

Attachment F.

## **Protocol for Muscle Strength Pilot Study (ages 6+)**

### **National Health and Nutrition Examination Survey (NHANES) Muscular Strength Pilot Study**

OMB no. 0920-0237

Expires: 12/31/2011

**Assurance of confidentiality** – All information which would permit identification of an individual, a practice, or an establishment will be held confidential, will be used for statistical purposes only by NCHS staff, contractors, and agents only when required and with necessary controls, and will not be disclosed or released to other persons without the consent of the individual or establishment in accordance with section 308(d) of the Public Health Service Act (42 USC 242m) and the Confidential Information Protection and Statistical Efficiency Act (PL-107-347).

Public reporting burden of this collection of information is estimated to average 16 minutes per response, 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 a 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-74, Atlanta, GA 30333. ATTN: PRA (0920-0237).

#### **Muscle Strength Pilot Study Protocol:**

**Eligibility:** Sample persons aged 6 years or older are eligible for the Muscle Strength Pilot Study.

**Informed Consent:** Informed consent will be obtained as a part of standard NHANES consenting procedures. For paid volunteers, who are not NHANES participants, written consent will be obtained.

**Exclusion Criteria:** The exclusion criteria for this component are as follows:

For handgrip test: had surgery on hands or wrists in the past 3 months.

For lower body strength test: have amputation of both legs.

**Study Design:** The proposed muscular strength measurements include two tests in the MEC: 1) a handgrip dynamometer assessment will be used to assess upper body strength, and 2) a lower body (quadriceps/hamstring) strength assessment using a dynamometer placed at the lower shin of the participants.

**Data Collection:** NHANES participants will take the assessment in a NHANES Mobile Examination Center (MEC) room. Paid volunteers will take the assessment at the NHANES Home Office. These volunteers will be remunerated \$25.

Report of Findings: Results will not be reported to the participant.