

Data on Food, Food Assistance, Nutrition and Body Mass Index Collected in the PSID		
Domain	Question as of 2005	Waves Available
<u>Food Expenditures</u>		
At home	F18 & F22: How much do you (and everyone else in your family) spend on food that you use at home in an average week? [IF HAS FOOD STAMPS, ASK:] How much do you spend on that food in an average week? [IF NO FOOD STAMPS, ASK:]	1968-2007, except '73, '88, '89
Delivered	F19 & F20: Do you have any food delivered to the door which isn't included in that? How much do you spend on that food?	1968, 1994 - 2007
Away from home	F21: About how much do [you and everyone else in your family/you] spend eating out?	1969 - 2007, except '73, '88, '89
<u>Food Assistance</u>		
	Food Stamp program participation	1968-1972, 1975-2007
	F6a (R80). During 2004, did (any child in the family between 5 and 18 years old,) receive free or reduced-cost lunches at school?	2001-2007
	F6b (R81). (During 2004,) did (any child in the family between 5 and 18 years old) receive free or reduced-cost breakfasts at school?	2001-2007
	F6e (F7a). Was any child enrolled in a day care center or family day care home in 2004?	1999-2007
	F6f (F7b). Were meals or snacks provided in any of these day care arrangements (attended last year)?	1999-2007
	F6g (F7c). Did that day care center or family day care home participate in any government-sponsored food program, such as the Child and Adult Care Food Program?	1999-2007
	F7 (F7d). (Was any adult/Were you) enrolled in an adult day care center in 2004?	1999-2007
	F7e. Were meals or snacks provided in any of these programs attended last year?	1999-2003
	F7f. Did that center participate in (any government-sponsored food program, such as) the Child and Adult Care Food Program?	1999-2003
	F6i (R83). And during 2004, did anyone in (your/the) family get food through the WIC program?	2001-2007
	F7c (R78). During 2004, did (you /you or anyone in your family) receive free or reduced-cost meals for the elderly?	2001-2007
	F8. Did you (or anyone else in your family) receive food stamp benefits, that is, either food stamps or a food stamp benefit card, at any time in 2003, two years ago? How much? Which Months?	2001-2007
	F14b. Thinking of the last month you received food stamps, did you receive them as paper food stamps Or as a plastic EBT benefit card?	2001
	F15. For how many members of your family were the food stamp issued?	1999-2001
	F16. How many dollars worth of stamps did you receive?	1999-2003
	R58. Since January 2001 was there any time when you, or anyone receiving food stamps, stopped for more than one month? When? Who?	2003
	R59. The last time that happened, did the food stamp office cut [you/them] off, or was it [your/their] decision to leave the food stamp program?	2003
	R60. Why did [you/they] leave the food stamp program?	2003
	R61. Why did the food stamp office cut [you/them] off?	2003
	R62. Have [you/they] ever reapplied for food stamps since then?	2003
	R63. Why didn't [you/they] reapply?	2003
	R65. Are you (or is anyone else in the family) required to work, go to school or do anything else in order to receive food stamps?	2003
	R66. What are [you/they] required to do?	2003
	R74. I'd like to know about other help you might have received during 2001 and 2002. Did you (or anyone in your household) receive any of the following types of government assistance because your income was low? f. Food or meals (not including Food Stamps)?	2003
	R75. What about help from anyone else, such as a church, family, or a community group. Did you receive help with any of the following in 2001 and 2002 from such groups because your income was low? f. Food or meals (not including Food Stamps)?	2003
	R76. Was that help from a church, family, community group or what?	2003

Food Assistance Cont'd	M54. (During 2004,) did [you/you or anyone in your family living there] receive help or support from family or friends with....f. Food or meals?	2005
	M55. (During 2004,) did [you/you or anyone in your family there] receive any government assistance with...f. Food or meals (not including Food Stamps)?	2005
Food Security		1999-2003
	F26: The next questions are about the availability of food in your household during 1998, and whether you were able to afford the food you needed. Which of these statements best describes the food eaten in your household in 1998: we had enough to eat and the kinds of food we wanted; we had enough to eat but not always the kinds of food we wanted; sometimes we didn't have enough to eat; or often we didn't have enough to eat?	
	F27: Here are some reasons why people don't always have enough to eat. For each one, please tell me if that is a reason why you didn't always have enough to eat. Not enough money for food; Too hard to get to the store; On a diet; Not able to cook or eat due to health problems; No working stove or refrigerator; not having enough to eat due to money	
	F28a. [I/We] worried whether [my/our] food would run out before [I/we] got money to buy more.	
	F28b: The food that [I/we] bought just didn't last, and [I/we] didn't have the money to get more.	
	F28c: [I/We] couldn't afford to eat balanced meals.	
	F30: During 1998, did [you or other adults in your household/you] ever cut the size of your meals or skip meals because there wasn't enough money for food?	
	F31: (During 1998,) did [you or other adults in your household/you] ever eat less than you felt you should because there wasn't enough money to buy food?	
	F32: (During 1998,) were [you or other adults in your household/you] ever hungry but didn't eat because you couldn't afford enough food?	
	F33: (During 1998,) did [you or other adults in your household/you] lose weight because you didn't have enough money for food?	
	F34: (During 1998,) did [you or other adults in your household/you] ever not eat for a whole day because there wasn't enough money for food?	
	F34a: How often did this happen -- almost every month, some months but not every month, or in only 1 or 2 months?	
	F35: (During 1998,) did [you or other adults in your household/you] ever get emergency food from a church, a food pantry or food bank?	
	F36: How often did this happen -- almost every month, some months but not every month, or in only 1 or 2 months?	
	F37: (During 1998,) did [you or other adults in your household/you] ever eat any meals at a soup kitchen?	
	F39: The next questions are about children living in the household who are under 18 years old. Tell me if the next statements were often, sometimes, or never true for your household during 1998.	
	F39a. [I/We] relied on only a few kinds of low-cost food to feed [Q56/the children] because [I was/we were] running out of money to buy food. Was that often, sometimes, or never true during 1998?	
	F39b: [I/We] couldn't feed [Q56/the children] a balanced meal because [I/we] couldn't afford that. Was that often, sometimes, or never true?	
	F39c: [The children were/Q56] not eating enough because [I/we] just couldn't afford enough food. Was that often, sometimes, or never true?	
	F41: During 1998, did you ever cut the size of [your child's/any of the children's] meals because there wasn't enough money for food?	
	F42: (During 1998,) did [your child/any of the children] ever skip a meal because there wasn't enough money for food?	
	F42a: How often did this happen -- almost every month, some months but not every month, or in only 1 or 2 months?	
	F43: (During 1998,) [was your child/were any of the children] ever hungry but you just couldn't afford more food?	
	F44: (During 1998,) did [your child/any of the children] ever not eat for a whole day because there wasn't enough money for food?	
	F46: You answered "yes" to several questions that indicate difficulty in getting enough food to eat in your household during 1998. During which months was that?	

<u>Nutritional Knowledge</u>		1999
	H51: These next questions are about nutrition and healthy eating. Have you ever heard of a program called.. a. The Dietary Guidelines for Americans? b. The 5-A-Day Program? c. The Food Guide Pyramid?	
	H52a: How important is it to you personally to choose a diet with plenty of fruits and vegetables? -- Is it very important, somewhat important, not too important, or not at all important?	
	H52b: How important is it to you to choose a diet low in saturated fat? -- Very important, somewhat important, not too important, or not at all important?	
	H52c: How important is it to you to choose a diet with adequate fiber? (-- Very important, somewhat important, not too important, or not at all important?)	
	H52d: How important is it to you to choose a diet with plenty of grain products? (-- Very important, somewhat important, not too important, or not at all important?)	
	H52e: How important is it to you to maintain a healthy weight? (-- Very important, somewhat important, not too important, or not at all important?)	
	H53a: Have you heard about any health problems caused by eating too much fat?	
	H53b: What health problems have you heard are related to this? Any other problems?	
	H54b: What health problems (have you heard) are related to this? Any other problems?	
	H55a: (Have you heard about any) health problems caused by not eating enough calcium?	
	H55b: What health problems (have you heard) are related to this? Any other problems?	
	H56a: (Have you heard about any) health problems caused by eating too much cholesterol?	
	H56b: What health problems (have you heard) are related to this? Any other problems?	
	H57a: (Have you heard about any) health problems caused by being overweight?	
	H57b: What health problems (have you heard) are related to this? Any other problems?	
	H58: What were your sources of nutrition and health information during the past year? Physician/medical doctor; nurse/nutritionist/health care professional; family/relative/colleague; newspapers/magazines/books; radio/television; food packages/nutrition labels; food company publications; work site health or nutrition promotion; government or health organization publications; health insurance provider; private nutrition or weight loss program; other (specify)	
	H58a: Did you receive any health or nutrition information from any work site program?	
<u>Height, weight</u>		1986, 1999-2007