



# National Health and Nutrition Examination Survey

This booklet contains facts for you  
about the National Health and Nutrition Examination Survey.

## About Your Exam

The National Health and Nutrition Examination Survey (NHANES) studies the health and diet of people in this country. The survey will look at how young people grow and develop. We look at special health problems that may affect kids.

We go all over the United States in these vans.

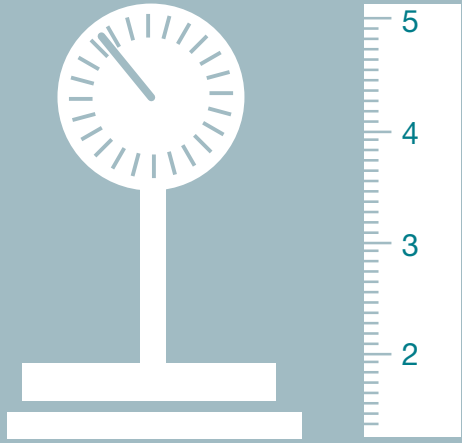
The National Health and Nutrition Examination Survey will help us find out more about the health of children your age. The exam is a little like going to the doctor.



You will change into special exam clothes  
at the exam center.



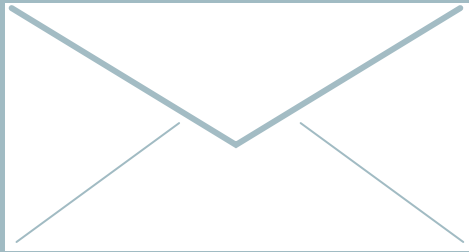
We will take your blood pressure and pulse.



We will see how much you weigh and how tall you are.



We will take your blood and have you pee in a cup.



We will send you and your parents a report of your exam.



Our staff will answer any questions you have.

We would like you to go to our mobile exam center vans for an exam. You do not have to do this if you do not want to. You can also stop at any time and you do not have to do any tests that you do not want to. If you take part, you will learn some things about yourself. You will help us learn a lot about kids in the United States.