Don't know

**UniverseText:** Sample adults 18+ who have had at least 1 drink in the past year

**SkipInstructions:** <1-365>[goto ALC5UPTP]  
<0,R,D>[goto AHGT\_FT]

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**Question ID:** AHB.180\_02.000    **Instrument Variable Name:** ALC5UPTP    **QuestionnaireFileName:** Sample Adult

**QuestionText:** 2 of 2

\* Enter time period for days per week, per month or per year.

- 0 Never/None
- 1 Per week
- 2 Per month
- 3 Per year
- 7 Refused
- 9 Don't know

**UniverseText:** Sample adults 18+ who have had 5+ drinks in one day at least once in the past year

**SkipInstructions:** <1-3>goto AHGT\_FT  
 [if (ALC5UPNO gt <7> & ALC5UPTP = <1>) or  
 (ALC5UPNO gt <31> & ALC5UPTP = <2>) or  
 (ALC5UPNO gt <365> & ALC5UPTP = <3>) goto ERR1\_ALC5UPTP  
 [if number of days drank in the past year (calculated from ALC12MNO and ALC12MTP) lt number of days per year  
 with 5 or more drinks (calculated from ALC5UPNO and ALC5UPTP)] goto ERR2\_ALC5UPTP]

**Question ID:** AHB.190\_01.000    **Instrument Variable Name:** AHGT\_FT    **QuestionnaireFileName:** Sample Adult

**QuestionText:** How tall are you without shoes?

\* Enter "M" to record metric measurements

- 02-07 2-7 feet
- 97 Refused
- 99 Don't know
- M Metric

**UniverseText:** Sample adults 18+

**SkipInstructions:** <2-7> [goto AHGT\_IN]  
 <R,D> [goto AWGT\_LB]  
 <M> [goto AHGT\_M]  
 [if AHGT\_FT NE<2-7,D,R,M> goto ERR1\_AHGT\_FT]  
 [if AHGT\_FT = <2,3> goto ERR2\_AHGT\_FT]

**Question ID:** AHB.190\_02.000    **Instrument Variable Name:** AHGT\_IN    **QuestionnaireFileName:** Sample Adult

**QuestionText:** How tall are you without shoes?

\* Enter '0' if exactly [fill1: AHGT\_FT] feet tall.

- 00-11 0-11 inches
- 97 Refused
- 99 Don't know

**UniverseText:** Sample adults 18+ who answered their height in feet

**SkipInstructions:** <0-11,R,D> [goto AWGT\_LB]  
 <empty> [goto ERR\_AHGT\_IN]

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**Question ID:** AHB.190\_03.000    **Instrument Variable Name:** AHGT\_M    **QuestionnaireFileName:** Sample Adult

**QuestionText:** How tall are you without shoes?

\* Enter height in metric.

0-2    0-2 meters  
 7    Refused  
 9    Don't know

**UniverseText:** Sample adults 18+ who choose to give their height in metric measurements

**SkipInstructions:** <0-2> [goto AHGT\_CM]  
 <R,D> [goto AWGT\_LB]  
 <empty> [goto ERR\_AHGT\_M]

**Question ID:** AHB.190\_04.000    **Instrument Variable Name:** AHGT\_CM    **QuestionnaireFileName:** Sample Adult

**QuestionText:**

000-241    0-241 centimeters  
 997    Refused  
 999    Don't know

**UniverseText:** Sample adults 18+ who answered their height in meters

**SkipInstructions:** <0-241,R,D> goto AWGT\_LB

[If AHGT\_M eq <2> and AHGT\_CM gt <41> or AHGT\_M eq <1> and AHGT\_CM gt <141>] goto ERR1\_AHGT\_CM  
 < > goto ERR2\_AHGT\_CM  
 [If AHGT\_M eq <1> and AHGT\_CM lt <20> or AHGT\_M eq <0> and AHGT\_CM lt <120>] goto ERR3\_AHGT\_CM]

**Question ID:** AHB.200\_01.000    **Instrument Variable Name:** AWGT\_LB    **QuestionnaireFileName:** Sample Adult

**QuestionText:** How much do you weigh without shoes?

\* Enter "M" to record metric measurements

\* Enter '500' for 500 pounds or more

050-500    50-500 pounds  
 997    Refused  
 999    Don't know  
 M    Metric

**UniverseText:** Sample adults 18+

**SkipInstructions:** <50-500> [goto SLEEP]  
 [if AWGT\_LB lt <50> or gt <500> goto ERR\_AWGT\_LB  
 <R,D>[goto SLEEP]  
 <M> [goto AWGT\_KG]

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**Question ID:** AHB.200\_02.000    **Instrument Variable Name:** AWGT\_KG    **QuestionnaireFileName:** Sample Adult

**QuestionText:** How much do you weigh without shoes?

\* Enter weight in kilograms

**022-226**    22-226 kilograms  
**997**        Refused  
**999**        Don't know

**UniverseText:** Sample adults 18+ who choose to give their weight in metric measurements

**SkipInstructions:** <22-226,R,D> [goto SLEEP]

[If AWGT\_KG lt <22> or K gt <226>goto ERR\_AWGT\_KG]

**Question ID:** AHB.210\_00.000    **Instrument Variable Name:** SLEEP    **QuestionnaireFileName:** Sample Adult

**QuestionText:** On average, how many hours of sleep do you get in a 24-hour period?

\* Enter hours of sleep in whole numbers, rounding 30 minutes (1/2 hour) or more UP to the next whole hour and dropping 29 or fewer minutes.

**01-24**    1-24 hours  
**97**        Refused  
**99**        Don't know

**UniverseText:** Sample adults 18+

**SkipInstructions:** <1-24,R,D> [goto next section]  
[If SLEEP eq <1-5> goto ERR\_SLEEP]