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| **About the Measure** | |
| **Protocol Id** | 20901 |
| **Domain:** | Anthropometrics |
| **Measure:** | Maximum Adult Height |
| **Definition:** | Height is the distance from the top of the participant’s head to the heels of his or her feet (i.e., the vertical length). This self-reported measure asks about height at 25 years of age. |
| **Purpose:** | Stature is an indicator of general body size and bone length. This measure can also serve as a proxy for nutritional status during development. It is used to assess stature and estimate height loss in older adults (aged 50 years or older). |
| **Essential PhenX Protocols:** | Current Age [10101] Sex Assigned at Birth [11601] Gender Identity [11801] |
| **Related PhenX Protocols:** | Annual Family Income [11102] Ethnicity and Race [11901] Height - Knee Height [20701] Height - Recumbent Length [20702] Height - Standing Height [20703] Height - Self-Reported Height [20704] |
| **Measure Release Date:** | October 01, 2015 |

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| **About the Protocol** | |
| **Protocol Release Date:** | March 27, 2009 |
| **Protocol Review Date:** | October 01, 2015 |
| **PhenX Protocol Name:** | Maximum Adult Height |
| **Protocol Name From Source:** | National Health and Nutrition Examination Survey (NHANES), Weight History Questionnaire, 2007 |
| **Protocol Availability:** | Available |
| **Keywords:** | Anthropometrics; body mass index; BMI; NHANES |
| **Description:** | Self-reported maximum height |
| **Specific Instructions:** | This protocol includes two questions. All participants aged 25 years or older are asked their current height (i.e., the first question). Participants 50 years of age or older are also asked their height at 25 years of age (i.e., the second question). If measured height is taken, it should be AFTER self-reported maximum adult height has been recorded. |
| **Protocol:** | This protocol is part of a computer-assisted personal interview. The PhenX Anthropometrics Working Group recommended that this could also be used as a paper-and-pencil personal interview and may be a self-administered interview.  The following are the two questions for this protocol:  How tall {are you/is [participant]\*} without shoes?  ENTER HEIGHT IN FEET AND INCHES OR METERS AND CENTIMETERS  |\_\_\_|\_\_\_| ENTER NUMBER OF FEET  AND  |\_\_\_|\_\_\_| ENTER NUMBER OF INCHES  OR  |\_\_\_|\_\_\_| ENTER NUMBER OF METERS  AND  |\_\_\_|\_\_\_|\_\_\_| ENTER NUMBER OF CENTIMETERS  OR  [ ] 7777 REFUSED  [ ] 9999 DONT KNOW  **[If the respondent is 50 years and older, also ask:]** How tall {were you/was SP} at age 25? [If you dont know {your/his/her} exact height, please make your best guess.]  ENTER HEIGHT IN FEET AND INCHES OR METERS AND CENTIMETERS |\_\_\_|\_\_\_| ENTER NUMBER OF FEET CAPI INSTRUCTION: HARD EDIT 2-8 AND  ENTER NUMBER OF INCHES CAPI INSTRUCTION: HARD EDIT 0-11  OR |\_\_\_|\_\_\_| ENTER NUMBER OF METERS CAPI INSTRUCTION: HARD EDIT 0-3 AND |\_\_\_|\_\_\_|\_\_\_| ENTER NUMBER OF CENTIMETERS CAPI INSTRUCTION: HARD EDIT 0-99  OR  [ ] 7777 REFUSED  [ ] 9999 DONT KNOW  \*When the question is being asked of a proxy respondent, insert the participants name here. |
| **Selection Rationale:** | The National Health and Nutrition Examination Survey 2007-2008 protocols were selected as best practice methodology and are the most widely used protocols to assess height. |
| **Source:** | Centers for Disease Control and Prevention, National Center for Health Statistics. (2007). *National Health and Nutrition Examination Survey (NHANES) 2007-2008 Questionnaire. WEIGHT HISTORY - WHQ*. Hyattsville, MD: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention. Questions #010 and #130. |
| **Language** | English Chinese |
| **Participant:** | Participant aged 25 years or older |
| **Personnel and Training Required:** | The trained interviewer should be able to administer a questionnaire and be able to probe for information as necessary. |
| **Equipment Needs:** | None |
| **Standards** | |  |  |  |  | | --- | --- | --- | --- | | **Standard** | **Name** | **ID** | **Source** | | Logical Observation Identifiers Names and Codes (LOINC) | PhenX - max adult ht protocol | 62410-6 | [LOINC](http://s.details.loinc.org/LOINC/<INSERT_ID>.html?sections=Web) | |
| **General References:** | None |
| **Mode of Administration:** | Interviewer-administered questionnaire |
| **Derived Variables:** | None |
| **Requirements:** | |  |  | | --- | --- | | **Requirement Category** | **Required (Yes/No)** | | **Major equipment** | No | | **Specialized training** | No | | **Specialized requirements for biospecimen collection** | No | | **Average time of greater than 15 minutes in an unaffected individual** | No | |
| **Annotations for Specific Conditions:** | None |
| **Process and Review:** | The [link[phenxtoolkit.org/about/teams#erp1-members|Expert Review Panel #1]] reviewed the measures in the Anthropometrics, Diabetes, Physical Activity and Physical Fitness, and Nutrition and Dietary Supplements domains.  Guidance from the ERP includes:  • Revised descriptions of measure  Back-compatible: no changes to Data Dictionary  Previous version in Toolkit archive ([link[www.phenxtoolkit.org/domains/view/20000#tab5content|link]]) |