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| **About the Measure** | |
| **Protocol Id** | 21001 |
| **Domain:** | Anthropometrics |
| **Measure:** | Maximum Adult Weight |
| **Definition:** | Self-reported maximum adult weight of participant |
| **Purpose:** | Maximum adult weight is correlated with assessments of an individual’s body mass index, currently and over time, and is related to overall health status. |
| **Essential PhenX Protocols:** | Current Age [10101] Sex Assigned at Birth [11601] Gender Identity [11801] |
| **Related PhenX Protocols:** | Ethnicity and Race [11901] Height - Knee Height [20701] Height - Recumbent Length [20702] Height - Standing Height [20703] Height - Self-Reported Height [20704] Maximum Adult Height [20901] Weight Loss/Gain [21401] Weight - Measured Weight [21501] Weight - Self-Reported Weight [21502] Waist Circumference - Waist Circumference NHANES [21601] Waist Circumference - Waist Circumference NCFS [21602] Waist Circumference - Framingham Heart Study [21603] |
| **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 Weight |
| **Protocol Name From Source:** | National Health and Nutrition Examination Survey (NHANES), Weight History Questionnaire, 2007 |
| **Protocol Availability:** | Available |
| **Keywords:** | Anthropometrics; body mass index; BMI; obesity; NHANES |
| **Description:** | The protocol contains an interview question asking the study participant to recall his or her maximum adult weight. |
| **Specific Instructions:** | Participants are told to report, to the best of their ability, their maximum adult weight in pounds or kilograms. For women, specify that the weight should not be reported for times that they were pregnant. |
| **Protocol:** | The following protocol is part of a computerized interview. This may also be used in a non- computerized format. In addition, this could be used as a personal interview or self-administered format. What is the most {you have/[participant]\* has} ever weighed? [Do not include any times when {you were/she was} pregnant.]  Note to interviewer: ENTER WEIGHT IN POUNDS OR KILOGRAMS  CAPI INSTRUCTION: DISPLAY OPTIONAL SENTENCE {Do not include . . .} **ONLY** IF SP IS FEMALE. |\_\_\_|\_\_\_|\_\_\_| ENTER NUMBER OF POUNDS  CAPI INSTRUCTION: SOFT EDIT 75-500, HARD EDIT 50-750 OR |\_\_\_|\_\_\_|\_\_\_| ENTER NUMBER OF KILOGRAMS  CAPI INSTRUCTION: SOFT EDIT 34-225, HARD EDIT 23-338 OR  [ ] 7777 REFUSED (END OF SECTION)  [ ] 9999 DON’T KNOW (END OF SECTION)  How old {were you/was [participant]\*} then? [If you don’t know {your/his/her} exact age, please make your best guess.]  Note to interviewer: ENTER AGE IN YEARS  |\_\_\_|\_\_\_|\_\_\_| ENTER AGE IN YEARS  [ ] 7777 REFUSED (END OF SECTION)  [ ] 9999 DON’T KNOW (END OF SECTION)  \*When the question is being asked of a proxy respondent, insert the participant’s name here. |
| **Selection Rationale:** | The National Health and Nutrition Examination Survey 2007-2008 protocols were selected as best practice methodology and are some of the most widely used protocols to assess weight. The studies from which these protocols are derived provide a valid national comparator database. |
| **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 WHQ.147 L/K and WHQ 150. |
| **Language** | English Chinese |
| **Participant:** | Participant older than 18 years |
| **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) | Max adult wt proto | 62411-4 | [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]]) |