



Middlesex County has been selected to be part in National Health and Nutrition Examination Survey (NHANES)

WHAT IS NHANES?

NHANES is one of our nation's greatest health information sources! It monitors the health and nutritional status of adults and children across the United States.

WHY IS NHANES UNIQUE?

The survey is unique in that it combines interviews and physical examinations.

- Determines the frequency of major diseases and risk factors for diseases
- Combines interviews and physical examinations of participants
- NHANES program began in 1960. Since 1999, the survey has examined about 5,000 people in 15 different counties across the country **each year**.
- Over 240,000 people have already participated and have improved the health of everyone in the United States.

WHAT ARE THE OVERALL BENEFITS OF NHANES?

- Results from local participants and persons across the nation will be combined to:
 - Provide statistics that inform public health policy and services
 - Identify risk factors for certain diseases
 - Reduce problems associated with heart disease, diabetes, high cholesterol and much more

HOW IS DATA COLLECTED?

- Step 1: Complete a brief online questionnaire about the people living in your home to see if anyone is eligible to participate. This can also be done over the telephone or in person with our interviewer.
- Step 2: Home-based interviews with NHANES health representative by phone at a convenient time
- Step 3: Health exams in the mobile examination center. Your health exam is specific to you – based on your age and gender.

WHAT ARE THE BENEFITS OF PARTICIPATING?

- Participants will receive a **FREE** report of their health findings
- Tests are done **FREE** to participants.
- NHANES will **reimburse** participants for transportation and child/elder care.
- Participants **receive a token of appreciation** as a gift card for their time.

WHO IN MIDDLESEX COUNTY WILL BE PARTICIPATING IN NHANES?

- Communities throughout Middlesex County will have residents taking part in the survey.
- Individual eligibility is decided by a set of questions administered by the NHANES during screening via online, phone, or in person questionnaire.
- **Participation in the NHANES is by invitation only – but if you are invited, PLEASE PARTICIPATE!**

WHO DO I CALL WITH QUESTIONS?

For more information: WWW.CDC.GOV/NHANES OR CALL: 1-855-958-0631



Centers for Disease
Control and Prevention
National Center for
Health Statistics

