

Coding Manual for Physical Activity Curated Dataset for Gen 1 Cohort

Note:

1. This curated dataset contains physical activity information from Gen 1 cohort participants
2. There are 3344 unique FHS participants within this dataset*, with a total of 25 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 1 core exams used in this dataset are as follow:

Gen 1 Exam Cycle	Suffix
12	_core12
19	_core19
20	_core20

6. For protocol descriptions and annotated forms of the primary datasets, refer to the respective documents of the individual source datasets.
7. The last living FHS Gen 1 participant passed away in 2023. While more variables from existing data will be introduced to this curated dataset in the future, newly acquired variables from recent data collection processes on other FHS cohorts will not be added.

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

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

Code or Value	Description	Count
1 - 6447	Gen 1 Framingham ID	3344

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

Code or Value	Description	Count
0	Gen 1	3344

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

Code or Value	Description	Count
1 - 6447	ID	3344

sleep_core12**Variable name:** sleep_core12**Description:** Hours of sleep per day reported at Exam 12

Code or Value	Description	Count
2 - 14	Number of hours	3233
.	Unknown/Missing	111

sleep_core19**Variable name:** sleep_core19**Description:** Hours of sleep per day reported at Exam 19

Code or Value	Description	Count
2 - 24	Number of hours	1481
.	Unknown/Missing	1863

sleep_core20**Variable name:** sleep_core20**Description:** Hours of sleep per day reported at Exam 20

Code or Value	Description	Count
1 - 22	Number of hours	1325
.	Unknown/Missing	2019

seden_core12**Variable name:** seden_core12**Description:** Hours of sedentary activity per day reported at Exam 12

Code or Value	Description	Count
0 - 18	Number of hours	3231
.	Unknown/Missing	113

seden_core19**Variable name:** seden_core19**Description:** Hours of sedentary activity per day reported at Exam 19

Code or Value	Description	Count
0 - 19	Number of hours	1451
.	Unknown/Missing	1893

seden_core20**Variable name:** seden_core20**Description:** Hours of sedentary activity per day reported at Exam 20

Code or Value	Description	Count
0 - 21	Number of hours	1294
.	Unknown/Missing	2050

slightact_core12**Variable name:** slightact_core12**Description:** Hours of slight activity per day reported at Exam 12

Code or Value	Description	Count
0 - 16	Number of hours	3231
.	Unknown/Missing	113

slightact_core19**Variable name:** slightact_core19**Description:** Hours of slight activity per day reported at Exam 19

Code or Value	Description	Count
0 - 14	Number of hours	1450
.	Unknown/Missing	1894

slightact_core20**Variable name:** slightact_core20**Description:** Hours of slight activity per reported at Exam 20

Code or Value	Description	Count
0 - 15	Number of hours	1306
.	Unknown/Missing	2038

modact_core12**Variable name:** modact_core12**Description:** Hours of moderate activity per day reported at Exam 12

Code or Value	Description	Count
0 - 14	Number of hours	3232
.	Unknown/Missing	112

modact_core19**Variable name:** modact_core19**Description:** Hours of moderate activity per day reported at Exam 19

Code or Value	Description	Count
0 - 10	Number of hours	1452
.	Unknown/Missing	1892

modact_core20**Variable name:** modact_core20**Description:** Hours of moderate activity per day reported at Exam 20

Code or Value	Description	Count
0 - 10	Number of hours	1306
.	Unknown/Missing	2038

heavyact_core12**Variable name:** heavyact_core12**Description:** Hours of heavy activity per day reported at Exam 12

Code or Value	Description	Count
0 - 10	Number of hours	3231
.	Unknown/Missing	113

heavyact_core19**Variable name:** heavyact_core19**Description:** Hours of heavy activity per day reported at Exam 19

Code or Value	Description	Count
0 - 8	Number of hours	1452
.	Unknown/Missing	1892

heavyact_core20**Variable name:** heavyact_core20**Description:** Hours of heavy activity per day reported at Exam 20

Code or Value	Description	Count
0 - 8	Number of hours	1308
.	Unknown/Missing	2036

pai_core12**Variable name:** pai_core12**Description:** Physical Activity Index (PAI) at Exam 12

The calculation of $\text{pai_core12} = 1 * \text{sleep_core12} + 1.1 * \text{seden_core12} + 1.5 * \text{slightact_core12} + 2.4 * \text{modact_core12} + 5 * \text{heavyact_core12}$ (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
25.1 – 70.2	PAI value	3229
.	Unknown/Missing	115

pai_core19**Variable name:** pai_core19**Description:** Physical Activity Index (PAI) at Exam 19

The calculation of $\text{pai_core19} = 1 * \text{sleep_core19} + 1.1 * \text{seden_core19} + 1.5 * \text{slightact_core19} + 2.4 * \text{modact_core19} + 5 * \text{heavyact_core19}$ (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
24 – 60.2	PAI value	1450
.	Unknown/Missing	1894

pai_core20**Variable name:** pai_core20**Description:** Physical Activity Index (PAI) at Exam 20

The calculation of $\text{pai_core20} = 1 * \text{sleep_core20} + 1.1 * \text{seden_core20} + 1.5 * \text{slightact_core20} + 2.4 * \text{modact_core20} + 5 * \text{heavyact_core20}$ (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
24.2 – 63.2	PAI value	1287
.	Unknown/Missing	2057

stairs_core19**Variable name:** stairs_core19**Description:** Flights of stairs climbed each day reported at Exam 19

Code or Value	Description	Count
0 - 36	Number of flights of stairs	1475
.	Unknown	1869

stairs_core20**Variable name:** stairs_core20**Description:** Flights of stairs climbed each day reported at Exam 20

Code or Value	Description	Count
0 - 30	Number of flights of stairs	1317
.	Unknown	2027

walkblock_core19**Variable name:** walkblock_core19**Description:** City blocks walked each day reported at Exam 19

Code or Value	Description	Count
0 - 120	Number of city blocks walked	1470
.	Unknown	1874

walkblock_core20

Variable name: walkblock_core20

Description: City blocks walked each day reported at Exam 20

Code or Value	Description	Count
0 - 12048	Number of city blocks walked	1301
.	Unknown	2043