

# 2019 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+) ◆

You will have an eye test to:

Recognize smaller letters (40+) ◆

Check light versus dark letters (40+) ◆

You will have your balance tested (40+) ◆

## Lab Tests on Saliva (14-69)

Human Papillomavirus (HPV) (14-69)

Stand \_\_\_\_

## 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 illicit drug use)*

**Please turn over to see the next page.**

## **Lab Tests on Blood (1+)**

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

- Anemia (all participants 1+) ♦
- Cholesterol (6+) ♦
- Exposure to certain environmental chemicals (selected participants – blood 12+, urine is 6+)
- Exposures to environmental metals such as Lead and Mercury (1+) ♦
- Glucose (12+) ♦
- Hormones (such as thyroid and steroid hormones) ♦
- Infectious diseases
  - Cytomegalovirus (CMV) (1-5) ♦♦
  - Hepatitis B virus (2+) ♦♦
  - Hepatitis C virus (6+) ♦♦
  - Herpes simplex virus type 2 (14-49) ♦
  - Human immunodeficiency virus (HIV) (18-59) ♦
- Inherited hemoglobin variants (such as Sickle cell) ♦♦
- Kidney and liver function (12+) ♦
- Nutrition status (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 ages 12-59 will have a urine pregnancy test, and girls 8-11 who have started their menstrual periods. Our physician will tell you if you are pregnant if you do not already know. Parents of girls younger than age 14 who are pregnant will also be informed of the 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.**

**Please see the following pages for more detailed list of lab tests.**

## Detailed list of NHANES blood or urine laboratory tests

### Biochemical Profile (*all participants 12+*) ♦

- Alanine Aminotransferase (ALT)
- Albumin
- Alkaline Phosphatase (ALP)
- Aspartate Aminotransferase (AST)
- Bicarbonate
- Blood Urea Nitrogen (BUN)
- Calcium
- Creatinine
- Creatine Phosphokinase (CPK)
- Gamma Glutamyltransferase (GGT)
- Glucose
- Iron
- Lactate Dehydrogenase (LDH)
- Phosphorus
- Sodium
- Potassium
- Chloride
- Total Protein
- Uric Acid

### Diabetes Profile

- Fasting Glucose (*all morning participants 12+*) ♦
- Insulin (*all morning participants 12+*)
- Hemoglobin A1c (*12+*) ♦

### Infectious Disease Profile

- Chlamydia trachomatis (*14-39*) ♦
- Cytomegalovirus antibody (CMV) (*1-5*) ♦♦
- Hepatitis B antibody (*2+*) ♦♦
- Hepatitis C virus (*6+*) ♦♦
- Herpes simplex virus type 2 (*14-49*) ♦
- Human immunodeficiency virus (HIV) (*18-59*) ♦
- Human Papillomavirus (HPV) (*14-59 for swabs; 14-69 for oral rinse*)
- Trichomonas (*14-59*) ♦
- Tuberculosis (select participants *6+*) ♦

### Inflammatory Disease Profile

- High-Sensitivity C-reactive Protein (hs-CRP) (*1+*)

### Kidney Disease Profile ♦ (+ creatinine, BUN in biochemical profile)

- Urine Albumin (*3+*)

- Urine Albumin Creatinine ratio (ACR) (*3+*)
- Urine Creatinine (*3+*)
- Urine flow rate (*3+*)

### Lipid Profile

- Total Cholesterol (*6+*) ♦
- High Density Lipoprotein (HDL)-Cholesterol (*6+*) ♦
- Low Density Lipoprotein (LDL)-Cholesterol (*12+*) ♦
- Triglycerides (*12+*) ♦

### Liver Disease Profile (+ ALT ALP, AST, GGT in biochemical profile)

- Total Bilirubin (*12+*) ♦
- Genetic variants for susceptibility to liver related diseases (*18+*)

### Nutritional Laboratory Tests

- Complete blood count (*1+*) ♦
- Fatty acids (*6+*) ♦
- Ferritin (*all participants 1-5 and 12+*) ♦
- Folate (*all female participants 12-49, ½ others 1+*) ♦
- Hemoglobin variants, for example hemoglobin S (sickle cell disease) (*12+*) ♦♦
- Iron (*12+*)
- Red Blood Cell (RBC) folate (*female participants 12-49, ½ others 1+*) ♦
- RBC folate forms (*6+*) ♦
- Transferrin receptor (*all participants 1-5, female participants 12-49*) ♦
- Unsaturated Iron Binding Capacity (UIBC) (*12+*) ♦
- Vitamin A/Carotenoids (*6+*) ♦
- Vitamin C (*6+*) ♦
- Vitamin D (*1+*)
- Vitamin E (*6+*) ♦

**Thyroid Disease Profile** (*all participants 3-5, 1/3 participants 6+*) ♦

- Thyroid Stimulating Hormone
- Triiodothyronine (T3), Total and Free
- Thyroxine (T4), Total and Free
- Thyroglobulin
- Thyroglobulin antibodies
- Anti-thyroid peroxidase (TPO)

**Steroid hormones** (*all participants 6+*) ♦

- 17 $\alpha$ -Hydroxyprogesterone (17-OHP)
- Androstenedione
- Anti-Mullerian hormone (AMH)
- Dehydroepiandrosterone sulfate (DHEAS)
- Estradiol
- Follicle stimulating hormone (FSH)
- Luteinizing hormone (LH)
- Progesterone
- Steroid Hormone Binding Globulin (SHBG)
- Testosterone

**Environmental Health Profile**

- Adducts of Hemoglobin (*1/3 participants ages 6+*)
- Aromatic Amines (Urine) (*all participants 3-5, 1/3 participants 6+*)
- Flame Retardant Metabolites (*blood – 12+ and urine – all participants 3-5, 1/3 participants 6+*)
- Insecticides, pesticides, herbicides, fungicides and metabolites (*blood - 1/3 participants 12+, urine – all participants 3-5, 1/3 participants 6+*)
- Perchlorate, thiocyanate, and nitrates (*all participants 3-5, 1/3 participants 6+*)
- Perfluoroalkyl and Polyfluoroalkyl Substances (*1/3 participants 12+*)
- Phthalates and Personal Care and Consumer Product Chemicals and Metabolites (*all participants 3-5, 1/3 participants 6+*)
- Polybrominated Diphenyl Ethers (*1/3 participants 12+*)

# FAQ Flyer



NATIONAL CENTER FOR HEALTH STATISTICS  
National Health and Nutrition Examination Survey

## About the NHANES lab tests



The Health Measurements List shows what tests are done in NHANES.

Some tests are not done on everyone.

Some test results are not reported to you. These tests are being researched and are not reported because we do not know if it will affect your health.

Your reportable test results are mailed to you 12-16 weeks after your examination.

If you would like to receive a result of a research test *not* reported to you, contact our Senior Medical Officer at 1-888-301-2360. Please be aware that these tests may take a year or longer before a result is available.

The Health Measurements List is also available on the NHANES website at [www.cdc.gov/nhanes](http://www.cdc.gov/nhanes).



Centers for Disease  
Control and Prevention  
National Center for  
Health Statistics