

Variable	Variable Label	Variable Type	Variable Codes/Units
ID	Identifier		
Sex	Sex	Category	1=Male 2=Female
Age	Current Age	Integer	Years
Health	Current Health, self-rated	Category	1=Very Good 2=Good 3=So so 4=Bad 5=Very Bad 8=Unable to rate
Meat	Usual Diet- meat consumption	Category	1=Almost every day 2=About once per week 3=About once per month 4=Occasionally 5=Rarely or never
Fish	Usual Diet- Fish Consumption	Category	1=Almost every day 2=About once per week 3=About once per month 4=Occasionally 5=Rarely or never
Egg	Usual Diet- Egg Consumption	Category	1=Almost every day 2=About once per week 3=About once per month 4=Occasionally 5=Rarely or never
Smoking	Current Smoking Status	Category	1=Yes 2=No
Alcohol	Current Alcohol Drinking	Category	1=Yes 2=No
Exercise	Regular Exercise	Category	1=Yes 2=No

Activity	Outdoor Activities- Personal Outdoor Activities	Category	1=Almost every day 2=About once per week 3=About once per month 4=Occasionally 5=Never
Garden	Outdoor Activities- Gardening	Category	1=Almost every day 2=About once per week 3=About once per month 4=Occasionally 5=Never
Outside	Able to go outside to visit neighbors	Category	1=Yes 2=With difficulty 3=Unable to do so 9=Missing
Maritalstatus	Current Marital Status	Category	1=Married 2=Separated 3=Divorced 4=Widowed 5=Never married
SBP	Systolic Blood Pressure	Continuous	mm Hg
DBP	Diastolic Blood Pressure	Continuous	Mm Hg
Weight	Weight	Continuous	Kg
Height	Measured Height	Continuous	cm, 9=can't measure
Selfheight	Self-reported Height	Continuous	cm
Hypertension	Hypertension, diagnosed by hospital	Categorical	1=Yes 2=No 8=Don't know 9=Missing
Diabetes	Diabetes, diagnosed by hospital	Categorical	1=Yes 2=No 8=Don't know 9=Missing
HeartDisease	Heart disease, diagnosed by hospital	Categorical	1=Yes 2=No 8=Don't know 9=Missing

Stroke	Stroke, diagnosed by hospital	Categorical	1=Yes 2=No 8=Don't know 9=Missing
Nephritis	Chronic nephritis, diagnosed by hospital	Categorical	1=Yes 2=No 8=Don't know 9=Missing
VD3	Blood Vitamin D3 levels, 25-oh vitamin D	Continuous	Nmol/L