

# Household Interview Hand Cards

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## Sample Person (SP) Hand Cards

## Introductory Hand Card

Suggested script: (example)

During the interview, I will ask if I can see the containers for all the dietary supplements and prescription medication (you take/SP NAME takes) to enter them in my computer. To save time, would you please collect the containers for all of the items in this list that you take, while I set up my computer for the interview? Thank you. *(Present the laminated card to the SP or proxy)*

*(Laminated card for participants 2 years and older)*

## Containers from past 30 days

Vitamins, minerals, herbals, or other dietary supplements

Antacids

Prescription medications

*(Laminated card for participants 0-24 months)*

Containers from past 2 weeks

Infant formulas

Toddler formulas

Containers from past 30 days

Vitamins, minerals, herbals, or other dietary supplements

Antacids

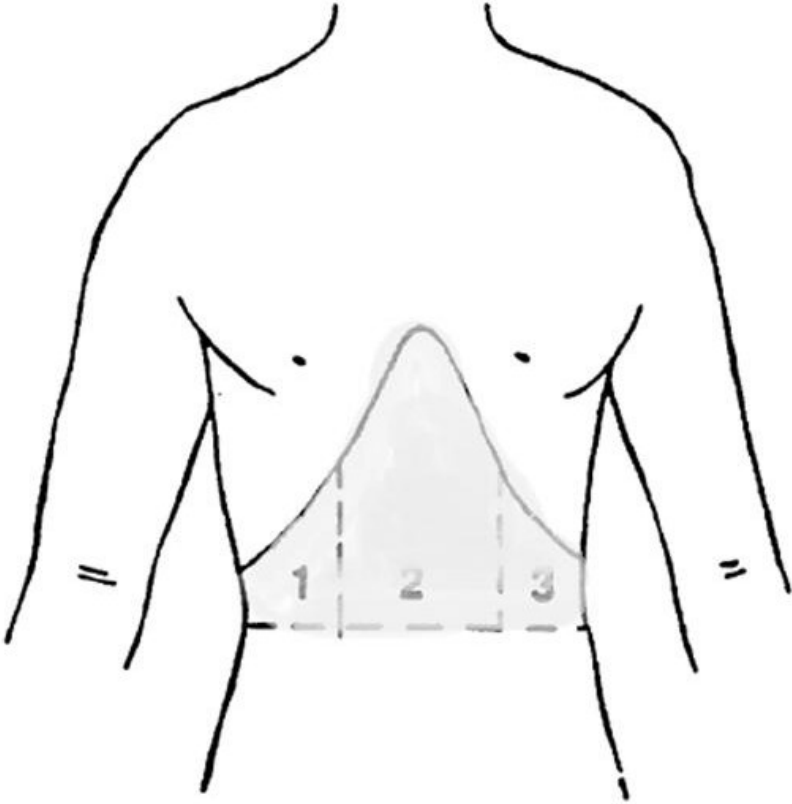
Prescription medications

MCQ1

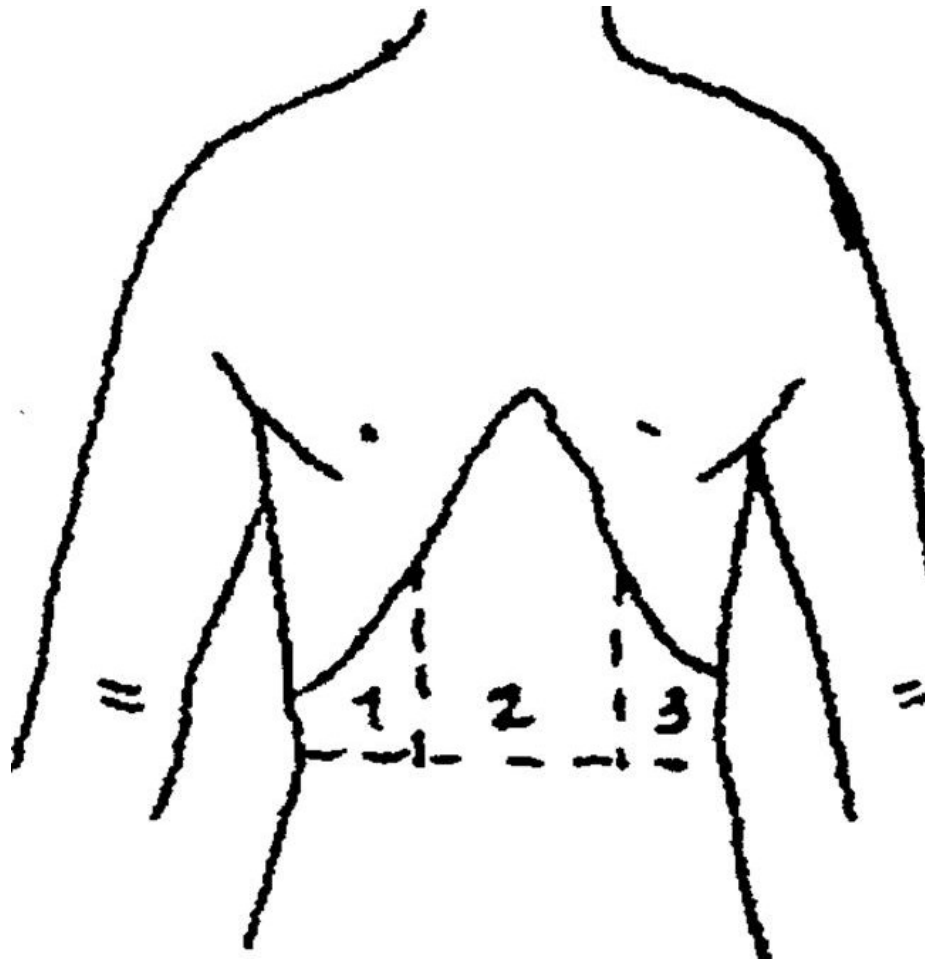
UPPER ABDOMEN

Right

Left



MCQ2



# FNQ1

No difficulty

Some difficulty

A lot of difficulty

Cannot do at all

FNQ2

Some difficulty

A lot of difficulty

Cannot do at all



# FNQ3

No difficulty

Some difficulty

A lot of difficulty

Cannot do at all

## OSQ3

Hip replacement

Knee replacement

Plates or pins to fix a broken bone

Dental implants (posts)

Metal sutures or clips

Stents

Pacemakers

# HEQ1

## Prescribed Medicines for Hepatitis B

Adefovir

Alinia

Baraclude

Entecavir

Epivir

Epivir HBV

Hepsera

Interferon / Peginterferon

Intron A

Lamivudine

Nitazoxanide

Olysio (simeprevir)

Pegasys

Pegintron

Roferon-A

Sovaldi (sofosbuvir)

Telbivudine

Tenofovir

Tyzeka

Vemlidy

Viread

# HEQ2

## Prescribed Medicines for Hepatitis C

Alinia

Boceprevir

Copegus

Daklinza (Daclatasvir)

Epclusa

Harvoni

Incivek

Infergen

Interferon / Peginterferon

Intron A

Ledipasvir

Mayvret

Nitazoxanide

Olysio (simeprevir)

Pegasys

Pegintron

Rebetol

Rebetron

Ribapak

Ribasphere

Ribatab

Ribavirin

Roferon-A

Sovaldi (sofosbuvir)

Sylatron

Technivie

Telaprevir

Victrelis

Viekira Pak

Virazole

Vosevi

Zepatier

DLQ1

No difficulty

Some difficult

A lot of difficulty

Unable to do

# DIQ1

Prediabetes

Impaired fasting glucose

Impaired glucose tolerance

Borderline diabetes

## DIQ3

Less than 6

Less than 7

Less than 8

Less than 9

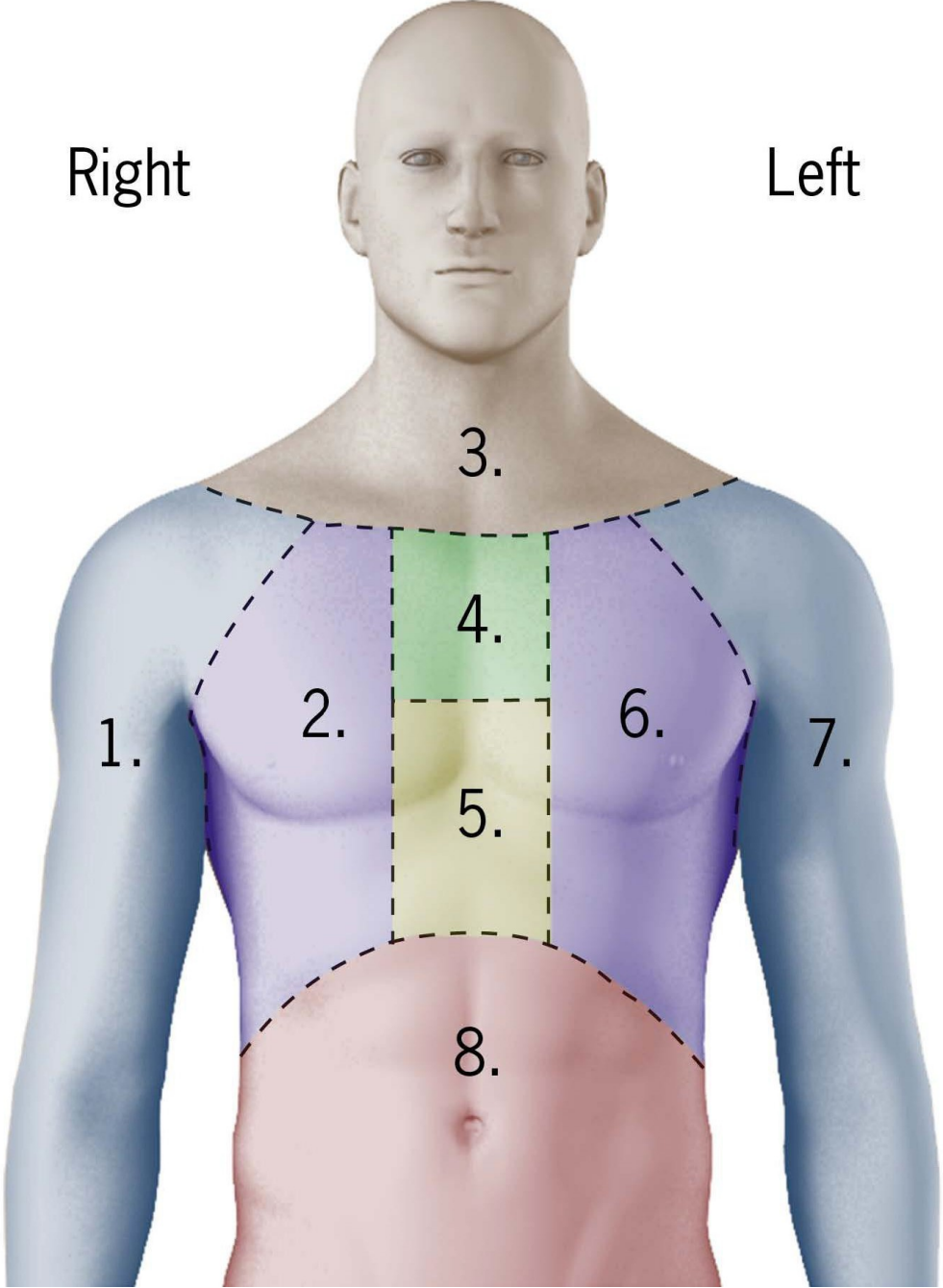
Less than 10

Provider did not specify a goal

CDQ1

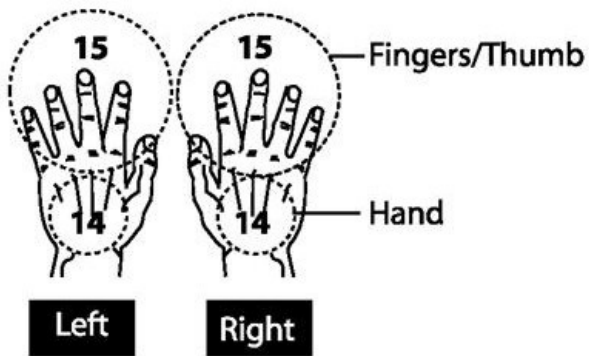
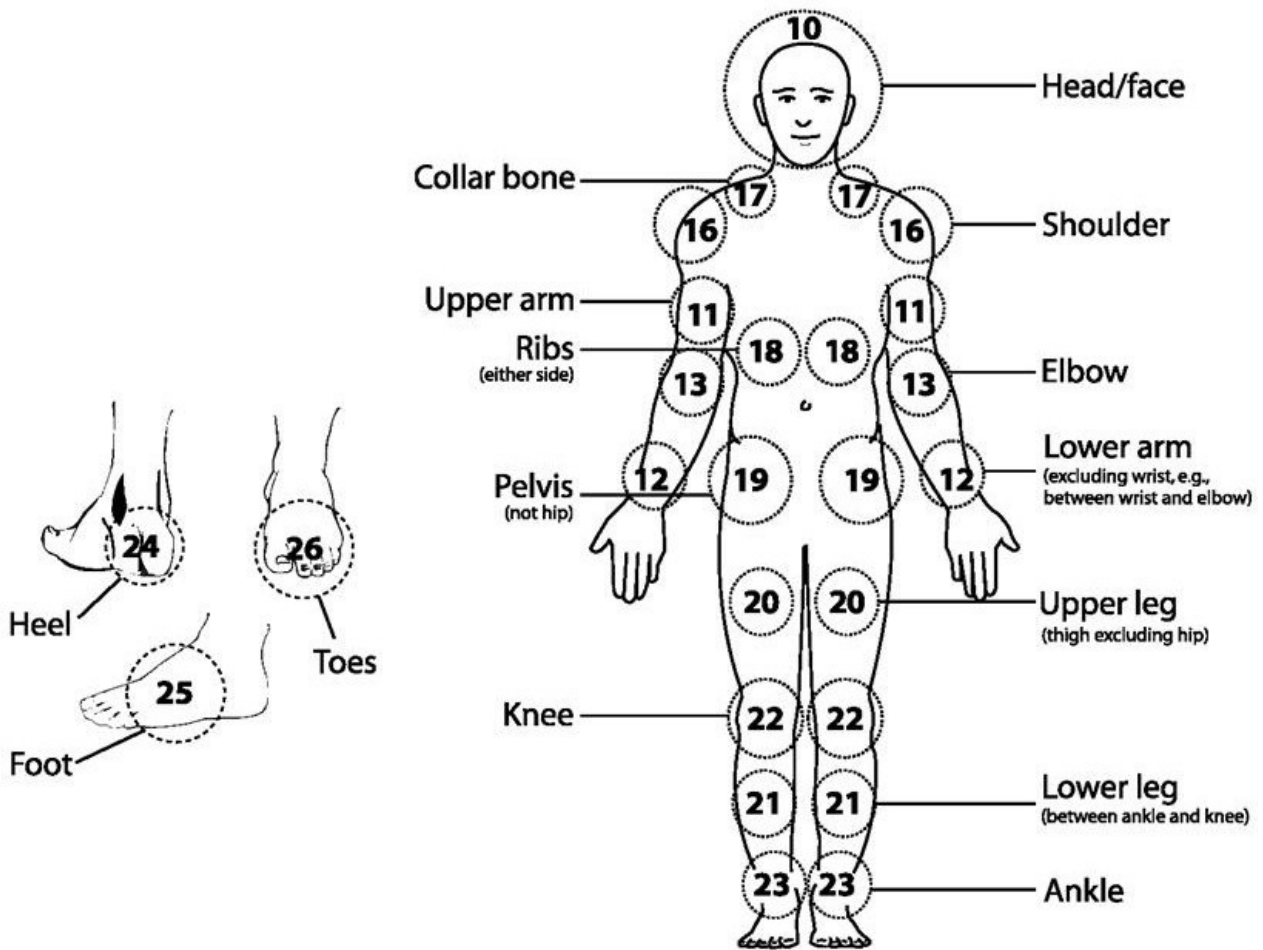
Right

Left





# OSQ1



 = **Fracture**

## OSQ2

### Prescribed Medicines for Osteoporosis

Fosamax, Alendronate

Boniva, Ibandronate

Actonel, Atelvia, Risedronate

Reclast, Zoledronic acid

Fortical, Miacalcin, Calcitonin

Evista, Raloxifene

Forteo, Teriparatide

Duavee, Bazedoxifene

Prolia, Denosumab

# AUQ1

Genetic/hereditary causes

Ear infections (including fluid in ears)

Ear diseases (otosclerosis, menieres, tumor)

Illness/infections (measles, meningitis, mumps)

Drugs/medications

Head or neck injury/trauma

Loud brief explosive noise sounds

Noise exposure, long-term (machinery, etc.)

Aging, getting older

## AUQ2

Speech-language

Reading

Hearing or listening skills

Intellectual disability

Movement or mobility difficulties

Other developmental or disability problems

## AUQ3

Always

Usually

About half the time

Seldom

Never

AUQ4

Always

Usually

About half the time

Seldom

Never

No noise exposure past 12 months

## DEQ2

Always

Most of the time

Sometimes

Rarely

Never

## OHQ1

Went in on own for check-up, examination or cleaning

Was called in by the dentist for check-up, examination or cleaning

Something was wrong, bothering or hurting

Went for treatment of a condition that dentist discovered at earlier check-up or examination



## OHQ2

Could not afford the cost

Did not want to spend the money

Insurance did not cover recommended procedures

Dental office is too far away

Dental office is not open at convenient times

Another dentist recommended not doing it

Afraid or do not like dentists

Unable to take time off from work

Too busy

I did not think anything serious was wrong/expected dental problems to go away

OHQ3

Very often

Fairly often

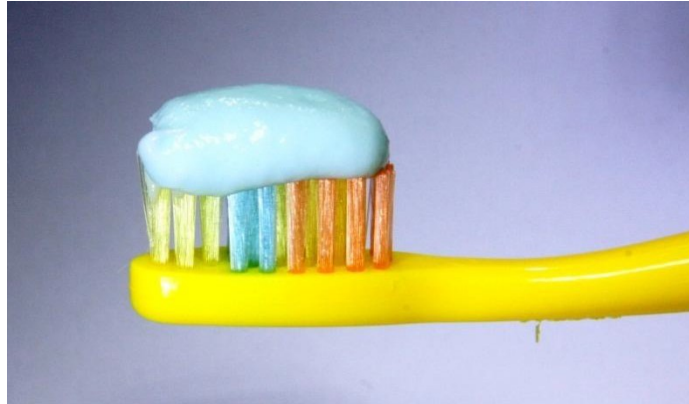
Occasionally

Hardly ever

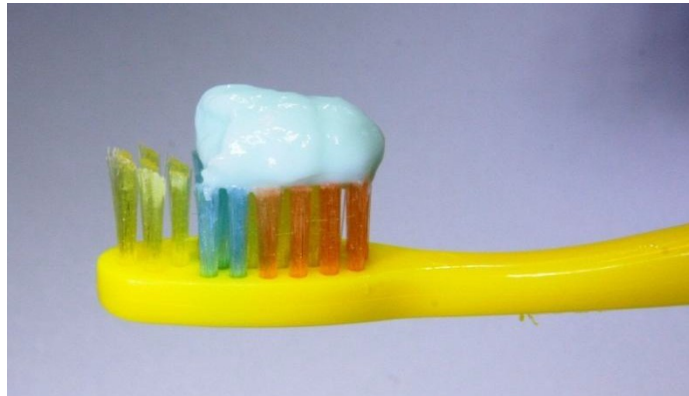
Never

# OHQ4

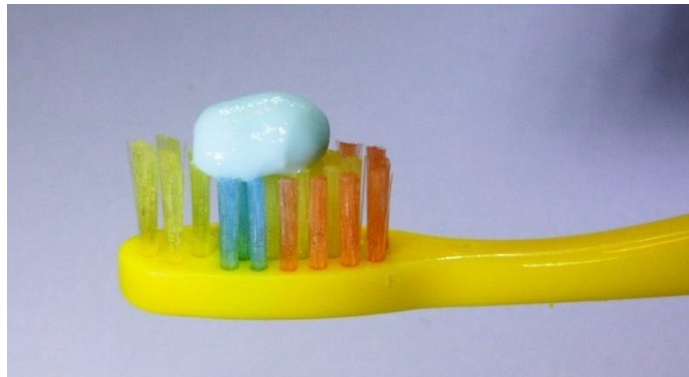
1. Full load



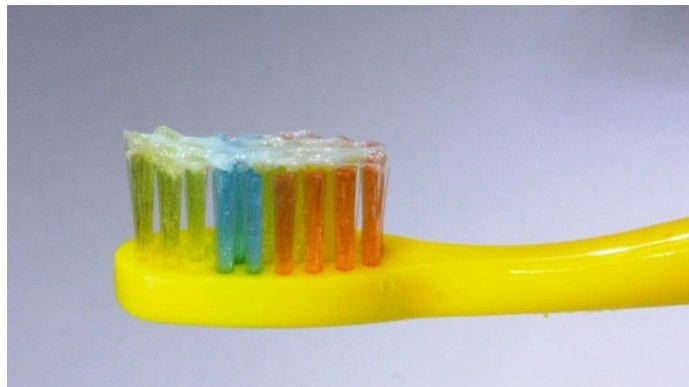
2. Half load



3. Pea size



4. Smear



# BAQ 1

Getting up after  
down

sitting or lying

Bending down or leaning over

Looking up or leaning head back

Looking at moving objects – passing traffic or a train

Being in a place with a lot of people moving around

Being in wide-open spaces

Motion sickness from riding in a car or moving vehicle

Quick head movement from side-to-side

Rolling over in bed

Standing on your feet for a long time

## BAQ 2

Nausea or vomiting

Migraine or severe headache

Tinnitus (ringing, buzzing or roaring in ears or head)

Sinus congestion

Depression

Ear fullness, pressure or stuffed-up feeling, without pain

Hearing trouble (worse hearing)

## BAQ 3

Anemia

Anxiety or panic attacks

Diabetes

Heart disease

Hormonal changes (including pregnancy)

Low blood pressure or hypotension

Low blood sugar or hypoglycemia

Stroke

None of these

**BAQ 4**

Auto-immune disease, such as rheumatoid arthritis, lupus, sjogren's

Benign positional vertigo (bpv or bppv)

Crystals—loose or dislodged in ear

Head or neck trauma or concussion

Inner ear infection, viral labyrinthitis

Ménière's (men-e-airz) disease

Migraines or headaches

Neurological condition, such as multiple sclerosis, parkinson's

Side effects from medications, such as cancer treatments, antibiotics

None of these

**BAQ 5**

Exercises at home, which were not begun in a clinic

Exercises or physical therapy begun in a clinic

Bed rest for several hours or days

Head rolling or epley maneuver by a doctor or therapist

Steroid injections into the ear

Gentamicin (jen-tah-mi-sin) injections into the ear

Prescription medicines

Psychiatric or psychological treatment

Surgery to the ear

Some other type of surgery

None of these

**BAQ 6**



Over-the-counter medicines or drugs

Dietary restrictions: low salt diet, avoiding certain foods or drinks, such as chocolate, coffee, or alcohol

Quitting or reducing use of tobacco or cigarettes

Massage therapy or chiropractic treatments or manipulations

Herbal remedy: feverfew leaf, ginger, ginkgo biloba, etc

Wearing magnets or acupressure wristband

Counseling or stress management

Acupuncture

None of these

**BAQ 7**

Anxiety or panic attacks

Auto-immune disease, such as rheumatoroid arthritis, lupus, sjogren's

Cognitive problems, such as memory, attention, learning

Depression

Head injury or concussion

Heart rythem problems or heart failure

Migraine(s) or severe headaches

Numbness in the hands or feet lasting days or longer

Neurological disorder, such as parkinson's, multiple scherosis, seizures

Severe head injury or concussion (with or without loss of consciousness)

No—none of these

SLQ1

Never

Rarely – 1 time a month

Sometimes – 2 to 4 times a month

Often – 5 to 15 times a month

Almost always – 16 to 30 times a month

DEQ1

Always

Most of the time

Sometimes

Rarely

Never

DBQ2

Never

0-3 months

4-5 months

6-7 months

8-9 months

10-11 months

12 months or older

*DBQ3*

## Nut butters



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## Nut and seed products



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## Nuts



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## Seeds



DBQ4

Never

Rarely – less than once a week

Sometimes – once a week or more, but  
less than once a day

Often – once a day or more

DBQ5

A **regular** milk drinker for **most** or **all** of lifetime, including childhood

**Never** has been a **regular** milk drinker

Milk drinking has **varied** over lifetime – sometimes has been a **regular** milk drinker and sometimes has **not** been a regular milk drinker



DBQ6

Never

Rarely – less than once a week

Sometimes – once a week or more,  
but less than once a  
day

Often – once a day or more

# FSQ1

Child does not qualify for WIC (family income too high)

Child does not need WIC because family receives support from relatives or friends

Child does not need WIC because family receives support SNAP, a food bank, or another program

Never thought about applying for WIC

Parent/caregiver cannot find time to get to the WIC clinic

Parent/caregiver does not have transportation to get to WIC

The stores that accept WIC are not close to family's home

WIC foods are difficult to find in the grocery store

Using WIC at the grocery store is uncomfortable

Another reason (describe)

## FSQ2

*Child no longer qualifies for WIC (family income too high)*

*Child no longer needs WIC because family receives support from relatives or friends*

*Child no longer needs WIC because family receives support from SNAP, a food bank, or another program*

*Parent/caregiver could not find time to go to the WIC clinic*

*Parent/caregiver could not find transportation to get to WIC*

*WIC clinic wait times were too long*

*The stores that accept WIC were not close to family's home*

*WIC foods were difficult to find in the grocery store*

*Using WIC at the grocery store was uncomfortable*

*Checking out at the store with WIC foods took a long time*

*Child did not like the WIC foods*

*Another reason (describe)*

# DBQ7



## EXAMPLES OF FROZEN MEALS & FROZEN PIZZAS





# WHQ1

Ate less food (amount)

Switched to foods with lower calories

Ate less fat

Ate fewer carbohydrates

Exercised

Skipped meals, fasted

Ate "diet" foods or products

Used a liquid diet formula such as Slimfast, Optifast, or Shakeology

Joined a weight loss program such as Weight Watchers, Jenny Craig, Tops, or Overeaters Anonymous

Followed a special diet such as Dr. Atkins, South Beach, other high protein or low carbohydrate diet, cabbage soup diet, Ornish, Nutrisystem, Body-for-Life, juice diet

Took diet pills prescribed by a doctor

Took other pills, medicines, herbs or supplements not needing a prescription

Started to smoke or began to smoke again

Took laxatives or vomited

Had weight loss surgery such as gastric bypass

Drank a lot of water

Ate more fruits, vegetables, salads

Ate less sugar, candy, sweets, drank less soda, drank less sugar sweetened beverages

Changed eating habits (didn't eat late at night, ate several small meals a day, ate at home more)

Ate less junk food or fast food

Other (Specify)

# SMQ1

## Include

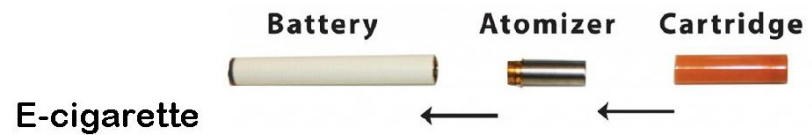


Hand Rolled Cigarette

## Do NOT Include



Cigar Images Courtesy of Legacy®



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# ACQ1

Only Spanish

More Spanish than English

Both equally

More English than Spanish

Only English

## ACQ2

English

Chinese Farsi/Persian

Hindi

Japanese

Khmer/Cambodian Korean

Tagalog/Filipino

Urdu

Vietnamese Other

# DMQ1

Never attended/kindergarten only

1st grade

2nd grade

3rd grade

4th grade

5th grade

6th grade

7th grade

8th grade

9th grade

10th grade

11th grade

12th grade, no diploma High school graduate GED or equivalent

Some college, no degree

Associate degree: Occupational, technical, or vocational program

Associate degree: Academic program

Bachelor's degree (example: BA, AB, BS, BBA)

Master's degree (example: MA, MS, MEng, MEd, MBA)

Professional school degree (example: MD, DDS, DVM, JD)

Doctoral degree (example: PhD, EdD)

# DMQ3

10. Mexican

11. Puerto Rican

12. Cuban

13. Dominican (Republic)

## **Central American:**

14. Costa Rican

15. Guatemalan

16. Honduran

17. Nicaraguan

18. Panamanian

19. Salvadoran

20. Other Central American

## **South American:**

21. Argentinean

22. Bolivian

23. Chilean

24. Colombian

25. Ecuadorian

26. Paraguayan

27. Peruvian

28. Uruguayan

29. Venezuelan

30. Other South American

## **Other Hispanic or Latino:**

31. Filipino

32. Spaniard

33. Spanish

34. Spanish American

35. Hispano/Hispana

36. Hispanic/Latino

41. Chicana/Chicano

DMQ4

American Indian or Alaska

Native Asian

Black or African American

Native Hawaiian or Pacific Islander

White

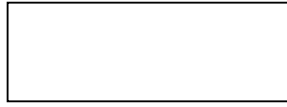
DMQ5

1. Native Hawaiian
2. Guamanian or Chamorro
3. Samoan
4. Other Pacific Islander

## DMQ6

10. Asian Indian
11. Bangladeshi
12. Bengalese
13. Bharat
14. Bhutanese
15. Burmese
16. Cambodian
17. Cantonese
18. Chinese
19. Dravidian
20. East Indian
21. Filipino
22. Goanese
23. Hmong
24. Indochinese
25. Indonesian
26. Iwo Jiman
27. Japanese
28. Korean
29. Laohmong
30. Laotian
31. Madagascar/Malagasy
32. Malaysian
33. Maldivian
34. Mong
35. Nepalese
36. Nipponese
37. Okinawan
38. Pakistani
39. Siamese
40. Singaporean
41. Sri Lankan
42. Taiwanese
43. Thai
44. Vietnamese

DMQ8



**Examples of what we learned when matching NHANES data to other data sources such as Medicare and Medicaid:**

- How housing environment may affect the levels of lead in children's blood
- Higher vitamin D in the blood lowers the risk of broken bones
- Consuming high amount of sugar can increase the risk of heart diseases
- People who live or work with smokers have a higher risk of heart attack
- Adults who exercise, eat healthy diets, and do not smoke have a lower chance of dying



HIQ1

Private health insurance

Medicare

Medi-gap

Medicaid

Children's Health Insurance Program (CHIP)

Military Related Health Care: Tricare  
(CHAMPUS)/VA HEALTH CARE/ Champ-VA

Indian Health Service

State-sponsored health plan

Other government program

No coverage of any type

HIQ2



1-800-MEDICARE (1-800-633-4227)

NAME OF BENEFICIARY

**JANE DOE**

MEDICARE CLAIM NUMBER

**000-00-0000-A**

SEX

**FEMALE**

IS ENTITLED TO

**HOSPITAL (PART A)  
MEDICAL (PART B)**

EFFECTIVE DATE

**07-01-1986  
07-01-1986**

SIGN  
HERE

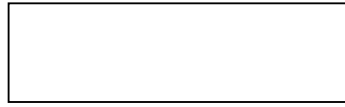


DO NOT SEND CLAIMS FOR PAYMENT OF  
MEDICARE BENEFITS TO THIS (↓) ADDRESS

# DSQ1a

<b>VITAMINS</b>  <b>MINERALS</b>	Calcium Iron Zinc	Vitamin C Vitamin E	Calcium and Magnesium Calcium plus Vitamin D
<b>MULTI-VITAMIN-- MULTI-MINERALS</b>	Flintstones Tri-Vi-Flor	One a Day B-Complex	<u>Prenatals</u> Centrum
<b>HERBALS AND BOTANICALS</b>	Echinacea Ginkgo	Garlic Ginseng	Saw Palmetto
<b>FIBER</b>	Metamucil	Fibercon	<u>Benefiber</u>
<b>AMINO ACIDS</b>	Lysine	Methionine	Tryptophan
<b>OTHERS</b>	Fish Oil	Chondroitin	Glucosamine

DSQ1b

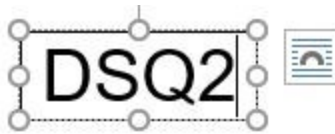


## EXAMPLES OF ANTACIDS

Tums

Rolaids Maalox

Mylanta

**To:**

Build muscle  
Gain weight  
Get more energy  
Improve digestion  
Improve my overall health  
Maintain health (to stay healthy)  
Maintain healthy blood sugar level, diabetes  
Prevent colds, boost immune system  
Prevent health problems  
Supplement my diet (because I don't get enough from food)

**For:**

Anemia, such as low iron  
Bone health, build strong bones, osteoporosis  
Eye health  
Good bowel/colon health  
Healthy Joints, arthritis  
Healthy skin, hair, and nails  
Heart health, cholesterol  
Kidney and bladder health, urinary tract health  
Liver health, detoxification, cleanse system  
Menopause, hot flashes  
Mental health  
Muscle related issues, muscle cramps  
Pregnancy/breastfeeding  
Prostate health  
Relaxation, decrease stress, improve sleep  
Teeth, prevent cavities  
Weight loss

# Family Hand Cards

# DMQ1

Never attended/kindergarten only

1st grade

2nd grade

3rd grade

4th grade

5th grade

6th grade

7th grade

8th grade

9th grade

10th grade

11th grade

12th grade, no diploma

High school graduate

GED or equivalent

Some college, no degree

Associate degree: Occupational, technical, or vocational program

Associate degree: Academic program

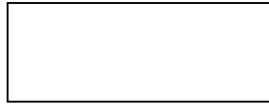
Bachelor's degree (example: BA, AB, BS, BBA)

Master's degree (example: MA, MS, MEng, MEd, MBA)

Professional school degree (example: MD, DDS, DVM, JD)

Doctoral degree (example: PhD, EdD)

# HOQ1



A one-family house detached from any other house

A one-family house attached to one or more houses

A building with 2 apartments

A building with 3 or 4 apartments

A building with 5 to 9 apartments

A building with 10 to 19 apartments

A building with 20 to 49 apartments

A building with 50 or more apartments

A mobile home, trailer, or manufactured home

A dormitory or similar boarding house



## HOQ2

Brita or other pitcher water filter

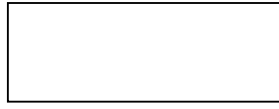
Ceramic or charcoal filter

Water softener

Aerator

Reverse osmosis

CBQ1



## EXAMPLES OF PLACES OTHER THAN GROCERY STORES

Convenience Stores (7-11, Mini Mart)

Wholesale Stores (Costco, Sam's Club,  
BJ's)

Target/ Wal-Mart/ Kmart

Dollar Store

Bakeries

Meat Markets

Vegetable stands

Farmer's Markets

# INQ1



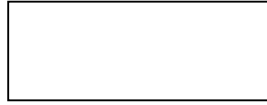
U.	\$20,000 - \$20,999	JJ.	\$35,000 - \$39,999
V.	\$21,000 - \$21,999	KK.	\$40,000 - \$44,999
W.	\$22,000 - \$22,999	LL.	\$45,000 - \$49,999
X.	\$23,000 - \$23,999	MM.	\$50,000 - \$54,999
Y.	\$24,000 - \$24,999	NN.	\$55,000 - \$59,999
Z.	\$25,000 - \$25,999	OO.	\$60,000 - \$64,999
AA.	\$26,000 - \$26,999	PP.	\$65,000 - \$69,999
BB.	\$27,000 - \$27,999	QQ.	\$70,000 - \$74,999
CC.	\$28,000 - \$28,999	RR.	\$75,000 - \$79,999
DD.	\$29,000 - \$29,999	SS.	\$80,000 - \$84,999
EE.	\$30,000 - \$30,999	TT.	\$85,000 - \$89,999
FF.	\$31,000 - \$31,999	UU.	\$90,000 - \$94,999
GG.	\$32,000 - \$32,999	VV.	\$95,000 - \$99,999
HH.	\$33,000 - \$33,999	WW.	\$100,000 and over
II.	\$34,000 - \$34,999		

# INQ2



- |    |                   |    |                     |
|----|-------------------|----|---------------------|
| A. | Less than \$1,000 | K. | \$10,000 - \$10,999 |
| B. | \$1,000 - \$1,999 | L. | \$11,000 - \$11,999 |
| C. | \$2,000 - \$2,999 | M. | \$12,000 - \$12,999 |
| D. | \$3,000 - \$3,999 | N. | \$13,000 - \$13,999 |
| E. | \$4,000 - \$4,999 | O. | \$14,000 - \$14,999 |
| F. | \$5,000 - \$5,999 | P. | \$15,000 - \$15,999 |
| G. | \$6,000 - \$6,999 | Q. | \$16,000 - \$16,999 |
| H. | \$7,000 - \$7,999 | R. | \$17,000 - \$17,999 |
| I. | \$8,000 - \$8,999 | S. | \$18,000 - \$18,999 |
| J. | \$9,000 - \$9,999 | T. | \$19,000 - \$19,999 |

INQ3



Cash

Checking account

Saving accounts

CDs (Certificates of deposit)

Retirement accounts (such as IRAs, 401K, etc.)

Stocks

Bonds

Mutual funds

INQ4

A: \$0 - \$3,000

B: \$3,001 - \$5,000

C: \$5,001 - \$10,000

D: \$10,001 - \$15,000

E: \$15,001 - \$20,000

---

Cash

Checking account

Saving accounts

CDs (Certificates of deposit)

Retirement accounts (such as IRAs, 401K, etc.) Stocks

Bonds

Mutual funds

INQ5

In my car

In a car that belongs to someone I live with

In a car that belongs to someone who lives elsewhere

Walk

Ride bicycle

Bus, subway or other public transit

Taxi or other paid driver

Someone else delivers groceries

Other

FSQ1

Often true  
Sometimes true  
Never true