



## Albert Einstein College of Medicine

Harold and Muriel Block Institute for Clinical and Translational Research at Einstein and Montefiore

## **HealthCorps Program Survey 2017-2018**



## Data Dictionary Codebook

06/26/2019 5:28pm

#	Variable / Field Name	Field Label Field Note	Field Attributes (Field Type, Validation, Choices, Calculations, etc.)	
Ins	trument: <b>Healthy-Me</b> \$	Survey		
1	post_record_id	Record ID	text	
2	hcid	HealthCorps ID Number (this code will be provided by your HC Coordinator, it is not your school ID)	text (number, Min: 9999, Max: 99999), Required	
3	email	What is your prefered Email Address? (This is where we will send your HealthyMe Snapshot.)	text (email), Identifier	
4	birthday_year	What year were you born in?	radio  1998	

5	hirthday month	What month were you have in?		
5	birthday_month	What month were you born in?	radio 1 January	
			$\vdash$	ebruary
			_	arch
			_	oril
			<b>—</b> —	ay
			$\vdash$	
			$\vdash$	une
			-	uly
				ugust
			-	eptember
			$\vdash$	ctober
			-	ovember
			12 De	ecember
			Custom	alignment: LH
6	grade	What grade are you in?	radio	
			$\vdash$	h grade
			_	h grade
			-	h grade
				h grade
			10 10	Oth grade
			11 11	Ith grade
			12 12	2th grade
			0 Ur	ngraded or Other grade
7	gender	What is your gender?	radio	
			1 Mal	
			2 Fen	male
			3 Oth	ner
			Custom	alignment: LH
8	height_feet	What is your height (in feet)?	radio	
			3 3	
			4 4	
			5 5	
			6 6	
			7 7	
			Custom	alignment: LV
			- GGC0111	

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S	height_inches	What is your height (in inches)?	radio  0 0  1 1  2 2  3 3  4 4  5 5  6 6  7 7  8 8  9 9  10 10  11 11  Custom alignment: LV
1	0 weight	What is your weight? (to the nearest pound)	text (number, Min: 50, Max: 450) Custom alignment: LH
1	1 fruit_veg_index	Thinking about the past 2 weeks, which of the following fruits and vegetables have you eaten? (Select all that apply)	checkbox  1 fruit_veg_index1 Apple 2 fruit_veg_index2 Apricot 3 fruit_veg_index3 Artichoke 4 fruit_veg_index4 Asparagus 5 fruit_veg_index5 Avocado 6 fruit_veg_index6 Banana 7 fruit_veg_index7 Beans 8 fruit_veg_index8 Beets 9 fruit_veg_index9 Bell Pepper 10 fruit_veg_index10 Berries 11 fruit_veg_index11 Bok choy 12 fruit_veg_index12 Broccoli 13 fruit_veg_index13 Brussels sprouts 14 fruit_veg_index14 Cabbage 15 fruit_veg_index15 Carrot 16 fruit_veg_index16 Cauliflower 17 fruit_veg_index17 Celery 18 fruit_veg_index18 Chard 19 fruit_veg_index19 Cherry 20 fruit_veg_index20 Coconut 21 fruit_veg_index21 Collard greens 22 fruit_veg_index22 Corn 23 fruit_veg_index23 Cucumber 24 fruit_veg_index24 Date
1	•	•	1 ————

25	fruit_veg_index25	Eggplant
26	fruit_veg_index26	Fig
27	fruit_veg_index27	Ginger
28	fruit_veg_index28	Grape
29	fruit_veg_index29	Grapefruit
30	fruit_veg_index30	Guava
31	fruit_veg_index31	Jicama
32	fruit_veg_index32	Kale
33	fruit_veg_index33	Kiwi fruit
34	fruit_veg_index34	Kumquat
35	fruit_veg_index35	Lettuce
36	fruit_veg_index36	Lychee
37	fruit_veg_index37	Mandarin or Clementine or Tangelo or Tangerine
38	fruit_veg_index38	Mango
39	fruit_veg_index39	Melon or Cantaloupe or Watermelon
40	fruit_veg_index40	Mushrooms
41	fruit_veg_index41	Nectarine
42	fruit_veg_index42	Okra
43	fruit_veg_index43	Onion
44	fruit_veg_index44	Orange
45	fruit_veg_index45	Papaya
46	fruit_veg_index46	Parsnip
47	fruit_veg_index47	Passion fruit
48	fruit_veg_index48	Peach
49	fruit_veg_index49	Pear
50	fruit_veg_index50	Peas
51	fruit_veg_index51	Pineapple
52	fruit_veg_index52	Plantain
53	fruit_veg_index53	Plum or Prune
54	fruit_veg_index54	Pomegranate
55	fruit_veg_index55	Potato
56	fruit_veg_index56	Pumpkin
57	fruit_veg_index57	Radish
58	fruit_veg_index58	Raisins
59	fruit_veg_index59	Rhubarb
60	fruit_veg_index60	Spinach
61	fruit_veg_index61	Squash
62	fruit_veg_index62	Strawberry
63	fruit_veg_index63	Sweet potato or Yam

5/2019	HealthCorps Program Survey 2017-2018   REDCap				
			64 fruit_veg_index64 Tomato		
			65 fruit_veg_index65 Turnip		
			Custom alignment: LV		
12	fruit_veg_freq	How often do you eat fruits and vegetables in a	radio		
	· _ · • <b>J</b> _ · • • 1	typical day?	I eat fruits/vegetables with almost every meal.		
			2 I eat fruits/vegetables with some of my meals.		
			3 I eat fruits/vegetables every day or two.		
			4 I almost never eat fruits/vegetables.		
			Custom alignment: LV		
13	sugary_bev	How many sugary drinks (soda, Arizona, sweetened	radio		
		iced tea, fruit punch) do you usually have in a day?	1 None.		
			2 I limit myself to one a day.		
			3 Maybe a couple (2 sugary drinks a day).		
			4 A few or more (3 or more sugary drinks a day).		
			Custom alignment: LV		
14	water	Do you ever drink water?	radio		
			1 Yes I drink a lot.		
			2 I drink some water.		
			3 I drink a little water.		
			4 I don't drink water.		
			Custom alignment: LV		
15	sugary_bev_yrbs	During the past 7 days, how many times did you	radio		
		drink a can, bottle, or glass of soda or pop, such as Coke, Pepsi, or Sprite? (Do not count diet soda or diet pop).	1 I did not drink soda or pop during the past 7 days		
		G. 6. 6. 6. 6. 6. 6. 6. 6. 6. 6. 6. 6. 6.	2 1 to 3 times during the past 7 days		
			3 4 to 6 times during the past 7 days		
			4 1 time per day		
			5 2 times per day		
			6 3 times per day		
			7 4 or more times per day		
16	phys_activity	How often do you exercise hard enough to sweat or	radio		
		feel your heart beat faster in a typical week?	1 Every day.		
			2 Most Days (4-5 days each week).		
			3 Some Days (1-3 days each week).		
			4 Never.		
			Custom alignment: LV		
			Oustom angriment. LV		

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17	phys_activity_yrbs	During the past 7 days, on how many days were you	radio	<u> </u>				
	day? (Add up all the time you spent in any kind of physical activity that increased your heart rate and	physically active for a total of at least 60 minutes per	1	1 0 days				
		2	1 day					
		made you breathe hard some of the time).	3	2 days				
			4	3 days				
			5	4 days				
			l	5 days				
			l	6 days				
			l	7 days				
4.0								
18	phys_activity_stye	What's your exercise style (select all that apply)?	chec	phys_activity_stye1	I play			
			'	phys_activity_stye1	sports with my friends or on a team.			
			2	phys_activity_stye2	I like to lift			
				, , , , , , , , , , , , , , , , , , ,	weights, do lunges and push ups.			
			3	phys_activity_stye3	I take classes like yoga, kickboxing, and cycling.			
			4	phys_activity_stye4	I'm a dancer and practice a lot.			
			5	phys_activity_stye5	I run. It clears my mind and keeps me fit.			
			6	phys_activity_stye6	I walk a lot.			
			7	phys_activity_stye7	On nice days I ride my bike.			
			8	phys_activity_stye8	I chill outside with my friends.			
			9	phys_activity_stye9	I try to stay fit by doing crunches or other exercises at home while I watch TV.			
			10	phys_activity_stye10	I rarely or never exercise.			
			Cust	tom alignment: LV				
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			KLDC	<u> </u>	
19	sed_behavior	How much time do you spend on electronics (phone, tablet, computer, TV, video games/devices)	1 None.		
		on a school day?			
			11	About one hour	
			l⊢+	A couple of hou	
			4	Several hours a	day (3 or more hours).
				Custom alignment: LV	
20	dinner_home	How often do you eat dinner prepared at home?	radio		
				I eat dinner preperent of the contract of the	pared at home almost
				Most nights I ea home (4-5 night	at dinner prepared at ts each week).
				l occasionally e home (2-3 night	at dinner prepared at ts each week).
				I almost never e home.	eat dinner prepared at
				tom alignment:	LV
21	snacks	What snacks do you typically eat (select all that apply)?		kbox	
		αρριγ): 	1	snacks1	Fresh fruits
			2	snacks2	Nuts or seeds
			3	snacks3	Dried fruits like raisins
			4	snacks4	Fresh vegetables
			5	snacks5	Crackers or pretzels
			6	snacks6	Yogurt
			7	snacks7	Cereal
			8	snacks8	Bagel
			9	snacks9	Pizza
			10	snacks10	Chips
			11	snacks11	Soda
			12	snacks12	Candy
			13	snacks13	Sweet bakery items (donuts, pastry, cookies)
			14	snacks14	None of the above
			Cust	tom alignment:	LV
22	breakfast_yrbs	During the past 7 days, on how many days did you	radio	)	
		eat breakfast?	1	0 days	
			2	1 day	
			3	2 days	
			4	3 days	
			$\mathbf{I} \leftarrow \mathbf{I}$	4 days	
			l⊢⊢⊦	5 days	
			1 $+$ $+$	6 days	
			ı⊢+	7 days	
			للا	,-	

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23	breakfast	My typical morning meal is	radio		
			8		n to breakfast at home aving to school.
			9		eakfast in the school most days.
			10	I grab yo way to se	gurt, fruit, or cereal on my chool.
			11		a sandwich, bacon-egg- or bagel at the market on the chool.
			12	I grab a l	pag of chips or candy.
			13		a donut or sweet pastry on school.
			14	I rarely o	r never eat breakfast.
			Cust	tom alignm	nent: LV
24	little_interest_pleasure	Little interest or pleasure in doing things?	radio	o (Matrix)	
			1	Not at all	
			2	Several da	ays
			3	More than	half the days
			4	Nearly eve	ery day
25	down_depressed_hopel	Feeling down, depressed, or hopeless?	radio	o (Matrix)	
	ess		1	Not at all	
			2	Several da	ays
			3	More than	half the days
			4	Nearly eve	ery day
26	feel_good_about_self	How often do you feel good about yourself?	radio	)	<b>-</b>
			1	Always	
			2	Often	
			3	Sometime	s
			4	Never	
			Cust	tom alignm	nent: LV
27	hisp_latino	Are you Hispanic or Latino?	radio		
			┝	Yes	
			2	No	
28	race	What is your race (select all that apply)?	chec	ckbox	
			1	race1	American Indian or Alaska Native
			2	race2	Asian
			3	race3	Black or African American
			4	race4	Native Hawaiian or Other Pacific Islander
			5	race5	White
Ь	<u> </u>	<u>l</u>			

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29	describe_weight	How do you describe your weight?	radio 1 Very underweight			
			2 Slightly underweight			
			3 About the right weight			
			4 Slightly overweight			
			5 Very overweight			
30	doing_about_weight	Which of the following are you trying to do about	radio			
		your weight?	1 Lose weight.			
			2 Gain weight.			
			3 Stay the same weight.			
			4 I am not trying to do anything about my weight.			
31	healthyme_survey_com plete	Complete?	dropdown  0 Incomplete  1 Unverified  2 Complete			