



Centers for Disease
Control and Prevention
National Center for
Health Statistics

National Health and Nutrition Examination Study



NHANES: Making Us Safer and Healthier

In the 1990s, the National Health and Nutrition Examination Survey (NHANES) found that Americans had too much lead in their blood. Because of what we learned from people like you, companies removed lead from paint and gasoline. For over 60 years, information from NHANES has helped create essential public health guidelines. These guidelines have made us safer and healthier.

Now you have the chance to help protect and improve your health and the health of your family, your community, and your country.

Have You Been Exposed to Harmful Materials Found in the Environment?

By taking part in NHANES, we can find out if you have been exposed to harmful materials like lead and arsenic. Most doctors do not do these kinds of tests.



What will NHANES test me for?

We will use samples of your blood to find out if you have been exposed.

Lead:



Found in some water pipes, soil, and imported paint and children's toys.

Increases the risk of high blood pressure and kidney damage.



Can harm the nervous systems of unborn babies and young children.

Mercury:



Found in some fish and shellfish, thermometers, and batteries.

Can cause shaking, memory loss, or problems thinking.



Can cause problems for unborn babies, including brain damage and problems with hearing and seeing.

Cadmium:



Found in the air when coal or oil are burned and in nickel-cadmium batteries.

Can cause kidney disease.

Can increase the risk of low bone density in adults.

Secondhand Tobacco Smoke:



Found in smoke from burning tobacco products like cigarettes, cigars, and pipes.

Can cause cancer.



Can cause ear infections and breathing problems for babies.

Arsenic:



Found in air, drinking water, and food. Of these, food is usually the largest source of arsenic.

Can cause vomiting, have fewer red and white blood cells, affect the heart, and damage blood vessels.



Can cause cancer, lung disease, heart attacks, and kidney failure in young people who were exposed before birth and in early childhood.

Learn More

For more information on NHANES visit: www.cdc.gov/nhanes

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