

DATA SET: simple7long LABEL: DATE CREATED: 28JUL14:15:48:17

Number of Observations: 13310

Number of Variables: 79

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	08/09/06	09/26/00-01/31/13		13310	100.00
VISIT		Num	VISIT	8	1.88835462	1	Exam 1	5301	39.83
						2	Exam 2	4194	31.51
						3	Exam 3	3815	28.66
LASTSTATUS	Contact Type / Participant Status	Char	\$	50		-		13310	100.00
TOBA1	1: Smoked at least 400 cigarettes	Char	\$JH_YNV	1		-		8020	60.26
						N	N. No	3574	26.85
						Y	Y. Yes	1716	12.89
TOBA3	3: Do you now smoke cigarettes	Char	\$JH_YNV	1		-		11630	87.38
						N	N. No	987	7.42
						Y	Y. Yes	693	5.21
YEARSQUIT	4b: Since you last smoked (years)	Num		8	16.3990981	0.00-68.00		887	6.66
EDUCATION	Educational Status	Num	EDU	8	5.05699678	-		8029	60.32
						1	Less than high school	1075	8.08
						2	High school graduate	957	7.19
						3	GED	17	0.13
						4	Some vocational or trade school, but no certificates	93	0.70
						5	Vocational or trade certificate	193	1.45
						6	Some college, but no degree	870	6.54
						7	Associate degree	362	2.72
						8	Bachelor's degree	851	6.39

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						9	Graduate or professional schools	863	6.48
CURRENTSMOKER		Num		8	1.49267085	0.00-2.00		5253	39.47
SMK3CAT	AHA Smoking Categorization	Num	LSS3CAT	8	1.7292517	-		8165	61.34
						0	Poor Health	693	5.21
						1	Intermediate Health	7	0.05
						2	Ideal Health	4445	33.40
IDEALHEALTHSMK	Indicator for Ideal Health via Smoking Status	Num	YNFMT	8	0.86394558	-		8165	61.34
						0	No	700	5.26
						1	Yes	4445	33.40
BMI	Body Mass Index (kg/m^2)	Num		8	31.9293402	14.63-93.48		13084	98.30
BMI3CAT	AHA BMI Categorization	Num	LSS3CAT	8	0.58605931	-		226	1.70
						0	Poor Health	7159	53.79
						1	Intermediate Health	4182	31.42
						2	Ideal Health	1743	13.10
IDEALHEALTHBMI	Indicator for Ideal Health via BMI	Num	YNFMT	8	0.13321614	-		226	1.70
						0	No	11341	85.21
						1	Yes	1743	13.10
LOWACTTIME	Minutes per Week of Low Activity	Num		8	4.23096603	0.00-248.40		9068	68.13
MODACTTIME	Minutes per Week of Moderate Activity	Num		8	49.8800948	0.00-745.20		9068	68.13
VIGACTTIME	Minutes per Week of Vigorous Activity	Num		8	24.2435929	0.00-745.20		9068	68.13
VIGMODACTTIME	Minutes per Week of Vigorous or Moderate Activity	Num		8	74.1236877	0.00-745.20		9068	68.13

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PA3CAT	AHA Physical Activity Categorization	Num	LSS3CAT	8	0.73687693	-		4242	31.87
						0	Poor Health	4327	32.51
						1	Intermediate Health	2800	21.04
						2	Ideal Health	1941	14.58
IDEALHEALTHPA	Indicator for Ideal Health via Physical Activity	Num	YNFMT	8	0.2140494	-		4242	31.87
						0	No	7127	53.55
						1	Yes	1941	14.58
T_KCAL	Total Calories per day	Num		8	2237.54023	602.10-4782.46		4761	35.77
T_FAT	Total Fat(g) per day	Num		8	90.231724	6.10-246.71		4761	35.77
T_PRO	Total Protein (g) per day	Num		8	80.6776584	12.53-265.28		4761	35.77
T_ALC	Total Alcohol (g) per day	Num		8	3.90015061	0.00-252.67		4761	35.77
T_SFA	Total Saturated Fatty Acid (g) per day	Num		8	28.0410899	2.48-94.54		4761	35.77
T_TCHO	Total Carbohydrates (g) per day	Num		8	279.473221	21.22-872.53		4761	35.77
T_NA	Total Sodium (mg) per day	Num		8	3444.01737	481.59-12819.99		4761	35.77
T_FIB	Total Dietary Fiber (g) per day	Num		8	22.3734713	2.65-88.63		4761	35.77
FRU_GM	Total grams of fruit per day	Num		8	347.881397	0.00-709.00		4757	35.74
VEG_GM	Total grams of vegetable per day	Num		8	289.510608	0.00-1976.13		4759	35.76
WHG_GM	Total grams of whole grain per day	Num		8	62.8369742	0.00-546.80		4759	35.76
PROCMT_GM	Total grams of processed meat per day	Num		8	20.2337906	0.00-292.07		4586	34.46

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NUT_GM	Total grams of nuts per day	Num		8	7.72858959	0.00-127.00		4128	31.01
BEV_GM	Total grams of beverages per day	Num		8	314.833981	0.00-1096.00		4695	35.27
FISH_GM	Total grams of fish per day	Num		8	21.1899408	0.00-458.36		4761	35.77
DATE		Num	MMDDYY	8	09/28/02	01/27/00-10/06/04		4761	35.77
T_FRU	Total fruit equiv/serving per day	Num		8	2.98779423	0.00-31.76		4761	35.77
T_VEG	Total vegetable equiv/serving per day	Num		8	4.0103939	0.00-25.79		4761	35.77
T_WHGRAIN	Total whole grain equiv/serving per day	Num		8	1.06747223	0.00-6.71		4761	35.77
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	35.77
T_PMEAT_WK	Total processed meat serving per week	Num		8	5.5725279	0.00-69.05		4761	35.77
T_NUTS_WK	Total nuts equiv/servings per week	Num		8	3.10767051	0.00-58.90		4761	35.77
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	35.77
T_FISH_WK	Total fish (not fried) serving per week	Num		8	5.2974852	0.00-114.59		4761	35.77
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	35.77
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	35.77

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SWTBEV_K	Sweetened beverages calories per day	Num		8	239.001383	0.00-4514.73		4761	35.77
SWTBEV_OZ	Sweetened beverages: fluid ounces per day	Num		8	18.9934874	0.00-358.79		4761	35.77
T_SWTBEV_WK	Total Sweetened beverages servings per week	Num		8	11.0795343	0.00-209.29		4761	35.77
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	35.77
DS	Simple 7 Diet Metric - Total Score	Num		8	1.37030036	0.00-4.00		4761	35.77
NUMCOMPONENTS	Number of components that meet LS7 Criteria	Num		8	1.23071119	0.00-4.00		5301	39.83
NUTRITION3CAT	AHA Nutrition Categorization	Num	LSS3CAT	8	0.40181098	-		8009	60.17
						0	Poor Health	3221	24.20
						1	Intermediate Health	2030	15.25
						2	Ideal Health	50	0.38
IDEALHEALTHNUTRITION	Indicator for Ideal Health via Nutrition	Num	YNFMT	8	0.00943218	-		8009	60.17
						0	No	5251	39.45
						1	Yes	50	0.38
FASTHOURS	Fasting Time (in hours)	Num		8	12.6890046	0.00-61.00		13254	99.58
STATINMEDS	Statin Medication Status (Y/N)	Num	YNFMT	8	0.19831611	-		245	1.84
						0	No	10474	78.69
						1	Yes	2591	19.47
MEDACCT	Medication Accountability	Num	MEDACCT	8	1.71343441	-		53	0.40

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						0	Incomplete recording of participant's medication use during two weeks preceding	1229	9.23
						1	Participant reported that no medication had been taken in 2 weeks preceding the	1341	10.08
						2	Complete recording of all participant's medication use during the two weeks prec	10687	80.29
TOTCHOL	Fasting Total Cholesterol (mg/dL)	Num		8	197.872243	66.00-470.00		10974	82.45
CHR	Chr: Total Cholesterol - mg/dL	Num	F	8	197.175679	-		12039	90.45
TOTCHOL3CAT	AHA Total Cholesterol Categorization	Num	LSS3CAT	8	1.27123943	-		2434	18.29
						0	Poor Health	1549	11.64
						1	Intermediate Health	4828	36.27
						2	Ideal Health	4499	33.80
IDEALHEALTHCHOL	Indicator for Ideal Health via Total Cholesterol	Num	YNFMT	8	0.41366311	-		2434	18.29
						0	No	6377	47.91
						1	Yes	4499	33.80
BPMEDS	Blood Pressure Medication Status (Y/N)	Num	YNFMT	8	0.60704171	-		245	1.84
						0	No	5134	38.57
						1	Yes	7931	59.59
SBP	Systolic Blood Pressure (mmHg)	Num		8	127.603401	9.00-999.00		13172	98.96
DBP	Diastolic Blood Pressure (mmHg)	Num		8	77.3155178	9.00-999.00		13172	98.96

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BP3CAT	AHA Blood Pressure Categorization	Num	LSS3CAT	8	0.98572955	-		206	1.55
							Poor Health	2081	15.63
							Intermediate Health	9129	68.59
							Ideal Health	1894	14.23
IDEALHEALTHBP	Indicator for Ideal Health via Blood Pressure	Num	YNFMT	8	0.14453602	-		206	1.55
							No	11210	84.22
							Yes	1894	14.23
DMMEDS	Diabetic Medication Status (Y/N)	Num	YNFMT	8	0.21163705	-		1606	12.07
							No	9227	69.32
							Yes	2477	18.61
HBA1C	NGSP Hemoglobin A1c (%)	Num		8	6.06843301	3.60-17.40		11889	89.32
FPG	Fasting Plasma Glucose Level (mg/dL)	Num		8	102.812466	31.00-503.00		10990	82.57
FPG3CAT	Fasting Plasma Glucose Categorization	Num	FPG3CAT	8	0.45823476	-		2320	17.43
							Normal	7097	53.32
							At Risk	2750	20.66
							Diabetic	1143	8.59
HBA1C3CAT	NGSP Hemoglobin A1c (%) Categorization	Num	HBA1C3CAT	8	0.80620742	-		1421	10.68
							Normal	4673	35.11
							At Risk	4847	36.42
							Diabetic	2369	17.80
DIAB3CAT	Diabetes Categorization	Num	DIAB3CAT	8	0.94056283	-		944	7.09
							Non-Diabetic	4138	31.09
							Pre-Diabetic	4825	36.25

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						2	Diabetic	3403	25.57
GLUCOSE	Glucose mg/dL	Num		8	101.935893	30.00-512.00		5210	39.14
GLYHB	Glyhb: Hemoglobin A1c - %	Num	F	8	6.06843301	-		11889	89.32
GLUCOSE3CAT	AHA Glucose Categorization	Num	LSS3CAT	8	1.05943717	-		944	7.09
						0	Poor Health	3403	25.57
						1	Intermediate Health	4825	36.25
						2	Ideal Health	4138	31.09
IDEALHEALTHDM	Indicator for Ideal Health via Glucose	Num	YNFMT	8	0.3346272	-		944	7.09
						0	No	8228	61.82
						1	Yes	4138	31.09
LASTDATE	Date of Last Contact / Death	Num	MMDDYY	8				0	0.00
COD	Cause of Death	Char		80		-		13310	100.00
GLUR	Glucose - mg/dL	Num	F	8	107.034755	-		6848	51.45