

DATA SET: simple7v1 LABEL: DATE CREATED: 28JUL14:15:48:13  
 Number of Observations: 5301  
 Number of Variables: 76  
 Organization of file: Multiple Records per JHS Participant (SUBJID)

Variable Name	Variable Label (VAR)	VAR Type	VAR Format	VAR Length	Mean	Range of Values	Frequency Category	Frequency	Percent
SUBJID	PARTICIPANT ID	Char	\$	7		-			
VISITDATE	Clinic Exam Visit Date	Num	MMDDYY	8	09/22/02	09/26/00-03/31/04		5301	100.00
VISIT		Num	VISIT	8	1	1	Exam 1	5301	100.00
LASTSTATUS		Char	\$	50		-		5301	100.00
TOBA1	1: Smoked at least 400 cigarettes	Char	\$JH_YNV	1		-		11	0.21
						N	N. No	3574	67.42
						Y	Y. Yes	1716	32.37
TOBA3	3: Do you now smoke cigarettes	Char	\$JH_YNV	1		-		3621	68.31
						N	N. No	987	18.62
						Y	Y. Yes	693	13.07
YEARSQUIT	4b: Since you last smoked (years)	Num		8	16.3990981	0.00-68.00		887	16.73
EDUCATION	Educational Status	Num	EDU	8	5.05699678	-		20	0.38
						1	Less than high school	1075	20.28
						2	High school graduate	957	18.05
						3	GED	17	0.32
						4	Some vocational or trade school, but no certificates	93	1.75
						5	Vocational or trade certificate	193	3.64
						6	Some college, but no degree	870	16.41
						7	Associate degree	362	6.83
						8	Bachelor's degree	851	16.05
						9	Graduate or professional schools	863	16.28
CURRENTSMOKER		Num		8	1.49267085	0.00-2.00		5253	99.09

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SMK3CAT	AHA Smoking Categorization	Num	LSS3CAT	8	1.7292517	-		156	2.94
						0	Poor Health	693	13.07
						1	Intermediate Health	7	0.13
						2	Ideal Health	4445	83.85
IDEALHEALTHSMK	Indicator for Ideal Health via Smoking Status	Num	YNFMT	8	0.86394558	-		156	2.94
						0	No	700	13.21
						1	Yes	4445	83.85
BMI	Body Mass Index (kg/m^2)	Num		8	31.7519111	14.63-91.80		5292	99.83
BMI3CAT	AHA BMI Categorization	Num	LSS3CAT	8	0.61205593	-		9	0.17
						0	Poor Health	2822	53.24
						1	Intermediate Health	1701	32.09
						2	Ideal Health	769	14.51
IDEALHEALTHBMI	Indicator for Ideal Health via BMI	Num	YNFMT	8	0.14531368	-		9	0.17
						0	No	4523	85.32
						1	Yes	769	14.51
LOWACTTIME	Minutes per Week of Low Activity	Num		8	3.63614048	0.00-248.40		5296	99.91
MODACTTIME	Minutes per Week of Moderate Activity	Num		8	43.8526813	0.00-524.40		5296	99.91
VIGACTTIME	Minutes per Week of Vigorous Activity	Num		8	22.0819486	0.00-745.20		5296	99.91
VIGMODACTTIME	Minutes per Week of Vigorous or Moderate Activity	Num		8	65.9346299	0.00-745.20		5296	99.91
PA3CAT	AHA Physical Activity Categorization	Num	LSS3CAT	8	0.69769637	-		5	0.09
						0	Poor Health	2612	49.27

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						1	Intermediate Health	1673	31.56
						2	Ideal Health	1011	19.07
IDEALHEALTHPA	Indicator for Ideal Health via Physical Activity	Num	YNFMT	8	0.19089879	-		5	0.09
						0	No	4285	80.83
						1	Yes	1011	19.07
T_KCAL	Total Calories per day	Num		8	2237.54023	602.10-4782.46		4761	89.81
T_FAT	Total Fat(g) per day	Num		8	90.231724	6.10-246.71		4761	89.81
T_PRO	Total Protein (g) per day	Num		8	80.6776584	12.53-265.28		4761	89.81
T_ALC	Total Alcohol (g) per day	Num		8	3.90015061	0.00-252.67		4761	89.81
T_SFA	Total Saturated Fatty Acid (g) per day	Num		8	28.0410899	2.48-94.54		4761	89.81
T_TCHO	Total Carbohydrates (g) per day	Num		8	279.473221	21.22-872.53		4761	89.81
T_NA	Total Sodium (mg) per day	Num		8	3444.01737	481.59-12819.99		4761	89.81
T_FIB	Total Dietary Fiber (g) per day	Num		8	22.3734713	2.65-88.63		4761	89.81
FRU_GM	Total grams of fruit per day	Num		8	347.881397	0.00-709.00		4757	89.74
VEG_GM	Total grams of vegetable per day	Num		8	289.510608	0.00-1976.13		4759	89.78
WHG_GM	Total grams of whole grain per day	Num		8	62.8369742	0.00-546.80		4759	89.78
PROCMT_GM	Total grams of processed meat per day	Num		8	20.2337906	0.00-292.07		4586	86.51
NUT_GM	Total grams of nuts per day	Num		8	7.72858959	0.00-127.00		4128	77.87
BEV_GM	Total grams of beverages per day	Num		8	314.833981	0.00-1096.00		4695	88.57

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FISH_GM	Total grams of fish per day	Num		8	21.1899408	0.00-458.36		4761	89.81
DATE		Num	MMDDYY	8	09/28/02	01/27/00-10/06/04		4761	89.81
T_FRU	Total fruit equiv/serving per day	Num		8	2.98779423	0.00-31.76		4761	89.81
T_VEG	Total vegetable equiv/serving per day	Num		8	4.0103939	0.00-25.79		4761	89.81
T_WHGRAIN	Total whole grain equiv/serving per day	Num		8	1.06747223	0.00-6.71		4761	89.81
DS_FRUVEG	S7 Criteria: Eat 4.5 serv/day of Frt&Veg based on 2000 kcals (0=no;1=yes)	Num		8	0.68178954	0.00-1.00		4761	89.81
T_PMEAT_WK	Total processed meat serving per week	Num		8	5.5725279	0.00-69.05		4761	89.81
T_NUTS_WK	Total nuts equiv/servings per week	Num		8	3.10767051	0.00-58.90		4761	89.81
DS_FISH	S7 Criteria: Eat Fish 2-(3.5oz) serv a week based on 2000 kcals (0=no;1=yes)	Num		8	0.21214031	0.00-1.00		4761	89.81
T_FISH_WK	Total fish (not fried) serving per week	Num		8	5.2974852	0.00-114.59		4761	89.81
DS_WG	S7 Criteria: Eat Whole Grains +3oz equiv/day based on 2000 kcals (0=no;1=yes)	Num		8	0.04347826	0.00-1.00		4761	89.81
DS_NA	S7 Criteria: Limiting sodium to < 1,500 mg/day based on 2000 kcals (0=no;1=yes)	Num		8	0.00252048	0.00-1.00		4761	89.81
SWTBEV_K	Sweetened beverages calories per day	Num		8	239.001383	0.00-4514.73		4761	89.81
SWTBEV_OZ	Sweetened beverages: fluid ounces per day	Num		8	18.9934874	0.00-358.79		4761	89.81

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T_SWTBEV_WK	Total Sweetened beverages servings per week	Num		8	11.0795343	0.00-209.29		4761	89.81
DS_SWTBEV	S7 Criteria: Drink Swt Bev (incl swt tea) less than 36floz/week based on 2000 kcals (0=no;1=yes)	Num		8	0.43037177	0.00-1.00		4761	89.81
DS	Simple 7 Diet Metric - Total Score	Num		8	1.37030036	0.00-4.00		4761	89.81
NUMCOMPONENTS	Number of components that meet LS7 Criteria	Num		8	1.23071119	0.00-4.00		5301	100.00
NUTRITION3CAT	AHA Nutrition Categorization	Num	LSS3CAT	8	0.40181098	0 1 2	Poor Health Intermediate Health Ideal Health	3221 2030 50	60.76 38.29 0.94
IDEALHEALTHNUTRITION	Indicator for Ideal Health via Nutrition	Num	YNFMT	8	0.00943218	0 1	No Yes	5251 50	99.06 0.94
FASTHOURS	Fasting Time (in hours)	Num		8	12.723851	0.00-46.20		5287	99.74
STATINMEDS	Statin Medication Status (Y/N)	Num	YNFMT	8	0.11653117	- 0 1	 No Yes	135 4564 602	2.55 86.10 11.36
MEDACCT	Medication Accountability	Num	MEDACCT	8	1.70186454	- 0 1	 Incomplete recording of participant's medication use during two weeks preceding Participant reported that no medication had been taken in 2 weeks preceeding the	45 363 841	0.85 6.85 15.86

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						2	Complete recording of all participant's medication use during the two weeks prec	4052	76.44
TOTCHOL	Fasting Total Cholesterol (mg/dL)	Num		8	199.317408	66.00-470.00		4814	90.81
CHR	Chr: Total Cholesterol - mg/dL	Num		8	198.765556	66.00-470.00		5191	97.92
TOTCHOL3CAT	AHA Total Cholesterol Categorization	Num	LSS3CAT	8	1.309133	-		549	10.36
						0	Poor Health	706	13.32
						1	Intermediate Health	1871	35.30
						2	Ideal Health	2175	41.03
IDEALHEALTHCHOL	Indicator for Ideal Health via Total Cholesterol	Num	YNFMT	8	0.45770202	-		549	10.36
						0	No	2577	48.61
						1	Yes	2175	41.03
BPMEDS	Blood Pressure Medication Status (Y/N)	Num	YNFMT	8	0.51393728	-		135	2.55
						0	No	2511	47.37
						1	Yes	2655	50.08
SBP	Systolic Blood Pressure (mmHg)	Num		8	126.997348	73.00-237.00		5280	99.60
DBP	Diastolic Blood Pressure (mmHg)	Num		8	78.7893939	31.00-129.00		5280	99.60
BP3CAT	AHA Blood Pressure Categorization	Num	LSS3CAT	8	1.02173499	-		56	1.06
						0	Poor Health	791	14.92
						1	Intermediate Health	3549	66.95
						2	Ideal Health	905	17.07

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IDEALHEALTHBP	Indicator for Ideal Health via Blood Pressure	Num	YNFMT	8	0.17254528	-		56	1.06
						0	No	4340	81.87
						1	Yes	905	17.07
DMMEDS	Diabetic Medication Status (Y/N)	Num	YNFMT	8	0.18373494	-		985	18.58
						0	No	3523	66.46
						1	Yes	793	14.96
HBA1C	NGSP Hemoglobin A1c (%)	Num		8	5.97784537	3.60-17.40		5096	96.13
FPG	Fasting Plasma Glucose Level (mg/dL)	Num		8	100.045342	36.00-503.00		4830	91.11
FPG3CAT	Fasting Plasma Glucose Categorization	Num	FPG3CAT	8	0.3573499	-		471	8.89
						0	Normal	3539	66.76
						1	At Risk	856	16.15
						2	Diabetic	435	8.21
HBA1C3CAT	NGSP Hemoglobin A1c (%) Categorization	Num	HBA1C3CAT	8	0.69878336	-		205	3.87
						0	Normal	2450	46.22
						1	At Risk	1731	32.65
						2	Diabetic	915	17.26
DIAB3CAT	Diabetes Categorization	Num	DIAB3CAT	8	0.77958015	-		61	1.15
						0	Non-Diabetic	2307	43.52
						1	Pre-Diabetic	1781	33.60
						2	Diabetic	1152	21.73
GLUCOSE	Glucose mg/dL	Num		8	101.935893	30.00-512.00		5210	98.28
GLYHB	Glyhb: Hemoglobin A1c - %	Num		8	5.97784537	3.60-17.40		5096	96.13

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