Coding Manual for Physical Activity Curated Dataset for NOS Cohort

Note:

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

2. There are 103 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 NOS core exams used in this dataset are as follow:

NOS 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
20000 - 29999	NOS Framingham ID	103

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
2	NOS	103

id

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

Code or Value	Description	Count
0 - 9999	ID	103

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
5 - 14	Number of hours	103
.	Unknown/Missing	0

sleep_core2

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

Code or Value	Description	Count
6 - 10	Number of hours	66
.	Unknown/Missing	37

seden_core1

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

Code or Value	Description	Count
1 - 17	Number of hours	100
.	Unknown/Missing	3

seden_core2

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

Code or Value	Description	Count
2 - 16	Number of hours	66
.	Unknown/Missing	37

slightact_core1

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

Code or Value	Description	Count
0 - 14	Number of hours	100
.	Unknown/Missing	3

slightact_core2

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

Code or Value	Description	Count
1 - 10	Number of hours	66
.	Unknown/Missing	37

modact_core1

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

Code or Value	Description	Count
0 - 12	Number of hours	100
.	Unknown/Missing	3

modact_core2

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

Code or Value	Description	Count
0 - 9	Number of hours	66
.	Unknown/Missing	37

heavyact_core1

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

Code or Value	Description	Count
0 - 5	Number of hours	101
.	Unknown/Missing	2

heavyact_core2

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

Code or Value	Description	Count
0 - 6	Number of hours	66
.	Unknown/Missing	37

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 - 52.1	PAI value	100
.	Unknown/Missing	3

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
26.1 - 58.2	PAI value	66

Code or Value	Description	Count
.	Unknown/Missing	37

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	10
1	Yes	51
.	Unknown or younger than stated age	42

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	15
1	Yes	48
.	Unknown or younger than stated age	40

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	19
1	Yes	48
.	Unknown or younger than stated age	36

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	70
1	1 - 4 minutes	2
2	5 - 19 minutes	3
3	20 - 59 minutes	4
4	1 hour	4
5	1 - 1.5 hours	4
6	2 - 3 hours	5
7	4 - 6 hours	7
8	7 - 10 hours	2
9	11+ hours	1
.	Unknown	1

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	82
1	1 - 4 minutes	1
2	5 - 19 minutes	4
3	20 - 59 minutes	7
4	1 hour	1
5	1 - 1.5 hours	1
6	2 - 3 hours	5
7	4 - 6 hours	1
8	7 - 10 hours	0
9	11+ hours	0
.	Unknown	1

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	96
1	1 - 4 minutes	1
2	5 - 19 minutes	2
3	20 - 59 minutes	3
4	1 hour	1
5	1 - 1.5 hours	0
6	2 - 3 hours	0
7	4 - 6 hours	0
8	7 - 10 hours	0
9	11+ hours	0
.	Unknown	0

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	63
1	1 - 4 minutes	2
2	5 - 19 minutes	5
3	20 - 59 minutes	9
4	1 hour	10
5	1 - 1.5 hours	1
6	2 - 3 hours	10
7	4 - 6 hours	2
8	7 - 10 hours	1
9	11+ hours	0
.	Unknown	0

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	99
1	1 - 4 minutes	1
2	5 - 19 minutes	1
3	20 - 59 minutes	1
4	1 hour	1
5	1 - 1.5 hours	1
6	2 - 3 hours	1
7	4 - 6 hours	0
8	7 - 10 hours	0
9	11+ hours	0
.	Unknown	0

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	19
1	1 - 2 flights	11
2	3 - 4 flights	15
3	5 - 9 flights	24
4	10 -14 flights	24
5	>15 flights	10
.	Unknown	0

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	88
1	1 - 4 minutes	1
2	5 - 19 minutes	3
3	20 - 59 minutes	3
4	1 hour	1
5	1 - 1.5 hours	3
6	2 - 3 hours	4
7	4 - 6 hours	0
8	7 - 10 hours	0
9	11+ hours	0
.	Unknown	0

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	96
1	1 - 4 minutes	0
2	5 - 19 minutes	1
3	20 - 59 minutes	2
4	1 hour	0
5	1 - 1.5 hours	2
6	2 - 3 hours	2
7	4 - 6 hours	0
8	7 - 10 hours	0
9	11+ hours	0
.	Unknown	0

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	55
1	1 - 4 minutes	0
2	5 - 19 minutes	8
3	20 - 59 minutes	5
4	1 hour	6
5	1 - 1.5 hours	4
6	2 - 3 hours	15
7	4 - 6 hours	3
8	7 - 10 hours	4
9	11+ hours	2
.	Unknown	1

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	20
1	1 - 4 minutes	1
2	5 - 19 minutes	4
3	20 - 59 minutes	10
4	1 hour	8
5	1 - 1.5 hours	9
6	2 - 3 hours	19
7	4 - 6 hours	17
8	7 - 10 hours	10
9	11+ hours	4
.	Unknown	1

walkpace_core1

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

Code or Value	Description	Count
0	Unable to walk	0
1	Easy, casual, slow (e.g., less than 2 miles per hour)	17
2	Normal, average (e.g., 2 to 2.9 miles per hour)	42
3	Brisk pace (e.g., 3 to 3.9 miles per hour)	37
4	Very brisk pace (e.g., 4 to 4.9 miles per hour)	7
.	Unknown	0

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	78
1	1 - 4 minutes	0
2	5 - 19 minutes	4
3	20 - 59 minutes	3
4	1 hour	3
5	1 - 1.5 hours	5
6	2 - 3 hours	5
7	4 - 6 hours	4
8	7 - 10 hours	0
9	11+ hours	0
.	Unknown	1

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	46
1	Yes	21
.	Unknown	36

bikemon_core2

Variable name: bikemon_core2
Description: Number of months spent biking 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 - 12	Number of months per year	67
.	Unknown	36

bikefreq_core2

Variable name: bikefreq_core2

Description: Number of times per month spent biking 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 - 30	Number of times per month	67
.	Unknown	36

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 - 7200	Number of seconds	67
.	Unknown	36

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	51
1	Yes	16
.	Unknown	36

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	67
.	Unknown	36

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 - 25	Number of times per month	67
.	Unknown	36

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 - 18000	Number of seconds	67
.	Unknown	36

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	35
1	Yes	32
.	Unknown	36

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	67
.	Unknown	36

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	67
.	Unknown	36

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 - 3600	Number of seconds	67
.	Unknown	36

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	21
1	Yes	46
.	Unknown	36

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	66
.	Unknown	37

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 - 20	Number of times per month	67
.	Unknown	36

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 - 14400	Number of seconds	67
.	Unknown	36

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	26
1	Yes	41
.	Unknown	36

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	67
.	Unknown	36

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 - 30	Number of times per month	67
.	Unknown	36

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 - 25200	Number of seconds	67
.	Unknown	36

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	59
1	Yes	8
.	Unknown	36

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	67
.	Unknown	36

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 - 24	Number of times per month	67
.	Unknown	36

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 - 3600	Number of seconds	67
.	Unknown	36

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	48
1	Yes	19
.	Unknown	36

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	67
.	Unknown	36

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 - 20	Number of times per month	67
.	Unknown	36

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 - 10800	Number of seconds	67
.	Unknown	36

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	63
1	Yes	4
.	Unknown	36

strensportmon_core2

Variable name: strensportmon_core2
Description: Number of months spent 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 - 12	Number of months per year	67
.	Unknown	36

strensportfreq_core2

Variable name: strensportfreq_core2
Description: Number of times per month spent 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 - 8	Number of times per month	67
.	Unknown	36

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 - 7200	Number of seconds	67
.	Unknown	36

swim_core2

Variable name: swim_core2

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

Code or Value	Description	Count
0	No	62
1	Yes	5
.	Unknown	36

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	67
.	Unknown	36

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 - 24	Number of times per month	67
.	Unknown	36

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 - 3600	Number of seconds	67
.	Unknown	36

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	57
1	Yes	10
.	Unknown	36

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	67
.	Unknown	36

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 - 12	Number of times per month	67
.	Unknown	36

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 - 7200	Number of seconds	67
.	Unknown	36

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	56
1	Yes	11
.	Unknown	36

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	67
.	Unknown	36

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 - 20	Number of times per month	67
.	Unknown	36

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 - 7200	Number of seconds	67
.	Unknown	36

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	65
1	Yes	2
.	Unknown	36

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	67
.	Unknown	36

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 - 8	Number of times per month	67
.	Unknown	36

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 - 5400	Number of seconds	67
.	Unknown	36

walkwork_core2

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

Code or Value	Description	Count
0	No	16
1	Yes	51
.	Unknown	36

walkworkmon_core2

Variable name: walkworkmon_core2
Description: Number of months spent taking walks or 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	67
.	Unknown	36

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 - 45	Number of times per month	67
.	Unknown	36

walkworktime_core2

Variable name: walkworktime_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 - 10800	Number of seconds	66
.	Unknown	37

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	51
1	Yes	16
.	Unknown	36

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	67
.	Unknown	36

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 - 20	Number of times per month	67
.	Unknown	36

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 - 5400	Number of seconds	67
.	Unknown	36

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	33
1	1 hour	16
2	2 hours	11
3	3 hours	5
4	4 hours	1
5	5 hours or more	1
.	Unknown	36

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	9
1	1 hour	5
2	2 hours	22
3	3 hours	15
4	4 hours	13
5	5 hours or more	3
.	Unknown	36

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)	2
1	Seldom	4
2	Sometimes	5
3	Often	12
4	Always	8
.	Unknown or did not work	72

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)	1

Code or Value	Description	Count
1	Seldom	1
2	Sometimes	19
3	Often	7
4	Always	3
.	Unknown or did not work	72

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)	2
1	Seldom	2
2	Sometimes	12
3	Often	11
4	Always	4
.	Unknown or did not work	72