

Descriptions of the Seasons Physical Activity Data Sets

The Seasons physical activity data come from the Seasons longitudinal study conducted by researchers at the University of Massachusetts Medical School (Merriam et al., 1999, Ockene et al. (2004); also see Chapter 26). Subjects were volunteers recruited from the membership of the Fallon Healthcare System, a large HMO in central Massachusetts.

The variables in the *Seasons physical activity data file* are as follows:

id	Subject identification number
age	Age in years at the beginning of the study
sex	Sex: 0=male, 1=female
marital status	1=single; 2=married; 3=living with partner; 4=separated; 5=divorced; 6=widowed
housenum	Number of people in the household
educatio	school completed: 1=no high school; 2=some high school; 3=high school diploma; 4=vocational/trade school; 5=some college; 6=associate degree; 7=bachelor's degree; 8=graduate school
employed	1=yes, employed full time; 2=yes, employed part time; 3=no
occupation	Type of employment
bmi	Body-mass index (a measure of body density – weight in kilograms divided by the square of height in meters)
health	Self-rating of health — “In general, would you say your health is...” 1=Excellent; 2=Very good; 3=Good; 4=Fair; 5=Poor
prstpos	Present employment position classification (see labels)
bdi_summ	Score on the Beck depression index
lt_leisure	Hours spent in light leisure exercise
md_leisure	Hours spent in medium leisure exercise
hd_leisure	Hours spent in vigorous leisure exercise
vhd_leisure	Hours spent in very vigorous leisure exercise
tot_hours_leisure	Total hours spent in leisure exercise
tot_MET_leisure	Total leisure exercise in MET units
lt_occup	Hours spent in light occupational exercise
md_occup	Hours spent in medium occupational exercise
hd_occup	Hours spent in vigorous occupational exercise
vhd_occup	Hours spent in very vigorous occupational exercise
tot_hours_occup	Total hours spent in occupational exercise
tot_MET_occup	Total occupational exercise in MET units
lt_house	Hours spent in light household exercise
md_house	Hours spent in medium household exercise
hd_house	Hours spent in vigorous household exercise
vhd_house	Hours spent in very vigorous household exercise
tot_hours_house	Total hours spent in household exercise
tot_MET_house	Total household exercise in MET units
slpact	Total sleep plus activity tot_hours_inact Total hours inactive

tot_inac_MET	Total activity in MET units
tot_MET_all	Total MET units activity/inactivity/sleep
sqrtBDIplus1	Square root transformed BDI score (depression)
filter_\$	Include only employed (i.e., employed < 3)

The *phys_activity_for_employed* data set contains the data in the Seasons physical activity data file only for people employed full time (employed=1) and people employed part time (employed=2).

The *phys_exercise_problems* data set contains the data in the Seasons physical activity data set along with the additional variables:

bmisq	Square of the bmi value
bmixleisurex	BMI value multiplied by tot_MET_leisure
bdiTRANSsq	Square of the transformed bdi score
employedxleisure_activity	Employed value multiplied by tot_MET_leisure