Nutrition-project: Dataset descriptions

Main dataset: Variable (Attribute) description

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| **Variable** | **Description** | **Example values** |
| **id** | Unique participant ID | 1 |
| **age** | Age in years at the time of testing | 20.8 |
| **sex** | Gender | 0=female, 1= male |
| **income** | How much do you earn per month (Rand)? | 1=Nothing; 2=R1-R2000; 3=R2501-R5000; 4=R5001+; 0=refuse to answer |
| **items\_home** | Which of the following items do you have in your home? (select all relevant items from: Car, Electricity, Running water in the house, Flush Toilet, TV, MNET/DSTV, Cellphone, Computer, Fridge | 0=None; up to 10=10 |
| **cold\_flu** | How many times per year do you get a cold or flu? | 0=less than once a year; 1=1 time; up to 10=10 or more times |
| **antibiotics** | How many times did you take a course of antibiotics in the last year? | 0=less than once a year; 1=1 time; up to 10=10 or more times |
| **ill\_7days** | Have you been ill in the last week? | True=Yes; False=No |
| **ill\_now** | Are you ill at the moment? | True=Yes; False=No |
| **exercise\_stren** | During a typical week (7 days), how often do you do the following types of exercise for more than 15 minutes? - Strenuous exercise (e.g. soccer, jogging) | 0=almost never; 1= 1 day; up to 7= 7 days |
| **exercise\_mod** | During a typical week (7 days), how often do you do the following types of exercise for more than 15 minutes? - Moderate exercise (e.g. fast walking, easy cycling) | 0=almost never; 1= 1 day; up to 7= 7 days |
| **fruit\_juice** | How often did you have the following foods in the past week (7 days)? - Fruit juice | 0=0 times; 1= 1 time; up to 8=8+ times |
| **fruit** | How often did you have the following foods in the past week (7 days)? - Fruit | 0=0 times; 1= 1 time; up to 8=8+ times |
| **veg** | How often did you have the following foods in the past week (7 days)? - Vegetables | 0=0 times; 1= 1 time; up to 8=8+ times |
| **red\_meat** | How often did you have the following foods in the past week (7 days)? - Red meat | 0=0 times; 1= 1 time; up to 8=8+ times |
| **chicken** | How often did you have the following foods in the past week (7 days)? - Chicken | 0=0 times; 1= 1 time; up to 8=8+ times |
| **pork** | How often did you have the following foods in the past week (7 days)? - Pork | 0=0 times; 1= 1 time; up to 8=8+ times |
| **fish** | How often did you have the following foods in the past week (7 days)? - Fish | 0=0 times; 1= 1 time; up to 8=8+ times |
| **eggs** | How often did you have the following foods in the past week (7 days)? - Eggs | 0=0 times; 1= 1 time; up to 8=8+ times |
| **bread** | How often did you have the following foods in the past week (7 days)? - Bread | 0=0 times; 1= 1 time; up to 8=8+ times |
| **pap\_samp** | How often did you have the following foods in the past week (7 days)? - Mealie pap or samp | 0=0 times; 1= 1 time; up to 8=8+ times |
| **rice\_pasta** | How often did you have the following foods in the past week (7 days)? - Rice or pasta | 0=0 times; 1= 1 time; up to 8=8+ times |
| **diary** | How often did you have the following foods in the past week (7 days)? - Diary (e.g. Milk, cheese etc) | 0=0 times; 1= 1 time; up to 8=8+ times |
| **soft\_drinks** | How often did you have the following foods in the past week (7 days)? - Soft drinks (Coke etc) | 0=0 times; 1= 1 time; up to 8=8+ times |
| **take\_away** | How often did you have the following foods in the past week (7 days)? - Take away food | 0=0 times; 1= 1 time; up to 8=8+ times |
| **smoke** | Do you smoke cigarettes? | True=Yes; False=No |
| **alcohol** | Do you drink alcohol? | True=Yes; False=No |
| **avg\_systbp** | Resting systolic blood pressure, averaged over 2 measurements | 119.0 |
| **avg\_diabp** | Resting diastolic blood pressure, averaged over 2 measurements | 71.5 |
| **avg\_pulse** | Resting pulse, averaged over 2 measurements | 64.0 |
| ***Bio-impedance measurements*** | | |
| **body\_fat** | Body Fat (%) | 3.2 |
| **muscle\_mass** | Muscle Mass (kg) | 51.7 |
| **body\_water** | Body Water | 73.7 |
| **bmi** | BMI | 18.1 |
| **visceral\_fat** | Visceral Fat Rating | 1 |
| **metabolic\_age** | Metabolic Age | 12 |
| **bmr** | Basal metabolic rate | 1599 |
| **bfat\_larm** | Body Fat left arm | 5.7 |
| **bfat\_lleg** | Body Fat left leg | 3.4 |
| **bfat\_rarm** | Body Fat right arm | 7.0 |
| **bfat\_rleg** | Body Fat right leg | 2.0 |
| **bfat\_trunk** | Body Fat Trunk | 3.0 |
| **bone\_mass** | Bone Mass | 2.7 |
| **ecw** | Extracellular water | 15.9 |
| **ecw\_percentage** | Extracellular water Percentage | 38.4 |
| **ffree\_mass** | Fat Free Mass | 54.4 |
| **ffree\_larm** | Fat Free Mass Left arm | 3.3 |
| **ffree\_lleg** | Fat Free Mass Left leg | 9.7 |
| **ffree\_rarm** | Fat Free Mass Right arm | 3.2 |
| **ffree\_rleg** | Fat Free Mass Right leg (kg) | 10.3 |
| **ffree\_trunk (kg)** | Fat Free Mass Trunk (kg) | 27.9 |
| **fat\_larm** | Fat Mass Left arm (kg) | 0.2 |
| **fat\_lleg** | Fat Mass Left leg (kg) | 0.3 |
| **fat\_rarm** | Fat Mass Right arm (kg) | 0.2 |
| **fat\_rleg** | Fat Mass Right leg (kg) | 0.2 |
| **fat\_trunk** | Fat Mass Trunk (kg) | 0.9 |
| **icw** | Intracellular water (kg) | 25.5 |
| **muscle\_larm** | Muscle Mass Left arm (kg) | 3.1 |
| **muscle\_lleg** | Muscle Mass Left leg (kg) | 9.2 |
| **muscle\_rarm** | Muscle Mass Right arm (kg) | 3.0 |
| **muscle\_rleg** | Muscle Mass Right leg (kg) | 9.8 |
| **muscle\_trunk** | Muscle Mass Trunk (kg) | 26.6 |
| **left\_grip** | kg | 50 |
| **right\_grip** | kg | 50 |
| **sitting\_height** | cm | 131.5 |
| **standing\_height** | cm | 176.4 |