



NATIONAL CENTER FOR HEALTH STATISTICS

National Health and Nutrition Examination Survey

2018 NHANES Health Measurements

Below is a list of tests you may receive on the day of your examination.
 You will only have the test if your age falls within the ages shown in parenthesis.
 You will receive the results of health measures shown with a black diamond (◆).
 Two diamonds (◆◆) means you will receive the test result only if high or abnormal.

Health Measurements

You will be weighed and measured (all) ◆

The doctor will take your blood pressure (8+) ◆

We will look at the condition of your teeth and gums (1+) ◆

You will have a body composition test that involves low-dosage x-rays (*Pregnant women will not have this test*)

Total body scan (8-59) ◆

Hip and spine bone density scan (50+) ◆

You will have a liver ultrasound elastography test (12+) ◆

You will have a hearing test (6-19, 70+) ◆

Private Interviews

You will be asked to answer questions about:

Eating habits (all)

Weight history (8-15)

Reproductive history (females 12+)
 Drug use (12-69), alcohol and tobacco use (12+), and sexual history (14-69)

(You will do these by yourself using a touch-screen computer in privacy)

Lab Tests on Urine (3+)

You will be given a clean empty cup when you arrive at the exam center. When you change into the exam clothes in a private rest room, you will provide a urine sample. The urine will be tested for:

Exposure to environmental chemicals and metals

Arsenic 3+ ◆◆

Nickel 3+ ◆◆

Kidney function tests (3+) ◆

Sexually transmitted diseases:

Chlamydia (14-39) ◆

Trichomonas (14-59) ◆

(Urine is not tested for drug use)

Stand 383

Please turn over to see the next page.



Centers for Disease Control and Prevention
 National Center for Health Statistics

Lab Tests on Blood (1+)

You will have your blood drawn. The blood will be tested for:

- Anemia (all) ♦
- Nutrition status (all) ♦
- Exposures to environmental metals:
 - Lead, cadmium, mercury, selenium, manganese (all selected participants 1+) ♦
- Total Cholesterol/HDL (6+) ♦
- Triglycerides/LDL (Morning session participants only, 12+) ♦
- Exposure to environmental chemicals (selected participants 6+)
- Kidney and liver function (12+) ♦
- Infectious diseases
 - Hepatitis B virus (2+) ♦♦
 - Hepatitis C virus (6+) ♦♦
 - Cytomegalovirus (CMV) (1-5) ♦♦
 - Herpes simplex virus type 2 (14-49) ♦
 - Human immunodeficiency virus (HIV) (18-59) ♦
- Glucose (12+) ♦
- Ferritin (1-5, 12+) ♦♦
- High-sensitivity C-Reactive Protein (hs-CRP) (1+)

Women and girls only:

You will be asked to self-administer a vaginal swab in complete privacy. The swab will be tested for the presence of Human Papillomavirus. (14-59) ♦

Females 12-59 years old will have a urine pregnancy test, as well as girls 8-11 who have started their periods. Our physician will tell you if you are pregnant if you did not already know it. Parents of girls younger than 14 years of age who are pregnant will also be informed of the test result. ♦♦

Men and boys only:

You will be asked to self-administer a penile swab in complete privacy. The swab will be tested for the presence of Human Papillomavirus (14-59).

After your visit to the NHANES mobile center:

If you had a dietary interview as part of your exam, you will get a phone call 3-10 days after the exam to be asked similar dietary questions. You or an adult in your family (if you are between 1-15 years old) will also be asked about food shopping habits.

Taking part in these interviews and health measures after your visit to the mobile center is voluntary.

If you have questions about getting your results, please call 1-800-452-6115.