

What Is NHANES?

Welcome to NHANES. NHANES, or the National Health and Nutrition Examination Survey, is one of our nation's most successful and longest running health surveys! As an eligible participant, you will receive a health exam and the exam results, all free, while helping researchers understand health issues in the United States.

How Was I Chosen?

You may be wondering how you were chosen. You were randomly selected through a statistical process using U.S. Census information. As a selected participant, you represent up to 65,000 people similar to you. We do not accept volunteers for our survey. Your information is important to the survey and no one can replace you.

What are the Benefits?

Let's talk about your benefits for participating. You will receive a health exam and results at no cost to you. Your specific exams are based on your age, gender, and current medical conditions. The results will probably give you a more detailed picture of your overall health than a routine doctor's visit. You will also receive compensation for your time.

How Do I Participate?

Here's how you can participate. If your household has been selected for the survey, you will be contacted in person by an interviewer. The interviewer will determine your eligibility. If you are eligible, the interviewer will ask you questions regarding your health history in your home. Then, an appointment will be made for a one-time health exam at our mobile facility.

Is My Information Kept Confidential?

NHANES guarantees your privacy. All information obtained from the home interview and physical exam is kept secure. We never give out any information that identifies you or your family without your consent.

How is My Data Used?

NHANES data is used for many important national health purposes. For example, you may be familiar with the Pediatric Growth Charts found in doctor's offices to monitor children's height and weight. NHANES data is also often used to identify national health trends. This includes the tracking of obesity, diabetes, and high blood pressure.

If you have questions concerning our survey or would like more information, please contact our toll-free number listed on your introductory letter. The number is 1-800-452-6115. We're available Monday through Friday 8:30 AM to 6:00 PM Eastern Time.