

Food, Nutrition, and BMI in Main Interview: 1968-2023

| 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? | 1968-2023, except '73, '88, '89 |
| | F19F23 & F20F24: 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 - 2023 |
| | F21F25: About how much do [you and everyone else in your family/you] spend eating out? | 1969-2023, 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, in [PYEAR]? | 1968-1972, 1975-2023 |
| | F6AB: Did any child in the family between 5 and 18 years old, receive free or reduced-cost breakfasts or lunches at school? | 2001-2023 |
| | F6b (R81): Did (any child in the family between 5 and 18 years old) receive free or reduced-cost breakfasts at school? (see F6AB) | 2001-2017 |
| | F7A: Was any child enrolled in a day care center or family day care home in {PYEAR}? | 1999-2023 |
| | F7B: Were meals or snacks provided in any of these day care arrangements (attended last year)? | 1999-2023 |
| | F7B1: 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? | 1999-2023 |
| | 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 |
| | F2B2: And during [PYEAR], did anyone in your family get food through the WIC program? | 1999-2023 |
| | F7: During [PYEAR], did you [or anyone in your family] receive free or reduced-cost meals for the elderly? | 1999-2023 |
| | 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 [P2YEAR], two years ago? | 1999-2023 |
| | 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. How many members of your family were covered (by food stamp benefits)? | 1999-2023 |
| | 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 | |
| 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 | |

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| Food Assistance | 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 |
| FOOD1: [I/We] worried whether [my/our] food would run out before [I/we] got money to buy more. | | 1999-2003, 2015-2023 |
| FOOD2: The food that [I/we] bought just didn't last, and [I/we] didn't have the money to get more. | | 1999-2003, 2015-2023 |
| FOOD3: [I/We] couldn't afford to eat balanced meals. | | 1999-2003, 2015-2023 |
| FOOD4: In the last 12 months, since last [CURRMONTH], did [you / you or other adults in your household] ever cut the size of your meals or skip meals because there wasn't enough money for food? | | 1999-2003, 2015-2023 |
| FOOD5: How often did this happen – almost every month, some months but not every month, or in only 1 or 2 months? | | |
| FOOD6: In the last 12 months, (since last [CURRMONTH]), did you ever eat less than you felt you should because there wasn't enough money for food? | | 1999-2003, 2015-2023 |
| FOOD7: In the last 12 months, (since last [CURRMONTH]), were you ever hungry but didn't eat because there wasn't enough money for food? | | 1999-2003, 2015-2023 |
| FOOD8: In the last 12 months, did you lose weight because there wasn't enough money for food? | | 1999-2003, 2015-2023 |
| FOOD9: In the last 12 months, (since last [CURRMONTH]), did [you / you or other adults in your household] ever not eat for a whole day because there wasn't enough money for food? | | 1999-2003, 2015-2023 |
| FOOD10: How often did this happen - almost every month, some months but not every month, or in only 1 or 2 months? | 1999-2003, 2015-2023 | |

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| 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 | |
| | FOOD11: Now I'm going to read you several statements that people have made about the food situation of their children. For these statements, please tell me whether the statement was often true, sometimes true, or never true in the last 12 months for your (child/children) living in the household who are under 18 years old. "(I/We) relied on only a few kinds of low-cost food to feed (my child/our children) because (I was/we were) running out of money to buy food." Was that often, sometimes, or never true for (you/your household) in the last 12 months (since last [current month])? | 1999-2003, 2015-2023 | |
| | FOOD12: "(I/We) couldn't feed (my/our) (child/children) a balanced meal, because (I/we) couldn't afford that." (Was that often, sometimes, or never true for (you/your household) in the last 12 months (since last [current month])?) | 1999-2003, 2015-2023 | |
| | FOOD13: "(My/Our) (child was/children were) not eating enough because (I/we) just couldn't afford enough food." (Was that often, sometimes, or never true for (you/your household) in the last 12 months (since last [current month])?) | 1999-2003, 2015-2023 | |
| | FOOD14: In the last 12 months, since (current month) of 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, 2015-2023 | |
| | FOOD15: In the last 12 months, (since last [current month],) did (your child/any of the children) ever skip meals because there wasn't enough money for food? | 1999-2003, 2015-2023 | |
| | FOOD16: How often did this happen? (Would you say almost every month, some months but not every month, or in only 1 or 2 months?) | 1999-2003, 2015-2023 | |
| | FOOD17: In the last 12 months, (since last [current month],) (was your child/were the children) ever hungry but you just couldn't afford more food? | 1999-2003, 2015-2023 | |
| | FOOD18: In the last 12 months, (since last [current month],) did (your child/the children) ever not eat for a whole day because there wasn't enough money for food? | 1999-2003, 2015-2023 | |
| | 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 1999 1999 1999 |

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| Nutritional Knowledge | 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 |
| | 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 | H23FT: How tall are you?--FEET | 1986, 1999-2023 |
| | H22: About how much do you weigh?--POUNDS | 1986, 1999-2023 |
| | H23METER: How tall are you?--METERS | 2013-2023 |
| | H22: KILO: About how much do you weigh?--KILOS | 2013-2023 |