



2010 NHANES Health Measurements

Below is a list of tests you will receive on the day of your examination.

You will only have the test if your age falls within the ages shown in parenthesis.

You will receive the results of health measures shown with a black diamond (◆). Two diamonds (◆◆) means you will receive the test result only if high or abnormal.

Health Measurements

You will be weighed and measured (all) ◆

The doctor will take your blood pressure (8+) ◆

We will look at the condition of your teeth and gums (3-19, 30+) ◆

You will have bone density tests that involve low-dosage x-rays
Hip and spine scans (8+) ◆
(Pregnant women will not have bone density tests)

You will have a hearing test (12-19, 70+) ◆

You will have breathing tests (6-79)
Exhaled nitric oxide test using the NIOX-MINO™ device

Lung function test measuring the volume of air you can breathe out after taking a deep breath in ◆

- If the test shows abnormal results, you will be asked to visit our doctor and give permission to do another breathing test
- The doctor will talk to you about breathing a medication that opens up your breathing tubes before doing the test again

Private Interviews

You will be asked questions about your eating habits (all)

You will be asked to answer questions about:

Weight history (8-15)

Reproductive history (females 12+)

Drug use (12-69), alcohol and tobacco use (12-19) and sexual history (14-69)*
**(You will do this by yourself and using a private touch-screen computer)*

Lab Tests on Urine (6+)

You will be given a clean empty cup when you arrive at the exam center. When you change into the exam clothes in a private rest room, you will provide a urine sample. The urine will be tested for:

Exposure to environmental chemicals (all) [arsenic ◆◆]

Kidney function tests (all) ◆

Sexually transmitted diseases: Chlamydia (14-39) ◆

(Urine is not tested for drug use)



Please turn over to see the next page.

2010 NHANES Health Measurements List– Part 2

Lab Tests on Blood (1+)

You will have your blood drawn. The blood will be tested for:

- Anemia (all) ♦
- Nutrition status (all) ♦
- Exposures to environmental metals: lead, cadmium, and mercury (all) ♦
- Infectious diseases (2+) ♦♦
- Total Cholesterol/HDL (6+) ♦
- Triglycerides/LDL (Morning session participants only, 12+) ♦
- Exposure to environmental chemicals (selected participants 6+)
- Kidney and liver function (12+) ♦
- Thyroid function (selected participants 12+) ♦
- Markers of celiac disease (6+) ♦
- Marker of muscle damage (12+) ♦
- Markers of immunization status (6-49) ♦♦
- Caffeine (6+)
- Sexually transmitted diseases (STD):
 - Genital herpes (14-49) ♦
 - Human immunodeficiency virus (HIV) (18-59) ♦
 - Human Papillomavirus (HPV) (14-59)
- Glucose (12+) ♦
 - Persons examined in the morning will have their blood drawn a second time to check for prediabetes

Lab Tests on Saliva

Human Papillomavirus (HPV) (14-69)

Women and girls only:

You will be asked to self-administer a vaginal swab in complete privacy. The swab will be tested for the presence of Human Papillomavirus (14-59) ♦

Females 12 years and older will have a urine pregnancy test, as well as girls 8-11 who have started their periods. Our physician will tell you if you are pregnant if you did not already know it. Parents of girls younger than 14 years of age who are pregnant will also be informed of the test result ♦♦

Men only:

Your blood will be checked for your level of prostate specific antigen (PSA) (40+) ♦

Lab Tests on Water:

The interviewer will collect a sample of your household tap water, which we will test for environmental chemicals. Only half of the households will have their water sample tested for environmental chemicals (12+) ♦♦

After your visit to the NHANES mobile center:

If you had a dietary interview as part of your exam, you will get a phone call 3-10 days after the exam to be asked similar questions. Then you or an adult in your family, if you are between 1-15 years old, will be asked about food shopping habits.

You will be asked to provide another urine sample (ages 6 years and older). Before leaving the center, you will be given instructions, a clean empty cup, and a prepaid, addressed box for shipment to our lab

People who test positive for hepatitis C will be called and asked to be in a brief phone interview 6 months after the exam.

Taking part in these interviews and health measures after your visit to the mobile center is voluntary.