

Food, Nutrition, and BMI in Main Interview: 1968-2017

Domain	Question	Waves Available
Food Expenditures	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?	1968-2017, except '73, '88, '89
	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 - 2017
	F21: About how much do [you and everyone else in your family/you] spend eating out?	1969-2017, except '73, '88, '89
Food Assistance	F11. 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 last year?	1968-1972, 1975-2017
	F6a (R80). Did (any child in the family between 5 and 18 years old,) receive free or reduced-cost lunches at school?	2001-2017
	F6b (R81). Did (any child in the family between 5 and 18 years old) receive free or reduced-cost breakfasts at school?	2001-2017
	F6e (F7a). Was any child enrolled in a day care center or family day care home?	1999-2017
	F6f (F7b). Were meals or snacks provided in any of these day care arrangements	1999-2017
	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?	1999-2017
	F7 (F7d). (Was any adult/Were you) enrolled in an adult day care center?	1999-2009
	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 [year], did anyone in (your/the) family get food through the WIC program?	2001-2017
	F7c (R78). During [year], did (you /you or anyone in your family) receive free or reduced-cost meals for the elderly?	2001-2017
	F8. Did you (or anyone else in your family) receive food stamp benefits, that is, either food stamps or a food stamp benefit card?	2001-2017
	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?	1999-2017
	F16. How many dollars' worth of stamps did you receive?	1999-2007
	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	

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Food Assistance	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
	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...Food or meals (not including Food Stamps)?	2005
	Food Security	F26: The next questions are about the availability of food in your household [last year], and whether you were able to afford the food you needed. Which of these statements best describes the food eaten in your household in [last year]: 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		1999-2003
F28a. [I/We] worried whether [my/our] food would run out before [I/we] got money to buy more.		1999-2003, 2015
F28b: The food that [I/we] bought just didn't last, and [I/we] didn't have the money to get more.		1999-2003, 2015
F28c: [I/We] couldn't afford to eat balanced meals.		1999-2003, 2015
F30: During [year], 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?		1999-2003, 2015
F31: ([last year],) 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?		1999-2003, 2015
F32: ([last year],) were [you or other adults in your household/you] ever hungry but didn't eat because you couldn't afford enough food?		1999-2003, 2015
F33: ([last year],) did [you or other adults in your household/you] lose weight because you didn't have enough money for food?		1999-2003, 2015
F34: ([last year],) did [you or other adults in your household/you] ever not eat for a whole day because there wasn't enough money for food?		1999-2003, 2015
F34a: How often did this happen?		1999-2003, 2015

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Domain	Question	Waves Available	
Food Security	F35: ([last year],) 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?	1999-2003	
	F37: [last year],) did [you or other adults in your household/you] ever eat any meals at a soup kitchen?	1999-2003	
	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 [last year].	1999-2003, 2015	
	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 [last year]?	1999-2003, 2015	
	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?	1999-2003, 2015	
	F39c: [The children were/Q56] not eating enough because [I/we] just couldn't afford enough food. Was that often, sometimes, or never true?	1999-2003, 2015	
	F41: During [last year], did you ever cut the size of [your child's/any of the children's] meals because there wasn't enough money for food?	1999-2003, 2015	
	F42: ([last year],) 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?	1999-2003, 2015	
	F43: ([last year],) [was your child/were any of the children] ever hungry but you just couldn't afford more food?	1999-2003, 2015	
	F44: ([last year],) did [your child/any of the children] ever not eat for a whole day because there wasn't enough money for food?	1999-2003, 2015	
	F46: You answered "yes" to several questions that indicate difficulty in getting enough food to eat in your household during [last year]. During which months was that?	1999-2003	
	Nutritional Knowledge	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?	1999
		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?	1999
		H52b: How important is it to you to choose a diet low in saturated fat?	1999
H52c: How important is it to you to choose a diet with adequate fiber?		1999	
H52d: How important is it to you to choose a diet with plenty of grain products?		1999	
H52e: How important is it to you to maintain a healthy weight?		1999	
H53a: Have you heard about any health problems caused by eating too much fat?		1999	

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Nutritional Knowledge	H53b: What health problems have you heard are related to this? Any other problems?	1999
	H54b: What health problems (have you heard) are related to this? Any other problems?	1999
	H55a: (Have you heard about any) health problems caused by not eating enough calcium?	1999
	H55b: What health problems (have you heard) are related to this? Any other problems?	1999
	H56a: (Have you heard about any) health problems caused by eating too much cholesterol?	1999
	H56b: What health problems (have you heard) are related to this? Any other problems?	1999
	H57a: (Have you heard about any) health problems caused by being overweight?	1999
	H57b: What health problems (have you heard) are related to this? Any other problems?	1999
	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)	1999
	H58a: Did you receive any health or nutrition information from any work site program?	1999
Height & Weight	H23. How tall are you?--FEET	1986, 1999-2017
	H22. About how much do you weigh?--POUNDS	1986, 1999-2017
	H23METER: How tall are you?--METERS	2013-2017
	H22KILO: About how much do you weigh?--KILOS	2013-2017