

Attachment 11d

Material Handouts

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More than 60 years of protecting your privacy

The National Center for Health Statistics (NCHS) protects your privacy and has effective methods for keeping your information safe.

- The first National Health and Nutrition Examination Survey (NHANES) was conducted in 1960.
- We remove all of your personal information from our data files, including your name, address, and telephone number, to make sure no one knows you took part in NHANES.
- We will never release any data if they represent a place where few people live to make sure no one can be identified.
- All computers are password protected. Data are kept on secure servers to prevent unauthorized access.
- NHANES publishes summary reports so no one who takes part in our survey can be identified.

We combine the responses from thousands of participants across the United States to report on the “big picture” of our nation’s health.

Learn More

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

You may also call toll-free
(English or Spanish)
at: 800-344-1386

Data from the National Center for Health Statistics (NCHS) are released in reports found on the NCHS website at
<https://www.cdc.gov/nchs>

For specific questions about how NCHS protects the information you provide, contact the NCHS Confidentiality Officer at:

1-888-642-4159

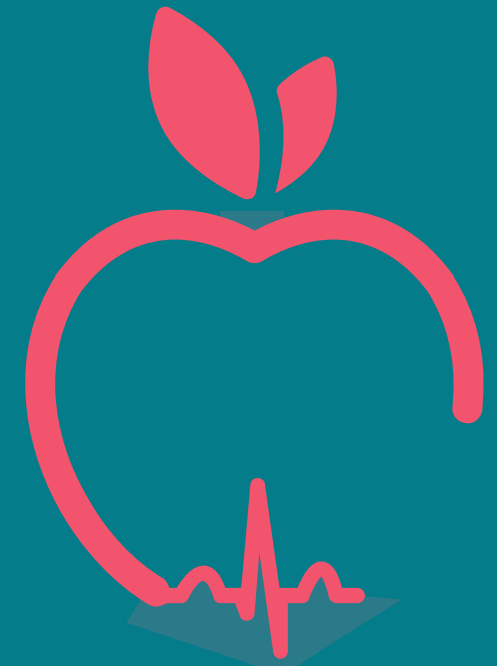
NCHSconfidentiality@cdc.gov

The Privacy Act Systems Notice used for NHANES provides information on routine uses, policies and practices for storing, retrieving, accessing, retaining, and disposing of records is available here:

<https://www.cdc.gov/SORNnotice/09-20-0164.htm>



How the National Health and Nutrition Examination Survey Keeps Your Information Confidential



Protecting Your Privacy

Federal law protects your information.

We take your privacy very seriously.

- Federal law does not allow us to share information that identifies you or your family without your permission.
- We will keep all your survey data safe and secure. When we share data with our partners to help prepare and process the data, we do so in a way that protects your privacy as required by law.
- Although NCHS will not disclose any of your information, if we see signs of abuse we are required to report it to social services or the police.

Assurance of Confidentiality – We take your privacy very seriously. All information that relates to or describes identifiable characteristics of individuals, a practice, or an establishment will be used only for statistical purposes. NCHS staff, contractors, and agents will not disclose or release responses in identifiable form without the consent of the individual or establishment in accordance with section 308(d) of the Public Health Service Act (42 U.S.C. 242m(d)) and the Confidential Information Protection and Statistical Efficiency Act or CIPSEA (44 U.S.C. 3561-3583). In accordance with CIPSEA, every NCHS employee, contractor, and agent has taken an oath and is subject to a jail term of up to five years, a fine of up to \$250,000, or both if he or she willfully discloses ANY identifiable information about you. In addition to the above cited laws, NCHS complies with the Federal Cybersecurity Enhancement Act of 2015 (6 U.S.C. §§ 151 and 151 note) which protects federal information systems from cybersecurity risks by screening their networks.

The NHANES pledge protects your privacy.

Anyone working on NHANES must sign a pledge to protect your privacy. Sharing your information without your permission is against the law.

We will not tell others that you are taking part in NHANES.

- Taking part in NHANES will not affect your benefits like Medicare, Medicaid, Social Security, food stamps, or disability.
- We encourage you not to tell others about your participation in NHANES. This helps prevent someone from trying to find your information in NHANES public data files.

NCHS is required by law to protect your data using strict privacy standards.



How are NHANES participants selected?



A computer program first randomly selects areas, then neighborhoods, then households, and lastly, people.

Stage 1: Areas

The United States is divided into distinct groups based on how similar the areas are to each other. Each year, one or two areas are selected to be visited from each group.

Stage 2: Subareas or Neighborhoods

Within each area, neighborhoods with a large number of households are selected.



Stage 3: Houses, Condos, Apartments, and Other Households

All of the households within those subareas or neighborhoods are identified; then we will select a few households from these subareas for the study.



Stage 4: People

Selected households are asked to complete a short survey about all the people who live at that address. The computer program then determines if anyone in the home is eligible to participate in NHANES.

Why were you selected?

The United States population is made up of different types of people. To produce reliable health estimates, each type of person must be represented in the sample. You were randomly selected to take part in NHANES.

You have the chance to represent thousands of other people like you!



For more information about NHANES

Telephone: 800-344-1386
 Email: cdcinfo@cdc.gov
 Internet: www.cdc.gov/nchs/



U.S. CENTERS FOR DISEASE
 CONTROL AND PREVENTION

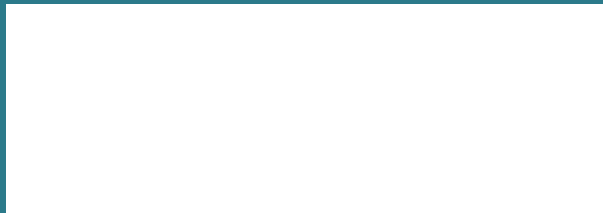


Over the past 60 years, NHANES data from people like you have helped to make the lives of everyone in the United States safer and healthier.

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

You may also call toll-free
(English or Spanish)
at 800-344-1386

Your Field Interviewer:



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

11d-C



Welcome to NHANES!

You have been chosen to take part in the National Health and Nutrition Examination Survey, or NHANES.



Welcome!

Be proud! NHANES participants contribute to what we know about the health and nutrition of people in the United States. To thank you, we give you a generous token of our appreciation, free health tests, and your results.

Be one of the hundreds of thousands of people who have been part of NHANES during the last 60 years! Now you and a few of your neighbors have the chance to help us to improve our country's health.

NHANES data tell us ...



What chemicals in our food and environment are harming people's health



What a healthy growth rate is for babies and children



How many people in the United States have high blood pressure, high cholesterol, and diabetes

This study is conducted by the National Center for Health Statistics, which is part of the Centers for Disease Control and Prevention and the U.S. Department of Health and Human Services.



Initial Interview



Find out who in your home can participate.

- It only takes 5 minutes!
- One of our professional interviewers will visit your home to ask a few questions about the people living in your home.

In-Home Interview

and {\$HH INCENTIVE} Token of Thanks



Complete a health survey.

Our professional interviewer will visit your home to ask about:

- your health, and
- any health problems you have, such as diabetes or asthma.

You will receive a token of our thanks for your time.

Free Health Exam

and a {\$MEC Incentive Range} Token of Thanks



Visit our Mobile Exam Center for a free health exam.

- We will measure your height, weight, and blood pressure, and conduct additional physical tests.
- We will also do blood tests and ask for a urine sample.
- You will get the results of your health exam.
- You can choose to share the results with your doctor to help you make decisions about your health.

You will receive another token of our thanks for your time.

Two Dietary Phone Interviews

with additional {\$MIN DI INCENTIVE} Token of Thanks



Complete two telephone surveys.

We will call to ask about:

- the foods you consume,
- who plans your meals,
- the beverages you drink, and
- vitamins and medicines you may take.

You will receive another token of our thanks for your time.

Why did you choose me?

Every year, NHANES visits only a few communities across the United States. We cannot go to every house in the U.S., so a computer program randomly chooses which ones to talk with.

Your household is one of a few selected in your community, and no one else can take your place. You have been chosen to represent up to 60,000 people, making your participation very important!

Are there arrangements for the free health exam?

- We will pay for your transportation costs.
- We will pay for childcare or eldercare while you are at the Mobile Exam Center.

Does my information stay private?

Yes! Your information stays private – the law requires that we keep your information safe.

- The National Center for Health Statistics is America's leading health statistics agency. We have over 60 years of experience protecting people's privacy.
- We do not share your name, address, or phone number with anyone outside the study.
- 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.

- 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.

Why should I 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.

Complete!

NHANES has monitored the Nation's nutrition and health for more than 60 years!



This survey combines information from personal interviews with standardized health exams performed in our Mobile Exam Centers.



NHANES data help create national references for key health measures like height, weight, and osteoporosis. Children's growth charts are updated using the latest NHANES data.



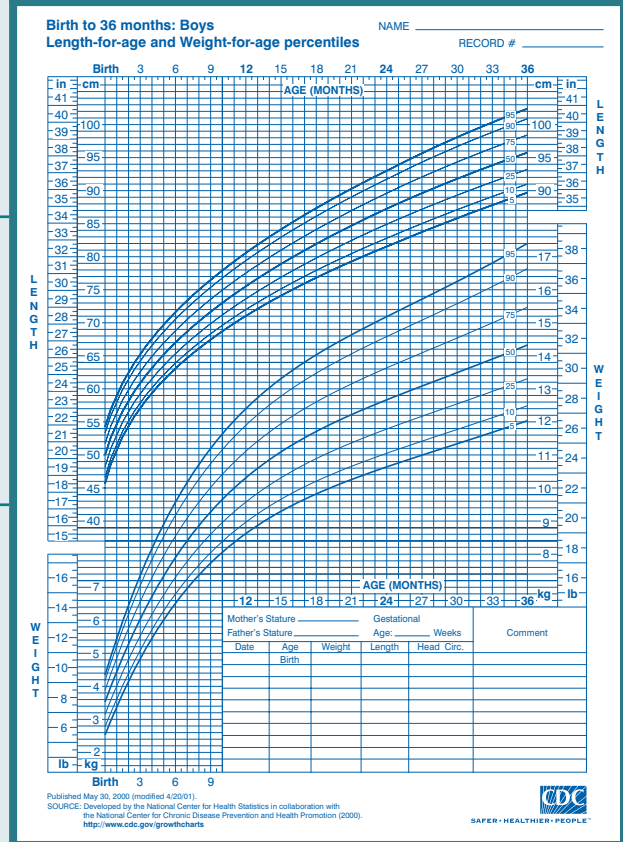
Using reliable population health data from NHANES, organizations can establish policies and plan research, education, and health promotion programs.



NHANES is conducted by the National Center for Health Statistics (NCHS), part of the Centers for Disease Control and Prevention (CDC) and the U.S. Department of Health and Human Services.

NHANES's record of important accomplishments is made possible by the hundreds of thousands of Americans who have participated!

CDC Growth Chart



Why NHANES Matters

NHANES is an essential resource to understand health in the United States.

NHANES data are used to:

- Determine the prevalence and risk factors of major diseases
- Assess the nutritional status of the U.S. population and its association with health promotion and disease prevention
- Develop national standards for measurements such as height, weight, and osteoporosis
- Identify the prevalence of undiagnosed diseases such as diabetes

NHANES Mobile Exam Centers

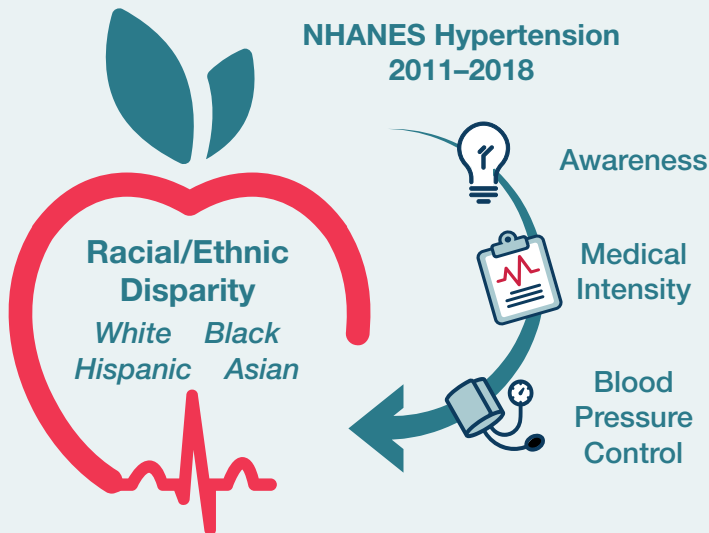
NHANES uses state-of-the-art Mobile Exam Centers that travel around the country. Highly trained staff collect health and physical measurements, as well as blood, urine, and other biological samples from participants.

Based on age, gender, and current testing guidelines, NHANES participants may receive exams for

- Oral health
- Vision
- Hearing
- Bone density
- Infection
- Environmental exposure
- Kidney and liver function
- Environmental and food sensitivities and allergies
- And more

NHANES Data Spotlight

Trends in Racial Disparities in High Blood Pressure (Hypertension)



Main findings

- Despite receiving more medications to treat high blood pressure, Black people have poorer control of high blood pressure compared with White people.
- Asian and Hispanic people have poorer control of high blood pressure. This was found to be associated with their decreased awareness of having high blood pressure and receiving treatment when compared to white people.

Source: American Heart Association's journal "Hypertension," 2022

NHANES Data Spotlight

Oral Health

Data from NHANES (2017–2018) reveal that oral health inequities remain. People living in poverty are 102 times more likely to have difficulty doing their job because of oral health conditions and 215 times more likely to have oral pain than those at higher incomes (CareQuest Institute of Oral Health, 2023).

People living in poverty are **215 times** more likely to have oral pain.



NHANES Participants

NHANES participants are randomly selected from across the country. People who are selected receive a letter to introduce the survey.

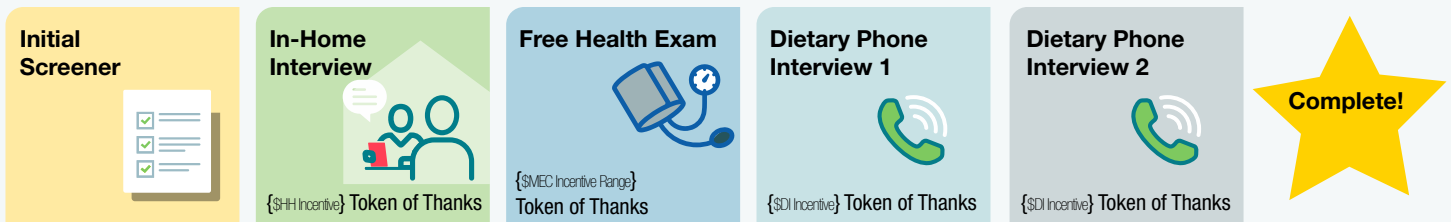
NHANES participants complete:

- In-person interviews at their home on a broad range of topics related to health and behaviors
- Telephone interviews about diet and nutrition.

NHANES participants receive:

- Free health exams at the NHANES Mobile Exam Centers and results that can be shared with their health care providers
- Compensation for transportation and childcare or adult care costs
- A generous token of appreciation for their time

All information collected from participants is kept confidential. Privacy is protected by federal laws.



NHANES Research Community

The following agencies, among others, collaborate in the design and development of NHANES:

- Centers for Disease Control and Prevention (CDC)
- National Institutes of Health
- U.S. Department of Agriculture
- Food and Drug Administration

NHANES findings are made available through a series of publications and articles in scientific and technical journals.

De-identified NHANES data are available for data users and researchers throughout the world.

NHANES Staff

NHANES staff are highly trained health personnel and professional interviewers.

- Many staff are bilingual in English and Spanish.
- Staff are trained to collect data in a culturally sensitive manner.
- All staff must adhere to strict federal laws protecting participant privacy, keeping all information collected in the survey private.

NHANES Data Spotlight

Dietary Supplements

From 2017 to March 2020, just over one in three youth and nearly three in five adults used dietary supplements. Use of multiple dietary supplements increased with increasing age, income, and education, and varied by race and Hispanic origin (National Health Statistics Reports, 2023).

3 in 5 adults



used dietary supplements





National Health and Nutrition Examination Survey

How to Get More Information



<https://www.cdc.gov/nchs/nhanes/>

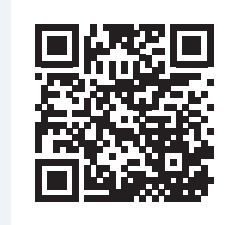
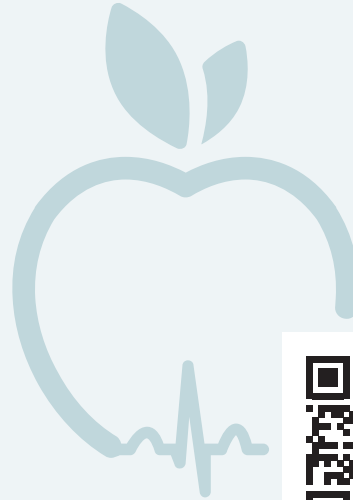


800-344-1386



cdcinfo@cdc.gov

Include subject line: NHANES



<https://www.cdc.gov/nchs/nhanes/>

References

CareQuest (2023). *New oral health data reflect inequities, barrier*. Available at <https://www.carequest.org/system/files/CareQuest-Institute-NHANES-Oral-Health-Data-Reflect-Barriers-Inequities-Infographic.pdf>

Lu, Y., Liu, L., Dhingra, L. S., Massey, D., Caraballo, C., Mahajan, S., Spatz, E. S., Onuma, O., Herrin, J., & Krumholz, H. M. (2022). National trends in racial and ethnic disparities in antihypertensive medication use and blood pressure control among adults with hypertension, 2011–2018. *Hypertension*, 79, 207-217. <https://doi.org/10.1161/HYPERTENSIONAHA.121.18381>

Mishra, S., Gahche, J. J., Ogden, C. L., Dimeler, M., Potischman, N., & Ahluwalia, N. (2023). *National Health and Nutrition Examination Survey, 2017–March 2020*. National Health Statistics Reports, Number 183.

National Center for Health Statistics (NCHS). (2023). *Dietary supplement use in the United States: National Health and Nutrition Examination Survey, 2017–March 2020*. Available at <https://www.cdc.gov/nchs/data/nhsr/nhsr183.pdf>

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U.S. CENTERS FOR DISEASE CONTROL AND PREVENTION



Making Us Safer and Healthier

For over 60 years, information from NHANES exams has helped create essential public health policies. These policies have made us safer and healthier.

Now is your chance to take part in NHANES. You can help protect and improve your health, the health of your family, your community, and the United States now and into the future.

Have you been exposed to harmful substances found in the environment?

By taking part in NHANES, you may get tests to see if you have recently been exposed to harmful materials like lead.



What can I be tested for if I participate in NHANES?

NHANES may test your blood and urine to find out if you have been exposed to the chemicals below.

Lead



- Found in some water pipes, soil, children's toys, paint not made in the United States and homes painted before 1978
- Can make you more likely to have high blood pressure and kidney damage
- Can harm the nervous systems of unborn babies and young children

Mercury



- Found in some fish, shellfish, thermometers, and batteries
- Can cause shaking, memory loss, or problems thinking
- Can cause brain damage, hearing, and seeing problems in unborn babies

Cadmium



- Found in some foods, tobacco smoke, some workplaces, and in the air when coal or oil are burned
- Can cause kidney disease and make you more likely to have low bone density as an adult

Learn More

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

You may also call toll-free (English or Spanish) at: 800-344-1386

For more information on certain environmental exposures, visit: www.atsdr.cdc.gov

