DATA DOCUMENTATION
EXAM

Protocol/Procedure and Quality Assurance/Quality Control

All measurements were made using standardized NHANES protocols and equipment.

Measurements related to blood pressure were collected in the home or the clinic. Participants first rested quietly in a sitting position for 5 minutes and the maximum inflation level (MIL) was determined. Three and sometimes 4 systolic and diastolic blood pressure measurements were taken using a mercury sphygmomanometer. Please refer to the NHANES procedures and quality assurance/quality control used in obtaining blood pressure exam measurements @ http://www.cdc.gov/nchs/data/nhanes/nhanes_03_04/PE.pdf and http://www.cdc.gov/nchs/data/nhanes/nhanes_03_04/bpx_c.pdf.

Anthropometric measurements were also collected in the home or the clinic. Please refer to the NHANES procedures and quality assurance/quality control used in obtaining body measurements during the exam @ http://www.cdc.gov/nchs/data/nhanes/nhanes_03_04/BM.pdf and http://www.cdc.gov/nchs/data/nhanes/nhanes_03_04/bmx_c.pdf.

Data Processing and Editing

Measurements are recorded directly onto a computerized data collection form. The system is centrally integrated, and it allows for ongoing monitoring of the data. Because of the quality control and range checks, no values needed to be changed, removed or imputed.

Analytic Notes

Analytic Notes are available for a few variables in the EXAM component and are provided below by section. Analysts are encouraged to also refer to NHANES Data, Documentation, and Codebooks on specific sections by component for other notes and documentation (http://www.cdc.gov/nchs/about/major/nhanes/nhanes2003-2004/nhanes03_04.htm). In general, analysts are advised to carefully review question wording, skip patterns and check items to understand targets and eligibility for a particular item. Additionally, analysts may find that EXAM variables can be utilized in conjunction with variables from other survey components (e.g., CAPI).

'Previously Used Recodes' are provided for some measures if available. However, before using the recodes analysts must consider whether the recode is appropriate for their analysis and should review relevant literature and clinical guidelines for standard definitions of specific health outcomes. The list of 'Previously Used Recodes' is not exhaustive; the recodes are intended to help analysts understand how variables can be used in defining outcomes. Users may find that cutoffs or categories can be redefined using similar variables.

Analysts should refer to all materials under 'Using the Data' before analyzing the data. These materials provide guidance on how to use the data as well as the documentation available on the website. The Analytic Guidelines describe the specific weights in detail and when to use each one. The sample programs also illustrate examples for using each type of weight.

Blood Pressure

- The systolic and diastolic blood pressure measurements recorded (**BPXSAR** and **BPXDAR)** were the average of the 3-4 blood pressure measurements taken for each participant excluding the first reading. If only one valid measurement was available the first reading was used.

- Based on published literature, a commonly used definition of hypertension incorporates blood pressure exam measurements (**BPXSAR** and **BPXDAR**) with prescribed anti-hypertensive medication use (**BPQ051a** from CAPI). Hypertension awareness, treatment and control can be estimated among individuals with hypertension using **BPQ020, BPQ051a** and the blood pressure exam measurements. See 'Previously Used Recodes' for hypertension.

Body Measurements (Anthropometry)

- Analysts should review the comment codes (**BMIWT, BMIHT, BMIWAIST**) prior to analyzing the data. Comment codes were noted by the health technicians during data collection. The comment codes were added to document problems or situations that prevented a measurement from being taken altogether or situations that could modify the results reported. For example, the variable BMIHT is the body height comment code. Some SPs may have conditions that interfere with the specific procedures for measuring stature. In these cases the best measure possible was obtained according to the protocol and given the comment of "NS" (not straight). Analysts can consider excluding these SPs from analyses using variables related to height.

- **BMXBMI** represents Body Mass Index (BMI), the measure calculated as weight in kilograms divided by the square of height in meters, which was automatically computed in the data collection instrument. This measure can be used to classify subjects as underweight (BMI <18.5), normal (BMI 18.5 to <25), overweight (BMI 25 to <30) or obese (BMI >30). See 'Previously Used Recodes' for BMI.

- **BMXWAIST** can be used to classify adiposity using specific waist circumference cut-offs for men and women. See 'Previously Used Recodes' for adiposity.