| UMU_pos_20mm | Department of Biobank Research Umeå University |
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## List of variables (VIP+MO) + “the name of the project”

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| **Title of the project:**  **Reference number and short name:**  **Responsible researcher**:  **The list of variables belongs to the following data file:**  **Delivered by**: |

**The following applies to the questionnaire variables:**

5555 = Answer not entered

6666 = Answer inconsistent or illegible

7777 = Questionnaire is missing

8888 = Question is not represented in the current questionnaire

9999 = Question not answered

**Quality control by the Department of Biobank Research**

Medical and anthropometric data are checked for subcohorts VIP and MA against original paper forms regarding values outside the limits defined below.

However, as no exclusions have been performed, values outside limit values may be delivered. The receiving researcher decides on exclusions of data.

**The following limit values are proposed by VHU (VIP) for exclusions:**

Langd: <130 cm or >210 cm

Vikt: <35 kg

Bmi: <15 or >70

Midja: <60 cm

Skol: <0.5 or >15

Hdl: <0.15 or>7

Ldl: Not defined

Stg: <0.15 or >20

Blods0: <1 or >25

Blods2: <1 or >35

Sbt: <20 or >300

Dbt: <20 or >250

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| Grouping | Variable name | | Categorization |
| ID-variables | **id** | | **Id for the current study** |
| **case\_control** | | 1 = Case  0 = Control |
| **case\_set** | | **Set for case/control** |
| **subject\_id** | | **Order for control** |
| Background variables | **sample\_date** | | **Date of sampling**  (year month day)  *Note: sample\_date and q-date may differ.* |
| **q\_date** | | **Date for the questionnaire**  (year month day)  *Note: sample\_date and q-date may differ.*  *Medical and anthropometric variables belongs to q\_date unless anything else is indicated in the variable bakg\_at\_sampledate.* |
| **bakg\_at\_sampledate** | | 1 = For these individuals, medical and anthropometric variables belongs to sample\_date |
| **gender** | | **Gender**  1 = Male  2 = Female |
| **delproj** | | **Subcohort**  MA = Mammography cohort  MO = MONICA screening  VIP = Västerbotten intervention programme |
| **diadat** | | **Date of diagnosis**  (year month day) |
| **age** | | **Age at date of sampling** |
| **fasta\_enk**  Concerns only the VIP cohort | | **Fasting state** – concerns blood glucose, cholesterol and triglycerides. The variable is from the questionnaire and is only available for optical questionnaires in VIP.  1 = 8 hours or more  2 = less than eight hours  *Note: If fasta\_enk is missing, information about fasting status is found in the variable fasta\_prov. Fasta\_enk is related to q\_date and fasta\_prov is related to sample\_date (which may differ).* |
| **fasta\_prov** | | **Fasting state** – concerns biobanked research samples, and also blood glucose, cholesterol and triglycerides where fasta\_enk has a missing value.  0 = 0-4 hours fasting  1 = 4-6 hours fasting  2 = 6-8 hours fasting  3 = >8 hours fasting  *Note: fasta\_prov is related to sample\_date and fasta\_enk is related to q\_date (which may differ).* |
| Medical and anthropometrical variables | **langd** | | **Body height in centimeters**  *Note: If the variable “l\_v\_uppskattad” is missing, the value is measured at baseline. If “l\_v\_uppskattad”=1, the value is self-reported.* |
| **vikt** | | **Weight in kilograms**  *Note: If the variable “l\_v\_uppskattad” is missing, the value is measured at baseline. If “l\_v\_uppskattad”=1, the value is self-reported.* |
| **l\_v\_uppskattad** | | 1 = self-reported height/weight |
| **bmi** | | **Body mass index** – weight in kg/(height in m)2  (Calculated from langd and vikt whether self-reported or measured values.) |
| **midja** | | **Waist circumference in centimeters** |
| **Total Cholesterol at baseline** | | |
| **skol\_mo**  Concerns only the MONICA cohort | | **Total cholesterol mmol/l**  Analysis at the Laboratory Medicine, University Hospital of Umeå. |
| **skol**  Concerns only the VIP cohort | | **Total cholesterol mmol/l**  Analyzed with reflotron before 2009-09-01, from 2009-09-01 analyzed at the Laboratory Medicine, University Hospital of Umeå .  The variable ”efter\_090901” indicates the following: 0 = analysis with reflotron, i.e. before 2009‑09‑01. 1 = analysis at Laboratory Medicine, i.e. 2009‑09‑01 and later. |
| **hdl** | | **Hdl cholesterol mmol/l** |
| **Ldl**  Concerns only the VIP cohort | | **Ldl cholesterol mmol/l** |
| **Serum Triglycerides at baseline** | | |
| **stg\_mo**  Concerns only the MONICA cohort | | **Triglycerides mmol/l**  Analysis at the Laboratory Medicine, University Hospital of Umeå. |
| **stg**  Concerns only the VIP cohort | | **Triglycerides mmol/l**  Analyzed with reflotron before 2009-09-01, from 2009-09-01 analyzed at the Laboratory Medicine, University Hospital of Umeå .  The variable ”efter\_090901” indicates the following: 0 = analysis with reflotron, i.e. before 2009‑09‑01. 1 = analysis at Laboratory Medicine, i.e. 2009‑09‑01 and later. |
| The analysis methods for cholesterol and triglycerides before and after 2009-09-01 can be compared with the algorithms below formulated by the VHU Group.  **Concerns only the VIP cohort**  EBF recommends that the applicant carefully assesses differences between measured and adjusted values in the lowest and highest percentiles. | | |
| TG=Triglyceride  Chol= Cholesterol   |  |  | | --- | --- | | S-TG – **Reflotron** | 0.177 + (0.932 x S-TG - **Clin Chemistry**) | | S-Chol – **Reflotron** | 0.170 + (0.939 x S-Chol - **Clin Chemistry**) | |  | | | S-TG- **Clin Chemistry** | 0.888 + (0.139 x S-TG - **Reflotron**) | | S-Chol - **Clin Chemistry** | 0.738 + (0.901 x S-Chol - **Reflotron**) | | | |
| **Blood glucose at baseline** | | |
| **blods0** | | **Fasting blood glucose 0-hours value** (oral glucose tolerance test)  VIP, all years: capillary plasma glucose (Reflotron/Hemocue)  MO: Venous plasma glucose all years. Analysis at the Laboratory Medicine, University Hospital of Umeå 2004 and earlier, from 2005 analysis with Hemocue. |
| **blods2** | | **Blood glucose 2-hours value**  (oral glucose tolerance test)  VIP, all years: capillary plasma glucose (Reflotron/Hemocue)  MO: Venous plasma glucose all years. Analysis at the Laboratory Medicine, University Hospital of Umeå 2004 and earlier, from 2005 analysis with Hemocue. |
| **Blood pressure at baseline** | | |
| **btsyst**  Concerns only the MONICA cohort | **Sitting systolic blood pressure** | |
| **btdiast**  Concerns only the MONICA cohort | **Sitting diastolic blood pressure** | |
| **sbt**  Concerns only the VIP cohort | **Systolic blood pressure**  Measured in supine position before 2009-09-01 and in sitting position from 2009-09-01.  The variable”efter\_090901” indicates the following: 0 = supine position until 2009‑08‑31. 1 = sitting position from 2009‑09‑01 and later. | |
| **dbt**  Concerns only the VIP cohort | **Diastolic blood pressure**  Measured in supine position before 2009-09-01 and in sitting position from 2009-09-01.  The variable”efter\_090901” indicates the following: 0 = supine position until 2009‑08‑31. 1 = sitting position from 2009‑09‑01 and later. | |
| **efter\_090901**  Concerns only the VIP cohort | 0 = measured until 2009-08-31 1 = measured from 2009-09-01 | |
| **The variables sbt and dbt for blood pressure can be compared concerning supine and sitting positions with the algorithms below formulated by the VHU Group:** Please note that the algorithms are only valid for 40, 50 and 60 years old age groups, and only for the VIP cohort. | | |
| **Translation algorithms for sitting and supine blood pressure in VHU.**   |  |  |  |  | | --- | --- | --- | --- | | 40 years | Men | Sitting systolic | 21.612 + (0.835 x Supine systolic) | |  |  | Supine systolic | 24.595 + (0.792 x Sitting systolic) | |  |  |  |  | |  |  | Sitting diastolic | 14.463 + (0.848 x Supine diastolic) | |  |  | Supine diastolic | 17.282 + (0.753 x Sitting diastolic) | |  |  |  |  | |  | Women | Sitting systolic | 19.922 + (0.830 x Supine systolic) | |  |  | Supine systolic | 8.669 + (0.919 x Sitting systolic) | |  |  |  |  | |  |  | Sitting diastolic | 13.680 + (0.847 x Supine diastolic) | |  |  | Supine diastolic | 5.784 + (0.890 x Sitting diastolic) | |  |  |  |  | | 50 years | Men | Sitting systolic | 19.748 + (0.861 x Supine systolic) | |  |  | Supine systolic | 9.850 + (0.910 x Sitting systolic) | |  |  |  |  | |  |  | Sitting diastolic | 13.390 + (0.878 x Supine diastolic) | |  |  | Supine diastolic | 12.363 + (0.812 x Sitting diastolic) | |  |  |  |  | |  | Women | Sitting systolic | 12.723 + (0.906 x Supine systolic) | |  |  | Supine systolic | 16.051 + (0.859 x Sitting systolic) | |  |  |  |  | |  |  | Sitting diastolic | 17.675 + (0.800 x Supine diastolic) | |  |  | Supine diastolic | 13.566 + (0.798 x Sitting diastolic) | |  |  |  |  | | 60 years | Men | Sitting systolic | 20.246 + (0.853 x Supine systolic) | |  |  | Supine systolic | 7.763 + (0.936 x Sitting systolic) | |  |  |  |  | |  |  | Sitting diastolic | 16.308 + (0.833 x Supine diastolic) | |  |  | Supine diastolic | 9.029 + (0.864 x Sitting diastolic) | |  |  |  |  | |  | Women | Sitting systolic | 13.817 + (0.900 x Supone systolic) | |  |  | Supine systolic | 9.999 + (0.914 x Sitting systolic) | |  |  |  |  | |  |  | Sitting diastolic | 15.084 + (0.836 x Supine diastolic) | |  |  | Supine diastolic | 7.992 + (0.870 x Sitting diastolic) | | | |
| **Questionnaire variables** | **civil**  VIP: 1985 ->  MONICA: 1986 - 2014 | **Marital status?** 1 = Single  2 = Married/partner + remarried/a new partner  3 = Divorced/separated  4 = Widow/widower  Numbers with two or more digits indicates combined alternatives. | |
| **utbild**  VIP: 1985 ->  MONICA: 1986 - 2014 | **Educational level?** 1 = Elementary school + nine-year (compulsory) school  2 = Folk high school equivalent to nine-year (compulsory) school  + junior secondary school + girls’ school + vocational (training) school  3 = Folk high school equivalent to upper secondary school + girls’ school equivalent to upper secondary school  4 = University education/college  5 = Did not finish elementary school or other basic education (MONICA 2014 only)  6 = Elementary school, nine-year (compulsory) school, vocational (training) school or similar (max 9 years) (MONICA 2014 only) | |
| **sambo**  VIP: 1985 ->  MONICA: 1986 – 2014 | **Who do you live with?** 1 = Only one adult (spouse, partner)  2 = Only children  3 = Adult and children  4 = Other/others  5 = Live alone  6 = Adult, with or without children (MONICA only)  *Comment: In a number of the VIP questionnaires there is an option ”Not living alone”. This option has been coded as 9999.* | |
| **Skiftarbete**  VIP: 1985 ->  MONICA: 1986 - 2009 | **Do you work shifts /weekends?** 1 = Yes  2 = No | |
| **sjukskriven**  VIP: 1989 ->  Concerns only the VIP cohort | **Have you been long-term sick-listed for more than 6 months?** 1 = Yes  2= No | |
| **arbsjukpens\_8604**  MONICA: 1986-2004  Concerns only the MONICA cohort 1986-2004 | **Are you sick-listed now or do you have old age pension/incapacity benefit/disability benefits)?** 1 = Yes, pension/benefit  2 = Yes, sick-listed  3 = No | |
| **arbsjukpens\_0409**  MONICA: 2004-2009  Concerns only the MONICA cohort 2004-2009 | **Are you sick-listed now or do you have old age pension/incapacity benefit/disability benefits)?** 1 = Yes, full time old age pension or full time permanent disability benefits  2 = Yes, part time old age pension or part time permanent disability benefits  3 = Yes, incapacity benefit or time-limited disability benefits  4 = Yes, sick-listed  5 = No | |
| **arbsjukpens\_14**  MONICA: 2014  Concerns only the MONICA cohort 2014 | **Do you now have any of the following?** 1 = Yes, old age pension  2 = Yes, early retirement  3 = Yes, incapacity benefit, permanent disability benefits  4 = Yes, long-term sick-listed  5 = No  Numbers with two or more digits show combined alternatives. | |
| **arbyrke\_8699**  MONICA: 1986-1999  Concerns only the MONICA cohort 1986-1999 | **Classification of occupation (NYK)** *For description of this variable, please contact Robert Lundqvist, Robert.Lundqvist*[*@nll.se*](mailto:per.ivarsson@medicin.umu.se) | |
| **arbyrke\_0409**  MONICA: 2004-2009  Concerns only the MONICA cohort 2004-2009 | **Classification of occupation (NYK)** *For description of this variable, please contact Robert Lundqvist, Robert.Lundqvist*[*@nll.se*](mailto:per.ivarsson@medicin.umu.se) | |
| **ansttyp\_a – ansttyp\_m**  VIP: 1985 ->  MONICA: 1986-2014 | **Type of employment** **ansttyp\_a** = Permanent employment  **ansttyp\_b** =Temporary employment, deputyship, public relief work  **ansttyp\_c** = Works at home  **ansttyp\_d** = Unemployed  **ansttyp\_e** = Student  **ansttyp\_f** = Self-employed  **ansttyp\_g** = Retirement pensioner (due to illness-/in advance-/age-) full time  **ansttyp\_h** = Retirement pensioner (due to illness-/in advance-/age-) part-time  **ansttyp\_i** = Retirement pensioner (due to illness-/in advance-/age-) unspecified  **ansttyp\_j** = Other (MONICA only)  **ansttyp\_k** = On leave, parental leave (MONICA 2014 only)  **ansttyp\_l** = Pension, retirement pension, contractual pension (MONICA only)  **ansttyp\_m** = Long-term sicklisted (MONICA 2014 only) | |
| **ursprungsland**  VIP: 1985 ->  MONICA: 1986-2014 | ***What country are you from?***  1 = Sweden  2 = Other country, specify (see ursprungsland\_vilket) | |
| **ursprungsland\_vilket**  VIP: 1985 ->  MONICA: 1986-2014 | **Specifies country of origin** | |
| **halsojf**  VIP: 1985 -2003  MONICA: 1990-2014 | **Overall state of health compared to others your age?** 1 = Better  2 = About the same  3 = Worse | |
| **halsoal**  VIP: 1985-1994  MONICA: 1990-1994 | **How would you assess your overall state of health?** 1 = Good  2 = Neither poor nor good / something in between  3 = Poor | |
| **halsoar**  VIP: 1989 ->  MONICA: 1986, 1999-2014 | **State of health during the last year?** 1 = Poor  2 = Fairly poor  3 = Tolerably  4 = Fairly good  5 = Very good | |
| **hjartinf\_foraldrar\_syskon**  VIP: 1989 ->  Concerns only the VIP cohort | **Have any of your parents or siblings had a cerebral hemorrhage/thrombosis or cardiac infarction before the age of 60?**  1= Yes  2 = No  3 = Unknown | |
| **mislakt\_9409**  MONICA: 1994-2009  Concerns only the MONICA cohort 1994-2009 | **Has any of your relatives died from a heart attack before 65 years of age?**  1 = Yes  2 = No  3 = Unknown | |
| **mifamilj\_14**  MONICA: 2014 Concerns only the MONICA cohort 2014 | **Has anyone in your family suffered or died from a heart attack?** 1 = Yes  2 = No  3 = Unknown | |
| **cvsslakt\_9409**  MONICA: 1994-2009  Concerns only the MONICA cohort 1994-2009 | **Has any of your relatives died from a stroke before 65 years of age?**  1 = Yes  2 = No  3 = Unknown | |
| **cvsfamilj\_14**  MONICA: 2014 Concerns only the MONICA cohort 2014 | **Has anyone in your family suffered or died from a stroke?** 1 = Yes  2 = No 3 = Unknown | |
| **diab\_foraldrar\_syskon**  VIP: 1989 ->  MONICA: 1999-2014 | **Do any of your parents or siblings have diabetes?**  1= Yes  2 = No  3 = Unknown | |
| **beskbltr**  VIP: 1988 ->  MONICA: 1986-2014 | **Have you at any occasion been informed that you have a high blood pressure?**  1 = Yes  2 = No | |
| **mediciner**  (med\_C5a - med\_C5f, smartmed, med\_acehjar, med\_acecvs, andra\_mediciner)  VIP: 1985 ->  MONICA: 1986-2014 | **Have you during the last 14 days used any of the following drugs?** Blood pressure medication, **med\_C5a**  1 = Yes (in VIP only option 1 available)  2 = No  2 = Unsure  Heart/angina pectoris medication, **med\_C5b** (VIP only)  1 = Yes  Tranquillizers or sleeping drugs, **med\_C5c** (VIP only)  1 = Yes  Ulcer/gastric discomfort medication, **med\_C5d** (VIP only)  1 = Yes Lipid lowering medication, **med\_C5e** 1 = Yes (in VIP only option 1 available)  2 = No  3 = Do not know No, I do not use any of the drugs above, **med\_C5f** (VIP only) 1 = Yes Pain-relieving medication, **smartmed** (VIP only + MONICA 1986) 1 = Yes  2 = No (only the MONICA cohort 1986)  Acetylsalicylic acid against cardiovascular disease, **med\_asahjar** (MONICA only)  1 = Yes  2 = For other disease  3 = No  Acetylsalicylic acid against stroke, **med\_asacvs** (MONICA only)  1 = Yes  2 = For other disease  3 = No | |
| Have you, during the last 14 days, used any other prescription medication, e.g . medication for depression, epilepsy, penicillin or hormones, or any over-the-counter medication, e.g. magnecyl (ASA), vitamins, iron supplements, omega 3 or any other dietary supplements, naturopathic supplements or other supplements? – **andra\_ mediciner**  1 = Yes  2 = No | |
| **med1-med29**  VIP: 1985 ->  MONICA: 1986-2014 | **ATC classification codes** | |
| **diabet**  VIP: 1986 ->  MONICA: 1986-2014 | **Do you have diabetes?** 1 = Yes  2 = No  3 = Unknown (MONICA 2014 only) | |
| **diabetesbehandling\_a – diabetesbehandling\_d**  VIP: 1988 ->  MONICA: 1986-2014 | **If your answer to the diabetes question is ”Yes”, are you being treated with?** diabetesbehandling\_a = Only diet and exercise  diabetesbehandling\_b = Pills  diabetesbehandling\_c = Insulin  diabetsbehandling\_d = No treatment with any of the above | |
| **graviditetsdiabetes**  VIP: 2011 ->  MONICA: 1999-2014 | ***Have you had gestational diabetes?***  1 = Yes  2 = No  3 = Do not have children (MONICA only)  4 = Unknown (MONICA only) | |
| **infarkt\_sjukhus**  VIP: 1989 ->  MONICA: 1986-2014 | **Have you been hospitalized because of a verified heart attack?** 1= Yes  2 = No  3 = Unknown if verified (MONICA only) | |
| **infarkt\_sjukhus\_ar**  VIP: 1991 ->  MONICA: 1986-2014 | **If you have been hospitalized because of a verified heart attack, in what year?** | |
| **RAND36**  Concerns only the VIP cohort | **RAND-36 – Measures different aspects of health based on 36 health related items.**  The items are grouped into 8 scales:  **RAND36\_PF** – Physical functioning  **RAND36\_RP** – Role limitations due to physical health  **RAND36\_BP** – Role limitations due to emotional problems  **RAND36\_GH** – Energy/Fatigue  **RAND36\_VT** – Emotional well-being  **RAND36\_SF** – Social functioning  **RAND36\_RE** – Pain  **RAND36\_MH** – General health  The items have 2, 3, 5 or 6 response choices and measure different health concepts, e.g. pain and role limitations due to physical health. Each item is scored on a 0 to 100 range.  Items in the same scale are averaged together to create the 8 scale scores. Items that are left blank (missing data) are not taken into account when calculating the scale scores. Hence, scale scores represent the average for all items in the scale that the respondent answered. | |
| **SF36\_RAND\_1**  VIP: 2003 ->  Concerns only the VIP cohort | **How would you rate your overall health?**  1 = Excellent  2 = Very good  3 = Good  4 = Fairly good  5 = Poor | |
| **SF36\_RAND \_2**  VIP: 2003 ->  Concerns only the VIP cohort | **Compared to a year ago, how would you rate your overall health now?**  1 = Much better than a year ago  2 = A little better than a year ago  3 = About the same  4 = A little worse than a year ago  5 = Much worse than a year ago | |
| **SF36\_RAND \_3a**  VIP: 2003 ->  Concerns only the VIP cohort | **Are you, due to your physical state of health, limited in your ability to participate in strenuous activities like running, lifting heavy objects, taking part in physically demanding sports?**  1 = Yes, very limited  2 = Yes, a little limited  3 = No, not limited at all | |
| **SF36\_RAND \_3b**  VIP: 2003 ->  Concerns only the VIP cohort | **Are you, due to your physical state of health, limited in your ability to participate in moderately demanding activities like moving a table, vacuuming, walking in the forest or gardening?**  1 = Yes, very limited  2 = Yes, a little limited  3 = No, not limited at all | |
| **SF36\_RAND \_3c**  VIP: 2003 ->  Concerns only the VIP cohort | **Are you, due to your physical state of health, limited in your ability to participate in moderately demanding activities like lifting or carrying grocery bags?**  1 = Yes, very limited  2 = Yes, a little limited  3 = No, not limited at all | |
| **SF36\_RAND \_3d**  VIP: 2003 ->  Concerns only the VIP cohort | **Are you, due to your physical state of health, limited in your ability to participate in moderately demanding activities like walking up several stairs?**  1 = Yes, very limited  2 = Yes, a little limited  3 = No, not limited at all | |
| **SF36\_RAND \_3e**  VIP: 2003 ->  Concerns only the VIP cohort | **Are you, due to your physical state of health, limited in your ability to participate in moderately demanding activities like walking up one flight of stairs?**  1 = Yes, very limited  2 = Yes, a little limited  3 = No, not limited at all | |
| **SF36\_RAND \_3f**  VIP: 2003 ->  Concerns only the VIP cohort | **Are you, due to your physical state of health, limited in your ability to participate in moderately demanding activities like bending down or kneeling?**  1 = Yes, very limited  2 = Yes, a little limited  3 = No, not limited at all | |
| **SF36\_RAND \_3g**  VIP: 2003 ->  Concerns only the VIP cohort | **Are you, due to your physical state of health, limited in your ability to participate in moderately demanding activities like walking more than 2 kilometers?**  1 = Yes, very limited  2 = Yes, a little limited  3 = No, not limited at all | |
| **SF36\_RAND \_3h**  VIP: 2003 ->  Concerns only the VIP cohort | **Are you, due to your physical state of health, limited in your ability to participate in moderately demanding activities like walking more than a few hundred meters?**  1 = Yes, very limited  2 = Yes, a little limited  3 = No, not limited at all | |
| **SF36\_RAND \_3i**  VIP: 2003 ->  Concerns only the VIP cohort | **Are you, due to your physical state of health, limited in your ability to participate in moderately demanding activities like walking a hundred meters?**  1 = Yes, very limited  2 = Yes, a little limited  3 = No, not limited at all | |
| **SF36\_RAND \_3j**  VIP: 2003 ->  Concerns only the VIP cohort | **Are you, due to your physical state of health, limited in your ability to participate in moderately demanding activities like bathing or getting dressed?**  1 = Yes, very limited  2 = Yes, a little limited  3 = No, not limited at all | |
| **SF36\_RAND \_4a**  VIP: 2003 ->  Concerns only the VIP cohort | **During the last four weeks, have you as a consequence of your physical state of health, spent less time than normal at work or in other activities?**  1 = Yes  2 = No | |
| **SF36\_RAND \_4b**  VIP: 2003 ->  Concerns only the VIP cohort | **During the last four weeks, have you as a consequence of your physical state of health, done less than you wanted?**  1 = Yes  2 = No | |
| **SF36\_RAND \_4c**  VIP: 2003 ->  Concerns only the VIP cohort | **During the last four weeks, have you as a consequence of your physical state of health, not been able to perform certain work tasks or other activities?**  1 = Yes  2 = No | |
| **SF36\_RAND \_4d**  VIP: 2003 ->  Concerns only the VIP cohort | **During the last four weeks, have you as a consequence of your physical state of health, been limited in your ability to perform certain work tasks or other activities?**  1 = Yes  2 = No | |
| **SF36\_RAND \_5a**  VIP: 2003 ->  Concerns only the VIP cohort | **During the last four weeks, have you as a consequence of emotional problems spent less time than normal at work or in other activities?**  1 = Yes  2 = No | |
| **SF36\_RAND \_5b**  VIP: 2003 ->  Concerns only the VIP cohort | **During the last four weeks, have you as a consequence of emotional problems done less than you wanted?**  1 = Yes  2 = No | |
| **SF36\_RAND \_5c**  VIP: 2003 ->  Concerns only the VIP cohort | **During the last four weeks, have you as a consequence of emotional problems been less thorough than usual in work or other activities?**  1 = Yes  2 = No | |
| **SF36\_RAND \_6**  VIP: 2003 ->  Concerns only the VIP cohort | **During the last four weeks, to what extent have your physical or emotional health disrupted your usual social life with family, friends, neighbors or others?**  1 = Not at all  2 = A little  3 = Moderately  4 = Much  5 = Very much | |
| **SF36\_RAND \_7**  VIP: 2003 ->  Concerns only the VIP cohort | **How much ache or pain have you felt during the last four weeks?**  1 = None  2 = Very little  3 = Little  4 = Moderate  5 = Severe  6 = Very severe | |
| **SF36\_RAND \_8**  VIP: 2003 ->  Concerns only the VIP cohort | **During the last four weeks, how much has the aching or pain disturbed your normal work?**  1 = Not at all  2 = A little  3 = Moderately  4 = Much  5 = Very much | |
| **SF36\_RAND \_9a**  VIP: 2003 ->  Concerns only the VIP cohort | **For how much of the time during the last four weeks have you felt really alert and strong?**  1 = All of the time  2 = Most of the time  3 = Much of the time  4 = Part of the time  5 = A little of the time  6 = None of the time | |
| **SF36\_RAND \_9b**  VIP: 2003 ->  Concerns only the VIP cohort | **For how much of the time during the last four weeks have you felt very nervous?**  1 = All of the time  2 = Most of the time  3 = Much of the time  4 = Part of the time  5 = A little of the time  6 = None of the time | |
| **SF36\_RAND \_9c**  VIP: 2003 ->  Concerns only the VIP cohort | **For how much of the time during the last four weeks have you felt so depressed that nothing could cheer you up?**  1 = All of the time  2 = Most of the time  3 = Much of the time  4 = Part of the time  5 = A little of the time  6 = None of the time | |
| **SF36\_RAND \_9d**  VIP: 2003 ->  Concerns only the VIP cohort | **For how much of the time during the last four weeks have you felt calm and serene?**  1 = All of the time  2 = Most of the time  3 = Much of the time  4 = Part of the time  5 = A little of the time  6 = None of the time | |
| **SF36\_RAND \_9e**  VIP: 2003 ->  Concerns only the VIP cohort | **For how much of the time during the last four weeks have you felt full of energy?**  1 = All of the time  2 = Most of the time  3 = Much of the time  4 = Part of the time  5 = A little of the time  6 = None of the time | |
| **SF36\_RAND \_9f**  VIP: 2003 ->  Concerns only the VIP cohort | **For how much of the time during the last four weeks have you felt gloomy and sad?**  1 = All of the time  2 = Most of the time  3 = Much of the time  4 = Part of the time  5 = A little of the time  6 = None of the time | |
| **SF36\_RAND \_9g**  VIP: 2003 ->  Concerns only the VIP cohort | **For how much of the time during the last four weeks have you felt worn out?**  1 = All of the time  2 = Most of the time  3 = Much of the time  4 = Part of the time  5 = A little of the time  6 = None of the time | |
| **SF36\_RAND \_9h**  VIP: 2003 ->  Concerns only the VIP cohort | **For how much of the time during the last four weeks have you felt happy?**  1 = All of the time  2 = Most of the time  3 = Much of the time  4 = Part of the time  5 = A little of the time  6 = None of the time | |
| **SF36\_RAND \_9i**  VIP: 2003 ->  Concerns only the VIP cohort | **For how much of the time during the last four weeks have you felt tired?**  1 = All of the time  2 = Most of the time  3 = Much of the time  4 = Part of the time  5 = A little of the time  6 = None of the time | |
| **SF36\_RAND \_10**  VIP: 2003 ->  Concerns only the VIP cohort | **During the last four weeks, how much of the time has your physical health or your emotional problems limited your ability to interact with others (e.g. visiting relatives and friends etc.)?**  1 = All of the time  2 = Most of the time  3 = Part of the time  4 = A little of the time  5 = None of the time | |
| **SF36\_RAND \_11a**  VIP: 2003 ->  Concerns only the VIP cohort | **I seem to get sick a little more often than other people**  1 = Altogether true  2 = Mostly true  3 = Unsure  4 = Not very true  5 = Not at all true | |
| **SF36\_RAND \_11b**  VIP: 2003 ->  Concerns only the VIP cohort | **I am as healthy as anyone I know**  1 = Totally true  2 = Mostly true  3 = Unsure  4 = Not very true  5 = Not at all true | |
| **SF36\_RAND \_11c**  VIP: 2003 ->  Concerns only the VIP cohort | **I believe my health will worsen**  1 = Totally true  2 = Mostly true  3 = Unsure  4 = Not very true  5 = Not at all true | |
| **SF36\_RAND \_11d**  VIP: 2003 ->  Concerns only the VIP cohort | **My health is excellent**  1 = Totally true  2 = Mostly true  3 = Unsure  4 = Not very true  5 = Not at all true | |
| **livskvalitet\_d1 – livskvalitet\_d17**  VIP: 1996->  MONICA: 2004-2009 | **Indicate how satisfied you are with your situation in different aspects**  Very poor = 1 …. Excellent = 7  **livskvalitet\_d1** = Home and family situation  **livskvalitet\_d2** = Ackommodation  **livskvalitet\_d3** = Work situation  **livskvalitet\_d4** = Economy  **livskvalitet\_d5** = Leisure time  Persons can experience changes within themselves during the years. Try to indicate how you feel now.  Very bad = 1 …. Excellent = 7  **livskvalitet\_d6** = Hearing  **livskvalitet\_d7** = Vision  **livskvalitet\_d8** = Memory  **livskvalitet\_d9** = Fitness  **livskvalitet\_d10** = Appetite  **livskvalitet\_d11** = Mood  **livskvalitet\_d12** = Energy  **livskvalitet\_d13** = Patience  **livskvalitet\_d14** = Confidence  **livskvalitet\_d15** = Sleep  Do you feel important and appreciated  1 = Not at all …. 7 = Very much  **livskvalitet\_d16** = outside your home?  **livskvalitet\_d17** = in your home? | |
| **ISSI**  Concerns only the VIP cohort | **Interview Schedule for Social Interaction (ISSI)** consists of questions regarding social relationships, which are measured by the scales **ISSI\_AVSI** – AVailability of Social Interaction and **ISSI\_AVAT** - AVailability of Attachment.  The index is based on 13 items; socont-sochelp. These are assigned a value between 0 and 2, based on the number of response choices.  Items related to AVSI och AVAT are summed up to scores which can have values between 0 and 14 for the AVSI score and 0 and 12 for the AVAT score respectively. | |
| **sockont**  VIP: 1985->  MONICA: 1986-2009 | **How many people do you know and have contact with, which have the same interests as you do?**  1 = No one  2 = 1-2 persons  3 = 3-5 persons  4 = 6-10 persons  5 = 11-15 persons  6 = > 15 persons | |
| **socsam**  VIP: 1985->  MONICA: 1986-2009 | **How many people, that you know, do you meet or talk with during a normal week?**  1 = No one  2 = 1-2 persons  3 = 3-5 persons  4 = 6-10 persons  5 = 11-15 persons  6 = > 15 persons | |
| **soclago**  VIP: 1985->  MONICA: 1986-2009 | **Would you say that the number of people that you meet in your everyday life is enough? Would you like to meet more or fewer people?**  1 = Fewer  2 = Sufficiently enough  3 = More | |
| **sochem**  VIP: 1985->  MONICA: 1986-2009 | **How many friends do you have, who can come to your home at any time and feel at home?**  (You would not care if the house was not clean or if you were eating. Do not count close relatives.)  1 = No one  2 = 1-2 persons  3 = 3-5 persons  4 = 6-10 persons  5 = 11-15 persons  6 = > 15 persons | |
| **soctala**  VIP: 1985->  MONICA: 1986-2009 | **How people can you speak openly with without being careful about what you are saying?**  1 = No one  2 = 1-2 persons  3 = 3-5 persons  4 = 6-10 persons  5 = 11-15 persons  6 = > 15 persons | |
| **socstod**  VIP: 1985->  MONICA: 1986-2009 | **Is there someone in particular that you can really get support from?** 1 = Yes  2 = Yes, but I do not need it  3 = No | |
| **socnara**  VIP: 1985->  MONICA: 1986-2009 | **Is there a special person who feels that he or she is very close to you?**  1 = Yes  2 = Not sure  3 = No | |
| **soclyck**  VIP: 1985->  MONICA: 1986-2009 | **Do you have a special person who you can share your innermost feelings with when you are happy? Somebody who is happy because you are happy?**  1 = Yes  2 = No | |
| **socanfo**  VIP: 1985->  MONICA: 1986-2009 | **Do you have someone to share your innermost feelings with and confide in?**  1 = Yes  2 = No | |
| **soctrost**  VIP: 1985->  MONICA: 1986-2009 | **Does it happen sometimes that someone hugs you to comfort and support you?**  1 = Yes  2 = No | |
| **socupps**  VIP: 1985->  MONICA: 1986-2009 | **Do you think that the ones at home or others appreciate what you do?**  1 = Yes  2 = Not enough  3 = No, not at all | |
| **soclana**  VIP: 1985->  MONICA: 1986-2009 | **Are there people around you who you easily can ask for favors from, e.g. borrowing tools or kitchen utensils?**  1 = Yes  2 = No | |
| **sochelp**  VIP: 1985->  MONICA: 1986-2009 | **Apart from the ones at home, is there anyone you can turn to when you are in trouble?**  1 = Yes  2 = No | |
| **socdelta**  VIP: 1989->  MONICA: 2004-2009 | **Have you, during the last year, participated in any association, voluntary organization etc. together with other people (e.g. sports, study circle, theatre group, choir, political group)?**  1 = Yes  2 = No | |
| **socofta**  VIP: 1985->  MONICA: 2004-2009 | **How often do you engage in clubs, associations, study circles etc. together with others?**  1 = 1-2 times per year  2 = 1-2 times per month  3 = 1-2 times per week  4 = Every day  5 = Unknown | |
| **socforening\_a – socforening\_e**  VIP: 2001->  MONICA: 2004-2009 | **What associations etc. do you participate in?**  socforening\_a = Sports, physical exercise  socforening\_b = Study circle  socforening\_c = Theatre group  socforening\_d = Choir  socforening\_e = Other association | |
| **Karasek**  Concerns only the VIP cohort | **The Job Demand Control Model is an assessment of stress and stress factors in work environment and health promotion in the workplace, constructed by Robert Karasek and co-workers. It is calculated from the items arbfys-arbvad.**  Two scales are used: **Karasek\_KDL** – Decision latitude and **Karasek\_KWS** – Work strain. Based on the value of the scales at the individual level, and if the individual's values are is higher or lower than the rest of the study population's median, the Karasek index is created and classified as:  1 = Low strain jobs  2 = Passive  3 = Active  4 = High strain jobs   |  |  |  | | --- | --- | --- | | **Job decision latitude** | **Job demands low** | **Job demands high** | | **Low** | Passive (2) | High strain jobs (4) | | **High** | Low strain jobs (1) | Active (3) |   Since the values are based on the median of the study population, it is important to check if enough individuals have a value of Karasek\_KDL and Karasek\_KWS to create a median that is representative for the entire study population. | |
| **arbfys**  VIP: 1986->  MONICA: 1986-2009 | **Is your job physically heavy?** 1 = Yes often  2 = Yes sometimes  3 = No rarely  4 = No as good as never | |
| **arbfort**  VIP: 1985->  MONICA: 1986-2009 | **Does your job demand you to work very fast?** 1 = Yes often  2 = Yes sometimes  3 = No rarely  4 = No as good as never | |
| **arbpsyk**  VIP: 1986->  MONICA: 1986-2009 | **Is your job mentally demanding?** 1 = Yes often  2 = Yes sometimes  3 = No rarely  4 = No as good as never | |
| **arbhin**  VIP: 1985->  MONICA: 1986-2009 | **Do you have enough time for your assignments?** 1 = Yes often  2 = Yes sometimes  3 = No rarely  4 = No as good as never | |
| **arbkrav**  VIP: 1985->  MONICA: 1986-2009 | **Are there contradictory demands in your job?** 1 = Yes often  2 = Yes sometimes  3 = No rarely  4 = No as good as never | |
| **arbnytt**  VIP: 1985->  MONICA: 1986-2009 | **Do you get to learn new things in your job?** 1 = Yes often  2 = Yes sometimes  3 = No rarely  4 = No as good as never | |
| **arbski**  VIP: 1985->  MONICA: 1986-2009 | **Does your job demand skill?** 1 = Yes often  2 = Yes sometimes  3 = No rarely  4 = No as good as never | |
| **arbide**  VIP: 1985->  MONICA: 1986-2009 | **Does your job require ingenuity or creativity?** 1 = Yes often  2 = Yes sometimes  3 = No rarely  4 = No as good as never | |
| **arbrut**  VIP: 1985->  MONICA: 1986-2009 | **Does your job mean doing the same things over and over again?** 1 = Yes often  2 = Yes sometimes  3 = No rarely  4 = No as good as never | |
| **arbhur**  VIP: 1985->  MONICA: 1986-2009 | **Do you have control over how your workday is planned and executed?** 1 = Yes often  2 = Yes sometimes  3 = No rarely  4 = No as good as never | |
| **arbvad**  VIP: 1985->  MONICA: 1986-2009 | **Do you have control over your own work assignment?** 1 = Yes often  2 = Yes sometimes  3 = No rarely  4 = No as good as never | |
| **arbtala**  VIP: 1991->  MONICA: 1990-2009 | **Is it usually possible for you to speak with your colleagues during breaks , if you want to?** 1 = Yes, always  2 = Yes, most of the time  3 = No, I do not have breaks  4 = No, I do not have breaks with colleagues | |
| **arblamna**  VIP: 1991->  MONICA: 1990-2009 | **Is it possible for you to leave your work for a while if you want to speak with a colleague?** 1 = Yes, most of the time  2 = Yes, sometimes  3 = Only for urgent matters  4 = No, it is totally impossible | |
| **arbkontakt**  VIP: 1991->  MONICA: 1990-2009 | **Do you, as a part of your work, have a lot of contacts with your colleagues?** 1 = Yes, a lot  2 = One or a few times per month  3 = No, I mostly work alone  4 = Seldom or never | |
| **arbfritid**  VIP: 1991->  MONICA: 1990-2009 | **How often do you spend leisure time together with one or more of your colleagues?** 1 = One or more times per week  2 = One or more times per week  3 = One or more times per year  4 = Seldom or never | |
| **arbbesok**  VIP: 1991->  MONICA: 1990-2009 | **When was the last time a colleague visited you at home?** 1 = One to four weeks ago  2 = One to twelve months ago  3 = More than a year ago  4 = I have never been visited by a colleague | |
| **MONICA\_motion\_fritid\_86\_09**  MONICA: 1986-2009 Concerns only the MONICA cohort 1986-2009 | **How much have you exercised in leisure time during the last year?** 1 = Almost nothing  2 = Mostly sedentary, sometimes a walk or similar activity  3 = Lighter physical exercise at least two hours a week  4 = More strenuous exercise 1-2 hours a week  5 = More strenuous exercise at least 3 hours a week  6 = Very strenuous exercise or competition regularly several times a week  7 = Never (1986 only)  8 = 1-2 times per month (1986 only)  9 = 1 time per week (1986 only)  10 = 2-3 times per week (1986 only)  11 = 4 or more times per week (1986 only) | |
| **MONICA\_motion\_arbete**  MONICA: 1990-2009  MONICA screening 1990, 1994, 1999, 2004 and 2009 only. No similar question 1986. | **How much have you been moving/exerting yourself physically in your work during the last year?** 1 = Have old age pension (option not available for 1990)  2 = Sedentary work  3 = Light but physically active work  4 = Moderately heavy work  5 = Heavy work | |
| **g1\_a-g1\_d**  VIP: 1989->  MONICA: 2014  Concerns only the VIP cohort + MONICA cohort 2014 | **Indicate in the table below the way you usually travel to and from work for each season** Spring, **g1\_a** 1 = By car  2 = By bus  3 = Walking  4 = By bicycle  Summer, **g1\_b**  1 = By car  2 = By bus  3 = Walking  4 = By bicycle  Autumn, **g1\_c**  1 = By car  2 = By bus  3 = Walking  4 = By bicycle  Winter, **g1\_d**  1 = By car  2 = By bus  3 = Walking  4 = By bicycle  Numbers with two or more digits indicates combined alternatives (concerns only the MONICA cohort) | |
| **antal\_km**  VIP: 1989->  MONICA: 2014  Concerns only the VIP cohort + MONICA cohort 2014 | **Distance to work in kilometers (one way)** | |
| **g2\_a – g2\_e**  VIP: 1989->  MONICA: 2014  Concerns only the VIP cohort + MONICA cohort 2014 | **Indicate the alternative that best describes your work** g2\_a = Sedentary or standing  g2\_b = Light but partly physically active  g2\_c = Light and physically active  g2\_d = Sometimes physically straining  g2\_e = Physically straining most of the time | |
| **g3\_a**  VIP: 1989->  Concerns only the VIP cohort | **How often do you take a walk during leisure time?** 0 = Never  1 = 1-2 times a month  2 = 3-4 times a month  3 = 2-3 times a week  4 = Every day | |
| **g3\_b**  VIP: 1989->  Concerns only the VIP cohort | **How often do you ride a bike during leisure time?** 0 = Never  1 = 1-2 times a month  2 = 3-4 times a month  3 = 2-3 times a week  4 = Every day | |
| **g3\_c**  VIP: 1989-2005  Concerns only the VIP cohort | **How often do you dance during leisure time?** 0 = Never  1 = 1-2 times a month  2 = 3-4 times a month  3 = 2-3 times a week  4 = Every day | |
| **g3\_d**  VIP: 1989-2005  Concerns only the VIP cohort | **How often do you shovel snow during leisure time?** 0 = Never  1 = 1-2 times a month  2 = 3-4 times a month  3 = 2-3 times a week  4 = Every day | |
| **g3\_e**  VIP: 1989-2005  Concerns only the VIP cohort | **How often do you engage in gardening during leisure time?** 0 = Never  1 = 1-2 times a month  2 = 3-4 times a month  3 = 2-3 times a week  4 = Every day | |
| **g3\_f**  VIP: 1989-2005  Concerns only the VIP cohort | **How often do you hunt or fish during leisure time?** 0 = Never  1 = 1-2 times a month  2 = 3-4 times a month  3 = 2-3 times a week  4 = Every day | |
| **g3\_g**  VIP: 1989-2005  Concerns only the VIP cohort | **How often do you pick berries or mushrooms during leisure time?** 0 = Never  1 = 1-2 times a month  2 = 3-4 times a month  3 = 2-3 times a week  4 = Every day | |
| **g4**  VIP: 1989-2005  Concerns only the VIP cohort | **Have you changed your ”everyday exercise” during the last year?** 1 = Decreased a lot  2 = Decreased somewhat  3 = As before  4 = Increased somewhat  5 = Increased a lot | |
| **g5**  VIP: 1989-2005  Concerns only the VIP cohort | **”The everyday exercise I get satisfies my need to move”. Is this assertion true for you?** 1 = Not at all  2 = Rather poorly  3 = Partly  4 = Completely | |
| **g6**  VIP: 1989->  MONICA: 2014  Concerns only the VIP cohort + MONICA cohort 2014 | **How often have you been training or exercising in exercise outfit during the last three months with the purpose to enhance your condition and/or to feel good?** 1 = Never  2 = Every now and then – not regularly  3 = 1-2 times/week  4 = 2-3 times/week  5 = More than 3 times/week | |
| **g7**  VIP: 1989-2005  Concerns only the VIP cohort | **If you exercise – have you changed your exercising habits during the last year?** 1 = Decreased a lot  2 = Decreased somewhat  3 = As before  4 = Increased somewhat  5 = Increased a lot | |
| **g8**  VIP: 1989-2005  Concerns only the VIP cohort | **How physically active were you before you turned 20?** 1 = Freed from school gymnastics  2 = Participated only in school gymnastics  3 = Trained without competing  4 = Participated in both training and competitions (not on an competitive level)  5 = Trained and participated in competitive athletics  Numbers with two or more digits indicate combined options. | |
| **g9**  VIP: 2005->  MONICA: 2014  Concerns only the VIP cohort + MONICA cohort 2014 | **How much have you exerted yourself physically during the last 12 months?** If your activity level varies between e.g. summer and winter, try to take an average.  1 = Sedentary leisure time.  You engage mostly in reading, watching TV, cinema or other sedentary activities in your leisure time. You walk, bike, or move otherwise less than two hours a week.  2 = Moderate exercise in leisure time.  You walk, bike or move otherwise in at least 2 hours a week, mostly without sweating. Included are e.g. walking or biking to and from work, other walking, heavier household work, ordinary gardening, fishing, table tennis, bowling.  3 = Moderate, regular exercise in leisure time.  You exercise regularly 1-2 times a week, at least 30 minutes each time. E.g. running, swimming, tennis, badminton or other activity that makes you sweat.  4 = Regular exercise  You engage in running, swimming, tennis, badminton, [keep-fit exercises](http://tyda.se/search/keep-fit%20exercises?w_lang=en) or similar activities in at an average at least three times a week. Each time lasts at least 30 minutes. | |
| **g10**  VIP: 2005->  Concerns only the VIP cohort | **How much time do you spend in an ordinary week in moderately strenuous activities making you feel warm? (e.g. brisk walks, gardening, heavier household work, biking, swimming. It may vary during the year, but try to take an average.)** 1 = 5 hours per week or more  2 = More than 3 hours, but less than 5 hours per week  3 = 1-3 hours per week  4 = Not more than 1 hour per week  5 = No time at all  6 = Do not know/can not answer | |
| **g11a\_h – g11b\_ej**  VIP: 2011->  Concerns only the VIP cohort  Questions about time spent sitting from the validated International Physical Activity Questionairre (IPAQ) | ***How much time have you, each day during the last 7 days, spent sitting during work, studies and transportation, at home and during your leisure time?***  Try to estimate an average amount of hours sitting, e.g. at a desk, at a friend´s house, riding in a car or a bus, sitting eating or talking, in front of the computer, watching a film or TV.  Hours weekdays, **g11a\_h**  Minutes weekdays, **g11a\_m**  Do not know weekdays, **g 11a\_ej**  Hours weekends and holidays, **g11b\_h**  Minutes weekends and holidays, **g11b\_m**  Do not know weekends and holidays, **g11b\_ej** | |
| **motion**  VIP: 1988-1991  Applies only to the older parts in VIP | **How much do you exercise in your leisure time?** 0 = Virtually nothing  1 = Every now and then  2 = Regularly about once a week  3 = Regularly about twice a week  4 = Regularly quite physically straining at least twice a week | |
| **motion2**  VIP: 1986-1994  Applies only to the older parts in VIP | **How often do you exercise?** 1 = Never  2 = 1-2 times/month  3 = 1 time/week  4 = 2-3 times/week  5 = 4 or more times/week | |
| **sleep\_h7a – sleep\_h7h**  VIP: 2005->  Concerns only the VIP cohort | ***How big is the risk that you drift off or fall asleep in the following situations, in contrast to just feeling tired?***  This applies to your usual way of living lately. Even if you have not done all this recently, try to indicate how it would have affected you.  **sleep\_h7a,** Sitting and reading  1 = None  2 = Little  3 = Moderate  4 = Big  **sleep\_h7b,** Watching TV  (same alternatives as above)  **sleep\_h7c,** Sitting inactive in a public place (e.g. theatre or a meeting)  (same alternatives as above)  **sleep\_h7d,** As a passenger in a car for one hour without break.  (same alternatives as above)  **sleep\_h7e,** Lying down resting in the afternoon if conditions permit.  (same alternatives as above)  **sleep\_h7f,** Sitting and talking with someone.  (same alternatives as above)  **sleep\_h7g,** Sitting still after having lunch (without alcohol)  (same alternatives as above)  **sleep\_h7h,** In a car which has stopped for a few minutes in the traffic.  (same alternatives as above) | |
| **sleep\_h8a**  VIP: 2005->  MONICA: 1999-2009 | ***Do you snore when you sleep?***  1 = Yes, always  2 = Yes, almost always  3 = Yes, sometimes  4 = No, almost never  5 = No, never  6 = Do not know | |
| **sleep\_h8b**  VIP: 2005->  MONICA: 1999-2009 | ***Have your husband/wife/partner noticed that you have breath-holds when you sleep?***  1 = Yes, always  2 = Yes, almost always  3 = Yes, sometimes  4 = No, almost never  5 = No, never  6 = Do not know | |
| **sleep\_h8c**  MONICA: 1999-2009  Concerns only the MONICA cohort | ***Are you bothered by fatigue during the day?***  1 = Yes, always  2 = Yes, almost always  3 = Yes, sometimes  4 = No, almost never  5 = No, never | |
| **CAGE**  Concerns only the VIP cohort | **CAGE (Cut down, Annoyance, Guilt, Eye-opener)** is calculated from the items i2, i3, i4 and i5 alternatively j12, j11, j7 and j6. The items are used to calculate an index with possible values 0-4, where 0-1 are interpreted as "no signs of risky alcohol consumption" and 2-4 are interpreted as "potentially risky alcohol consumption/alcohol dependency"  Note that the individuals who have answered that they are teetotalers on item i1 have been instructed to skip items i2-i5, which means that missing answers for these items not are true missing. | |
| **AUDIT**  Concerns only the VIP cohort | **AUDIT (Alcohol Use Disorders Identification Test)** provides an indication of risky/harmful alcohol consumption and possible addiction. The index has been calculated from items j1-j10.  All items in AUDIT have a score range from 0-4 points. The answers to the questions have been scored and summarized. The numbers that correspond to the response choices in the questionnaire are not the same as the points given by the answer. Max points are 40.  For women:  6 points or more indicate risky/harmful alcohol consumption.  14 points or more indicate possible addiction.  For men:  8 points or more indicate risky/harmful alcohol consumption.  16 points or more indicate possible addiction. | |
| **i1**  VIP: 1988-2005  Concerns only the VIP cohort | ***Are you a teetotaler?***(From 1992, the participants were instructed not to answer items i2-i5 if they answered yes to i1. As we do not exclude existing responses, there still may be values for these.)  1 = Yes  2 = No | |
| **i2**  VIP: 1989->  Concerns only the VIP cohort | ***Have you ever felt that you ought to drink less alcohol?***  1 = Yes  2 = No | |
| **i3**  VIP: 1989->  Concerns only the VIP cohort | ***Have other people annoyed you by criticizing your alcohol consumption?***  1 = Yes  2 = No | |
| **i4**  VIP: 1989-2005  Concerns only the VIP cohort | ***Have you ever felt uneasy or guilty because of your way of drinking?***  1 = Yes  2 = No | |
| **i5**  VIP: 1989-2005  Concerns only the VIP cohort | ***Have you ever drunk alcohol first thing in the morning to calm down or cure a hangover?***  1 = Yes  2 = No | |
| **j1**  VIP: 2005->  MONICA: 2014  Concerns only the VIP cohort + MONICA cohort 2014 | ***How often do you drink alcohol?***  1 = Never  2 = 1 time/month or more seldom  3 = 2-4 times/month  4 = 2-3 times/week  5 = 4 times/week or more | |
| **j2**  VIP: 2005->  MONICA: 2014  Concerns only the VIP cohort + MONICA cohort 2014 | ***How many glasses do you usually drink on a day when you drink alcohol?***  One glass:  50 cl medium-strong beer  33 cl beer with alcohol content exceeding 3,5% by volume  1 glass red or white wine  1 small glass fortified wine  4 cl liquor, e.g. whisky  1 = 0-2 glasses (in MONICA 1-2 glasses)  2 = 3-4 glasses  3 = 5-6 glasses  4 = 7-9 glasses  5 = 10 glasses or more | |
| **j3**  VIP: 2005->  MONICA: 2014  Concerns only the VIP cohort + MONICA cohort 2014 | ***How often do you drink six or more such glasses at the same occasion?***  1 = Never  2 = More seldom than once a month  3 = Every month  4 = Every week  5 = Daily or almost daily | |
| **j4**  VIP: 2005->  Concerns only the VIP cohort | ***How often during the last year have you not been able to stop drinking after you started to drink?***  1 = Never  2 = More seldom than once a month  3 = Every month  4 = Every week  5 = Daily or almost daily | |
| **j5**  VIP: 2005->  Concerns only the VIP cohort | ***How often during the last year have you not done something you should have done because of your drinking?***  1 = Never  2 = More seldom than once a month  3 = Every month  4 = Every week  5 = Daily or almost daily | |
| **j6**  VIP: 2005->  Concerns only the VIP cohort | ***How often during the last year have you needed a drink in the morning to recover after drinking the day before?***  1 = Never  2 = More seldom than once a month  3 = Every month  4 = Every week  5 = Daily or almost daily | |
| **j7**  VIP: 2005->  Concerns only the VIP cohort | ***How often during the last year have you felt guilt or remorse because of your drinking?***  1 = Never  2 = More seldom than once a month  3 = Every month  4 = Every week  5 = Daily or almost daily | |
| **j8**  VIP: 2005->  Concerns only the VIP cohort | ***How often during the last year did you drink so much that you the next day not was able to remember what you said or did the day before?***  1 = Never  2 = More seldom than once a month  3 = Every month  4 = Every week  5 = Daily or almost daily | |
| **j9**  VIP: 2005->  Concerns only the VIP cohort | ***Have you or anyone you know been hurt physically because of your drinking?***  1= No  2 = Yes, but not during the last year  3 = Yes, during the last year | |
| **j10**  VIP: 2005->  Concerns only the VIP cohort | ***Has a relative, a friend, a doctor (or other medical personnel) been worried about your drinking or suggested that you should drink less?***  1= No  2 = Yes, but not during the last year  3 = Yes, during the last year | |
| **Smoke and snuff** | *Some assumptions have been made to correct for difficulties when interpreting the raw data due to the configuration of the questionnaire.* | | |
| **sm\_status**  VIP: 1985->  MONICA: 1986-2014 | ***Smoking status:***  1 = Smoker  2 = Former smoker  3 = Non-smoker  4 = Occasional smoker  5 = Former occasional smoker | |
| **sm\_cig\_groups**  VIP: 1992->  Concerns only the VIP cohort | ***Number of cigarettes smoked per day:***  1 = 1-4  2 = 5-14  3 = 15-24  4 = >25 | |
| **sm\_num\_cig**  VIP: 1985-1992  MONICA: 1986-2014 | ***Number of cigarettes smoked per day*** | |
| **sm\_num\_cigar**  VIP: 1985-1992  MONICA: 1986-2009 | ***Number of cigars smoked per day*** *(in some questionnaires cigars per week, in these cases the number has been divided by 7)* | |
| **sm\_gr\_tobacco**  VIP: 1985-1992  MONICA: 1986-2014 | ***Grams of tobacco smoked per week*** | |
| **sm\_how\_often**  VIP: 2011->  MONICA: 1994-2014 | ***How often do you smoke?*** *(Question answered by participants who answered “Yes, I smoke occasionally, not daily”)*  1 = Less than 1 day/month  2 = 1-3 days/month  3 = Usually 1 day/week  4 = Usually 2-4 days/week  5 = Almost every day  *Please note that for MONICA only the alternatives 3-5 are available.* | |
| **sm\_start**  VIP: 1985->  MONICA: 1986-2014 | ***Age when the participant started smoking*** | |
| **sm\_stop**  VIP: 1985->  MONICA: 1986-2014 | ***Age when the participant stopped smoking*** | |
| **sm\_duration**  VIP: 1985->  MONICA: 1986-2014 | ***Years smoking calculated from sm\_start and sm\_stop***  For those who say they smoke and has not given a value for sm\_stop, sm\_duration is given up until date of questionnaire. **Note that the information in sm\_duration might be misleading for smokers who have stopped smoking at some point (and then started again).** | |
| **sm\_whystop\_1**  VIP: 1988-1992  MONICA: 1990-2009 | ***Stopped smoking for health reasons, on own initiative***  1 = Yes | |
| **sm\_whystop\_2**  VIP: 1988-1992  MONICA: 1990-2009 | ***Stopped smoking after advice from physician/health personnel***  1 = Yes | |
| **sm\_whystop\_3**  VIP: 1988-1992  MONICA: 1990-2009 | ***Stopped smoking after receiving other information***  1 = Yes | |
| **sm\_whystop\_4**  VIP: 1988-1992  MONICA: 1990-2009 | ***Stopped smoking after pressure from friends/family members***  1 = Yes | |
| **sm\_whystop\_5**  VIP: 1988-1992  MONICA: 1990-2009 | ***Stopped smoking for other reasons***  1 = Yes | |
| **sn\_status**  VIP: 1985->  MONICA: 1986-2014 | ***Snuffer status***  1 = Using snuff  2 = Former snuff user  3 = Not using snuff | |
| **sn\_quantity**  VIP: 1985->  MONICA: 1986-2014 | ***Snuff - number of boxes per week***  1 = Less than 2  2 = 2 to 4  3 = More than 4 but less than 7  4 = 7 or more | |
| **sn\_time**  VIP: 1988->  MONICA: 1990-2014 | ***Years using snuff*** | |
| **sn\_stopsmoke\_a**  VIP: 1991->  MONICA: 1990-2014 | ***Did you start using snuff when you stopped smoking?***  1 = Yes  2 = No  3 = I am smoking and using snuff | |
| **sn\_stopsmoke\_b**  VIP: 1988-1992  Concerns only the VIP cohort | ***Did you start using snuff when you stopped smoking?***  1 = Yes  2 = No | |
| **sn\_nicotine\_replace**  VIP: 2006->  Concerns only the VIP cohort | **Did you use nicotine replacement therapy in order to stop using snuff?** 1 = Yes  2 = No | |
| **sm\_nicotine\_replace**  VIP: 2006->  Concerns only the VIP cohort | **Did you use nicotine replacement therapy in order to stop smoking?** 1 = Yes  2 = No | |
| **nicotine\_replace**  VIP: 2006->  Concerns only the VIP cohort | **Are you still using nicotine replacement therapy even though you are not using snuff or smoking any longer?** 1 = Yes  2 = No | |
| **nicotine\_94\_09**  MONICA: 1994-2009  Concerns only the MONICA cohort | **Are you using other nicotine products daily?** 1 = Yes, chewing tobacco  2 = Yes, nicotine replacement (nicotine chewing gum, patch, nose spray)  3 = Other  4 = No  *Note: Does not concern the years 1986 and 1990* | |
| **sm\_yes\_no**  VIP: 1985-2010  Concerns only the VIP cohort | ***Smoking (concerns participants without smoke data from VIP questionnaire)***  0 = Non-smoker/no answer  1 = Smoker | |
| **sn\_yes\_no**  VIP: 1985-2010  Concerns only the VIP cohort | ***Snuff using (concerns participants without snuff data from VIP questionnaire)***  0 = Not using snuff/no answer  1 = Using snuff | |

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| Cambridge index for physical activity\* This index is limited to physical activity during workout and in the work situation. It does not take into account items regarding everyday activity. For this, see other G questions. | |
| **pa\_index**  VIP: 1989->  Concerns only the VIP cohort | ***Physical activity index***  1 = Inactive  2 = Moderately inactive  3 = Moderately active  4 = Active  If value is missing in one of the two included variables, the missing value is replaced by the lowest level of activity for that variable. |
| **pa\_index\_miss**  VIP: 1989->  Concerns only the VIP cohort | ***Physical activity index***  1 = Inactive  2 = Moderately inactive  3 = Moderately active  4 = Active  If value is missing in one of the two included variables, the participant is excluded. |
| **occup\_pa\_miss**  VIP: 1989->  Concerns only the VIP cohort | 1 = Value is missing for physical activity during work |
| **leisure\_pa\_miss**  VIP:1989->  Concerns only the VIP cohort | 1 = Value is missing for physical activity during leisure time |

**\*** The Cambridge physical activity index is a validated index based on two questions in the VIP questionnaire related to physical activity in work (g2) and in leisure time (g6). (Interact Consortium “Validity of a short questionnaire to assess physical activity in 10 European countries”. Eur J Epidemiol. 2012 Jan;27(1):15-25)