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| **About the Measure** | |
| **Protocol Id** | 21401 |
| **Domain:** | Anthropometrics |
| **Measure:** | Weight Loss/Gain |
| **Definition:** | Change in weight over the past year |
| **Purpose:** | This measure is collected to obtain information on an individual’s health status in relation to weight loss or weight gain over the designated time period (e.g., the past year). |
| **Essential PhenX Protocols:** | Current Age [10101] Ethnicity and Race [11901] Weight - Measured Weight [21501] Weight - Self-Reported Weight [21502] |
| **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 Weight [21001] Total Pregnancy Weight Gain - Self-Reported Weight Gain [21301] Total Pregnancy Weight Gain - Abstracted From Prenatal Charts [21302] Total Pregnancy Weight Gain - Weight Measured During Gestation [21303] |
| **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:** | Weight Loss/Gain |
| **Protocol Name From Source:** | National Health and Nutrition Examination Survey (NHANES), Weight History Questionnaire, 2007 |
| **Protocol Availability:** | Available |
| **Keywords:** | Anthropometrics; weight; body mass index; BMI; obesity; NHANES; gerontology; aging; geriatrics |
| **Description:** | The protocol contains a question about the participant’s weight 1 year ago.\*  \*NOTE: This period can be modified for different periods. Depending on your hypothesis, you may want to modify the time interval as appropriate (e.g., 3 months, 6 months, 1 year). |
| **Specific Instructions:** | None |
| **Protocol:** | The following protocol is part of a computerized interview. This may be used in a noncomputerized format. Also, the protocol may be used in personal and self-administered formats. How much did {you/[participant]\*} weigh a year ago†? [If {you were/she was} pregnant a year ago, how much did {you/she} weigh before your pregnancy?]  Note to interviewer: ENTER WEIGHT IN POUNDS OR KILOGRAMS  |\_\_\_|\_\_\_|\_\_\_| 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  [ ] 777 REFUSED  [ ] 999 DON’T KNOW  \* When the question is being asked of a proxy respondent, insert the participant’s name here. †This time period can be modified for different time periods. Depending on your hypothesis, you may want to modify the time interval as appropriate (e.g., 3 months, 6 months, 1 year).  Note to PhenX User: The National Health and Nutrition Examination Survey (NHANES) does not ask proxy respondents about a child’s weight change. The weight change question for participants under age 16 years comes from Garmey et al. (2008). |
| **Selection Rationale:** | This National Health and Nutrition Examination Survey 2007-2008 protocol was selected as best practice methodology and is one of the most widely used protocols to obtain a weight loss/gain measurement. 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. Question #WHQ.053. |
| **Language** | English Chinese |
| **Participant:** | Participants aged 16 years or older or by knowledgeable adult proxy for children younger than 16 years of age |
| **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 - wt loss - gain protocol | 62415-5 | [LOINC](http://s.details.loinc.org/LOINC/<INSERT_ID>.html?sections=Web) | |
| **General References:** | Garmey, E. G., Liu, Q., Sklar, C. A., Meacham, L. R., Mertens, A. C., Stovall, M. A., et al. (2008). Longitudinal changes in obesity and body mass index among adult survivors of childhood acute lymphoblastic leukemia: A report from the Childhood Cancer Survivor Study. *Journal of Clinical Oncology*, *26*(28), 4639-4645. doi:10.1200/JCO.2008.16.3527 |
| **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]]) |