



## Attachment 13e

For more information visit:  
[www.cdc.gov/nhanes](http://www.cdc.gov/nhanes)

You may also call toll free  
(English or Spanish) at: 1-800-452-6115

### Does my information stay private?

Yes, your information stays private. The law requires that we keep your information private!

- We combine the information of everyone in the study. This gives us a good picture of the health of people in the U.S. while protecting your privacy.
- We do not share your name, address, phone number, or health information with anyone outside the study.
- The National Center for Health Statistics is America's leading health statistics agency. We have a lot of experience protecting people's privacy.
- Taking part in the survey does not affect government benefits you or your household may receive, such as Medicare, Medicaid, Social Security, Social Security Disability, or food stamps.



**Thank you for helping to improve the health of everyone in the United States!**



Centers for Disease  
Control and Prevention  
National Center for  
Health Statistics

## Congratulations

on being chosen to take part in the National Health and Nutrition Examination Survey, or NHANES.



### What is NHANES?

NHANES is one of our nation's greatest resources! It is how we learn about the health and nutrition of adults and children in the United States.

For more than 60 years, thousands of people like you have been part of NHANES. The information NHANES gathers has helped improve our country's health. It showed us

- What chemicals in food and gasoline were harming people's health.
- What a healthy growth rate is for babies and children.
- How many people in the U.S. have high blood pressure, high cholesterol, and diabetes.

The National Center for Health Statistics at the Centers for Disease Control and Prevention runs the study.



### Why did you choose me?

You live in one of just 15 cities and counties that NHANES will visit this year. We cannot go to every house in the U.S., so we randomly choose which ones to talk with. Your household is one of a few selected in your community, and no one else can take your place.

### What do I need to do?

Taking part in NHANES is easy. If you have already completed some of these steps, thank you!

#### STEP 1

#### **Find out who in your home can participate.**

Take 5 minutes to answer questions on our website or talk to someone from NHANES on the phone. You can also fill out a paper questionnaire and mail it back to us in the envelope we send you, or talk with one of our representatives in person.

#### STEP 2

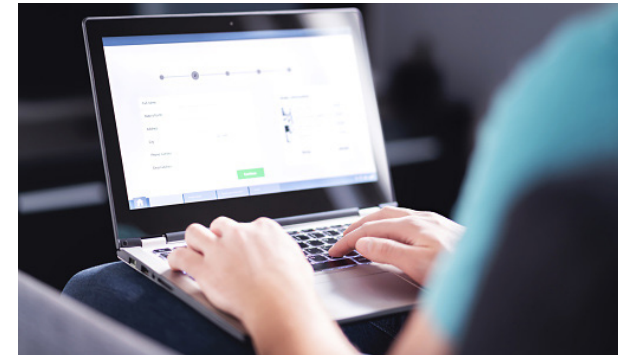
**Talk to us by phone.** We will call to ask about:

- your health,
- any health problems you have, such as diabetes or asthma, and
- what you eat (your diet).

#### STEP 3

**Visit our mobile health center for a brief medical exam.**

- We arrange for you to get to our health center. We pay your travel costs.
- We pay for childcare or eldercare while you are at the health center.
- We give you a small token of our thanks for your time.
- We mail you the results of your medical exam. You can share the results with your doctor.



### Why do I need to do all the steps?

Each step of the study is important. When you do all the steps, we have complete information from you and everyone in the study. This makes our data more reliable.



**1.** When you filled out the **questionnaire about your home**, we learned a little bit about you.



**2.** When you do the **phone interview**, we learn more about your health but may still be missing important information.



**3.** During the **health exam** at our mobile center, we measure your height, weight, and blood pressure. We also do a blood test and ask for a urine sample. Now we have very accurate information that will help us and you!