Early Release of Selected Estimates Based on Data From the January–March 2016 National Health Interview Survey

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About This Early Release

In this release, the National Center for Health Statistics (NCHS) updates estimates for 15 selected health measures based on data from the January–March 2016 National Health Interview Survey (NHIS) and presents estimates from 1997 through 2015 for comparison. The 15 Early Release measures are being published prior to final data editing and final weighting to provide access to the most recent information from NHIS. The estimates will be updated as each new quarter of NHIS data becomes available.

Two additional periodical reports are published through the Early Release Program. *Health Insurance Coverage: Early Release of Estimates From the National Health Interview Survey* (1) is published quarterly and provides additional estimates of health insurance coverage. *Wireless Substitution: Early Release of Estimates From the National Health Interview Survey* (2) is published twice a year and provides selected estimates of telephone coverage. Other Early Release reports and tabulations on special topics are released as needed. In addition to these reports, preliminary microdata files containing selected NHIS variables are produced as part of the Early Release Program. For each data collection year (January through December), these variables are made available in four files approximately 5 to 6 months following the completion of data collection for the quarter. NHIS data users can analyze these files through the NCHS Research Data Center without having to wait for the final annual NHIS microdata files to be released about June following the end of the data collection year.

The 15 measures included in the present report are lack of health insurance coverage and type of coverage, having a usual place to go for medical care, obtaining needed medical care, receipt of influenza vaccination, receipt of pneumococcal vaccination, obesity, leisure–time physical activity, current cigarette smoking, alcohol consumption, human immunodeficiency virus (HIV) testing, general health status, personal care needs, serious psychological distress, diagnosed diabetes, and asthma episodes and current asthma. Three of these measures (lack of health insurance coverage, leisure–time physical activity, and current cigarette smoking) are directly related to Healthy People 2020 (3) Leading Health Indicators.

For each selected health measure, a figure is presented showing the trend over time from 1997 through March 2016 for the total population, followed by figures and tables showing estimates by age group and sex, based on data from the January–March 2016 NHIS. Estimates (which may be adjusted by age, sex, or both, where appropriate) also are provided for three race and ethnicity groups—Hispanic; non-Hispanic white, single race; and non-Hispanic black, single race—using data from the January–March 2016 NHIS. Some measures may include additional tables or figures. Key findings are highlighted by bullets and data tables containing the values displayed in the figures, and additional age-adjusted estimates are included at the end of each section.

The NHIS questions used to define the selected health measures are provided in the Appendix. The Technical Notes at the end of the report provide details on data source, transition to weights based on the 2000 and 2010 U.S. censuses, implementation of a new sample design in 2016, estimation procedures, significance testing, adjustment for age and sex, race and ethnicity categories, health insurance, influenza vaccination, alcohol consumption, HIV testing, and serious psychological distress.

Estimates based on January–March 2016 data were calibrated to 2010 census–based population estimates for sex, age, and race and ethnicity of the U.S. civilian noninstitutionalized population. More information on weighting can be found in the Technical Notes.