

# Forsyth, Yadkin Counties Selected For Study

Forsyth and Yadkin Counties have been selected as sites in a nation-wide study of the health and nutritional status of persons living in the United States according to Dr. Manning Feinleib, Director for the National Center for Health Statistics. Beginning October 10 through December 17, 1990 residents of Forsyth and Yadkin Counties, randomly selected, will have the opportunity to undergo extensive physical examinations and respond to questions on health-related issues.

"The third National Health and Nutrition Examination Survey is an important source of information on the health of all Americans," Dr. Feinleib said. "The survey is the cornerstone of our efforts to evaluate the progress in promoting good health and preventing disease in this country."

NHANES III is designed to learn more about and prevent such diseases as heart disease, hypertension, and diabetes. The survey will gather

information on the dietary habits and nutritional status of Americans, and on their blood pressure, serum cholesterol, height, weight, and other physiological and body measurements. The extent of asthma, liver disease, arthritis and other major chronic conditions will also be measured.

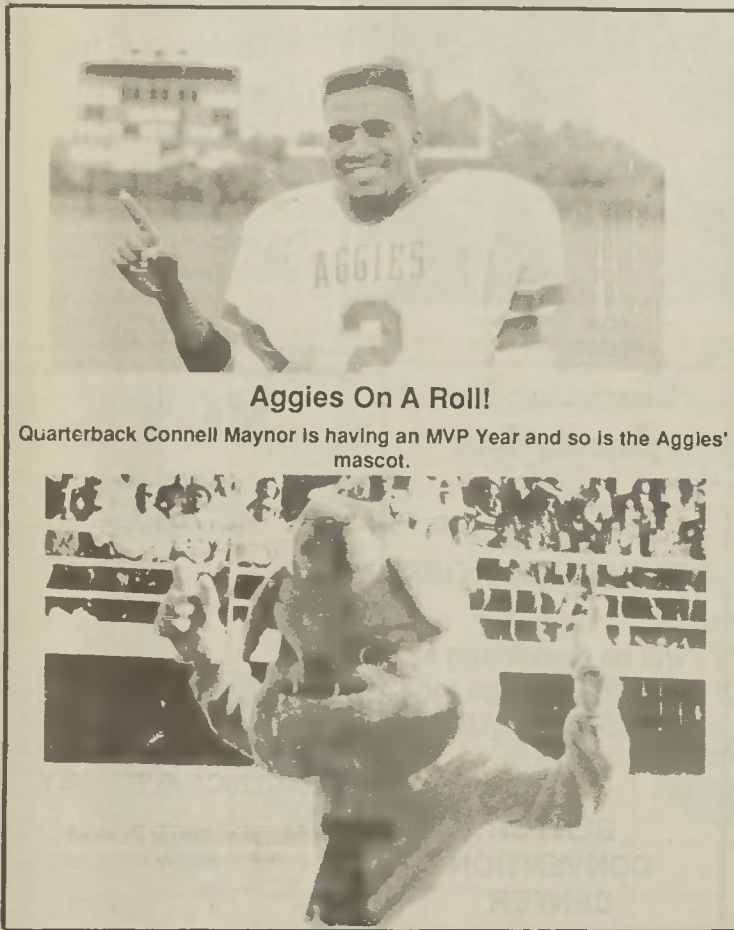
Health examination surveys have been conducted by the U.S. Public Health Service for the past 30 years. Earlier health examination survey findings have identified populations with high blood lead levels and iron deficiency anemia. The national standards for growth and development of children used by physicians as guides to early signs of health problems among children are based on survey results. Effective national health research, education and health promotion programs rely on information from this survey.

Before the survey ends in 1994, about 40,000 people living in 88 communities across the country

will have been asked to participate. In Forsyth and Yadkin Counties approximately 900 individuals are expected to take part in the survey, which includes an interview in the household about health and dietary habits and a standardized physical examination given in a specially designed mobile examination center.

The mobile examination center is staffed by a team of health personnel, including a physician, dentist, nutritionists, and health and laboratory technicians. Interviews calling on residents in Forsyth and Yadkin Counties will display official government identification. Participation in the survey is strictly voluntary and all information collected is confidential.

The National Health and Nutrition Examination Survey is being conducted by the National Center for Health Statistics. NCHS is the principal health statistics agency of the Federal Government and is part of the Centers for Disease Control, U.S. Public Health Service.



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