

NIH / AARP
Diet and Health Study
Questionnaire For Selected Participants
(RFQ : Risk Factor Questionnaire)

Data File Codebook

Coding Manual for NIH / AARP Diet and Health Study - Questionnaire For
Selected Participants (RFQ)

ID	Questionnaire Location	File Location	Field Caption	Coding Scheme

ID	Scanner Header	1-8	Respondent ID	Westat ID Number
BNum	Scanner Header	9-16	Bar Code Number	(See Note at end of Codebook).
Batch	Scanner Header	17-21	Batch Number	Internal to NCS
Stack	Scanner Header	22-23	Stack Number	Internal to NCS
SeqNum	Scanner Header	24-28	Sequence Number	Internal to NCS
ScanDate	Scanner Header	29-34	Scan Date	Internal to NCS
UnSpec	Scanner Header	35-40	UnSpecified	Internal to NCS
BoxA	Box A	41	If the person whose name appears on the left is deceased, please mark this circle.	0 = Not Marked 1 = Marked
BoxB	Box B	42	If person whose name appears on the left is unable to fill this out, please mark this circle.	0 = Not Marked 1 = Marked
Q1a	Question 1	43-44	Date Of Birth: Month.	01 = JAN 02 = FEB 03 = MAR 04 = APR 05 = MAY 06 = JUN 07 = JUL 08 = AUG 09 = SEP 10 = OCT 11 = NOV 12 = DEC MM = Missing EE = Error

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ID	Questionn aire Location	File Locat ion	Field Caption	Coding Scheme
Q1b_1	Question 1	45	Date Of Birth: Day (first digit).	0 - 3 M = Missing E = Error
Q1b_2	Question 1	46	Date Of Birth: Day (second digit).	0 - 9 M = Missing E = Error
Q1c_1	Question 1	47	Date Of Birth: Year(first digit).	1 - 5 M = Missing E = Error
Q1c_2	Question 1	48	Date Of Birth: Year(second digit).	0 - 9 M = Missing E = Error
Q2	Question 2	49	Did you eat any of the following in the past 12 months : hamburger, cheeseburger, beef, steak, bacon, or chicken?	0 = No 1 = Yes M = Missing E = Error
Q3_1	Question 3	50	When you ate the following food in the past 12 months, how was it usually cooked : Hamburgers / Cheeseburgers?	0 = Didn't eat this food 1 = Pan-fried 2 = Grilled or barbecued 3 = Oven-broiled 4 = Other (such as sauteed, baked, microwaved) 5 = Don't know M = Missing E = Error
Q3_2	Question 3	51	When you ate the following food in the past 12 months, how was it usually cooked : Steak (beef)?	Same as Q3_1
Q3_3	Question 3	52	When you ate the following food in the past 12 months, how was it usually cooked : Bacon?	Same as Q3_1
Q3_4	Question 3	53	When you ate the following food in the past 12 months, how was it usually cooked : Chicken?	Same as Q3_1

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Q4_1	Question 4	54	When you ate the following food in the past 12 months, how was it usually cooked on the outside: Hamburgers / Cheeseburgers?	0 = Didn't eat this food 1 = Not browned 2 = Lightly browned 3 = Well-browned 4 = Black or charred N = Don't know M = Missing E = Error
Q4_2	Question 4	55	When you ate the following food in the past 12 months, how was it usually cooked on the outside: Steak (beef)?	Same as Q4_1
Q4_3	Question 4	56	When you ate the following food in the past 12 months, how was it usually cooked on the outside: Bacon?	Same as Q4_1
Q4_4	Question 4	57	When you ate the following food in the past 12 months, how was it usually cooked on the outside: Pan-fried chicken?	Same as Q4_1
Q4_5	Question 4	58	When you ate the following food in the past 12 months, how was it usually cooked on the outside: Grilled / Barbecued chicken?	Same as Q4_1
Q5_1	Question 5	59	When you ate the following food in the past 12 months, how was it usually cooked on the inside: Hamburgers / Cheeseburgers?	0 = Didn't eat this food 1 = Raw 2 = Rare to meduim-rare (red-deep pink) 3 = Medium to medium- well (light pink) 4 = Well-done (gray- brown with juice) 5 = Very well-done (gray- brown, dry) N = Don't know M = Missing E = Error

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Q5_2	Question 5	60	When you ate the following food in the past 12 months, how was it usually cooked on the inside: Steak (beef)?	Same as Q5_1
Q6	Question 6	61	When you ate chicken in the past 12 months, how was it usually cooked on the inside?	0 = Didn't eat chicken 1 = Just until done (still juicy) 2 = Well done (somewhat dry) 3 = Very well done (very dry) M = Missing E = Error
Q7	Question 7	62	How often in the past 12 months did you eat drippings of gravy from beef, bacon, or chicken?	0 = Never 1 = Rarely 2 = Sometimes 3 = Often 4 = Always M = Missing E = Error
Q8_1	Question 8	63	Ten years ago, how often did you eat the following food(s): Whole milk, including on cereals?	0 = Never 1 = 1 - 11 times per year 2 = 1 - 3 times per month 3 = 1 - 2 times per week 4 = 3 - 4 times per week 5 = 5 - 6 times per week 6 = 1 time per day 7 = 2 or more times per day M = Missing E = Error
Q8_2	Question 8	64	Ten years ago, how often did you eat the following food(s): Low-fat milks (2%, 1%, skim), including on cereals?	Same as Q8_1

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ID	Questionn aire Location	File Locat ion	Field Caption	Coding Scheme
Q8_3	Question 8	65	Ten years ago, how often did you eat the following food(s): Orange juice or grapefruit juice?	Same as Q8_1
Q8_4	Question 8	66	Ten years ago, how often did you eat the following food(s): Oranges, grapefruit, or tangerines?	Same as Q8_1
Q8_5	Question 8	67	Ten years ago, how often did you eat the following food(s): Apples?	Same as Q8_1
Q8_6	Question 8	68	Ten years ago, how often did you eat the following food(s): Canned fruits; like peaches, pears, or applesauce?	Same as Q8_1
Q8_7	Question 8	69	Ten years ago, how often did you eat the following food(s): Eggs?	Same as Q8_1
Q8_8	Question 8	70	Ten years ago, how often did you eat the following food(s): Bacon or sausage?	Same as Q8_1
Q8_9	Question 8	71	Ten years ago, how often did you eat the following food(s): Doughnuts, sweet rolls, danish, sweet muffins, or dessert breads?	Same as Q8_1
Q8_10	Question 8	72	Ten years ago, how often did you eat the following food(s): Pizza?	Same as Q8_1

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Q8_11	Question 8	73	Ten years ago, how often did you eat the following food(s): Tomato or vegetable soups?	Same as Q8_1
Q8_12	Question 8	74	Ten years ago, how often did you eat the following food(s): Beans, such as baked beans, refried beans, pintos, kidney, or limas?	Same as Q8_1
Q8_13	Question 8	75	Ten years ago, how often did you eat the following food(s): Peanut butter?	Same as Q8_1
Q8_14	Question 8	76	Ten years ago, how often did you eat the following food(s): Canned tuna?	Same as Q8_1
Q8_15	Question 8	77	Ten years ago, how often did you eat the following food(s): Hot dogs or frankfurters?	Same as Q8_1
Q8_16	Question 8	78	Ten years ago, how often did you eat the following food(s): Cold cuts or luncheon meats; such as ham, bologna, salami, corned beef, or pastrami?	Same as Q8_1
Q8_17	Question 8	79	Ten years ago, how often did you eat the following food(s): Cheese or cheese spreads?	Same as Q8_1

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Q8_18	Question 8	80	Ten years ago, how often did you eat the following food(s): Ground beef in hamburgers, cheeseburgers, meatloaf, meatballs, or casseroles?	Same as Q8_1
Q8_19	Question 8	81	Ten years ago, how often did you eat the following food(s): Roast beef or steak (including sandwiches)?	Same as Q8_1
Q8_20	Question 8	82	Ten years ago, how often did you eat the following food(s): Chicken or turkey (including in sandwiches)?	Same as Q8_1
Q8_21	Question 8	83	Ten years ago, how often did you eat the following food(s): Gravy?	Same as Q8_1
Q8_22	Question 8	84	Ten years ago, how often did you eat the following food(s): White bread or rolls?	Same as Q8_1
Q8_23	Question 8	85	Ten years ago, how often did you eat the following food(s): Dark bread or rolls (rye, whole grain, whole wheat, or pumpernickel)?	Same as Q8_1
Q8_24	Question 8	86	Ten years ago, how often did you eat the following food(s): French fries, home fries, or hash brown potatoes?	Same as Q8_1

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Q8_25	Question 8	87	Ten years ago, how often did you eat the following food(s): Other potatoes (baked, mashed, boiled)?	Same as Q8_1
Q8_26	Question 8	88	Ten years ago, how often did you eat the following food(s): Lettuce salads (with or without other vegetables)	Same as Q8_1
Q8_27	Question 8	89	Ten years ago, how often did you eat the following food(s): Tomatoes, fresh (including salads)?	Same as Q8_1
Q8_28	Question 8	90	Ten years ago, how often did you eat the following food(s): Mayonnaise (including on sandwiches, tuna, and potato salad)?	Same as Q8_1
Q8_29	Question 8	91	Ten years ago, how often did you eat the following food(s): Salad dressing for salads or vegetables?	Same as Q8_1
Q8_30	Question 8	92	Ten years ago, how often did you eat the following food(s): Broccoli?	Same as Q8_1
Q8_31	Question 8	93	Ten years ago, how often did you eat the following food(s): Carrots?	Same as Q8_1
Q8_32	Question 8	94	Ten years ago, how often did you eat the following food(s): Other vegetables (such as corn, peas, green beans)?	Same as Q8_1

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Q8_33	Question 8	95	Ten years ago, how often did you eat the following food(s): Real butter (including on bread and vegetables)?	Same as Q8_1
Q8_34	Question 8	96	Ten years ago, how often did you eat the following food(s): Margarine (including on bread and vegetables)?	Same as Q8_1
Q8_35	Question 8	97	Ten years ago, how often did you eat the following food(s): Cake?	Same as Q8_1
Q8_36	Question 8	98	Ten years ago, how often did you eat the following food(s): Cookies or brownies?	Same as Q8_1
Q8_37	Question 8	99	Ten years ago, how often did you eat the following food(s): Ice cream and milk shakes?	Same as Q8_1
Q9_1	Question 9	100	When you were 12 or 13, how often did you eat the following food(s): Whole milk, including on cereal?	0 = Never 1 = 1 - 11 times per year 2 = 1 - 3 times per month 3 = 1 - 2 times per week 4 = 3 - 4 times per week 5 = 5 - 6 times per week 6 = 1 time per day 7 = 2 or more times per day M = Missing E = Error
Q9_2	Question 9	101	When you were 12 or 13, how often did you eat the following food(s): Low-fat or skim milk, including on cereals?	Same as Q9_1

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Q9_3	Question 9	102	When you were 12 or 13, how often did you eat the following food(s): Orange juice or grapefruit juice?	Same as Q9_1
Q9_4	Question 9	103	When you were 12 or 13, how often did you eat the following food(s): Oranges, grapefruit, or tangerines?	Same as Q9_1
Q9_5	Question 9	104	When you were 12 or 13, how often did you eat the following food(s): Apples?	Same as Q9_1
Q9_6	Question 9	105	When you were 12 or 13, how often did you eat the following food(s): Canned fruits; like peaches, pears, or applesauce?	Same as Q9_1
Q9_7	Question 9	106	When you were 12 or 13, how often did you eat the following food(s): Eggs?	Same as Q9_1
Q9_8	Question 9	107	When you were 12 or 13, how often did you eat the following food(s): Bacon or sausage?	Same as Q9_1
Q9_9	Question 9	108	When you were 12 or 13, how often did you eat the following food(s): Doughnuts, sweet rolls, danish, sweet muffins, or dessert breads?	Same as Q9_1
Q9_10	Question 9	109	When you were 12 or 13, how often did you eat the following food(s): Pizza?	Same as Q9_1

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Q9_11	Question 9	110	When you were 12 or 13, how often did you eat the following food(s): Tomato or vegetable soups?	Same as Q9_1
Q9_12	Question 9	111	When you were 12 or 13, how often did you eat the following food(s): Beans, such as baked beans, refried beans, pintos, kidney, or limas?	Same as Q9_1
Q9_13	Question 9	112	When you were 12 or 13, how often did you eat the following food(s): Peanut butter?	Same as Q9_1
Q9_14	Question 9	113	When you were 12 or 13, how often did you eat the following food(s): Canned tuna?	Same as Q9_1
Q9_15	Question 9	114	When you were 12 or 13, how often did you eat the following food(s): Hot dogs or frankfurters?	Same as Q9_1
Q9_16	Question 9	115	When you were 12 or 13, how often did you eat the following food(s): Cold cuts or luncheon meats; such as ham, bologna, salami, corned beef, or pastrami?	Same as Q9_1
Q9_17	Question 9	116	When you were 12 or 13, how often did you eat the following food(s): Cheese or cheese spreads?	Same as Q9_1

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Q9_18	Question 9	117	When you were 12 or 13, how often did you eat the following food(s): Ground beef in hamburgers, cheeseburgers, meatloaf, meatballs, or casseroles?	Same as Q9_1
Q9_19	Question 9	118	When you were 12 or 13, how often did you eat the following food(s): Roast beef or steak (including sandwiches)?	Same as Q9_1
Q9_20	Question 9	119	When you were 12 or 13, how often did you eat the following food(s): Chicken or turkey (including in sandwiches)?	Same as Q9_1
Q9_21	Question 9	120	When you were 12 or 13, how often did you eat the following food(s): Gravy?	Same as Q9_1
Q9_22	Question 9	121	When you were 12 or 13, how often did you eat the following food(s): White bread or rolls?	Same as Q9_1
Q9_23	Question 9	122	When you were 12 or 13, how often did you eat the following food(s): Dark bread or rolls (rye, whole grain, whole wheat, or pumpernickel)?	Same as Q9_1
Q9_24	Question 9	123	When you were 12 or 13, how often did you eat the following food(s): French fries, home fries, or hash brown potatoes?	Same as Q9_1

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Q9_25	Question 9	124	When you were 12 or 13, how often did you eat the following food(s): Other potatoes (baked, mashed, boiled)?	Same as Q9_1
Q9_26	Question 9	125	When you were 12 or 13, how often did you eat the following food(s): Lettuce salads (with or without other vegetables)	Same as Q9_1
Q9_27	Question 9	126	When you were 12 or 13, how often did you eat the following food(s): Tomatoes, fresh (including salads)?	Same as Q9_1
Q9_28	Question 9	127	When you were 12 or 13, how often did you eat the following food(s): Mayonnaise (including on sandwiches, tuna, and potato salad)?	Same as Q9_1
Q9_29	Question 9	128	When you were 12 or 13, how often did you eat the following food(s): Salad dressing for salads or vegetables?	Same as Q9_1
Q9_30	Question 9	129	When you were 12 or 13, how often did you eat the following food(s): Broccoli?	Same as Q9_1
Q9_31	Question 9	130	When you were 12 or 13, how often did you eat the following food(s): Carrots?	Same as Q9_1
Q9_32	Question 9	131	When you were 12 or 13, how often did you eat the following food(s): Other vegetables (such as corn, peas, green beans)?	Same as Q9_1

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ID	Questionn aire Location	File Locat ion	Field Caption	Coding Scheme
Q9_33	Question 9	132	When you were 12 or 13, how often did you eat the following food(s): Real butter (including on bread and vegetables)	Same as Q9_1
Q9_34	Question 9	133	When you were 12 or 13, how often did you eat the following food(s): Margarine (including on bread and vegetables)?	Same as Q9_1
Q9_35	Question 9	134	When you were 12 or 13, how often did you eat the following food(s): Cake?	Same as Q9_1
Q9_36	Question 9	135	When you were 12 or 13, how often did you eat the following food(s): Cookies or brownies?	Same as Q9_1
Q9_37	Question 9	136	When you were 12 or 13, how often did you eat the following food(s): Ice cream and milk shakes?	Same as Q9_1
Q10_1	Question 10	137	Did you take any of the following asprin products in the past 12 months : Generic asprin, Bayer, Bufferin, Anacin, Ecotrin or Excedrin?	0 = No 1 = Yes M = Missing E = Error
Q10_2	Question 10	138	If yes (to Q10_1), how often did you usually take them?	0 = Less than 2 times per month 1 = 2 - 3 times per month 2 = 1 - 2 times per week 3 = 3 - 4 times per week 4 = 5 - 6 times per week 5 = 1 time per day 6 = 2 or more times per day M = Missing E = Error

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ID	Questionn aire Location	File Locat ion	Field Caption	Coding Scheme
Q11_1	Question 11	139	Did you take any of the following pain relievers in the past 12 months : Generic ibuprofen, Advil, Nuprin, Motrin, Aleve, Orudis, Ketoprofen, Naprosyn, Anaprox, Feldene, Piroxicam, Clinoril, Sulindac, Indocin, Indomethacin, Relafen, Nalfron, Nambumetone, or Fenoprofen?	0 = No 1 = Yes M = Missing E = Error
Q11_2	Question 11	140	If yes (to Q11_1), how often did you usually take them?	Same as Q10_2
Q12a	Question 12	141	Did you take any of the following fiber supplements on a regular basis in the past 12 months : No, didn't take any fiber supplements on a regular basis?	0 = Unmarked 1 = Marked
Q12b	Question 12	142	Did you take any of the following fiber supplements on a regular basis in the past 12 months : Psyllium products (such as Metamucil, Fiberall, Serutan, Perdiem, Correctol)?	0 = Unmarked 1 = Marked
Q12c	Question 12	143	Did you take any of the following fiber supplements on a regular basis in the past 12 months : Methylcellulose / Cellulose products(such as Citrucel, Unifiber)?	0 = Unmarked 1 = Marked

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ID	Questionn aire Location	File Locat ion	Field Caption	Coding Scheme
Q12d	Question 12	144	Did you take any of the following fiber supplements on a regular basis in the past 12 months : Fibercon?	0 = Unmarked 1 = Marked
Q12e	Question 12	145	Did you take any of the following fiber supplements on a regular basis in the past 12 months : Bran supplements (such as raw bran, bran wafers)?	0 = Unmarked 1 = Marked
Q13a	Question 13	146	Did you take any of the following calcium- containing antacids on a regular basis in the past 12 months : No, didn't take any antacids containing calcium on a regular basis?	0 = Unmarked 1 = Marked
Q13b	Question 13	147	Did you take any of the following calcium- containing antacids on a regular basis in the past 12 months : Tums or Tums Extra Strength?	0 = Unmarked 1 = Marked
Q13c	Question 13	148	Did you take any of the following calcium- containing antacids on a regular basis in the past 12 months : Rolaids Calcium Rich or Rolaids Sodium Free?	0 = Unmarked 1 = Marked
Q13d	Question 13	149	Did you take any of the following calcium- containing antacids on a regular basis in the past 12 months : Titralac or Titralac Plus?	0 = Unmarked 1 = Marked
Q13e	Question 13	150	Did you take any of the following calcium- containing antacids on a regular basis in the past 12 months : Mylanta Gel Caps?	0 = Unmarked 1 = Marked

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Q13f	Question 13	151	Did you take any of the following calcium-containing antacids on a regular basis in the past 12 months : Alka-Mints?	0 = Unmarked 1 = Marked
Q13g	Question 13	152	Did you take any of the following calcium-containing antacids on a regular basis in the past 12 months : Other antacids containing calcium?	0 = Unmarked 1 = Marked
Q13h	Question 13	153	Did you take any of the following calcium-containing antacids on a regular basis in the past 12 months : Other antacids; don't know if they contain calcium?	0 = Unmarked 1 = Marked
Q14	Question 14	154	Did you have a test for blood in the stool, for example, a fecal occult blood test in the past 3 years?	0 = No 1 = Yes, once 2 = Yes, more than once N = Don't know M = Missing E = Error
Q15a	Question 15	155	Did you have any of the following procedures to examine your colon or rectum in the past 3 years : Yes, flexible sigmoidoscopy?	0 = Unmarked 1 = Marked
Q15b	Question 15	156	Did you have any of the following procedures to examine your colon or rectum in the past 3 years : Yes, colonoscopy?	0 = Unmarked 1 = Marked
Q15c	Question 15	157	Did you have any of the following procedures to examine your colon or rectum in the past 3 years : Yes, proctoscopy?	0 = Unmarked 1 = Marked

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Q15d	Question 15	158	Did you have any of the following procedures to examine your colon or rectum in the past 3 years : Yes, don't know which type?	0 = Unmarked 1 = Marked
Q15e	Question 15	159	Did you have any of the following procedures to examine your colon or rectum in the past 3 years : No?	0 = Unmarked 1 = Marked
Q16	Question 16	160	Do you have any full- or half-sisters, full- or half-brothers, daughters, or sons, either living or deceased?	0 = No 1 = Yes M = Missing E = Error
Q17	Question 17	161	How many full- and half- sisters do you have, both living and deceased?	0 = None 1 = 1 2 = 2 3 = 3 4 = 4 5 = 5 6 = 6 7 = 7 8 = 8 9 = 9 A = 10 B = 11 or more M = Missing E = Error
Q18	Question 18	162	How many full- and half- brothers do you have, both living and deceased?	Same as Q17
Q19	Question 19	163	How many daughters do you have, both living and deceased?	Same as Q17
Q20	Question 20	164	How many sons do you have, both living and deceased?	Same as Q17

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ID	Questionnaire Location	File Location	Field Caption	Coding Scheme
Q21	Question 21	165	Have any of the relatives counted in Questions 17-20 ever been diagnosed with any type of cancer, except for basal-cell skin cancer?	0 = No 1 = Yes M = Missing E = Error
Q22_1a	Question 22 Row 1 Column 1	166	Number of Full- or half-brother(s) diagnosed with Prostate cancer?	0 = 0 1 = 1 2 = 2 3 = 3 4 = 4 5 = 5+ M = Missing E = Error
Q22_2a	Question 22 Row 1 Column 2		Not Applicable	
Q22_3a	Question 22 Row 1 Column 3	167	Number of Full- or half-brother(s) diagnosed with Breast cancer?	Same as Q22_1a
Q22_4a	Question 22 Row 1 Column 4	168	Number of Full- or half-brother(s) diagnosed with Colon or Rectal cancer?	Same as Q22_1a
Q22_5a	Question 22 Row 1 Column 5	169	Number of Full- or half-brother(s) diagnosed with Other cancers (Except Basal-Cell Skin Cancer)?	Same as Q22_1a
Q22_1b	Question 22 Row 2 Column 1	170	Number of Son(s) diagnosed with Prostate cancer?	Same as Q22_1a
Q22_2b	Question 22 Row 2 Column 2		Not Applicable	

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Q22_3b	Question 22 Row 2 Column 3	171	Number of Son(s) diagnosed with Breast cancer?	Same as Q22_1a
Q22_4b	Question 22 Row 2 Column 4	172	Number of Son(s) diagnosed with Colon or Rectal cancer?	Same as Q22_1a
Q22_5b	Question 22 Row 2 Column 5	173	Number of Son(s) diagnosed with Other cancers (Except Basal- Cell Skin Cancer)?	Same as Q22_1a
Q22_1c	Question 22 Row 3 Column 1		Not Applicable	
Q22_2c	Question 22 Row 3 Column 2	174	Number of Full- or half- sisters(s) diagnosed with Ovarian cancer?	Same as Q22_1a
Q22_3c	Question 22 Row 3 Column 3	175	Number of Full- or half- sisters(s) diagnosed with Breast cancer?	Same as Q22_1a
Q22_4c	Question 22 Row 3 Column 4	176	Number of Full- or half- sisters(s) diagnosed with Colon or Rectal cancer?	Same as Q22_1a
Q22_5c	Question 22 Row 3 Column 5	177	Number of Full- or half- sisters(s) diagnosed with Other cancers (Except Basal-Cell Skin Cancer)?	Same as Q22_1a
Q22_1d	Question 22 Row 4 Column 1		Not Applicable	
Q22_2d	Question 22 Row 4 Column 2	178	Number of Daughter(s) diagnosed with Ovarian cancer?	Same as Q22_1a

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ID	Questionnaire Location	File Location	Field Caption	Coding Scheme
Q22_3d	Question 22 Row 4 Column 3	179	Number of Daughter(s) diagnosed with Breast cancer?	Same as Q22_1a
Q22_4d	Question 22 Row 4 Column 4	180	Number of Daughter(s) diagnosed with Colon or Rectal cancer?	Same as Q22_1a
Q22_5d	Question 22 Row 1 Column 5	181	Number of Daughter(s) diagnosed with Other cancers (Except Basal-Cell Skin Cancer)?	Same as Q22_1a
Q23_1	Question 23	182	Have you or your parents ever been diagnosed with breast cancer or ovarian cancer?	0 = No 1 = Yes M = Missing E = Error
Q23_2_1a	Question 23 Row 1 Column 1	183	Please mark this circle if You have ever been diagnosed with Breast cancer.	0 = Unmarked 1 = Marked
Q23_2_2a	Question 23 Row 1 Column 2	184	Please mark this circle if You have ever been diagnosed with Ovarian cancer.	0 = Unmarked 1 = Marked
Q23_2_1b	Question 23 Row 2 Column 1	185	Please mark this circle if your Mother has/had ever been diagnosed with Breast cancer.	0 = Unmarked 1 = Marked
Q23_2_2b	Question 23 Row 2 Column 2	186	Please mark this circle if your Mother has/had ever been diagnosed with Ovarian cancer.	0 = Unmarked 1 = Marked
Q23_2_1c	Question 23 Row 3 Column 1	187	Please mark this circle if your Father has/had ever been diagnosed with Breast cancer.	0 = Unmarked 1 = Marked
Q23_2_2c	Question 23 Row 3 Column 2		Not Applicable	

Coding Manual for NIH / AARP Diet and Health Study - Questionnaire For
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ID	Questionn aire Location	File Locat ion	Field Caption	Coding Scheme
Q24_1	Question 24	188	Have any of your grandfathers, grandmothers, uncles, aunts, nephews, or nieces ever been diagnosed with any type of cancer, except basal- cell skin cancer?	0= No 1 = Yes M = Missing E = Error
Q24_2_ 1a	Question 24 Row 1 Column 1	189	Please mark this circle if your Grandfather(s) has/had ever been diagnosed with Prostate cancer.	0 = Unmarked 1 = Marked
Q24_2_ 2a	Question 24 Row 1 Column 2		Not Applicable	
Q24_2_ 3a	Question 24 Row 1 Column 3	190	Please mark this circle if your Grandfather(s) has/had ever been diagnosed with Breast cancer.	0 = Unmarked 1 = Marked
Q24_2_ 4a	Question 24 Row 1 Column 4	191	Please mark this circle if your Grandfather(s) has/had ever been diagnosed with Colon or Rectal cancer.	0 = Unmarked 1 = Marked
Q24_2_ 5a	Question 24 Row 1 Column 5	192	Please mark this circle if your Grandfather(s) has/had ever been diagnosed with Other Cancers (Except Basal- Cell Skin Cancer).	0 = Unmarked 1 = Marked
Q24_2_ 1b	Question 24 Row 2 Column 1	193	Please mark this circle if your Uncle(s) has/had ever been diagnosed with Prostate cancer.	0 = Unmarked 1 = Marked
Q24_2_ 2b	Question 24 Row 2 Column 2		Not Applicable	

Coding Manual for NIH / AARP Diet and Health Study - Questionnaire For
Selected Participants (RFQ)

ID	Questionn aire Location	File Locat ion	Field Caption	Coding Scheme
Q24_2_ 3b	Question 24 Row 2 Column 3	194	Please mark this circle if your Uncle(s) has/had ever been diagnosed with Breast cancer.	0 = Unmarked 1 = Marked
Q24_2_ 4b	Question 24 Row 2 Column 4	195	Please mark this circle if your Uncle(s) has/had ever been diagnosed with Colon or Rectal cancer.	0 = Unmarked 1 = Marked
Q24_2_ 5b	Question 24 Row 2 Column 5	196	Please mark this circle if your Uncle(s) has/had ever been diagnosed with Other Cancers (Except Basal-Cell Skin Cancer).	0 = Unmarked 1 = Marked
Q24_2_ 1c	Question 24 Row 3 Column 1	197	Please mark this circle if your Nephew(s) has/had ever been diagnosed with Prostate cancer.	0 = Unmarked 1 = Marked
Q24_2_ 2c	Question 24 Row 3 Column 2		Not Applicable	
Q24_2_ 3c	Question 24 Row 3 Column 3	198	Please mark this circle if your Nephew(s) has/had ever been diagnosed with Breast cancer.	0 = Unmarked 1 = Marked
Q24_2_ 4c	Question 24 Row 3 Column 4	199	Please mark this circle if your Nephew(s) has/had ever been diagnosed with Colon or Rectal cancer.	0 = Unmarked 1 = Marked
Q24_2_ 5c	Question 24 Row 3 Column 5	200	Please mark this circle if your Nephew(s) has/had ever been diagnosed with Other Cancers (Except Basal- Cell Skin Cancer).	0 = Unmarked 1 = Marked
Q24_2_ 1d	Question 24 Row 4 Column 1		Not Applicable	

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ID	Questionnaire Location	File Location	Field Caption	Coding Scheme
Q24_2_2d	Question 24 Row 4 Column 2	201	Please mark this circle if your Grandmother(s) has/had ever been diagnosed with Ovarian cancer.	0 = Unmarked 1 = Marked
Q24_2_3d	Question 24 Row 4 Column 3	202	Please mark this circle if your Grandmother(s) has/had ever been diagnosed with Breast cancer.	0 = Unmarked 1 = Marked
Q24_2_4d	Question 24 Row 4 Column 4	203	Please mark this circle if your Grandmother(s) has/had ever been diagnosed with Colon or Rectal cancer.	0 = Unmarked 1 = Marked
Q24_2_5d	Question 24 Row 4 Column 5	204	Please mark this circle if your Grandmother(s) has/had ever been diagnosed with Other Cancers (Except Basal-Cell Skin Cancer).	0 = Unmarked 1 = Marked
Q24_2_1e	Question 24 Row 5 Column 1		Not Applicable	
Q24_2_2e	Question 24 Row 5 Column 2	205	Please mark this circle if your Aunt(s) has/had ever been diagnosed with Ovarian cancer.	0 = Unmarked 1 = Marked
Q24_2_3e	Question 24 Row 5 Column 3	206	Please mark this circle if your Aunt(s) has/had ever been diagnosed with Breast cancer.	0 = Unmarked 1 = Marked
Q24_2_4e	Question 24 Row 5 Column 4	207	Please mark this circle if your Aunt(s) has/had ever been diagnosed with Colon or Rectal cancer.	0 = Unmarked 1 = Marked
Q24_2_5e	Question 24 Row 5 Column 5	208	Please mark this circle if your Aunt(s) has/had ever been diagnosed with Other Cancers (Except Basal-Cell Skin Cancer).	0 = Unmarked 1 = Marked

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ID	Questionn aire Location	File Locat ion	Field Caption	Coding Scheme

Q24_2_1f	Question 24 Row 6 Column 1		Not Applicable	
Q24_2_2f	Question 24 Row 6 Column 2	209	Please mark this circle if your Niece(s) has/had ever been diagnosed with Ovarian cancer.	0 = Unmarked 1 = Marked
Q24_2_3f	Question 24 Row 6 Column 3	210	Please mark this circle if your Niece(s) has/had ever been diagnosed with Breast cancer.	0 = Unmarked 1 = Marked
Q24_2_4f	Question 24 Row 6 Column 4	211	Please mark this circle if your Niece(s) has/had ever been diagnosed with Colon or Rectal cancer.	0 = Unmarked 1 = Marked
Q24_2_5f	Question 24 Row 6 Column 5	212	Please mark this circle if your Niece(s) has/had ever been diagnosed with Other Cancers (Except Basal-Cell Skin Cancer).	0 = Unmarked 1 = Marked
Q25	Question 25	213	Are you a twin?	0 = No 1 = Yes, identical 2 = Yes, fraternal, same sex 3 = Yes, fraternal, opposite sex 4 = Yes, type unknown, same sex M = Missing E = Error
Q26a	Question 26	214	Please mark this circle if your Father has/had been diagnosed with diabetes mellitus (sugar diabetes).	0 = Unmarked 1 = Marked
Q26b	Question 26	215	Please mark this circle if your Mother has/had been diagnosed with diabetes mellitus (sugar diabetes).	0 = Unmarked 1 = Marked

Coding Manual for NIH / AARP Diet and Health Study - Questionnaire For
Selected Participants (RFQ)

ID	Questionn aire Location	File Locat ion	Field Caption	Coding Scheme
Q26c	Question 26	216	Please mark this circle if your Brother has/had been diagnosed with diabetes mellitus (sugar diabetes).	0 = Unmarked 1 = Marked
Q26d	Question 26	217	Please mark this circle if your Sister has/had been diagnosed with diabetes mellitus (sugar diabetes).	0 = Unmarked 1 = Marked
Q26e	Question 26	218	Please mark this circle if None of these relatives has/had been diagnosed with diabetes mellitus (sugar diabetes).	0 = Unmarked 1 = Marked
Q27	Question 27	219	Did you have a rectal examine of your prostate in the past 3 years?	Same as Q14
Q28	Question 28	220	Did you have a PSA blood test to screen for prostate cancer in the past 3 years?	Same as Q14
Q29	Question 29	221	Have you taken any female hormones during or after menopause?	0 = No 1 = Not sure 2 = Yes M = Missing E = Error
Q30a	Question 30	222	Please mark this circle if the type of hormones taken were Pills.	0 = Unmarked 1 = Marked
Q30b	Question 30	223	Please mark this circle if the type of hormones taken were Vaginal creams or suppositories.	0 = Unmarked 1 = Marked
Q30c	Question 30	224	Please mark this circle if the type of hormones taken was a Patch.	0 = Unmarked 1 = Marked
Q30d	Question 30	225	Please mark this circle if the type of hormones taken were Shots.	0 = Unmarked 1 = Marked

Coding Manual for NIH / AARP Diet and Health Study - Questionnaire For
Selected Participants (RFQ)

ID	Questionnaire Location	File Location	Field Caption	Coding Scheme
Q30e	Question 30	226	Please mark this circle if you are Not sure of the type of hormones taken.	0 = Unmarked 1 = Marked
Q31_1	Question 31	227	Have you ever taken estrogen hormone pills, such as Premarin?	Same as Q2
Q31_2a	Question 31	228-229	Which month did you start taking these pills?	Same as Q1a
Q31_2b	Question 31	230	Which year did you start taking these pills (first digit)?	4 - 9 M = Missing E = Error
Q31_2c	Question 31	231	Which year did you start taking these pills (second digit)?	0 - 9 M = Missing E = Error
Q32_1	Question 32	232	Are you still taking estrogen pills?	Same as Q2
Q32_2a	Question 32	233-234	Which month did you stop taking these pills?	Same as Q1a
Q32_2b	Question 32	235	Which year did you stop taking these pills (first digit)?	Same as Q31_2b
Q32_2c	Question 32	236	Which year did you stop taking these pills (second digit)?	Same as Q31_2c
Q33	Question 33	237	How many years have you taken estrogen pills?	1 = 1 year or less 2 = 2 years 3 = 3 years 4 = 4 years 5 = 5 years 6 = 6 years 7 = 7 years 8 = 8 years 9 = 9 years A = 10 years B = More than 10 years N = Don't know M = Missing E = Error

Coding Manual for NIH / AARP Diet and Health Study - Questionnaire For
Selected Participants (RFQ)

ID	Questionn aire Location	File Locat ion	Field Caption	Coding Scheme
Q34a	Question 34	238	Please mark this circle if Premarin was the name of the estrogen pills you took the longest period of time.	0 = Unmarked 1 = Marked
Q34b	Question 34	239	Please mark this circle if Ogen was the name of the estrogen pills you took the longest period of time.	0 = Unmarked 1 = Marked
Q34c	Question 34	240	Please mark this circle if Estrace was the name of the estrogen pills you took the longest period of time.	0 = Unmarked 1 = Marked
Q34d	Question 34	241	Please mark this circle if Estratab or Estratest was the name of the estrogen pills you took the longest period of time.	0 = Unmarked 1 = Marked
Q34e	Question 34	242	Please mark this circle if there was some Other name of the estrogen pills you took the longest period of time.	0 = Unmarked 1 = Marked
Q34f	Question 34	243	Please mark this circle if you Don't know the name of the estrogen pills you took the longest period of time.	0 = Unmarked 1 = Marked

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ID	Questionn aire Location	File Locat ion	Field Caption	Coding Scheme
Q35	Question 35	244	How often did you usually take the estrogen pills reported in Q34?	0 = Every day 1 = Every other day 2 = In 5 day cycles followed by 2 days off 3 = In 6 day cycles followed by 1 day off 4 = In cycles, 20 days on followed by some days off 5 = In cycles, 21 days on followed by some days off 6 = In cycles, 25 days on followed by some days off 7 = Other N = Don't know M = Missing E = Error
Q36	Question 36	245	What was the dosage of the estrogen pills you reported in Q34?	0 = 0.3 mg 1 = 0.625 mg 2 = 1.250 mg 3 = Other N = Don't know M = Missing E = Error
Q37_1	Question 37	246	Have you ever taken progesterone or progestin pills, such as Provera?	Same as Q2
Q37_2a	Question 37	247- 248	Which month did you start taking these pills?	Same as Q1a
Q37_2b	Question 37	249	Which year did you start taking these pills (first digit)?	Same as Q31_2b
Q37_2c	Question 37	250	Which year did you start taking these pills (second digit)?	Same as Q31_2c
Q38_1	Question 38	251	Are you still taking progesterone or progestin pills?	Same as Q2

Coding Manual for NIH / AARP Diet and Health Study - Questionnaire For
Selected Participants (RFQ)

ID	Questionnaire Location	File Location	Field Caption	Coding Scheme
Q38_2a	Question 38	252-253	Which month did you stop taking these pills?	Same as Q1a
Q38_2b	Question 38	254	Which year did you stop taking these pills (first digit)?	Same as Q31_2b
Q38_2c	Question 38	255	Which year did you stop taking these pills (second digit)?	Same as Q31_2c
Q39	Question 39	256	How many years have you taken progesterone or progestin pills?	Same as Q33
Q40a	Question 40	257	Please mark this circle if Provera was the name of the progesterone or progestin pills you took the longest period of time.	0 = Unmarked 1 = Marked
Q40b	Question 40	258	Please mark this circle if Medroxyprogesterone was the name of the progesterone or progestin pills you took the longest period of time.	0 = Unmarked 1 = Marked
Q40c	Question 40	259	Please mark this circle if Cycrin was the name of the progesterone or progestin pills you took the longest period of time.	0 = Unmarked 1 = Marked
Q40d	Question 40	260	Please mark this circle if there was some Other name of the progesterone or progestin pills you took the longest period of time.	0 = Unmarked 1 = Marked
Q40e	Question 40	261	Please mark this circle if you Don't know the name of the progesterone or progestin pills you took the longest period of time.	0 = Unmarked 1 = Marked

Coding Manual for NIH / AARP Diet and Health Study - Questionnaire For
Selected Participants (RFQ)

ID	Questionn aire Location	File Locat ion	Field Caption	Coding Scheme
Q41	Question 41	262	How often did you usually take the progesterone or progestin pills that you reported in Q40?	0 = Less than 10 days per month 1 = 10 to 14 days per month 2 = 15 to 19 days per month 3 = 20 to 25 days per month 4 = Every day 5 = Other N = Don't know M = Missing E = Error
Q42	Question 42	263	What was the dosage of the progesterone or progestin pills you reported in Q40?	0 = Less than 1 mg 1 = 2.5 mg 2 = 5.0 mg 3 = 10.0 mg 4 = Other N = Don't know M = Missing E = Error
Q43	Question 43	264	Have you ever been told by a doctor that you had benign breast lumps or fibrocystic breast disease?	Same as Q2
Q44	Question 44	265	Have you had a mammogram in the past 3 years?	Same as Q14
Q45	Question 45	266	Have you had an ultrasound or scan of your ovaries in the past 3 years?	Same as Q14
Q46	Question 46	267	Have you had a blood test for ovarian cancer, for example, CA-125 in the past 3 years?	Same as Q14
Q47_1	Question 47	268	Have you ever been told by a doctor that you had High blood pressure (hypertension) ?	Same as Q2
Q47_2	Question 47	269	Have you ever been told by a doctor that you had High cholesterol level ?	Same as Q2

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ID	Questionn aire Location	File Locat ion	Field Caption	Coding Scheme
Q48	Question 48	270	Have you ever had a job that required physically demanding work?	Same as Q2
Q49	Question 49	271	How many physically demanding jobs have you ever held?	0 = 1 to 2 jobs 1 = 3 to 5 jobs 2 = 6 or more jobs M = Missing E = Error
Q50	Question 50	272	What is the total number of years that you have worked in these physically demanding jobs?	0 = Less than 1 year 1 = 1 to 2 years 2 = 3 to 5 years 3 = 6 to 9 years 4 = 10 or more years M = Missing E = Error
Q51_1	Question 51	273	Have you ever had a job in which you walked or biked to work for most days of the week?	Same as Q2
Q51_2	Question 51	274	What was the total number of years you had the job(s) in which you walked or biked to work for most days of the week?	Same as Q50
Q52	Question 52	275	How much time did you spend watching television or videos during a typical 24-hour period in the past 12 months ?	0 = None 1 = Less than 1 hour 2 = 1 to 2 hours 3 = 3 to 4 hours 4 = 5 to 6 hours 5 = 7 to 8 hours 6 = 9 or more hours M = Missing E = Error
Q53_a	Question 53 a	276	How many hours did you spend Sleeping at night during a typical 24-hour period in the past 12 months ?	0 = Less than 5 hours 1 = 5 to 6 hours 2 = 7 to 8 hours 3 = 9 or more hours M = Missing E = Error

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ID	Questionnaire Location	File Location	Field Caption	Coding Scheme
Q53_b	Question 53 b	277	How many hours did you spend Napping in the daytime during a typical 24-hour period in the past 12 months ?	0 = None 1 = Less than 1 hour 2 = 1 to 2 hours 3 = 3 to 4 hours 4 = 5 or more hours M = Missing E = Error
Q53_c	Question 53 c	278	How many hours did you spend Sitting during a typical 24-hour period in the past 12 months ?	0 = Less than 3 hours 1 = 3 to 4 hours 2 = 5 to 6 hours 3 = 7 to 8 hours 4 = 9 or more hours M = Missing E = Error
Q54_1	Question 54	279	How often did you participate in light activities at the following ages and time : 15-18 years old ?	0 = Never 1 = Rarely 2 = Weekly, but less than 1 hour per week 3 = 1 - 3 hours per week 4 = 4 - 7 hours per week 5 = More than 7 hours per week M = Missing E = Error
Q54_2	Question 54	280	How often did you participate in light activities at the following ages and time : 19-29 years old ?	Same as Q54_1
Q54_3	Question 54	281	How often did you participate in light activities at the following ages and time : 35-39 years old ?	Same as Q54_1
Q54_4	Question 54	282	How often did you participate in light activities at the following ages and time : in the past 10 years	Same as Q54_1
Q55_1	Question 55	283	How often did you participate in moderate to vigorous activities at the following ages and time: 15-18 years old ?	Same as Q54_1

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ID	Questionn aire Location	File Locat ion	Field Caption	Coding Scheme
Q55_2	Question 55	284	How often did you participate in moderate to vigorous activities at the following ages and time : 19-29 years old ?	Same as Q54_1
Q55_3	Question 55	285	How often did you participate in moderate to vigorous activities at the following ages and time : 35-39 years old ?	Same as Q54_1
Q55_4	Question 55	286	How often did you participate in moderate to vigorous activities at the following ages and time : in the past 10 years ?	Same as Q54_1
Q56a	Question 56	287	How tall were you at about age 18 ? (first field feet)	4 - 7 M = Missing E = Error
Q56b	Question 56	288	How tall were you at about age 18 ? (second field inches)	0 = 0 1 = 1 2 = 2 3 = 3 4 = 4 5 = 5 6 = 6 7 = 7 8 = 8 9 = 9 A = 10 B = 11 M = Missing E = Error
Q57_1a	Question 57	289	About how much did you weigh at age 18? (first digit)	0-5 M = Missing E = Error
Q57_1b	Question 57	290	About how much did you weigh at age 18? (second digit)	0-9 M = Missing E = Error

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ID	Questionnaire Location	File Location	Field Caption	Coding Scheme
Q57_1c	Question 57	291	About how much did you weigh at age 18? (third digit)	Same as Q57_1b
Q57_2a	Question 57	292	About how much did you weigh at age 35? (first digit)	Same as Q57_1a
Q57_2b	Question 57	293	About how much did you weigh at age 35? (second digit)	Same as Q57_1b
Q57_2c	Question 57	294	About how much did you weigh at age 35? (third digit)	Same as Q57_1b
Q57_3a	Question 57	295	About how much did you weigh at age 50? (first digit)	Same as Q57_1a
Q57_3b	Question 57	296	About how much did you weigh at age 50? (second digit)	Same as Q57_1b
Q57_3c	Question 57	297	About how much did you weigh at age 50? (third digit)	Same as Q57_1b
Q58_1a	Question 58	298	What was your maximum adult weight ? (first digit)	Same as Q57_1a
Q58_1b	Question 58	299	What was your maximum adult weight ? (second digit)	Same as Q57_1b
Q58_1c	Question 58	300	What was your maximum adult weight ? (third digit)	Same as Q57_1b
Q58_2	Question 58	301	How old were you when you weighed your most ?	0 = 18 - 29 years old 1 = 30 - 39 years old 2 = 40 - 49 years old 3 = 50 - 59 years old 4 = 60 - 69 years old 5 = 70 years old or older M = Missing E = Error

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ID	Questionnaire Location	File Location	Field Caption	Coding Scheme
Q59_1a	Question 59	302	What was your minimum adult weight ? (first digit)	Same as Q57_1a
Q59_1b	Question 59	303	What was your minimum adult weight ? (second digit)	Same as Q57_1b
Q59_1c	Question 59	304	What was your minimum adult weight ? (third digit)	Same as Q57_1b
Q59_2	Question 59	305	How old were you when you weighed your least ?	Same as Q58_2
Q60	Question 60	306	Where do you carry most of your weight on your body ?	0 = Around the chest or shoulders 1 = Around the waist or stomach 2 = Around the hips or thighs 3 = Equally all over M = Missing E = Error
Q61	Question 61	307	If you gained weight when you were around 40 to 59 years old, where on your body did you mainly tend to add the weight at that time?	0 = Did not gain weight around 40 to 59 years old 1 = Around the chest or shoulders 2 = Around the waist or stomach 3 = Around the hips or thighs 4 = Equally all over M = Missing E = Error
Q62_1a	Question 62	308	Measurement of waist in inches. (first digit)	1 - 6 M = Missing E = Error
Q62_1b	Question 62	309	Measurement of waist in inches. (second digit)	0 - 9 M = Missing E = Error

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ID	Questionn aire Location	File Locat ion	Field Caption	Coding Scheme
Q62_1c	Question 62	310	Measurement of waist in inches. (quarter inch)	1= 1/4 2 = 1/2 3 = 3/4 M = Missing E = Error
Q62_2a	Question 62	311	Measurement of hip in inches. (first digit)	Same as Q62_1a
Q62_2b	Question 62	312	Measurement of hip in inches. (second digit)	Same as Q62_1b
Q62_2c	Question 62	313	Measurement of hip in inches. (quarter inch)	Same as Q62_1c
Q63	Question 63	314	Please mark this circle if you enter any information in this section.	0 = Unmarked 1 = Marked

NOTE:

Bar Code Range	N	Mailing Date
00000019 - 05342913	534,291	10/15/96
05342929 - 05362687	1,977	1/08/97
05362695 - 05420962	5,828	4/04/97