

## Coding Manual for Physical Activity Curated Dataset for Omni 1 Cohort

Note:

1. This curated dataset contains physical activity information from Omni 1 cohort participants
2. There are 434 unique FHS participants within this dataset\*, with a total of 152 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 first FHS core exam for Omni 1 participants started around the same time as the 6<sup>th</sup> FHS core exam for Gen II participants. However, the protocol that was used for the first FHS core exam for Omni 1 participants was that of Gen II's 5<sup>th</sup> FHS core exam. Hence, the baseline information extracted from the FHS core exams for all Omni 1 participants will have a suffix of “\_core5”. The corresponding Omni 1 core exams used in this dataset is as follow:

Omni 1 core exam cycle	Suffix
2	_core7
3	_core8
4	_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. According to standard FHS practice, 1 Omni 1 participant is removed as they did not show up for the baseline FHS exam.

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

Code or Value	Description	Count
700000 - 709999	OMNI 1 Framingham ID	434

**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
7	OMNI 1	434

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

Code or Value	Description	Count
0 - 9999	ID	434

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

**sleep\_core7****Variable name:** sleep\_core7**Description:** Hours of sleep per day reported at Exam 2

Code or Value	Description	Count
4 - 12	Number of hours	389

Code or Value	Description	Count
.	Unknown/Missing	45

**sleep\_core8****Variable name:** sleep\_core8**Description:** Hours of sleep per day reported at Exam 3

Code or Value	Description	Count
4 - 11	Number of hours	293
.	Unknown/Missing	141

**sleep\_core9****Variable name:** sleep\_core9**Description:** Hours of sleep per day reported at Exam 4

Code or Value	Description	Count
3 - 16	Number of hours	292
.	Unknown/Missing	142

**seden\_core7****Variable name:** seden\_core7**Description:** Hours of sedentary activity per day reported at Exam 2

Code or Value	Description	Count
1 - 17	Number of hours	388
.	Unknown/Missing	46

**seden\_core8****Variable name:** seden\_core8**Description:** Hours of sedentary activity per day reported at Exam 3

Code or Value	Description	Count
1 - 18	Number of hours	292
.	Unknown/Missing	142

**seden\_core9****Variable name:** seden\_core9**Description:** Hours of sedentary activity per day reported at Exam 4

Code or Value	Description	Count
1 - 16	Number of hours	292
.	Unknown/Missing	142

**slightact\_core7****Variable name:** slightact\_core7**Description:** Hours of slight activity per day reported at Exam 2

Code or Value	Description	Count
0 - 15	Number of hours	387
.	Unknown/Missing	47

**slightact\_core8****Variable name:** slightact\_core8**Description:** Hours of slight activity per day reported at Exam 3

Code or Value	Description	Count
1 - 16	Number of hours	292
.	Unknown/Missing	142

**slightact\_core9****Variable name:** slightact\_core9**Description:** Hours of slight activity per day reported at Exam 4

Code or Value	Description	Count
1 - 15	Number of hours	292
.	Unknown/Missing	142

**modact\_core7****Variable name:** modact\_core7**Description:** Hours of moderate activity per day reported at Exam 2

Code or Value	Description	Count
0 - 12	Number of hours	385
.	Unknown/Missing	49

**modact\_core8****Variable name:** modact\_core8**Description:** Hours of moderate activity per day reported at Exam 3

Code or Value	Description	Count
0 - 12	Number of hours	292
.	Unknown/Missing	142

**modact\_core9****Variable name:** modact\_core9**Description:** Hours of moderate activity per day reported at Exam 4

Code or Value	Description	Count
0 - 10	Number of hours	292
.	Unknown/Missing	142

**heavyact\_core7****Variable name:** heavyact\_core7**Description:** Hours of heavy activity per day reported at Exam 2

Code or Value	Description	Count
0 - 9	Number of hours	382
.	Unknown/Missing	52

**heavyact\_core8****Variable name:** heavyact\_core8**Description:** Hours of heavy activity per day reported at Exam 3

Code or Value	Description	Count
0 - 8	Number of hours	292
.	Unknown/Missing	142

**heavyact\_core9****Variable name:** heavyact\_core9**Description:** Hours of heavy activity per day reported at Exam 4

Code or Value	Description	Count
0 - 8	Number of hours	291
.	Unknown/Missing	143

**pai\_core7****Variable name:** pai\_core7**Description:** Physical Activity Index (PAI) at Exam 2

The calculation of  $\text{pai\_core7} = 1 * \text{sleep\_core7} + 1.1 * \text{seden\_core7} + 1.5 * \text{slightact\_core7} + 2.4 * \text{modact\_core7} + 5 * \text{heavyact\_core7}$  (Tan et al., 2016)

- Sleeping (weighting factor [WF] = 1)
- Sedentary activity (WF = 1.1)
- Slight activity (WF = 1.5)
- Moderate activity (WF = 2.4)
- Heavy activities activity (WF = 5)

Code or Value	Description	Count
6.1 - 99.0	PAI value	381
.	Unknown/Missing	53

**pai\_core8****Variable name:** pai\_core8**Description:** Physical Activity Index (PAI) at Exam 3

The calculation of  $\text{pai\_core8} = 1 * \text{sleep\_core8} + 1.1 * \text{seden\_core8} + 1.5 * \text{slightact\_core8} + 2.4 * \text{modact\_core8} + 5 * \text{heavyact\_core8}$  (Tan et al., 2016)

- Sleeping (weighting factor [WF] = 1)
- Sedentary activity (WF = 1.1)
- Slight activity (WF = 1.5)
- Moderate activity (WF = 2.4)
- Heavy activities activity (WF = 5)

Code or Value	Description	Count
26.2 - 60.7	PAI value	292
.	Unknown/Missing	142

**pai\_core9****Variable name:** pai\_core9**Description:** Physical Activity Index (PAI) at Exam 4

The calculation of  $\text{pai\_core9} = 1 * \text{sleep\_core9} + 1.1 * \text{seden\_core9} + 1.5 * \text{slightact\_core9} + 2.4 * \text{modact\_core9} + 5 * \text{heavyact\_core9}$  (Tan et al., 2016)

- Sleeping (weighting factor [WF] = 1)
- Sedentary activity (WF = 1.1)
- Slight activity (WF = 1.5)
- Moderate activity (WF = 2.4)
- Heavy activities activity (WF = 5)

Code or Value	Description	Count
25.2 - 61.2	PAI value	291
.	Unknown/Missing	143



**aerobic\_core8****Variable name:** aerobic\_core8**Description:** Aerobics during the past year reported at Exam 3

Code or Value	Description	Count
0	No	258
1	Yes	33
.	Refused or Unknown	143

**aerobic\_core9****Variable name:** aerobic\_core9**Description:** Aerobics during the past year reported at Exam 4

Code or Value	Description	Count
0	No	257
1	Yes	39
.	Refused or Unknown	138

**aerobicmon\_core8****Variable name:** aerobicmon\_core8**Description:** Number of months per year spent doing aerobics for exercise reported at Exam 3

Code or Value	Description	Count
0 - 12	Number of months	290

Code or Value	Description	Count
.	Unknown	144

#### aerobicmon\_core9

**Variable name:** aerobicmon\_core9

**Description:** Number of months per year spent doing aerobics for exercise reported at Exam 4

Code or Value	Description	Count
0 - 12	Number of months	296
.	Unknown	138

#### aerobicfreq\_core8

**Variable name:** aerobicfreq\_core8

**Description:** Number of times doing aerobics for exercise in a typical 2-week period reported at Exam 3

Code or Value	Description	Count
0 - 14	Number of times	290
.	Unknown	144

#### aerobicfreq\_core9

**Variable name:** aerobicfreq\_core9

**Description:** Number of times doing aerobics for exercise in a typical 2-week period reported at Exam 4

Code or Value	Description	Count
0 - 14	Number of times	296
.	Unknown	138

**aerobictime\_core8****Variable name:** aerobictime\_core8**Description:** Total time spent doing aerobics for exercise in a typical 2-week period reported at Exam 3

Code or Value	Description	Count
0 - 5400	Number of seconds	290
.	Unknown	144

**aerobictime\_core9****Variable name:** aerobictime\_core9**Description:** Total time spent doing aerobics for exercise in a typical 2-week period reported at Exam 4

Code or Value	Description	Count
0 - 5400	Number of seconds	276
.	Unknown	158

**bike\_core8****Variable name:** bike\_core8**Description:** Biked during the past year reported at Exam 3

Code or Value	Description	Count
0	No	259
1	Yes	31
.	Refused or Unknown	144

**bike\_core9****Variable name:** bike\_core9**Description:** Biked during the past year reported at Exam 4

Code or Value	Description	Count
0	No	256
1	Yes	40
.	Refused or Unknown	138

**bikemon\_core8****Variable name:** bikemon\_core8**Description:** Number of months per year spent biking for exercise reported at Exam 3

Code or Value	Description	Count
0 - 12	Number of months	290
.	Unknown	144

**bikemon\_core9****Variable name:** bikemon\_core9**Description:** Number of months per year spent biking for exercise reported at Exam 4

Code or Value	Description	Count
0 - 12	Number of months	296
.	Unknown	138

**bikefreq\_core8****Variable name:** bikefreq\_core8**Description:** Number of times biked for exercise in a typical 2-week period reported at Exam 3

Code or Value	Description	Count
0 - 14	Number of times	290
.	Unknown	144

**bikefreq\_core9****Variable name:** bikefreq\_core9**Description:** Number of times biked for exercise in a typical 2-week period reported at Exam 4

Code or Value	Description	Count
0 - 14	Number of times	295
.	Unknown	139

**biketime\_core8****Variable name:** biketime\_core8**Description:** Total time spent biking for exercise in a typical 2-week period reported at Exam 3

Code or Value	Description	Count
0 - 7200	Number of seconds	290
.	Unknown	144

**biketime\_core9****Variable name:** biketime\_core9**Description:** Total time spent biking for exercise in a typical 2-week period reported at Exam 4

Code or Value	Description	Count
0 - 7200	Number of seconds	279
.	Unknown	155

**calisth\_core8****Variable name:** calisth\_core8**Description:** Calisthenics/general exercise during the past year reported at Exam 3

Code or Value	Description	Count
0	No	170
1	Yes	120
.	Refused or Unknown	144

**calisth\_core9****Variable name:** calisth\_core9

**Description:** Calisthenics/general exercise during the past year reported at Exam 4

Code or Value	Description	Count
0	No	201
1	Yes	95
.	Refused or Unknown	138

#### calisthmon\_core8

**Variable name:** calisthmon\_core8

**Description:** Number of months per year spent doing calisthenics/general exercise for exercise reported at Exam 3

Code or Value	Description	Count
0 - 12	Number of months	289
.	Unknown	145

#### calisthmon\_core9

**Variable name:** calisthmon\_core9

**Description:** Number of months per year spent doing calisthenics/general exercise for exercise reported at Exam 4

Code or Value	Description	Count
0 - 12	Number of months	295
.	Unknown	139

#### calisthfreq\_core8

**Variable name:** calisthfreq\_core8

**Description:** Number of times doing calisthenics/general exercise for exercise in a typical 2-week period reported at Exam 3

Code or Value	Description	Count
0 - 14	Number of times	290
.	Unknown	144

#### calisthfreq\_core9

**Variable name:** calisthfreq\_core9

**Description:** Number of times doing calisthenics/general exercise for exercise in a typical 2-week period reported at Exam 4

Code or Value	Description	Count
0 - 14	Number of times	296
.	Unknown	138

#### calisthtime\_core8

**Variable name:** calisthtime\_core8

**Description:** Total time spent doing calisthenics/general exercise for exercise in a typical 2-week period reported at Exam 3

Code or Value	Description	Count
0 - 7200	Number of seconds	288
.	Unknown	146

#### calisthtime\_core9



**Variable name:** calisthtime\_core9

**Description:** Total time spent doing calisthenics/general exercise for exercise in a typical 2-week period reported at Exam 4

Code or Value	Description	Count
0 - 7200	Number of seconds	244
.	Unknown	190

#### cycle\_core8

**Variable name:** cycle\_core8

**Description:** Used exercise bike, ski or stair machine during the past year reported at Exam 3

Code or Value	Description	Count
0	No	207
1	Yes	83
.	Refused or Unknown	144

#### cycle\_core9

**Variable name:** cycle\_core9

**Description:** Used exercise bike, ski or stair machine during the past year reported at Exam 4

Code or Value	Description	Count
0	No	170
1	Yes	126
.	Refused or Unknown	138

#### cyclemon\_core8

**Variable name:** cyclemon\_core8

**Description:** Number of months per year spent using exercise bike, ski or stair machine for exercise reported at Exam 3

Code or Value	Description	Count
0 - 12	Number of months	290
.	Unknown	144

#### cyclemon\_core9

**Variable name:** cyclemon\_core9

**Description:** Number of months per year spent using exercise bike, ski or stair machine for exercise reported at Exam 4

Code or Value	Description	Count
0 - 12	Number of months	296
.	Unknown	138

#### cyclefreq\_core8

**Variable name:** cyclefreq\_core8

**Description:** Number of times used exercise bike, ski, or stair machine for exercise in a typical 2-week period reported at Exam 3

Code or Value	Description	Count
0 - 14	Number of times	289
.	Unknown	145

#### cyclefreq\_core9

**Variable name:** cyclefreq\_core9

**Description:** Number of times used exercise bike, ski, or stair machine for exercise in a typical 2-week period reported at Exam 4

Code or Value	Description	Count
0 - 20	Number of times	296
.	Unknown	138

#### **cycletime\_core8**

**Variable name:** cycletime\_core8

**Description:** Total time spent using exercise bike, ski or stair machine for exercise in a typical 2-week period reported at Exam 3

Code or Value	Description	Count
0 - 7200	Number of seconds	286
.	Unknown	148

#### **cycletime\_core9**

**Variable name:** cycletime\_core9

**Description:** Total time spent using exercise bike, ski or stair machine for exercise in a typical 2-week period reported at Exam 4

Code or Value	Description	Count
0 - 6300	Number of seconds	221
.	Unknown	213

#### **dance\_core8**

**Variable name:** dance\_core8

**Description:** Danced during the past year reported at Exam 3

Code or Value	Description	Count
0	No	209
1	Yes	81
.	Refused or Unknown	144

#### dance\_core9

**Variable name:** dance\_core9

**Description:** Danced during the past year reported at Exam 4

Code or Value	Description	Count
0	No	224
1	Yes	72
.	Refused or Unknown	138

#### dancemon\_core8

**Variable name:** dancemon\_core8

**Description:** Number of months per year spent dancing for exercise reported at Exam 3

Code or Value	Description	Count
0 - 12	Number of months	290
.	Unknown	144

#### dancemon\_core9

**Variable name:** dancemon\_core9

**Description:** Number of months per year spent dancing for exercise reported at Exam 4

Code or Value	Description	Count
0 - 12	Number of months	296
.	Unknown	138

#### dancefreq\_core8

**Variable name:** dancefreq\_core8

**Description:** Number of times danced for exercise in a typical 2-week period reported at Exam 3

Code or Value	Description	Count
0 - 14	Number of times	288
.	Unknown	146

#### dancefreq\_core9

**Variable name:** dancefreq\_core9

**Description:** Number of times danced for exercise in a typical 2-week period reported at Exam 4

Code or Value	Description	Count
0 - 14	Number of times	296
.	Unknown	138

#### dancetime\_core8

**Variable name:** dancetime\_core8

**Description:** Total time spent dancing for exercise in a typical 2-week period reported at Exam 3

Code or Value	Description	Count
0 - 18000	Number of seconds	288
.	Unknown	146

**dancetime\_core9****Variable name:** dancetime\_core9**Description:** Total time spent dancing for exercise in a typical 2-week period reported at Exam 4

Code or Value	Description	Count
0 - 18000	Number of seconds	260
.	Unknown	174

**garden\_core8****Variable name:** garden\_core8**Description:** Gardened during the past year reported at Exam 3

Code or Value	Description	Count
0	No	182
1	Yes	107
.	Refused or Unknown	145

**garden\_core9****Variable name:** garden\_core9

**Description:** Gardened during the past year reported at Exam 4

Code or Value	Description	Count
0	No	181
1	Yes	114
.	Refused or Unknown	139

#### **gardenmon\_core8**

**Variable name:** gardenmon\_core8

**Description:** Number of months per year spent gardening for exercise reported as Exam 3

Code or Value	Description	Count
0 - 12	Number of months	288
.	Unknown	146

#### **gardenmon\_core9**

**Variable name:** gardenmon\_core9

**Description:** Number of months per year spent on gardening for exercise reported as Exam 4

Code or Value	Description	Count
0 - 12	Number of months	295
.	Unknown	139

#### **gardenfreq\_core8**

**Variable name:** gardenfreq\_core8

**Description:** Number of times gardening for exercise in a typical 2-week period reported at Exam 3

Code or Value	Description	Count
0 - 28	Number of times	288
.	Unknown	146

#### gardenfreq\_core9

**Variable name:** gardenfreq\_core9

**Description:** Number of times gardening for exercise in a typical 2-week period reported at Exam 4

Code or Value	Description	Count
0 - 15	Number of times	295
.	Unknown	139

#### gardentime\_core8

**Variable name:** gardentime\_core8

**Description:** Total time spent gardening for exercise in a typical 2-week period reported at Exam 3

Code or Value	Description	Count
0 - 28800	Number of seconds	287
.	Unknown	147

#### gardentime\_core9



**Variable name:** gardentime\_core9

**Description:** Total time spent gardening for exercise in a typical 2-week period reported at Exam 4

Code or Value	Description	Count
0 - 25200	Number of seconds	260
.	Unknown	174

#### golf\_core8

**Variable name:** golf\_core8

**Description:** Played golf during the past year reported at Exam 3

Code or Value	Description	Count
0	No	264
1	Yes	27
.	Refused or Unknown	143

#### golf\_core9

**Variable name:** golf\_core9

**Description:** Played golf during the past year reported at Exam 4

Code or Value	Description	Count
0	No	275
1	Yes	21
.	Refused or Unknown	138

**golfmon\_core8****Variable name:** golfmon\_core8**Description:** Number of months per year spent playing golf for exercise reported at Exam 3

Code or Value	Description	Count
0 - 12	Number of months	290
.	Unknown	144

**golfmon\_core9****Variable name:** golfmon\_core9**Description:** Number of months per year spent playing golf for exercise reported at Exam 4

Code or Value	Description	Count
0 - 12	Number of months	296
.	Unknown	138

**golffreq\_core8****Variable name:** golffreq\_core8**Description:** Number of times played golf for exercise in a typical 2-week period reported at Exam 3

Code or Value	Description	Count
0 - 10	Number of times	290
.	Unknown	144

**golffreq\_core9**

**Variable name:** golffreq\_core9

**Description:** Number of times played golf for exercise in a typical 2-week period reported at Exam 4

Code or Value	Description	Count
0 - 14	Number of times	296
.	Unknown	138

#### golftime\_core8

**Variable name:** golftime\_core8

**Description:** Total time spent playing golf for exercise in a typical 2-week period reported at Exam 3

Code or Value	Description	Count
0 - 19800	Number of seconds	290
.	Unknown	144

#### golftime\_core9

**Variable name:** golftime\_core9

**Description:** Total time spent playing golf for exercise in a typical 2-week period reported at Exam 4

Code or Value	Description	Count
0 - 21600	Number of seconds	294
.	Unknown	140

#### hike\_core8

**Variable name:** hike\_core8

**Description:** Hiked during the past year reported at Exam 3

Code or Value	Description	Count
0	No	249
1	Yes	39
.	Refused or Unknown	146

#### hike\_core9

**Variable name:** hike\_core9

**Description:** Hiked during the past year reported at Exam 4

Code or Value	Description	Count
0	No	251
1	Yes	44
.	Refused or Unknown	139

#### hikemon\_core8

**Variable name:** hikemon\_core8

**Description:** Number of months per year spent hiking for exercise reported at Exam 3

Code or Value	Description	Count
0 - 12	Number of months	288
.	Unknown	146

#### hikemon\_core9

**Variable name:** hikemon\_core9

**Description:** Number of months per year spent hiking for exercise reported at Exam 4

Code or Value	Description	Count
0 - 12	Number of months	295
.	Unknown	139

#### hikefreq\_core8

**Variable name:** hikefreq\_core8

**Description:** Number of times hiked for exercise in a typical 2-week period reported at Exam 3

Code or Value	Description	Count
0 - 24	Number of times	285
.	Unknown	149

#### hikefreq\_core9

**Variable name:** hikefreq\_core9

**Description:** Number of times hiked for exercise in a typical 2-week period reported at Exam 4

Code or Value	Description	Count
0 - 14	Number of times	295
.	Unknown	139

#### hiketime\_core8

**Variable name:** hiketime\_core8

**Description:** Total time spent hiking for exercise in a typical 2-week period reported at Exam 3

Code or Value	Description	Count
0 - 21600	Number of seconds	288
.	Unknown	146

**hiketime\_core9****Variable name:** hiketime\_core9**Description:** Total time spent hiking for exercise in a typical 2-week period reported at Exam 4

Code or Value	Description	Count
0 - 21600	Number of seconds	285
.	Unknown	149

**household\_core8****Variable name:** household\_core8**Description:** Moderate-to-strenuous household chores during the past year reported at Exam 3

Code or Value	Description	Count
0	No	95
1	Yes	192
.	Refused or Unknown	147

**household\_core9****Variable name:** household\_core9

**Description:** Moderate-to-strenuous household chores during the past year reported at Exam 4

Code or Value	Description	Count
0	No	71
1	Yes	224
.	Refused or Unknown	139

#### householdmon\_core8

**Variable name:** householdmon\_core8

**Description:** Number of months per year spent doing moderate-to-strenuous household chores for exercise reported at Exam 3

Code or Value	Description	Count
0 - 12	Number of months	287
.	Unknown	147

#### householdmon\_core9

**Variable name:** householdmon\_core9

**Description:** Number of months per year spent doing moderate-to-strenuous household chores (e.g., vacuuming, scrubbing floors, washing windows, carrying wood) for exercise reported at Exam 4

Code or Value	Description	Count
0 - 12	Number of months	295
.	Unknown	139

#### householdfreq\_core8

**Variable name:** householdfreq\_core8

**Description:** Number of times doing moderate-to-strenuous household chores for exercise in a typical 2-week period reported at Exam 3

Code or Value	Description	Count
0 - 14	Number of times	281
.	Unknown	153

#### householdfreq\_core9

**Variable name:** householdfreq\_core9

**Description:** Number of times doing moderate-to-strenuous household chores (e.g., vacuuming, scrubbing floors, washing windows, carrying wood) for exercise in a typical 2-week period reported at Exam 4

Code or Value	Description	Count
0 - 14	Number of times	294
.	Unknown	140

#### householdtime\_core8

**Variable name:** householdtime\_core8

**Description:** Total time spent doing moderate-to-strenuous household chores in a typical 2-week period for exercise reported at Exam 3

Code or Value	Description	Count
0 - 28800	Number of seconds	282
.	Unknown	152

#### householdtime\_core9



**Variable name:** householdtime\_core9

**Description:** Total time spent doing moderate-to-strenuous household chores (e.g., vacuuming, scrubbing floors, washing windows, carrying wood) for exercise in a typical 2-week period for exercise reported at Exam 4

Code or Value	Description	Count
0 - 28800	Number of seconds	202
.	Unknown	232

#### jog\_core8

**Variable name:** jog\_core8

**Description:** Jogged during the past year reported at Exam 3

Code or Value	Description	Count
0	No	254
1	Yes	36
.	Refused or Unknown	144

#### jog\_core9

**Variable name:** jog\_core9

**Description:** Jogged during the past year reported at Exam 4

Code or Value	Description	Count
0	No	272
1	Yes	24
.	Refused or Unknown	138

#### jogmon\_core8

**Variable name:** jogmon\_core8

**Description:** Number of months per year spent jogging for exercise reported at Exam 3

Code or Value	Description	Count
0 - 12	Number of months	290
.	Unknown	144

#### jogmon\_core9

**Variable name:** jogmon\_core9

**Description:** Number of months per year spent jogging for exercise reported at Exam 4

Code or Value	Description	Count
0 - 12	Number of months	296
.	Unknown	138

#### jogfreq\_core8

**Variable name:** jogfreq\_core8

**Description:** Number of times jogged for exercise in a typical 2-week period reported at Exam 3

Code or Value	Description	Count
0 - 14	Number of times	290
.	Unknown	144

#### jogfreq\_core9

**Variable name:** jogfreq\_core9

**Description:** Number of times jogged for exercise in a typical 2-week period reported at Exam 4

Code or Value	Description	Count
0 - 14	Number of times	296
.	Unknown	138

**jogtime\_core8****Variable name:** jogtime\_core8**Description:** Total time spent jogging for exercise in a typical 2-week period reported at Exam 3

Code or Value	Description	Count
0 - 144000	Number of seconds	289
.	Unknown	145

**jogtime\_core9****Variable name:** jogtime\_core9**Description:** Total time spent jogging for exercise in a typical 2-week period reported at Exam 4

Code or Value	Description	Count
0 - 9000	Number of seconds	289
.	Unknown	145

**lawn\_core8****Variable name:** lawn\_core8**Description:** Mowed the lawn during the past year reported at Exam 3

Code or Value	Description	Count
0	No	239
1	Yes	51
.	Refused or Unknown	144

**lawn\_core9****Variable name:** lawn\_core9**Description:** Did lawn work or yard care (e.g., mowing the lawn, leaf or snow removal) during the past year reported at Exam 4

Code or Value	Description	Count
0	No	176
1	Yes	120
.	Refused or Unknown	138

**lawnmon\_core8****Variable name:** lawnmon\_core8**Description:** Number of months per year spent mowing the lawn for exercise reported at Exam 3

Code or Value	Description	Count
0 - 12	Number of months	290
.	Unknown	144

**lawnmon\_core9**

**Variable name:** lawnmon\_core9

**Description:** Number of months per year spent did lawn work or yard care (e.g., mowing the lawn, leaf or snow removal) reported at Exam 4

Code or Value	Description	Count
0 - 12	Number of months	296
.	Unknown	138

#### **lawnfreq\_core8**

**Variable name:** lawnfreq\_core8

**Description:** Number of times mowing the lawn for exercise in a typical 2-week period reported at Exam 3

Code or Value	Description	Count
0 - 4	Number of times	289
.	Unknown	145

#### **lawnfreq\_core9**

**Variable name:** lawnfreq\_core9

**Description:** Number of times did lawn work or yard care (e.g., mowing the lawn, leaf or snow removal) for exercise in a typical 2-week period reported at Exam 4

Code or Value	Description	Count
0 - 14	Number of times	296
.	Unknown	138

#### **lawntime\_core8**

**Variable name:** lawntime\_core8

**Description:** Total time spent mowing the lawn for exercise in a typical 2-week period in seconds Exam 3

Code or Value	Description	Count
0 - 10800	Number of seconds	290
.	Unknown	144

#### lawntime\_core9

**Variable name:** lawntime\_core9

**Description:** Total time spent doing lawn work or yard care (e.g., mowing the lawn, leaf or snow removal) for exercise in a typical 2-week period reported at Exam 4

Code or Value	Description	Count
0 - 28800	Number of seconds	250
.	Unknown	184

#### lightrec\_core9

**Variable name:** lightrec\_core9

**Description:** Light sport or recreational activities (e.g., bowling, golf with a cart, shuffleboard, fishing, ping-pong) during the past year reported at Exam 4

Code or Value	Description	Count
0	No	250
1	Yes	46
.	Refused or Unknown	138

#### lightrecmon\_core9

**Variable name:** lightrecmon\_core9

**Description:** Number of months per year spent doing light sport or recreational activities (e.g., bowling, golf with a cart, shuffleboard, fishing, ping-pong) reported at Exam 4

Code or Value	Description	Count
0 - 12	Number of months	294
.	Unknown	140

#### lightrecfreq\_core9

**Variable name:** lightrecfreq\_core9

**Description:** Number of times doing light sport or recreational activities (e.g., bowling, golf with a cart, shuffleboard, fishing, ping-pong) in a typical 2-week period reported at Exam 4

Code or Value	Description	Count
0 - 10	Number of times	295
.	Unknown	139

#### lightrectime\_core9

**Variable name:** lightrectime\_core9

**Description:** Total time spent doing light sport or recreational activities (e.g., bowling, golf with a cart, shuffleboard, fishing, ping-pong) for exercise in a typical 2-week period reported at Exam 4

Code or Value	Description	Count
0 - 23400	Number of seconds	284
.	Unknown	150

#### sitfreq\_core9

**Variable name:** sitfreq\_core9

**Description:** Number of times reported participating in sitting activities, such as reading, watching TV, using the computer, or doing handcrafts, over the past 7 days reported at Exam 4

Code or Value	Description	Count
0	Never	0
1	Seldom/ 1-2 days	3
2	Sometimes/ 3-4 days	16
3	Often/ 5-7 days	274
.	Refused or don't know or unknown	141

**sithr\_core9**

**Variable name:** sithr\_core9

**Description:** Over the past 7 days, hours per day of participant engages in sitting activities reported at Exam 4

Code or Value	Description	Count
0	Less than 1 hour	3
1	1 hour but less than 2 hours	27
2	2-4 hours	99
3	More than 4 hours	165
.	Refused or don't know or unknown	140

**stairs\_core7**

**Variable name:** stairs\_core7

**Description:** Flights of stairs climbed per day reported at Exam 2

Code or Value	Description	Count
0 - 127	Number of flights of stairs	373
.	Unknown	61



### stairs\_core8

**Variable name:** stairs\_core8

**Description:** Flights of stairs climbed per day reported at Exam 3 (1 flight = 10 Steps)

Code or Value	Description	Count
0	No flights	43
1	1 - 2 flights	34
2	3 - 4 flights	62
3	5 - 6 flights	79
4	10 -14 flights	39
5	>15 flights	35
.	Unknown	142

### swim\_core8

**Variable name:** swim\_core8

**Description:** Swam during the past year reported at Exam 3

Code or Value	Description	Count
0	No	255

Code or Value	Description	Count
1	Yes	36
.	Refused or Unknown	143

**swim\_core9****Variable name:** swim\_core9**Description:** Swam during the past year reported at Exam 4

Code or Value	Description	Count
0	No	246
1	Yes	50
.	Refused or Unknown	138

**swimmon\_core8****Variable name:** swimmon\_core8**Description:** Number of months per year spent swimming for exercise reported at Exam 3

Code or Value	Description	Count
0 - 12	Number of months	290
.	Unknown	144

**swimmon\_core9**

**Variable name:** swimmon\_core9

**Description:** Number of months per year spent swimming for exercise reported at Exam 4

Code or Value	Description	Count
0 - 12	Number of months	296
.	Unknown	138

#### swimfreq\_core8

**Variable name:** swimfreq\_core8

**Description:** Number of times swimming for exercise in a typical 2-week period reported at Exam 3

Code or Value	Description	Count
0 - 14	Number of times	290
.	Unknown	144

#### swimfreq\_core9

**Variable name:** swimfreq\_core9

**Description:** Number of times swimming for exercise in a typical 2-week period reported at Exam 4

Code or Value	Description	Count
0 - 28	Number of times	296
.	Unknown	138

#### swimtime\_core8

**Variable name:** swimtime\_core8

**Description:** Total time spent swimming for exercise in a typical 2-week period reported at Exam 3

Code or Value	Description	Count
0 - 7200	Number of seconds	290
.	Unknown	144

#### swimtime\_core9

**Variable name:** swimtime\_core9

**Description:** Total time spent swimming for exercise in a typical 2-week period reported at Exam 4

Code or Value	Description	Count
0 - 7200	Number of seconds	271
.	Unknown	163

#### tennis\_core9

**Variable name:** tennis\_core9

**Description:** Played tennis during the past year reported at Exam 4

Code or Value	Description	Count
0	No	279
1	Yes	17
.	Refused or Unknown	138

**tennismon\_core9****Variable name:** tennismon\_core9**Description:** Number of months per year spent playing tennis for exercise reported at Exam 9

Code or Value	Description	Count
0 - 12	Number of months	296
.	Unknown	138

**tennisfreq\_core9****Variable name:** tennisfreq\_core9**Description:** Number of times played tennis for exercise in a typical 2-week period reported at Exam 4

Code or Value	Description	Count
0 - 8	Number of times	296
.	Unknown	138

**tennistime\_core9****Variable name:** tennistime\_core9**Description:** Total time spent playing tennis for exercise in a typical 2-week period reported at Exam 4

Code or Value	Description	Count
0 - 10800	Number of seconds	292
.	Unknown	142

**walk\_core8**

**Variable name:** walk\_core8

**Description:** Walked for exercise during the past year reported at Exam 3

Code or Value	Description	Count
0	No	52
1	Yes	238
.	Refused or Unknown	144

#### walk\_core9

**Variable name:** walk\_core9

**Description:** Walked for exercise during the past year reported at Exam 4

Code or Value	Description	Count
0	No	29
1	Yes	267
.	Refused or Unknown	138

#### walkblock\_core7

**Variable name:** walkblock\_core7

**Description:** City blocks walked per day reported at Exam 2

Code or Value	Description	Count
0 - 80	Number of city blocks walked	338
.	Unknown	96

**walkpace\_core8****Variable name:** walkpace\_core8**Description:** Normal outdoor walking pace reported at Exam 3

Code or Value	Description	Count
0	Unable to walk	1
1	Easy, casual, slow pace (less than 2 miles per hour)	60
2	Normal, average pace (2 to 2.9 miles per hour)	121
3	Brisk pace (3 to 3.9 miles per hour)	98
4	Very brisk pace (4 to 4.9 miles per hour)	12
.	Unknown	142

**walkmon\_core8****Variable name:** walkmon\_core8**Description:** Number of months per year spent walking for exercise reported at Exam 3

Code or Value	Description	Count
0 - 12	Number of months	290
.	Unknown	144

**walkmon\_core9****Variable name:** walkmon\_core9**Description:** Number of months per year spent walking for exercise reported at Exam 4

Code or Value	Description	Count
0 - 12	Number of months	296
.	Unknown	138

**walkfreq\_core8****Variable name:** walkfreq\_core8**Description:** Number of times walked for exercise in a typical 2-week period reported at Exam 3

Code or Value	Description	Count
0 -28	Number of times	290
.	Unknown	144

**walkfreq\_core9****Variable name:** walkfreq\_core9**Description:** Number of times walked for exercise in a typical 2-week period reported at Exam 4

Code or Value	Description	Count
0 - 42	Number of times	296
.	Unknown	138

**walktime\_core8**



**Variable name:** walktime\_core8

**Description:** Total time spent walking for exercise in a typical 2-week period reported at Exam 3

Code or Value	Description	Count
0 - 10800	Number of seconds	286
.	Unknown	148

#### walktime\_core9

**Variable name:** walktime\_core9

**Description:** Total time spent walking for exercise in a typical 2-week period reported at Exam 4

Code or Value	Description	Count
0 - 14400	Number of seconds	174
.	Unknown	260

#### weights\_core8

**Variable name:** weights\_core8

**Description:** Weight training (e.g., free weights, machines) during the past year reported at Exam 3

Code or Value	Description	Count
0	No	207
1	Yes	83
.	Refused or Unknown	144

**weights\_core9****Variable name:** weights\_core9**Description:** Exercises to increase muscle strength or endurance-weight training (e.g., free weights, machines) for exercise during the past year reported at Exam 4

Code or Value	Description	Count
0	No	204
1	Yes	91
.	Refused or Unknown	139

**weightsmon\_core8****Variable name:** weightsmon\_core8**Description:** Number of months per year spent doing weight training (e.g., free weights, machines) for exercise reported at Exam 3

Code or Value	Description	Count
0 - 12	Number of months	289
.	Unknown	145

**weightsmon\_core9****Variable name:** weightsmon\_core9**Description:** Number of months per year spent doing exercises to increase muscle strength or endurance-weight training (e.g., free weights, machines) for exercise reported at Exam 4

Code or Value	Description	Count
0 - 12	Number of months	295
.	Unknown	139

**weightsfreq\_core8****Variable name:** weightsfreq\_core8**Description:** Number of times doing weight training (e.g., free weights, machines) for exercise in a typical 2-week period reported at Exam 3

Code or Value	Description	Count
0 - 14	Number of times	287
.	Unknown	147

**weightsfreq\_core9****Variable name:** weightsfreq\_core9**Description:** Number of times doing exercises to increase muscle strength or endurance-weight training (e.g., free weights, machines) for exercise in a typical 2-week period reported at Exam 4

Code or Value	Description	Count
0 - 14	Number of times	295
.	Unknown	139

**weightstime\_core8****Variable name:** weightstime\_core8**Description:** Total time spent doing weight training (e.g., free weights, machines) for exercise in a typical 2-week period reported at Exam 3

Code or Value	Description	Count
0 - 5400	Number of seconds	288
.	Unknown	146

**weightstime\_core9****Variable name:** weightstime\_core9**Description:** Total time spent doing exercises to increase muscle strength or endurance-weight training (e.g., free weights, machines) in a typical 2-week period reported at Exam 4

Code or Value	Description	Count
0 - 5400	Number of seconds	242
.	Unknown	192

**other\_core9****Variable name:** other\_core9**Description:** Other activity (write-in) for exercise during the past year reported at Exam 4

Code or Value	Description	Count
0	No	253
1	Yes	39
.	Refused or Unknown	142

**othername\_core9****Variable name:** othername\_core9**Description:** Name of other activity (write in activity) for exercise reported at Exam 4

Code or Value	Description	Count
Free text	Activity name	39
.	Unknown	395

**othermon\_core9****Variable name:** othermon\_core9**Description:** Number of months per year spent doing other activity (write-in) for exercise reported at Exam 4

Code or Value	Description	Count
0 - 12	Number of months	292
.	Unknown	142

**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 4

Code or Value	Description	Count
0 - 10	Number of times	292
.	Unknown	142

**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 4

Code or Value	Description	Count
0 - 23400	Number of seconds	282
.	Unknown	152