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| **Socio-demographic variables** | | | | | | | | | |
| **Variable** | | **Description** | | | | **Type** | | | |
| sex | | Gender | | | | 1-Female; 0-Male | | | |
| a2 | | Participant’s age | | | | Continuous variable | | | |
| age\_med | | 2 quantiles of age | | | |  | | | |
| age55 | | Age < 55 or > 55 | | | | 1. “< 55” 2. “> 55” | | | |
| a3 | | Highest Educational Attainment | | | | 1-Did not went to school/ Primary School;  2-First Grade to Eight Grade;  3-Ninth Grade to Eleventh Grade;  4-Twelfth grade or GED test;  5-A Technical or Vocational degree;  6-Some college or technical college (without receiving a diploma);  7-Bachelor's degree;  8- Postgraduate (Masters, PhD, Postdoctoral);  99-Decline | | | |
| educ\_c12 | | Education <12 or ≥ 12 | | | | 1. ≥ 12 years 2. < 12 years | | | |
| somecoll | | At least some college | | | | 0- No 1- Yes | | | |
| educ\_cat | | Education in 4 categories | | | | 1. <High school 2. High school grad 3. Some college 4. College degree | | | |
| educ3cat | | Education in 3 categories | | | | 1. <High school 2. High school 3. > High school | | | |
| a4 | | Marital Status | | | | 1-Married;  2-Divorce;  3-Widow or widower;  4-Separated;  5-Never been married/Single;  6- Cohabiting;  99-Decline | | | |
| civil\_cat | | Marital Status in 3 categories | | | | 1- Soltero  2- Casado o convive  3- Separado-viudo | | | |
| marit2cat | | Marital Status in 2 categories | | | | 1- Casado/ convive  2- Soltero | | | |
| a5 | | Employment Status | | | | 1-Salaried employee or employee;  2-Independent worker;  3-Unemployed or fired for more than a year;  4-Unemployed or fired for less than a year;  5-With job but not attend due to sick leave, maternity leave, military service or strike;  6- Housewife full time;  7- Retired;  8-Disable to Work;  99-decline | | | |
| a6 | | Amount of people in the residence | | | | Continuous variable | | | |
| a7 | | Total Income in the last 12 months | | | | 1-Less of $10,000;  2-$10,000- $19,999;  3-$20,000-$29,999;  4-$30,000-$39,999;  5-$40,000 - $49,999;  6-$50,000 - $59,999;  7-$60,000 - $69,999;  8-$70,000 - $99,999;  9-$100,000 o more;  99-Decline | | | |
| income\_c20 | | Income (<$20,000 or >=$20,000) | | | | 1. ≥ $20,000 2. < $20,000 | | | |
| inc5cat | | Income in 5 categories | | | | 1. <10,000 2. 10,000-19,999 3. 20,000 – 29,000 4. 30,000 – 39,999 5. ≥ 40,000 | | | |
| income\_3cat | | Income in 3 categories | | | | 1. < 20,000 2. 20,000 – 49,999 3. ≥ 50,000 | | | |
| **Section B: General Health Status** | | | | | | | |
| **Variable** | | **Description** | | | | | **Type** |
| b1 | | Health Care Plan | | | | | 1-Medicare (Part A y B);  2-Private (Cruz Azul, Triple S, Humana y MCS);  3-Public health care plan (Mi Salud) or Tarjeta de Salud del Estado Libre Asociado de PR;  4-Advantage of Medicare (MMM, MCS Classicare,Triple S óptimo) / Preferred Medicare Choice;  5- Private organizations (Veterans, Teachers, Policemen, others);  6-None;  99-Decline |
| insurance\_cat | |  | | | | |  |
| **Disease** | | **Dx** | **Rx** | **Parents** | | **Siblings** |  |
| Coronary Artery Disease | | b2a1 | b2a2 | b2a3 | | b2a4 | 1-Yes; 2-No;  88- Do not Know; 99-Decline |
| Angina | | b2b1 | b2b2 | b2b3 | | b2b4 | 1-Yes; 2-No;  88- Do not Know; 99-Decline |
| Enlarged Heart | | b2c1 | b2c2 | b2c3 | | b2c4 | 1-Yes; 2-No;  88- Do not Know; 99-Decline |
| Hypertension | | b2d1 | b2d2 | b2d3 | | b2d4 | 1-Yes; 2-No;  88- Do not Know; 99-Decline |
| Hypercholesterolemia | | b2e1 | b2e2 | b2e3 | | b2e4 | 1-Yes; 2-No;  88- Do not Know; 99-Decline |
| LDL Cholesterol | | b2f1 | b2f2 | b2f3 | | b2f4 | 1-Yes; 2-No;  88- Do not Know; 99-Decline |
| HDL Cholesterol | | b2g1 | b2g2 | b2g3 | | b2g4 | 1-Yes; 2-No;  88- Do not Know; 99-Decline |
| Triglycerides | | b2h1 | b2h2 | b2h3 | | b2h4 | 1-Yes; 2-No;  88- Do not Know; 99-Decline |
| Lower extremity arterial disease | | b2i1 | b2i2 | b2i3 | | b2i4 | 1-Yes; 2-No;  88- Do not Know; 99-Decline |
| Carotid artery disease | | b2j1 | b2j2 | b2j3 | | b2j4 | 1-Yes; 2-No;  88- Do not Know; 99-Decline |
| Aortic aneurysm | | b2k1 | b2k2 | b2k3 | | b2k4 | 1-Yes; 2-No;  88- Do not Know; 99-Decline |
| Heart valve disease | | b2l1 | b2l2 | b2l3 | | b2l4 | 1-Yes; 2-No;  88- Do not Know; 99-Decline |
| Cerebrovascular events | | b2m1 | b2m2 | b2m3 | | b2m4 | 1-Yes; 2-No;  88- Do not Know; 99-Decline |
| Diabetes Mellitus | |  |  | b2n3 | | b2n4 | 1-Yes; 2-No;  88- Do not Know; 99-Decline |
| Age Dx familiar diabetes | |  |  | b2n31 | | b2n41 | Continuous variable |
| Prediabetes | | b2o1 | b2o2 | b2o3 | | b2o4 | 1-Yes; 2-No;  88- Do not Know; 99-Decline |
| Chronic lung disease | | b2p1 | b2p2 | b2p3 | | b2p4 | 1-Yes; 2-No;  88- Do not Know; 99-Decline |
| Asthma | | b2q1 | b2q2 | b2q3 | | b2q4 | 1-Yes; 2-No;  88- Do not Know; 99-Decline |
|  | |  |  | **Father** | | **Brother** |  |
| Cancer | | b2r1 | b2r2 | b2r3p | | b2r4o | 1-Yes; 2-No;  88- Do not Know; 99-Decline |
| Type of cancer | | b2r1a |  | b2r3ap | | b2r4ao | Text |
| Age Dx | | b2r1b |  | b2r3bp | | b2r4bo | Continuous variable |
|  | |  |  | **Mother** | | **Sister** |  |
| Cancer | |  |  | b2r3m | | b2r4a | 1-Yes; 2-No;  88- Do not Know; 99-Decline |
| Type of cancer | |  |  | b2r3am | | b2r4aa | Text |
| Age Dx | |  |  | b2r3bm | | b2r4ba | Continuous variable |
|  | | **Dx** | **Rx** | **Parents** | | **Siblings** |  |
| Sleep-Disordered Breathing (Apnea) | | b2s1 | b2s2 | b2s3 | | b2s4 | 1-Yes; / 2-No;  88- Do not Know; 99-Decline |
| Depression | | b2t1 | b2t2 | b2t3 | | b2t4 | 1-Yes; 2-No;  88- Do not Know; 99-Decline |
| Thyroid Diseases | | b2u1 | b2u2 | b2u3 | | b2u4 | 1-Yes; 2-No;  88- Do not Know; 99-Decline |
| Type of Thyroid | | b2u1a |  | b2u3a | | b2u4a | Text |
| Gastric surgery | | b2v1 | b2v2 | b2v3 | | b2v4 | 1-Yes; 2-No;  88- Do not Know; 99-Decline |
| Other diseases | | b2w1 | b2w2 | b2w3 | | b2w4 | 1-Yes; 2-No;  88- Do not Know; 99-Decline |
| Specify | | b2w1a |  | b2w3a | | b2w4a | Text |
| Other diseases | | b2x1 | b2x2 | b2x3 | | b2x4 | Text |
| Specify | | b2x1a |  | b2x3a | | b2x4a | Text |

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| b3 | Did the participant bring the list of his current medications? 1-Yes; 2- No | | |
|  | What are the drugs used to treat the conditions in question b2? | For how long have been taking this medicine? | |
| Drug used (text) | Month (continuous) | Days (continuous) |
| b3a1 | b3b1a | b3b1b |
| b3a2 | b3b2a | b3b2b |
| b3a3 | b3b3a | b3b3b |
| b3a4 | b3b4a | b3b4b |
| b3a5 | b3b5a | b3b5b |
| b3a6 | b3b6a | b3b6b |
| b3a7 | b3b7a | b3b7b |
| b3a8 | b3b8a | b3b8b |
| b3a9 | b3b9a | b3b9b |
| b3a10 | b3b10a | b3b10b |

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| b6 | How much did you weigh when you were born in lbs? | Continuous variable |
| b61 | How much did you weigh when you were born in onz? | Continuous variable |
| b6a | Estimated birthweight | 1. “<5 lbs, 8 onz – low birth weight”; 2. “5lbs, 8onz – 8 lbs, 12 onz – normal birth weight”; 3. “≥8 lbs 13 onz – overweight birth weight”;   88- Do not know |
| b7 | As an adult, did you ever intentionally lose weight? | 1-Yes; 2- No |
| **How did you lose weight?** | **Variable** |  |
| Low calorie diet | b81 | 1-Yes; 2- No |
| Low fat diet | b82 | 1-Yes; 2- No |
| Low carbohydrate diet | b83 | 1-Yes; 2- No |
| Gastric surgery | b84 | 1-Yes; 2- No |
| Limiting portion size | b85 | 1-Yes; 2- No |
| Increased exercise | b86 | 1-Yes; 2- No |
| Crash dieting/fasting | b87 | 1-Yes; 2- No |
| Not eating between meals | b88 | 1-Yes; 2- No |
| Commercial program | b89 | 1-Yes; 2- No |
| Commercial diet products | b810 | 1-Yes; 2- No |
| Diet pills/medication | b811 | 1-Yes; 2- No |
| Other method | b812a | 1-Yes; 2- No |
| Other method specific | b812b | Text |
| Highest weight after 21 years | b9a | Continuous variable |
| Lowest weight after 21 years | b9b | Continuous variable |
| Largest weight difference after 21 years | b9c | Continuous variable |

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| **Section C: Oral Health Status** | | | |
| **Variable** | **Description** | | **Type** |
| c17 | Have you lost your adults teeth, which were not wisdom teeth? | | 1-Yes; 2- No |
| c2 | How many teeth did you lose because they were loose or had gum disease? | | Continuous variable |
| c3 | Have you lost any teeth in the last two years? | | 1-Yes; 2- No |
| c4 | How many of your adult teeth ever became loose without any injury? | | Continuous variable |
| c5 | How many loose teeth do you have now? | | Continuous variable |
| If you lost adult teeth, what was the main reason for tooth loss? | **Description** | **Variable** |  |
| Orthodontics | c11 | 1-Yes; 2- No |
| Periodontal disease | c12 | 1-Yes; 2- No |
| Caries | c13 | 1-Yes; 2- No |
| Trauma / Injury | c14 | 1-Yes; 2- No |
| Infection | c15 | 1-Yes; 2- No |
| Other | c16a | 1-Yes; 2- No |
| Specify | c16b | Text |
| Do not know | c188 | 1-Yes; 2- No |
| c6 | In the past 12 months, have you visited a dentist or dental hygienist? | | 1-Yes; 2- No |
| c7a | What was the main reason for your last visit? | | 1-Routine examination;  2- Dental cleaning;  3-Pain/Discomfort;   1. Gum disease; 2. Cavities; 3. Other [specify];   88- Do not know;  99- Refuse |
| c7b | Other reason for visiting the dentist during the last 12 months | | Text |
| c91 | Have you ever had any of the following treatments for periodontal disease? (Mark all that apply.) | | (1) Scaling and root planing/Deep cleaning  4 -- (2 (2) Periodontal surgery (excluding root canals or surgery to facilitate crown/cap placement)  (3) Local antibiotics  (4) Systemic antibiotics  (5) None of the above  (88) Do not know |
| c92 |
| c93 |
| c94 |
| c95 |
| c988 |
| c8 | Taken dental x-rays during the last 5 years? | | 1-Yes; 2- No |
| c10a | How often do you brush your teeth? | | 1. Never; 2. Less than once a week; 3. “1-3 times a week”; 4. “4-6 times a week”; 5. Once a day; 6. Twice a day;   7- More than twice a day |
| c10b | How often do you floss your teeth? | |
| c10c | How often do you use other oral hygiene aids? | |
| c10d | Type of other cleaning dispositive | | Text |
| dentvisit12 | Dental visit in the last 12 months | | 1-Yes; 2- No |
| brush2cat | Brush your teeth in 2 categories | | 1. < 2 per day 2. ≥ 2 per day |
| floss2cat | Floss your teeth in 2 categories | | 1. < 1 per day 2. ≥ 1 per day |
| razonvist | Reason for the last visit | | 1. Regular check-up 2. Need/emergency |

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| **Section D: Physical Activity** | | |
| **Description** | **Variable** | **Type** |
|  | Over the past year, what was the average time dedicated per week for each activity? (d1a to d1f) |  |
| Sitting at work | d1a | 1 - "None",  2 - "1-4 min.";  3 - "5 to 19 min.";  4 - "20-39 min.";  5 - "40-80 min;  6 - "1.5 hrs . ";  7 -" 2-3 hrs ";  8 -" 4-6 hrs. ";  9 -" 7-10 hrs. ";  10 -" 11 to 20 hrs. ";  11 -" 21 to 30 hrs. . ";  12 -" 31-40 hrs ";  13 -".> 40 hr” |
| Sitting or driving a vehicle | d1b |
| Sitting or lying down watching TV or DVD | d1c |
| Sitting or lying down at home reading | d1d |
| Sitting at home while working at computer | d1e |
| Sitting or lying down elsewhere in the house | d1f |
|  | Over the past year, what was the average time dedicated per week for each activity? (d2a to d2m1) |  |
| Walking | d2a | 1 - "None",  2 - "1-4 min.";  3 - "5 to 19 min.";  4 - "20-39 min.";  5 - "40-80 min;  6 - "1.5 hrs . ";  7 -" 2-3 hrs ";  8 -" 4-6 hrs. ";  9 -" 7-10 hrs. ";  10 -" 11 to 20 hrs. ";  11 -" 21 to 30 hrs. . ";  12 -" 31-40 hrs ";  13 -".> 40 hr” |
| Jogging | d2b |
| Running | d2c |
| Cycling | d2d |
| Swimming | d2e |
| Playing tennis | d2f |
| Squash | d2g |
| Stair climbing machine | d2h |
| Lifting weights | d2i |
| Moderate outdoor activity | d2j |
| Strong outdoor activity | d2k |
| Dance | d2l |
| Another sport | d2m |
| Other | d2m1 |
| **Variable** | **Description** | **Type** |
| d1a\_time | Time sitting at work/last 7 days | Number |
| d1a\_mets | METs sitting at work/last 7 days | Number |
| d1b\_time | Time sitting in car-bus-train/ last 7 days | Number |
| d1b\_mets | METs sitting in car-bus-train/ last 7 days | Number |
| d1c\_time | Time sitting watching TV/ last 7 days | Number |
| d1c\_mets | METs sitting watching TV/ last 7 days | Number |
| d1d\_time | Time sitting reading/ last 7 days | Number |
| d1d\_mets | METs sitting reading/ last 7 days | Number |
| d1e\_time | Time sitting in front of computer at home/ last 7 days | Number |
| d1e\_mets | METs sitting in front of computer at home/ last 7 days | Number |
| d1f\_time | Time sitting in other places at home/ last 7 days | Number |
| d1f\_mets | METs sitting in other places at home/ last 7 days | Number |
| d2a\_time | Time walking/last 7 days | Number |
| d2a\_mets | METs walking/last 7 days | Number |
| d2b\_time | Time jogging/last 7 days | Number |
| d2b\_mets | METs jogging/last 7 days | Number |
| d2c\_time | Time running/last 7 days | Number |
| d2c\_mets | METs running/last 7 days | Number |
| d2d\_time | Time cycling/last 7 days | Number |
| d2d\_mets | METs cycling/last 7 days | Number |
| d2e\_time | Time swimming/last 7 days | Number |
| d2e\_mets | METs swimming/last 7 days | Number |
| d2f\_time | Time playing tennis/last 7 days | Number |
| d2f\_mets | METs playing tennis/last 7 days | Number |
| d2g\_time | Time playing racquetball/last 7 days | Number |
| d2g\_mets | METs playing racquetball/last 7 days | Number |
| d2h\_time | Time working-out-rowing/last 7 days | Number |
| d2h\_mets | METs working-out-rowing/last 7 days | Number |
| d2i\_time | Time lifting weight/last 7 days | Number |
| d2i\_mets | METs lifting weight/last 7 days | Number |
| d2j\_time | Time mod activity outside/last 7 days | Number |
| d2j\_mets | METs mod activity outside/last 7 days | Number |
| d2k\_time | Time heavy activity outside/last 7 days | Number |
| d2k\_mets | METs heavy activity outside/last 7 days | Number |
| d2l\_time | Time dancing/last 7 days | Number |
| d2l\_mets | METs dancing/last 7 days | Number |
| METs\_HPFS | Metabolic equivalent per week | Number |
| METs\_Hmed | Two groups of METs\_HPFS | 1. < Median METS 2. ≥ Median METS |
| METs\_Htert | tertiles of METs\_HPFS | 1. 1sttert METs 2. 2ndtert METs 3. 3rdtert METs |
| METs\_quint | Quintiles of METs\_HPFS | 1- 1stquint   1. 2nd quint 2. 3rd quint 3. 4th quint |
| Pactv\_cat | Physical activity categorize | 1. No physical activity 2. Some physical activity 3. Vigorous physical activity |

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| **Section E: Alcohol Consumption and Tobacco Use** | | |
| **Variable** | **Description** | **Type** |
| e1 | During the past 12 months, how frequently have you had at least one alcoholic drink? | |  | | --- | | 1-Daily;  2- “5 – 6 days / week”:  3- “1 – 4 days / week”;  4- “1 – 3 days / month”;  5- Less than once a month;  6-Never;  88-Do not know;  99-Refuse | |
| e2 | During the past 30 days, when you drank alcohol, on average, how many standard alcoholic drinks did you have during one drinking occasion? | Continuous variable (standard drinks)   |  | | --- | | 1. Did not drink;   88- Do not know;  99- Refuse | |
| e3 | During the past 30 days, what was the largest number of standard alcoholic drinks you had on a single occasion, counting all types of alcoholic drinks together? | Continuous variable   |  | | --- | | 88- Do not know;  99-Refuse | |
| e4 | During the past 30 days, how many times did you have \_\_\_ \_\_\_ [**Men: five or more**, **Women: four or more**] standard alcoholic drinks in a single drinking occasion? | Continuous variable   |  | | --- | | 88- Do not know;  99-Refuse | |
| alcohol\_cat | Alcohol consumption category | 1. Abstainer 2. Former 3. Current |
| alc\_bin | Alcohol consumption | 1. Non-current 2. Current |
| veces\_alc | Number of alcohol | Number |
| gr\_alcdia | Gram of alcohol per day | Number |
| e5 | Have you ever smoked 100 or more cigarettes in your lifetime?  *(20 cigarettes = 1 pack)* | 1. Yes 2. No   88- Do not know  99- Refuse |
| e6 | How old were you when you first started smoking? | Continuous variable  88- Do not know;  99- Refuse |
| e7 | Do you currently smoke cigarettes? | |  | | --- | | 1. Yes; 2. No;   88- Do not know;  99- Refuse | |
| e8a | How many cigarettes do you smoke daily? | Continuous variable;  88- Do not know;  99- Refuse |
| e8b | How many cigarettes do you smoke weekly? | Continuous variable;  88- Do not know;  99- Refuse |
| e9 | How old were you when you stopped smoking? | Continuous variable;  88- Do not know;  99- Refuse |
| e10a | How many cigarettes per day did you smoke? | Continuous variable;  88- Do not know;  99- Refuse |
| e10b | How many cigarettes per week did you smoke? | Continuous variable;  88- Do not know;  99- Refuse |
| e11 | Do you currently use other tobacco products such as chewing tobacco, cigar or pipe every day, some days, or not at all? | 1. Every day 2. Some days 3. Not at all   88- Do not know  99- Refuse |
| e12 | How often does anyone smoke inside your home? | 1. Daily; 2. More than two times but not every day; 3. Once or twice a week; 4. Less than once a week; 5. Never;   88- Do not know;  99- Refuse |
| e13 | How often does anyone smoke in indoor areas where your work? | 1. Daily; 2. More than two times but not every day; 3. Once or twice a week; 4. Less than once a week; 5. Never;   88- Do not know;  99- Refuse |
| smoke\_cat | Smoking category | 1. None 2. Former 3. Current |
| smk\_bin | Smoking | 1. Ever 2. Never |

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| **Section F: Nutrition** | | | |
| **Variable** | **Description** | | |
|  | **Numerical score for f1a- f20:** | | |
| 1- Never  2- “<1 time per month“  3- “1 time per month”  4- “2-3 times per month”  5- “1 time per week” | 6- “2 times per week”  7- “3-4 times per week”  8- “5-6 times per week”  9- “1 time per day” | |
| f1a | How often do you usually eat hot or cold cereals of any kind? | | |
| f1b (Text) | Consumption hot/cold cereal brand | | |
| f1c (Text) | Consumption hot/cold cereal brand | | |
| f2 | How often do you usually eat white bread of any kind? | | |
| f3 | How often do you usually eat whole wheat or multigrain bread of any kind? | | |
| f4 | How often do you usually eat rice of any kind prepared in any way? | | |
| f5 | How often do you usually eat other starchy foods (potatoes, plantains, yucca, ñame and other roots) prepared in any way? | | |
| f6 | How often do you usually eat beans such as red beans etc., prepared in any way? | | |
| f7 | How often do you usually eat vegetables of any kind cooked or raw? | | |
| f8 | How often do you usually eat fruits of any kind (not plantains)? | | |
| f9 | How often do you usually consume milk? | | |
| f10a | How often you usually consume cheese, yogurt or other milk products? | | |
| f10b (Text) | Do you usually consume low fat or regular dairy products? | | |
| f11 | How often do you usually eat fish prepared in any way? | | |
| f12 | How often do you eat poultry prepared in any way? | | |
| f13 | How often do you eat red meat (pork, beef, etc.) prepared in any way? | | |
| f14 | How often do you eat processed meat such as ham, salami, mortadella/bologna, etc.? | | |
| f15 | How often do you eat donuts, pastries and/or cookies? | | |
| f16 | How often do you eat chips of any kind (potato chips, platanutres, Doritos)? | | |
| f17 | How often do you usually drink coffee (hot or fresh-brewed iced)? | | |
| f18 | How often do you usually drink 100% fruit juice? | | |
| f19 | How often do you usually drink sugared drinks such as non-diet soft drinks, fruit drinks and/or energy drinks? | | |
| f20 | How often do you eat fast food? | | |
| f21 | Do you add salt (or “adobo”) to your food after the food is in the plate? | | |  | | --- | | 1. Sometimes; 2. Always; 3. Never;   88- Do not know;  99- Refuse | |
| Fruitwk (continuous) | Eat fruits per week | | |
| Veggieswk (continuous) | Eat vegetables per week | | |
| Frtvegwk (continuous) | Eat fruits and vegetables per week | | |
| fruitquint | 5 quintiles of fruitwk | | |
| vegquint | 5 quintiles of veggieswk | | |
| frtvegquint | 5 quintiles of frtvegwk | | |
| frtvegMED | 2 quintiles of frtvegwk | | |

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| **Section G: Perceived Stress Scale** | | |
| **Variable** | **Description** | |
| stress\_score | Stress score | |
| 0- Never  1- Almost never  2- Sometimes  3- Fairly often | 4- Very often  88- Do not know  99- Refuse |
| g1 | In the last month, how often have you been upset because of something that happened unexpectedly? | |
| g2 | In the last month, how often have you felt that you were unable to control the important things in your life? | |
| g3 | In the last month, how often have you felt nervous and "stressed"? | |
| g4 | In the last month, how often have you felt confident about your ability to handle your personal problems? | |
| g5 | In the last month, how often have you felt that things were going your way? | |
| g6 | In the last month, how often have you found that you could not cope with all the things that you had to do? | |
| g7 | In the last month, how often have you been able to control irritations in your life? | |
| g8 | In the last month, how often have you felt that you were on top of things? | |
| g9 | In the last month, how often have you been angered because of things that were outside of your control? | |
| g10 | In the last month, how often have you felt difficulties were piling up so high that you could not overcome them? | |

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| **Section H: Sleep Disordered Breathing** | | |
| **Variable** | **Description** | **Type** |
| h1 | On average, what is your total number of hours of actual sleep in a 24-hour period? | 1. ≤5 hours 2. 6 hours 3. 7 hours 4. 8 hours 5. ≥ 9 hours   88- Do not know  99- Refuse |
| h2 | What is your usual sleeping position? | 1. On back 2. On side 3. On front 4. Mixed positions   88- Do not know  99- Refuse |
| H3 | How likely are you to doze off or fall asleep in the following situations, in contrast to feeling just tired? (h3a to h3h) |  |
| h3a | Sitting and reading | 1. Would never doze 2. Slight chance of dozing 3. Moderate chance of dozing 4. High chance of dozing |
| h3b | Watching TV |
| h3c | Sitting inactive in a public place |
| h3d | As a passenger in a car for an hour without a break |
| h3e | Lying down to rest in the afternoon when circumstances permit |
| h3f | Sitting and talking to someone |
| h3g | Sitting quietly after a lunch without alcohol |
| h3h | In a car, while stopped for a few minutes in traffic |
| h4 | Do you snore? | 1. Yes 2. No   88- Do not know  99- Refuse |
| h5 | How loud is your snoring? | 1. Slightly louder than breathing 2. As loud as talking 3. Louder than talking 4. Very loud (can be heard in adjacent rooms)   88- Do not know  99- Refuse |
| h6 | How often do you snore? | 1. Nearly every day 2. 3-4 times a week 3. 1-2 times a week 4. 1-2 time a month 5. Never or nearly never   88- Do not know  99- Refuse |
| h7 | Has your snoring ever bothered other people? | 1. Yes 2. No   88- Do not know  99- Refuse |
| h8 | Have you or anyone noticed that you quit breathing during your sleep? | 1. Nearly every day 2. 3-4 times a week 3. 1-2 times a week 4. 1-2 time a month 5. Never or nearly never   88- Do not know  99- Refuse |
| h9 | How often do you feel tired or fatigued after your sleep? |
| h10 | During your waking time, do you feel tired, fatigued or not up to par? |
| h11 | Have you ever nodded off or fallen asleep while driving a vehicle? | 1. Yes 2. No   88- Do not know  99- Refuse |
| h12 | How often does this occur? | 1. Nearly every day 2. 3-4 times a week 3. 1-2 times a week 4. 1-2 time a month 5. Never or nearly never   88- Do not know  99- Refuse |

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| **Anthropometry questions** | | |
| **Variable** | **Description** | **Type** |
| last\_meal | Last time ingested food or drink other than water | Time (Character) |
| exer\_last12 | Exercise during the last 12 hours? | 0- No 1- Yes |
| alcoh\_last12 | Consumed alcohol during last 12 hours? | 0- No 1- Yes |
| edema | Any signs of edema or fluid overload? | 0- No 1- Yes |
| edema\_desc | Description of edema | Text |
| voided | Participant voided? | 0- No 1- Yes |
| wearing | Participant clothe wearing | 1- Light clothing  2- Normal clothing  3- Heavy clothing  4- Jeans |
| hgt1 | Height while standing 1 (cm) | Number |
| hgt2 | Height while standing 2 (cm) | Number |
| hgt3 | Height while standing 3 (cm) | Number |
| hgt\_mean | Mean height (cm) | Number |
| waist1 | Waist circumference 1 (cm) | Number |
| waist2 | Waist circumference 2 (cm) | Number |
| waist3 | Waist circumference 3 (cm) | Number |
| waist\_mean | Mean waist (cm) | Number |
| waist\_c | Waist circumference 2 categories | 1. (≤ 88 females | ≤102 males) Low risk 2. (>88 females | >102 males)High risk |
| wh\_ratio | Waist: Hip ratio | Number |
| wh\_ratio\_MED | Waist: Hip ratio MEDIAN categories | 0- (<0.8993 females | <0.9683 males) Low  1- (≥0.8993 females | ≥0.9683 males) Hi |
| waist\_inch | Waist circumference in inches | Number |
| waist\_inch\_c40 | Waist circumference in inches ≥ 40 | 1. (< 40 inches) Low risk 2. (≥40 inches) High risk |
| wh\_ratio\_c | Waist: Hip ratio 2 categories | 0- (<0.8 females | <0.9 males) Low risk  1- (≥0.8 females | ≥0.9 males) High risk |
| wh\_ratio\_c95 | Waist: Hip ratio 2 categories .95 | 1. <0.95 - Low risk 2. ≥0.95 - High risk |
| WHR\_quart | quartiles of wh\_ratio | **1- 1st quart**   1. **2nd quart** 2. **3rd quart** 3. **4th quart** |
| waist\_quart | quartiles of waist\_mean | **1- 1st quart**   1. **2nd quart** 2. **3rd quart** 3. **4th quart** |
| hip1 | Hip circumference 1 (cm) | Number |
| hip2 | Hip circumference 2 (cm) | Number |
| hip3 | Hip circumference 3 (cm) | Number |
| hip\_mean | Mean hip (cm) | Number |
| hip\_quart | 4 quartiles of hip\_mean |  |
| neck1 | Neck circumference 1 (cm) | Number |
| neck2 | Neck circumference 2 (cm) | Number |
| neck3 | Neck circumference 3 (cm) | Number |
| neck\_mean | Mean neck (cm) | Number |
| neck\_quart | 4 quartiles of neck\_mean |  |
| anthr\_com | Anthropometrics comments | Text |
| arm\_circ | Arm circumference (cm) | Number |
| wght\_kg | Weight (Kg) | Number |
| bmi | Reported Body mass index kg/m2 | Number |
| bmi\_calc | BMI from measures (kg/m2) | Number |
| bmi\_c | BMI 5 categories | 1. <25 Kg/m2 - Normal weight (exclude) 2. 25-29.9 Kg/m2 - Overweight 3. 30.0-34.9 Kg/m2 - Class I Obesity 4. 35.0-39.9 Kg/m2 - Class II Obesity 5. ≥40 Kg/m2 - Class III Obesity |
| bmi\_c2 | BMI 2 categories 25.0-29.9 >=30.0 | 1. 25.0-29.9 Kg/m2 – Overweight 2. ≥30.0 Kg/m2 - Obesity |
| bmr | Basal metabolic rate (Kj) | Number |
| impedance | Impedance (Ohms) | Number |
| fat | Fat percentage (%) | Number |
| fat\_c | Fat % 5 categories | 1. <26% - Normal 2. 26-31% - Overweight 3. 32-37% - Class I Obesity 4. 38-45% - Class II Obesity 5. >45% - Class III Obesity |
| fat\_cat | Fat categorize | 1. <26% - Normal 2. 26-31% - Overweight 3. 32-37% - Class I Obesity 4. >38 Class II-III Obesity |
| fat\_med | 2 quartile of fat |  |
| fat\_quart | 4 quartiles of fat |  |
| fat\_mass\_kg | Fat mass in kg | Continuous |
| ffm\_kg | Fat free mass (kg) | Continuous |
| tbw\_kg | Total body water (kg) | Continuous |
| thigh1 | Thigh circumference 1 (cm) | Continuous |
| thigh2 | Thigh circumference 2(cm) | Continuous |
| thigh3 | Thigh circumference 3 (cm) | Continuous |
| thigh\_mean | Mean thigh | Continuous |
| thigh\_quart | 4 quartile of thigh\_mean |  |
| b6\_grams | Birth weight in grams | Continuous |
| kilograms | Birth weight in kilograms | Continuous |
| b6\_onz | Birth weight in onz | Continuous |
| Weightdiff | Weight difference in grams | Continuous |
| WeightdiffKG | Weight difference in kilograms | Continuous |

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| **Lipid, glucose, and insulin** | | |
| **Variable** | **Description** | **Type** |
| chol\_mgdl | Cholesterol (mg/dL) | Number |
| trig\_mgdl | Triglycerides (mg/dL) | Number |
| hdl\_mgdl | High density lipoprotein –direct (mg/dL) | Number |
| ldl\_mgdl | Low density lipoprotein –indirect (mg/dL) | Number |
| vldl\_mgdl | Very low density lipoprotein (mg/dL) | Number |
| chol\_dhdl\_rat | Cholesterol/High density lipo ratio (mg/dL) | Number |
| gluc\_fast | Fasting glucose measure (mg/dL) | Number |
| gluc\_30 | Glucose measure 30 min (mg/dL) | Number |
| gluc\_60 | Glucose measure 60 min (mg/dL) | Number |
| gluc\_120 | Glucose measure 120 min (mg/dL) | Number |
| insulin\_fast | Fasting insulin measure (uIU/mL) | Number |
| insulin\_30 | Insulin 30 min (uIU/mL) | Number |
| insulin\_60 | Insulin 60 min (uIU/mL) | Number |
| insulin\_120 | Insulin 120 min (uIU/mL) | Number |
| hba1c | Hemoglobin A1c reading (%) | Number |
| hgba1c\_scr | Screening hemoglobin A1c reading (%) | Number |
| chol\_t\_c | Total cholesterol 3 categories (mg/dL) | 1. <200 mg/dL – Desirable 2. 200-239 mg/dL - Borderline high 3. ≥240 mg/dL - High |
| trig\_c | Triglycerides 4 categories (mg/dL) | 1. <150 mg/dL – Normal 2. 150-199 mg/dL – Borderline 3. 200-499 mg/dL – High 4. ≥500 mg/dL - Very high |
| trig150 | Triglycerides (<150 or ≥150 mg/dL) | 1. <150 mg/dL 2. ≥150 mg/dL |
| hdl\_c | HDL 3 categories (mg/dL) | 1. <40 mg/dL – Low 2. 40-59 mg/dL – Normal 3. ≥60 mg/dL - High |
| hdlGE40 | High density lipoprotein ≥40 mg/dL | 0- <40 mg/dL  1- ≥40 mg/dL |
| ldl\_c | LDL 5 categories (mg/dL) | 1. <100.00 mg/dL – Optimal 2. 100.00-129.99 mg/dL - Near optimal 3. 130.00-159.99 mg/dL - Borderline high 4. 160.00-189.99 mg/dL – High 5. ≥190.00 mg/dL - Very high |
| vldl\_cat | VLDL 3 categories (mg/dL) | 1. Low < 2 2. Normal 2-30 3. High > 30 |
| hba1c\_c | Hemo A1c 3 categories (mg/dL) | 1. <5.7% - Normal 2. 5.7%-6.4% - Pre-DM 3. ≥6.5% - DM |
| gluc\_fast\_c | Fasting glucose 3 categories (mg/dL) | 1. <100 mg/dL – Normal 2. 100-125 mg/dL Pre-DM 3. ≥126 mg/dL - DM |
| gluc\_60\_c | 1H glucose 2 categories (mg/dL) | 1. <155 mg/dL – Normal 2. ≥ 155 mg/dL - Abnormal |
| gluc\_120\_c | 2H glucose 3 categories (mg/dL) | 1. <140 mg/dL – Normal 2. 140-199 mg/dL Pre-DM 3. ≥ 200 mg/dL - DM |
| insulin\_fast\_c | Fasting insulin 3 categories (uU/mL) | 1. <10 uU/mL – Normal 2. 10-11 uU/mL Intermediate 3. ≥12 uU/mL - At risk |
| insul\_fast\_15 | Fasting insulin GE 15 (uU/mL) | 1. <15 uU/mL – Normal 2. ≥15 uU/mL - At risk |
| gluc\_fast\_mmol | Fasting glucose mmol | Number |
| homa\_ir | HOMA-IR (mg/dL) | Number |
| homa\_ir\_c2 | HOMA-IR 2 categories (mg/dL) | 1. <2.5 - Low risk 2. ≥2.5 - High risk |
| HOMA\_tert | 3 tertile of homa\_ir (mg/dL) |  |
| homaGE4 | HOMA >= 4 cat (mg/dL) | 1. <4 (mg/dL) 2. ≥4 (mg/dL) |
| HOMA\_quart | 4 quartile of homa\_ir (mg/dL) |  |
| HOMA75prc | Hemoglobin 75% | 0- No 1- Yes |
| isulinogenic30 | Insulinogenic index | Number |
| diab\_scr | Diabetic screening | 0- No 1- Yes |
| db\_fast\_2h\_bin | Diabetic | 0- No 1- Yes |
| diabstgl60 | Diabetes based on 1 hour glucose tolerance test | 1. Non- diabetic 2. Pre-diabetic 3. Diabetic |
| diab2hr | Diabetes based on 2 hour glucose tolerance test | 1. Non- diabetic 2. Pre-diabetic 3. Diabetic |
| db\_fast | Diabetes based on fasting glucose tolerance test | 1. Non- diabetic 2. Pre-diabetic 3. Diabetic |
| diabhba1c\_bin | Diabetic hemoglobin A1c | 0- No 1- Yes |
| fast\_gluc\_stat | Fasting glucose | 1. Non- diabetic 2. Pre-diabetic 3. Diabetic |
| glucometer | Glucometer | Number |
| imp\_glu60 |  | 0- No 1- Yes |
| isulinogen\_med | 2 tertile of Insulinogenic index |  |
| isulinogen\_tert | 3 tertile of Insulinogenic index |  |
| isulinogen\_qrt | 4 quartile of Insulinogenic index |  |
| diab01excl |  | 0- No 1- Yes |
| db\_fast\_2h |  | 1. Non- diabetic 2. Pre-diabetic 3. Diabetic |
| diabstat |  | 1. Non-diabetic 2. Pre-diabetic 3. Diabetic |
| ISI | Insulin sensitivity index | Number |
| DI | Deposition index | Number |
| DI\_med | 2 tertile of DI |  |
| DI\_tert | 3 tertile of DI |  |
| DI\_qrt | 4 quartile of DI |  |
| ISI\_qrt | 4 quartile of ISI |  |

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| --- | --- | --- |
| **Blood Pressure measurement** | | |
| **Variable** | **Description** | **Type** |
| sbp\_1 | Systolic blood pressure 1 (mm/HG) | Number |
| sbp\_2 | Systolic blood pressure 2 (mm/HG) | Number |
| sbp\_3 | Systolic blood pressure 3 (mm/HG) | Number |
| dbp\_1 | Diastolic blood pressure 1 (mm/HG) | Number |
| dbp\_2 | Diastolic blood pressure 2 (mm/HG) | Number |
| dbp\_3 | Diastolic blood pressure 3 (mm/HG) | Number |
| pb\_comm | Blood pressure comments | Text |
| bp\_ref | Blood pressure referral needed? | Number |
| sbp\_mean | Mean SBP | Number |
| dbp\_mean | Mean DBP | Number |
| sbp\_c | SBP 4 categories | 1. <120 mmHg – Normal 2. 120-139 mmHg – Elevated 3. 140-159 mmHg – High 4. ≥160 mmHg - Very high |
| sbp\_ord | SBP 3 categories | 1. Normal 2. Elevated 3. High |
| sbp\_dic | SBP 2 categories | 1. Normal 2. High |
| dbp\_c | DBP 4 categories | 1. <80 mmHg – Normal 2. 80-89 mmHg – Elevated 3. 90-99 mmHg – High 4. ≥100 mmHg - Very high |
| dbp\_ord | DBP 3 categories | 1. Normal 2. Elevated 3. High |
| dbp\_dic | DBP 2 categories | 1. Normal 2. High |
| ht\_c | Hypertension 3 categories | 1. Normal 2. Prehypertension 3. Hypertension |
| BPstat |  | 1. Normal 2. Pre-HTN 3. Hypertensive |
| CRP\_N | C-reactive protein | Number |

Variables que faltaban

|  |  |  |
| --- | --- | --- |
| part\_id |  |  |
| Id |  |  |
| eval\_date | Evaluation Date |  |
| quest\_scren\_anth |  |  |
| key |  |  |
| record\_id |  |  |
| comments |  |  |
| id5 |  |  |
| quest\_comm |  |  |
| CRP | CRP as lab report |  |
| chol\_t\_c | Cholesterol |  |
| daysb31  daysb32  daysb33  daysb34  daysb35  daysb36  daysb37  daysb38  daysb39  daysb310 | Days taking medication 1-10 |  |
| months31  months32  months33  months34  months35  months36  months37  months38  months39  months310 | Months taking medication 1-10 |  |
| id\_numb\_str |  |  |
| year\_canc\_dx | Year of cancer diagnosis |  |
| exclusion\_updt | Exclusions in text |  |
| exclude\_updt | Exclusions | 0-no 1-yes |
| diab\_updt | Diabetes update for retention | 0-no 1-yes |
| complete\_updt | Complete status for retention | 0-no 1-yes |
| unab\_unwil | Unable/unwilling | 0-no 1-yes11 |
| soals\_part | 0 |  |
| hbp\_med1 | High blood pressure medication 1 |  |
| hbp\_med2 | High blood pressure medication 2 |  |
| hbp\_med3 | High blood pressure medication 3 |  |
| hbp\_med4 | High blood pressure medication 4 |  |
| hbp\_med5 | High blood pressure medication 5 |  |
| hbp\_med6 | High blood pressure medication 6 |  |
| hbp\_med7 | High blood pressure medication 7 |  |
| hbp\_med8 | High blood pressure medication 8 |  |
| hbp\_med9 | High blood pressure medication 9 |  |
| hbp\_medic\_merge | High blood pressure medication merge |  |
| hbp\_medc\_bin | High blood pressure medication bin |  |
| statins\_lipid\_lowrg | Use of statin lipid lowering drug |  |
| med\_hypertensn | Hypertension Medication |  |
| med\_diabetes | Diabetes Medication |  |
| med\_antiinflam | Anti-inflammatory Medication |  |
| med\_others | Other medications |  |
| oma\_med\_merg |  |  |
| dent\_med\_merg | Dental medication merge |  |
| diab\_fst\_2hr\_a1c | Fasting glucose 2 hour |  |
| PD\_BOP |  |  |
| crp\_1\_3 | CRP three categories |  |
| statinsmed1 | Statins medication 1 |  |
| combstatinmed2 |  |  |
| otherlipdmed3 | Other lipid medication |  |
| hypertmed4 | Hypertension medication |  |
| diabmed5 |  |  |
| antiinflmed6 | Anti-inflamato |  |
| othermed7 |  |  |
| cholest |  |  |
| highldl |  |  |
| hightrigly | High trygliceride |  |
| lowhdl | Nivel bajo de coldesterol HDL) |  |
| rxchol | recetas |  |
| rxldl | Recetas para |  |
| rxtrigly | recetas |  |
| rxhdl | rectar |  |
| lipid | Lipid |  |
| lipdrug | Lipid drug |  |
| mediclpd |  |  |
| whr\_who\_hisp |  |  |
| alcohol\_cat | Alcohol category |  |
| alc\_bin | Alcohol bin |  |
| plaq\_qrt | Plaque quartile |  |
| sleephrs | Sleep hours |  |
| sleephrsCAT | Sleep hours category |  |
| snoreBIN | Snore bin | 0-No 1-Yes |
| snoreCAT | Snore category |  |
| apneaBIN | Apnea bin | 0-No 1-Yes |
| Qbreathing | Quit breathing | 0-No 1-Yes |
| breatCAT | Breathing category |  |
| qbreatapnea | Quit breathing and apnea | 0-No 1-Yes |
| mod\_pactv\_hr | Hours of moderate physical activity |  |
| mod\_pactv\_min | Minutes of moderate physical activity |  |
| vig\_pactv\_hr | Hours of vigorous physical activity |  |
| vig\_pactv\_min | Minutes of vigorous physical activity |  |
| ph\_actv\_who | Recommnded physical activity by WHO | 0-No 1-Yes |
| dyslipid |  |  |
| teeth\_PD4BOP |  |  |
| PD4BOPsamet |  |  |
| sbp1\_2 | Systolic blood pressure 1-2 |  |
| sbp1\_3 | Systolic blood pressure 1-3 |  |
| sbp2\_3 | Systolic blood pressure 2-3 |  |
| dbp1\_2 | Dyabolic blood pressure 1-2 |  |
| dbp1\_3 | Dyastolic blood pressure 1-3 |  |
| dbp2\_3 | Dyastolic blood pressure 2-3 |  |
| av\_sbp1\_2 | Absolute value systolic 1-2 |  |
| av\_sbp1\_3 | Absolute value systolic blood pressure 1-3 |  |
| av\_sbp2\_3 | Absolute value systolic blood pressure 2-3 |  |
| av\_dbp1\_2 av\_dbp1\_3 | Absolute value dyastolic blood pressure 1-3 |  |
| av\_dbp2\_3 | Absolute value dyastolic blood pressure 2-3 |  |
| pulse\_bp | Pulse beat per minute |  |
| sbp\_sd | Systolic blood pressure |  |
| dbp\_sd | Dyastolic blood pressure |  |
| sbp\_cv | Coefficient of variation of SBP |  |
| dbp\_cv | Coefficient of variation of dbp |  |
| sbp\_cv\_qrt | Coefficient of variation of sbp quartile |  |
| dbp\_cv\_qrt | Coefficient of variation of dbp quartile |  |
| sbp\_cv\_75prct | Coefficient of variation of sbp 75% |  |
| dbp\_cv\_75prct | Coefficient of variation of dbp 75% |  |
| sbp\_cv\_qint | Coefficient of variation of sbp quintile |  |
| dbp\_cv\_qint | Coefficient of variation of dbp quintile |  |
| sbp\_cv\_qnt01 | Coefficient of variation of sbp |  |
| dbp\_cv\_qnt01 | Coefficient of variation of dbp |  |
| pulse\_bp4060 | Pulse blood pressure 4060 |  |
| pulse\_bp60 | Pulse blood pressure 60 |  |
| di\_75prct | Deposition index upper quartile | 0-<75 percentile 1- ≥75 |
| isi\_75prct | Insulin sensitivity index | 0-<75 percentile 1- ≥75 |
| sr\_hbp | High blood pressure |  |
| crp\_ge3 | CRP ≥3 | 0-No 1-Yes |
| crp\_ge10 | CRP ≥10 | 0-No 1-Yes |
| parent\_hyperchol | Hypercholesterol parent |  |
| fat\_75pc | Fat upper quartile | 0-<75 percentile 1- ≥75 |
| fat\_mc\_cat |  |  |
| quicki | Quicki index (insulin resitance) | Continuous |
| mean\_gluc | Mean glucose (fasting 30, 60, and 120 mins) | Continuous |
| mean\_insul | Mean insulin (fasting 30, 60, and 120 mins) | Continuous |
| isi\_matsuda | Insulin sensitivity index (matsuda) | Continuous |
| quicki\_quart | QUICKI quartile | 1. 1st quart 2. 2nd quart 3. 3rd quart 4. 4th quart |
| isi\_matsda\_qrt | Insulin sensitivity index (matsuda) quartile | 1. 1st quart 2. 2nd quart 3. 3rd quart 4. 4th quart |
| quick\_75pc | QUICKI upper quartile | 0-<75 percentile 1- ≥75 |
| matsuda\_75pc | Matsuda (IR) index upper quartile | 0-<75 percentile 1- ≥75 |
| hbp\_med34 | High blood pressure medications (calcium channel blockers or diuretics) |  |
| sbp\_3cat | Systolic blood pressure | 1. < 120 2. ≥120 <140 3. ≥140 |
| dbp\_3cat | Diastolic blood pressure | 1. < 80 2. ≥80 <90 3. ≥90 |
| mwash\_type | Mouth wash type |  |
| age50 | vs <50 | 1. <50 2. 1- ≥50 |
| sbp\_big\_diff | Largest within visits sbp difference |  |
| dbp\_big\_diff | Largest within visits dbp difference |  |
| sbp\_bdif\_med | Largest within visits sbp difference median | 1. Above median 2. Below median |
| dbp\_bdif\_med | Largest within visits dbp difference median | 1. Above median 2. Below median |
| sbp\_bdif\_tert | Largest within visits sbp difference tertile | 1. 1st tert 2. 2nd tert 3. 3rd tert |
| dbp\_bdif\_tert | Largest within visits dbp difference | 1. 1st tert 2. 2nd tert 3. 3rd tert |
| sbpdif5 | Systolic blood pressure difference ≥5 | 1. <5 2. ≥5 |
| sbpdif10 | Systolic blood pressure difference ≥10 | 1. <10 2. ≥10 |
| dbpdif5 | Diastolic blood difference ≥5 | 1. <5 2. ≥5 |
| dbpdif10 | Diastolic blood difference ≥10 | 1. <10 2. ≥10 |
| dbpdif6 | Diastolic blood difference ≥6 | 1. <6 2. ≥6 |
| dbpdif4 | Diastolic blood difference ≥4 | 1. <4 2. ≥4 |
| mouthwash | Mouth wash |  |
| mwash\_extr | Mouth wash extremes |  |
| mwash\_ge1day | Mouth wash ≥ day 1 | 1. No 2. Yes |