Coding Manual for Physical Activity Curated Dataset for Gen 3 Cohort

Note:

1. This curated dataset contains physical activity information from Gen 3 cohort participants

2. There are 4095 unique FHS participants within this dataset[*], with a total of 91 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 3 core exams used in this dataset are as follow:

Gen 3 Exam Cycle	Suffix
1	_core1
2	_core2

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
30000 - 39999	Gen 3 Framingham ID	4095

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
3	Gen 3	4095

id

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

Code or Value	Description	Count
0 - 9999	ID	4095

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

sleep_core1

Variable name: sleep_core1
Description: Hours of sleep per day reported at Exam 1

Code or Value	Description	Count
3 - 13	Number of hours	4087
.	Unknown/Missing	8

sleep_core2

Variable name: sleep_core2
Description: Hours of sleep per day reported at Exam 2

Code or Value	Description	Count
2 - 15	Number of hours	3397
.	Unknown/Missing	698

seden_core1

Variable name: seden_core1
Description: Hours of sedentary activity per day reported at Exam 1

Code or Value	Description	Count
0 - 19	Number of hours	4068
.	Unknown/Missing	27

seden_core2

Variable name: seden_core2
Description: Hours of sedentary activity per day reported at Exam 2

Code or Value	Description	Count
1 - 19	Number of hours	3394
.	Unknown/Missing	701

slightact_core1

Variable name: slightact_core1
Description: Hours of slight activity per day reported at Exam 1

Code or Value	Description	Count
0 - 15	Number of hours	4068
.	Unknown/Missing	27

slightact_core2

Variable name: slightact_core2
Description: Hours of slight activity per day reported at Exam 2

Code or Value	Description	Count
0 - 17	Number of hours	3394
.	Unknown/Missing	701

modact_core1

Variable name: modact_core1
Description: Hours of moderate activity per day reported at Exam 1

Code or Value	Description	Count
0 - 17	Number of hours	4068
.	Unknown/Missing	27

modact_core2

Variable name: modact_core2
Description: Hours of moderate activity per day reported at Exam 2

Code or Value	Description	Count
0 - 15	Number of hours	3393
.	Unknown/Missing	702

heavyact_core1

Variable name: heavyact_core1
Description: Hours of heavy activity per day reported at Exam 1

Code or Value	Description	Count
0 - 17	Number of hours	4071
.	Unknown/Missing	24

heavyact_core2

Variable name: heavyact_core2
Description: Hours of heavy activity per day reported at Exam 2

Code or Value	Description	Count
0 - 16	Number of hours	3380
.	Unknown/Missing	715

pai_core1

Variable name: pai_core1
Description: Physical Activity Index (PAI) at Exam 1
The calculation of pai_core1= 1 * sleep_core1 + 1.1 * seden_core1 + 1.5 * slightact_core1 + 2.4 * modact_core1 + 5 * heavyact_core1 (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
25.4 - 94	PAI value	4067
.	Unknown/Missing	28

pai_core2

Variable name: pai_core2
Description: Physical Activity Index (PAI) at Exam 2
The calculation of pai_core2 = 1 * sleep_core2 + 1.1 * seden_core2 + 1.5 * slightact_core2 + 2.4 * modact_core2 + 5 * heavyact_core2 (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 - 88.4	PAI value	3379

Code or Value	Description	Count
.	Unknown/Missing	716

modex18_core2

Variable name: modex18_core2
Description: Moderate-to-vigorous exercise at least 3 times a week at 18 years of age reported at Exam 2

Code or Value	Description	Count
0	No	602
1	Yes	2701
.	Unknown or younger than stated age	792

modex35_core2

Variable name: modex35_core2
Description: Moderate-to-vigorous exercise at least 3 times a week at 35 years of age reported at Exam 2

Code or Value	Description	Count
0	No	776
1	Yes	2261
.	Unknown or younger than stated age	1058

modex50_core2

Variable name: modex50_core2

Description: Moderate-to-vigorous exercise at least 3 times a week at 50 years of age reported at Exam 2

Code or Value	Description	Count
0	No	517
1	Yes	784
.	Unknown or younger than stated age	2794

aerobic _core1

Variable name: aerobic_core1
Description: Average amount of time per week spent doing aerobic exercise (e.g., aerobic dance, ski or stair machine, etc.) during the past year reported at Exam 1

Code or Value	Description	Count
0	None	2295
1	1 - 4 minutes	75
2	5 - 19 minutes	163
3	20 - 59 minutes	282
4	1 hour	259
5	1 - 1.5 hours	244
6	2 - 3 hours	436
7	4 - 6 hours	235
8	7 - 10 hours	54
9	11+ hours	25
.	Unknown	27

bike_core1

Variable name: bike_core1
Description: Average amount of time per week spent bicycling (including stationary bike) during the past year reported at Exam 1

Code or Value	Description	Count
0	None	2673
1	1 - 4 minutes	120
2	5 - 19 minutes	226
3	20 - 59 minutes	321
4	1 hour	230
5	1 - 1.5 hours	149
6	2 - 3 hours	226
7	4 - 6 hours	96
8	7 - 10 hours	26
9	11+ hours	13
.	Unknown	15

jog_core1

Variable name: jog_core1
Description: Average amount of time per week spent jogging (slower than 10 minutes/mile) during the past year reported at Exam 1

Code or Value	Description	Count
0	None	3185
1	1 - 4 minutes	96
2	5 - 19 minutes	151
3	20 - 59 minutes	161
4	1 hour	154
5	1 - 1.5 hours	114
6	2 - 3 hours	145
7	4 - 6 hours	61
8	7 - 10 hours	7
9	11+ hours	3
.	Unknown	18

lowintense_core1

Variable name: lowintense_core1
Description: Average amount of time per week spent doing lower intensity exercise (e.g., yoga, stretching, toning) during the past year reported at Exam 1

Code or Value	Description	Count
0	None	2153
1	1 - 4 minutes	100
2	5 - 19 minutes	319
3	20 - 59 minutes	389
4	1 hour	366
5	1 - 1.5 hours	238
6	2 - 3 hours	341
7	4 - 6 hours	103
8	7 - 10 hours	39
9	11+ hours	23
.	Unknown	24

run_core1

Variable name: run_core1
Description: Average amount of time per week spent running (≤10 minutes/mile) during the past year reported at Exam 1

Code or Value	Description	Count
0	None	3273
1	1 - 4 minutes	72
2	5 - 19 minutes	100
3	20 - 59 minutes	123
4	1 hour	103
5	1 - 1.5 hours	106
6	2 - 3 hours	166
7	4 - 6 hours	99
8	7 - 10 hours	24
9	11+ hours	16
.	Unknown	13

stairs_core1

Variable name: stairs_core1
Description: Flights of stairs climbed each day reported at Exam 1 (1 flight = 10 stairs)

Code or Value	Description	Count
0	No flights	270
1	1 - 2 flights	535
2	3 - 4 flights	703
3	5 - 9 flights	1182
4	10 - 14 flights	822
5	>15 flights	564
.	Unknown	19

swim_core1

Variable name: swim_core1
Description: Average amount of time per week spent lap swimming during the past year reported at Exam 1

Code or Value	Description	Count
0	None	3474
1	1 - 4 minutes	84
2	5 - 19 minutes	163
3	20 - 59 minutes	113
4	1 hour	88
5	1 - 1.5 hours	46
6	2 - 3 hours	75
7	4 - 6 hours	26
8	7 - 10 hours	3
9	11+ hours	2
.	Unknown	21

tennis_core1

Variable name: tennis_core1
Description: Average amount of time per week spent playing tennis, squash, or racquetball during the past year reported at Exam 1

Code or Value	Description	Count
0	None	3665
1	1 - 4 minutes	35
2	5 - 19 minutes	63
3	20 - 59 minutes	80
4	1 hour	80
5	1 - 1.5 hours	37
6	2 - 3 hours	76
7	4 - 6 hours	29
8	7 - 10 hours	11
9	11+ hours	5
.	Unknown	14

vigex_core1

Variable name: vigex_core1
Description: Average amount of time per week spent doing vigorous exercise (e.g., lawn mowing) during the past year reported at Exam 1

Code or Value	Description	Count
0	None	1597
1	1 - 4 minutes	77
2	5 - 19 minutes	225
3	20 - 59 minutes	344
4	1 hour	445
5	1 - 1.5 hours	304
6	2 - 3 hours	616
7	4 - 6 hours	257
8	7 - 10 hours	120
9	11+ hours	96
.	Unknown	14

walk_core1

Variable name: walk_core1
Description: Average amount of time per week spent walking for exercise or walking to work during the past year reported at Exam 1

Code or Value	Description	Count
0	None	810
1	1 - 4 minutes	59
2	5 - 19 minutes	202
3	20 - 59 minutes	367
4	1 hour	364
5	1 - 1.5 hours	355
6	2 - 3 hours	815
7	4 - 6 hours	629
8	7 - 10 hours	341
9	11+ hours	144
.	Unknown	9

walkpace_core1

Variable name: walkpace_core1
Description: Normal walking pace outdoor reported at Exam 1

Code or Value	Description	Count
0	Unable to walk	3
1	Easy, casual, slow (e.g., less than 2 miles per hour)	292
2	Normal, average (e.g., 2 to 2.9 miles per hour)	1686
3	Brisk pace (e.g., 3 to 3.9 miles per hour)	1736
4	Very brisk pace (e.g., 4 to 4.9 miles per hour)	358
.	Unknown	20

weights_core1

Variable name: weights_core1
Description: Average amount of time per week spent doing weight training, including free weights or machines, during the past year reported at Exam 1

Code or Value	Description	Count
0	None	2447
1	1 - 4 minutes	63
2	5 - 19 minutes	171
3	20 - 59 minutes	272
4	1 hour	252
5	1 - 1.5 hours	237
6	2 - 3 hours	377
7	4 - 6 hours	199
8	7 - 10 hours	42
9	11+ hours	18
.	Unknown	17

bike _core2

Variable name: bike_core2
Description: Biked faster than 10 miles/hour, or exercised hard on an exercise bicycle or other machine, in the past 12 months reported at Exam 2

Code or Value	Description	Count
0	No	1718
1	Yes	1687
.	Unknown	690

bikemon_core2

Variable name: bikemon_core2
Description: Number of months spent biking faster than 10 miles/hour, or exercising hard on an exercise bicycle or other machine, in the past 12 months reported at Exam 2

Code or Value	Description	Count
0 - 12	Number of months per year	3404
.	Unknown	691

bikefreq_core2

Variable name: bikefreq_core2

Description: Number of times per month spent biking faster than 10 miles/hour, or exercising hard on an exercise bicycle or other machine, in the past 12 months reported at Exam 2

Code or Value	Description	Count
0 - 62	Number of times per month	3404
.	Unknown	691

biketime_core2

Variable name: biketime_core2
Description: Average amount of time spent biking faster than 10 miles/hour, or exercising hard on an exercise bicycle or other machine, in the past 12 months reported at Exam 2

Code or Value	Description	Count
0 - 39600	Number of seconds	3405
.	Unknown	690

bowl_core2

Variable name: bowl_core2
Description: Bowled or played golf in the past 12 months reported at Exam 2

Code or Value	Description	Count
0	No	2472
1	Yes	931
.	Unknown	692

bowlmon_core2

Variable name: bowlmon_core2

Description: Number of months spent bowling or playing golf in the past 12 months reported at Exam 2

Code or Value	Description	Count
0 - 12	Number of months per year	3399
.	Unknown	696

bowlfreq_core2

Variable name: bowlfreq_core2
Description: Number of times per month spent bowling or playing golf in the past 12 months reported at Exam 2

Code or Value	Description	Count
0 - 30	Number of times per month	3398
.	Unknown	697

bowltime_core2

Variable name: bowltime_core2
Description: Average amount of time spent bowling or playing golf on each time in the past 12 months reported at Exam 2

Code or Value	Description	Count
0 - 28800	Number of seconds	3398
.	Unknown	697

calisth_core2

Variable name: calisth_core2
Description: Did home exercise or calisthenics in the past 12 months reported at Exam 2

Code or Value	Description	Count
0	No	2383
1	Yes	1019
.	Unknown	693

calisthmon_core2

Variable name: calisthmon_core2
Description: Number of months spent doing home exercise or calisthenics in the past 12 months reported at Exam 2

Code or Value	Description	Count
0 - 12	Number of months per year	3402
.	Unknown	693

calisthfreq_core2

Variable name: bowlfreq_core2
Description: Number of times per month spent doing home exercise or calisthenics in the past 12 months reported at Exam 2

Code or Value	Description	Count
0 - 60	Number of times per month	3402
.	Unknown	693

calisthtime_core2

Variable name: calisthtime_core2

Description: Average amount of time spent doing home exercise or calisthenics in the past 12 months reported at Exam 2

Code or Value	Description	Count
0 - 28800	Number of seconds	3401
.	Unknown	694

homeact_core2

Variable name: homeact_core2
Description: Home activities, such as snow shoveling, moving heavy objects, or weight lifting (including weight training), in the past 12 months reported at Exam 2

Code or Value	Description	Count
0	No	831
1	Yes	2573
.	Unknown	691

homeactmon_core2

Variable name: homeactmon_core2
Description: Number of months spent doing home activities, such as snow shoveling, moving heavy objects, or weight lifting (including weight training), in the past 12 months reported at Exam 2

Code or Value	Description	Count
0 - 12	Number of months per year	3399
.	Unknown	696

homeactfreq_core2

Variable name: homeactfreq_core2
Description: Number of times per month spent doing home activities, such as snow shoveling, moving heavy objects, or weight lifting (including weight training), in the past 12 months reported at Exam 2

Code or Value	Description	Count
0 - 60	Number of times per month	3397
.	Unknown	698

homeacttime_core2

Variable name: homeacttime_core2
Description: Average amount of time spent doing home activities, such as snow shoveling, moving heavy objects, or weight lifting (including weight training), in the past 12 months reported at Exam 2

Code or Value	Description	Count
0 - 36000	Number of seconds	3397
.	Unknown	698

homemaintain_core2

Variable name: homemaintain_core2
Description: Home maintenance or gardening, including carpentry, painting, raking, mowing, etc., in the past 12 months reported at Exam 2

Code or Value	Description	Count
0	No	829
1	Yes	2573
.	Unknown	693

homemaintainmon_core2

Variable name: homemaintainmon_core2
Description: Number of months spent doing home maintenance or gardening, including carpentry, painting, raking, mowing, etc., in the past 12 months reported at Exam 2

Code or Value	Description	Count
0 - 12	Number of months per year	3397
.	Unknown	698

homemaintainfreq_core2

Variable name: homemaintainfreq_core2
Description: Number of times per month spent doing home maintenance or gardening, including carpentry, painting, raking, mowing, etc., in the past 12 months reported at Exam 2

Code or Value	Description	Count
0 - 50	Number of times per month	3393
.	Unknown	702

homemaintaintime_core2

Variable name: homemaintaintime_core2
Description: Average amount of time spent doing home maintenance or gardening, including carpentry, painting, raking, mowing, etc., in the past 12 months reported at Exam 2

Code or Value	Description	Count
0 - 54000	Number of seconds	3393
.	Unknown	702

jog_core2

Variable name: jog_core2

Description: Jogging or running in the past 12 months reported at Exam 2

Code or Value	Description	Count
0	No	2275
1	Yes	1130
.	Unknown	690

jogmon_core2

Variable name: jogmon_core2
Description: Number of months spent jogging or running in the past 12 months reported at Exam 2

Code or Value	Description	Count
0 - 12	Number of months per year	3403
.	Unknown	692

jogfreq_core2

Variable name: jogfreq_core2
Description: Number of times per month spent jogging or running in the past 12 months reported at Exam 2

Code or Value	Description	Count
0 - 80	Number of times per month	3403
.	Unknown	692

jogtime_core2

Variable name: jogtime_core2

Description: Average amount of time jogging or running in the past 12 months reported at Exam 2

Code or Value	Description	Count
0 - 1440	Number of seconds	3403
.	Unknown	692

nonstren_core2

Variable name: nonstren_core2
Description: Non-strenuous sports, such as softball, shooting baskets, volleyball, ping pong, or leisurely jogging, swimming or biking, in the past 12 months reported at Exam 2

Code or Value	Description	Count
0	No	1671
1	Yes	1730
.	Unknown	694

nonstrenmon_core2

Variable name: nonstrenmon_core2
Description: Number of months spent doing non-strenuous sports, such as softball, shooting baskets, volleyball, ping pong, or leisurely jogging, swimming or biking, in the past 12 months reported at Exam 2

Code or Value	Description	Count
0 - 12	Number of months per year	3401
.	Unknown	694

nonstrenfreq_core2

Variable name: nonstrenfreq_core2
Description: Number of times per month spent doing non-strenuous sports, such as softball, shooting baskets, volleyball, ping pong, or leisurely jogging, swimming or biking, in the past 12 months reported at Exam 2

Code or Value	Description	Count
0 - 92	Number of times per month	3400
.	Unknown	695

nonstrentime_core2

Variable name: nonstrentime_core2
Description: Average amount of time doing non-strenuous sports, such as softball, shooting baskets, volleyball, ping pong, or leisurely jogging, swimming or biking, in the past 12 months reported at Exam 2

Code or Value	Description	Count
0 - 28800	Number of seconds	3400
.	Unknown	695

strensport_core2

Variable name: strensport_core2
Description: Did strenuous sports, such as basketball, football, skating, skiing, etc., in the past 12 months reported at Exam 2

Code or Value	Description	Count
0	No	2470
1	Yes	933
.	Unknown	692

strensportmon_core2

Variable name: strensportmon_core2
Description: Number of months spent doing strenuous sports, such as basketball, football, skating, skiing, etc., in the past 12 months reported at Exam 2

Code or Value	Description	Count
0 - 12	Number of months per year	3397
.	Unknown	698

strensportfreq_core2

Variable name: strensportfreq_core2
Description: Number of times per month spent doing strenuous sports, such as basketball, football, skating, skiing, etc., in the past 12 months reported at Exam 2

Code or Value	Description	Count
0 - 30	Number of times per month	3396
.	Unknown	699

strensporttime_core2

Variable name: strensporttime_core2
Description: Average amount of time doing other strenuous sports, such as basketball, football, skating, skiing, etc., in the past 12 months reported at Exam 2

Code or Value	Description	Count
0 - 28800	Number of seconds	3394
.	Unknown	701

swim_core2

Variable name: swim_core2

Description: Swam in the past 12 months reported at Exam 2

Code or Value	Description	Count
0	No	2974
1	Yes	430
.	Unknown	691

swimmon_core2

Variable name: swimmon_core2
Description: Number of months spent swimming in the past 12 months reported at Exam 2

Code or Value	Description	Count
0 - 12	Number of months per year	3401
.	Unknown	694

swimfreq_core2

Variable name: swimfreq_core2
Description: Number of times per month spent swimming in the past 12 months reported at Exam 2

Code or Value	Description	Count
0 - 30	Number of times per month	3401
.	Unknown	694

swimtime_core2

Variable name: swimtime_core2
Description: Average amount of time swimming in the past 12 months reported at Exam 2

Code or Value	Description	Count
0 - 14400	Number of seconds	3402
.	Unknown	693

vigclass_core2

Variable name: vigclass_core2
Description: Vigorous exercise class or vigorous dancing in the past 12 months reported at Exam 2

Code or Value	Description	Count
0	No	2837
1	Yes	565
.	Unknown	693

vigclassmon_core2

Variable name: vigclassmon_core2
Description: Number of months spent doing vigorous exercise class or vigorous dancing in the past 12 months reported at Exam 2

Code or Value	Description	Count
0 - 12	Number of months per year	3402
.	Unknown	693

vigclassfreq_core2

Variable name: vigclassfreq_core2
Description: Number of times per month spent doing vigorous exercise class or vigorous dancing in the past 12 months reported at Exam 2

Code or Value	Description	Count
0 - 32	Number of times per month	3402
.	Unknown	693

vigclasstime_core2

Variable name: vigclasstime_core2
Description: Average amount of time doing vigorous exercise class or vigorous dancing in the past 12 months reported at Exam 2

Code or Value	Description	Count
0 - 21600	Number of seconds	3402
.	Unknown	693

vigjob_core2

Variable name: vigjob_core2
Description: Vigorous job activities, such as lifting, carrying, or digging, in the past 12 months reported at Exam 2

Code or Value	Description	Count
0	No	2415
1	Yes	988
.	Unknown	692

vigjobmon_core2

Variable name: vigjobmon_core2

Description: Number of months spent doing vigorous job activities, such as lifting, carrying, or digging, in the past 12 months reported at Exam 2

Code or Value	Description	Count
0 - 12	Number of months per year	3400
.	Unknown	695

vigjobfreq_core2

Variable name: vigjobfreq_core2

Description: Number of times per month spent doing vigorous job activities, such as lifting, carrying, or digging, in the past 12 months reported at Exam 2

Code or Value	Description	Count
0 - 90	Number of times per month	3401
.	Unknown	694

vigjobtime_core2

Variable name: vigjobtime_core2

Description: Average amount of time doing vigorous job activities, such as lifting, carrying, or digging, in the past 12 months reported at Exam 2

Code or Value	Description	Count
0 - 43200	Number of seconds	3399
.	Unknown	696

vigsport_core2

Variable name: vigsport_core2

Description: Vigorous racket sports in the past 12 months reported at Exam 2

Code or Value	Description	Count
0	No	3131
1	Yes	273
.	Unknown	691

vigsportmon_core2

Variable name: vigsportmon_core2
Description: Number of months spent doing vigorous racket sports in the past 12 months reported at Exam 2

Code or Value	Description	Count
0 - 12	Number of months per year	3399
.	Unknown	696

vigsportfreq_core2

Variable name: vigsportfreq_core2
Description: Number of times per month spent doing vigorous racket sports in the past 12 months reported at Exam 2

Code or Value	Description	Count
0 - 28	Number of times per month	3399
.	Unknown	696

vigsporttime_core2

Variable name: vigsporttime_core2

Description: Average amount of time doing vigorous racket sports in the past 12 months reported at Exam 2

Code or Value	Description	Count
0 - 10800	Number of seconds	3398
.	Unknown	697

walkwork_core2

Variable name: walkwork_core2
Description: Took walks, hiked, or walked to work in the past 12 months reported at Exam 2

Code or Value	Description	Count
0	No	726
1	Yes	2627
.	Unknown	693

walkworkmon_core2

Variable name: walkworkmon_core2
Description: Number of months spent taking walks, hiking, or walking to work in the past 12 months reported at Exam 2

Code or Value	Description	Count
0 - 12	Number of months per year	3397
.	Unknown	698

walkworkfreq_core2

Variable name: walkworkfreq_core2
Description: Number of times per month spent taking walks, or hiking, or walking to work in the past 12 months reported at Exam 2

Code or Value	Description	Count
0 - 93	Number of times per month	3392
.	Unknown	703

walkworktime_core2

Variable name: workwalktime_core2
Description: Average amount of time doing taking walks or hiking or walking to work in the past 12 months reported at Exam 2

Code or Value	Description	Count
0 - 34200	Number of seconds	3394
.	Unknown	701

weights_core2

Variable name: weights_core2
Description: Weight training, including free weights or machines, in the past 12 months reported at Exam 2

Code or Value	Description	Count
0	No	2235
1	Yes	1168
.	Unknown	692

weightsmon_core2

Variable name: weightsmon_core2
Description: Number of months spent doing weight training, including free weights or machines, in the past 12 months reported at Exam 2

Code or Value	Description	Count
0 - 12	Number of months per year	3401
.	Unknown	694

weightsfreq_core2

Variable name: weightsfreq_core2
Description: Number of times per month spent doing weight training, including free weights or machines, in the past 12 months reported at Exam 2

Code or Value	Description	Count
0 - 31	Number of times per month	3401
.	Unknown	694

weightstime_core2

Variable name: weightstime_core2
Description: Average amount of time doing weight training, including free weights or machines, in the past 12 months reported at Exam 2

Code or Value	Description	Count
0 - 9000	Number of seconds	3401
.	Unknown	694

compleisure_core2

Variable name: compleisure_core2
Description: Number of hours per day using a computer, or playing computer games or playing video games, in the past week reported at Exam 2

Code or Value	Description	Count
0	None or <1 hour	1597
1	1 hour	1121
2	2 hours	454
3	3 hours	129
4	4 hours	48
5	5 hours or more	51
.	Unknown	695

sitleisure_core2

Variable name: sitleisure_core2
Description: Number of hours per day sitting and watching TV or videos in the past week reported at Exam 2

Code or Value	Description	Count
0	None or <1 hour	479
1	1 hour	837
2	2 hours	1176
3	3 hours	489
4	4 hours	259
5	5 hours or more	160
.	Unknown	695

sitatwork_core2

Variable name: sitatwork_core2
Description: Sitting at work reported at Exam 2

Code or Value	Description	Count
0	Never (e.g., 0 hours)	232
1	Seldom	441
2	Sometimes	607
3	Often	1131
4	Always	580
.	Unknown or did not work	1140

standatwork_core2

Variable name: standatwork_core2
Description: Standing at work reported at Exam 2

Code or Value	Description	Count
0	Never (e.g., 0 hours)	71

Code or Value	Description	Count
1	Seldom	371
2	Sometimes	1055
3	Often	1016
4	Always	478
.	Unknown or did not work	1104

walkatwork_core2

Variable name: walkatwork_core2
Description: Walked at work reported at Exam 2

Code or Value	Description	Count
0	Never (e.g., 0 hours)	58
1	Seldom	334
2	Sometimes	1020
3	Often	1130
4	Always	449
.	Unknown or did not work	1104