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# HCHS/SOL Weight History Questionnaire

ID NUMBER:									
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FORM CODE: WHE  
VERSION: A 7/03/07

Contact Occasion			SEQ #		
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Acrostic: \_\_\_\_\_

### ADMINISTRATIVE INFORMATION

Oa. Completion Date: 

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Month Day Year

Ob. Staff ID: 

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**Instructions:** Mark the appropriate box for the response. Unless instructed, mark ONLY one response.

Interviewer: Ask participant his/her age. Check Question 1 below if participant is under 21 years old.

Note questions may be skipped due to participant's age.

1. Under 21 years old  → **END QUESTIONNAIRE**

*These set of questions asks about your height and weight at different ages since age 21. If you don't remember exactly, give your best guess.*

2. How tall were you (without shoes on) at about age 21 (your tallest adult height)? (Provide in either centimeters OR feet and inches)

<table border="1"><tr><td></td><td></td><td></td></tr></table> Centimeters				OR	<table border="1"><tr><td></td><td></td></tr></table> Feet			<table border="1"><tr><td></td><td></td></tr></table> Inches		

3. What was your weight at about age 21? (Women, when you were not pregnant) (Provide in either kilograms OR pounds, rounding to the nearest kilogram or pound)

<table border="1"><tr><td></td><td></td><td></td></tr></table> Kilograms				OR	<table border="1"><tr><td></td><td></td><td></td></tr></table> Pounds			

4. What was your weight at about age 45? (Women, when you were not pregnant) (Provide in either kilograms OR pounds, rounding to the nearest kilogram or pound)

<table border="1"><tr><td></td><td></td><td></td></tr></table> Kilograms				OR	<table border="1"><tr><td></td><td></td><td></td></tr></table> Pounds			

5. What was your weight at about age 65? (Provide in either kilograms OR pounds, rounding to the nearest kilogram or pound)

<table border="1"><tr><td></td><td></td><td></td></tr></table> Kilograms				OR	<table border="1"><tr><td></td><td></td><td></td></tr></table> Pounds			

6. How much has your weight changed in the last 12 months? (Provide in either kilograms OR pounds, rounding to the nearest kilogram or pound)

No change 0  → **END QUESTIONNAIRE**

<table border="1"><tr><td></td><td></td><td></td></tr></table> Kilograms				OR	<table border="1"><tr><td></td><td></td><td></td></tr></table> Pounds			

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7. Was this change a loss or a gain?

Loss 1   
Gain 2

8. Did you lose/gain weight because you were trying to lose/gain weight?

No 0   
Yes 1