Data Set Name: STAMM.CSV

#	Variable	Type	Label
1	center_id	Char	Fragebogen-ID
2	revision	Num	Revisionsnummer
3	sex	Num	Geschlecht [1 = male / 2 = female]
4	geb_dat	Num	Geburtsdatum

Data Set Name: NUTRINTAKE.CSV / NUTRINTAKE_BY_GROUP.CSV *

#	Variable	Type	Label
1	center_id	Char	Fragebogen-ID
2	revision	Num	Revisionsnummer
3	*group*	*Num*	*EPICSOFT-Group* *
4	*subgroup1*	*Num*	*EPICSOFT-Subgroup1* *
5	*subgroup2*	*Num*	*EPICSOFT-Subgroup2* *
6	gramm	Num	consumed quantity [g/day]
7	EALA	Num	alanine [g/day]
8	EARG	Num	arginine [g/day]
9	EASP	Num	aspartic acid [g/day]
10	ECYS	Num	cysteine [g/day]
11	EEA	Num	essential amino acid [g/day]
12	EGLU	Num	glutamic acid [g/day]
13	EGLY	Num	glycine [g/day]
14	EH	Num	uric acid [g/day]
15	EHIS	Num	histidine [g/day]
16	EILE	Num	isoleucine [g/day]
17	ELEU	Num	leucine [g/day]
18	ELYS	Num	lysine [g/day]
19	EMET	Num	methionine [g/day]
20	ENA	Num	non-essential amino acid [g/day]
21	EP	Num	purine [g/day]
22	EPF	Num	fraction plant protein [g/day]
23	EPHE	Num	phenylalanine [g/day]
24	EPRO	Num	proline [g/day]
25	ESER	Num	serine [g/day]
26	ETHR	Num	threonine [g/day]
27	ETRP	Num	tryptophan [g/day]
28	ETYR	Num	tyrosine [g/day]
29	EVAL	Num	valine [g/day]
30	F100	Num	capric acid [g/day]
31	F120	Num	lauric acid [g/day]
32	F140	Num	myristic acid [g/day]
33	F141	Num	tetradecenoic acid [g/day]
34	F150	Num	pentadecanoic acid [g/day]
35	F151	Num	pentadecanoic acid [g/day]
36	F160	Num	palmitic acid [g/day]
37	F161	Num	palmitoleic acid [g/day]
38	F162	Num	hexadecodienoic acid [g/day]
39	F164	Num	hexadecatetraenoic acid [g/day]
40	F170	Num	heptadecanoic acid [g/day]
41	F171	Num	heptadecenoic acid [g/day]
42	F180	Num	stearic acid [g/day]
43	F181	Num	oleic acid [g/day]
44	F182	Num	linoleic acid[g/day]
45	F183	Num	alpha-linolenic acid [g/day]
46	F184	Num	octadecenotetranoic acid [g/day]
47	F193	Num	nonadecatrienoic acid [g/Tag]
48	F200	Num	eicosanoic acid [g/day]
49	F201	Num	eicosenoic acid [g/day]
50	F202	Num	eicosadienoic acid [g/day]
51	F203	Num	eicosatrienoic acid [g/day]
52	F204	Num	eicosatetraenoic acid [g/day]
53	F205	Num	eicosapentaenoic acid [g/day]
54	F220	Num	docosanoic acid [g/day]
55	F221	Num	docosenoic acid [g/day]
56	F222	Num	docosadienoic acid [g/day]
57	F223	Num	docosatrienoic [g/day]
58	F224	Num	docosatetraenoic [g/day]
59	F225	Num	docosapentaenoic acid [g/day]
60	F226	Num	docosahexaenoic acid [g/day]
61	F240	Num	tetracosanoic acid [g/day]
62	F241	Num	tetracosaid acid [g/day]
63	F40	Num	butric acid [g/day]
64	F60	Num	capronic acid [g/day]

#	Variable	Type	Label
65	F80	Num	caprylic acid [g/day]
66	FC	Num	cholesterol [g/day]
67	FG	Num	lipoid [g/day]
68	FK	Num	short-chain fatty acids [g/day]
69	FL	Num	long-chain fatty acids [g/day]
70	FM	Num	medium-chain fatty acids [g/day]
71	FP	Num	PUFA [g/day]
72	FS	Num	SFA [g/day]
73	FU	Num	MUFA [g/day]
74	GJ	Num	total energy [kJ/day]
75	GMKO	Num	common salt [g/day]
76	KA	Num	sum of sugar alcohol [g/day]
77	KAM	Num	mannite [g/day]
78	KAS	Num	sorbite [g/day]
79	KAX	Num	xylite [g/day]
80	KBC	Num	cellulose [g/day]
81	KBH	Num	poly-hexose [g/day]
82	KBL	Num	lignin [g/day]
83	KBN	Num	water-insoluble fibers [g/day]
84	KBP	Num	poly-pentose [g/day]
85	KBU	Num	poly-uronic acid [g/day]
86	KBW	Num	water-soluble fibers [g/day]
87	KD	Num	disaccharides [g/day]
88	KDL	Num	lactose [g/day]
89	KDM	Num	maltose [g/day]
90	KDS	Num	sucrose [g/day]
91	KM	Num	monosaccharides [g/day]
92	KMF	Num	fructose [g/day]
93	KMG	Num	galactose [g/day]
94	KMT	Num	glucose [g/day]
95	KP	Num	polysaccharide [g/day]
96	KPG	Num	glycogen [g/day]
97	KPON	Num	oligosaccharides, not adsorbable [g/day]
98	KPOR	Num	oligosaccharides, adsorbable [g/day]
99	KPS	Num	starch [g/day]
100	MCA	Num	calcium [g/day]
101	MCL	Num	chlorine [g/day]
102	MCU	Num	copper [mg/day]
103	MF	Num	fluorine [mg/day]
104	MFE	Num	iron [mg/day]
105	MJ	Num	iodide [mg/day]
106	MK	Num	potassium[g/day]
107	MMG	Num	magnesium [g/day]
108	MMN	Num	manganese [g/day]
109	MNA	Num	sodium [g/day]
110	MP	Num	phosphorus [g/day]
111	MS	Num	sulfur [g/day]
112	MZN	Num	zinc [mg/day]
113	VA	Num	vitamin A (retinol-equivalents)[mg/day]
114	VAC	Num	vitamin A (beta-carotene)[mg/day]
115	VAR	Num	vitamin A (retinol) [mg/day]
116	VB1	Num	vitamin B1 (Thiamin) [mg/day]
117	VB12	Num	vitamin B12 (cobalamin) [mg/day]
118	VB2	Num	Vitamin B2 (riboflavin) [mg/day]
119	VB3	Num	vitamin B3 (Niacin) [mg/day]
120	VB3A	Num	vitamin B3 (niacin equivalents) [mg/day]
121	VB5	Num	vitamin B5 (pantothenic acid) [mg/day]
122	VB6	Num	Vitamin B6 (pyridoxin) [mg/day]
123	VB7	Num	vitamin B7 (biotin) [mg/day]
124	VB9	Num	vitamin B9 (Folate) [mg/day]
125	VB9F	Num	vitamin B9 (free folic acid) [mg/day]
126	VB9G	Num	vitamin B9 (total folic acid) [mg/day]
127	VC	Num	vitamin C [mg/day]
128	VD	Num	vitamin D [mg/day]
129	VE	Num	vitamin E (Tocopherolaequivalent) [mg/day]
130	VEAT	Num	vitamin E (alpha-tocopherol) [mg/day]
131	VK	Num	vitamin K [mg/day]
132	ZA	Num	alcohol [g/day]
133	ZB	Num	fibre [g/day]
134	ZE	Num	protein [g/day]
135	ZF	Num	fat [g/day]
136	ZK	Num	carbohydrates [g/day]
137	ZM	Num	minerals [g/day]
138	ZO	Num	organic acids [g/day]
139	ZV	Num	kitchen slops [g/day]
140	ZW	Num	water [g/day]

Data Set Name: NONDIETARY_DATA.CSV

#	Variable	Type	Label
			[1 = Y / 0 = N / 9 = Missing]
1	center_id	Char	Fragebogen-ID
2	revision	Num	Revisionsnummer
3	datum	Num	fill-in date
4	gewicht	Num	weight [in kg]
5	groesse	Num	height [in m]
6	fleischlos	Num	meatless nutrition [1=No / 2=Yes, vegan / 3=Yes, vegetarian]
7	essen	Num	dietary change [1=No / 2=Yes, partially / 3=Yes]
8	zunahme	Num	weight gain [Y/N]
9	allergie	Num	food intolerance or allergy [Y/N]
10	verdau	Num	digestive disorders [Y/N]
11	darm	Num	intestinal disorders [Y/N]
12	hypert	Num	hypertention [Y/N]
13	hyperl	Num	elevated blood lipids [Y/N]
14	diab	Num	diabetes or incipient diabetes [Y/N]
15	andere	Num	other reason [Y/N]
16	magen	Num	gastric disorders [Y/N]
17	uebergew	Num	overweight [Y/N]
18	fammitgl	Num	illness of a family member [Y/N]
19	andgruende	Char	other reasons for dietary change (free text)
20	vitmin_yn	Num	vitamine, minerals [Y/N]
21	multivit	Num	multi-vitamin supplements [Y/N]
22	mineral	Num	mineral supplements [Y/N]
23	vitmin	Num	multi-vitamin and mineral supplements [Y/N]
24	vit_c	Num	vitamin C [Y/N]
25	vit_a	Num	vitamin A [Y/N]
26	carotin	Num	beta-carotene, carotinoide [Y/N]
27	vit_e	Num	vitamin E [Y/N]
28	vit_b_komplex	Num	vitamin B - complex [Y/N]
29	biotin	Num	biotine [Y/N]
30	vit_b6	Num	vitamin B6 [Y/N]
31	vit_d	Num	vitamin D [Y/N]
32	selen	Num	selenium [Y/N]
33	calcium	Num	calcium [Y/N]
34	magnesium	Num	magnesium [Y/N]
35	zink	Num	zinc [Y/N]
36	eisen	Num	iron [Y/N]
37	folsaeure	Num	folic acid [Y/N]
38	knoblauch	Num	garlic capsules [Y/N]
39	bierhefe	Num	barm, yeast flakes [Y/N]
40	kleie	Num	bran, linseed [Y/N]
41	cranberry	Num	cranberry-extract [Y/N]
42	johanniskr	Num	St John`s wort [Y/N]
43	glukosamin	Num	aminoglucose preparation [Y/N]
44	fischoel	Num	fish oil capsules [Y/N]
45	supp_sonst	Char	other supplements (free text)
46	ergaenz	Char	additional information from the participant (free text)

Data Set Name: LM_EINGESCHRAENKT.CSV

#	Variable	Type	Label
			[1 = Y / 0 = N / 9 = Missing]
1	center_id	Char	Fragebogen-ID
2	revision	Num	Revisionsnummer
3	wieoft	Num	nb. of trying to eat foods restricted
4	eis	Num	ice cream [Y/N]
5	schoko	Num	chocolate [Y/N]
6	apfel	Num	apple [Y/N]
7	delisal	Num	delicatessen salads [Y/N]
8	brokkoli	Num	broccoli [Y/N]
9	kekse	Num	cookies [Y/N]
10	kuchen	Num	cake [Y/N]
11	suessigk	Num	Sweets [Y/N]
12	wbrot	Num	white bread [Y/N]
13	broet	Num	white buns [Y/N]
14	rohksal	Num	green salad, salad from raw vegetables [Y/N]
15	nudeln	Num	pasta [Y/N]
16	erdbeeren	Num	strawberries [Y/N]
17	reis	Num	rice [Y/N]
18	cracker	Num	cracker [Y/N]
19	chips	Num	chips [Y/N]
20	salzstg	Num	salt sticks [Y/N]
21	pommes	Num	pommes frites [Y/N]
22	moehren	Num	carrots [Y/N]

23	fleisch	Num	meat [Y/N]
24	bananen	Num	banana [Y/N]
25	wurst	Num	sausage [Y/N]
26	hamburger	Num	Hamburger [Y/N]
27	doener	Num	doner [Y/N]
28	pizza	Num	pizza [Y/N]
29	limo	Num	lemonade, Coca Cola, Ice Tea [Y/N]
30	keines	Num	not any of the foods mentioned above [Y/N]
31	LM_sonstige	Char	other foods eaten restricted (free text)

Data Set Name: FEHLERSTATUS.CSV

#	Variable	Type	Label
1	center_id	Char	Fragebogen-ID
2	revision	Num	Revisionsnummer
2	brot	Num	
3	nmiss_gesamt	Num	
4	nmiss_hauf	Num	
5	nmiss_zsmf	Num	
6	nmiss_alk	Num	
7	nmiss_port	Num	
8	nmiss_fullpage	Num	

Anmerkungen zum Fehlerstatus:

a) Fehler bei Brotfrage:

Brot = 1 kann heißen:

a) Brot/Brötchen wurde verzehrt, aber alle Brotarten = nie
b) Brot/Brötchen = nie, aber mind. 1 Brotsorte <> nie
c) Missing Häufigkeit für Brot/Brötchen, aber Brotsorten verzehrt
d) Missing Häufigkeit für Brotsorten, aber Brot/Brötchen verzehrt

Fehlerbehandlung:

Wenn a) → alle Brotsorten Verzehrsmenge = 0g
Wenn b) → alle Brotsorten Verzehrsmenge = 0g
Wenn c) → Verzehrhäufigkeit= "1-2 mal pro Tag" eingesetzt. Dies Entspricht der am häufigsten vorkommenden Antwort bei dieser Frage [ermittelt aus den Angaben von 393 Teilnehmern der EPIC-Potsdam Studie [Nöthlings et al. (2007) J Nutr 137: 2781-2786]
Wenn d) → alle Brotsorten zu gleichen Anteilen verzehrt

b) Missings:

nmiss_gesamt>0 → Anzahl Item, für die keine Häufigkeit angegeben wurde

nmiss_hauf>0 → Anzahl Items, für die keine Häufigkeit angegeben wurde (ohne zusammenfassende Fragen)

nmiss_alk>0 → Anzahl Items für die keine Häufigkeit angegeben wurde (alkoholische Getränke und alkoholfreies Bier) [Untermenge von nmiss_gesamt und nmiss_hauf]

nmiss_port>0 → Anzahl fehlender Portionen für alkoholische Getränke und alkoholfreies Bier

nmiss_zsmf>0 → Anzahl Missings für zusammenfassende Fragen

nmiss_fullpage>0 → Anzahl komplett nicht ausgefüllter Seiten

Fehlerbehandlung:

1. alle Missings in Häufigkeiten werden auf „esse ich nicht gesetzt“

2. fehlende Angaben zur Anzahl von Portionen werden auf „1 Portion“ gesetzt

3. fehlende Angaben für zusammenfassende Fragen

   Diese Seite dient der Ermittlung von sog. Korrekturfaktoren für die erfragten Lebensmittelgruppen. Wenn diese Angaben fehlen, wird der Korrekturfaktor auf 1 gesetzt, d.h. die Verzehrsmenge für die entsprechenden Lebensmittel (LM) errechnet sich aus der angegebenen Verzehrshäufigkeit und der Portionsgröße für dieses LM.

   Der Korrekturfaktor soll eine Über- bzw. Unterschätzung ausgleichen.

Fragebögen mit zu vielen Missing sollten von der Analyse ausgeschlossen werden. Wir empfehlen das für Fragebögen, bei denen 20% der Fragen nicht beantwortet wurden (nmiss_hauf >= 20).

Data Set Name:	PHYSICAL_ACTIVITY.CSV

#	Variable	Type	Label	Format
1	center_id	Char	Fragebogen-ID	
2	walking_s	Num	walking in summer [h/week]	
3	walking_w	Num	walking in winter [h/week]	
4	cycling_s	Num	cycling in summer [h/week]	
5	cycling_w	Num	cycling in winter [h/week]	
6	sport_s	Num	sport in summer [h/week]	
7	sport_w	Num	sport in winter [h/week]	
8	gardening_s	Num	sport in summer [h/week]	
9	gardening_w	Num	sport in winter [h/week]	
10	diy	Num	DIY [h/week]	
11	housework	Num	housework [h/week]	
12	climbstairs	Num	number of floors of stairs climbed [per day]	
13	watchTV_s	Num	watching TV in summer [h/week]	
14	watchTV_w	Num	watching TV in winter [h/week]	
15	sleep_day_s	Num	sleeping by day in summer [h/day]	
16	sleep_day_w	Num	sleeping by day in winter [h/day]	
17	sleep_night_s	Num	sleeping by night in summer [h/day]	
18	sleep_night_w	Num	sleeping by night in winter [h/day]	
19	tv_wd_day	Num	watching TV (weekdays <18:00 last 4 weeks) [cat.]	TIMECAT
20	tv_wd_evening	Num	watching TV (weekdays >18:00 last 4 weeks) [cat.]	TIMECAT
21	tv_we_day	Num	watching TV (weekend <18:00 last 4 weeks) [cat.]	TIMECAT
22	tv_we_evening	Num	watching TV (weekend >18:00 last 4weeks) [cat.]	TIMECAT
23	pc_wd_day	Num	PC use (weekdays <18:00 last 4 weeks) [cat.]	TIMECAT
24	pc_wd_evening	Num	PC use (weekdays >18:00 last 4 weeks) [cat.]	TIMECAT
25	pc_we_day	Num	PC use (weekend <18:00 last 4 weeks) [cat.]	TIMECAT
26	pc_we_evening	Num	PC use (weekend >18:00 last 4weeks) [cat.]	TIMECAT
27	locomotion	Num	kind of locomotion in last 4 weeks	TRP
28	reg_sports	Num	regular do sport [1 = Y / 0 = N]	
29	cycling4w	Num	cycling for pleasure (freq. last 4 weeks) [cat.]	TIME4CAT
30	gymnastic4w	Num	gymnastics (freq. last 4 weeks) [cat.]	TIME4CAT
31	swim4w	Num	swimming-leisurely (freq. last 4 weeks) [cat.]	TIME4CAT
32	walking4w	Num	(nordic) walking (freq. last 4 weeks) [cat.]	TIME4CAT
33	fitness4w	Num	high impact aerobics (freq. last 4 weeks) [cat.]	TIME4CAT
34	running4w	Num	competitive running (freq. last 4 weeks) [cat.]	TIME4CAT
35	jogging4w	Num	jogging (freq. last 4 weeks) [cat.]	TIME4CAT
36	hiking4w	Num	hiking (freq. last 4 weeks) [cat.]	TIME4CAT
37	strtrain4w	Num	exercises with weights (freq. last 4 weeks) [cat.]	TIME4CAT
38	hometrain4w	Num	conditioning exercises (freq. last 4 weeks) [cat.]	TIME4CAT
39	rehabsport4w	Num	rehab sport (freq. last 4 weeks) [cat.]	TIME4CAT
40	dancing4w	Num	dancing (freq. last 4 weeks) [cat.]	TIME4CAT
41	ballsport4w	Num	ball sports (freq. last 4 weeks) [cat.]	TIME4CAT
42	dart4w	Num	Snooker,billiards,darts(freq. last 4 weeks) [cat.]	TIME4CAT
43	tennis4w	Num	tennis (freq. last 4 weeks) [cat.]	TIME4CAT
44	skiing4w	Num	cross-country/alpin skiing (freq. last 4 weeks) [cat.]	TIME4CAT
45	othersport4w	Char	other kind of sport	
46	othersp4wfreq	Num	other sports (freq. last 4 weeks) [cat.]	TIME4CAT
47	notreg_sports	Num	at present inactive-plan to begin with sports? [cat.]	PLAN
48	plan_sports	Num	anything done to start with sports? [1 = Y / 0 = N]	
49	things_done	Char	things done to start with sports	
50	comm_PA	Char	comments to physical activity	

FORMAT: TIMECAT	
Cat.	Label
0	never
1	<1h/day
2	1-2h/day
3	2-3h/day
4	3-4h/day
5	>4h/day

FORMAT: TRP	
Cat.	Label
1	walking
2	bicycle
3	public transport
4	car/motorbike

FORMAT: TIME4CAT	
Cat.	Label
0	never
1	1 times in 4 weeks
2	2-3 times in 4 weeks
3	1 time/week
4	2-3 times/week
5	4-5 times/week
6	daily

FORMAT: PLAN	
Cat.	Label
0	Ich habe nicht vor, in den nächsten 6 Monaten regelmäßig sportlich aktiv zu werden.
2	Eine regelmäßige sportliche Aktivität ist mir wegen einer körperlichen Behinderung nicht möglich.
3	Ich habe vor, in den nächsten 6 Monaten (wieder) regelmäßig sportlich aktiv zu werden.
4	Ich habe vor, in den nächsten 30 Tagen (wieder) regelmäßig sportlich aktiv zu werden.