Coding Manual for Physical Activity Curated Dataset for Gen 2 Cohort

Note:

1. This curated dataset contains physical activity information from Gen 2 cohort participants

2. There are 4631 unique FHS participants within this dataset[*], with a total of 184 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
2	_core2
4	_core4
5	_core5
6	_core6
7	_core7
8	_core8
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.

sleep_core2

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

Code or Value	Description	Count
2 - 13	Number of hours	3859

Code or Value	Description	Count
.	Unknown/Missing	772

sleep_core4

Variable name: sleep_core4
Description: Hours of sleep per day reported at Exam 4

Code or Value	Description	Count
2 - 13	Number of hours	3968
.	Unknown/Missing	663

sleep_core5

Variable name: sleep_core5
Description: Hours of sleep per day reported at Exam 5

Code or Value	Description	Count
2 - 14	Number of hours	3724
.	Unknown/Missing	907

sleep_core7

Variable name: sleep_core7
Description: Hours of sleep per day reported at Exam 7

Code or Value	Description	Count
2 - 16	Number of hours	3265
.	Unknown/Missing	1366

sleep_core8

Variable name: sleep_core8
Description: Hours of sleep per day reported at Exam 8

Code or Value	Description	Count
1 - 17	Number of hours	2966
.	Unknown/Missing	1665

sleep_core9

Variable name: sleep_core9
Description: Hours of sleep per day reported at Exam 9

Code or Value	Description	Count
2 - 18	Number of hours	2345
.	Unknown/Missing	2286

seden_core2

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

Code or Value	Description	Count
0 - 20	Number of hours	3859
.	Unknown/Missing	772

seden_core4

Variable name: seden_core4
Description: Hours of sedentary activity per day reported at Exam 4

Code or Value	Description	Count
0 - 20	Number of hours	3893

Code or Value	Description	Count
.	Unknown/Missing	738

seden_core5

Variable name: seden_core5
Description: Hours of sedentary activity per day reported at Exam 5

Code or Value	Description	Count
1 - 19	Number of hours	3683
.	Unknown/Missing	948

seden_core7

Variable name: seden_core7
Description: Hours of sedentary activity per day reported at Exam 7

Code or Value	Description	Count
0 - 18	Number of hours	3213
.	Unknown/Missing	1418

seden_core8

Variable name: seden_core8
Description: Hours of sedentary activity per day reported at Exam 8

Code or Value	Description	Count
1 - 23	Number of hours	2952
.	Unknown/Missing	1679

seden_core9

Variable name: seden_core9
Description: Hours of sedentary activity per day reported at Exam 9

Code or Value	Description	Count
0 - 19	Number of hours	2330
.	Unknown/Missing	2301

slightact_core2

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

Code or Value	Description	Count
0 - 18	Number of hours	3859
.	Unknown/Missing	772

slightact_core4

Variable name: slightact_core4
Description: Hours of slight activity per day reported at Exam 4

Code or Value	Description	Count
0 - 15	Number of hours	3893
.	Unknown/Missing	738

slightact_core5

Variable name: slightact_core5
Description: Hours of slight activity per day reported at Exam 5

Code or Value	Description	Count
0 - 16	Number of hours	3684
.	Unknown/Missing	947

slightact_core7

Variable name: slightact_core7
Description: Hours of slight activity per day reported at Exam 7

Code or Value	Description	Count
0 - 16	Number of hours	3207
.	Unknown/Missing	1424

slightact_core8

Variable name: slightact_core8
Description: Hours of slight activity per day reported at Exam 8

Code or Value	Description	Count
0 - 14	Number of hours	2954
.	Unknown/Missing	1677

slightact_core9

Variable name: slightact_core9
Description: Hours of slight activity per day reported at Exam 9

Code or Value	Description	Count
0 - 15	Number of hours	2324

Code or Value	Description	Count
.	Unknown/Missing	2307

modact_core2

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

Code or Value	Description	Count
0 - 14	Number of hours	3859
.	Unknown/Missing	772

modact_core4

Variable name: modact_core4
Description: Hours of moderate activity per day reported at Exam 4

Code or Value	Description	Count
0 - 14	Number of hours	3893
.	Unknown/Missing	738

modact_core5

Variable name: modact_core5
Description: Hours of moderate activity per day reported at Exam 5

Code or Value	Description	Count
0 - 13	Number of hours	3684
.	Unknown/Missing	947

modact_core7

Variable name: modact_core7
Description: Hours of moderate activity per day reported at Exam 7

Code or Value	Description	Count
0 - 14	Number of hours	3200
.	Unknown/Missing	1431

modact_core8

Variable name: modact_core8
Description: Hours of moderate activity per day reported at Exam 8

Code or Value	Description	Count
0 - 13	Number of hours	2956
.	Unknown/Missing	1675

modact_core9

Variable name: modact_core9
Description: Hours of moderate activity per day reported Exam 9

Code or Value	Description	Count
0 - 15	Number of hours	2318
.	Unknown/Missing	2313

heavyact_core2

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

Code or Value	Description	Count
0 - 9	Number of hours	3859

Code or Value	Description	Count
.	Unknown/Missing	772

heavyact_core4

Variable name: heavyact_core4
Description: Hours of heavy activity per day reported at Exam 4

Code or Value	Description	Count
0 - 12	Number of hours	3889
.	Unknown/Missing	742

heavyact_core5

Variable name: heavyact_core5
Description: Hours of heavy activity per day reported at Exam 5

Code or Value	Description	Count
0 - 14	Number of hours	3683
.	Unknown/Missing	948

heavyact_core7

Variable name: heavyact_core7
Description: Hours of heavy activity per day reported at Exam 7

Code or Value	Description	Count
0 - 12	Number of hours	3090
.	Unknown/Missing	1541

heavyact_core8

Variable name: heavyact_core8
Description: Hours of heavy activity per day reported at Exam 8

Code or Value	Description	Count
0 - 10	Number of hours	2957
.	Unknown/Missing	1674

heavyact_core9

Variable name: heavyact_core9
Description: Hours of heavy activity per day reported at Exam 9

Code or Value	Description	Count
0 - 11	Number of hours	2308
.	Unknown/Missing	2323

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
25.6 - 65.4	PAI value	3859
.	Unknown/Missing	772

pai_core4

Variable name: pai_core4
Description: Physical Activity Index (PAI) at Exam 4
The calculation of pai_core4 = 1 * sleep_core4 + 1.1 * seden_core4 + 1.5 * slightact_core4 + 2.4 * modact_core4 + 5 * heavyact_core4 (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
25.6 - 74.5	PAI value	3889
.	Unknown/Missing	742

pai_core5

Variable name: pai_core5
Description: Physical Activity Index (PAI) at Exam 5
The calculation of pai_core5 = 1 * sleep_core5 + 1.1 * seden_core5 + 1.5 * slightact_core5 + 2.4 * modact_core5 + 5 * heavyact_core5 (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
25.6 - 83.7	PAI value	3683
.	Unknown/Missing	948

pai_core7

Variable name: pai_core7
Description: Physical Activity Index (PAI) at Exam 7
The calculation of pai_core7 = 1 * sleep_core7 + 1.1 * seden_core7 + 1.5 * slightact_core7 + 2.4 * modact_core7 + 5 * 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
25.2 - 73.8	PAI value	3077
.	Unknown	1554

pai_core8

Variable name: pai_core8
Description: Physical Activity Index (PAI) at Exam 8
The calculation of pai_core8 = 1 * sleep_core8 + 1.1 * seden_core8 + 1.5 * slightact_core8 + 2.4 * modact_core8 + 5 * 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
24.8 - 70.9	PAI value	2948
.	Unknown/Missing	1683

pai_core9

Variable name: pai_core9
Description: Physical Activity Index (PAI) at Exam 9
The calculation of pai_core9 = 1 * sleep_core9 + 1.1 * seden_core9 + 1.5 * slightact_core9 + 2.4 * modact_core9 + 5 * 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
25.1 - 69.1	PAI value	2306
.	Unknown/Missing	2325

actlevel_core5

Variable name: actlevel_core5
Description: Participants' activity level compared to the activity level of participants' age as reported at Exam 5

Code or Value	Description	Count
0	Less Active	622
1	Same	1621
2	More Active	1449
.	Unknown	939

actlevel_core6

Variable name: actlevel_core6
Description: Participants' activity level compared to the activity level of participants' age as reported at Exam 6

Code or Value	Description	Count
0	Less Active	579
1	Same	1449
2	More Active	1317
.	Unknown	1286

lastweekact_core5

Variable name: lastweekact_core5

Description: Activity level change compared to last week's usual activity level reported at Exam 5

Code or Value	Description	Count
0	Less Active	883
1	Same	2246
2	More Active	585
.	Unknown	917

lastweekact_core6

Variable name: lastweekact_core6
Description: Activity level change compared to last week's usual activity level reported at Exam 6

Code or Value	Description	Count
0	Less Active	718
1	Same	2245
2	More Active	427
.	Unknown	1241

intenseactweek_core5

Variable name: intenseactweek_core5
Description: Times per week engaged in intense physical activity (e.g., work up a sweat) reported at Exam 5

Code or Value	Description	Count
0 - 72	Number of times per week	3659
.	Unknown	972

intenseactweek_core6

Variable name: intenseactweek_core6
Description: Times per week engaged in intense physical activity (e.g., work up a sweat) reported at Exam 6

Code or Value	Description	Count
0 - 21	Number of times per week	3318
.	Unknown	1313

intenseactweek_core7

Variable name: intenseactweek_core7
Description: Times per week engaged in intense physical activity (e.g., work up a sweat) reported at Exam 7

Code or Value	Description	Count
0 - 35	Number of times per week	3192
.	Unknown	1439

aerobic _core8

Variable name: aerobic_core8
Description: Aerobics during the past year reported at Exam 8

Code or Value	Description	Count
0	No	2727
1	Yes	247
.	Refused or Unknown	1657

aerobic _core9

Variable name: aerobic_core9

Description: Aerobics during the past year reported at Exam 9

Code or Value	Description	Count
0	No	2207
1	Yes	169
.	Refused or Unknown	2255

aerobicmon_core8

Variable name: aerobicmon_core8
Description: Number of months per year spent doing aerobics for exercise reported at Exam 8

Code or Value	Description	Count
0 - 12	Number of months per year	2962
.	Unknown	1669

aerobicmon_core9

Variable name: aerobicmon_core9
Description: Number of months per year spent doing aerobics for exercise reported at Exam 9

Code or Value	Description	Count
0 - 12	Number of months per year	2375
.	Unknown	2256

aerobicfreq_core8

Variable name: aerobicfreq_core8
Description: Number of times doing aerobics for exercise in a typical 2-week period reported at Exam 8

Code or Value	Description	Count
0 - 14	Number of times in a typical 2-week period	2963
.	Unknown	1668

aerobicfreq_core9

Variable name: aerobicfreq_core9
Description: Number of times doing aerobics for exercise in a typical 2-week period reported at Exam 9

Code or Value	Description	Count
0 - 14	Number of times in a typical 2-week period	2375
.	Unknown	2256

aerobictime_core8

Variable name: aerobictime_core8
Description: Total time spent doing aerobics for exercise in a typical 2-week period reported at Exam 8

Code or Value	Description	Count
0 - 11700	Number of seconds	2930
.	Unknown	1701

aerobictime_core9

Variable name: aerobictime_core9
Description: Total time spent doing aerobics for exercise in a typical 2-week period reported at Exam 9

Code or Value	Description	Count
0 - 7200	Number of seconds	2284
.	Unknown	2347

bike_core8

Variable name: bike_core8
Description: Biked during the past year reported at Exam 8

Code or Value	Description	Count
0	No	2539
1	Yes	438
.	Refused or Unknown	1654

bike_core9

Variable name: bike_core9
Description: Biked during the past year reported at Exam 9

Code or Value	Description	Count
0	No	1997
1	Yes	378
.	Refused or Unknown	2256

bikemon_core8

Variable name: bikemon_core8
Description: Number of months per year spent biking for exercise reported at Exam 8

Code or Value	Description	Count
0 - 12	Number of months per year	2960

Code or Value	Description	Count
.	Unknown	1671

bikemon_core9

Variable name: bikemon_core9
Description: Number of months per year spent biking for exercise reported at Exam 9

Code or Value	Description	Count
0 - 12	Number of months per year	2374
.	Unknown	2257

bikefreq_core8

Variable name: bikefreq_core8
Description: Number of times biked for exercise in a typical 2-week period reported at Exam 8

Code or Value	Description	Count
0 - 28	Number of times in a typical 2-week period	2954
.	Unknown	1677

bikefreq_core9

Variable name: bikefreq_core9
Description: Number of times biked for exercise in a typical 2-week period reported at Exam 9

Code or Value	Description	Count
0 - 28	Number of times in a typical 2-week period	2374
.	Unknown	2257

biketime_core8

Variable name: biketime_core8
Description: Total time spent biking for exercise in a typical 2-week period reported at Exam 8

Code or Value	Description	Count
0 - 21600	Number of seconds	2905
.	Unknown	1726

biketime_core9

Variable name: biketime_core9
Description: Total time spent biking for exercise in a typical 2-week period reported at Exam 9

Code or Value	Description	Count
0 - 18000	Number of seconds	2208
.	Unknown	2423

calisth_core8

Variable name: calisth_core8
Description: Calisthenics/general exercise during the past year reported at Exam 8

Code or Value	Description	Count
0	No	1888
1	Yes	1036
.	Refused or Unknown	1707

calisth_core9

Variable name: calisth_core9
Description: Calisthenics/general exercise during the past year reported at Exam 9

Code or Value	Description	Count
0	No	1638
1	Yes	736
.	Refused or Unknown	2257

calisthmon_core8

Variable name: calisthmon_core8
Description: Number of months per year spent doing calisthenics/general exercise for exercise reported at Exam 8

Code or Value	Description	Count
0 - 12	Number of months per year	2917
.	Unknown	1714

calisthmon_core9

Variable name: calisthmon_core9
Description: Number of months per year spent doing calisthenics/general exercise for exercise reported at Exam 9

Code or Value	Description	Count
0 - 12	Number of months per year	2370
.	Unknown	2261

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 8

Code or Value	Description	Count
0 - 44	Number of times in a typical 2-week period	2921
.	Unknown	1710

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 9

Code or Value	Description	Count
0 - 56	Number of times in a typical 2-week period	2372
.	Unknown	2259

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 8

Code or Value	Description	Count
0 - 18000	Number of seconds	2767
.	Unknown	1864

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 9

Code or Value	Description	Count
0 - 7200	Number of seconds	1925
.	Unknown	2706

cycle_core8

Variable name: cycle_core8
Description: Used exercise bike, ski or stair machine during the past year reported at Exam 8

Code or Value	Description	Count
0	No	2363
1	Yes	569
.	Refused or Unknown	1699

cycle_core9

Variable name: cycle_core9
Description: Used exercise bike, ski or stair machine during the past year reported at Exam 9

Code or Value	Description	Count
0	No	1623
1	Yes	754
.	Refused or Unknown	2254

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 8

Code or Value	Description	Count
0 - 12	Number of months per year	2927
.	Unknown	1704

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 9

Code or Value	Description	Count
0 - 12	Number of months per year	2373
.	Unknown	2258

cyclefreq_core8

Variable name: cyclefreq_core8
Description: Number of times spent using exercise bike, ski, or stair machine for exercise in a typical 2-week period reported at Exam 8

Code or Value	Description	Count
0 - 24	Number of times in a typical 2-week period	2925
.	Unknown	1706

cyclefreq_core9

Variable name: cyclefreq_core9
Description: Number of times spent using exercise bike, ski or stair machine for exercise in a typical 2-week period reported at Exam 9

Code or Value	Description	Count
0 - 28	Number of times in a typical 2-week period	2373
.	Unknown	2258

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 8

Code or Value	Description	Count
0 - 10800	Number of seconds	2851
.	Unknown	1780

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 9

Code or Value	Description	Count
0 - 6300	Number of seconds	1888
.	Unknown	2743

dance_core8

Variable name: dance_core8
Description: Danced during the past year reported at Exam 8

Code or Value	Description	Count
0	No	2404
1	Yes	522
.	Refused or Unknown	1705

dance_core9

Variable name:dance_core9
Description: Danced during the past year reported at Exam 9

Code or Value	Description	Count
0	No	2021
1	Yes	354
.	Refused or Unknown	2256

dancemon_core8

Variable name:dancemon_core8
Description: Number of months per year spent dancing for exercise reported at Exam 8

Code or Value	Description	Count
0 - 12	Number of months per year	2911
.	Unknown	1720

dancemon_core9

Variable name: dancemon_core9
Description: Number of months per year spent dancing for exercise reported at Exam 9

Code or Value	Description	Count
0 - 12	Number of months per year	2373
.	Unknown	2258

dancefreq_core8

Variable name: dancefreq_core8
Description: Number of times danced for exercise in a typical 2-week period reported at Exam 8

Code or Value	Description	Count
0 - 14	Number of times in a typical 2-week period	2883
.	Unknown	1748

dancefreq_core9

Variable name: dancefreq_core9
Description: Number of times danced for exercise in a typical 2-week period reported at Exam 9

Code or Value	Description	Count
0 - 20	Number of times in a typical 2-week period	2373
.	Unknown	2258

dancetime_core8

Variable name: dancetime_core8
Description: Total time spent dancing for exercise in a typical 2-week period reported at Exam 8

Code or Value	Description	Count
0 - 32940	Number of seconds	2860
.	Unknown	1771

dancetime_core9

Variable name: dancetime_core9
Description: Total time spent dancing for exercise in a typical 2-week period reported at Exam 9

Code or Value	Description	Count
0 - 14400	Number of seconds	2206
.	Unknown	2425

garden_core8

Variable name: garden_core8
Description: Gardened during the past year reported at Exam 8

Code or Value	Description	Count
0	No	1433
1	Yes	1495
.	Refused or Unknown	1703

garden_core9

Variable name: garden_core9
Description: Gardening during the past year reported at Exam 9

Code or Value	Description	Count
0	No	1101
1	Yes	1275
.	Refused or Unknown	2255

gardenmon_core8

Variable name: gardenmon_core8
Description: Number of months per year spent gardening for exercise reported as Exam 8

Code or Value	Description	Count
0 - 12	Number of months per year	2920
.	Unknown	1711

gardenmon_core9

Variable name: gardenmon_core9
Description: Number of months per year spent on gardening for exercise reported as Exam 9

Code or Value	Description	Count
0 - 12	Number of months per year	2372
.	Unknown	2259

gardenfreq_core8

Variable name: gardenfreq_core8
Description: Number of times gardening for exercise in a typical 2-week period reported at Exam 8

Code or Value	Description	Count
0 - 28	Number of times in a typical 2-week period	2910
.	Unknown	1721

gardenfreq_core9

Variable name: gardenfreq_core9
Description: Number of times gardening for exercise in a typical 2-week period reported at Exam 9

Code or Value	Description	Count
0 - 14	Number of times in a typical 2-week period	2375
.	Unknown	2256

gardentime_core8

Variable name: gardentime_core8
Description: Total time spent gardening for exercise in a typical 2-week period reported at Exam 8

Code or Value	Description	Count
0 - 57600	Number of seconds	2770
.	Unknown	1861

gardentime_core9

Variable name: gardentime_core9
Description: Total time spent gardening for exercise in a typical 2-week period reported at Exam 9

Code or Value	Description	Count
0 - 36000	Number of seconds	1856
.	Unknown	2775

golf_core8

Variable name: golf_core8
Description: Played golf during the past year reported at Exam 8

Code or Value	Description	Count
0	No	2387
1	Yes	543
.	Refused or Unknown	1701

golf_core9

Variable name: golf_core9
Description: Played golf during the past year reported at Exam 9

Code or Value	Description	Count
0	No	2125
1	Yes	251
.	Refused or Unknown	2255

golfmon_core8

Variable name: golfmon_core8
Description: Number of months per year spent playing golf for exercise reported at Exam 8

Code or Value	Description	Count
0 - 12	Number of months per year	2924
.	Unknown	1707

golfmon_core9

Variable name: golfmon_core9
Description: Number of months per year spent playing golf for exercise reported at Exam 9

Code or Value	Description	Count
0 - 12	Number of months per year	2376
.	Unknown	2255

golffreq_core8

Variable name: golffreq_core8
Description: Number of times played golf for exercise in a typical 2-week period reported at Exam 8

Code or Value	Description	Count
0 - 14	Number of times in a typical 2-week period	2919
.	Unknown	1712

golffreq_core9

Variable name: golffreq_core9
Description: Number of times played golf for exercise in a typical 2-week period reported at Exam 9

Code or Value	Description	Count
0 - 14	Number of times in a typical 2-week period	2376
.	Unknown	2255

golftime_core8

Variable name: golftime_core8
Description: Total time spent playing golf for exercise in a typical 2-week period reported at Exam 8

Code or Value	Description	Count
0 - 32400	Number of seconds	2886
.	Unknown	1745

golftime_core9

Variable name: golftime_core9
Description: Total time spent playing golf for exercise in a typical 2-week period reported at Exam 9

Code or Value	Description	Count
0 - 21600	Number of seconds	2314
.	Unknown	2317

hike_core8

Variable name: hike_core8
Description: Hiked during the past year reported at Exam 8

Code or Value	Description	Count
0	No	2487
1	Yes	441
.	Refused or Unknown	1703

hike_core9

Variable name: hike_core9
Description: Hiked during the past year reported at Exam 9

Code or Value	Description	Count
0	No	2015
1	Yes	361
.	Refused or Unknown	2255

hikemon_core8

Variable name: hikemon_core8
Description: Number of months per year spent hiking for exercise reported at Exam 8

Code or Value	Description	Count
0 - 12	Number of months per year	2919
.	Unknown	1712

hikemon_core9

Variable name: hikemon_core9
Description: Number of months per year spent hiking for exercise reported at Exam 9

Code or Value	Description	Count
0 - 12	Number of months per year	2371
.	Unknown	2260

hikefreq_core8

Variable name: hikefreq_core8
Description: Number of times hiked for exercise in a typical 2-week period reported at Exam 8

Code or Value	Description	Count
0 - 24	Number of times in a typical 2-week period	2889
.	Unknown	1742

hikefreq_core9

Variable name: hikefreq_core9
Description: Number of times hiked for exercise in a typical 2-week period reported at Exam 9

Code or Value	Description	Count
0 - 14	Number of times in a typical 2-week period	2372
.	Unknown	2259

hiketime_core8

Variable name: hiketime_core8
Description: Total time spent hiking for exercise in a typical 2-week period reported at Exam 8

Code or Value	Description	Count
0 - 64800	Number of seconds	2891
.	Unknown	1740

hiketime_core9

Variable name: hiketime_core9
Description: Total time spent hiking for exercise in a typical 2-week period reported at Exam 9

Code or Value	Description	Count
0 - 36000	Number of seconds	2276
.	Unknown	2355

household_core8

Variable name: household_core8
Description: Moderate-to-strenuous household chores during the past year reported at Exam 8

Code or Value	Description	Count
0	No	858
1	Yes	2064
.	Refused or Unknown	1709

household_core9

Variable name: household_core9
Description: Moderate-to-strenuous household chores (e.g., vacuuming, scrubbing floors, washing windows, carrying wood) during the past year reported at Exam 9

Code or Value	Description	Count
0	No	524
1	Yes	1852
.	Refused or Unknown	2255

householdmon_core8

Variable name: householdmon_core8
Description: Number of months per year spent doing moderate-to-strenuous household chores for exercise reported at Exam 8

Code or Value	Description	Count
0 - 12	Number of months per year	2895
.	Unknown	1736

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 9

Code or Value	Description	Count
0 - 12	Number of months per year	2372
.	Unknown	2259

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 8

Code or Value	Description	Count
0 - 84	Number of times in a typical 2-week period	2816
.	Unknown	1815

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 9

Code or Value	Description	Count
0 - 56	Number of times in a typical 2-week period	2372
.	Unknown	2259

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 8

Code or Value	Description	Count
0 - 43200	Number of seconds	2693
.	Unknown	1938

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 9

Code or Value	Description	Count
0 - 57600	Number of seconds	1523
.	Unknown	3108

jog_core5

Variable name: jog_core5

Description: Jogged or ran regularly as part of your physical activity program reported at Exam 5

Code or Value	Description	Count
0	No	3525
1	Yes	194
.	Unknown	912

jog_core8

Variable name: jog_core8

Description: Jogged during the past year reported at Exam 8

Code or Value	Description	Count
0	No	2808
1	Yes	169
.	Refused or Unknown	1654

jog_core9

Variable name: jog_core9
Description: Jogged during the past year reported at Exam 9

Code or Value	Description	Count
0	No	2281
1	Yes	95
.	Refused or Unknown	2255

jogmile_core5

Variable name: jogmile_core5
Description: Number of miles averaged per session of jogging or running reported at Exam 5

Code or Value	Description	Count
0 - 10	Number of miles	3716
.	Unknown	915

jogmon_core8

Variable name: jogmon_core8
Description: Number of months per year spent jogging for exercise reported at Exam 8

Code or Value	Description	Count
0 - 12	Number of months per year	2972
.	Unknown	1659

jogmon_core9

Variable name: jogmon_core9
Description: Number of months per year spent jogging for exercise reported at Exam 9

Code or Value	Description	Count
0 - 12	Number of months per year	2376
.	Unknown	2255

jogfreq1_core5

Variable name: jogfreq1_core5
Description: Number of times of jogging or running each week reported at Exam 5

Code or Value	Description	Count
0 - 8	Number of times in a typical 2-week period	3715
.	Unknown	916

jogfreq2_core8

Variable name: jogfreq2_core8
Description: Number of times jogged for exercise in a typical 2-week period reported at Exam 8

Code or Value	Description	Count
0 - 14	Number of times in a typical 2-week period	2969
.	Unknown	1662

jogfreq2_core9

Variable name: jogfreq2_core9
Description: Number of times jogged for exercise in a typical 2-week period reported at Exam 9

Code or Value	Description	Count
0 - 28	Number of times per week	2376
.	Unknown	2255

jogtime_core5

Variable name: jogtime_core5
Description: Average total time of jogging or running per mile in seconds reported at Exam 5

Code or Value	Description	Count
0 - 1800	Number of seconds	3709
.	Unknown	922

jogtime2_core8

Variable name: jogtime2_core8
Description: Total time spent jogging for exercise in a typical 2-week period reported at Exam 8

Code or Value	Description	Count
0 - 5400	Number of seconds	2941
.	Unknown	1690

jogtime2_core9

Variable name: jogtime2_core9
Description: Total time spent jogging for exercise in a typical 2-week period reported at Exam 9

Code or Value	Description	Count
0 - 7200	Number of seconds	2314
.	Unknown	2317

lawn_core8

Variable name: lawn_core8
Description: Mowed the lawn during the past year reported at Exam 8

Code or Value	Description	Count
0	No	1965
1	Yes	965
.	Refused or Unknown	1701

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 9

Code or Value	Description	Count
0	No	1121
1	Yes	1254
.	Refused or Unknown	2256

lawnmon_core8

Variable name: lawnmon_core8

Description: Number of months per year spent mowing the lawn for exercise reported at Exam 8

Code or Value	Description	Count
0 - 12	Number of months per year	2927
.	Unknown	1704

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 9

Code or Value	Description	Count
0 - 12	Number of months per year	2369
.	Unknown	2262

lawnfreq_core8

Variable name: lawnfreq_core8

Description: Number of times mowing the lawn for exercise in a typical 2-week period reported at Exam 8

Code or Value	Description	Count
0 – 10	Number of times in a typical 2-week period	2923
.	Unknown	1708

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 9

Code or Value	Description	Count
0 - 28	Number of times in a typical 2-week period	2368
.	Unknown	2263

lawntime_core8

Variable name: lawntime_core8

Description: Total time spent mowing the lawn for exercise in a typical 2-week period in seconds Exam 8

Code or Value	Description	Count
0 - 36000	Number of seconds	2851
.	Unknown	1780

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 9

Code or Value	Description	Count
0 - 25200	Number of seconds	1956
.	Unknown	2675

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 9

Code or Value	Description	Count
0	No	1797
1	Yes	580
.	Refused or Unknown	2254

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 9

Code or Value	Description	Count
0 - 12	Number of months per year	2375
.	Unknown	2256

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 9

Code or Value	Description	Count
0 - 15	Number of times in a typical 2-week period	2375
.	Unknown	2256

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 9

Code or Value	Description	Count
0 - 43200	Number of seconds	2213
.	Unknown	2418

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 9

Code or Value	Description	Count
0	Never	1
1	Seldom/ 1-2 days	19
2	Sometimes/ 3-4 days	83
3	Often/ 5-7 days	2239
.	Refused or don't know or unknown	2289

sithr_core9

Variable name: sithr_core9

Description: Over the past 7 days, hours per day participant engages in these sitting activities reported at Exam 9

Code or Value	Description	Count
0	Less than 1 hour	11
1	1 hour but less than 2 hours	96

Code or Value	Description	Count
2	2-4 hours	876
3	More than 4 hours	1356
.	Refused or don't know or unknown	2292

stairs_core4

Variable name: stairs_core4
Description: Flights of stairs climbed per day reported at Exam 4

Code or Value	Description	Count
0 - 175	Number of flights of stairs (1 flight = 10 Steps)	3902
.	Unknown	729

stairs_core5

Variable name: stairs_core5
Description: Flights of stairs climbed per day reported at Exam 5

Code or Value	Description	Count
0 - 200	Number of flights of stairs (1 flight = 10 Steps)	3716
.	Unknown	915

stairs_core6

Variable name: stairs_core6
Description: Flights of stairs climbed per day reported at Exam 6

Code or Value	Description	Count
0 - 156	Number of flights of Stairs (1 flight = 10 Steps)	3229
.	Unknown	1402

stairs_core7

Variable name: stairs_core7
Description: Flights of stairs climbed per day reported at Exam 7

Code or Value	Description	Count
0 - 200	Number of flights of Stairs (1 flight = 10 Steps)	3137
.	Unknown	1494

swim_core8

Variable name: swim_core8
Description: Swam during the past year reported at Exam 8

Code or Value	Description	Count
0	No	2224
1	Yes	753
.	Refused or Unknown	1654

swim_core9

Variable name: swim_core9
Description: Swam during the past year reported at Exam 9

Code or Value	Description	Count
0	No	1765
1	Yes	610
.	Refused or Unknown	2256

swimmon_core8

Variable name: swimmon_core8
Description: Number of months per year spent swimming for exercise reported at Exam 8

Code or Value	Description	Count
0 - 12	Number of months per year	2961
.	Unknown	1670

swimmon_core9

Variable name: swimmon_core9
Description: Number of months per year spent swimming for exercise reported at Exam 9

Code or Value	Description	Count
0 - 12	Number of months per year	2374
.	Unknown	2257

swimfreq_core8

Variable name: swimfreq_core8
Description: Number of times swimming for exercise in a typical 2-week period reported at Exam 8

Code or Value	Description	Count
0 - 28	Number of times in a typical 2-week period	2954
.	Unknown	1677

swimfreq_core9

Variable name: swimfreq_core9
Description: Number of times swimming for exercise in a typical 2-week period reported at Exam 9

Code or Value	Description	Count
0 - 42	Number of times in a typical 2-week period	2375
.	Unknown	2256

swimtime_core8

Variable name: swimtime_core8
Description: Total time spent swimming for exercise in a typical 2-week period reported at Exam 8

Code or Value	Description	Count
0 - 72000	Number of seconds	2825
.	Unknown	1806

swimtime_core9

Variable name: swimtime_core9
Description: Total time spent swimming for exercise in a typical 2-week period reported at Exam 9

Code or Value	Description	Count
0 - 10800	Number of seconds	2010
.	Unknown	2621

tennis_core9

Variable name: tennis_core9
Description: Played tennis during the past year reported at Exam 9

Code or Value	Description	Count
0	No	2292
1	Yes	83
.	Refused or Unknown	2256

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 per year	2374
.	Unknown	2257

tennisfreq_core9

Variable name: tennisfreq_core9
Description: Number of times played tennis for exercise in a typical 2-week period reported at Exam 9

Code or Value	Description	Count
0 - 14	Number of times in a typical 2-week period	2374
.	Unknown	2257

tennistime_core9

Variable name: tennistime_core9
Description: Total time spent playing tennis for exercise in a typical 2-week period reported at Exam 9

Code or Value	Description	Count
0 - 14400	Number of seconds	2353
.	Unknown	2278

walk_core5

Variable name: walk_core5
Description: Walked regularly as part of your physical activity program as reported at Exam 5

Code or Value	Description	Count
0	No	1987
1	Yes	1737
.	Unknown	907

walk_core8

Variable name: walk_core8
Description: Walked for exercise during the past year reported at Exam 8

Code or Value	Description	Count
0	No	752
1	Yes	2225
.	Refused or Unknown	1654

walk_core9

Variable name: walk_core9
Description: Walked for exercise during the past year reported at Exam 9

Code or Value	Description	Count
0	No	360
1	Yes	2016
.	Refused or Unknown	2255

walkmile_core5

Variable name: walkmile_core5
Description: Number of miles averaged per session for walking reported at Exam 5

Code or Value	Description	Count
0 - 10	Number of miles	3703
.	Unknown	928

walkblock_core4

Variable name: walkblock_core4
Description: City blocks walked per day reported at Exam 4

Code or Value	Description	Count
0 - 240	Number of city blocks walked (12 blocks = 1 mile)	3804
.	Unknown	827

walkblock_core5

Variable name: walkblock_core5
Description: City blocks walked per day reported at Exam 5

Code or Value	Description	Count
0 - 288	Number of city blocks walked (12 blocks = 1 mile)	3685
.	Unknown	946

walkblock_core6

Variable name: walkblock_core6
Description: City blocks walked per day reported at Exam 6

Code or Value	Description	Count
0 - 360	Number of city blocks walked (12 blocks = 1 mile)	2824
.	Unknown	1807

walkblock_core7

Variable name: walkblock_core7
Description: City blocks walked per day reported at Exam 7

Code or Value	Description	Count
0 - 150	Number of city blocks walked (12 blocks = 1 mile)	2856
.	Unknown	1775

walkmon_core8

Variable name: walkmon_core8
Description: Number of months per year spent walking for exercise reported at Exam 8

Code or Value	Description	Count
0 - 12	Number of months per year	2926
.	Unknown	1705

walkmon_core9

Variable name: walkmon_core9
Description: Number of months per year spent walking for exercise reported at Exam 9

Code or Value	Description	Count
0 - 12	Number of months per year	2371
.	Unknown	2260

walkfreq1_core5

Variable name: walkfreq1_core5
Description: Number of times of walking each week reported at Exam 5

Code or Value	Description	Count
0 - 26	Number of times per week	3707
.	Unknown	924

walkfreq2_core8

Variable name: walkfreq2_core8
Description: Number of times walked for exercise in a typical 2-week period reported at Exam 8

Code or Value	Description	Count
0 - 70	Number of times in a typical 2-week period	2935
.	Unknown	1696

walkfreq2_core9

Variable name: walkfreq2_core9
Description: Number of times walked for exercise in a typical 2-week period reported at Exam 9

Code or Value	Description	Count
0 - 56	Number of times in a typical 2-week period	2372
.	Unknown	2259

walktime_core5

Variable name: walktime_core5
Description: Average total time walking per mile in seconds reported at Exam 5

Code or Value	Description	Count
0 - 2700	Number of seconds	3608
.	Unknown	1023

walktime2_core8

Variable name: walktime2_core8
Description: Total time spent walking for exercise in a typical 2-week period reported at Exam 8

Code or Value	Description	Count
0 - 45000	Number of seconds	2634
.	Unknown	1997

walktime2_core9

Variable name: walktime2_core9
Description: Total time spent walking for exercise in a typical 2-week period reported at Exam 9

Code or Value	Description	Count
0 - 19800	Number of seconds	1206
.	Unknown	3425

weights_core8

Variable name: weights_core8
Description: Weight training (e.g., free weights, machines) during the past year reported at Exam 8

Code or Value	Description	Count
0	No	2246
1	Yes	731
.	Refused or Unknown	1654

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 9

Code or Value	Description	Count
0	No	1684
1	Yes	693
.	Refused or Unknown	2254

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 8

Code or Value	Description	Count
0 - 12	Number of months per year	2961
.	Unknown	1670

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 9

Code or Value	Description	Count
0 – 12	Number of months per year	2373
.	Unknown	2258

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 8

Code or Value	Description	Count
0 – 28	Number of times in a typical 2-week period	2966
.	Unknown	1665

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 9

Code or Value	Description	Count
0 - 42	Number of times in a typical 2-week period	2375
.	Unknown	2256

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 8

Code or Value	Description	Count
0 - 72000	Number of seconds	2869
.	Unknown	1762

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 9

Code or Value	Description	Count
0 - 7200	Number of seconds	1947
.	Unknown	2684