



Food and Nutrient Intake Data Files

What We Eat in America

NHANES 2001-2002

Two data files containing food and nutrient intake data from What We Eat in America, National Health and Nutrition Examination Survey (NHANES) 2001-2002 are available for free download. The year 2002 was the first year of full integration of two nationwide dietary intake surveys – the Continuing Survey of Food Intakes by Individuals conducted by the U.S. Department of Agriculture (USDA) and NHANES conducted by the U.S. Department of Health and Human Services – into the new survey called What We Eat in America (*more about the integrated survey on back of page*).

The first of the two files contains information about each food a survey participant ate in a 24-hour period. The second file contains a summary of daily nutrient intakes for each participant. The two dietary intake data files are named DRXIFF_B and DRXTOT_B.

- **DRXIFF_B** contains one record for each food eaten by a survey participant:
 - ♦ Name, identified by a USDA food code and description
 - ♦ Amount eaten (in grams)
 - ♦ Amounts of energy and 60 nutrients/food components in units appropriate to the nutrient
 - ♦ If the food was eaten as part of a combination, the combination type (e.g., salad ingredients coded separately, milk added to cereal) and a variable linking the items within the combination
 - ♦ Separate ingredients coded for many salads and sandwiches
 - ♦ Day of week
 - ♦ Eating occasion – time and name (breakfast, lunch, etc.)
 - ♦ Whether the food was eaten at home or not
- **DRXTOT_B** contains one record for each survey participant:
 - ♦ Daily aggregates of food energy and 60 nutrients/food components
 - ♦ Whether amount of food consumed was usual, much more than usual, or much less than usual
 - ♦ Amount of water consumed – total plain water, tap water, and plain carbonated water
 - ♦ Salt type and use at the table
 - ♦ Frequency of fish/shellfish consumption in past 30 days (1-5 years and women 16-49 years)
- **Related files** – Each data file is accompanied by 3 additional PDF files:
 - ♦ Codebook – includes names assigned to each data item, question text, response categories, valid values, and other information
 - ♦ Documentation – includes information about data collection, quality control, data processing, and analytical procedures
 - ♦ Frequencies – includes raw frequency counts for all items in the data file

The data files are available in SAS transport format and can be used with any package that supports that file format. The data and related files may be downloaded from the NHANES 2001-2002 data release page at

<http://www.cdc.gov/nchs/about/major/nhanes/nhanes01-02.htm>

Analyzing Relationships Among Dietary, Health, and Demographic Variables

Food and nutrient data from What We Eat in America can be linked to demographic and health status data from other NHANES components through the survey participant identification number (variable name SEQN) found in all NHANES files.

- **Demographic variables** for NHANES 2001-2002 include age, gender, race/ethnicity, education, country of birth, Poverty Income Ratio, income, marital status, and pregnancy status
- **Selected examples of health status data:**
 - ♦ Measurements such as weight, height, body mass index, and blood pressure
 - ♦ Laboratory values such as blood lead, ferritin, folate, vitamin B₁₂, homocysteine, urinary mercury, total and HDL cholesterol, glycohemoglobin, and C-reactive protein
 - ♦ Questionnaire variables such as alcohol frequency, breastfeeding status, school breakfast and lunch, frequency and type of milk consumption, physical activity, and smoking

Integrated Survey

Because NHANES is on a two-year data release cycle, the 2001-2002 dietary intake data files include NHANES data collected in 2001 along with What We Eat in America data collected in 2002. Collection and processing procedures for the two years were similar.

- Nationally representative sample of individuals of all ages
- Oversampled: 12-19 and 60+ years, African-American, Mexican-American, low-income, pregnant
- Day 1 dietary recalls for 9,883 individuals, all ages
- Two nonconsecutive days of dietary intake using 24-hour recalls
 - ♦ Day 1 in-person at the Mobile Exam Center
 - ♦ Day 2 (for 2002 only) from central NHANES telephone center
- Computerized method for collecting interviewer-administered 24-hour dietary recalls
- Processed using USDA Food and Nutrient Database for Dietary Studies (FNDDS), 1.0

Restricted data

To protect the confidentiality of survey participants, single-year data from NHANES are not released for public use. For that reason, only Day 1 data are included in the present release. All Day 2 data (2002 only) and Day 1 information that was collected only in 2002 (e.g., place where each food was obtained) will not be publicly released. Restricted data, such as those just mentioned, may be made available at the National Center for Health Statistics (NCHS) Research Data Center in Hyattsville, MD. Beginning in 2003-2004, public releases of What We Eat in America data will include 2 days of data, as well as information on where each reported food was obtained.

For more information about What We Eat in America, NHANES 2001-2002, see:

<http://www.barc.usda.gov/bhnrc/foodsurvey>

