

# Appendix A

## NHANES-III Data Files

NHANES-III included a number of different interviews as well as a comprehensive physical examination. Most interview data were collected through ‘household interviews,’ which were conducted in respondents’ homes. Physical exams were generally conducted in Mobile Exam Centers (MEC), although home examinations were offered if the sample person was 2-11 months, 60 years or older and wheelchair-bound, or primarily bedridden. The home examination included a subset of the measures collected in the MEC. Additional interview data were collected at the time of the exam. The content of these interviews varied for adults and youth and included questions about use of alcohol and tobacco, physical activity, reproductive health, and selected aspects of diet.

The organization of NHANES-III data files corresponds to the origin of the data—household interviews or examinations. The four main data files are:

- **Household adult data file**—contains data from the household interview on individual demographics, household composition, family background, family characteristics, health insurance, health services, selected health conditions, reproductive health, functional impairment, physical activity, use of tobacco and alcohol, and vitamin and mineral supplements.
- **Household youth data file**—parallels the adult data file, with the exception of questions that cover physical activity, use of tobacco and alcohol, reproductive health, and selected diet-related topics (e.g., dieting). These topics were included as part of the MEC youth interview, which was completed by youth 8 years of age and older, generally without caregiver involvement. In addition, the youth file contains data on some topics

not included in the adult file. This includes data on birth characteristics, infant feeding practices, and television viewing.

- **Examination data file**—contains results of the physical examinations conducted in the MEC or at home, and data from interviews conducted in the MEC.
- **Laboratory data file**—contains results of laboratory tests on blood samples collected in the MEC.

The origin of each data item determines the sample for analysis. NHANES-III provides sample weights for three samples: interview-only, MEC-examined, and home-examined. The sample sizes for these samples are shown in Chapter One, table 1. The sample weight used for each tabulation is specific to the data item tabulated. Source notes at the bottom of each detailed table (appendix D) identify the NHANES-III data file used in the tabulation.

In addition to the four main data files, NHANES-III released several dietary recall data files and supplementary files containing constructed variables or raw data unavailable at the initial release date. The additional files used for this series of reports are:

- **Dietary recall data files**—contain information about individual foods, combination foods, and ingredients reported during 24-hour recalls. The file includes nutrient values from two different nutrient databases—the USDA Survey Nutrient Data Base and the nutrient data base maintained by the University of Minnesota’s Nutrition Coordinating Center (NCC). All of the nutrient analyses presented in this series of reports are based on nutrient values from the USDA Survey Nutrient Data Base.

- **Healthy Eating Index (HEI) file**—contains HEI scores (based on NHANES-III 24-hour dietary recalls) based on the measure developed by the U.S. Department of Agriculture to measure overall dietary quality (Kennedy et al., 1995).

### **Subgroups Used for Tabulations**

Each volume of this report examines specific subgroups of the low-income population (volume I: Food Stamp Program participants and nonparticipants; volume II: WIC Program participants and nonparticipants; volume III: school-age children; and volume IV: older adults.) In the detailed tables provided in each volume (appendix D), table columns correspond to subgroups defined by program participation and/or income level, and table rows present information for gender- and age-specific subgroups. The subgroup definitions used for each volume of the report, and the NHANES-III variables used to identify persons in each subgroup, are summarized in table A-1.

Survey questions about program participation and income level each suffered some degree of nonresponse. Table A-2 shows cell sizes for the various age/gender/income or program participation subgroups reported on in this particular volume. Cell sizes are shown for all subgroups, including those with missing income or program participation. In appendix D tables, the final column is suppressed due to small cell sizes, although the “Total Persons” or “All Children” columns include individuals with missing program participation or income.

The age groups shown in Table A-2 were used for most of the tabulations included in appendix D. A smaller number of age groups, however, are used for the analysis of dietary intake data and related variables for consistency with the *Dietary Reference Intakes* (DRIs).

**Table A-1—Subgroup definitions**

	<b>Definition</b>	<b>Data Items<sup>a</sup></b>
<b>Groups included in volume</b>		
Volume I: Food Stamp Program participants and nonparticipants	Total population	
Volume II: WIC Program participants and nonparticipants	Children	$12 \leq \text{HSAITMOR} < 60$
	Infants	$2 \leq \text{HSAITMOR} < 12$
	Postpartum women Breastfeeding up to 12 months postpartum	(MYPC25 = 1 or MAPF20 = 1) and ( $1 \leq \text{MYPC20} \leq 4$ or $1 \leq \text{MAPF15} \leq 4$ ) (MYPC25 = 2 and MAPF20 = 2) and ( $1 \leq \text{MYPC20} \leq 2$ or $1 \leq \text{MAPF15} \leq 2$ )
	Non-lactating up to 6 months postpartum	
Volume III: School-age children and adolescents	Pregnant women	MYPC17 = 1 or MAPF12 = 1
	Age 5-18 years and in school	( $5 \leq \text{HSAGEIR} \leq 16$ & $1 \leq \text{HYJ7} \leq 2$ ) or ( $17 \leq \text{HSAGEIR} \leq 18$ & $\text{HAS22} = 4$ & $0 < \text{HFA8R} < 12$ )
Volume IV: Older Adults	Age 60 years and older	$\text{HSAGEIR} \geq 60$
<b>Column definitions</b>		
Volume I	Currently receiving food stamps	HFF11 = 1
	Income-eligible nonparticipant	HFF11 = 2 and $0 \leq \text{DMPPIR} \leq 130$
	Higher-income nonparticipant	HFF11 = 2 and $\text{DMPPIR} > 130$
Volume II	Current WIC participant <sup>c</sup>	MAPF17 = 1 or MYPC22 = 1 or MPPB6 = 1
	Income-eligible nonparticipant	(MAPF17 = 2 & MYPC22 = 2 & MPPB6 = 2) and $0 < \text{DMPPIR} \leq 185$
	Higher-income nonparticipant	(MAPF17 = 2 & MYPC22 = 2 & MPPB6 = 2) and $\text{DMPPIR} > 185$
Volumes III and IV	Income $\leq$ 130% poverty or current FSP participant	HFF11=1 or (HFF11=2 and $0 \leq \text{DMPPIR} \leq 130$ )
	Income 131-185% poverty	HFF11=2 and $130 < \text{DMPPIR} \leq 185$
	Income $>$ 185% poverty	HFF11=2 and $\text{DMPPIR} > 185$
<b>Row definitions</b>		
	Gender <sup>b</sup>	HSSEX
	Age	HSAGEIR (Age at household interview <sup>b</sup> )

<sup>a</sup> Program participation and income variables:

HFF11 = "(Are you / Is your family) receiving food stamps at the present time?" (Household interview)

MAPF17, MYPC22, MPPB6 = "Are you now receiving benefits from the WIC program?" (MEC-adult, MEC-youth, MEC-proxy)

If WIC participation is missing, and response to household interview question (HFF9) "Did you or any member of this family receive benefits from the WIC program LAST MONTH?" is "no" then sampled person is assumed to be a nonparticipant.

DMPPIR = Poverty income ratio (Household interview)

<sup>b</sup> Gender not tabulated in Volume II.

<sup>c</sup> Age at household interview defines table rows; age in months at the MEC examination was used to assess children's height and weight relative to growth curves.

<sup>d</sup> WIC participation of the sampled person is measured during the MEC examination interview and all WIC tables are limited to MEC respondents. The household interview included a question about WIC participation by any member of the family (HFF9), and this question was used to establish nonparticipation in the case of nonresponse to the MEC WIC question.

**Table A-2—Number of NHANES-III respondents grouped by FSP participation and income**

	NHANES-III respondents to household interview				
	Total Persons	Currently Receiving Food Stamps	Income-eligible Nonparticipants	Higher-income Nonparticipants	FSP participation or income missing
<b>Both sexes</b>					
Under 1 year .....	2,107	502	340	1,131	134
1-2 years .....	2,689	851	510	1,134	194
3-5 years .....	3,465	1,083	720	1,462	200
6-11 years .....	3,467	992	708	1,540	227
12-19 years .....	3,441	828	761	1,568	284
20-29 years .....	3,783	676	874	1,931	302
30-39 years .....	3,594	578	623	2,165	228
40-49 years .....	2,794	372	416	1,796	210
50-59 years .....	2,058	219	279	1,386	174
60-69 years .....	2,608	306	497	1,540	265
70-79 years .....	2,156	197	452	1,268	239
80 + years .....	1,832	151	447	918	316
Total .....	33,994	6,755	6,627	17,839	2,773
<b>Male</b>					
Under 1 year .....	1,067	241	163	589	74
1-2 years .....	1,347	457	239	556	95
3-5 years .....	1,675	523	342	708	102
6-11 years .....	1,768	484	352	812	120
12-19 years .....	1,622	373	374	725	150
20-29 years .....	1,801	225	437	971	168
30-39 years .....	1,620	190	276	1,047	107
40-49 years .....	1,325	139	211	878	97
50-59 years .....	953	82	131	667	73
60-69 years .....	1,298	130	236	813	119
70-79 years .....	993	81	184	632	96
80 + years .....	826	57	169	483	117
Total .....	16,295	2,982	3,114	8,881	1,318
<b>Female</b>					
Under 1 year .....	1,040	261	177	542	60
1-2 years .....	1,342	394	271	578	99
3-5 years .....	1,790	560	378	754	98
6-11 years .....	1,699	508	356	728	107
12-19 years .....	1,819	455	387	843	134
20-29 years .....	1,982	451	437	960	134
30-39 years .....	1,974	388	347	1,118	121
40-49 years .....	1,469	233	205	918	113
50-59 years .....	1,105	137	148	719	101
60-69 years .....	1,310	176	261	727	146
70-79 years .....	1,163	116	268	636	143
80 + years .....	1,006	94	278	435	199
Total .....	17,699	3,773	3,513	8,958	1,455

Source: NHANES-III, 1988-94.