



Press Release

IMMEDIATE RELEASE

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NATIONAL HEALTH SURVEY UNDERWAY IN CATAWBA COUNTY

The National Health and Nutrition Examination Survey (NHANES), the most comprehensive survey of the health and nutritional status of the U.S. population is coming to Catawba County, NC beginning on October 17, 2014.

Each year, 5,000 lucky residents across the nation have the chance to participate in the latest National Health and Nutrition Examination Survey, conducted by the National Center for Health Statistics (NCHS), part of the Centers for Disease Control and Prevention (CDC).

Why Should **Every Eligible** Resident Participate in NHANES?

- Your participation can help develop and evolve national health programs and policies.
- ***If you are selected, You*** will help make a difference in our nation's health!
- If you agree to participate will receive compensation for their time and travel expenses of up to \$125.
- You will also receive a free and confidential health and nutrition evaluation.

“NHANES serves as the nation’s ‘health check-up,’ going into communities to collect health information throughout the country,” said CDC Director Thomas Frieden. “The survey is a unique resource for health information, and without it we would lack important knowledge about major health conditions.”

“We encourage residents who are contacted by NHANES to keep in mind the value of this survey,” said Doug Urand, director, Catawba County Public Health. “Being part of NHANES not only helps our community contribute to an understanding of our nation’s health status, but also provides participants with valuable information about their own health.”

For the past 50 years, NHANES has had a prominent role in improving the health of all people living in the U.S. Public health officials, legislators, and physicians use the information gathered in NHANES to develop sound health policies, direct and design health programs and services, and expand the health knowledge for the nation. NHANES findings provide critical health-related information on a number of issues such as obesity, diabetes and cardiovascular disease. In addition, NHANES data are used to produce national references and are used to create standardized growth charts for pediatricians across the country.

Everyone in the U.S., from babies yet to be born to the elderly, has benefited from the information gathered by NHANES. The comprehensive data collected by NHANES has a far reaching and significant impact on everything from the quality of the air we breathe, to the vaccinations you get from your doctor, to the emergence of low-fat and “light” foods on the shelves of your grocery store. Now, an NHANES team of health professionals, nutritionists and health technicians is heading toward Catawba county and wants everyone who is lucky enough to be selected for the survey to agree to participate.



Residents will **have an invitation-only opportunity** to participate in NHANES.

Individuals have been selected at random (in a process similar to taking names out of a hat) for NHANES, and include all ages, races, and ethnicities in order to represent the U.S. population as a whole. Respondents first participate in a health interview conducted in the respondent's home followed by a health examination that takes place in one of three mobile examination centers.

While no medical care is provided directly in the mobile examination center, a report on physical findings is given to each participant along with an explanation from survey medical staff. All information collected in the survey is kept strictly confidential and privacy is protected by law.

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