

Coding Manual for Physical Activity Curated Supplemental Dataset for Gen 2 Cohort

Note:

1. This curated supplemental dataset contains physical activity information for the Gen 2 (Offspring) cohort participants. The supplemental dataset includes data obtained from reference tables, write-in responses, and free-text inputs.
2. There are 4631 unique FHS participants within this dataset*, with a total of 71 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
5	_core5
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
80001 - 88233	Gen 2 Framingham ID	4631

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
1 - 8233	Gen 2 Framingham ID type	4631

act1yr1_core5**Variable name:** act1yr1_core5**Description:** Specific activity (1) done in past year reported at Exam 5

Code or Value	Description	Count
5 - 87	Activity code based on reference table*	3711
.	Unknown	920

*The reference table is attached at the end of this coding manual.

act1yr2_core5**Variable name:** act1yr2_core5**Description:** Specific activity (2) done in past year reported at Exam 5

Code or Value	Description	Count
5 - 87	Activity code based on reference table*	3700
.	Unknown	931

*The reference table is attached at the end of this coding manual.

act1yr3_core5**Variable name:** act1yr3_core5**Description:** Specific activity (3) done in the past year reported at Exam 5

Code or Value	Description	Count
5 - 87	Activity code based on reference table*	3684
.	Unknown	947

*The reference table is attached at the end of this coding manual.

act1yr4_core5**Variable name:** act1yr4_core5**Description:** Specific activity (4) done in past year reported at Exam 5

Code or Value	Description	Count
5 - 87	Activity code based on reference table*	3649
.	Unknown	982

*The reference table is attached at the end of this coding manual.

act1yr5_core5**Variable name:** act1yr5_core5**Description:** Specific activity (5) done in past year reported at Exam 5

Code or Value	Description	Count
5 - 87	Activity code based on reference table*	3545
.	Unknown	1086

*The reference table is attached at the end of this coding manual.

act1yr6_core5**Variable name:** act1yr6_core5**Description:** Specific activity (6) done in past year reported at Exam 5

Code or Value	Description	Count
5 - 87	Activity code based on reference table*	3383
.	Unknown	1248

*The reference table is attached at the end of this coding manual.

act1yr7_core5**Variable name:** act1yr7_core5**Description:** Specific activity (7) done in past year reported at Exam 5

Code or Value	Description	Count
5 - 87	Activity code based on reference table*	3073
.	Unknown	1558

*The reference table is attached at the end of this coding manual.

act1yr8_core5**Variable name:** act1yr8_core5**Description:** Specific activity (8) done in past year reported at Exam 5

Code or Value	Description	Count
5 - 87	Activity code based on reference table*	2660
.	Unknown	1971

*The reference table is attached at the end of this coding manual.

act1yr9_core5**Variable name:** act1yr9_core5**Description:** Specific activity (9) done in past year reported at Exam 5

Code or Value	Description	Count
5 - 87	Activity code based on reference table*	2200
.	Unknown	2431

*The reference table is attached at the end of this coding manual.

act1yr10_core5**Variable name:** act1yr10_core5**Description:** Specific activity (10) done in past year reported at Exam 5

Code or Value	Description	Count
5 - 87	Activity code based on reference table*	1777
.	Unknown	2854

*The reference table is attached at the end of this coding manual.

act1yr11_core5**Variable name:** act1yr11_core5**Description:** Specific activity (11) done in past year reported at Exam 5

Code or Value	Description	Count
5 - 87	Activity code based on reference table*	1368
.	Unknown	3263

*The reference table is attached at the end of this coding manual.

act1yr12_core5

Variable name: act1yr12_core5

Description: Specific activity (12) done in past year reported at Exam 5

Code or Value	Description	Count
5 - 87	Activity code based on reference table*	1009
.	Unknown	3622

*The reference table is attached at the end of this coding manual.

act1yr13_core5

Variable name: act1yr13_core5

Description: Specific activity (13) done in past year reported at Exam 5

Code or Value	Description	Count
5 - 87	Activity code based on reference table*	708
.	Unknown	3923

*The reference table is attached at the end of this coding manual.

act1yr14_core5

Variable name: act1yr14_core5

Description: Specific activity (14) done in past year reported at Exam 5

Code or Value	Description	Count
5 - 87	Activity code based on reference table*	498

Code or Value	Description	Count
.	Unknown	4133

*The reference table is attached at the end of this coding manual.

act1yr15_core5

Variable name: act1yr15_core5

Description: Specific activity (15) done in past year reported at Exam 5

Code or Value	Description	Count
5 - 87	Activity code based on reference table*	319
.	Unknown	4312

*The reference table is attached at the end of this coding manual.

act1yr16_core5

Variable name: act1yr16_core5

Description: Specific activity (16) done in past year reported at Exam 5

Code or Value	Description	Count
5 - 87	Activity code based on reference table*	202
.	Unknown	4429

*The reference table is attached at the end of this coding manual.

act1yr17_core5

Variable name: act1yr17_core5

Description: Specific activity (17) done in past year reported at Exam 5

Code or Value	Description	Count
5 - 87	Activity code based on reference table*	115
.	Unknown	4516

*The reference table is attached at the end of this coding manual.

actnumwk1_core5**Variable name:** actnumwk1_core5**Description:** Weeks per year spent on specific activity (1) reported at Exam 5

Code or Value	Description	Count
1 - 52	Number of weeks per year	3706
.	Unknown	925

actnumwk2_core5**Variable name:** actnumwk2_core5**Description:** Weeks per year spent on specific activity (2) reported at Exam 5

Code or Value	Description	Count
1 - 52	Number of weeks per year	3684
.	Unknown	947

actnumwk3_core5**Variable name:** actnumwk3_core5**Description:** Weeks per year spent on specific activity (3) reported at Exam 5

Code or Value	Description	Count
1 - 52	Number of weeks per year	3675
.	Unknown	956

actnumwk4_core5**Variable name:** actnumwk4_core5**Description:** Weeks per year spent on specific activity (4) reported at Exam 5

Code or Value	Description	Count
1 - 52	Number of weeks per year	3636
.	Unknown	995

actnumwk5_core5**Variable name:** actnumwk5_core5**Description:** Weeks per year spent on specific activity (5) reported at Exam 5

Code or Value	Description	Count
1 - 52	Number of weeks per year	3539
.	Unknown	1092

actnumwk6_core5**Variable name:** actnumwk6_core5**Description:** Weeks per year spent on specific activity (6) reported at Exam 5

Code or Value	Description	Count
1 - 52	Number of weeks per year	3373
.	Unknown	1258

actnumwk7_core5**Variable name:** actnumwk7_core5**Description:** Weeks per year spent on specific activity (7) reported at Exam 5

Code or Value	Description	Count
1 - 52	Number of weeks per year	3070
.	Unknown	1561

actnumwk8_core5**Variable name:** actnumwk8_core5**Description:** Weeks per year spent on specific activity (8) reported at Exam 5

Code or Value	Description	Count
1 - 52	Number of weeks per year	2664
.	Unknown	1967

actnumwk9_core5**Variable name:** actnumwk9_core5**Description:** Weeks per year spent on specific activity (9) reported at Exam 5

Code or Value	Description	Count
1 - 52	Number of weeks per year	2202
.	Unknown	2429

actnumwk10_core5**Variable name:** actnumwk10_core5**Description:** Weeks per year spent on specific activity (10) reported at Exam 5

Code or Value	Description	Count
1 - 52	Number of weeks per year	1775
.	Unknown	2856

actnumwk11_core5**Variable name:** actnumwk11_core5**Description:** Weeks per year spent on specific activity (11) reported at Exam 5

Code or Value	Description	Count
1 - 52	Number of weeks per year	1367
.	Unknown	3264

actnumwk12_core5**Variable name:** actnumwk12_core5**Description:** Weeks per year for specific activity (12) reported at Exam 5

Code or Value	Description	Count
1 - 52	Number of weeks per year	1012
.	Unknown	3619

actnumwk13_core5**Variable name:** actnumwk13_core5**Description:** Weeks per year spent on specific activity (13) reported at Exam 5

Code or Value	Description	Count
1 - 52	Number of weeks per year	712
.	Unknown	3919

actnumwk14_core5**Variable name:** actnumwk14_core5**Description:** Weeks per year spent specific activity (14) reported at Exam 5

Code or Value	Description	Count
1 - 52	Number of weeks per year	500
.	Unknown	4131

actnumwk15_core5**Variable name:** actnumwk15_core5**Description:** Weeks per year spent on specific activity (15) reported at Exam 5

Code or Value	Description	Count
1 - 52	Number of weeks per year	322
.	Unknown	4309

actnumwk16_core5**Variable name:** actnumwk16_core5**Description:** Weeks per year spent on specific activity (16) reported at Exam 5

Code or Value	Description	Count
1 - 52	Number of weeks per year	205
.	Unknown	4426

actnumwk17_core5**Variable name:** actnumwk17_core5**Description:** Weeks per year spent on specific activity (17) reported at Exam 5

Code or Value	Description	Count
1 - 52	Number of weeks per year	117
.	Unknown	4514

act1time1_core5**Variable name:** act1time1_core5**Description:** Total time spent on specific activity (1) in a typical week reported at Exam 5

Code or Value	Description	Count
60 - 252000	Number of seconds	3705
.	Unknown	926

act1time2_core5**Variable name:** act1time2_core5**Description:** Total time spent on specific activity (2) in a typical week reported at Exam 5

Code or Value	Description	Count
60 - 201600	Number of seconds	3695
.	Unknown	936

act1time3_core5**Variable name:** act1time3_core5**Description:** Total time spent on specific activity (3) in a typical week reported at Exam 5

Code or Value	Description	Count
60 - 288000	Number of seconds	3668
.	Unknown	963

act1time4_core5**Variable name:** act1time4_core5**Description:** Total time spent on specific activity (4) in a typical week reported at Exam 5

Code or Value	Description	Count
60 - 216000	Number of seconds	3638
.	Unknown	993

act1time5_core5**Variable name:** act1time5_core5**Description:** Total time spent on specific activity (5) in a typical week reported at Exam 5

Code or Value	Description	Count
60 - 252000	Number of seconds	3533
.	Unknown	1098

act1time6_core5**Variable name:** act1time6_core5**Description:** Total time spent on specific activity (6) in a typical week reported at Exam 5

Code or Value	Description	Count
60 - 252000	Number of seconds	3375
.	Unknown	1256

act1time7_core5**Variable name:** act1time7_core5**Description:** Total time spent on specific activity (7) in a typical week reported at Exam 5

Code or Value	Description	Count
60 - 180000	Number of seconds	3068
.	Unknown	1563

act1time8_core5**Variable name:** act1time8_core5**Description:** Total time spent on specific activity (8) in a typical week reported at Exam 5

Code or Value	Description	Count
60 - 288000	Number of seconds	2655
.	Unknown	1976

act1time9_core5**Variable name:** act1time9_core5**Description:** Total time spent on specific activity (9) in a typical week reported at Exam 5

Code or Value	Description	Count
180 - 252000	Number of seconds	2204
.	Unknown	2427

act1time10_core5**Variable name:** act1time10_core5**Description:** Total time spent on specific activity (10) in a typical week reported at Exam 5

Code or Value	Description	Count
180 - 216000	Number of seconds	1776
.	Unknown	2855

act1time11_core5**Variable name:** act1time11_core5**Description:** Total time spent on specific activity (11) in a typical week reported at Exam 5

Code or Value	Description	Count
60 - 216000	Number of seconds	1369
.	Unknown	3262

act1time12_core5**Variable name:** act1time12_core5**Description:** Total time spent on specific activity (12) in a typical week reported at Exam 5

Code or Value	Description	Count
300 - 252000	Number of seconds	1011
.	Unknown	3620

act1time13_core5**Variable name:** act1time13_core5**Description:** Total time spent on specific activity (13) in a typical week reported at Exam 5

Code or Value	Description	Count
600 - 151200	Number of seconds	714
.	Unknown	3917

act1time14_core5**Variable name:** act1time14_core5**Description:** Total time spent on specific activity (14) in a typical week reported at Exam 5

Code or Value	Description	Count
120 - 201600	Number of seconds	500
.	Unknown	4131

act1time15_core5**Variable name:** act1time15_core5**Description:** Total time spent on specific activity (15) in a typical week reported at Exam 5

Code or Value	Description	Count
900 - 180000	Number of seconds	322
.	Unknown	4309

act1time16_core5**Variable name:** act1time16_core5**Description:** Total time spent on specific activity (16) in a typical week reported at Exam 5

Code or Value	Description	Count
600 - 90000	Number of seconds	203
.	Unknown	4428

act1time17_core5**Variable name:** act1time17_core5**Description:** Total time spent on specific activity (17) in a typical week reported at Exam 5

Code or Value	Description	Count
600 - 144000	Number of seconds	118
.	Unknown	4513

act7day1_core5**Variable name:** act7day1_core5**Description:** Specific activity (1) done in past seven days reported at Exam 5

Code or Value	Description	Count
5 - 87	Activity code based on reference table*	3712
.	Unknown	919

*The reference table is attached at the end of this coding manual.

act7day2_core5**Variable name:** act7day2_core5**Description:** Specific activity (2) done in past seven days reported at Exam 5

Code or Value	Description	Count
5 - 87	Activity code based on reference table*	3685
.	Unknown	946

*The reference table is attached at the end of this coding manual.

act7day3_core5**Variable name:** act7day3_core5**Description:** Specific activity (3) done in past seven days reported at Exam 5

Code or Value	Description	Count
5 - 87	Activity code based on reference table*	3621
.	Unknown	1010

*The reference table is attached at the end of this coding manual.

act7day4_core5**Variable name:** act7day4_core5**Description:** Specific activity (4) done in past seven days reported at Exam 5

Code or Value	Description	Count
5 - 87	Activity code based on reference table*	3413
.	Unknown	1218

*The reference table is attached at the end of this coding manual.

act7day5_core5**Variable name:** act7day5_core5**Description:** Specific activity (5) done in past seven days reported at Exam 5

Code or Value	Description	Count
5 - 87	Activity code based on reference table*	3037
.	Unknown	1594

*The reference table is attached at the end of this coding manual.

act7day6_core5**Variable name:** act7day6_core5**Description:** Specific activity (6) done in past seven days reported at Exam 5

Code or Value	Description	Count
5 - 87	Activity code based on reference table*	2319
.	Unknown	2312

*The reference table is attached at the end of this coding manual.

act7time1_core5**Variable name:** act7time1_core5**Description:** Total time spent on specific activity (1) reported at Exam 5

Code or Value	Description	Count
60 - 198000	Number of seconds	3717
.	Unknown	914

act7time2_core5**Variable name:** act7time2_core5**Description:** Total time spent on specific activity (2) reported at Exam 5

Code or Value	Description	Count
60 - 252000	Number of seconds	3686
.	Unknown	945

act7time3_core5**Variable name:** act7time3_core5**Description:** Total time spent on specific activity (3) reported at Exam 5

Code or Value	Description	Count
60 - 234000	Number of seconds	3616
.	Unknown	1015

act7time4_core5**Variable name:** act7time4_core5**Description:** Total time spent on specific activity (4) reported at Exam 5

Code or Value	Description	Count
120 - 288000	Number of seconds	3413
.	Unknown	1218

act7time5_core5**Variable name:** act7time5_core5**Description:** Total time spent on specific activity (5) reported at Exam 5

Code or Value	Description	Count
120 - 252000	Number of seconds	3041
.	Unknown	1590

act7time6_core5**Variable name:** act7time6_core5**Description:** Total time spent on specific activity (6) reported at Exam 5

Code or Value	Description	Count
300 - 151200	Number of seconds	2312
.	Unknown	2319

other_core9**Variable name:** other_core9**Description:** Other activity (write-in) for exercise during the past year reported at Exam 9

Code or Value	Description	Count
0	No	1947
1	Yes	394
.	Refused or Unknown	2290

othername_core9**Variable name:** othername_core9**Description:** Name of other activity (write in activity) reported at Exam 9

Code or Value	Description	Count
Free text	Activity name	392
.	Unknown	4239

othermon_core9**Variable name:** othermon_core9**Description:** Number of months per year spent doing other activity (write-in) for exercise reported at Exam 9

Code or Value	Description	Count
0 - 12	Number of months per year	2340
.	Unknown	2291

otherfreq_core9**Variable name:** otherfreq_core9**Description:** Number of times other activity (write-in) done for exercise in a typical 2-week period reported at Exam 9

Code or Value	Description	Count
0 - 84	Number of times in a typical 2-week period	2341
.	Unknown	2290

othertime_core9**Variable name:** othertime_core9**Description:** Total time spent doing other activity (write-in) for exercise in a typical 2-week period reported at Exam 9

Code or Value	Description	Count
0 - 43200	Number of seconds	2253
.	Unknown	2378

Exam 5 Activity Reference Sheet*

Activity	Job	Home	Sport or Recreation
Very Hard	32 Carrying heavy loads such as bricks or lumber 33 Carrying moderate loads upstairs (16- 40lbs)	34 Digging or tilling 35 Chopping or splitting wood 36 Gardening with heavy tools	37 Jogging or stair walker 38 Basketball (in game) 39 Soccer (in game) 40 Backpacking uphill 41 Cycling(uphill or racing) 42 Tennis(singles) 43 Skiing(cross country) 44 Swimming laps (hard effort) 45 Aerobics 46 Circuit training (Nautilus or par-course)
Hard	19 Construction work 20 Shoveling dirt, coal, etc. 21 Lifting moderate loads (5-16lbs) 22 Climbing ladder or stairs 31 Rowing	23 Scrubbing floors 24 Mowing lawn with non-power mower	25 Brisk walking uphill 26 Backpacking on level ground 27 Brisk cycling on level ground or exercise bike 28 Tennis (doubles) 29 Skilling downhill 30 Swimming laps (moderate effort)
Moderate	5 Lifting or carrying light objects (up to 5 lbs.) 6 Painting outside of house	7 Sweep, mop, vacuum 8 Clipping hedge 9 Raking, light gardening 10 Mowing (Power mower) 11 Cleaning windows 12 Pushing stroller or grocery cart	13 Brisk walking 14 Shooting baskets 15 Throwing frisbee 16 Cycle leisurely 17 Swimming laps (easy effort) 18 Weightlifting
Light			1 Leisurely walk or golf 2 Softball 3 Bowling 4 Playing musical instrument