



Health & Nutrition Examination Survey

nyc.gov/health/nychanes

The New York City Health and Nutrition Examination Survey

The New York City Health and Nutrition Survey (NYC HANES) is a community-based health survey being done by the New York City Department of Health and Mental Hygiene (Health Department). The survey includes an interview plus a brief physical exam. About 2,000 New Yorkers will be selected randomly (by chance) to participate in the survey. This group of people will be representative of New York City as a whole. The results will tell us how many New Yorkers have important health conditions such as diabetes, high blood pressure, high cholesterol, and depression. This information will help us better direct New York City's resources to the public health needs of City residents.

NYC HANES begins in June 2004 and will continue for approximately 4 months. We have selected a random group of adults from the five boroughs of New York City to be part of this survey.

We are asking participants to come to a nearby Health Department clinic for an interview and a brief physical exam. All participants will be paid \$100 for a completed exam, or \$50 for a partially completed exam. The brief physical exam focuses on a small number of health topics. Exact tests are described below. Trained Health Department staff members will use the most up-to-date testing methods and equipment. The exam will be followed by an interview.

If you take part in the survey, our team will give you the results from your tests, unless you say you do not want them. Some results can be provided immediately after you finish your exam; other results will be mailed to you later.

We will use the information collected in this survey to estimate the number of New Yorkers with certain health problems. The survey will also look at diet and other habits that affect health, such as smoking and exercise. All information from the survey will be used to help us learn more about the health of New York City residents and to initiate appropriate health programs and services.

The Brief Physical Examination

Our medical team will briefly examine you and take a small sample of blood and urine. No internal exam will be done. The physical exam will take about 15–20 minutes. We may ask you to prepare for the exam by not eating for a short time beforehand.

If a medical condition is found and you do not have a personal doctor, we can assist you in finding affordable health care services. (The survey exam is not a substitute for regular health care.)

Some of the health measures we will assess include:

Results with a star () are reported to you, unless you indicate that you do not want to receive them.*

- Medical exam
 - Blood pressure*
 - Height, weight, and arm and waist circumference*
- Laboratory tests on blood
 - Cholesterol level*
 - Diabetes measures (glucose, hemoglobin)*
 - Cotinine (a by-product of tobacco smoke)*
 - Hepatitis C virus infection*
 - Herpes Simplex Virus infection*
 - Mercury*
- Laboratory tests on urine
 - Exposure to pesticides and metals* (some participants)
- Private interview
 - Health status questions
 - Nutrition questions
 - Tobacco use
 - Reproductive health
 - Sexual experience
 - Mental health*
 - Drug and alcohol use



The Face-to-Face Interview

At the clinic, an interviewer will ask you questions about illnesses and diseases you may have had. We will ask you questions about the kinds of health care you get, the kinds of food you eat, and behaviors that may affect your health.

We will also ask for your Social Security Number (if you have one) to do research on the long-term health of New Yorkers. Like any other question in this survey, giving us your Social Security Number is voluntary. In the future, we may use the Social Security Number to obtain information from the National Death Index on survey participants who have since died. Connecting these pieces of information can help researchers better understand how and why people get sick.

You may choose not to answer any question(s). No penalties will come from refusing to answer, and you will still be paid for participating. The interview will take about an hour and a half.



Your Information Will Be Kept Confidential

The New York City Department of Health and Mental Hygiene will keep the information we collect for the New York City Health and Examination Survey (NYC HANES) confidential. We will keep all survey data safe and secure. The data and blood and urine samples we collect will be used for research and statistical reports and to help us better direct New York City's resources to the public health needs of New York City residents. [New York City Charter §556(d)(2)]

If you participate in NYC HANES, your information will be combined with the information of thousands of other people. Any information that we publish about the study will not identify you.

To help us further protect your privacy, we have obtained a Certificate of Confidentiality from the National Institutes of Health. [42 USC §241(d)] This Certificate does not mean that the federal government approves or disapproves of this research. With this Certificate, we cannot be forced to disclose information that may identify you (for example, by a court subpoena or Freedom of Information Law request). You should understand that a Certificate of Confidentiality does not prevent you from voluntarily releasing information about yourself or your participation in this study. Also, even with the Certificate of Confidentiality, you should know that we will disclose information to the appropriate health department on individuals participating in this study who test positive for hepatitis C virus or high lead, mercury, cadmium, or arsenic levels. Also, we will notify the appropriate parties if we have reason to believe that you are a danger to yourself or others. This Certificate does not prevent us from disclosing information that can identify you as a participant in this study to individuals authorized to audit this project.

Answers to Questions You May Have

Q: What do I gain by taking part in the survey?

- A:**
- Free health tests for important health conditions. The economic value of the tests is \$300, but the results may have far greater value to you.
 - Cash. Upon completion of the interview and examination, you will also receive a cash payment of \$100 in appreciation for your help. If you only complete part of the interview or exam, you will receive \$50.
 - Referrals to clinical preventive services that may be of use to you.
 - The opportunity to help New York City learn more about the health of its residents and improve health services.

Q: Do I have to take part in the survey?

- A:** No. You do not have to take part. Participating in the survey is your choice. During the interview, you may choose not to answer any question, and you may stop at any time.

Q: Why is it so important for me to be part of the survey? Why didn't you ask my neighbor?

- A:** We first selected your household and then selected you randomly (by chance) to make sure our sample represents all types of people living in New York City. Having you as part of our survey will help make our information complete. We cannot ask someone else to take your place.

Q: How do I know my answers and exam results will be kept confidential?

- A:** The Health Department will protect your privacy. We will keep all survey data safe and secure. Please read the left column for more information on confidentiality.

Q: Will you be asking any questions about my immigration status?

- A:** No. The interview does not include any questions about your immigration status. We want to know about the health of all people in New York City, regardless of immigration status.

Q: How will I receive the results of my exam?

- A:** If you choose to receive the results of your exam, we will give you some results at the clinic, such as your blood pressure. The rest of the results will be mailed to you. If any exam reveals something urgent about your health that requires immediate attention, we will let you know as soon as we receive the results. If your exam results are abnormal, suggesting a potential health problem, we will immediately send that information to your home address. Otherwise, we will mail the findings to you about 12–16 weeks after the exam. For confidentiality reasons, we give results *only* to the person examined.

Q: Are the tests I may be asked to take safe?

A: We will only do tests and measurements that are safe. As in any other exam like this, some procedures may cause slight discomfort, such as collecting a blood sample. Participants will have a small amount of blood (about 2 tablespoons) taken (from a vein in your arm) with a needle.

Q: Why are you NOT testing for HIV?

A: We will not be testing for HIV in this survey because New York State law requires extensive pre-test counseling, and the setting of our survey is not appropriate for this type of counseling. If you wish to be tested for HIV, however, we can provide you with information on where you can get free and confidential HIV testing. Please ask one of our survey staff for the information, or call 1-800-TALK-HIV or 311.

Q: What infectious diseases are you testing for?

A: We are only testing to see if you have been exposed to the herpes 2 virus and the hepatitis C virus.

Q: Why are you testing for herpes?

A: Herpes type 2 is a sexually transmitted disease that affects many people in New York City and around the country. We will test all participants to find out how many people have herpes type 2. It is an important test because most people infected with this virus have no symptoms at all. Herpes has no cure, but medications are available to relieve symptoms. If your test results show that you have a herpes type 2 infection, we will tell you how to seek treatment.

Q: Why are you testing for hepatitis C?

A: Hepatitis C (HCV) is a virus that may lead to acute or chronic liver disease. It is the most common blood-borne infection in the United States, but we do not know how many people in New York City have the infection. This survey will tell us the percent of New Yorkers who have been infected with the virus.

Some people carry HCV in their bloodstream but do not become sick. They can, however, remain contagious for years. For others, the disease may become chronic and cause symptoms. There are no special medicines or antibiotics that can be used to treat people with the acute form of hepatitis C. However, the U.S. Food and Drug Administration has approved a drug called recombinant alpha-interferon for treating people with chronic hepatitis C. And when individuals know their HCV status, they can take steps to make sure they don't infect others.

Q: The brochure says that only some people will be tested for exposure to metals and pesticides. Who will be tested for metals and pesticide exposure?

A: For this survey, we will only be testing women of childbearing age for exposure to metals. Additionally, we will be testing a randomly selected group of 400 people for pesticide exposure.

Q: This brochure says I will be asked questions about drug use and sexual experience in the interview at the health center. What does that mean?

A: At the clinic, all participants will be asked some personal questions in complete privacy. These questions are asked because

some behaviors relate to people's health. You will be alone in a room. The questions will be asked on a computer screen that only you will be able to see. You can respond simply by touching an answer on



the screen. All responses are confidential. You will be asked some questions about use of illegal drugs. You will also be asked if you have had sexual intercourse. If you have, you will be asked additional questions about your recent sexual practices.

Q: How do you assess mental health?

A: At the clinic, participants will be asked questions from a mental health questionnaire. From these answers, we will learn the percent of New Yorkers who are seriously depressed. Serious depression is an important public health problem. It is not the normal ups-and-downs that everyone experiences. Rather, it is an illness that affects mood, behavior, body, and mind. Depressive disorders interfere with individual and family functioning. Medications and psychological treatments, alone or together, can help 80 percent of those with depression. Yet, nearly 2 out of 3 depressed people in this country do not seek treatment and suffer needlessly.

Q: Will any of my survey data be linked to other facts about me?

A: Combining NYC HANES results with other facts about you can be useful. For instance, in the future, we may obtain data about deaths of survey participants from the National Death Index. This is why we ask for your Social Security Number. Providing your Social Security Number is voluntary and strict security measures will be taken to make sure that the information you provide us remains private.

Q: How would the survey data be used by researchers?

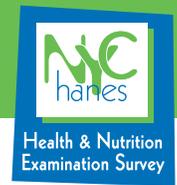
A: The information you tell us and your exam findings are an important resource for health research. Other agencies, universities, and public and private groups, may apply to use the data. No one using the data will ever be able to single you out or identify an individual who took part in the survey. Results of this survey may be reported in scientific journals, at major meetings, or through other news media.

Q: What if I have more questions?

A: Our survey staff can discuss other questions or concerns you may have or give you other printed material that can help. In addition, you can call Dr. Charon Gwynn, the director of this survey, at 1-212-442-8436. If you have questions about your rights as a person participating in this survey, or if you believe you have been injured in this study, you may call the Health Department Institutional Review Board at 1-212-788-4483.

We ask you to sign the form on the back page to show that you know the nature and purpose of taking part in NYC HANES. Please be sure you understand the facts we have given you and that all your questions have been answered.

Interview and Examination Consent Form



The New York City Health and Nutrition Examination Survey (NYC HANES) is a community-based health survey being done by the New York City Department of Health and Mental Hygiene (Health Department). The survey includes an interview plus a brief physical exam. About 2,000 New Yorkers will be selected randomly, and from this representative group, we will be able to determine how many New Yorkers have important health conditions such as diabetes, high blood pressure, high cholesterol, and depression. The information from this survey will help us better direct New York City's resources to the public health needs of City residents.

Our medical team will collect health data by examining you and doing lab testing. As in any other exam like this, some procedures may give slight discomfort (for example, collecting a blood sample). The exam will take about 15–20 minutes.

Our interviewer will then ask you questions about your health. Some questions are about your health care; others are about illnesses you may have. We will also ask you some questions about drug use and sexual experience through a computer screen. In addition, we will ask for your Social Security Number for health research purposes only. The interview will take about an hour and a half.

The survey exam is not a substitute for regular health care. However, if we discover urgent health conditions, we will notify you immediately and refer you for treatment if needed. You will receive a report on many exam results, if you choose. NYC HANES does not cover the cost of any health care you may decide to seek after the exam, but we can assist you in identifying health care if you are uninsured.

We may contact you in the future to see if you are interested in participating in further research.

The New York City Department of Health and Mental Hygiene will keep the information we collect for NYC HANES confidential. We will keep all survey data safe and secure. The data and blood and urine samples we collect will be used for research and statistical reports and to help us better direct New York City's resources to the public health needs of New York City residents. [New York City Charter §556(d)(2)]

If you participate in NYC HANES, your information will be combined with the information of thousands of other people. Any information that we publish about the study will not identify you.

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Whether you join in the survey is your choice. There is no penalty, and you will not lose any benefit, if you do not take part in the survey. If you choose to take part, you may refuse any part of the exam and are free to drop out at anytime. Also, during the interviews, you may choose not to answer any question.

To discuss any aspect of the survey, you can call Dr. Charon Gwynn, the director of this survey, at 1-212-442-8436. If you have questions about your rights as a person participating in this survey, or if you believe you have been injured in this study, you may call the Health Department Institutional Review Board at 1-212-788-4483.

I have read the brochure and the information above, which explain in detail the nature and purpose of NYC HANES. I freely choose to take part in the survey. I understand that data about me will be released only as described.

Signature of participant

Date

I do not want a written report of my exam results.

Signature of staff member

Date

Witness (if required)

Date

Print name of participant:

First

Middle

Last

SP ID

