

## Coding Manual for Physical Activity Curated Supplemental Dataset for Gen 2 Cohort

Note:

1. This curated supplemental dataset contains physical activity information for the Gen 2 (Offspring) cohort participants. The supplemental dataset includes data obtained from reference tables, write-in responses, and free-text inputs.
2. There are 4631 unique FHS participants within this dataset\*, with a total of 71 variables
3. Variables are generally grouped based on their origins (i.e., primary FHS dataset)
4. The format of the curated dataset is of wide format, with distinct variable names that allow users to tell the difference for repeated measurements of data of similar nature.
5. The corresponding Gen 2 core exams used in this dataset are as follow:

Gen 2 Exam Cycle	Suffix
5	_core5
9	_core9

6. For protocol descriptions and annotated forms of the primary datasets, refer to the respective documents of the individual source datasets.

\* Depending on the source of the datasets, consent restrictions may affect the overall N.

**framid****Variable name:** framid**Description:** Framingham ID assigned to each participant

Code or Value	Description	Count
80000 - 89999	Gen 2 Framingham ID	4631

**Note:** To preserve confidentiality, the exact range for the ID is not reflected in the coding manual.

**idtype****Variable name:** idtype**Description:** Framingham Heart Study cohort identifier

Code or Value	Description	Count
1	Gen 2	4631

**id****Variable name:** id**Description:** Framingham Heart Study participant identifier within a cohort

Code or Value	Description	Count
0 - 9999	Gen 2 Framingham ID type	4631

**Note:** To preserve confidentiality, the exact range for the ID is not reflected in the coding manual.

**act1yr1\_core5****Variable name:** act1yr1\_core5**Description:** Specific activity (1) done in past year reported at Exam 5

Code or Value	Description	Count
5 - 87	Activity code based on reference table*	3711

Code or Value	Description	Count
.	Unknown	920

\*The reference table is attached at the end of this coding manual.

#### act1yr2\_core5

**Variable name:** act1yr2\_core5

**Description:** Specific activity (2) done in past year reported at Exam 5

Code or Value	Description	Count
5 - 87	Activity code based on reference table*	3700
.	Unknown	931

\*The reference table is attached at the end of this coding manual.

#### act1yr3\_core5

**Variable name:** act1yr3\_core5

**Description:** Specific activity (3) done in the past year reported at Exam 5

Code or Value	Description	Count
5 - 87	Activity code based on reference table*	3684
.	Unknown	947

\*The reference table is attached at the end of this coding manual.

#### act1yr4\_core5

**Variable name:** act1yr4\_core5

**Description:** Specific activity (4) done in past year reported at Exam 5

Code or Value	Description	Count
5 - 87	Activity code based on reference table*	3649
.	Unknown	982

\*The reference table is attached at the end of this coding manual.

**act1yr5\_core5****Variable name:** act1yr5\_core5**Description:** Specific activity (5) done in past year reported at Exam 5

Code or Value	Description	Count
5 - 87	Activity code based on reference table*	3545
.	Unknown	1086

\*The reference table is attached at the end of this coding manual.

**act1yr6\_core5****Variable name:** act1yr6\_core5**Description:** Specific activity (6) done in past year reported at Exam 5

Code or Value	Description	Count
5 - 87	Activity code based on reference table*	3383
.	Unknown	1248

\*The reference table is attached at the end of this coding manual.

**act1yr7\_core5****Variable name:** act1yr7\_core5**Description:** Specific activity (7) done in past year reported at Exam 5

Code or Value	Description	Count
5 - 87	Activity code based on reference table*	3073
.	Unknown	1558

\*The reference table is attached at the end of this coding manual.

**act1yr8\_core5****Variable name:** act1yr8\_core5**Description:** Specific activity (8) done in past year reported at Exam 5

Code or Value	Description	Count
5 - 87	Activity code based on reference table*	2660
.	Unknown	1971

\*The reference table is attached at the end of this coding manual.

**act1yr9\_core5****Variable name:** act1yr9\_core5**Description:** Specific activity (9) done in past year reported at Exam 5

Code or Value	Description	Count
5 - 87	Activity code based on reference table*	2200
.	Unknown	2431

\*The reference table is attached at the end of this coding manual.

**act1yr10\_core5****Variable name:** act1yr10\_core5**Description:** Specific activity (10) done in past year reported at Exam 5

Code or Value	Description	Count
5 - 87	Activity code based on reference table*	1777
.	Unknown	2854

\*The reference table is attached at the end of this coding manual.

**act1yr11\_core5****Variable name:** act1yr11\_core5**Description:** Specific activity (11) done in past year reported at Exam 5

Code or Value	Description	Count
5 - 87	Activity code based on reference table*	1368
.	Unknown	3263

\*The reference table is attached at the end of this coding manual.

**act1yr12\_core5****Variable name:** act1yr12\_core5**Description:** Specific activity (12) done in past year reported at Exam 5

Code or Value	Description	Count
5 - 87	Activity code based on reference table*	1009
.	Unknown	3622

\*The reference table is attached at the end of this coding manual.

**act1yr13\_core5****Variable name:** act1yr13\_core5**Description:** Specific activity (13) done in past year reported at Exam 5

Code or Value	Description	Count
5 - 87	Activity code based on reference table*	708
.	Unknown	3923

\*The reference table is attached at the end of this coding manual.

**act1yr14\_core5****Variable name:** act1yr14\_core5

**Description:** Specific activity (14) done in past year reported at Exam 5

Code or Value	Description	Count
5 - 87	Activity code based on reference table*	498
.	Unknown	4133

\*The reference table is attached at the end of this coding manual.

#### act1yr15\_core5

**Variable name:** act1yr15\_core5

**Description:** Specific activity (15) done in past year reported at Exam 5

Code or Value	Description	Count
5 - 87	Activity code based on reference table*	319
.	Unknown	4312

\*The reference table is attached at the end of this coding manual.

#### act1yr16\_core5

**Variable name:** act1yr16\_core5

**Description:** Specific activity (16) done in past year reported at Exam 5

Code or Value	Description	Count
5 - 87	Activity code based on reference table*	202
.	Unknown	4429

\*The reference table is attached at the end of this coding manual.

#### act1yr17\_core5

**Variable name:** act1yr17\_core5

**Description:** Specific activity (17) done in past year reported at Exam 5

Code or Value	Description	Count
5 - 87	Activity code based on reference table*	115
.	Unknown	4516

\*The reference table is attached at the end of this coding manual.

#### actnumwk1\_core5

**Variable name:** actnumwk1\_core5

**Description:** Weeks per year spent on specific activity (1) reported at Exam 5

Code or Value	Description	Count
1 - 52	Number of weeks per year	3706
.	Unknown	925

#### actnumwk2\_core5

**Variable name:** actnumwk2\_core5

**Description:** Weeks per year spent on specific activity (2) reported at Exam 5

Code or Value	Description	Count
1 - 52	Number of weeks per year	3684
.	Unknown	947

#### actnumwk3\_core5

**Variable name:** actnumwk3\_core5

**Description:** Weeks per year spent on specific activity (3) reported at Exam 5

Code or Value	Description	Count
1 - 52	Number of weeks per year	3675
.	Unknown	956



**actnumwk4\_core5****Variable name:** actnumwk4\_core5**Description:** Weeks per year spent on specific activity (4) reported at Exam 5

Code or Value	Description	Count
1 - 52	Number of weeks per year	3636
.	Unknown	995

**actnumwk5\_core5****Variable name:** actnumwk5\_core5**Description:** Weeks per year spent on specific activity (5) reported at Exam 5

Code or Value	Description	Count
1 - 52	Number of weeks per year	3539
.	Unknown	1092

**actnumwk6\_core5****Variable name:** actnumwk6\_core5**Description:** Weeks per year spent on specific activity (6) reported at Exam 5

Code or Value	Description	Count
1 - 52	Number of weeks per year	3373
.	Unknown	1258

**actnumwk7\_core5****Variable name:** actnumwk7\_core5**Description:** Weeks per year spent on specific activity (7) reported at Exam 5

Code or Value	Description	Count
1 - 52	Number of weeks per year	3070
.	Unknown	1561

**actnumwk8\_core5****Variable name:** actnumwk8\_core5**Description:** Weeks per year spent on specific activity (8) reported at Exam 5

Code or Value	Description	Count
1 - 52	Number of weeks per year	2664
.	Unknown	1967

**actnumwk9\_core5****Variable name:** actnumwk9\_core5**Description:** Weeks per year spent on specific activity (9) reported at Exam 5

Code or Value	Description	Count
1 - 52	Number of weeks per year	2202
.	Unknown	2429

**actnumwk10\_core5****Variable name:** actnumwk10\_core5**Description:** Weeks per year spent on specific activity (10) reported at Exam 5

Code or Value	Description	Count
1 - 52	Number of weeks per year	1775
.	Unknown	2856

**actnumwk11\_core5****Variable name:** actnumwk11\_core5**Description:** Weeks per year spent on specific activity (11) reported at Exam 5

Code or Value	Description	Count
1 - 52	Number of weeks per year	1367
.	Unknown	3264

**actnumwk12\_core5****Variable name:** actnumwk12\_core5**Description:** Weeks per year for specific activity (12) reported at Exam 5

Code or Value	Description	Count
1 - 52	Number of weeks per year	1012
.	Unknown	3619

**actnumwk13\_core5****Variable name:** actnumwk13\_core5**Description:** Weeks per year spent on specific activity (13) reported at Exam 5

Code or Value	Description	Count
1 - 52	Number of weeks per year	712
.	Unknown	3919

**actnumwk14\_core5****Variable name:** actnumwk14\_core5**Description:** Weeks per year spent specific activity (14) reported at Exam 5

Code or Value	Description	Count
1 - 52	Number of weeks per year	500
.	Unknown	4131

**actnumwk15\_core5****Variable name:** actnumwk15\_core5**Description:** Weeks per year spent on specific activity (15) reported at Exam 5

Code or Value	Description	Count
1 - 52	Number of weeks per year	322
.	Unknown	4309

**actnumwk16\_core5****Variable name:** actnumwk16\_core5**Description:** Weeks per year spent on specific activity (16) reported at Exam 5

Code or Value	Description	Count
1 - 52	Number of weeks per year	205
.	Unknown	4426

**actnumwk17\_core5****Variable name:** actnumwk17\_core5**Description:** Weeks per year spent on specific activity (17) reported at Exam 5

Code or Value	Description	Count
1 - 52	Number of weeks per year	117
.	Unknown	4514

**act1time1\_core5****Variable name:** act1time1\_core5**Description:** Total time spent on specific activity (1) in a typical week reported at Exam 5

Code or Value	Description	Count
60 - 252000	Number of seconds	3705
.	Unknown	926

**act1time2\_core5****Variable name:** act1time2\_core5**Description:** Total time spent on specific activity (2) in a typical week reported at Exam 5

Code or Value	Description	Count
60 - 201600	Number of seconds	3695
.	Unknown	936

**act1time3\_core5****Variable name:** act1time3\_core5**Description:** Total time spent on specific activity (3) in a typical week reported at Exam 5

Code or Value	Description	Count
60 - 288000	Number of seconds	3668
.	Unknown	963

**act1time4\_core5****Variable name:** act1time4\_core5**Description:** Total time spent on specific activity (4) in a typical week reported at Exam 5

Code or Value	Description	Count
60 - 216000	Number of seconds	3638
.	Unknown	993

**act1time5\_core5****Variable name:** act1time5\_core5**Description:** Total time spent on specific activity (5) in a typical week reported at Exam 5

Code or Value	Description	Count
60 - 252000	Number of seconds	3533
.	Unknown	1098

**act1time6\_core5****Variable name:** act1time6\_core5**Description:** Total time spent on specific activity (6) in a typical week reported at Exam 5

Code or Value	Description	Count
60 - 252000	Number of seconds	3375
.	Unknown	1256

**act1time7\_core5****Variable name:** act1time7\_core5**Description:** Total time spent on specific activity (7) in a typical week reported at Exam 5

Code or Value	Description	Count
60 - 180000	Number of seconds	3068
.	Unknown	1563

**act1time8\_core5****Variable name:** act1time8\_core5**Description:** Total time spent on specific activity (8) in a typical week reported at Exam 5

Code or Value	Description	Count
60 - 288000	Number of seconds	2655
.	Unknown	1976

**act1time9\_core5****Variable name:** act1time9\_core5**Description:** Total time spent on specific activity (9) in a typical week reported at Exam 5

Code or Value	Description	Count
180 - 252000	Number of seconds	2204
.	Unknown	2427

**act1time10\_core5****Variable name:** act1time10\_core5**Description:** Total time spent on specific activity (10) in a typical week reported at Exam 5

Code or Value	Description	Count
180 - 216000	Number of seconds	1776
.	Unknown	2855



**act1time11\_core5****Variable name:** act1time11\_core5**Description:** Total time spent on specific activity (11) in a typical week reported at Exam 5

Code or Value	Description	Count
60 - 216000	Number of seconds	1369
.	Unknown	3262

**act1time12\_core5****Variable name:** act1time12\_core5**Description:** Total time spent on specific activity (12) in a typical week reported at Exam 5

Code or Value	Description	Count
300 - 252000	Number of seconds	1011
.	Unknown	3620

**act1time13\_core5****Variable name:** act1time13\_core5**Description:** Total time spent on specific activity (13) in a typical week reported at Exam 5

Code or Value	Description	Count
600 - 151200	Number of seconds	714
.	Unknown	3917

**act1time14\_core5****Variable name:** act1time14\_core5**Description:** Total time spent on specific activity (14) in a typical week reported at Exam 5

Code or Value	Description	Count
120 - 201600	Number of seconds	500
.	Unknown	4131

**act1time15\_core5****Variable name:** act1time15\_core5**Description:** Total time spent on specific activity (15) in a typical week reported at Exam 5

Code or Value	Description	Count
900 - 180000	Number of seconds	322
.	Unknown	4309

**act1time16\_core5****Variable name:** act1time16\_core5**Description:** Total time spent on specific activity (16) in a typical week reported at Exam 5

Code or Value	Description	Count
600 - 90000	Number of seconds	203
.	Unknown	4428

**act1time17\_core5****Variable name:** act1time17\_core5**Description:** Total time spent on specific activity (17) in a typical week reported at Exam 5

Code or Value	Description	Count
600 - 144000	Number of seconds	118
.	Unknown	4513

**act7day1\_core5****Variable name:** act7day1\_core5**Description:** Specific activity (1) done in past seven days reported at Exam 5

Code or Value	Description	Count
5 - 87	Activity code based on reference table*	3712
.	Unknown	919

\*The reference table is attached at the end of this coding manual.

**act7day2\_core5****Variable name:** act7day2\_core5**Description:** Specific activity (2) done in past seven days reported at Exam 5

Code or Value	Description	Count
5 - 87	Activity code based on reference table*	3685
.	Unknown	946

\*The reference table is attached at the end of this coding manual.

**act7day3\_core5****Variable name:** act7day3\_core5**Description:** Specific activity (3) done in past seven days reported at Exam 5

Code or Value	Description	Count
5 - 87	Activity code based on reference table*	3621
.	Unknown	1010

\*The reference table is attached at the end of this coding manual.

**act7day4\_core5****Variable name:** act7day4\_core5**Description:** Specific activity (4) done in past seven days reported at Exam 5

Code or Value	Description	Count
5 - 87	Activity code based on reference table*	3413
.	Unknown	1218

\*The reference table is attached at the end of this coding manual.

**act7day5\_core5****Variable name:** act7day5\_core5**Description:** Specific activity (5) done in past seven days reported at Exam 5

Code or Value	Description	Count
5 - 87	Activity code based on reference table*	3037
.	Unknown	1594

\*The reference table is attached at the end of this coding manual.

**act7day6\_core5****Variable name:** act7day6\_core5**Description:** Specific activity (6) done in past seven days reported at Exam 5

Code or Value	Description	Count
5 - 87	Activity code based on reference table*	2319
.	Unknown	2312

\*The reference table is attached at the end of this coding manual.

**act7time1\_core5****Variable name:** act7time1\_core5**Description:** Total time spent on specific activity (1) reported at Exam 5

Code or Value	Description	Count
60 - 198000	Number of seconds	3717
.	Unknown	914

**act7time2\_core5****Variable name:** act7time2\_core5**Description:** Total time spent on specific activity (2) reported at Exam 5

Code or Value	Description	Count
60 - 252000	Number of seconds	3686
.	Unknown	945

**act7time3\_core5****Variable name:** act7time3\_core5**Description:** Total time spent on specific activity (3) reported at Exam 5

Code or Value	Description	Count
60 - 234000	Number of seconds	3616
.	Unknown	1015

**act7time4\_core5****Variable name:** act7time4\_core5**Description:** Total time spent on specific activity (4) reported at Exam 5

Code or Value	Description	Count
120 - 288000	Number of seconds	3413
.	Unknown	1218

**act7time5\_core5****Variable name:** act7time5\_core5**Description:** Total time spent on specific activity (5) reported at Exam 5

Code or Value	Description	Count
120 - 252000	Number of seconds	3041
.	Unknown	1590

**act7time6\_core5****Variable name:** act7time6\_core5**Description:** Total time spent on specific activity (6) reported at Exam 5

Code or Value	Description	Count
300 - 151200	Number of seconds	2312
.	Unknown	2319

**other\_core9****Variable name:** other\_core9**Description:** Other activity (write-in) for exercise during the past year reported at Exam 9

Code or Value	Description	Count
0	No	1947
1	Yes	394
.	Refused or Unknown	2290

**othername\_core9****Variable name:** othername\_core9**Description:** Name of other activity (write in activity) reported at Exam 9

Code or Value	Description	Count
Free text	Activity name	392
.	Unknown	4239

**othermon\_core9****Variable name:** othermon\_core9**Description:** Number of months per year spent doing other activity (write-in) for exercise reported at Exam 9

Code or Value	Description	Count
0 - 12	Number of months per year	2340
.	Unknown	2291

**otherfreq\_core9****Variable name:** otherfreq\_core9**Description:** Number of times other activity (write-in) done for exercise in a typical 2-week period reported at Exam 9

Code or Value	Description	Count
0 - 84	Number of times in a typical 2-week period	2341
.	Unknown	2290

**othertime\_core9****Variable name:** othertime\_core9**Description:** Total time spent doing other activity (write-in) for exercise in a typical 2-week period reported at Exam 9

Code or Value	Description	Count
0 - 43200	Number of seconds	2253
.	Unknown	2378



**Exam 5 Activity Reference Sheet\***

<b>Activity</b>	<b>Job</b>	<b>Home</b>	<b>Sport or Recreation</b>
<b>Very Hard</b>	<b>32</b> Carrying heavy loads such as bricks or lumber <b>33</b> Carrying moderate loads upstairs (16- 40lbs)	<b>34</b> Digging or tilling <b>35</b> Chopping or splitting wood <b>36</b> Gardening with heavy tools	<b>37</b> Jogging or stair walker <b>38</b> Basketball (in game) <b>39</b> Soccer (in game) <b>40</b> Backpacking uphill <b>41</b> Cycling(uphill or racing) <b>42</b> Tennis(singles) <b>43</b> Skiing(cross country) <b>44</b> Swimming laps (hard effort) <b>45</b> Aerobics <b>46</b> Circuit training (Nautilus or par-course)
<b>Hard</b>	<b>19</b> Construction work <b>20</b> Shoveling dirt, coal, etc. <b>21</b> Lifting moderate loads (5-16lbs) <b>22</b> Climbing ladder or stairs <b>31</b> Rowing	<b>23</b> Scrubbing floors <b>24</b> Mowing lawn with non-power mower	<b>25</b> Brisk walking uphill <b>26</b> Backpacking on level ground <b>27</b> Brisk cycling on level ground or exercise bike <b>28</b> Tennis (doubles) <b>29</b> Skilling downhill <b>30</b> Swimming laps (moderate effort )
<b>Moderate</b>	<b>5</b> Lifting or carrying light objects (up to 5 lbs.) <b>6</b> Painting outside of house	<b>7</b> Sweep, mop, vacuum <b>8</b> Clipping hedge <b>9</b> Raking, light gardening <b>10</b> Mowing (Power mower) <b>11</b> Cleaning windows <b>12</b> Pushing stroller or grocery cart	<b>13</b> Brisk walking <b>14</b> Shooting baskets <b>15</b> Throwing frisbee <b>16</b> Cycle leisurely <b>17</b> Swimming laps (easy effort) <b>18</b> Weightlifting

Light			<b>1</b> Leisurely walk or golf <b>2</b> Softball <b>3</b> Bowling <b>4</b> Playing musical instrument
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