

Attachment 11b

Consent Materials

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National Health and Nutrition Examination Survey

Home Interview Study Statement

Welcome to the National Health and Nutrition Examination Survey (NHANES). You have been selected to be part of this study, which includes an interview and a health exam. This study is sponsored by the National Center for Health Statistics, part of the Centers for Disease Control and Prevention. The information collected in this interview will be extremely valuable in understanding the health and nutrition of people in the United States. As a thank you for your time and effort, you will receive a \$25 debit card for completing the interview.

You will be asked some questions about health, medical conditions, foods eaten, and prescription medicine. We will also ask questions about your household, such as smoking behavior, consumer behavior, food security, and income. We may ask some households to provide a sample of their tap water. Depending on age, the interview will take about 30-60 minutes.

Taking part in this interview is voluntary. You may choose to skip any question you don't wish to answer or end the interview at any time without penalty. Everything you tell us is private. By federal law, we must follow strict procedures to protect your information. We will keep your information confidential, which means your answers will not be connected to your name or anything else that can identify you as a participant. We advise you not tell others you or your child was selected for NHANES to further protect your confidentiality.

If you have questions about the survey, you can make a toll-free call to the NHANES National Field Manager at 800-344-1386, Monday-Friday, 9:00 AM-5:00 PM Eastern Time. If you have questions about your rights about being in the survey, call the Ethics Review Board at the National Center for Health Statistics, toll free, at 1-800-223-8118. Please leave a brief message with your name and phone number. Say that you are calling about {Protocol #}. Your call will be returned as soon as possible.

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.

{OMB NUMBER}

{OMB EXP DATE}



Mobile Exam Center Consent Booklet

Thank you for participating today! Please review this whole booklet and ask any questions you have before signing your consent forms. Here is some helpful information about what will happen today.

- **Your health exam may take about 2 hours.**
- **Our health staff will review the exams and tests with you and ask you some health questions to ensure that they are done safely.**
- **Our staff will ask you to change into a shirt and pants specifically designed for the exam.**
- **Our health staff will then take you through the Mobile Exam Center to complete your exams.**



We will explain each exam to you before we start and answer all your questions as we go along.

During your visit to the NHANES Mobile Exam Center...

Health Measures



Depending on your age, we may:

- Measure your height, weight, the size of your waist and chest, and the length of your arms
- Take your blood pressure
- Test your eyesight, hearing, and breathing
- Ask you to swab your genitals to check for a virus
- Check your teeth and ask you to rinse your mouth with mouthwash
- Offer you a bone density exam to test for osteoporosis, a disease that can weaken your bones



Health Interviews

If you are 12 to 64 years old, we will ask you to do the survey in private on a touch screen computer. We may ask you questions about tobacco, alcohol, drugs, health conditions, and health behaviors.



Blood Sample

Our experienced health technician will draw your blood. Depending on your age, we may test your blood sample for blood sugar levels, red and white blood cell counts, cholesterol, allergies, viruses like hepatitis, and environmental exposures, such as lead and mercury. The full list of tests we may perform on your blood sample is included on the [Detailed List of NHANES Blood and Urine Laboratory Tests](#).



Urine Sample

We will ask you to provide a urine sample. Depending on your age, we may test your urine to check your kidney health, and whether you have been exposed to certain environmental chemicals. NHANES does not test for illegal drug use.



If appropriate, we will test your urine to see if you are pregnant. The full list of tests we may perform on your urine is included on the [Detailed List of NHANES Blood and Urine Laboratory Tests](#).

After your visit to the NHANES Mobile Exam Center...

Some activities will take place after your exam today. We will explain these before you leave.



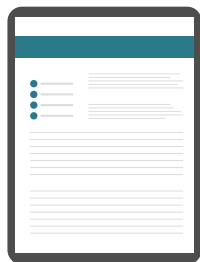
Dietary Interviews

We will schedule your dietary interview if you haven't already scheduled or completed it. For children under 12, we will ask a person who is knowledgeable about the child's diet to complete an interview or help the child answer questions about what they ate and drank. If you are 12 years of age or older, you can answer the questions yourself. We will ask an adult in your family about shopping for food in a separate interview.



Future Contact

We may need to contact you in the future. To be able to contact you, we will check with agencies such as the U.S. Post Office for updates to your home address. We may contact you in the future to ask you to be part of other public health studies. Your participation in future studies is voluntary. At that time, you will receive detailed information about the study, your rights, and the benefits and risks of participating.



Results

Today we will give you results if you completed exams for:

- Blood pressure
- Height and weight
- Oral health exam
- Complete Blood Count (CBC)
- Hearing and vision exam

Your results will be available in 3 to 4 months on the NHANES secure participant portal.

The Detailed List of NHANES Blood and Urine Laboratory Tests lists all of the laboratory tests that may be done on your samples and the results that will be shared with you.

If you have questions about getting your results, please call 800-344-1386.

NHANES Overview

The National Health and Nutrition Examination Survey (NHANES) is conducted by the National Center for Health Statistics (NCHS), which is part of the Centers for Disease Control and Prevention (CDC) and the U.S. Department of Health and Human Services (HHS). We designed the survey to learn about the health and nutrition of people in the United States.

Our survey is unique. It combines interviews with health measurements that are done in special Mobile Exam Centers. These centers travel across the country, each with their own highly trained teams of health staff. The teams use the most up-to-date methods and equipment for health exams and lab tests.

Below are some questions that NHANES participants often ask.

Why is this health survey important?

We use the data gathered in this survey to find out the number of people with certain health problems—for example, diabetes and high blood pressure. We look at diet and other habits that affect health, such as smoking and exercise.

NHANES provides health and nutrition information about people of all ages in the United States. The data are also used by those who design health programs and services.

Why should you take part in the exams?

There are many benefits to taking part in the NHANES exams. You will receive:

- Free health tests and results
- A token of thanks for your time and effort
- A chance to learn more about your health
- A chance to contribute to an important survey that evaluates the health of people in the United States

Is participation voluntary?

You may choose to be in the survey, and you may allow your child to be in it, too, if they are eligible. That is your choice. There is no penalty if you refuse any exam or decide not to answer any question. You are free to drop out at any time.

Are the tests safe?

NHANES exams and tests are safe. We will not ask you to do any test that is not safe for you to do. Some tests may cause you slight discomfort. Examples are not eating for 8 hours before coming to the exam or giving a blood sample by having a small amount of blood drawn from a vein in your arm with a needle.

Some of the NHANES exams and tests are usually done with people who have specific health problems. Your results may show something abnormal but do not represent an illness. If you take your results to your health care provider, they may recommend other tests that may or may not identify health a concern. You will be responsible for any costs associated with these additional tests.

For people 45 years of age and older, we will perform a bone density scan that involves low-dose x-rays. Radiation exposure during this test is less than a cross-country airline flight or the same as a few days of natural background radiation.

Adults who have started their menstrual period will be given a urine pregnancy test. Those with a positive pregnancy test or who tell us they are pregnant will not have the bone density scan.

Medical errors and injuries are rare. The NHANES program cannot provide money or other compensation if they occur. However, if you believe you have been harmed by taking part in NHANES, we want to know about it. Please call us at 1-800-452-6115.

You also have a right to file a claim under the Federal Tort Claims Act (28 U.S. Code § 2674) with the CDC. We can provide you with information about this process. You must file the claim within 2 years after the date you became aware of the personal injury, loss of property, or other damage.

How will I get my results?

You will get reports of your results—some today and some later. You will not receive results to some lab tests because doctors and health professionals are still learning about what these tests mean for health.

Test results will be available in your secure portal within 3 to 4 months after your exam. Please tell us if you need a different way to receive your results.

You will receive a notification to check your secure portal when all of your results are ready. If the exam or test shows an urgent health problem, we will notify you quickly. If an urgent problem is found through your lab tests, we will notify you to check your secure portal. NHANES does not cover the cost of any health care you may decide to get after your exam. If you have questions about your results, please call 800-344-1386.

Can I tell my family and friends I participated in NHANES?

It is your decision whether you tell others you (and/or) your child participated in NHANES. We will ask you to provide contact information for close relatives or friends in the event we are unable to contact you, but we advise that you do not tell others that you (and/or) your child participated in NHANES to further protect your confidentiality.

Will my information be kept private?

Yes! We respect your privacy. Public laws keep all information you give private.

None of your information will be shared with your family, personal doctor, or anyone who does not have permission to see the data.

We keep your survey data safe and secure. When we share data with our collaborators to help prepare and process the data, we do so in a way that protects your privacy as required by law. We protect your rights as a participant. We cannot identify you or your family without permission. However, if we find signs of abuse during an exam, we will report it to the local department of 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.

How are NHANES data used?

Each participant's responses are combined with the responses of thousands of other people and reported in overall numbers to see the "big picture" on our nation's health.

NHANES has been used in important national reports. One of these reports highlights the food people in the United States eat. Another tracks the number of people who have health conditions like high blood pressure or diabetes. Studies using NHANES data can be found on our website: www.cdc.gov/nhanes.

Many federal agencies, universities, and other public and private groups use NHANES data, and these data may be reported in journals, at major scientific meetings, or through other news media. They use the data to help find new cures and treatments for diseases and disabilities. The aim is to make the health of all people better. None of these reports will ever use data that can identify any person who took part in the survey.

What will happen to my scans and images?

Your scans and images will be safely secured as with all your other data. As better ways to look at these images are developed in the future some of your tests, like images of eyes or your bone density tests, may be read again and stored securely. We will not report any new results to you.

More questions?

Visit the NHANES participant website at www.cdc.gov/nhanes.

Our staff can discuss other questions or concerns you might have or give you information on local resources that can help you. You can also call 800-344-1386 for more facts about the survey.

You can call our Chief Medical Officer, Dr. Duong Nguyen of the U.S. Public Health Service, to discuss your results or any aspect of the survey. He can be reached at {PHONE NUMBER}, Monday–Friday, 8:00 a.m.–4:30 p.m. ET. You may call him regarding any harm to you from this survey. You can also get answers to your questions by writing to Dr. Nguyen at 3311 Toledo Rd., Hyattsville, MD 20782-2064.

If you have questions about your rights as a participant in this study, please call the Ethics Review Board at the National Center for Health Statistics, toll-free, at 1-800-223-8118. Please leave a brief message with your name and phone number, and say that you are calling about Protocol ({PROTOCOL NUMBER}) for NHANES 2025-2026. Your call will be returned as soon as possible.

Frequently Asked Questions About Future Health Studies

Why will samples be kept for future health studies?

We store some of the blood and urine samples from people who complete NHANES exams for future health studies. If you agree to it, your samples may be used to help us better understand health conditions.

Your participation in future health studies is voluntary, and no loss of benefits will result if you refuse.

How long will you keep my samples?

Samples will be kept for as long as they can be used or until they aren't needed any more. By choosing yes to storing your samples, you are agreeing to help public health research in the years and decades to come. You can request that your or your child's samples be removed at any time.

How can I have my stored samples removed and not used in any future studies?

You can request that your samples be removed from storage at any time. If you want your samples removed and not used for future studies, call us toll-free at 800-344-1386.

What studies will be done with the samples?

At this time, no specific studies are planned besides the tests included in the NHANES exam. As scientists learn more about health and disease, other studies may be conducted with stored samples. There may be many additional studies on these samples. Since we won't ask your permission for future studies, we can't be sure you would agree to them. But we only approve studies that are important for public health.

The use of your data and biospecimens may lead to new tests, drugs, devices, or other products or services with commercial value. These products or services could be patented and licensed. There are no plans to provide any payment to you should this occur.

Who can use the stored samples for further study?

Researchers from federal agencies, universities, and other scientific centers, such as companies that invent and produce medicines and vaccines, can submit proposals to use the stored specimens.

How will my information be protected when used in future studies?

The NHANES program will always know which samples belong to you but we will not share any information that could identify you with other researchers. We are required by federal law to keep your information private.

Frequently Asked Questions About Future Health Studies

Will I receive results from any future testing of my samples?

Science and medicine are continually advancing. New tests and new ways of looking at results will be developed in the future. We can't predict what tests will be done or what the results will mean for your health. Since testing of samples will be done only for study purposes, the NHANES program will not contact you or your family with results from these future studies. We will describe the completed studies on the CDC NHANES biospecimens website, which can be accessed here: <https://www.cdc.gov/nchs/nhanes/biospecimens/biospecimens.htm>

What are the benefits and risks for allowing my samples to be used for future studies?

You will not directly benefit but by allowing your samples to be used, you may help improve the health of people in the future. Researchers may use facts like your race, ethnic group, and sex in their studies. This data helps researchers learn if the things that affect health are the same in different groups of people.

However, there is a risk that some people may use the information to treat groups of people differently. There is the possibility that someone may try to misuse samples or misrepresent the results of the study. All proposals are reviewed before any samples are allowed to be used to prevent this from happening.

Consent Forms

The next pages are copies of the NHANES consent forms that you will fill out and sign today.

Please save this booklet for your records. You will not get a copy of your signed form.

If you have any questions after today, please call us.

- **General questions about NHANES:
800-344-1386**
- **Any harm you feel you experienced:
1-800-452-6115 (ask for Dr. Duong Nguyen,
NHANES Chief Medical Officer)**
- **Questions about your rights as a
participant in NHANES: 1-800-223-8118
(NCHS Ethics Review Board – Mention
NHANES, protocol number {PROTOCOL
NUMBER})**

Thank You!

ADULT CONSENT

for Examination at the Mobile Examination Center and Future Studies

By checking the box below, I confirm that I have reviewed the NHANES Consent Video (or someone explained the content of the video to me). I have also received the Examination Consent Booklet, which explains the nature and purpose of the survey. I have been given a chance to ask questions, and my questions have been answered.

- ☐ I freely choose to take part in the Examination at the NHANES Mobile Examination Center.

NHANES stores a portion of the **blood and urine** collected as part of this study for use in future health studies that may help find new ways to prevent, monitor, and treat many diseases. Participants who agree to allow NHANES to store their samples for this purpose will not be asked to provide additional informed consent and will not be contacted with results from these future studies.

- ☐ YES, I allow my **blood and urine** samples to be stored for use in future health studies.
☐ NO, I do not allow my **blood and urine** samples to be stored for use in future health studies.

Participant Signature

Date

Participant Name (Print First, Middle, and Last Name)

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.

MINORS 12–17 CONSENT/ASSENT

for Examination at the Mobile Examination Center and Future Studies

By checking the box below, I confirm that I have reviewed the NHANES Consent Video (or someone explained the content of the video to me). I have also received the Examination Consent Booklet, which explains the nature and purpose of the survey. I have been given a chance to ask questions, and my questions have been answered.

Consent from Parent/Legal Guardian:

- ☐ I freely choose to let my child take part in the examination at the NHANES Mobile Examination Center.

Consent for Survey Participant who is 12–17 years old:

- ☐ I freely choose to take part in the examination at the NHANES Mobile Examination Center.

NHANES stores a portion of the **blood and urine** collected as part of this study for use in future health studies that may help find new ways to prevent, monitor, and treat many diseases. If you give us permission to keep your samples for future studies, we will not contact you about these studies or their results.

Consent from Parent/Legal Guardian:

- ☐ YES, I allow my child's **blood and urine** samples to be stored for use in future health studies.
☐ NO, I do not allow my child's **blood and urine** samples to be stored for use in for future health studies.

Assent from Survey Participant who is 12–17 years old:

- ☐ YES, I allow my samples to be stored for use in future health studies.
☐ NO, I do not allow my samples to be stored before use in future health studies.

Participant Signature

Date

Participant Name (Print First, Middle, and Last Name)

Parent/Legal Guardian Signature

Date

Parent/Legal Guardian Name (Print First, Middle, and Last Name)

Relationship to Participant

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MINORS 7–11 CONSENT/ASSENT

for Examination at the Mobile Examination Center and Future Studies

Parent/Legal Guardian Consent: By checking the box below, I confirm that I have reviewed the NHANES Consent Video (or someone explained the content of the video to me). I have also received the Examination Consent Booklet, which explains the nature and purpose of the survey. I have been given a chance to ask questions, and my questions have been answered.

- ☐ I freely choose to let my child take part in the examination at the NHANES Mobile Examination Center.

Assent for Survey Participant who is 7-11 years old: Your parent/legal guardian says you can take part in this special survey. You have just read about the survey in these materials. If you want to take part in the survey, check the box below.

- ☐ I freely choose to take part in the examination at the NHANES Mobile Examination Center.

NHANES stores a portion of the **blood and urine** collected as part of this survey for use in future health studies that may help find new ways to prevent, monitor, and treat many diseases. If you give us permission to keep your samples for future studies, we will not contact you about these studies or their results.

Consent from Parent/Legal Guardian:

- ☐ YES, I allow my child's **blood and urine** samples to be stored for use in future health studies.
☐ NO, I do not allow my child's **blood and urine** samples to be stored for use in for future health studies.

Assent from Survey Participant who is 7-11 years old:

- ☐ YES, I allow my **blood and urine** samples to be stored for use in future health studies.
☐ NO, I do not allow my **blood and urine** samples to be stored for use in future health studies.

Participant Signature

Date

Participant Name (Print First, Middle, and Last Name)

Parent/Legal Guardian Signature

Date

Parent/Legal Guardian Name (Print First, Middle, and Last Name)

Relationship to Participant

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.

MINORS 0–6 CONSENT

for Examination at the Mobile Examination Center and Future Studies

By checking the box below, I confirm that I have reviewed the NHANES Consent Video (or someone has explained the content of the video to me). I have also received the Examination Consent Booklet, which explains the nature and purpose of the survey. I have been given a chance to ask questions, and my questions have been answered.

- ☐ I freely choose to let my child take part in the examination at the NHANES Mobile Examination Center.

NHANES stores a portion of the **blood and urine** collected as part of this study for use in future health studies that may help find new ways to prevent, monitor, and treat many diseases. Participants who agree to allow us to store their samples for this purpose will not be asked to provide additional informed consent and will not be contacted with results from these future studies.

Consent from Parent/Legal Guardian:

- ☐ YES, I allow my child's **blood and urine** samples to be stored for use in future health studies.
☐ NO, I do not allow my child's **blood and urine** samples to be stored for use in future health studies.

Participant Name (Print First, Middle, and Last Name)

Parent/Legal Guardian Signature

Date

Parent/Legal Guardian Name (Print First, Middle, and Last Name)

Relationship to Participant

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.

ADULTS WITH LEGAL GUARDIANS OR PROXIES CONSENT
for Examination at the Mobile Examination Center and Future Studies

By checking the box below, I confirm that I have reviewed the NHANES Consent Video (or someone explained the content of the video to me). I have also received the Examination Consent Booklet which explains the nature and purpose of the survey. I have been given a chance to ask questions, and my questions have been answered.

Consent from Legal Guardian/Proxy:

- ☐ I freely choose to let the Survey Participant take part in the examination at the NHANES Mobile Examination Center.

Consent for Survey Participant:

- ☐ I freely choose to take part in the examination at the NHANES Mobile Examination Center.

NHANES stores a portion of the **blood and urine** samples collected as part of this study for use in future health studies that may help find new ways to prevent, monitor, and treat many diseases.

Participants who agree to allow NHANES to store their samples for this purpose will not be asked to provide additional informed consent and will not be contacted with results from these future studies.

Consent from Legal Guardian/Proxy:

- ☐ YES, I allow the Survey Participant's **blood and urine** samples to be stored for use in future health studies.
- ☐ NO, I do not allow the Survey Participant's **blood and urine** samples to be stored for use in future health studies.

Consent from Survey Participant:

- ☐ YES, I allow my **blood and urine** samples to be stored for use in future health studies.
- ☐ NO, I do not allow my **blood and urine** samples to be stored for use in future health studies.

Participant Signature

Date

Participant Name (Print First, Middle and Last Name)

Legal Guardian/Proxy Signature

Date

Legal Guardian/Proxy Name (Print First, Middle and Last Name)

Relationship to Participant

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.

Detailed List of NHANES Blood and Urine Laboratory Tests

Your samples will be tested only if your age falls within the range shown in parentheses.

- Some tests are only run on a random sample of participants. For example, if it says 1/2 participants 6+, that means that of all the NHANES participants who are 6 years of age and older, half will have their samples tested for this particular test.
- Participants will be sent the results of all tests marked with one diamond. You will not receive results to some lab tests because doctors and health professionals are still learning about what these tests mean for health. If a diamond is not present, those results will not be sent to participants.
- Tests with two diamonds will only be completed if another test is positive. If this test is done, the result will be sent to the participant.
- Some of the NHANES exams and tests are usually done with people who have specific health problems. Your results may show something abnormal but do not represent an illness. If you take your results to your health care provider, they may recommend other tests that may or may not identify health a concern. You will be responsible for any costs associated with these additional tests.

Environmental Profile in Blood

- Terpenes (1/2 participants 5+)

Infectious Disease Profile

- HPV Oral rinse and genital swab (14-64)
- Hepatitis C RNA (5+) ♦♦

Allergy Tests (1+) ♦

- Total IgE
- Alpha-gal
- Alternaria alternata (mold)
- Aspergillus fumigatus (mold)
- Bermuda grass
- Birch
- Blattella Germanica (German cockroach)
- Cat epithelium and dander
- Cladosporium herbarum
- Common ragweed
- Cow's milk
- D. farina (dust mite)
- D. pteronyssinus (dust mite)
- Dog dander
- Egg
- Mouse urine proteins
- Oak
- Peanut
- Penicillium
- Russian thistle
- Shellfish (shrimp)
- White oak

Biochemical Profile (12+) ♦

- Alanine aminotransferase (ALT)
- Albumin

- Alkaline phosphatase (ALP)
- Aspartate aminotransferase (AST)
- Bicarbonate
- Blood urea nitrogen (BUN)
- Calcium
- Chloride
- Creatinine
- Cystatin C
- Gamma glutamyl transaminase (GGT)
- Glucose, refrigerated
- Iron
- Lactate dehydrogenase (LDH)
- Magnesium
- Potassium
- Sodium
- Total bilirubin
- Total protein
- Triglycerides
- Uric acid

Blood Pressure Biomarkers (2+)

- Aldosterone
- Angiotensin I and II
- Angiotensin 1-9
- Angiotensin 1-7

Diabetes Profile (12+)

- Fasting glucose ♦
- Insulin
- Hemoglobin A1c ♦

Environmental Profile in Blood

- Acrylonitrile (5+)
- Butyrylcholinesterase (5+) ♦
- Cotinine and metabolites (2+)
- Perfluoroalkyl & polyfluoroalkyl substances (1/2 participants 12+)
- Polybrominated diphenyl ethers (1/2 participants 12+)
- Polychlorinated biphenyls (PCBs) and dioxins (1/2 participants 12+)
- Polychlorinated dibenzo-p-dioxins and dibenzofurans (1/2 participants 12+)
- Terpenes (1/2 participants 5+)
- Metals in blood (1+) ♦
 - Cadmium
 - Lead
 - Manganese
 - Total & speciation mercury
 - Selenium

Environmental Profile in Urine (3–4 & 1/2 participants 5+)

- Flame-retardant metabolites
- Insect repellents: DEET metabolites
- Neonicotinoids insecticide biomarkers
- Organophosphate insecticides: Diakyl phosphate metabolites
- Perchlorate, nitrate, thiocyanate
- Phthalates and personal care and consumer products
- Polycyclic aromatic hydrocarbons
- Pyrethroids herbicides & OP metabolites
- Tobacco-specific nitrosamines

Environmental Profile in Urine (3–4 & 1/2 participants 5+) (cont.)

- Trace metals/elements
 - Antimony
 - Arsenic ♦
 - Arsenic speciated
 - Barium
 - Cadmium
 - Cesium
 - Cobalt
 - Chromium ♦
 - Iodine
 - Lead
 - Manganese
 - Total & speciation mercury
 - Molybdenum
 - Nickel ♦
 - Strontium
 - Thallium
 - Tin
 - Tungsten
 - Uranium

Infectious Disease Profile

- Enterovirus D68 antibody (1–11)
- Hepatitis A antibody (5+)
- Hepatitis B antigen ♦
- Hepatitis B DNA (5+) ♦♦
- Hepatitis B core antibody (5+) ♦
- Hepatitis B surface antibody (2–4) ♦
- Hepatitis C antibody ♦
- Hepatitis C RNA (5+) ♦♦
- Hepatitis C genotype (5+) ♦♦
- Hepatitis D antibody (5+) ♦♦
- Hepatitis D antigen (5+) ♦♦
- Hepatitis E antibody (5+)
- HPV oral rinse and Genital swab (14–64)

Inflammatory Disease Profile (1+)

- High sensitive C-reactive protein (CRP)

Kidney Disease Profile

- Albumin creatinine ratio (ACR), urine (3+) ♦
- BUN in biochemical profile (12+) ♦
- Creatinine in biochemical profile (12+) ♦
- Creatine and albumin in urine (3+)
- Estimated glomerular filtration rate (eGFR), urine (3+) ♦

Lipid Profile (5+) ♦

- Calculated low density lipoprotein (LDL) cholesterol ♦
- High density lipoprotein (HDL) cholesterol ♦
- Total cholesterol ♦
- Triglycerides ♦

Liver Disease Profile (12+)

- ALT ALP, AST, GGT (in biochemical profile) ♦
- Free fatty acids (fasting)
- Fructose (fasting)
- Total bilirubin (in biochemical profile) ♦

Hemoglobin variants including B, C, D, E, F, and S (12+) ♦

Nutritional Laboratory Tests

- Alpha-1-acid glycoprotein (AGP) (1–4, females 12–49)
- Complete blood count (1+) ♦
- Dietary polyphenols in urine (3–4 & 1/2 participants 5+)
- Fatty acids (RBC) (5+)
- Ferritin (1–4, females 12–49) ♦
- Folate in serum and RBC (females, 12–49) ♦
- Methylmalonic acid (MMA) (5+) ♦
- Soluble transferrin receptor (1–4, females 12–49)
- Transferrin (1–4, females 12–49)
- Vitamin B1 & B2 (5+) ♦
- Vitamin B6 & 12 (5+) ♦
- Vitamin D (1+) ♦

Pregnancy Test

- Urine pregnancy test (females 18–59) ♦

Reproductive Hormone Panel ♦

- 17 α -hydroxyprogesterone (2+)
- Androstenedione (2+)
- Anti-Müllerian hormone (female, 5+)
- Dehydroepiandrosterone (DHAS) (2+)
- Estradiol (2+)
- Estrone (2+)
- Estrone sulfate (2+)
- Follicle stimulating hormone (FSH) (5+)
- Luteinizing hormone (LH) (5+)
- Progesterone (2+)
- Sex hormone binding globulin (SHBG) (2+)
- Testosterone (2+)

Thyroid Hormone Panel ♦

- Free Thyroxine (FT4) (2+)
- Thyroid peroxidase antibodies (12+)
- Thyroglobulin antibodies (12+)
- Thyroid stimulating hormone (TSH) (2+)
- Thyroid stimulating hormone receptor antibody (12+)
- Total Thyroxine total T4 (12+)
- Total Triiodothyronine (Total T3) (12+)

Volatile Organic Compound (VOC)

- Blood (12+)
- Urine (3–4 & 1/2 participants 5+)



U.S. CENTERS FOR DISEASE
CONTROL AND PREVENTION

National Health and Nutrition Examination Survey

This flyer explains the study and what we will ask you to do.

Your NHANES Exam

The National Health and Nutrition Examination Survey looks at the health of people in the United States.

We go all around the country to see **people like you**.

If you take part, you will learn some things about yourself. You will also help us learn a lot about kids in the United States.



You will change into special clothes for the exam.



We will see how much you weigh and how tall you are.



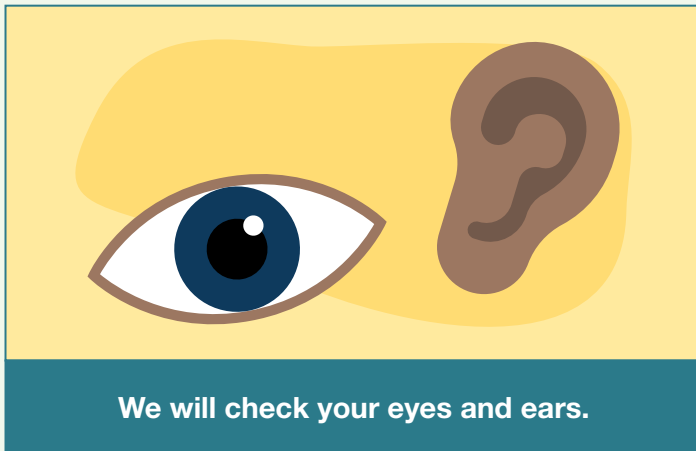
If you are 8 years old or older, we will take your blood pressure and pulse. This feels a little like your arm getting a hug.



We will look at your teeth.



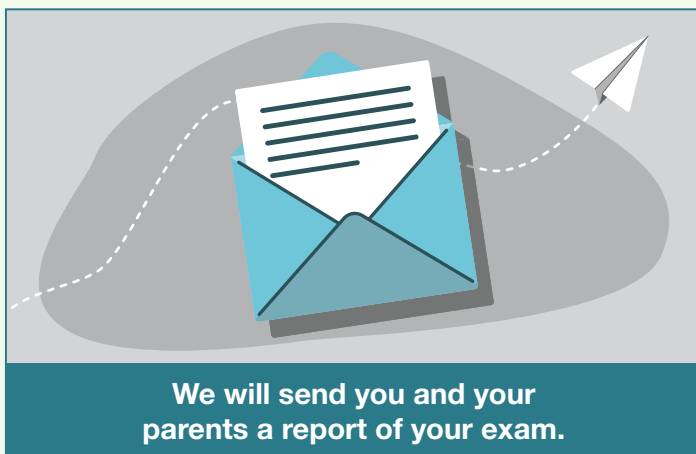
We will take your blood and have you pee in a cup.



We will check your eyes and ears.



We will test how your lungs work.



We will send you and your parents a report of your exam.



Our staff will answer any questions you have.

We would like you to take an exam in our Mobile Exam Center. The visit will take about 2 hours. You do not have to do this if you do not want to. You can also stop at any time and you do not have to do any tests that you do not want to.