

NHGRI: Social Genomics Proj

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## Could Your Genes Predict Your Weight?

Scientists are working to figure out how our genetic makeup affects our body weight. Tell us how you think and talk about your weight now, and whether you would want to learn about new discoveries that could link your genes and your weight in the future.




We estimate that this survey will take 20 minutes, including the time for reviewing instructions, consenting, and completing the survey.

[Begin Survey](#)

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OMB # 0925-NEW  
Expiration Date: xx/xxxx

These surveys are being conducted by researchers at the National Human Genome Research Institute of the National Institutes of Health.

The surveys are being conducted to help researchers understand how people think and feel about issues related to genetics and health. You may complete as many or as few of the surveys as you wish.

Your response to the surveys is completely voluntary. You may end your participation at any time. Any reports or publications based on this research will use only group data and will not identify you individually. We will not store any personally identifying information within the survey. Your responses will remain secure to the extent permitted by law. The privacy and confidentiality of all collected information will be maintained at all times during the study process.

By clicking on the Accept button below you are indicating that you consent to participate in this research.

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First, we are going to ask you some questions about yourself. Please remember that there are no right or wrong answers; your honest answer is your best answer. If the question has a blank, fill in the blank. If the question has a list of choices, please select the response that best reflects your answer.

What is your gender?

Male  
 Female

What is your current age?

years

Which country do you live in?

If US, which state do you live in?

What is your zip code?

Are you Hispanic or Latino?

Yes  
 No  
 Don't Know

Which one or more of the following would you say is your race?

Black or African  
 Native Hawaiian or other Pacific Islander  
 White  
 Asian  
 Indian or Alaska Native  
 Don't Know

**What is your highest level of completed education?**

- Less than 8th grade
- 8th grade
- Some high school (no diploma or ged equivalent)
- High school diploma or ged equivalent
- Some college (no degree)
- Technical or Associate degree
- Bachelors Degree (BA, BS, AB)
- Masters Degree (RN,MS,MA)
- Professional Degree (JD, PhD, MD, ED)

**What is your favorite food?**

**Are you adopted?**

- Yes
- No
- I don't know

**In general, would you say your health is:**

- |                       |                       |                       |                       |                       |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| Poor                  | Fair                  | Good                  | Very Good             | Excellent             |
| 0                     | 1                     | 2                     | 3                     | 4                     |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

**On a scale from 1 to 7, where 1 is not at all happy and 7 is very happy, how happy do you feel in general?**

- |                       |                       |                       |                       |                       |                       |                       |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| Not at all<br>happy   |                       |                       |                       |                       |                       | Very<br>happy         |
| 1                     | 2                     | 3                     | 4                     | 5                     | 6                     | 7                     |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

**On a scale from 1 to 7, where 1 is not at all stressed and 7 is very stressed, how stressed do you feel in general?**

- |                        |                       |                       |                       |                       |                       |                       |
|------------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| Not at all<br>stressed |                       |                       |                       |                       |                       | Very<br>stressed      |
| 1                      | 2                     | 3                     | 4                     | 5                     | 6                     | 7                     |
| <input type="radio"/>  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

**Have you ever had a genetic screening?**

- Yes
- No
- I don't know

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For this first set of questions, please tell us about what you think and do right now, at the present time.

Which of the following best describes you?

- I am trying to lose weight
- I am trying to keep off the weight that I have lost
- I am actively trying not to gain any weight
- I am trying to gain weight
- I don't think about my weight

Where you get information

Where do you get information about factors that influence weight (e.g., diet, exercise)? These can be places where you look for information, or places where you see this information even if you aren't looking for it. Choose all that apply:

**People**

- Family
- Friends/co-workers
- Your primary health care provider (e.g., your personal doctor)
- Another health care provider
- Clergy

**Media and Online**

- Nutrition, exercise or weight loss websites
- Scientific websites or journals
- Social networks, online message boards or forums
- Blogs
- Mobile apps
- Magazines (online or paper)
- Newspapers (online or paper)
- Television
- Radio
- Books
- Brochures, pamphlets

**Other**

- School or classes
- Workplace education
- Weight loss program or group
- I do not look for or see this information
- Other

Other (Please List)

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## Could Your Genes Predict Your Weight?

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**Here are the places where you get information about factors that influence weight:**

Which source gives the *best* information

- Your List of Sources
- Your List of Sources
- Your List of Sources

Which source gives the *second-best* information

- Your List of Sources
- Your List of Sources
- Your List of Sources

Which source gives the *third-best* information

- Your List of Sources
- Your List of Sources
- Your List of Sources

### Discussing your weight

**With whom do you discuss your weight (choose all that apply)?**

- Spouse/partner
- Family
- Close friends
- Casual friends/co-workers
- Clergy
- Your primary health care provider (e.g., your personal doctor)
- Another health professional
- Weight loss group leader or members
- People on online forums/blogs
- I do not discuss my weight with anybody

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## Could Your Genes Predict Your Weight?

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### Talking with your primary care provider:

During this survey, please think of "your primary care provider" as the health care professional you see to take care of your overall health. This would be the person you would go to for medical checkups when you are well. This could be a doctor, another health care provider like a nurse practitioner or physician assistant, or a group of medical professionals like the doctors at a clinic.

How much do you look to your primary care provider for help with your weight?

Not at all			Somewhat			Very much
1	2	3	4	5	6	7
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

How much do you think it's your primary care provider's responsibility to help you with your weight?

Not at all			Somewhat			Very much
1	2	3	4	5	6	7
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Would discussing weight with your primary care provider be helpful to you?

Not at all			Somewhat			Very much
1	2	3	4	5	6	7
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

### Your thoughts about the causes of weight

How much do you think someone's body weight is inherited or influenced by genetics?

Not at all			Somewhat			Very much
1	2	3	4	5	6	7
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

How much do you think someone's body weight is caused by overeating and not exercising?

Not at all			Somewhat			Very much
1	2	3	4	5	6	7
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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In the future, it could be possible to look at someone's entire genome to predict much more of their risk for being overweight. It might also be possible to create a personalized diet and exercise program based on someone's genes. This could make it easier for people to lose weight or to maintain a healthy weight.

If this were possible...

How interested would you be in learning more about how genetics affects weight?

Not at all			Somewhat			Very much
1	2	3	4	5	6	7
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Where would you go to get more information about how genetics affects weight? (choose all that apply)

**People**

- Family
- Friends/co-workers
- Your primary health care provider (e.g., your personal doctor)
- Another health care provider
- Clergy

**Media and Online**

- Nutrition, exercise or weight loss websites
- Scientific websites or journals
- Social networks, online message boards or forums
- Blogs
- Mobile apps
- Magazines (online or paper)
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- Brochures, pamphlets

**Other**

- School or classes
- Workplace education
- Weight loss program or group
- I do not look for or see this information
- Other

Other (Please List)

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**Here are the places where you would go to get more information about genetics and weight:**

Which source gives the *best* information

- Your List of Sources
- Your List of Sources
- Your List of Sources

Which source gives the *second-best* information

- Your List of Sources
- Your List of Sources
- Your List of Sources

Which source gives the *third-best* information

- Your List of Sources
- Your List of Sources
- Your List of Sources

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If this were possible...

If you could choose, where would you want to have your genes tested?

- I would not want to have my genes tested
- A private genetic testing company
- Your medical insurer
- Your primary health care provider
- A genetic counselor
- Another health care provider or clinic
- A government program
- I don't know
- Other

Other (Please List)

How would you prefer to get the results of your genetic test?

- I would not want the results of my genetic test
- Over the internet
- In a mailed report
- From your primary health care provider
- From a nutritionist
- From a genetic counselor
- From another health care professional or clinic
- In a weight loss group or program
- I don't know
- Other

Other (Please List)



**How would you prefer to get recommendations for diet and exercise based on your genetic test results?**

- I would not want recommendations for diet and exercise based on my genetic test results
- Over the internet
- In a mailed report
- From your primary health care provider
- From a nutritionist
- From a genetic counselor
- From another health care professional or clinic
- In a weight loss group or program
- I don't know
- Other

Other (Please List)

**With whom would you want to discuss your genetic test results? (choose all that apply)**

- Spouse/partner
- Family
- Close friends
- Casual friends/co-workers
- Clergy
- Your primary health care provider
- A nutritionist
- A genetic counselor
- Another health professional
- Weight loss group leader or members
- People on online forums/blogs
- I would not want to discuss my results with anybody

### Could Your Genes Predict Your Weight?

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Again, If this were possible...

How much would you look to your primary care provider for help with your weight?

Not at all			Somewhat			Very much
1	2	3	4	5	6	7
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

How much do you think it would be your primary care provider's responsibility to help you with your weight?

Not at all			Somewhat			Very much
1	2	3	4	5	6	7
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Would discussing weight with your primary care provider be helpful to you?

Not at all			Somewhat			Very much
1	2	3	4	5	6	7
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

How much would you look to your primary care provider to talk with you about how your genes affect your weight?

Not at all			Somewhat			Very much
1	2	3	4	5	6	7
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

What do you think your results would be if you had your genes tested to find out your risk of becoming overweight?

- Much higher risk of being overweight
- Somewhat higher risk of being overweight
- Average risk of being overweight
- Somewhat lower risk of being overweight
- Much lower risk of being overweight
- I don't know

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#### About your weight

How important is it to you to have a healthy weight?

Not at all				Somewhat			Very much
1	2	3	4	5	6	7	
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

How tall are you?

feet  inches

How much do you weigh?

pounds

Right now, do you think you are :

- Underweight
- About right
- Overweight
- Very overweight

Throughout your life, how much of the time have you been on a diet, trying to follow a diet, or in some way limiting how much you were eating in order to lose weight or keep from regaining weight you had lost?

None or hardly any of the time	2	3	4	5	6	Nearly all of the time
1						7
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

#### About your primary health care provider

Do you have a primary health care provider?

- Yes
- No

Do you see your primary health care provider for checkups when you are well?

- Yes
- No

Who is your primary health care provider?


- A doctor
- A physician assistant
- A nurse practitioner
- A team/group of health care providers
- Other

Other (Please List)




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**Thank you for your time!**

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