

# Documentation for Year 10 Energy Expenditure/Accelerometry Substudy Dataset

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## **ENERGY EXPENDITURE SUBSTUDY**

### **1. Design:**

In Years 2 and 3 of the Health ABC study, 322 participants were recruited for an Energy Expenditure substudy. The data for this substudy can be found in the data analysis file Y23EEFFQ. In Year 10, only 157 of these former substudy participants had a clinic visit and were screened for the repeat substudy. Of these, 87 have energy expenditure data in Year 10. In order to have a sufficient sample size, each clinic was asked to attempt to recruit 20 more participants (10 men and 10 women) who were not part of the original substudy. 35 were successfully screened and found eligible and, of these, 27 have energy expenditure data in Year 10. Thus, a total group of 134 participants have Year 10 Energy Expenditure data.

As part of the Energy Expenditure in Year 10, participants were given ActiHeart and ActiGraph activity monitors to wear. Both were initially worn in the clinic for the 20-meter and 400-meter walks, the data downloaded, and then the monitors set up for the participant to wear for approximately two weeks in a free-living activity monitoring mode.

A subset of the participants was also recruited to wear a SenseWear armband, which uses a combination of sensors (a bi-axial accelerometer, a heat flow sensor, a galvanic skin response sensor, a skin temperature sensor, and ambient temperature sensors) to collect physiological energy expenditure data in 1 minute epochs. One purpose of this sub-study was to compare this simpler measuring device to the more complicated accelerometers and doubly labeled water energy expenditure measurement. A total of 29 participants were successfully recruited into the SenseWear armband group, and 27 of these have at least some useable data. All but 3 have successful ActiGraph data, and all but 1 have some useable doubly labeled water results. More detailed information about this substudy can be found in Appendix I.

Data from the doubly-labeled water Energy Expenditure measures, as well as ActiGraph and SenseWear data are included in the dataset. ActiHeart data have not yet been received from the Reading Center.

### **2. Sample characteristics:**

There are 275 records in the dataset (all participants with any pre-screener data or other EE form data). The race and gender breakdown of participants enrolled in this substudy (based on those included in the EE Reading Center data) is as follows:

	N
African-American female	31
African-American male	24
White female	34
White male	45
Total	134

Of these, 28 either did not return for their Visit 2, one or more samples were lost or unusable, or their measurements failed QC standards, and therefore one or more components of their energy expenditure measurement could not be calculated (see Appendix II); three ended up with no usable Reading Center data at all. Valid total energy expenditures (EETEE) were obtained from 114 participants, and valid RMRs (EERMR) were obtained from 124 participants. A total of 107 participants had both valid EETEE and EERMR.

### **3. Data sources:**

The dataset for this substudy (Y10EEAcc.sas7bdat) comes from the following Year 10 forms: Year 10 Energy Expenditure Prescreener, Year 10 Energy Expenditure Visit 1, Year 10 Energy Expenditure Telephone Followup, Year 10 Energy Expenditure Visit 2, Prescreener for SenseWear Armband, SenseWear Armband Distribution form, and SenseWear Armband Return and Reading form. Copies of these forms can be found in Appendix III.

All participants with Pre-Visit Screeners are included even if they did not go on to have an Energy Expenditure measurement. Therefore the total dataset has an N of 275.

These data are merged with the Energy Expenditure Reading Center database (see variable list Appendix IV), the ActiGraph Reading Center database (see variable list Appendix V), and the Armband Reading Center database (see Appendix VI). Please note that not all variables on the lists are contained in the dataset. All variables not found in the dataset are listed in Dropped Variables and Alternates (Appendix VII). Alternate variables to use (if applicable) are also listed. A complete list of variable names can be found in the Proc Contents (Appendix VIII and zipped with data file).

ActiGraph data are presented as average summary variables only. Investigators needing to more minutely analyze the raw day-by-day may request them from the Coordinating Center.

### **4. Dataset structure and contents**

The Y10EEAcc datasets contains a single observation per participant.

Key variables:

HABCID      HABC Enrollment ID without the 2-letter prefix  
SITE        HABC Clinic site: 1=Memphis; 2=Pittsburgh

### **5. Special Missing Value Codes**

SAS allows for stratification of missing values. The following missing values have been assigned:

. = 'Missing Form'  
.A = 'A:Not Applicable'  
.E = 'E:Special Missing'  
.M = 'M:Missing'  
.N = 'N:Not Required'  
.T = 'T:Missing Due to Technical Problems'  
.U = 'Unacceptable'

#### **Description**

##### **. : Missing Form**

Used when a value is missing because the entire form has not been entered or the participant does not exist in the database from the corresponding Reading Center.

##### **A: Not Applicable**

Used when a value is missing but the value is not required (due to simple skip pattern logic)

##### **M:Missing**

Used to flag missing values when the value is required (i.e., true missing values).

**N:Not Required**

Used when a value is missing but the value is not required (not due to simple skip pattern logic). For example, for checkbox variables which are “Check all that apply”: each one, individually, is not required. Some variables whose skip pattern logic is non-standard (i.e., the skip pattern involves several variables and forms) also have .N flags when missing, whether or not a response was required due to the skip pattern. In all of these cases, a special cross check was used to edit missing responses.

**T:Missing Due to Technical Problems**

Used when a value is missing from the Reading Center dataset due to technical difficulties. An explanation of when this value has been assigned can be found under Known data errors below.

**U:Unacceptable**

Used with certain Reading Center data when the data exist but cannot be used. These include EE measurements that failed QC standards.

**6. Dataset index formulation and key variable mapping**

Y10EEAcc is sorted by HABCID, which is a unique identifier for each participant.

**7. General strategies for manipulating and merging the data**

Because the Health ABC datasets are sorted by Health ABC Enrollment ID, the HABCID variable is most useful for merging with other datasets. YEAR will allow the analyst to merge these files with the clinic visit data for the applicable year.

**8. Known data errors:**

In this age group, it was very difficult to measure actigraphy, due to cognitive and manual dexterity issues. For example, participants wore up to three different monitors simultaneously, the ActiGraph, the ActiHeart, and the SenseWear. The ActiGraph and SenseWear had to be removed during bathing or showering, while the ActiHeart could remain on all the time. Some participants got these instructions confused. Others forgot to put the ActiGraph on in the morning after awakening. In addition, if a participant took off the ActiHeart, it was physically difficult for them to reattach it to the snap of the electrode. Another problem was that some participants experienced skin irritation due to the ActiHeart electrodes or SenseWear armband. As a result, a number of participants who had the monitors dispensed have either incomplete or no actigraphy data. HA1428, HA1514, HA1531, and HB5393 do not have step and acceleration data, since it looks as though the monitors were not initialized correctly to collect "step count" data. HA2590 did not have enough data to qualify as even one valid day of data, so all data were set to .T.

The ActiHeart data includes non-registered time as part of sedentary time, making participants appear more sedentary than they may actually be. This would naturally lead to a percent sedentary value greater than 100% for all participants, since the “sedentary time” is always larger than the total registered time. To make this information more useable, “true sedentary time” (SED\_NR) was calculated by subtracting active from registered time. PCTSED (percent sedentary time) was based on this “corrected” value. Note, however, that this value is also not entirely accurate, since any non-registered time spent sedentary is not included.

Energy expenditure data were incomplete for 28 participants. Reasons for this are found in Appendix II. One participant (HB5550) has a respiratory quotient greater than 1, most likely indicating hyperventilation during the measurement rather than recent consumption of a large meal since the participant reported not having eaten for 20 hours before the measurement.

### **9. Reproducibility analyses**

Blinded repeat isotopic analyses were completed by the Reading Center on 5% of participants. Results were generally within the limits of expectation predicted for the typical analytical variation in the EE Reading Center. Because these results were satisfactory, a reproducibility analysis was not repeated in Year 10.

## Appendix I Health ABC Year 10 SenseWear Armband Information

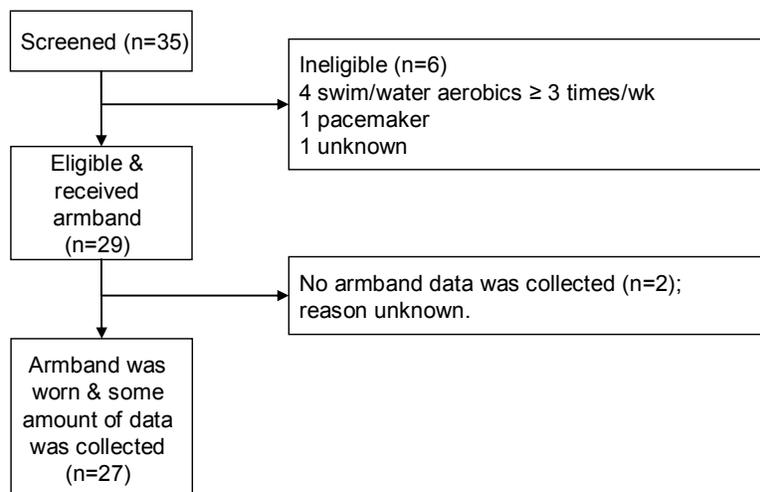
This file was created by Dawn Mackey  
Email: [dmackey@sfcc-cpmc.net](mailto:dmackey@sfcc-cpmc.net)  
Phone: 415-600-7429

This dataset contains summary data from the Sensewear Pro<sub>3</sub> Armband™ (BodyMedia Inc., Pittsburgh, PA). The armband uses a combination of sensors (a bi-axial accelerometer, a heat flow sensor, a galvanic skin response sensor, a skin temperature sensor, and ambient temperature sensors) to collect physiological data in 1 minute epochs. Innerview Professional 5.1 software contains proprietary algorithms, developed by BodyMedia Inc., which use this physiologic data as well as height, weight, age, handedness and smoking status, to estimate measures such as energy expenditure, activity time, and metabolic equivalents.

Armband data were collected in Health ABC as part of an ancillary study; armbands were offered to participants in the Y10 EE sub-study during March, April, and May 2007.

### Armband protocol

Participants were asked to wear the armband for the duration of the EE study, a period of approximately 2 weeks. Participants were instructed to remove the armband for up to 1 hour each day. Thirty-five participants were screened for the armband (Figure 1). Twenty-nine participants were eligible to wear the armband. Twenty-seven participants wore the armband and have at least some armband data. More information on the armband protocol can be found in the operations manual.



**Figure 1. Participant flow for Health ABC Armband Study**

## Summary data

This dataset includes summary variables on energy expenditure, activity time, metabolic equivalents, and steps. All variables begin with **AB** to represent armband.

The armband data in this dataset begin at the time each participant started wearing the armband at their first EE visit and end at the time each participant returned the armband at their second EE visit. The variable **ABDAYS** represents the number of days the armband was worn; note that the first and last day of wear were not full 24 hour periods. The range of days is from 3 to 14 days. All data in this file are expressed as average values per day, where day is defined as a 24 hour period. For example, the average total energy expenditure is the average value over 24 hours. Each participant has 1 record.

There are four energy expenditure variables in the dataset:

**ABMEASEE:** This is the average **measured** energy expenditure (kcal/day) while the participant was wearing the armband.

**ABOFFEE:** This is the average **off-body** energy expenditure (kcal/day). This is calculated by using the resting metabolic rate (RMR) of each participant during the time that they were not wearing the monitor. The RMR equation used by Innerview Professional 5.1 software was the Harris-Benedict equation for men:

$$(13.75 \times \text{weight}) + (5 \times \text{height}) - (6.76 \times \text{age}) + 66$$

**ABTOTEE:** This is the average **total** energy expenditure (kcal/day), which is the measured plus the off body energy expenditure.

**ABACTEE:** This is the average **active** energy expenditure (kcal/day), which is the average amount of energy expended at a MET level of 3 or greater while the participant was wearing the monitor.

Also included in the dataset is the variable **ABMETS** which is the average metabolic equivalents (METs) per 24 hour period over the time worn. METs are commonly used to express the energy cost (intensity) of physical activities relative to resting metabolic rate (RMR) obtained during quiet sitting (1). One MET is defined as the energy cost of sitting quietly and is equivalent to a caloric expenditure of 1 kilocalorie per kilogram of body weight per hour ( $kcal \cdot kg^{-1} \cdot hr^{-1}$ ) and an oxygen consumption of 3.5 ml O<sub>2</sub> per kilogram body weight per min ( $ml O_2 \cdot kg^{-1} \cdot min^{-1}$ ).

Five variables in the dataset describe activity time. These include **ABMINSA** (average minutes of sedentary activity), **ABMINMA** (average minutes of moderate activity), **ABMINVA** (average minutes of vigorous activity), **ABMINVVA** (average minutes of very vigorous activity), and **ABMINPA** (average minutes of physical activity). The MET thresholds used to define these intensity levels are as follows:

Sedentary activity: < 3 METs  
Moderate activity: 3 to < 6 METs  
Vigorous activity: 6 to < 9 METs  
Very vigorous activity: ≥ 9 METs  
Physical activity: ≥3 METs

### **Analysis Considerations**

Because the total energy expenditure data is based on measured on-body and estimated off-body energy expenditure, the less percent time on-body the less accurate the energy expenditure data will be. The variable **ABPCTTON** is the average percent of time the participant wore the armband. Eighty-five percent of the participants wore the armband for at least 85% of the time they had it. The flag variable that represents this group is **ABWEAR85**. Using only those with at least an average of 85% wear time will give the most accurate results.

Adjusting by **SITE** should also be considered.

### **References**

1. Ainsworth BE, Haskell WL, Whitt MC, et al. Compendium of physical activities: an update of activity codes and MET intensities. *Med Sci Sports Exerc* 2000;32:S498-504.

## Appendix II

### NOTES ON INCOMPLETE DATA

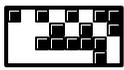
<b>Participant</b>	<b>Missing data</b>	<b>Comment</b>
HA1227	RMR	Failed RMR QC
HA1334	TEE, TBW, Water turnover, Non-basal EE	Failed TEE QC
HA1361	TEE, TBW, Water turnover, Non-basal EE	Failed TEE QC
HA1387	TEE, TBW, Water turnover, Non-basal EE	Failed TEE QC
HA1589	All	Specimens missing
HA1741	TEE, TBW, Water turnover, Non-basal EE	Failed TEE QC, baseline visit data missing
HA1857	RMR	Incomplete minute-by-minute data
HA1888	TEE, TBW, Water turnover, Non-basal EE	Failed TEE QC
HA2268	RMR, Non-basal EE	Failed RMR QC
HA2298	RMR, Non-basal EE	Missing RMR data
HA2347	TEE, TBW, Water turnover, Non-basal EE	Failed TEE QC
HA2392	TEE, TBW, Water turnover, Non-basal EE	Failed TEE QC
HA2436	All	Specimens missing
HB5891	TEE, TBW, Water turnover	Specimens missing
HB5970	TEE, TBW, Water turnover, Non-basal EE	Failed TEE QC
HB5974	TEE, TBW, Water turnover, Non-basal EE	Failed TEE QC
HB6043	All	No plasma, no evidence of equilibration
HB6227	TEE, TBW, Water turnover, Non-basal EE	Failed TEE QC
HB6259	RMR, Non-basal EE	Failed RMR QC
HB6292	TEE, TBW, Water turnover, Non-basal EE	Failed TEE QC, failed to equilibrate
HB6307	RMR	Incomplete minute-by-minute data
HB6409	TEE, TBW, Water turnover	Specimens missing

<b>Participant</b>	<b>Missing data</b>	<b>Comment</b>
HB6426	RMR, Non-basal EE	Missing RMR data
HB6428	TEE, TBW, Water turnover	Specimens missing
HB6437	Non-basal EE	Failed RMR QC
HB6462	TEE, TBW, Water turnover, Non-basal EE	Failed TEE QC
HB6584	TEE, TBW, Water turnover, Non-basal EE	Failed TEE QC
HB6597	TEE, TBW, Water turnover	Specimens missing

## **Appendix III**

### **ENERGY EXPENDITURE, ACTIGRAPH, AND SENSEWEAR FORMS**





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HABC Enrollment ID #	Acrostic
<input type="text"/>	<input type="text"/>
<b>KRID</b>	<b>KRACROS</b>

## PRE-SCREENER FOR ENERGY EXPENDITURE

3. Are you currently using insulin by injection for diabetes?

1 Yes

0 No

8 Don't know

7 Refused **KRINSINJ**

Go to Question #9.

4. Are you using supplemental oxygen?

1 Yes

0 No

8 Don't know

7 Refused **KRSUPPO2**

Go to Question #9.

5. Have you travelled more than 200 miles from your home in the past 7 days?

1 Yes

0 No

8 Don't know

7 Refused **KRTRAV1**

Go to Question #9.

6. Are you planning a trip that is more than 200 miles from your home in the next 4 weeks?

1 Yes

0 No

8 Don't know

7 Refused **KRTRAV2**

Go to Question #9.

7. Are you scheduled for major surgery in the next 4 weeks?

1 Yes

0 No

8 Don't know

7 Refused **KRSURG**

Go to Question #9.

8. Have you received a blood transfusion or any intravenous (IV) fluids in the past 7 days?

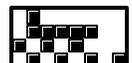
1 Yes

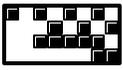
0 No

8 Don't know

7 Refused **KRIV**

Go to Question #9.





Draft



HABC Enrollment ID #	Acrostic
<div style="display: flex; justify-content: space-around;"> <div style="border: 1px solid black; width: 20px; height: 20px;"></div> <div style="border: 1px solid black; width: 20px; height: 20px;"></div> <div style="border: 1px solid black; width: 20px; height: 20px;"></div> <div style="border: 1px solid black; width: 20px; height: 20px;"></div> <div style="border: 1px solid black; width: 20px; height: 20px;"></div> </div> <p style="text-align: center; color: blue; font-weight: bold;">KSID</p>	<div style="display: flex; justify-content: space-around;"> <div style="border: 1px solid black; width: 20px; height: 20px;"></div> <div style="border: 1px solid black; width: 20px; height: 20px;"></div> <div style="border: 1px solid black; width: 20px; height: 20px;"></div> <div style="border: 1px solid black; width: 20px; height: 20px;"></div> <div style="border: 1px solid black; width: 20px; height: 20px;"></div> </div> <p style="text-align: center; color: blue; font-weight: bold;">KSACROS</p>

## PRE-SCREENER FOR ENERGY EXPENDITURE

9. Is participant eligible and interested in the energy expenditure study?

Yes

No **KSELIGIN**

Thank you for your time.

*[If appropriate:  
However, you are not eligible for this set of measurements.]*

We will schedule you for your regular Year 10 follow-up clinic visit.

**STOP.**

10. Has the participant been scheduled for the post-dosing EE visit (EE Visit 2) for the energy expenditure measurements?

Yes

No **KSSCHED**

Date of EE Visit 2? **KSV2DATE**

//

Month
Day
Year

Why not?

---



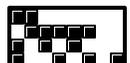
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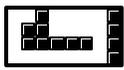


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HABC Enrollment ID # [ ][ ][ ][ ][ ][ ][ ][ ][ ][ ] <b>KUID</b>	Acrostic [ ][ ][ ][ ][ ][ ][ ][ ][ ][ ] <b>KUACROS</b>	Date Form Completed [ ][ ] / [ ][ ] / [ ][ ][ ][ ][ ] Month / Day / Year <b>KUDATE</b>	Staff ID # [ ][ ][ ][ ] <b>KUSTFID</b>
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## YEAR 10 ENERGY EXPENDITURE VISIT 1

1. Weight: [ ][ ][ ] . [ ] kg **KUWTKG**

*Examiner Note: Do not re-weigh the participant. Refer to page 37 in the Year 10 Clinic Visit Workbook and re-record weight here.*

2. Have you traveled more than 200 miles from your home in the past 7 days?  
 <sup>1</sup> Yes       <sup>0</sup> No       <sup>8</sup> Don't know       <sup>7</sup> Refused **KUTRAV**

NOT eligible for energy expenditure measurements. Go to Question #4.

3. Have you received a blood transfusion or any intravenous fluids in the past 7 days?  
 <sup>1</sup> Yes       <sup>0</sup> No       <sup>8</sup> Don't know       <sup>7</sup> Refused **KUIV7DY**

NOT eligible for energy expenditure measurements. Go to Question #4.

4. Is participant eligible for the energy expenditure measurements?  
 <sup>1</sup> Yes       <sup>0</sup> No **KUELIG**

STOP.

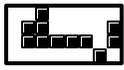
5. How many hours ago did you eat or drink anything (do not include water)?  
 [ ][ ] hours ago       <sup>8</sup> Don't know       <sup>7</sup> Refused **KUHRDKRF**  
**KUEATHRS**

a. Was it less than 4 hours since the participant had something to eat or drink (do not include water)?

<sup>1</sup> Yes       <sup>0</sup> No **KU4HRS**

Ask participant to wait until 4 hours has elapsed since last food/drink was consumed before proceeding.





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Health  
**ABC**

HABC Enrollment ID #	Acrostic
<input type="text"/>	<input type="text"/>

**KVID**

**KVACROS**

## YEAR 10 ENERGY EXPENDITURE VISIT 1

6. Baseline urine specimen time (U0):  :   1 am  2 pm **KVAMPMB**

**KVTIMEB**

7. a. Dose of DLW:  grams **KVDLW**

b. Lot number:  **KVLOT**

c. Bottle number:  **KVBOT**

d. Was there spillage of DLW?  1 Yes  0 No **KVSPILL**

*Examiner Note: One hour after the dose, provide the participant with an 8-oz can of Sustical and allow them to drink this. This is provided to minimize the discomfort of the fast. Record time and volume consumed in Question #12.*

8. Time of 1st post-dose urine (U1):  :   1 am  2 pm **KVAMPM1**  
(1 hour after dose)

**KVTIME1**

*Examiner Note: Offer the participant a drink of water, tea, or coffee to maintain urine production. Record time and volume consumed in Question #12.*

9. Time of 2nd post-dose urine (U2):  :   1 am  2 pm **KVAMPM2**  
(2 hours after dose)

**KVTIME2**

*Examiner Note: Offer the participant a drink of water, tea, or coffee to maintain urine production. Record time and volume consumed in Question #12.*

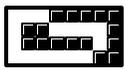
10. Time of 3rd post-dose urine (U3):  :   1 am  2 pm **KVAMPM3**  
(3 to 4 hours after dose)

**KVTIME3**

11. Time of post-dose serum (S1)  :   1 am  2 pm **KVAMPMS**  
(collect 3 to 4 hours after dose):

**KVTIMES**





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Health  
**ABC**

HABC Enrollment ID #	Acrostic
<input type="text"/>	<input type="text"/>

KWID

KWAGROS

## YEAR 10 ENERGY EXPENDITURE VISIT 1

12. Record the time and the volume of any fluids consumed after dose and wash:

a. Sustical?:

Yes

No **KWSUS**

Time:  :   am  pm Volume:  ml

**KWTIMESU KWAMPMSU**

**KWVOLSU**

b. Other?:

Yes

No **KWFLUOTH**

Please specify what fluids were consumed:

i.

\_\_\_\_\_

Time:  :   am  pm

Volume:  ml

**KWTIMEO1**

**KWTIMEO2**

**KWVOLOT1**

ii.

\_\_\_\_\_

Time:  :   am  pm

Volume:  ml

**KWAMPMO1**

**KWTIMEO3**

**KWVOLOT2**

iii.

\_\_\_\_\_

Time:  :   am  pm

Volume:  ml

**KWAMPMO2**

**KWAMPMO3**

**KWVOLOT3**

13. Record the time when activity monitors were placed on participant. This should be immediately before the walk tests.

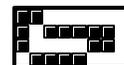
Time:  :   am  pm **KWAMPMPL**

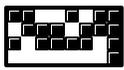
**KWTIMPL**

14. Record the time when activity monitors were removed from participant. This should be immediately following the walk tests.

Time:  :   am  pm **KWAMPMRM**

**KWTIMRM**





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HABC Enrollment ID #	Acrostic	Date Form Completed	Staff ID #
<input type="text"/>	<input type="text"/>	<input type="text"/> / <input type="text"/> / <input type="text"/>	<input type="text"/>
		Month / Day / Year	

KQID

KQACROS

KQDATE

KQSTFID

YEAR 10 ENERGY EXPENDITURE  
TELEPHONE FOLLOW-UP

Hello. My name is <insert interviewer's name>. May I please speak to <insert participant's name>? I am calling from the <insert name of institution> to thank you for participating in the Health ABC energy expenditure substudy and to see how you are doing with the activity monitors that we gave you during your last clinic visit. The call will take about 5 minutes. Is this a good time to talk?

*If this is not a good time to talk, reschedule the interview. If participant agrees to interview, thank them for agreeing to participate in the Health ABC energy expenditure substudy and complete the interview.*

Thank you for agreeing to participate in the Health ABC energy expenditure substudy.

1. Have you had any problems with the activity monitors that we gave you during your visit to the Health ABC clinic?

1 Yes

0 No

8 Don't know KQACTMON

Probe to determine the problem.

2. Have you been wearing the waist monitor?

1 Yes

0 No KQWAIST

Great!

If you can, please try to wear this all the time, except in the shower or swimming, so that we may record your physical activity.

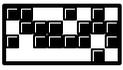
3. Have you been wearing the chest monitor?

1 Yes

0 No KQCHEST

If you can, please try to wear this all the time, even in the shower, so that we may record your heart rate.





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HABC Enrollment ID #	Acrostic
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KTID

KTACROS

YEAR 10 ENERGY EXPENDITURE  
TELEPHONE FOLLOW-UP

4. Have you been wearing the chest monitor to bed at night?

1  
○ Yes  
↓

0  
○ No  
↓

KTCHSTNT

Thank you. We just want to make sure that it is comfortable.

Could you wear it to bed? We would like to measure your sleeping heart rate.

5. Thank you again for agreeing to participate in this important Health ABC substudy.

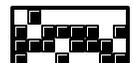
Your next visit to the clinic will be on

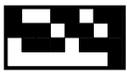
/  /

Month                  Day                  Year

KTDATE

Please remember to bring both activity monitors with you to the clinic. Of course, if you have any questions, please feel free to contact the Health ABC clinic at <insert telephone number>.





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HABC Enrollment ID # [ ][ ][ ][ ][ ][ ][ ][ ][ ] <b>KXID</b>	Acrostic [ ][ ][ ][ ][ ][ ][ ][ ][ ] <b>KXAGROS</b>	Date Visit Completed [ ][ ] / [ ][ ] / [ ][ ][ ][ ][ ] Month / Day / Year <b>KXDATE</b>	Staff ID # [ ][ ][ ] <b>KXSTFID</b>
--	---	--	---

## YEAR 10 ENERGY EXPENDITURE VISIT 2

**Examiner Note: Remove activity monitors and set aside for data downloading.**

Date of Year 10 clinic visit: [ ][ ] / [ ][ ] / [ ][ ][ ][ ][ ]      Number of days elapsed since Year 10 clinic visit: [ ][ ] days  
**KXDTCV**      Month      Day      Year      **KXDYEL**

1. Weight: **KXWEIGHT** [ ][ ][ ][ ] kg      (*Examiner Note: Weigh participant at this visit.*)

2. Since your last clinic visit about 2 weeks ago, did you cut down on the things you usually do, such as going to work or working around the house, because of an illness or injury?  
 1  Yes      0  No      8  Don't know      7  Refused **KXCUT**

3. Have you traveled more than 200 miles from your home since your last clinic visit several weeks ago?  
 1  Yes      0  No      8  Don't know      7  Refused **KXTRAV**

**Please describe:** \_\_\_\_\_  
 \_\_\_\_\_

4. Have you received a blood transfusion or any intravenous fluids since your last clinic visit several weeks ago?  
 1  Yes      0  No      8  Don't know      7  Refused **KXIV**

5. How many hours ago did you eat or drink anything (do not include water)?  
**KXHRS** [ ][ ] hours ago      8  Don't know      7  Refused **KXHRSRF**

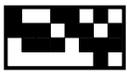
a. **Examiner:** Was it less than 6 hours since the participant had something to eat or drink (do not include water)?  
 1  Yes      0  No      8  Don't know **KX6HRS**

Ask participant to wait until 6 hours has elapsed since last food/drink was consumed before proceeding. If the participant would have to wait more than 2 hours, re-schedule within the next few days. Remind the participant to fast overnight before the visit.

6. Have you smoked a cigarette, pipe, or cigar in the past 2 hours?  
 1  Yes      0  No      8  Don't know      7  Refused **KXSMOKE**

7. Have you had a cup of coffee or another caffeinated beverage in the past 2 hours?  
 1  Yes      0  No      8  Don't know      7  Refused **KXCOFFEE**





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HABC Enrollment ID #	Acrostic
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<b>KYID</b>	<b>KYAGROS</b>

YEAR 10 ENERGY EXPENDITURE  
VISIT 2

8. Time of 1st urine (U4):  :   am  pm  
**KYTIME1** **KYAMPM1**

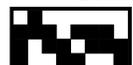
9. Time of 2nd urine (U5):  :   am  pm  
**KYTIME2** **KYAMPM2**

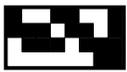
Resting energy expenditure

10. MJ/d:  .  SD:  .   
**KYMJD** **KYSD1**

11. Resp. Quotient:  .  SD:  .   
**KYRQ** **KYSD2**

12. Room temperature: ° Centigrade  
**KYRTEMP**





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HABC Enrollment ID #	Acrostic
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KZID

KZACROS



## YEAR 10 ENERGY EXPENDITURE: VISIT 2

Now I'm going to ask some questions about the type and amount of physical activity that you did since we last saw you, (XX) days ago, on (day of week, month, and date seen).

**(Examiner Note: Refer to page 1 for the date of the Year 10 clinic visit and number of days elapsed since the Year 10 clinic visit.)**

13. Since we last saw you here, did you do gardening or yardwork, like mowing or raking the lawn, or weeding (or shoveling snow)?

**KZPA12MO**  Yes

No

Don't know

Refused

Go to Question #14

About how much time did you spend gardening or doing yardwork since we last saw you here (not counting rest periods)?

**(Examiner Note: If less than one hour, record number of minutes.)**

**KZPAMINS**

**KZPAHRS**

Don't know

**KZPADK**

Hours

Minutes

14. Since we last saw you here, did you do heavy or major chores like scrubbing windows or walls, vacuuming or cleaning gutters; home maintenance activities like painting; gardening or yardwork; or anything like these activities?

**KZHC12MO**  Yes

No

Don't know

Refused

Go to Question #15

About how much time did you spend doing heavy chores or home maintenance activities since we last saw you here (not counting rest periods)?

**(Examiner Note: If less than one hour, record number of minutes.)**

**KZHCMINS**

**KZHCHRS**

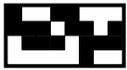
Don't know

**KZHCDK**

Hours

Minutes





Draft



HABC Enrollment ID #	Acrostic
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M1ID

M1ACROS

## YEAR 10 ENERGY EXPENDITURE: VISIT 2

15. Since we last saw you here, did you do light work around the house like cooking meals, baking, washing dishes, making beds, straightening up, dusting or light cleaning?

M1LW12MO <sup>1</sup>  Yes      0  No      8  Don't know      7  Refused

Go to Question #16

About how much time did you spend doing light housework since we last saw you here?  
*(Examiner Note: If less than one hour, record number of minutes.)*

M1LWHR   Hours      M1LWMIN   Minutes      <sup>-1</sup>  Don't know M1LWDK

16. Since we last saw you here, did you do or help with laundry?

M1LD12MO <sup>1</sup>  Yes      0  No      8  Don't know      7  Refused

Go to Question #17

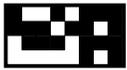
a. About how many loads of laundry did you do or help with (for yourself and others) since we last saw you here?

M1LDLOAD   loads      <sup>-1</sup>  Don't know M1LDDK

b. About how many of these loads did you fold and put away?

M1LDFOLD   loads      <sup>-1</sup>  Don't know M1LDFODK





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HABC Enrollment ID #	Acrostic
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M2ID

M2ACROS

## YEAR 10 ENERGY EXPENDITURE: VISIT 2

17. Since we last saw you here, did you walk up a flight of stairs (a flight is about 10 steps)?

M2FS12MO  1 Yes       0 No       8 Don't know       7 Refused

↓ ↓ ↓ ↓

Go to Question #18

a. About how many flights did you walk up since we last saw you here?  
If you are unsure, please make your best guess.

flights       -1 Don't know M2FSNUMD

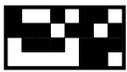
M2FSNUM

b. About how many of these flights did you walk up carrying a small load  
like laundry, groceries, or an infant?

flights       -1 Don't know M2FSLDDK

M2FSLOAD





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# YEAR 10 ENERGY EXPENDITURE: VISIT 2

HABC Enrollment ID #	Acrostic
<input type="text"/>	<input type="text"/>

M3ID

M3ACROS

18. Since we last saw you here, did you go walking for exercise?

M3EW12MO  Yes

No

Don't know

Refused

Go to Question #19

a. How many times did you go walking for exercise since we last saw you here?

M3EWTIME  times

Don't know

b. About how much time, on average, did you spend walking each time you walked (excluding rest periods)? (Examiner Note: If less than 1 hour, record number of minutes.)

M3EWHRS

M3EWMINS

Don't know

Hours Minutes

M3EWTDK

c. When you walked for exercise, did you usually walk at a brisk pace (as fast as you can), a moderate pace, or at a leisurely stroll?

- 1 brisk
- 2 moderate
- 3 stroll
- 8 Don't know

M3EWPACE

d. About how many blocks, on average, did you walk each time?

M3EWBLOX

Number of blocks unknown

M3EWBLUK

What is the main reason you did not go walking for exercise since we last saw you here?

(Examiner Note: OPTIONAL - Show card #1.)

- 1 bad weather
- 2 not enough time
- 3 injury
- 4 health problems
- 5 lost interest
- 6 felt unsafe
- 7 not necessary
- 9 don't usually walk for exercise
- 8 other

M3EWREAS

Go to Question #19

Do you know how far you usually walk in something other than blocks, e.g., mall lengths, miles, laps around a track?

Yes

No

M3EWKNOW

i. What is the unit of measure?

- 1 Miles
- 2 Mall lengths
- 3 Laps around a track
- 4 Other *Please specify:*

M3EWMEAS

M3EWUNIT

ii. How many do you walk, on average?

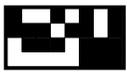
M3EWNUMU

units

Don't know

M3EWUNDK





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Health ABC

YEAR 10 ENERGY EXPENDITURE: VISIT 2

HABC Enrollment ID #	Acrostic
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M4ID

M4ACROS

19. Since we last saw you here, did you do any other type of walking, such as walking to work, the store, to church, or walking the dog?

M4OW12MO  Yes

No

Don't know

Refused

Go to Question #20

a. How many times did you do other walking since we last saw you here?

M4OWTIME

times

Don't know

M4OWTMDK

b. About how much time, on average, did you spend doing other walking each time you walked (excluding rest periods)? (Examiner Note: If less than 1 hour, record number of minutes.)

M4OWHRS

Hours  Minutes

M4OWMINS

Don't know

M4OWTDK

c. When you did other walking, did you usually walk at a brisk pace (as fast as you can), a moderate pace, or at a leisurely stroll?

- 1 brisk
- 2 moderate
- 3 stroll
- 8 Don't know

M4OWPACE

d. About how many blocks, on average, did you walk each time?

M4OWBLOX

blocks

Number of blocks unknown

M4OWBLUK

What is the main reason you did not do other walking since we last saw you here?

(Examiner Note: OPTIONAL - Show card #2.)

- 1 bad weather
- 2 not enough time
- 3 injury
- 4 health problems
- 5 lost interest
- 6 felt unsafe
- 7 not necessary
- 9 don't usually do any other type of walking
- 8 other

M4OW7DNW

Go to Question #20

Do you know how far you usually walk in something other than blocks, e.g., mall lengths, miles, laps around a track?

Yes

No M4OWDIST

i. What is the unit of measure?

- 1 Miles
- 2 Mall lengths
- 3 Laps around a track
- 4 Other Please specify:

M4OWMEAS

M4OWUNIT

ii. How many do you walk, on average?

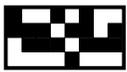
M4OWNUMU

units

Don't know

M4OWUNDK





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M5ID

HABC Enrollment ID #	Acrostic
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M5ACROS

## YEAR 10 ENERGY EXPENDITURE: VISIT 2

20. Since we last saw you here, did you do aerobics, calisthenics, or slimnastics?

M5AC12MO  Yes       No       Don't know       Refused

0      8      7

Go to Question #21

About how much time did you spend doing aerobics, calisthenics, or slimnastics since we last saw you here?  
(Examiner Note: If less than 1 hour, record number of minutes.)

M5ACMINS

M5ACHRS      Don't know M5ACDK

-1

Hours      Minutes

21. Since we last saw you here, did you do any weight or circuit training?

M5TR12MO  Yes       No       Don't know       Refused

1      0      8      7

Go to Question #22

About how much time did you spend doing weight or circuit training since we last saw you here?  
(Examiner Note: If less than 1 hour, record number of minutes.)

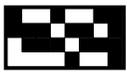
M5TRMINS

M5TRHRS      Don't know M5TRDK

-1

Hours      Minutes





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HABC Enrollment ID #	Acrostic
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M6ID

M6ACROS

## YEAR 10 ENERGY EXPENDITURE: VISIT 2

22. Since we last saw you here, did you do any high intensity exercise such as bicycling, swimming, jogging, racquet sports or using a stair-stepping, rowing or cross country ski machine or exercycle?

M6HI12MO  Yes  No  Don't know  Refused

Go to Question #23

a. What activity(ies) did you do?  
 (Examiner Note: **OPTIONAL - Show card #3.**  
 Mark all that apply.)

- 1  bicycling/exercycle **M6HIABE**
- 1  swimming **M6HIASWM**
- 1  jogging **M6HIAJOG**
- 1  aerobics **M6HIAAER**
- 1  stair-stepping **M6HIASS**
- 1  racquet sports **M6HIARS**
- 1  rowing machine **M6HIAROW**
- 1  cross country ski machine **M6HIASKI**
- 1  other (Please specify):  
**M6HIAOTH**

b. About how much time did you spend doing  
 (first activity named by participant) since  
 we last saw you here?  
 (Examiner Note: **If less than 1 hour,  
 record number of minutes.**)

M6HIA1HR    Don't know **M6HIA1DK**

Hours Minutes **M6HIA1MN**

c. Did you do (first activity named by participant)  
 with a light, moderate, or vigorous effort?

- Light  Moderate  Vigorous  Don't know **M6HIA1EF**

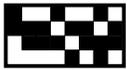
What is the main reason you have not done any high  
 intensity exercise since we last saw you here?  
 (Examiner Note: **OPTIONAL - Show card #4.**)

- 1 bad weather
- 2 not enough time
- 3 injury
- 4 health problems **M6HINDEX**
- 5 lost interest
- 6 felt unsafe
- 7 not necessary
- 9 don't usually do high intensity exercise
- 8 other

Go to Question #23

Go to Question #22d





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HABC Enrollment ID #	Acrostic
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M7ID

M7ACROS

## YEAR 10 ENERGY EXPENDITURE: VISIT 2

- 22d. Since we last saw you here, about how much time did you spend doing (*second named activity*)?  
(Examiner Note: *If less than 1 hour, record number of minutes.*)

M7HIA2HR   M7HIA2MN   <sup>-1</sup>  
 Don't know M7HIA2DK  
 Hours Minutes

- e. Did you do (*second named activity*) with a light, moderate, or vigorous effort?

<sup>1</sup>  Light    <sup>2</sup>  Moderate    <sup>3</sup>  Vigorous    <sup>8</sup>  Don't know M7HIA2EF

- f. Since we last saw you here, about how much time did you spend doing (*third named activity*)?  
(Examiner Note: *If less than 1 hour, record number of minutes.*)

M7HIA3HR   M7HIA3MN   <sup>-1</sup>  
 Don't know M7HIA3DK  
 Hours Minutes

- g. Did you do (*third named activity*) with a light, moderate, or vigorous effort?

<sup>1</sup>  Light    <sup>2</sup>  Moderate    <sup>3</sup>  Vigorous    <sup>8</sup>  Don't know M7HIA3EF

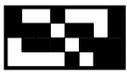
- h. Since we last saw you here, about how much time did you spend doing (*fourth named activity*)?  
(Examiner Note: *If less than 1 hour, record number of minutes.*)

M7HIA4HR   M7HIA4MN   <sup>-1</sup>  
 Don't know M7HIA4DK  
 Hours Minutes

- i. Did you do (*fourth named activity*) with a light, moderate or vigorous effort?

<sup>1</sup>  Light    <sup>2</sup>  Moderate    <sup>3</sup>  Vigorous    <sup>8</sup>  Don't know M7HIA4EF





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HABC Enrollment ID #	Acrostic
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M8ID

M8ACROS

### YEAR 10 ENERGY EXPENDITURE: VISIT 2

23. Since we last saw you here, did you do any moderate intensity exercise such as golf, bowling, dancing, skating, bocce, table tennis, hunting, sailing, or fishing?

M8MI12MO  Yes

No

8  Don't know

7  Refused

Go to Question #24

a. What activity(ies) did you do?  
(Examiner Note: **OPTIONAL** - Show card #5.  
Mark all that apply.)

- 1  golf M8MIGOLF
- 1  bowling M8MIBOWL
- 1  dancing M8MIDANC
- 1  skating M8MISKAT
- 1  bocce M8MIBOCC
- 1  table tennis M8MITENN
- 1  billiards/pool M8MIPOOL
- 1  hunting M8MIHUNT
- 1  sailing/boating M8MIBOAT
- 1  fishing M8MIFISH
- 1  other (Please specify):  
M8MIOT1 \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What is the main reason you have not done any moderate intensity exercise since we last saw you here?

(Examiner Note: **OPTIONAL** - Show card #6.)

- 1  bad weather
- 2  not enough time
- 3  injury
- 4  health problems M8MINDEX
- 5  lost interest
- 6  felt unsafe
- 7  not necessary
- 9  don't usually do moderate intensity exercise
- 8  other

Go to Question #24

b. About how much time did you spend doing (first activity named by participant) since we last saw you here?  
(Examiner Note: **If less than 1 hour, record number of minutes.**)

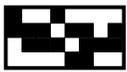
M8MIA1HR   M8MIA1MN    Don't know M8MIA1DK

Hours Minutes

c. Did you do (first activity named by participant) with a light, moderate, or vigorous effort?  
1  Light 2  Moderate 3  Vigorous 8  Don't know M8MIA1EF

Go to Question #23d





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HABC Enrollment ID #	Acrostic
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M9ID

M9ACROS

## YEAR 10 ENERGY EXPENDITURE: VISIT 2

- 23d. Since we last saw you here, about how much time did you spend doing (*second named activity*)?  
(Examiner Note: *If less than 1 hour, record number of minutes.*)

M9MIA2HR   M9MIA2MN

<input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/>
Hours	Minutes

-1  Don't know M9MIA2DK

- e. Did you do (*second named activity*) with a light, moderate, or vigorous effort?

<sup>1</sup> Light     <sup>2</sup> Moderate     <sup>3</sup> Vigorous     <sup>8</sup> Don't know M9MIA2EF

- f. Since we last saw you here, about how much time did you spend doing (*third named activity*)?  
(Examiner Note: *If less than 1 hour, record number of minutes.*)

M9MIA3HR   M9MIA3MN

<input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/>
Hours	Minutes

-1  Don't know M9MIA3DK

- g. Did you do (*third named activity*) with a light, moderate, or vigorous effort?

<sup>1</sup> Light     <sup>2</sup> Moderate     <sup>3</sup> Vigorous     <sup>8</sup> Don't know M9MIA3EF

- h. Since we last saw you here, about how much time did you spend doing (*fourth named activity*)?  
(Examiner Note: *If less than 1 hour, record number of minutes.*)

M9MIA4HR   M9MIA4MN

<input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/>
Hours	Minutes

-1  Don't know M9MIA4DK

- i. Did you do (*fourth named activity*) with a light, moderate or vigorous effort?

<sup>1</sup> Light     <sup>2</sup> Moderate     <sup>3</sup> Vigorous     <sup>8</sup> Don't know M9MIA4EF





Draft



MAID

HABC Enrollment ID #	Acrostic
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MAACROS

## YEAR 10 ENERGY EXPENDITURE: VISIT 2

This next set of questions concern any work, volunteer, caregiving and social activities that you do.

24. Since we last saw you here, did you work for pay, either at a regular job, consulting, or doing odd jobs?

MAVWCURJ  Yes       No       Don't know       Refused

Go to question #25

a. About how many hours did you work since we last saw you here?

MAVWAHWR   hours  Don't know MAVWDK

b. Which of the following categories best describes the type of activity you did?  
(Examiner Note: REQUIRED - Show card #7.)

- Mainly sitting
  - Sitting, some standing and/or walking
  - Mostly standing and/or walking
  - Mostly walking and lifting and/or carrying; heavy manual work
- MAVWWACT

25. Since we last saw you here, did you do any volunteer work?

MAVWCURV  Yes       No       Don't know       Refused

Go to question #26

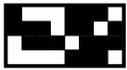
a. About how many hours did you volunteer since we last saw you here?

MAVWAHVW   hours  Don't know MAVWADK

b. Which of the following categories best describes the type of activity you did?  
(Examiner Note: REQUIRED - Show card #7.)

- Mainly sitting
  - Sitting, some standing and/or walking
  - Mostly standing and/or walking
  - Mostly walking and lifting and/or carrying; heavy manual work
- MAVWVACT





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HABC Enrollment ID #	Acrostic
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MBID

MBACROS

## YEAR 10 ENERGY EXPENDITURE: VISIT 2

26. Did you provide any regular care or assistance to a child or a disabled or sick adult since we last saw you here?

**MBVWCURA**

1  Yes

0  No

8  Don't know

7  Refused

Go to question #27

Since we last saw you here, about how many hours did you provide care to another person? If you are unsure, please make your best guess.




hours

-1  Don't know **MBVWAHDK**

**MBVWAHAW**





Draft

Health ABC

YEAR 10 ENERGY EXPENDITURE: VISIT 2

HABC Enrollment ID #	Acrostic													
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MCID

MCACROS

In a typical week during the past 2 weeks, did you . . .	How many TIMES a week?	How many TOTAL <u>hours a week</u> did you usually do it? (Examiner Note: Read response options. REQUIRED - Show card #8.)
<p><b>27. Visit with friends or family (other than those you live with)?</b></p> <p>1 <input checked="" type="radio"/> Yes →</p> <p>0 <input type="radio"/> No</p> <p>8 <input type="radio"/> Don't know</p> <p>7 <input type="radio"/> Refused</p> <p><b>MCVIS2W</b></p>	<p>How many TIMES a week?</p> <p><input type="text"/> <input type="text"/> times</p> <p><b>MCVISFQ</b></p>	<p><b>MCVISHR</b></p> <p>1 <input type="radio"/> Less than 1 hour</p> <p>2 <input type="radio"/> 1 to 2 1/2 hours</p> <p>3 <input type="radio"/> 3 to 4 1/2 hours</p> <p>4 <input type="radio"/> 5 to 6 1/2 hours</p> <p>5 <input type="radio"/> 7 to 8 1/2 hours</p> <p>6 <input type="radio"/> 9 or more hours</p> <p>8 <input type="radio"/> Don't know</p>
<p><b>28. Go to the senior center?</b></p> <p>1 <input checked="" type="radio"/> Yes →</p> <p>0 <input type="radio"/> No</p> <p>8 <input type="radio"/> Don't know</p> <p>7 <input type="radio"/> Refused</p> <p><b>MCSNRC2W</b></p>	<p>How many TIMES a week?</p> <p><input type="text"/> <input type="text"/> times</p> <p><b>MCSNRCFQ</b></p>	<p><b>MCSNRCHR</b></p> <p>1 <input type="radio"/> Less than 1 hour</p> <p>2 <input type="radio"/> 1 to 2 1/2 hours</p> <p>3 <input type="radio"/> 3 to 4 1/2 hours</p> <p>4 <input type="radio"/> 5 to 6 1/2 hours</p> <p>5 <input type="radio"/> 7 to 8 1/2 hours</p> <p>6 <input type="radio"/> 9 or more hours</p> <p>8 <input type="radio"/> Don't know</p>
<p><b>29. Do volunteer work?</b></p> <p>1 <input checked="" type="radio"/> Yes →</p> <p>0 <input type="radio"/> No</p> <p>8 <input type="radio"/> Don't know</p> <p>7 <input type="radio"/> Refused</p> <p><b>MCVOLU2W</b></p>	<p>How many TIMES a week?</p> <p><input type="text"/> <input type="text"/> times</p> <p><b>MCVOLUFQ</b></p>	<p><b>MCVOLUHR</b></p> <p>1 <input type="radio"/> Less than 1 hour</p> <p>2 <input type="radio"/> 1 to 2 1/2 hours</p> <p>3 <input type="radio"/> 3 to 4 1/2 hours</p> <p>4 <input type="radio"/> 5 to 6 1/2 hours</p> <p>5 <input type="radio"/> 7 to 8 1/2 hours</p> <p>6 <input type="radio"/> 9 or more hours</p> <p>8 <input type="radio"/> Don't know</p>
<p><b>30. Attend church or take part in church activities?</b></p> <p>1 <input checked="" type="radio"/> Yes →</p> <p>0 <input type="radio"/> No</p> <p>8 <input type="radio"/> Don't know</p> <p>7 <input type="radio"/> Refused</p> <p><b>MCCHUR2W</b></p>	<p>How many TIMES a week?</p> <p><input type="text"/> <input type="text"/> times</p> <p><b>MCCHURFQ</b></p>	<p><b>MCCHURHR</b></p> <p>1 <input type="radio"/> Less than 1 hour</p> <p>2 <input type="radio"/> 1 to 2 1/2 hours</p> <p>3 <input type="radio"/> 3 to 4 1/2 hours</p> <p>4 <input type="radio"/> 5 to 6 1/2 hours</p> <p>5 <input type="radio"/> 7 to 8 1/2 hours</p> <p>6 <input type="radio"/> 9 or more hours</p> <p>8 <input type="radio"/> Don't know</p>
<p><b>31. Attend other club or group meetings?</b></p> <p>1 <input checked="" type="radio"/> Yes →</p> <p>0 <input type="radio"/> No</p> <p>8 <input type="radio"/> Don't know</p> <p>7 <input type="radio"/> Refused</p> <p><b>MCCLUB2W</b></p>	<p>How many TIMES a week?</p> <p><input type="text"/> <input type="text"/> times</p> <p><b>MCCLUBFQ</b></p>	<p><b>MCCLUBHR</b></p> <p>1 <input type="radio"/> Less than 1 hour</p> <p>2 <input type="radio"/> 1 to 2 1/2 hours</p> <p>3 <input type="radio"/> 3 to 4 1/2 hours</p> <p>4 <input type="radio"/> 5 to 6 1/2 hours</p> <p>5 <input type="radio"/> 7 to 8 1/2 hours</p> <p>6 <input type="radio"/> 9 or more hours</p> <p>8 <input type="radio"/> Don't know</p>





Draft

Health  
ABC

HABC Enrollment ID #	Acrostic
MDID	MDACROS

### YEAR 10 ENERGY EXPENDITURE: VISIT 2

In a typical week during the past 2 weeks, did you . . .	How many TIMES a week?	How many TOTAL hours a week did you usually do it? (Examiner Note: Read response options. REQUIRED - Show card #8.)
<p><b>32. Use a computer?</b></p> <p>1 <input type="radio"/> Yes <span style="color: blue;">—————→</span></p> <p>0 <input type="radio"/> No</p> <p>8 <input type="radio"/> Don't know</p> <p>7 <input type="radio"/> Refused</p> <p style="text-align: right; color: blue;"><b>MDCOMP2W</b></p>	<p style="text-align: center; color: blue;"><b>MDCOMP</b></p> <p style="text-align: center;">[ ] [ ] times</p> <p style="text-align: center; color: blue;"><b>MDCOMP</b></p>	<p style="text-align: center; color: blue;"><b>PHR</b></p> <p>1 <input type="radio"/> Less than 1 hour</p> <p>2 <input type="radio"/> 1 to 2 1/2 hours</p> <p>3 <input type="radio"/> 3 to 4 1/2 hours</p> <p>4 <input type="radio"/> 5 to 6 1/2 hours</p> <p>5 <input type="radio"/> 7 to 8 1/2 hours</p> <p>6 <input type="radio"/> 9 or more hours</p> <p>8 <input type="radio"/> Don't know</p>
<p><b>33. Dance (such as square, folk, line, ballroom. Do <u>not</u> count aerobic dance here)?</b></p> <p>1 <input type="radio"/> Yes <span style="color: blue;">—————→</span></p> <p>0 <input type="radio"/> No</p> <p>8 <input type="radio"/> Don't know</p> <p>7 <input type="radio"/> Refused</p> <p style="text-align: right; color: blue;"><b>MDDANC2W</b></p>	<p style="text-align: center; color: blue;"><b>MDDANC</b></p> <p style="text-align: center;">[ ] [ ] times</p> <p style="text-align: center; color: blue;"><b>MDDANC</b></p>	<p style="text-align: center; color: blue;"><b>HR</b></p> <p>1 <input type="radio"/> Less than 1 hour</p> <p>2 <input type="radio"/> 1 to 2 1/2 hours</p> <p>3 <input type="radio"/> 3 to 4 1/2 hours</p> <p>4 <input type="radio"/> 5 to 6 1/2 hours</p> <p>5 <input type="radio"/> 7 to 8 1/2 hours</p> <p>6 <input type="radio"/> 9 or more hours</p> <p>8 <input type="radio"/> Don't know</p>
<p><b>34. Do woodworking, needlework, drawing, or other arts and crafts?</b></p> <p>1 <input type="radio"/> Yes <span style="color: blue;">—————→</span></p> <p>0 <input type="radio"/> No</p> <p>8 <input type="radio"/> Don't know</p> <p>7 <input type="radio"/> Refused</p> <p style="text-align: right; color: blue;"><b>MDART2W</b></p>	<p style="text-align: center; color: blue;"><b>MDARTH</b></p> <p style="text-align: center;">[ ] [ ] times</p> <p style="text-align: center; color: blue;"><b>MDARTH</b></p>	<p style="text-align: center; color: blue;"><b>FR</b></p> <p>1 <input type="radio"/> Less than 1 hour</p> <p>2 <input type="radio"/> 1 to 2 1/2 hours</p> <p>3 <input type="radio"/> 3 to 4 1/2 hours</p> <p>4 <input type="radio"/> 5 to 6 1/2 hours</p> <p>5 <input type="radio"/> 7 to 8 1/2 hours</p> <p>6 <input type="radio"/> 9 or more hours</p> <p>8 <input type="radio"/> Don't know</p>
<p><b>35. Play golf, carrying or pulling your equipment (count walking time only)?</b></p> <p>1 <input type="radio"/> Yes <span style="color: blue;">—————→</span></p> <p>0 <input type="radio"/> No</p> <p>8 <input type="radio"/> Don't know</p> <p>7 <input type="radio"/> Refused</p> <p style="text-align: right; color: blue;"><b>MDGLFW2W</b></p>	<p style="text-align: center; color: blue;"><b>MDGLFW</b></p> <p style="text-align: center;">[ ] [ ] times</p> <p style="text-align: center; color: blue;"><b>MDGLFW</b></p>	<p style="text-align: center; color: blue;"><b>HRR</b></p> <p>1 <input type="radio"/> Less than 1 hour</p> <p>2 <input type="radio"/> 1 to 2 1/2 hours</p> <p>3 <input type="radio"/> 3 to 4 1/2 hours</p> <p>4 <input type="radio"/> 5 to 6 1/2 hours</p> <p>5 <input type="radio"/> 7 to 8 1/2 hours</p> <p>6 <input type="radio"/> 9 or more hours</p> <p>8 <input type="radio"/> Don't know</p>
<p><b>36. Play golf, riding a cart (count walking time only)?</b></p> <p>1 <input type="radio"/> Yes <span style="color: blue;">—————→</span></p> <p>0 <input type="radio"/> No</p> <p>8 <input type="radio"/> Don't know</p> <p>7 <input type="radio"/> Refused</p> <p style="text-align: right; color: blue;"><b>MDGLFR2W</b></p>	<p style="text-align: center; color: blue;"><b>MDGLFR</b></p> <p style="text-align: center;">[ ] [ ] times</p> <p style="text-align: center; color: blue;"><b>MDGLFR</b></p>	<p style="text-align: center; color: blue;"><b>HR</b></p> <p>1 <input type="radio"/> Less than 1 hour</p> <p>2 <input type="radio"/> 1 to 2 1/2 hours</p> <p>3 <input type="radio"/> 3 to 4 1/2 hours</p> <p>4 <input type="radio"/> 5 to 6 1/2 hours</p> <p>5 <input type="radio"/> 7 to 8 1/2 hours</p> <p>6 <input type="radio"/> 9 or more hours</p> <p>8 <input type="radio"/> Don't know</p>





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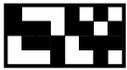
Health ABC

HABC Enrollment ID #	Acrostic
MEID <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	MEACROS <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>

YEAR 10 ENERGY EXPENDITURE: VISIT 2

In a typical week during the past 2 weeks, did you . . .	How many TIMES a week?	How many TOTAL <u>hours a week</u> did you usually do it? (Examiner Note: Read response options. REQUIRED - Show card #8.)
<p>37. Attend a concert, movie, lecture, or sport event?</p> <p>1 <input checked="" type="radio"/> Yes <span style="color: blue;">—————▶</span></p> <p>0 <input type="radio"/> No <span style="color: blue;">MEEVNT2W</span></p> <p>8 <input type="radio"/> Don't know</p> <p>7 <input type="radio"/> Refused</p>	<p>How many TIMES a week?</p> <p><span style="color: blue;">MEEVNT</span> <input type="text"/> <input type="text"/> times</p> <p><span style="color: blue;">MEEVNTFQ</span></p>	<p><span style="color: blue;">MEEVNTHR</span> <sup>1</sup></p> <p>1 <input type="radio"/> Less than 1 hour</p> <p>2 <input type="radio"/> 1 to 2 1/2 hours</p> <p>3 <input type="radio"/> 3 to 4 1/2 hours</p> <p>4 <input type="radio"/> 5 to 6 1/2 hours</p> <p>5 <input type="radio"/> 7 to 8 1/2 hours</p> <p>6 <input type="radio"/> 9 or more hours</p> <p>8 <input type="radio"/> Don't know</p>
<p>38. Play cards, bingo, or board games with other people?</p> <p>1 <input checked="" type="radio"/> Yes <span style="color: blue;">—————▶</span></p> <p>0 <input type="radio"/> No <span style="color: blue;">MEGAME2W</span></p> <p>8 <input type="radio"/> Don't know</p> <p>7 <input type="radio"/> Refused</p>	<p>How many TIMES a week?</p> <p><span style="color: blue;">MEGAME</span> <input type="text"/> <input type="text"/> times</p> <p><span style="color: blue;">MEGAMEFQ</span></p>	<p><span style="color: blue;">MEGAMEHR</span> <sup>1</sup></p> <p>1 <input type="radio"/> Less than 1 hour</p> <p>2 <input type="radio"/> 1 to 2 1/2 hours</p> <p>3 <input type="radio"/> 3 to 4 1/2 hours</p> <p>4 <input type="radio"/> 5 to 6 1/2 hours</p> <p>5 <input type="radio"/> 7 to 8 1/2 hours</p> <p>6 <input type="radio"/> 9 or more hours</p> <p>8 <input type="radio"/> Don't know</p>
<p>39. Shoot pool or billiards?</p> <p>1 <input checked="" type="radio"/> Yes <span style="color: blue;">—————▶</span></p> <p>0 <input type="radio"/> No <span style="color: blue;">MEPOOL2W</span></p> <p>8 <input type="radio"/> Don't know</p> <p>7 <input type="radio"/> Refused</p>	<p>How many TIMES a week?</p> <p><span style="color: blue;">MEPOOL</span> <input type="text"/> <input type="text"/> times</p> <p><span style="color: blue;">MEPOOLFQ</span></p>	<p><span style="color: blue;">MEPOOLHR</span> <sup>1</sup></p> <p>1 <input type="radio"/> Less than 1 hour</p> <p>2 <input type="radio"/> 1 to 2 1/2 hours</p> <p>3 <input type="radio"/> 3 to 4 1/2 hours</p> <p>4 <input type="radio"/> 5 to 6 1/2 hours</p> <p>5 <input type="radio"/> 7 to 8 1/2 hours</p> <p>6 <input type="radio"/> 9 or more hours</p> <p>8 <input type="radio"/> Don't know</p>
<p>40. Play singles tennis (do <u>not</u> count doubles)?</p> <p>1 <input checked="" type="radio"/> Yes <span style="color: blue;">—————▶</span></p> <p>0 <input type="radio"/> No <span style="color: blue;">METNSS2W</span></p> <p>8 <input type="radio"/> Don't know</p> <p>7 <input type="radio"/> Refused</p>	<p>How many TIMES a week?</p> <p><span style="color: blue;">METNSS</span> <input type="text"/> <input type="text"/> times</p> <p><span style="color: blue;">METNSSFQ</span></p>	<p><span style="color: blue;">METNSSHR</span> <sup>1</sup></p> <p>1 <input type="radio"/> Less than 1 hour</p> <p>2 <input type="radio"/> 1 to 2 1/2 hours</p> <p>3 <input type="radio"/> 3 to 4 1/2 hours</p> <p>4 <input type="radio"/> 5 to 6 1/2 hours</p> <p>5 <input type="radio"/> 7 to 8 1/2 hours</p> <p>6 <input type="radio"/> 9 or more hours</p> <p>8 <input type="radio"/> Don't know</p>
<p>41. Play doubles tennis (do <u>not</u> count singles)?</p> <p>1 <input checked="" type="radio"/> Yes <span style="color: blue;">—————▶</span></p> <p>0 <input type="radio"/> No <span style="color: blue;">METNSD2W</span></p> <p>8 <input type="radio"/> Don't know</p> <p>7 <input type="radio"/> Refused</p>	<p>How many TIMES a week?</p> <p><span style="color: blue;">METNSD</span> <input type="text"/> <input type="text"/> times</p> <p><span style="color: blue;">METNSDFQ</span></p>	<p><span style="color: blue;">METNSDHR</span> <sup>1</sup></p> <p>1 <input type="radio"/> Less than 1 hour</p> <p>2 <input type="radio"/> 1 to 2 1/2 hours</p> <p>3 <input type="radio"/> 3 to 4 1/2 hours</p> <p>4 <input type="radio"/> 5 to 6 1/2 hours</p> <p>5 <input type="radio"/> 7 to 8 1/2 hours</p> <p>6 <input type="radio"/> 9 or more hours</p> <p>8 <input type="radio"/> Don't know</p>





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# YEAR 10 ENERGY EXPENDITURE: VISIT 2

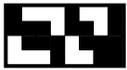
HABC Enrollment ID #	Acrostic
MFID	MFACROS

MFID

MFACROS

In a typical week during the past 2 weeks, did you . . .	How many TIMES a week?	How many TOTAL <u>hours a week</u> did you usually do it? <i>(Examiner Note: Read response options. REQUIRED - Show card #8.)</i>
<p><b>42. Skate (ice, roller, in-line)?</b></p> <p>1 <input checked="" type="radio"/> Yes →</p> <p>0 <input type="radio"/> No</p> <p>8 <input type="radio"/> Don't know</p> <p>7 <input type="radio"/> Refused</p> <p><b>MFSKAT2W</b></p>	<p>times</p> <p><b>MFSKATFQ</b></p>	<p><b>MFSKATHR</b></p> <p>1 <input type="radio"/> Less than 1 hour</p> <p>2 <input type="radio"/> 1 to 2 1/2 hours</p> <p>3 <input type="radio"/> 3 to 4 1/2 hours</p> <p>4 <input type="radio"/> 5 to 6 1/2 hours</p> <p>5 <input type="radio"/> 7 to 8 1/2 hours</p> <p>6 <input type="radio"/> 9 or more hours</p> <p>8 <input type="radio"/> Don't know</p>
<p><b>43. Play a musical instrument?</b></p> <p>1 <input type="radio"/> Yes →</p> <p>0 <input type="radio"/> No</p> <p>8 <input type="radio"/> Don't know</p> <p>7 <input type="radio"/> Refused</p> <p><b>MFMUSI2W</b></p>	<p>times</p> <p><b>MFMUSIFQ</b></p>	<p><b>MFMUSIHR</b></p> <p>1 <input type="radio"/> Less than 1 hour</p> <p>2 <input type="radio"/> 1 to 2 1/2 hours</p> <p>3 <input type="radio"/> 3 to 4 1/2 hours</p> <p>4 <input type="radio"/> 5 to 6 1/2 hours</p> <p>5 <input type="radio"/> 7 to 8 1/2 hours</p> <p>6 <input type="radio"/> 9 or more hours</p> <p>8 <input type="radio"/> Don't know</p>
<p><b>44. Read?</b></p> <p>1 <input checked="" type="radio"/> Yes →</p> <p>0 <input type="radio"/> No</p> <p>8 <input type="radio"/> Don't know</p> <p>7 <input type="radio"/> Refused</p> <p><b>MFREAD2W</b></p>	<p>times</p> <p><b>MFREADFQ</b></p>	<p><b>MFREADHR</b></p> <p>1 <input type="radio"/> Less than 1 hour</p> <p>2 <input type="radio"/> 1 to 2 1/2 hours</p> <p>3 <input type="radio"/> 3 to 4 1/2 hours</p> <p>4 <input type="radio"/> 5 to 6 1/2 hours</p> <p>5 <input type="radio"/> 7 to 8 1/2 hours</p> <p>6 <input type="radio"/> 9 or more hours</p> <p>8 <input type="radio"/> Don't know</p>
<p><b>45. Do heavy work around the house (such as washing windows, cleaning gutters)?</b></p> <p>1 <input checked="" type="radio"/> Yes →</p> <p>0 <input type="radio"/> No</p> <p>8 <input type="radio"/> Don't know</p> <p>7 <input type="radio"/> Refused</p> <p><b>MFHWRK2W</b></p>	<p>times</p> <p><b>MFHWRKFQ</b></p>	<p><b>MFHWRKHR</b></p> <p>1 <input type="radio"/> Less than 1 hour</p> <p>2 <input type="radio"/> 1 to 2 1/2 hours</p> <p>3 <input type="radio"/> 3 to 4 1/2 hours</p> <p>4 <input type="radio"/> 5 to 6 1/2 hours</p> <p>5 <input type="radio"/> 7 to 8 1/2 hours</p> <p>6 <input type="radio"/> 9 or more hours</p> <p>8 <input type="radio"/> Don't know</p>
<p><b>46. Do light work around the house (such as sweeping or vacuuming)?</b></p> <p>1 <input checked="" type="radio"/> Yes →</p> <p>0 <input type="radio"/> No</p> <p>8 <input type="radio"/> Don't know</p> <p>7 <input type="radio"/> Refused</p> <p><b>MFLWRK2W</b></p>	<p>times</p> <p><b>MFLWRKFQ</b></p>	<p><b>MFLWRKHR</b></p> <p>1 <input type="radio"/> Less than 1 hour</p> <p>2 <input type="radio"/> 1 to 2 1/2 hours</p> <p>3 <input type="radio"/> 3 to 4 1/2 hours</p> <p>4 <input type="radio"/> 5 to 6 1/2 hours</p> <p>5 <input type="radio"/> 7 to 8 1/2 hours</p> <p>6 <input type="radio"/> 9 or more hours</p> <p>8 <input type="radio"/> Don't know</p>





Draft

Health  
**ABC**

YEAR 10 ENERGY EXPENDITURE: VISIT 2

HABC Enrollment ID #	Acrostic
<input type="text"/>	<input type="text"/>

MGID

MGACROS

In a typical week during the past 2 weeks, did you . . .	How many TIMES a week?	How many TOTAL <u>hours a week</u> did you usually do it? <i>(Examiner Note: Read response options. REQUIRED - Show card #8.)</i>
<p><b>47. Do heavy gardening (such as spading, raking)?</b></p> <p>1 <input checked="" type="radio"/> Yes →</p> <p>0 <input type="radio"/> No</p> <p>8 <input type="radio"/> Don't know</p> <p>7 <input type="radio"/> Refused</p> <p><b>MGHGAR2W</b></p>	<p><b>MGHGARHR</b><sup>1</sup></p> <p><input type="text"/> <input type="text"/> times</p> <p><b>MGHGARFQ</b></p>	<p>1 <input type="radio"/> Less than 1 hour</p> <p>2 <input type="radio"/> 1 to 2 1/2 hours</p> <p>3 <input type="radio"/> 3 to 4 1/2 hours</p> <p>4 <input type="radio"/> 5 to 6 1/2 hours</p> <p>5 <input type="radio"/> 7 to 8 1/2 hours</p> <p>6 <input type="radio"/> 9 or more hours</p> <p>8 <input type="radio"/> Don't know</p>
<p><b>48. Do light gardening (such as watering plants)?</b></p> <p>1 <input checked="" type="radio"/> Yes →</p> <p>0 <input type="radio"/> No</p> <p>8 <input type="radio"/> Don't know</p> <p>7 <input type="radio"/> Refused</p> <p><b>MGLGAR2W</b></p>	<p><b>MGLGARHR</b><sup>1</sup></p> <p><input type="text"/> <input type="text"/> times</p> <p><b>MGLGARFQ</b></p>	<p>1 <input type="radio"/> Less than 1 hour</p> <p>2 <input type="radio"/> 1 to 2 1/2 hours</p> <p>3 <input type="radio"/> 3 to 4 1/2 hours</p> <p>4 <input type="radio"/> 5 to 6 1/2 hours</p> <p>5 <input type="radio"/> 7 to 8 1/2 hours</p> <p>6 <input type="radio"/> 9 or more hours</p> <p>8 <input type="radio"/> Don't know</p>
<p><b>49. Work on your car, truck, lawn mower, or other machinery?</b></p> <p>1 <input checked="" type="radio"/> Yes →</p> <p>0 <input type="radio"/> No</p> <p>8 <input type="radio"/> Don't know</p> <p>7 <input type="radio"/> Refused</p> <p><b>MGWRKM2W</b></p>	<p><b>MGWRKMHR</b><sup>1</sup></p> <p><input type="text"/> <input type="text"/> times</p> <p><b>MGWRKMFQ</b></p>	<p>1 <input type="radio"/> Less than 1 hour</p> <p>2 <input type="radio"/> 1 to 2 1/2 hours</p> <p>3 <input type="radio"/> 3 to 4 1/2 hours</p> <p>4 <input type="radio"/> 5 to 6 1/2 hours</p> <p>5 <input type="radio"/> 7 to 8 1/2 hours</p> <p>6 <input type="radio"/> 9 or more hours</p> <p>8 <input type="radio"/> Don't know</p>
<p><b>Please note that for the following questions about running and walking, include use of a treadmill.</b></p>		
<p><b>50. Jog or run?</b></p> <p>1 <input checked="" type="radio"/> Yes →</p> <p>0 <input type="radio"/> No</p> <p>8 <input type="radio"/> Don't know</p> <p>7 <input type="radio"/> Refused</p> <p><b>MGJOG2W</b></p>	<p><b>MGJOGHR</b><sup>1</sup></p> <p><input type="text"/> <input type="text"/> times</p> <p><b>MGJOGFQ</b></p>	<p>1 <input type="radio"/> Less than 1 hour</p> <p>2 <input type="radio"/> 1 to 2 1/2 hours</p> <p>3 <input type="radio"/> 3 to 4 1/2 hours</p> <p>4 <input type="radio"/> 5 to 6 1/2 hours</p> <p>5 <input type="radio"/> 7 to 8 1/2 hours</p> <p>6 <input type="radio"/> 9 or more hours</p> <p>8 <input type="radio"/> Don't know</p>
<p><b>51. Walk uphill or hike uphill (count only uphill part)?</b></p> <p>1 <input checked="" type="radio"/> Yes →</p> <p>0 <input type="radio"/> No</p> <p>8 <input type="radio"/> Don't know</p> <p>7 <input type="radio"/> Refused</p> <p><b>MGWLKU2W</b></p>	<p><b>MGWLKUHR</b><sup>1</sup></p> <p><input type="text"/> <input type="text"/> times</p> <p><b>MGWLKUFQ</b></p>	<p>1 <input type="radio"/> Less than 1 hour</p> <p>2 <input type="radio"/> 1 to 2 1/2 hours</p> <p>3 <input type="radio"/> 3 to 4 1/2 hours</p> <p>4 <input type="radio"/> 5 to 6 1/2 hours</p> <p>5 <input type="radio"/> 7 to 8 1/2 hours</p> <p>6 <input type="radio"/> 9 or more hours</p> <p>8 <input type="radio"/> Don't know</p>





Draft

# Health ABC

## YEAR 10 ENERGY EXPENDITURE: VISIT 2

HABC Enrollment ID #	Acrostic												
<div style="display: flex; justify-content: space-between;"> <span>MQID</span> <span>MQACROS</span> </div> <table border="1" style="width: 100%; height: 30px;"> <tr> <td style="width: 20px;"> </td> </tr> </table>							<table border="1" style="width: 100%; height: 30px;"> <tr> <td style="width: 20px;"> </td> </tr> </table>						

In a typical week during the past 2 weeks, did you . . .	How many TIMES a week?	How many TOTAL hours a week did you usually do it? <i>(Examiner Note: Read response options. REQUIRED - Show card #8.)</i>		
<p><b>52. Walk <u>fast or briskly</u> for exercise (do not count walking leisurely or uphill)?</b></p> <p>1 <input checked="" type="radio"/> Yes <span style="font-size: 2em;">→</span></p> <p>0 <input type="radio"/> No</p> <p>8 <input type="radio"/> Don't know</p> <p>7 <input type="radio"/> Refused</p> <p style="text-align: right; color: blue;"><b>MQWLKF2W</b></p>	<p style="color: blue;"><b>MQWLKFHR</b><sup>1</sup></p> <table border="1" style="margin: auto;"> <tr> <td style="width: 30px; height: 30px;"> </td> <td style="width: 30px; height: 30px;"> </td> </tr> </table> <p>times</p> <p style="color: blue;"><b>MQWLKFFQ</b></p>			<p>1 <input type="radio"/> Less than 1 hour</p> <p>2 <input type="radio"/> 1 to 2 1/2 hours</p> <p>3 <input type="radio"/> 3 to 4 1/2 hours</p> <p>4 <input type="radio"/> 5 to 6 1/2 hours</p> <p>5 <input type="radio"/> 7 to 8 1/2 hours</p> <p>6 <input type="radio"/> 9 or more hours</p> <p>8 <input type="radio"/> Don't know</p>
<p><b>53. Walk <u>to do errands</u> (such as to/from a store or to take children to school (count walk time only)?</b></p> <p>1 <input checked="" type="radio"/> Yes <span style="font-size: 2em;">→</span></p> <p>0 <input type="radio"/> No</p> <p>8 <input type="radio"/> Don't know</p> <p>7 <input type="radio"/> Refused</p> <p style="text-align: right; color: blue;"><b>MQWLKE2W</b></p>	<p style="color: blue;"><b>MQWLKEHR</b><sup>1</sup></p> <table border="1" style="margin: auto;"> <tr> <td style="width: 30px; height: 30px;"> </td> <td style="width: 30px; height: 30px;"> </td> </tr> </table> <p>times</p> <p style="color: blue;"><b>MQWLKEFQ</b></p>			<p>1 <input type="radio"/> Less than 1 hour</p> <p>2 <input type="radio"/> 1 to 2 1/2 hours</p> <p>3 <input type="radio"/> 3 to 4 1/2 hours</p> <p>4 <input type="radio"/> 5 to 6 1/2 hours</p> <p>5 <input type="radio"/> 7 to 8 1/2 hours</p> <p>6 <input type="radio"/> 9 or more hours</p> <p>8 <input type="radio"/> Don't know</p>
<p><b>54. Walk <u>leisurely</u> for exercise or pleasure?</b></p> <p>1 <input checked="" type="radio"/> Yes <span style="font-size: 2em;">→</span></p> <p>0 <input type="radio"/> No</p> <p>8 <input type="radio"/> Don't know</p> <p>7 <input type="radio"/> Refused</p> <p style="text-align: right; color: blue;"><b>MQWLKL2W</b></p>	<p style="color: blue;"><b>MQWLKLHR</b><sup>1</sup></p> <table border="1" style="margin: auto;"> <tr> <td style="width: 30px; height: 30px;"> </td> <td style="width: 30px; height: 30px;"> </td> </tr> </table> <p>times</p> <p style="color: blue;"><b>MQWLKLFQ</b></p>			<p>1 <input type="radio"/> Less than 1 hour</p> <p>2 <input type="radio"/> 1 to 2 1/2 hours</p> <p>3 <input type="radio"/> 3 to 4 1/2 hours</p> <p>4 <input type="radio"/> 5 to 6 1/2 hours</p> <p>5 <input type="radio"/> 7 to 8 1/2 hours</p> <p>6 <input type="radio"/> 9 or more hours</p> <p>8 <input type="radio"/> Don't know</p>
<p><b>55. Ride a bicycle or stationary cycle?</b></p> <p>1 <input checked="" type="radio"/> Yes <span style="font-size: 2em;">→</span></p> <p>0 <input type="radio"/> No</p> <p>8 <input type="radio"/> Don't know</p> <p>7 <input type="radio"/> Refused</p> <p style="text-align: right; color: blue;"><b>MQCYCL2W</b></p>	<p style="color: blue;"><b>MQCYCLHR</b><sup>1</sup></p> <table border="1" style="margin: auto;"> <tr> <td style="width: 30px; height: 30px;"> </td> <td style="width: 30px; height: 30px;"> </td> </tr> </table> <p>times</p> <p style="color: blue;"><b>MQCYCLFQ</b></p>			<p>1 <input type="radio"/> Less than 1 hour</p> <p>2 <input type="radio"/> 1 to 2 1/2 hours</p> <p>3 <input type="radio"/> 3 to 4 1/2 hours</p> <p>4 <input type="radio"/> 5 to 6 1/2 hours</p> <p>5 <input type="radio"/> 7 to 8 1/2 hours</p> <p>6 <input type="radio"/> 9 or more hours</p> <p>8 <input type="radio"/> Don't know</p>
<p><b>56. Do other aerobic machines such as rowing, or step machines (do <u>not</u> count treadmill or stationary cycle)?</b></p> <p>1 <input checked="" type="radio"/> Yes <span style="font-size: 2em;">→</span></p> <p>0 <input type="radio"/> No</p> <p>8 <input type="radio"/> Don't know</p> <p>7 <input type="radio"/> Refused</p> <p style="text-align: right; color: blue;"><b>MQAERM2W</b></p>	<p style="color: blue;"><b>MQAERMHR</b><sup>1</sup></p> <table border="1" style="margin: auto;"> <tr> <td style="width: 30px; height: 30px;"> </td> <td style="width: 30px; height: 30px;"> </td> </tr> </table> <p>times</p> <p style="color: blue;"><b>MQAERMFQ</b></p>			<p>1 <input type="radio"/> Less than 1 hour</p> <p>2 <input type="radio"/> 1 to 2 1/2 hours</p> <p>3 <input type="radio"/> 3 to 4 1/2 hours</p> <p>4 <input type="radio"/> 5 to 6 1/2 hours</p> <p>5 <input type="radio"/> 7 to 8 1/2 hours</p> <p>6 <input type="radio"/> 9 or more hours</p> <p>8 <input type="radio"/> Don't know</p>





Draft

Health  
**ABC**

HABC Enrollment ID #	Acrostic
<input type="text"/>	<input type="text"/>

MJID

MJACROS

## YEAR 10 ENERGY EXPENDITURE: VISIT 2

In a typical week during the past 2 weeks, did you . . .	How many TIMES a week?	How many TOTAL <u>hours a week</u> did you usually do it? (Examiner Note: Read response options. REQUIRED - Show card #8.)
<p>57. Do water exercises (do <u>not</u> count other swimming?)</p> <p><input checked="" type="radio"/> Yes →</p> <p><input type="radio"/> No</p> <p><input type="radio"/> Don't know</p> <p><input type="radio"/> Refused</p> <p style="text-align: right;"><b>MJH2EX2W</b></p>	<p><input type="text"/> <input type="text"/> times</p> <p><b>MJH2EXFQ</b></p>	<p><b>MJH2EXHR</b></p> <p><input type="radio"/> Less than 1 hour</p> <p><input type="radio"/> 1 to 2 1/2 hours</p> <p><input type="radio"/> 3 to 4 1/2 hours</p> <p><input type="radio"/> 5 to 6 1/2 hours</p> <p><input type="radio"/> 7 to 8 1/2 hours</p> <p><input type="radio"/> 9 or more hours</p> <p><input type="radio"/> Don't know</p>
<p>58. Swim moderately or fast?</p> <p><input checked="" type="radio"/> Yes →</p> <p><input type="radio"/> No</p> <p><input type="radio"/> Don't know</p> <p><input type="radio"/> Refused</p> <p style="text-align: right;"><b>MJSWMF2W</b></p>	<p><input type="text"/> <input type="text"/> times</p> <p><b>MJSWMFQ</b></p>	<p><b>MJSWMFHR</b></p> <p><input type="radio"/> Less than 1 hour</p> <p><input type="radio"/> 1 to 2 1/2 hours</p> <p><input type="radio"/> 3 to 4 1/2 hours</p> <p><input type="radio"/> 5 to 6 1/2 hours</p> <p><input type="radio"/> 7 to 8 1/2 hours</p> <p><input type="radio"/> 9 or more hours</p> <p><input type="radio"/> Don't know</p>
<p>59. Swim gently?</p> <p><input checked="" type="radio"/> Yes →</p> <p><input type="radio"/> No</p> <p><input type="radio"/> Don't know</p> <p><input type="radio"/> Refused</p> <p style="text-align: right;"><b>MJSWMG2W</b></p>	<p><input type="text"/> <input type="text"/> times</p> <p><b>MJSWMGFQ</b></p>	<p><b>MJSWMGHR</b></p> <p><input type="radio"/> Less than 1 hour</p> <p><input type="radio"/> 1 to 2 1/2 hours</p> <p><input type="radio"/> 3 to 4 1/2 hours</p> <p><input type="radio"/> 5 to 6 1/2 hours</p> <p><input type="radio"/> 7 to 8 1/2 hours</p> <p><input type="radio"/> 9 or more hours</p> <p><input type="radio"/> Don't know</p>
<p>60. Do stretching or flexibility exercises (do <u>not</u> count yoga or Tai-chi)?</p> <p><input checked="" type="radio"/> Yes →</p> <p><input type="radio"/> No</p> <p><input type="radio"/> Don't know</p> <p><input type="radio"/> Refused</p> <p style="text-align: right;"><b>MJFLEX2W</b></p>	<p><input type="text"/> <input type="text"/> times</p> <p><b>MJFLEXFQ</b></p>	<p><b>MJFLEXHR</b></p> <p><input type="radio"/> Less than 1 hour</p> <p><input type="radio"/> 1 to 2 1/2 hours</p> <p><input type="radio"/> 3 to 4 1/2 hours</p> <p><input type="radio"/> 5 to 6 1/2 hours</p> <p><input type="radio"/> 7 to 8 1/2 hours</p> <p><input type="radio"/> 9 or more hours</p> <p><input type="radio"/> Don't know</p>
<p>61. Do yoga or Tai-chi?</p> <p><input checked="" type="radio"/> Yes →</p> <p><input type="radio"/> No</p> <p><input type="radio"/> Don't know</p> <p><input type="radio"/> Refused</p> <p style="text-align: right;"><b>MJYOGA2W</b></p>	<p><input type="text"/> <input type="text"/> times</p> <p><b>MJYOGAFQ</b></p>	<p><b>MJYOGAHR</b></p> <p><input type="radio"/> Less than 1 hour</p> <p><input type="radio"/> 1 to 2 1/2 hours</p> <p><input type="radio"/> 3 to 4 1/2 hours</p> <p><input type="radio"/> 5 to 6 1/2 hours</p> <p><input type="radio"/> 7 to 8 1/2 hours</p> <p><input type="radio"/> 9 or more hours</p> <p><input type="radio"/> Don't know</p>





HABC Enrollment ID #	Acrostic
MKID <input type="text"/>	<input type="text"/>

YEAR 10 ENERGY EXPENDITURE: VISIT 2

MKACROS

In a typical week during the past 2 weeks, did you . . .	How many TIMES a week?	How many TOTAL <u>hours a week</u> did you usually do it? <i>(Examiner Note: Read response options. REQUIRED - Show card #8.)</i>
<p><b>62. Do aerobics or aerobic dancing?</b></p> <p>1 <input checked="" type="radio"/> Yes →</p> <p>0 <input type="radio"/> No</p> <p>8 <input type="radio"/> Don't know</p> <p>7 <input type="radio"/> Refused</p> <p><b>MKAERD2W</b></p>	<p><b>MKAERDHR</b></p> <p><input type="text"/> <input type="text"/> times</p> <p><b>MKAERDFQ</b></p>	<p>1 <input type="radio"/> Less than 1 hour</p> <p>2 <input type="radio"/> 1 to 2 1/2 hours</p> <p>3 <input type="radio"/> 3 to 4 1/2 hours</p> <p>4 <input type="radio"/> 5 to 6 1/2 hours</p> <p>5 <input type="radio"/> 7 to 8 1/2 hours</p> <p>6 <input type="radio"/> 9 or more hours</p> <p>8 <input type="radio"/> Don't know</p>
<p><b>63. Do moderate to heavy strength training (such as hand-held weights of <u>more than 5 lbs.</u>, weight machines, or push-ups)?</b></p> <p>1 <input checked="" type="radio"/> Yes →</p> <p>0 <input type="radio"/> No</p> <p>8 <input type="radio"/> Don't know</p> <p>7 <input type="radio"/> Refused</p> <p><b>MKSTRH2W</b></p>	<p><b>MKSTRHHR</b></p> <p><input type="text"/> <input type="text"/> times</p> <p><b>MKSTRHFQ</b></p>	<p>1 <input type="radio"/> Less than 1 hour</p> <p>2 <input type="radio"/> 1 to 2 1/2 hours</p> <p>3 <input type="radio"/> 3 to 4 1/2 hours</p> <p>4 <input type="radio"/> 5 to 6 1/2 hours</p> <p>5 <input type="radio"/> 7 to 8 1/2 hours</p> <p>6 <input type="radio"/> 9 or more hours</p> <p>8 <input type="radio"/> Don't know</p>
<p><b>64. Do light strength training (such as hand-held weights of <u>5 lbs. or less</u> or elastic bands)?</b></p> <p>1 <input checked="" type="radio"/> Yes →</p> <p>0 <input type="radio"/> No</p> <p>8 <input type="radio"/> Don't know</p> <p>7 <input type="radio"/> Refused</p> <p><b>MKSTRL2W</b></p>	<p><b>MKSTRLHR</b></p> <p><input type="text"/> <input type="text"/> times</p> <p><b>MKSTRLFQ</b></p>	<p>1 <input type="radio"/> Less than 1 hour</p> <p>2 <input type="radio"/> 1 to 2 1/2 hours</p> <p>3 <input type="radio"/> 3 to 4 1/2 hours</p> <p>4 <input type="radio"/> 5 to 6 1/2 hours</p> <p>5 <input type="radio"/> 7 to 8 1/2 hours</p> <p>6 <input type="radio"/> 9 or more hours</p> <p>8 <input type="radio"/> Don't know</p>
<p><b>65. Do general conditioning exercises, such as light calisthenics or chair exercises (do <u>not</u> count strength training)?</b></p> <p>1 <input checked="" type="radio"/> Yes →</p> <p>0 <input type="radio"/> No</p> <p>8 <input type="radio"/> Don't know</p> <p>7 <input type="radio"/> Refused</p> <p><b>MKCOND2W</b></p>	<p><b>MKCONDHR</b></p> <p><input type="text"/> <input type="text"/> times</p> <p><b>MKCONDHFQ</b></p>	<p>1 <input type="radio"/> Less than 1 hour</p> <p>2 <input type="radio"/> 1 to 2 1/2 hours</p> <p>3 <input type="radio"/> 3 to 4 1/2 hours</p> <p>4 <input type="radio"/> 5 to 6 1/2 hours</p> <p>5 <input type="radio"/> 7 to 8 1/2 hours</p> <p>6 <input type="radio"/> 9 or more hours</p> <p>8 <input type="radio"/> Don't know</p>
<p><b>66. Play basketball, soccer, or racquetball (do <u>not</u> count time on sidelines)?</b></p> <p>1 <input checked="" type="radio"/> Yes →</p> <p>0 <input type="radio"/> No</p> <p>8 <input type="radio"/> Don't know</p> <p>7 <input type="radio"/> Refused</p> <p><b>MKBALL2W</b></p>	<p><b>MKBALLHR</b></p> <p><input type="text"/> <input type="text"/> times</p> <p><b>MKBALLFQ</b></p>	<p>1 <input type="radio"/> Less than 1 hour</p> <p>2 <input type="radio"/> 1 to 2 1/2 hours</p> <p>3 <input type="radio"/> 3 to 4 1/2 hours</p> <p>4 <input type="radio"/> 5 to 6 1/2 hours</p> <p>5 <input type="radio"/> 7 to 8 1/2 hours</p> <p>6 <input type="radio"/> 9 or more hours</p> <p>8 <input type="radio"/> Don't know</p>





HABC Enrollment ID #	Acrostic
<input type="text"/>	<input type="text"/>

MNID

MNACROS

## YEAR 10 ENERGY EXPENDITURE: VISIT 2

67. In a typical week during the past 2 weeks, did you do other types of physical activity not previously mentioned?

Yes

No

Don't know

Refused **MNOTH12W**



i. What type of physical activity did you do that was not previously mentioned?

**MNOTHACT**

ii. How many TIMES a week did you do this activity?

<input type="text"/>	<input type="text"/>
----------------------	----------------------

times

**MNOTH1FQ**

iii. How many TOTAL hours a week did you usually do it?

*(Examiner Note: Read response options. REQUIRED - Show card #8.)*

Less than 1 hour

1 to 2 1/2 hours

3 to 4 1/2 hours

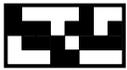
5 to 6 1/2 hours **MNOTH1HR**

7 to 8 1/2 hours

9 or more hours

Don't know





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HABC Enrollment ID #	Acrostic
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MLID

MLAGROS

## YEAR 10 ENERGY EXPENDITURE: VISIT 2

**Examiner Note:** Always probe for an exact number (not a range). If the participant reports a range or interval, assist the participant in making an estimate by probing. For example, you might ask, "Could you give me a more exact number?"

These next questions are about physical activities, including exercise, sports, and physically active hobbies that the participant may do in their LEISURE time. Exercise, sports, or physically active hobbies are respondent defined.

68. How many times in the last 2 weeks did you do vigorous activities for at least 10 minutes that cause heavy sweating or large increases in breathing or heart rate?  
 (Examiner Note: Use these qualifying terms when a participant needs clarification: Vigorous activities might include fast walking, fast bicycling, jogging, strenuous swimming or sports play, vigorous aerobic dance, and strenuous gardening.)

MLVIGFQ

times

0

None

8

Don't know

7

Refused

MLVIGFDK

About how long do you do these vigorous activities each time?

MLVIGHR

Hours

Minutes

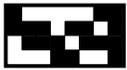
-1

Don't know

MLVIGTDK

MLVIGMIN





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HABC Enrollment ID #	Acrostic
MMID <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	MMACROS <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>

## YEAR 10 ENERGY EXPENDITURE: VISIT 2

69. How many times in the last 2 weeks did you do light or moderate activities for at least 10 minutes that cause only light sweating or a slight to moderate increase in breathing or heart rate?  
*(Examiner Note: Use these qualifying terms when a participant needs clarification: Light or moderate activities include such activities as leisurely walking or bicycling, slow swimming or dancing, and simple gardening.)*

MMMODFQ   times       None     Don't know     Refused    MMMODDK

About how long do you do these light or moderate activities each time?

MMMODHR            Don't know    MMMODTDK  
 Hours                      Minutes  
 MMMODMIN

70. How many times in the last 2 weeks did you do physical activities designed to strengthen your muscles such as lifting weights or doing calisthenics? Include all such activities even if you have mentioned them before. Exercises to strengthen muscles are activities that require strenuous muscular contractions such as weight lifting, resistance training, push-ups, sit-ups, etc.

MMSTRFQ   times       None     Don't know     Refused  
 MMSTRDK









## Appendix IV

### ENERGY EXPENDITURE READING CENTER VARIABLE LIST

Variable Name	Variable Description	Variable Label	Value Label
EEFFMTBW	Fat-free mass calculated from TBW, =TBW/0.73, kg, range 20 to 82.	Fat-free mass calculated	kg
EEH2O	Water turnover including preformed water in food and beverage, metabolic water, and atmospheric moisture, kg/d, range 1.5 to 9	Water turnover	kg/day
EENONBAS	Nonbasal EE=TEE-RMR, energy expended in excess of RMR, Megajoules/d, range 0.00 to 9.00	Energy expended in excess of RMR	Megajoules/day
EEQCRMR	EERC assessment of the quality of the RMR data, range: A to D	Quality assessment of the RMR data	A = excellent B = good C = borderline for analysis D = unusable
EEQCTEE	EERC assessment of the quality of the TEE data, range A to D	Quality assessment of the TEE data	A = excellent B = good C = borderline for analysis D = unusable
EERMR	Resting metabolic rate, megajoules/day, range: 2.50 to 9.00	Resting metabolic rate (MJ/day)	Megajoules/day
EERMRS	Std. deviation of Resting metabolic rate	Resting metabolic rate (MJ/day), Std. Dev	Megajoules/day
EERQ	(Global) respiratory quotient during RMR, range:0.67 to 0.99	Respiratory quotient during RMR	
EETBW	Total body water measured by both deuterium and oxygen-18 Dilution, kg, range 15 to 60.	Total body water measured	kg
EETEE	Total daily energy expenditure from doubly labeled water, megajoules/day, range: 3.00 to 18.00	Total daily energy expenditure (MJ/Day)	Megajoules/day
EETEE_RMR	TEE/RMR	Total energy expenditure per unit resting metabolic rate	

## Appendix V

### ACTIGRAPH READING CENTER VARIABLE LIST

<b>Variable Name</b>	<b>Variable Description</b>	<b>Variable Label</b>	<b>Value Label</b>
AGACCEL	Average acceleration	Average acceleration (m/sec <sup>2</sup> )	m/sec <sup>2</sup>
AGACTMINS	Average daily minutes spent active	Average daily minutes spent active (≥100 cpm)	Minutes
AGCOUNT	Average total counts	Average total counts	Counts
AGCPM	Average daily counts per minute	Average daily counts per minute	Counts/minute
AGDAYS	Number of valid days recorded	Number of valid days recorded	Days
AGLTMIN	Average daily minutes spent in light activity	Average daily minutes spent in light activity (100-1951 cpm)	Minutes
AGMODMIN	Average daily minutes spent in moderate activity	Average daily minutes spent in moderate activity (1952-5723 cpm)	Minutes
AGNONREGTM	Average number of unregistered minutes/day	Average number of unregistered minutes per day (1440-RegTime)	Minutes
AGPCTACT	Average daily percent time spent active	Average daily percent time spent active (≥100 cpm)	%
AGPCTLIT	Average daily percent time spent in light activity	Average daily percent time spent in light activity (100-1951 cpm)	%
AGPCTMOD	Average daily percent time spent in moderate activity	Average daily percent time spent in moderate activity (1952-5723 cpm)	%
AGPCTSED	Average daily percent time spent sedentary (<100 cpm, non-reg time removed)	Average daily percent time spent sedentary (non-reg time removed)	%
AGPCTVIG	Average daily percent time spent in vigorous activity	Average daily percent time spent in vigorous activity (5724-8899 cpm)	%
AGPCTVVIG	Average daily percent time spent in very vigorous activity	Average daily percent time spent in very vigorous activity (>8900 cpm)	%
AGREGTIM	Average number of minutes registered/day	Average number of minutes registered per day	Minutes
AGSEDMIN	Average daily minutes at <100 cpm. NOTE: includes non-registered time	Average daily minutes spent sedentary (cpm<100, INCLUDES NON-REG TIME)	Minutes

<b>Variable Name</b>	<b>Variable Description</b>	<b>Variable Label</b>	<b>Value Label</b>
AGSED_NR	Average daily minutes spent sedentary (Non-registered time subtracted)	Average daily minutes spent sedentary with non-registered time removed	Minutes
AGSTEPS	Average number of steps/day	Average number of steps per day	Steps
AGVIGMIN	Average daily minutes spent in vigorous activity	Average daily minutes spent in vigorous activity (5724-8899 cpm)	Minutes
AGVVIGMN	Average daily minutes spent in very vigorous activity	Average daily minutes spent in very vigorous activity (>8900 cpm)	Minutes

## Appendix VI

### SENSEWEAR ARMBAND VARIABLE LIST

<b>Variable Name</b>	<b>Variable Description</b>	<b>Variable Label</b>	<b>Value Label</b>
ABACTEE	Average active energy expenditure (kcal/day)	Average active energy expenditure (kcal/day)	Kcal/day
ABDAYS	Number of days armband was worn	Number of days armband was worn	Days
ABEDATE	Date armband was last worn	Date armband was last worn	mm/dd/yyyy
ABEDAY	Day of the week armband was last worn	Day of the week armband was last worn	1=Sunday 2=Monday 3=Tuesday 4=Wednesday 5=Thursday 6=Friday 7=Saturday
ABMEASEE	Average measured energy expenditure (kcal/day)	Average measured energy expenditure (kcal/day)	Kcal/day
ABMETS	Average metabolic equivalents per day	Average mets (mets/day)	Mets/day
ABMINMA	Average minutes of moderate activity per day	Average minutes of moderate activity (mins/day)	Mins/day
ABMINPA	Average minutes of physical activity per day	Average minutes of physical activity (mins/day)	Mins/day
ABMINSA	Average minutes of sedentary activity per day	Average minutes of sedentary activity (mins/day)	Mins/day
ABMINVA	Average minutes of vigorous activity per day	Average minutes of vigorous activity (mins/day)	Mins/day
ABMINVVA	Average minutes of very vigorous activity per day	Average minutes of very vigorous activity (mins/day)	Mins/day
ABOFFBDY	Average minutes off body per day	Average time off body (mins/day)	Mins/day
ABOFFEE	Average off-body energy expenditure (kcal/day)	Average off body energy expenditure (kcal/day)	Kcal/day
ABONBDY	Average minutes per day on body	Average time on body (mins/day)	Mins/day
ABPCTTON	Average percent time on body	Average percent time on body	%
ABSDATE	Date armband was first worn	Date armband was first worn	mm/dd/yyyy

<b>Variable Name</b>	<b>Variable Description</b>	<b>Variable Label</b>	<b>Value Label</b>
ABSDAY	Day of the week armband was first worn	Day of the week armband was first worn	1=Sunday 2=Monday 3=Tuesday 4=Wednesday 5=Thursday 6=Friday 7=Saturday
ABSEAS	Season in which armband was worn	Season in which armband was worn	1=Winter 2=Spring 3=Summer 4=Autumn
ABSERNUM	Armband serial number	Armband serial number	
ABSTEPS	Average number of steps taken per day	Average number of steps taken (steps/day)	Steps/day
ABTOTEE	Average total energy expenditure (kcal/day, on and off body)	Average total energy expenditure (on body & off body) (kcal/day)	Kcal/day
ABWEAR85	Wore armband at least 85% of time	Wore armband at least 85% of time	0=No 1=Yes
ABWKND	Wore armband on at least one weekend day	Wore armband on at least one weekend day	0=No 1=Yes

**Appendix VII**  
**DROPPED VARIABLES AND ALTERNATES**

<b>Variable omitted</b>	<b>Variable to use/Reason omitted</b>
KUDHRDKRF	KUEATHRS
KVTIMEB	KVTIMB24
KVAMPMB	KVTIMB24
KVTIME1	KVTM1124
KVAPPM1	KVTM1124
KVTIME2	KVTM2124
KVAPPM2	KVTIM2124
KVTIME3	KVTIM3124
KVAPPM3	KVTIM3124
KVTIMES	KVTIMS24
KVAMPMS	KVTIMS24
KVBOT	Bookkeeping
KWTIMESU	KWTMSU24
KWAMPMSU	KWTMSU24
KWTIMEO1	KWTMO124
KWAMPMO1	KWTMO124
KWTIMEO2	KWTMO224
KWAMPMO2	KWTMO224
KWTIMEO3	KWTMO324
KWAMPMO3	KWTMO324
KWTIMPL	KWTMPL24
KWAMPML	KWTMPL24
KWTIMRM	KWTMRM24
KWAMPMRM	KWTMRM24
KYTIME1	KYTM1224
KYAPPM1	KYTM1224
KYTIME2	KYTM2224
KYAPPM2	KYTM2224
KZPAHRS	KZPATIM
KZPAMINS	KZPATIM
KZPADK	KZPATIM
KZHCHRS	KZHCTIM
KZHCMINS	KZHCTIM
KZHCDK	KZHCTIM
M1LWHRS	M1LWTIM
M1LWMINS	M1LWTIM
M1LWDK	M1LWTIM
M3EWHRS	M3EWTIM
M3EWMINS	M3EWTIM
M3EWTMDK	M3EWTIM
M4OWHRS	M4OWTIM
M4OWMINS	M4O1TIM
M4OWTDK	M4OWTIM

<b>Variable omitted</b>	<b>Variable to use/Reason omitted</b>
M5ACHRS	M5ACTIM
M5ACMINS	M5ACTIM
M5ACDK	M5ACTIM
M5TRHRS	M5TRTIM
M5TRMINS	M5TRTIM
M5TRDK	M5TRTIM
M6HIA1HR	M6HIA1TIM
M6HIA1MN	M6HIA1TIM
M6HIA1DK	M6HIA1TIM
M7HIA2HR	M7HIA2TIM
M7HIA2MN	M7HIA2TIM
M7HIA2DK	M7HIA2TIM
M7HIA3HR	M7HIA3TIM
M7HIA3MN	M7HIA3TIM
M7HIA3DK	M7HIA3TIM
M7HIA4HR	M7HIA4TIM
M7HIA4MN	M7HIA4TIM
M7HIA4DK	M7HIA4TIM
M8MIA1HR	M8MIA1TIM
M8MIA1MN	M8MIA1TIM
M8MIA1DK	M8MIA1TIM
M9MIA2HR	M9MIA2TIM
M9MIA2MN	M9MIA2TIM
M9MIA2DK	M9MIA2TIM
M9MIA3HR	M9MIA3TIM
M9MIA3MN	M9MIA3TIM
M9MIA3DK	M9MIA3TIM
M9MIA4HR	M9MIA4TIM
M9MIA4MN	M9MIA4TIM
M9MIA4DK	M9MIA4TIM
MAVWDK	MAVWAHWR
MAVWADK	MAVWAHVW
MBVWAHDK	MBVWAHAW
MLVIGHR	MLVIGTIM
MLVIGMIN	MLVIGTIM
MLVIGTDK	MLVIGTIM
MLVIGFDK	MLVIGFQ
MMMODHR	MMMODTIM
MMMODMIN	MMMODTIM
MMMODDK	MMMODFQ
MMMODTDK	MMMODTIM
MMSTRDK	MMSTRFQ
xxACROS	Participant privacy (where xx represents form prefix)

APPENDIX VIII

Health ABC Project

1

14:53 Tuesday, July 28, 2009

The CONTENTS Procedure

Data Set Name	DAF.Y10EEACC	Observations	275
Member Type	DATA	Variables	341
Engine	V9	Indexes	0
Created	Tuesday, July 28, 2009 02:53:20 PM	Observation Length	2944
Last Modified	Tuesday, July 28, 2009 02:53:20 PM	Deleted Observations	0
Protection		Compressed	NO
Data Set Type		Sorted	NO
Label			
Data Representation	WINDOWS_32		
Encoding	wlatin1 Western (Windows)		

Engine/Host Dependent Information

Data Set Page Size	16384
Number of Data Set Pages	58
First Data Page	4
Max Obs per Page	5
Obs in First Data Page	5
Number of Data Set Repairs	0
File Name	\\fu-hsing-c\habc\habc_sas\data analysis file\data analysis file v8\y10eeacc.sas7bdat
Release Created	9.0101M2
Host Created	XP_PRO

Alphabetic List of Variables and Attributes

#	Variable	Type	Len	Format	Informat	Label
318	ABACTEE	Num	8	TIME5.		AVERAGE ACTIVE ENERGY EXPENDITURE (KCAL/DAY)
317	ABDAYS	Num	8	TIME5.		NUMBER OF DAYS ARMBAND WAS WORN
333	ABEDATE	Num	8	MMDDYY10.		DATE ARMBAND WAS LAST WORN
335	ABEDAY	Num	8	WKDYFMT.		DAY OF THE WEEK ARMBAND WAS LAST WORN
320	ABMEASEE	Num	8	TIME5.		AVERAGE MEASURED ENERGY EXPENDITURE (KCAL/DAY)
319	ABMETS	Num	8	TIME5.		AVERAGE METS (METS/DAY)
324	ABMINMA	Num	8	TIME5.		AVERAGE MINUTES OF MODERATE ACTIVITY (MINS/DAY)
327	ABMINPA	Num	8	TIME5.		AVERAGE MINUTES OF PHYSICAL ACTIVITY (MINS/DAY)
328	ABMINSA	Num	8	TIME5.		AVERAGE MINUTES OF SEDENTARY ACTIVITY (MINS/DAY)
329	ABMINVA	Num	8	TIME5.		AVERAGE MINUTES OF VIGOROUS ACTIVITY (MINS/DAY)
330	ABMINVVA	Num	8	TIME5.		AVERAGE MINUTES OF VERY VIGOROUS ACTIVITY (MINS/DAY)
325	ABOFFBDY	Num	8	TIME5.		AVERAGE TIME OFF BODY (MINS/DAY)
321	ABOFFEE	Num	8	TIME5.		AVERAGE OFF BODY ENERGY EXPENDITURE (KCAL/DAY)
326	ABONBDY	Num	8	TIME5.		AVERAGE TIME ON BODY (MINS/DAY)

## The CONTENTS Procedure

## Alphabetic List of Variables and Attributes

#	Variable	Type	Len	Format	Informat	Label
322	ABPCTTON	Num	8	TIME5.		AVERAGE PERCENT TIME ON BODY
332	ABSDATE	Num	8	MMDDYY10.		DATE ARMBAND WAS FIRST WORN
334	ABSDAY	Num	8	WKDYFMT.		DAY OF THE WEEK ARMBAND WAS FIRST WORN
337	ABSEAS	Num	8	SEASFMT.		SEASON IN WHICH ARMBAND WAS WORN
338	ABSERNUM	Char	7	\$7.	\$7.	ARMBAND SERIAL NUMBER
323	ABSTEPS	Num	8	TIME5.		AVERAGE NUMBER OF STEPS TAKEN (STEPS/DAY)
331	ABTOTE	Num	8	TIME5.		AVERAGE TOTAL ENERGY EXPENDITURE (ON BODY & OFF BODY) (KCAL/DAY)
339	ABWEAR85	Num	8	YNDK.		WORE ARMBAND AT LEAST 85% OF TIME
336	ABWKND	Num	8	YNDK.		WORE ARMBAND ON AT LEAST ONE WEEKEND DAY
308	AGACCEL	Num	8			Average acceleration (m/sec^2)
299	AGACTMIN	Num	8			Average daily minutes spent active (>=100 cpm)
304	AGCOUNT	Num	8			Average daily total counts
305	AGCPM	Num	8			Average daily counts per minute
297	AGDAYS	Num	8			Number of valid days recorded
300	AGLITMIN	Num	8			Average daily minutes spent in light activity (100-1951 cpm)
301	AGMODMIN	Num	8			Average daily minutes spent in moderate activity (1952-5723 cpm)
309	AGNREGTM	Num	8			Average number of unregistered minutes per day (1440-RegTime)
312	AGPCTACT	Num	8			Average daily percent time spent active (>=100 cpm)
313	AGPCTLIT	Num	8			Average daily percent time spent in light activity (100-1951 cpm)
314	AGPCTMOD	Num	8			Average daily percent time spent in moderate activity (1952-5723 cpm)
311	AGPCTSED	Num	8			Average daily percent time spent sedentary (non-reg time removed)
315	AGPCTVIG	Num	8			Average daily percent time spent in vigorous activity (5724-8899 cpm)
316	AGPCTVVG	Num	8			Average daily percent time spent in very vigorous activity (>8900 cpm)
306	AGREGTIM	Num	8			Average number of minutes registered per day
298	AGSEDMIN	Num	8			Average daily minutes spent sedentary (cpm<100, INCLUDES NON-REG TIME)
310	AGSED_NR	Num	8			Average daily minutes spent sedentary with non-registered time removed
307	AGSTEPS	Num	8			Average number of steps per day
302	AGVIGMIN	Num	8			Average daily minutes spent in vigorous activity (5724-8899 cpm)

## The CONTENTS Procedure

## Alphabetic List of Variables and Attributes

#	Variable	Type	Len	Format	Informat	Label
303	AGVVIGMN	Num	8			Average daily minutes spent in very vigorous activity (>8900 cpm)
294	EEFFMTBW	Num	8			Fat-free mass calculated
295	EEH2O	Num	8			Water turnover
292	EENONBAS	Num	8			Energy expended in excess of RMR
289	EEQCRMR	Char	1	\$1.	\$1.	Quality assessment of the RMR data
291	EEQCTEE	Char	1	\$1.	\$1.	Quality assessment of the TEE data
286	EERMR	Num	8			Resting metabolic rate (MJ/day)
287	EERMRS	Num	8			Resting metabolic rate (MJ/day), Std. Dev
288	EERQ	Num	8			Respiratory quotient during RMR
293	EETBW	Num	8			Total body water measured
290	EETEE	Num	8			Total daily energy expenditure (MJ/day)
296	EETEE_	Num	8			Total energy expenditure per unit resting metabolic rate
3	GENDER	Num	8	GENDER.	11.	GENDER
1	HABCID	Num	8	11.	11.	HABC ENROLLMENT ID
5	KPDATE	Num	8	MMDDYY10.	DATETIME22.3	Date
7	KPMORE	Num	8	YNDK.	2.	1. Would you like to hear more..?
8	KPPART	Num	8	YNDK.	2.	2. Would you like to participate..?
6	KPSTFID	Char	3	\$3.	\$3.	Staff ID#
262	KQACTMON	Num	8	YNDK.	2.	1. Problems with activity monitors?
264	KQCHEST	Num	8	YNDK.	2.	3. Have you been wearing chest monitor?
260	KQDATE	Num	8	MMDDYY10.	DATETIME22.3	Date
261	KQSTFID	Char	3	\$3.	\$3.	Staff ID#
263	KQWAIST	Num	8	YNDK.	2.	2. Have you been wearing waist monitor?
9	KRINSINJ	Num	8	YNDK.	2.	3. Currently using insulin...?
14	KRIV	Num	8	YNDK.	2.	8. Received blood transfusion...?
10	KRSUPPO2	Num	8	YNDK.	2.	4. Using supplemental oxygen?
13	KRSURG	Num	8	YNDK.	2.	7. Scheduled for major surgery...?
11	KRTRAV1	Num	8	YNDK.	2.	5. Travelled more than 200 miles...?
12	KRTRAV2	Num	8	YNDK.	2.	6. Planning a trip more than 200 miles..
15	KSELIGIN	Num	8	YNDK.	2.	9. Ppt eligible...energy expend study?
16	KSSCHED	Num	8	YNDK.	2.	10. Ppt scheduled for EE visit 2?
17	KSV2DATE	Num	8	MMDDYY10.	DATETIME22.3	10. Date of EE Visit 2?
265	KTCHSTNT	Num	8	YNDK.	2.	4. Wearing monitors to bed?
266	KTDATE	Num	8	MMDDYY10.	DATETIME22.3	5. Next visit date
25	KU4HRS	Num	8	YNDK.	2.	5a. Was it less than 4 hours...?
18	KUDATE	Num	8	MMDDYY10.	DATETIME22.3	Date
24	KUEATHRS	Num	8	3.	3.	5. How many hours ago..eat/drink?
23	KUELIG	Num	8	YNDK.	2.	4. Ppt eligible for energy expenditure..
22	KUIV7DY	Num	8	YNDK.	2.	3. Received blood transfusion....?

## The CONTENTS Procedure

## Alphabetic List of Variables and Attributes

#	Variable	Type	Len	Format	Informat	Label
19	KUSTFID	Char	3	\$3.	\$3.	Staff ID#
21	KUTRAV	Num	8	YNDK.	2.	2. Traveled more than 200 miles..?
20	KUWTKG	Num	8	6.1	6.1	1. Weight
26	KVDLW	Num	8	5.	5.	7a. Dose of DLW
27	KVLOT	Char	4	\$4.	\$4.	7b. Lot number
28	KVSPILL	Num	8	YNDK.	2.	7d. Was there spillage of DLW?
33	KVTIMB24	Num	8	TIME5.		CV: Baseline urine specimen time (24-hour time)
32	KVTIMS24	Num	8	TIME5.		CV: Post-dose serum time (24-hour time)
29	KVTM1124	Num	8	TIME5.		CV: 1st EE V1 Post-dose urine time (24-hour time)
30	KVTM2124	Num	8	TIME5.		CV: 2nd EE V1 Post-dose urine time (24-hour time)
31	KVTM3124	Num	8	TIME5.		CV: 3rd EE V1 Post-dose urine time (24-hour time)
36	KWFLUOTH	Num	8	YNDK.	2.	12b. Time and volume of fluids consumed.
34	KWSUS	Num	8	YNDK.	2.	12a. Time and volume of fluids consumed.
40	KWTMO124	Num	8	TIME5.		CV: Other fluids 1 (24-hour time)
41	KWTMO224	Num	8	TIME5.		CV: Other fluids 2 (24-hour time)
42	KWTMO324	Num	8	TIME5.		CV: Other fluids 3 (24-hour time)
44	KWTMPL24	Num	8	TIME5.		CV: Time activity monitors put on (24-hour time)
45	KWTMRM24	Num	8	TIME5.		CV: Time activity monitors removed (24-hour time)
43	KWTMSU24	Num	8	TIME5.		CV: Sustical time (24-hour time)
37	KWVOLOT1	Num	8	4.	4.	12bi. Other fluids volume (mL)
38	KWVOLOT2	Num	8	4.	4.	12bii. Other fluids volume (mL)
39	KWVOLOT3	Num	8	4.	4.	12biii. Other fluids volume (mL)
35	KWVOLSU	Num	8	4.	4.	12a Sustical volume (mL)
56	KX6HRS	Num	8	YNDK.	2.	5a. Was it less than 6 hours...?
58	KXCOFFEE	Num	8	YNDK.	2.	7. Caffeinated beverage...past 2 hrs?
51	KXCUT	Num	8	YNDK.	2.	2. Cut down things usually do...?
46	KXDATE	Num	8	MMDDYY10.	DATETIME22.3	Date
48	KXDTCV	Num	8	MMDDYY10.	DATETIME22.3	Clinic Visit Date
49	KXDYEL	Num	8	4.	4.	Days Since Yr. 10 Clinic Visit
54	KXHRS	Num	8	3.	3.	5. How many hours ago..eat/drink?
55	KXHRSRF	Num	8	YNDK.	2.	5. How many hours ago..eat/drink? DK/Ref
53	KXIV	Num	8	YNDK.	2.	4. Received blood transfusion...?
57	KXSMOKE	Num	8	YNDK.	2.	6. Smoked...past 2 hrs?
47	KXSTFID	Char	3	\$3.	\$3.	Staff ID#
52	KXTRAV	Num	8	YNDK.	2.	3. Traveled > 200 miles...?
50	KXWEIGHT	Num	8	6.1	6.1	1. Weight
59	KYMJD	Num	8	7.2	7.2	10. Resting metabolic rate (MJ/d)?
61	KYRQ	Num	8	7.2	7.2	11. RMR Respiratory Quotient?
63	KYRTEMP	Num	8	3.	3.	12. Room temperature?

## The CONTENTS Procedure

## Alphabetic List of Variables and Attributes

#	Variable	Type	Len	Format	Informat	Label
60	KYSD1	Num	8	7.2	7.2	10. Resting metabolic rate (MJ/d) - SD
62	KYSD2	Num	8	7.2	7.2	11. RMR Respiratory Quotient - SD?
267	KYTM1224	Num	8	TIME5.		CV: 1st EE V2 urine time (24-hour time)
268	KYTM2224	Num	8	TIME5.		CV: 2nd EE V2 urine time (24-hour time)
65	KZHCL2MO	Num	8	YNDK.	2.	14. Did you do heavy or major chores?
270	KZHCTIM	Num	8			CV: Time spent on heavy chores (in mins)
64	KZPA12MO	Num	8	YNDK.	2.	13. Did you do gardening or yardwork?
269	KZPATIM	Num	8			CV: Time spent on gardening/yardwork (in mins)
67	M1LD12MO	Num	8	YNDK.	2.	16. Did you do laundry?
69	M1LDFOLD	Num	8	3.	3.	16a. Loads of laundry folded/put away?
68	M1LDLOAD	Num	8	3.	3.	16. Loads of laundry?
66	M1LW12MO	Num	8	YNDK.	2.	15. Did you do light house work?
271	M1LWTIM	Num	8			CV: Time spent on light housework (in mins)
70	M2FS12MO	Num	8	YNDK.	2.	17. Did you walk up a flight of stairs?
72	M2FSLOAD	Num	8	4.	4.	17b. How many flights of stairs w/load?
71	M2FSNUM	Num	8	4.	4.	17a. How many flights of stairs?
73	M3EW12MO	Num	8	YNDK.	2.	18. Did you walk for exercise?
76	M3EWBLOX	Num	8	6.2	6.2	18d. Blocks walked for exercise?
77	M3EWKNOW	Num	8	YNDK.	2.	18. Know how far walk (not blocks)?
78	M3EWMEAS	Num	8	WALK9XA.	2.	18i. What is the unit of measure?
80	M3EWNUMU	Num	8	7.2	7.2	18ii. How many do you walk?
75	M3EWPACE	Num	8	WALK.	2.	18c. Pace when walking for exercise?
81	M3EWREAS	Num	8	MREAS.	2.	18. Main reason no walk for exercise?
272	M3EWTIM	Num	8			CV: Time spent walking for exercise (in mins)
74	M3EWTIME	Num	8	3.	3.	18a. Num of times walked for exercise?
79	M3EWUNIT	Char	10	\$10.	\$10.	18i. Specify unit of measure
82	M4OW12MO	Num	8	YNDK.	2.	19. Do any other type of walking?
90	M4OW7DNW	Num	8	MREAS.	2.	19. Main reason no other walking?
85	M4OWBLOX	Num	8	6.2	6.2	19d. How many blocks of other walking?
86	M4OWDIST	Num	8	YNDK.	2.	19i. Know how far walk (not blocks)?
87	M4OWMEAS	Num	8	WALK9XA.	2.	19i. What is the unit of measure?
89	M4OWNUMU	Num	8	7.2	7.2	19ii. How many do you walk?

## The CONTENTS Procedure

## Alphabetic List of Variables and Attributes

#	Variable	Type	Len	Format	Informat	Label
84	M4OWPACE	Num	8	WALK.	2.	19c. Pace of other walking
273	M4OWTIM	Num	8			CV: Time spent other walking (in mins)
83	M4OWTIME	Num	8	3.	3.	19a. Times did other type of walking?
88	M4OWUNIT	Char	10	\$10.	\$10.	19i. Specify unit of measure
91	M5AC12MO	Num	8	YNDK.	2.	20. Did you do aerobics...?
274	M5ACTIM	Num	8			CV: Time spent on aerobics/calisthenics (in mins)
92	M5TR12MO	Num	8	YNDK.	2.	21. Did you do any weight training?
275	M5TRTIM	Num	8			CV: Time spent on weight training (in mins)
93	M6HI12MO	Num	8	YNDK.	2.	22. Did you do high intensity exercise?
103	M6HIA1EF	Num	8	EFFORT.	2.	22c. 1st activity, effort level?
276	M6HIA1TI	Num	8			CV: Time spent 1st high intensity exercise (in mins)
97	M6HIAAER	Num	8	YNDK.	3.	22a. Did you do aerobics?
94	M6HIAABE	Num	8	YNDK.	3.	22a. Did you Bicycle/exercycle?
96	M6HIAJOG	Num	8	YNDK.	3.	22a. Did you jog?
102	M6HIAOTH	Num	8	YNDK.	3.	22a. Did you do other activity?
100	M6HIAROW	Num	8	YNDK.	3.	22a. Did you do rowing machine?
99	M6HIARS	Num	8	YNDK.	3.	22a. Did you do racquet sports?
101	M6HIASKI	Num	8	YNDK.	3.	22a. Did you do x-country ski machine?
98	M6HIASS	Num	8	YNDK.	3.	22a. Did you do stair-stepping?
95	M6HIASWM	Num	8	YNDK.	3.	22a. Did you swim?
104	M6HINDEX	Num	8	MREAS1XA.	2.	22. Main reason no hi intensity exercise
105	M7HIA2EF	Num	8	EFFORT.	2.	22e. 2nd activity, effort level?
277	M7HIA2TI	Num	8			CV: Time spent 2nd high intensity exercise (in mins)
106	M7HIA3EF	Num	8	EFFORT.	2.	22g. 3rd activity, effort level?
278	M7HIA3TI	Num	8			CV: Time spent 3rd high intensity exercise (in mins)
107	M7HIA4EF	Num	8	EFFORT.	2.	22i. 4th activity, effort level?
279	M7HIA4TI	Num	8			CV: Time spent 4th high intensity exercise (in mins)
108	M8MI12MO	Num	8	YNDK.	2.	23. Do moderate intensity exercise?
120	M8MIA1EF	Num	8	EFFORT.	2.	23c. 1st activity, effort level?
280	M8MIA1TI	Num	8			CV: Time spent 1st medium intensity exercise (in mins)
117	M8MIBOAT	Num	8	YNDK.	3.	23a. Did you sail/boat?
113	M8MIBOCC	Num	8	YNDK.	3.	23a. Did you bocce?
110	M8MIBOWL	Num	8	YNDK.	3.	23a. Did you bowl?
111	M8MIDANC	Num	8	YNDK.	3.	23a. Did you dance?
118	M8MIFISH	Num	8	YNDK.	3.	23a. Did you fish?
109	M8MIGOLF	Num	8	YNDK.	3.	23a. Did you golf?
116	M8MIHUNT	Num	8	YNDK.	3.	23a. Did you hunt?

## The CONTENTS Procedure

## Alphabetic List of Variables and Attributes

#	Variable	Type	Len	Format	Informat	Label
121	M8MINDEX	Num	8	MREAS1XA.	2.	23. Main reason no mod. intensity ex?
119	M8MIOT1	Num	8	YNDK.	3.	23a. Did you other acitivity?
115	M8MIPOOL	Num	8	YNDK.	3.	23a. Did you play pool?
112	M8MISKAT	Num	8	YNDK.	3.	23a. Did you skate?
114	M8MITENN	Num	8	YNDK.	3.	23a. Did you play table tennis?
122	M9MIA2EF	Num	8	EFFORT.	2.	23e. 2nd activity, effort level?
281	M9MIA2TI M	Num	8			CV: Time spent 2nd medium intensity exercise (in mins)
123	M9MIA3EF	Num	8	EFFORT.	2.	23g. 3rd activity, effort level?
282	M9MIA3TI M	Num	8			CV: Time spent 3rd medium intensity exercise (in mins)
124	M9MIA4EF	Num	8	EFFORT.	2.	23i. 4th activity, effort level?
283	M9MIA4TI M	Num	8			CV: Time spent 4th medium intensity exercise (in mins)
129	MAVWAHVW	Num	8	3.	3.	25a. Hours volunteered?
126	MAVWAHWR	Num	8	4.	4.	24a. Hours worked for pay?
125	MAVWCURJ	Num	8	YNDK.	2.	24. Did you work for pay?
128	MAVWCURV	Num	8	YNDK.	2.	25. Did you do volunteer work?
130	MAVWVACT	Num	8	ACTIV1X.	2.	25b. Type of volunteer activity?
127	MAVWWACT	Num	8	ACTIV1X.	2.	24b. Type of work activity?
132	MBVWAHAW	Num	8	4.	4.	26. Hours spent caring for child/adult?
131	MBVWCURA	Num	8	YNDK.	2.	26. Provided regular care to child/adult
142	MCCHUR2W	Num	8	YNDK.	2.	30. Attended church activities?
143	MCCHURFQ	Num	8	3.	3.	30. Times attended church activities?
144	MCCHURHR	Num	8	HOURS3X.	2.	30. Hours spent attending church act.?
145	MCCLUB2W	Num	8	YNDK.	2.	31. Attend other club meetings?
146	MCCLUBFQ	Num	8	3.	3.	31. Times attended other club meetings?
147	MCCLUBHR	Num	8	HOURS3X.	2.	31. Hrs spent attending other club mtgs?
136	MCSNRC2W	Num	8	YNDK.	2.	28. Go to senior center?
137	MCSNRCFQ	Num	8	3.	3.	28. Times went to senior center?
138	MCSNRCHR	Num	8	HOURS3X.	2.	28. Hours spent at senior center?
133	MCVIS2W	Num	8	YNDK.	2.	27. Visit friends or family?
134	MCVISFQ	Num	8	3.	3.	27. Times visited friends or family?
135	MCVISHR	Num	8	HOURS3X.	2.	27. Hours spent visiting friends/family
139	MCVOLU2W	Num	8	YNDK.	2.	29. Do volunteer work?
140	MCVOLUFQ	Num	8	3.	3.	29. Times did volunteer work?
141	MCVOLUHR	Num	8	HOURS3X.	2.	29. Hours spent doing volunteer work?
154	MDART2W	Num	8	YNDK.	2.	34. Do woodworking or arts and crafts?
155	MDARTFQ	Num	8	3.	3.	34. Times did woodworking, arts/crafts?

## The CONTENTS Procedure

## Alphabetic List of Variables and Attributes

#	Variable	Type	Len	Format	Informat	Label
156	MDARTHR	Num	8	HOURS3X.	2.	34. Hrs spent woodworking /arts/crafts?
148	MDCOMP2W	Num	8	YNDK.	2.	32. Use a computer?
149	MDCOMP2W	Num	8	3.	3.	32. Times used a computer?
150	MDCOMPHR	Num	8	HOURS3X.	2.	32. Hours spent using a computer?
151	MDDANC2W	Num	8	YNDK.	2.	33. Dance?
152	MDDANCFQ	Num	8	3.	3.	33. Times danced?
153	MDDANCHR	Num	8	HOURS3X.	2.	33. Hours spent dancing?
160	MDGLFR2W	Num	8	YNDK.	2.	36. Play golf, riding a cart?
161	MDGLFRFQ	Num	8	3.	3.	36. Times played golf, riding a cart?
162	MDGLFRHR	Num	8	HOURS3X.	2.	36. Hours played golf, riding a cart?
157	MDGLFW2W	Num	8	YNDK.	2.	35. Play golf, carrying equipment?
158	MDGLFWFQ	Num	8	3.	3.	35. Times played golf, carry equipment?
159	MDGLFWHR	Num	8	HOURS3X.	2.	35. Hrs played golf, carrying equipment
163	MEEVNT2W	Num	8	YNDK.	2.	37. Attend concert, movie, sport event?
164	MEEVNTFQ	Num	8	3.	3.	37. Times attend concert, movie, sport..
165	MEEVNTHR	Num	8	HOURS3X.	2.	37. Hours attend concert, movie, sport..
166	MEGAME2W	Num	8	YNDK.	2.	38. Play cards, board games with others?
167	MEGAMEFQ	Num	8	3.	3.	38. Times play cards, board games?
168	MEGAMEHR	Num	8	HOURS3X.	2.	38. Hours play cards, board games?
169	MEPOOL2W	Num	8	YNDK.	2.	39. Shoot pool or billards?
170	MEPOOLFQ	Num	8	3.	3.	39. Times shoot pool or billards?
171	MEPOOLHR	Num	8	HOURS3X.	2.	39. Hours shoot pool or billards?
175	METNSD2W	Num	8	YNDK.	2.	41. Play doubles tennis?
176	METNSDFQ	Num	8	3.	3.	41. Times play doubles tennis?
177	METNSDHR	Num	8	HOURS3X.	2.	41. Hours play doubles tennis?
172	METNSS2W	Num	8	YNDK.	2.	40. Play singles tennis?
173	METNSSFQ	Num	8	3.	3.	40. Times play singles tennis?
174	METNSSHR	Num	8	HOURS3X.	2.	40. Hours play singles tennis?
187	MFHWRK2W	Num	8	YNDK.	2.	45. Do heavy work around house?
188	MFHWRKFQ	Num	8	3.	3.	45. Times did heavy work around house?
189	MFHWRKHR	Num	8	HOURS3X.	3.	45. Hours did heavy work around house?
190	MFLWRK2W	Num	8	YNDK.	2.	46. Do light work around house?
191	MFLWRKFQ	Num	8	3.	3.	46. Times did light work around house?
192	MFLWRKHR	Num	8	HOURS3X.	3.	46. Hours did light work around house?
181	MFMUSI2W	Num	8	YNDK.	2.	43. Play a musical instrument?

## The CONTENTS Procedure

## Alphabetic List of Variables and Attributes

#	Variable	Type	Len	Format	Informat	Label
182	MF MUSIFQ	Num	8	3.	3.	43. Times played musical instrument?
183	MF MUSIHR	Num	8	HOURS3X.	3.	43. Hours played musical instrument?
184	MF READ2W	Num	8	YNDK.	2.	44. Read?
185	MF READFQ	Num	8	3.	3.	44. Times read?
186	MF READHR	Num	8	HOURS3X.	3.	44. Hours read?
178	MF SKAT2W	Num	8	YNDK.	2.	42. Skate (ice, roller, in-line)?
179	MF SKATFQ	Num	8	3.	3.	42. Times skated (ice, roller, in-line)?
180	MF SKATHR	Num	8	HOURS3X.	3.	42. Hours skated (ice, roller, in-line)?
193	MG HGAR2W	Num	8	YNDK.	2.	47. Do heavy gardening?
194	MG HGARFQ	Num	8	3.	3.	47. Times did heavy gardening?
195	MG HGARHR	Num	8	HOURS3X.	2.	47. Hours did heavy gardening?
202	MG JOG2W	Num	8	YNDK.	2.	50. Jog or run?
203	MG JOGFQ	Num	8	3.	3.	50. Times jogged or ran?
204	MG JOGHR	Num	8	HOURS3X.	2.	50. Hours jogged or ran?
196	MGLGAR2W	Num	8	YNDK.	2.	48. Do light gardening?
197	MGLGARFQ	Num	8	3.	3.	48. Times did light gardening?
198	MGLGARHR	Num	8	HOURS3X.	2.	48. Hours did light gardening?
205	MG WLKU2W	Num	8	YNDK.	2.	51. Walk or hike uphill?
206	MG WLKUFQ	Num	8	3.	3.	51. Times walked or hiked uphill?
207	MG WLKUHR	Num	8	HOURS3X.	2.	51. Hours walked or hiked uphill?
199	MG WRKM2W	Num	8	YNDK.	2.	49. Work on your car, truck...?
200	MG WRKMFQ	Num	8	3.	3.	49. Times worked on your car, truck...?
201	MG WRKMHR	Num	8	HOURS3X.	2.	49. Hours worked on your car, truck...?
232	MJ FLEX2W	Num	8	YNDK.	2.	60. Stretching or flexibility exercises?
233	MJ FLEXFQ	Num	8	3.	3.	60. Times did stretching/flexibility ex?
234	MJ FLEXHR	Num	8	HOURS3X.	2.	60. Hours did stretching/flexibility ex?
223	MJ H2EX2W	Num	8	YNDK.	2.	57. Do water exercises?
224	MJ H2EXFQ	Num	8	3.	3.	57. Times did water exercises?
225	MJ H2EXHR	Num	8	HOURS3X.	2.	57. Hours did water exercises?
226	MJ SWMF2W	Num	8	YNDK.	2.	58. Swim moderately or fast?
227	MJ SWMFFQ	Num	8	3.	3.	58. Times swam moderately or fast?
228	MJ SWMFHR	Num	8	HOURS3X.	2.	58. Hours swam moderately or fast?
229	MJ SWMG2W	Num	8	YNDK.	2.	59. Swim gently?
230	MJ SWMGFQ	Num	8	3.	3.	59. Times swam gently?
231	MJ SWMGHR	Num	8	HOURS3X.	2.	59. Hours swam gently?
235	MJ YOGA2W	Num	8	YNDK.	2.	61. Yoga or tai-chi?
236	MJ YOGAFQ	Num	8	3.	3.	61. Times did yoga or tai-chi?
237	MJ YOGAHR	Num	8	HOURS3X.	2.	61. Hours did yoga or tai-chi?
238	MKAERD2W	Num	8	YNDK.	2.	62. Aerobics or aerobic dancing?

## The CONTENTS Procedure

## Alphabetic List of Variables and Attributes

#	Variable	Type	Len	Format	Informat	Label
239	MKAERDFQ	Num	8	3.	3.	62. Times did aerobics/aerobic dancing?
240	MKAERDHR	Num	8	HOURS3X.	2.	62. Hours did aerobics/aerobic dancing?
250	MKBALL2W	Num	8	YNDK.	2.	66. Play basketball, soccer ...?
251	MKBALLFQ	Num	8	3.	3.	66. Times played basketball, soccer ...?
252	MKBALLHR	Num	8	HOURS3X.	2.	66. Hours played basketball, soccer ...?
247	MKCOND2W	Num	8	YNDK.	2.	65. General conditioning exercises?
248	MKCONDFQ	Num	8	3.	3.	65. Times did general condition exercise
249	MKCONDHR	Num	8	HOURS3X.	2.	65. Hours did general condition exercise
241	MKSTRH2W	Num	8	YNDK.	2.	63. Moderate to heavy strength training?
242	MKSTRHFQ	Num	8	3.	3.	63. Times did Mod/heavy strength train?
243	MKSTRHHR	Num	8	HOURS3X.	2.	63. Hours did Mod/heavy strength train?
244	MKSTRL2W	Num	8	YNDK.	2.	64. Light strength training?
245	MKSTRLFQ	Num	8	3.	3.	64. Times did light strength training?
246	MKSTRLHR	Num	8	HOURS3X.	2.	64. Hours did light strength training?
257	MLVIGFQ	Num	8	3.	3.	68. Times did vigorous activity?
284	MLVIGTIM	Num	8			CV: Time spent doing vigorous activity (in mins)
258	MMMODFQ	Num	8	3.	3.	69. Times did moderate activity?
285	MMMODTIM	Num	8			CV: Time spent doing light/moderate activities (in mins)
259	MMSTRFQ	Num	8	3.	3.	70. Times did strengthening activity?
253	MNOTH12W	Num	8	YNDK.	2.	67. Other types of physical activity?
255	MNOTH1FQ	Num	8	3.	3.	67ii. Times did this physical activity?
256	MNOTH1HR	Num	8	HOURS3X.	3.	67iii. Hours did this physical activity?
254	MNOTHACT	Char	254	\$254.	\$254.	67i. What type of physical activity?
220	MQAERM2W	Num	8	YNDK.	2.	56. Do other aerobic machines?
221	MQAERMFQ	Num	8	3.	3.	56. Times did other aerobic machines?
222	MQAERMHR	Num	8	HOURS3X.	2.	56. Hours did other aerobic machines?
217	MQCYCL2W	Num	8	YNDK.	2.	55. Ride bicycle or stationary cycle?

## The CONTENTS Procedure

## Alphabetic List of Variables and Attributes

#	Variable	Type	Len	Format	Informat	Label
218	MQCYCLFQ	Num	8	3.	3.	55. Times rode bicycle/stationary cycle?
219	MQCYCLHR	Num	8	HOURS3X.	2.	55. Hours rode bicycle/stationary cycle?
211	MQWLKE2W	Num	8	YNDK.	2.	53. Walk to do errands?
212	MQWLKEFQ	Num	8	3.	3.	53. Times walked to do errands?
213	MQWLKEHR	Num	8	HOURS3X.	2.	53. Hours walked to do errands?
208	MQWLKF2W	Num	8	YNDK.	2.	52. Walk fast for exercise?
209	MQWLKFFQ	Num	8	3.	3.	52. Times walked fast for exercise?
210	MQWLKFHR	Num	8	HOURS3X.	2.	52. Hours walked fast for exercise?
214	MQWLKL2W	Num	8	YNDK.	2.	54. Walk leisurely?
215	MQWLKLFQ	Num	8	3.	3.	54. Times walked leisurely?
216	MQWLKLHR	Num	8	HOURS3X.	2.	54. Hours walked leisurely?
340	N5ELIGAB	Num	8	YNDND.	2.	6. Ppt eligible for SenseWear armband?
341	N6ARMBYN	Num	8	YNDND.	2.	2. Ppt receive armband?
2	RACE	Num	8	RACE.	11.	RACE
4	SITE	Num	8	SITE.	11.	CLINIC SITE 1=MEMPHIS 2=PITTSBURGH

## The CONTENTS Procedure

## Variables in Creation Order

#	Variable	Type	Len	Format	Informat	Label
1	HABCID	Num	8	11.	11.	HABC ENROLLMENT ID
2	RACE	Num	8	RACE.	11.	RACE
3	GENDER	Num	8	GENDER.	11.	GENDER
4	SITE	Num	8	SITE.	11.	CLINIC SITE 1=MEMPHIS 2=PITTSBURGH
5	KPDATE	Num	8	MMDDYY10.	DATETIME22.3	Date
6	KPSTFID	Char	3	\$3.	\$3.	Staff ID#
7	KPMORE	Num	8	YNDK.	2.	1. Would you like to hear more..?
8	KPPART	Num	8	YNDK.	2.	2. Would you like to participate..?
9	KRINSINJ	Num	8	YNDK.	2.	3. Currently using insulin...?
10	KRSUPPO2	Num	8	YNDK.	2.	4. Using supplemental oxygen?
11	KRTRAV1	Num	8	YNDK.	2.	5. Travelled more than 200 miles...?
12	KRTRAV2	Num	8	YNDK.	2.	6. Planning a trip more than 200 miles..
13	KRSURG	Num	8	YNDK.	2.	7. Scheduled for major surgery...?
14	KRIV	Num	8	YNDK.	2.	8. Received blood transfusion...?
15	KSELIGIN	Num	8	YNDK.	2.	9. Ppt eligible...energy expend study?
16	KSSCHED	Num	8	YNDK.	2.	10. Ppt scheduled for EE visit 2?
17	KSV2DATE	Num	8	MMDDYY10.	DATETIME22.3	10. Date of EE Visit 2?
18	KUDATE	Num	8	MMDDYY10.	DATETIME22.3	Date
19	KUSTFID	Char	3	\$3.	\$3.	Staff ID#
20	KUWTKG	Num	8	6.1	6.1	1. Weight
21	KUTRAV	Num	8	YNDK.	2.	2. Traveled more than 200 miles..?
22	KUIV7DY	Num	8	YNDK.	2.	3. Received blood transfusion....?
23	KUELIG	Num	8	YNDK.	2.	4. Ppt eligible for energy expenditure..
24	KUEATHRS	Num	8	3.	3.	5. How many hours ago..eat/drink?
25	KU4HRS	Num	8	YNDK.	2.	5a. Was it less than 4 hours...?
26	KVDLW	Num	8	5.	5.	7a. Dose of DLW
27	KVLOT	Char	4	\$4.	\$4.	7b. Lot number
28	KVSPILL	Num	8	YNDK.	2.	7d. Was there spillage of DLW?
29	KVTM1124	Num	8	TIME5.		CV: 1st EE V1 Post-dose urine time (24-hour time)
30	KVTM2124	Num	8	TIME5.		CV: 2nd EE V1 Post-dose urine time (24-hour time)
31	KVTM3124	Num	8	TIME5.		CV: 3rd EE V1 Post-dose urine time (24-hour time)
32	KVTIMS24	Num	8	TIME5.		CV: Post-dose serum time (24-hour time)
33	KVTIMB24	Num	8	TIME5.		CV: Baseline urine specimen time (24-hour time)
34	KWSUS	Num	8	YNDK.	2.	12a. Time and volume of fluids consumed.
35	KWVOLSU	Num	8	4.	4.	12a Sustical volume (mL)
36	KWFLUOTH	Num	8	YNDK.	2.	12b. Time and volume of fluids consumed.
37	KWVOLOT1	Num	8	4.	4.	12bi. Other fluids volume (mL)
38	KWVOLOT2	Num	8	4.	4.	12bii. Other fluids volume (mL)
39	KWVOLOT3	Num	8	4.	4.	12biii. Other fluids volume (mL)

## The CONTENTS Procedure

## Variables in Creation Order

#	Variable	Type	Len	Format	Informat	Label
40	KWTMO124	Num	8	TIME5.		CV: Other fluids 1 (24-hour time)
41	KWTMO224	Num	8	TIME5.		CV: Other fluids 2 (24-hour time)
42	KWTMO324	Num	8	TIME5.		CV: Other fluids 3 (24-hour time)
43	KWTMSU24	Num	8	TIME5.		CV: Sustical time (24-hour time)
44	KWTMPL24	Num	8	TIME5.		CV: Time activity monitors put on (24-hour time)
45	KWTMRM24	Num	8	TIME5.		CV: Time activity monitors removed (24-hour time)
46	KXDATE	Num	8	MMDDYY10.	DATETIME22.3	Date
47	KXSTFID	Char	3	\$3.	\$3.	Staff ID#
48	KXDTCV	Num	8	MMDDYY10.	DATETIME22.3	Clinic Visit Date
49	KXDYEL	Num	8	4.	4.	Days Since Yr. 10 Clinic Visit
50	KXWEIGHT	Num	8	6.1	6.1	1. Weight
51	KXCUT	Num	8	YNDK.	2.	2. Cut down things usually do...?
52	KXTRAV	Num	8	YNDK.	2.	3. Traveled > 200 miles...?
53	KXIV	Num	8	YNDK.	2.	4. Received blood transfusion...?
54	KXHRS	Num	8	3.	3.	5. How many hours ago..eat/drink?
55	KXHRSRF	Num	8	YNDK.	2.	5. How many hours ago..eat/drink? DK/Ref
56	KX6HRS	Num	8	YNDK.	2.	5a. Was it less than 6 hours...?
57	KXSMOKE	Num	8	YNDK.	2.	6. Smoked...past 2 hrs?
58	KXCOFFEE	Num	8	YNDK.	2.	7. Caffeinated beverage...past 2 hrs?
59	KYMJD	Num	8	7.2	7.2	10. Resting metabolic rate (MJ/d)?
60	KYSD1	Num	8	7.2	7.2	10. Resting metabolic rate (MJ/d) - SD
61	KYRQ	Num	8	7.2	7.2	11. RMR Respiratory Quotient?
62	KYSD2	Num	8	7.2	7.2	11. RMR Respiratory Quotient - SD?
63	KYRTEMP	Num	8	3.	3.	12. Room temperature?
64	KZPA12MO	Num	8	YNDK.	2.	13. Did you do gardening or yardwork?
65	KZH12MO	Num	8	YNDK.	2.	14. Did you do heavy or major chores?
66	M1LW12MO	Num	8	YNDK.	2.	15. Did you do light house work?
67	M1LD12MO	Num	8	YNDK.	2.	16. Did you do laundry?
68	M1LDLOAD	Num	8	3.	3.	16. Loads of laundry?
69	M1LDFOLD	Num	8	3.	3.	16a. Loads of laundry folded/put away?
70	M2FS12MO	Num	8	YNDK.	2.	17. Did you walk up a flight of stairs?
71	M2FSNUM	Num	8	4.	4.	17a. How many flights of stairs?
72	M2FSLOAD	Num	8	4.	4.	17b. How many flights of stairs w/load?
73	M3EW12MO	Num	8	YNDK.	2.	18. Did you walk for exercise?
74	M3EWTIME	Num	8	3.	3.	18a. Num of times walked for exercise?
75	M3EWPACE	Num	8	WALK.	2.	18c. Pace when walking for exercise?
76	M3EWBLOX	Num	8	6.2	6.2	18d. Blocks walked for exercise?

## The CONTENTS Procedure

## Variables in Creation Order

#	Variable	Type	Len	Format	Informat	Label
77	M3EWKNOW	Num	8	YNDK.	2.	18. Know how far walk (not blocks)?
78	M3EWMEAS	Num	8	WALK9XA.	2.	18i. What is the unit of measure?
79	M3EWUNIT	Char	10	\$10.	\$10.	18i. Specify unit of measure
80	M3EWNUMU	Num	8	7.2	7.2	18ii. How many do you walk?
81	M3EWREAS	Num	8	MREAS.	2.	18. Main reason no walk for exercise?
82	M4OW12MO	Num	8	YNDK.	2.	19. Do any other type of walking?
83	M4OWTIME	Num	8	3.	3.	19a. Times did other type of walking?
84	M4OWPACE	Num	8	WALK.	2.	19c. Pace of other walking
85	M4OWBLOX	Num	8	6.2	6.2	19d. How many blocks of other walking?
86	M4OWDIST	Num	8	YNDK.	2.	19i. Know how far walk (not blocks)?
87	M4OWMEAS	Num	8	WALK9XA.	2.	19i. What is the unit of measure?
88	M4OWUNIT	Char	10	\$10.	\$10.	19i. Specify unit of measure
89	M4OWNUMU	Num	8	7.2	7.2	19ii. How many do you walk?
90	M4OW7DNW	Num	8	MREAS.	2.	19. Main reason no other walking?
91	M5AC12MO	Num	8	YNDK.	2.	20. Did you do aerobics...?
92	M5TR12MO	Num	8	YNDK.	2.	21. Did you do any weight training?
93	M6HI12MO	Num	8	YNDK.	2.	22. Did you do high intensity exercise?
94	M6HIABE	Num	8	YNDK.	3.	22a. Did you Bicycle/exercycle?
95	M6HIASWM	Num	8	YNDK.	3.	22a. Did you swim?
96	M6HIAJOG	Num	8	YNDK.	3.	22a. Did you jog?
97	M6HIAAER	Num	8	YNDK.	3.	22a. Did you do aerobics?
98	M6HIASS	Num	8	YNDK.	3.	22a. Did you do stair-stepping?
99	M6HIARS	Num	8	YNDK.	3.	22a. Did you do racquet sports?
100	M6HIAROW	Num	8	YNDK.	3.	22a. Did you do rowing machine?
101	M6HIASKI	Num	8	YNDK.	3.	22a. Did you do x-country ski machine?
102	M6HIAOTH	Num	8	YNDK.	3.	22a. Did you do other activity?
103	M6HIA1EF	Num	8	EFFORT.	2.	22c. 1st activity, effort level?
104	M6HINDEX	Num	8	MREAS1XA.	2.	22. Main reason no hi intensity exercise
105	M7HIA2EF	Num	8	EFFORT.	2.	22e. 2nd activity, effort level?
106	M7HIA3EF	Num	8	EFFORT.	2.	22g. 3rd activity, effort level?
107	M7HIA4EF	Num	8	EFFORT.	2.	22i. 4th activity, effort level?
108	M8MI12MO	Num	8	YNDK.	2.	23. Do moderate intensity exercise?
109	M8MIGOLF	Num	8	YNDK.	3.	23a. Did you golf?
110	M8MIBOWL	Num	8	YNDK.	3.	23a. Did you bowl?
111	M8MIDANC	Num	8	YNDK.	3.	23a. Did you dance?
112	M8MISKAT	Num	8	YNDK.	3.	23a. Did you skate?
113	M8MIBOCC	Num	8	YNDK.	3.	23a. Did you bocce?
114	M8MITENN	Num	8	YNDK.	3.	23a. Did you play table tennis?
115	M8MIPOOL	Num	8	YNDK.	3.	23a. Did you play pool?
116	M8MIHUNT	Num	8	YNDK.	3.	23a. Did you hunt?
117	M8MIBOAT	Num	8	YNDK.	3.	23a. Did you sail/boat?

## The CONTENTS Procedure

## Variables in Creation Order

#	Variable	Type	Len	Format	Informat	Label
118	M8MIFISH	Num	8	YNDK.	3.	23a. Did you fish?
119	M8MIOT1	Num	8	YNDK.	3.	23a. Did you other acitivity?
120	M8MIA1EF	Num	8	EFFORT.	2.	23c. 1st activity, effort level?
121	M8MINDEX	Num	8	MREAS1XA.	2.	23. Main reason no mod. intensity ex?
122	M9MIA2EF	Num	8	EFFORT.	2.	23e. 2nd activity, effort level?
123	M9MIA3EF	Num	8	EFFORT.	2.	23g. 3rd activity, effort level?
124	M9MIA4EF	Num	8	EFFORT.	2.	23i. 4th activity, effort level?
125	MAVWCURJ	Num	8	YNDK.	2.	24. Did you work for pay?
126	MAVWAHWR	Num	8	4.	4.	24a. Hours worked for pay?
127	MAVWVACT	Num	8	ACTIV1X.	2.	24b. Type of work activity?
128	MAVWCURV	Num	8	YNDK.	2.	25. Did you do volunteer work?
129	MAVWAHVW	Num	8	3.	3.	25a. Hours volunteered?
130	MAVWVACT	Num	8	ACTIV1X.	2.	25b. Type of volunteer activity?
131	MBVWCURA	Num	8	YNDK.	2.	26. Provided regular care to child/adult
132	MBVWAHAW	Num	8	4.	4.	26. Hours spent caring for child/adult?
133	MCVIS2W	Num	8	YNDK.	2.	27. Visit friends or family?
134	MCVISFQ	Num	8	3.	3.	27. Times visited friends or family?
135	MCVISHR	Num	8	HOURS3X.	2.	27. Hours spent visiting friends/family
136	MCSNRC2W	Num	8	YNDK.	2.	28. Go to senior center?
137	MCSNRCFQ	Num	8	3.	3.	28. Times went to senior center?
138	MCSNRCHR	Num	8	HOURS3X.	2.	28. Hours spent at senior center?
139	MCVOLU2W	Num	8	YNDK.	2.	29. Do volunteer work?
140	MCVOLUFQ	Num	8	3.	3.	29. Times did volunteer work?
141	MCVOLUHR	Num	8	HOURS3X.	2.	29. Hours spent doing volunteer work?
142	MCCHUR2W	Num	8	YNDK.	2.	30. Attended church activities?
143	MCCHURFQ	Num	8	3.	3.	30. Times attended church activities?
144	MCCHURHR	Num	8	HOURS3X.	2.	30. Hours spent attending church act.?
145	MCCLUB2W	Num	8	YNDK.	2.	31. Attend other club meetings?
146	MCCLUBFQ	Num	8	3.	3.	31. Times attended other club meetings?
147	MCCLUBHR	Num	8	HOURS3X.	2.	31. Hrs spent attending other club mtgs?
148	MDCOMP2W	Num	8	YNDK.	2.	32. Use a computer?
149	MDCOMPFQ	Num	8	3.	3.	32. Times used a computer?
150	MDCOMPHR	Num	8	HOURS3X.	2.	32. Hours spent using a computer?
151	MDDANC2W	Num	8	YNDK.	2.	33. Dance?
152	MDDANCFQ	Num	8	3.	3.	33. Times danced?
153	MDDANCHR	Num	8	HOURS3X.	2.	33. Hours spent dancing?
154	MDART2W	Num	8	YNDK.	2.	34. Do woodworking or arts and crafts?
155	MDARTFQ	Num	8	3.	3.	34. Times did woodworking, arts/crafts?

## The CONTENTS Procedure

## Variables in Creation Order

#	Variable	Type	Len	Format	Informat	Label
156	MDARTHR	Num	8	HOURS3X.	2.	34. Hrs spent woodworking /arts/crafts?
157	MDGLFW2W	Num	8	YNDK.	2.	35. Play golf, carrying equipment?
158	MDGLFWFQ	Num	8	3.	3.	35. Times played golf, carry equipment?
159	MDGLFWHR	Num	8	HOURS3X.	2.	35. Hrs played golf, carrying equipment
160	MDGLFR2W	Num	8	YNDK.	2.	36. Play golf, riding a cart?
161	MDGLFRFQ	Num	8	3.	3.	36. Times played golf, riding a cart?
162	MDGLFRHR	Num	8	HOURS3X.	2.	36. Hours played golf, riding a cart?
163	MEEVNT2W	Num	8	YNDK.	2.	37. Attend concert, movie, sport event?
164	MEEVNTFQ	Num	8	3.	3.	37. Times attend concert, movie, sport..
165	MEEVNTHR	Num	8	HOURS3X.	2.	37. Hours attend concert, movie, sport..
166	MEGAME2W	Num	8	YNDK.	2.	38. Play cards, board games with others?
167	MEGAMEFQ	Num	8	3.	3.	38. Times play cards, board games?
168	MEGAMEHR	Num	8	HOURS3X.	2.	38. Hours play cards, board games?
169	MEPOOL2W	Num	8	YNDK.	2.	39. Shoot pool or billards?
170	MEPOOLFQ	Num	8	3.	3.	39. Times shoot pool or billards?
171	MEPOOLHR	Num	8	HOURS3X.	2.	39. Hours shoot pool or billards?
172	METNSS2W	Num	8	YNDK.	2.	40. Play singles tennis?
173	METNSSFQ	Num	8	3.	3.	40. Times play singles tennis?
174	METNSSHR	Num	8	HOURS3X.	2.	40. Hours play singles tennis?
175	METNSD2W	Num	8	YNDK.	2.	41. Play doubles tennis?
176	METNSDFQ	Num	8	3.	3.	41. Times play doubles tennis?
177	METNSDHR	Num	8	HOURS3X.	2.	41. Hours play doubles tennis?
178	MFSKAT2W	Num	8	YNDK.	2.	42. Skate (ice, roller, in-line)?
179	MFSKATFQ	Num	8	3.	3.	42. Times skated (ice, roller, in-line)?
180	MFSKATHR	Num	8	HOURS3X.	3.	42. Hours skated (ice, roller, in-line)?
181	MFMUSI2W	Num	8	YNDK.	2.	43. Play a musical instrument?
182	MFMUSIFQ	Num	8	3.	3.	43. Times played musical instrument?
183	MFMUSIHR	Num	8	HOURS3X.	3.	43. Hours played musical instrument?
184	MFREAD2W	Num	8	YNDK.	2.	44. Read?
185	MFREADFQ	Num	8	3.	3.	44. Times read?
186	MFREADHR	Num	8	HOURS3X.	3.	44. Hours read?
187	MFHWK2W	Num	8	YNDK.	2.	45. Do heavy work around house?
188	MFHWKRFQ	Num	8	3.	3.	45. Times did heavy work around house?

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## Variables in Creation Order

#	Variable	Type	Len	Format	Informat	Label
189	MFHWRKHR	Num	8	HOURS3X.	3.	45. Hours did heavy work around house?
190	MFLWRK2W	Num	8	YNDK.	2.	46. Do light work around house?
191	MFLWRKFQ	Num	8	3.	3.	46. Times did light work around house?
192	MFLWRKHR	Num	8	HOURS3X.	3.	46. Hours did light work around house?
193	MGHGAR2W	Num	8	YNDK.	2.	47. Do heavy gardening?
194	MGHGARFQ	Num	8	3.	3.	47. Times did heavy gardening?
195	MGHGARHR	Num	8	HOURS3X.	2.	47. Hours did heavy gardening?
196	MGLGAR2W	Num	8	YNDK.	2.	48. Do light gardening?
197	MGLGARFQ	Num	8	3.	3.	48. Times did light gardening?
198	MGLGARHR	Num	8	HOURS3X.	2.	48. Hours did light gardening?
199	MGWRKM2W	Num	8	YNDK.	2.	49. Work on your car, truck...?
200	MGWRKMFQ	Num	8	3.	3.	49. Times worked on your car, truck...?
201	MGWRKMHR	Num	8	HOURS3X.	2.	49. Hours worked on your car, truck...?
202	MGJOG2W	Num	8	YNDK.	2.	50. Jog or run?
203	MGJOGFQ	Num	8	3.	3.	50. Times jogged or ran?
204	MGJOGHR	Num	8	HOURS3X.	2.	50. Hours jogged or ran?
205	MGWLKU2W	Num	8	YNDK.	2.	51. Walk or hike uphill?
206	MGWLKUFQ	Num	8	3.	3.	51. Times walked or hiked uphill?
207	MGWLKUHR	Num	8	HOURS3X.	2.	51. Hours walked or hiked uphill?
208	MQWLKF2W	Num	8	YNDK.	2.	52. Walk fast for exercise?
209	MQWLKFFQ	Num	8	3.	3.	52. Times walked fast for exercise?
210	MQWLKFHR	Num	8	HOURS3X.	2.	52. Hours walked fast for exercise?
211	MQWLKE2W	Num	8	YNDK.	2.	53. Walk to do errands?
212	MQWLKEFQ	Num	8	3.	3.	53. Times walked to do errands?
213	MQWLKEHR	Num	8	HOURS3X.	2.	53. Hours walked to do errands?
214	MQWLKL2W	Num	8	YNDK.	2.	54. Walk leisurely?
215	MQWLKLFQ	Num	8	3.	3.	54. Times walked leisurely?
216	MQWLKLHR	Num	8	HOURS3X.	2.	54. Hours walked leisurely?
217	MQCYCL2W	Num	8	YNDK.	2.	55. Ride bicycle or stationary cycle?
218	MQCYCLFQ	Num	8	3.	3.	55. Times rode bicycle/stationary cycle?
219	MQCYCLHR	Num	8	HOURS3X.	2.	55. Hours rode bicycle/stationary cycle?
220	MQAERM2W	Num	8	YNDK.	2.	56. Do other aerobic machines?
221	MQAERMFQ	Num	8	3.	3.	56. Times did other aerobic machines?
222	MQAERMHR	Num	8	HOURS3X.	2.	56. Hours did other aerobic machines?
223	MJH2EX2W	Num	8	YNDK.	2.	57. Do water exercises?
224	MJH2EXFQ	Num	8	3.	3.	57. Times did water exercises?
225	MJH2EXHR	Num	8	HOURS3X.	2.	57. Hours did water exercises?
226	MJSWMF2W	Num	8	YNDK.	2.	58. Swim moderately or fast?

## The CONTENTS Procedure

## Variables in Creation Order

#	Variable	Type	Len	Format	Informat	Label
227	MJSWMPFQ	Num	8	3.	3.	58. Times swam moderately or fast?
228	MJSWMPHR	Num	8	HOURS3X.	2.	58. Hours swam moderately or fast?
229	MJSWMPG2W	Num	8	YNDK.	2.	59. Swim gently?
230	MJSWMPGFQ	Num	8	3.	3.	59. Times swam gently?
231	MJSWMPGHR	Num	8	HOURS3X.	2.	59. Hours swam gently?
232	MJFLEX2W	Num	8	YNDK.	2.	60. Stretching or flexibility exercises?
233	MJFLEXFQ	Num	8	3.	3.	60. Times did stretching/flexibility ex?
234	MJFLEXHR	Num	8	HOURS3X.	2.	60. Hours did stretching/flexibility ex?
235	MJYOGA2W	Num	8	YNDK.	2.	61. Yoga or tai-chi?
236	MJYOGAFQ	Num	8	3.	3.	61. Times did yoga or tai-chi?
237	MJYOGAHR	Num	8	HOURS3X.	2.	61. Hours did yoga or tai-chi?
238	MKAERD2W	Num	8	YNDK.	2.	62. Aerobics or aerobic dancing?
239	MKAERDFQ	Num	8	3.	3.	62. Times did aerobics/aerobic dancing?
240	MKAERDHR	Num	8	HOURS3X.	2.	62. Hours did aerobics/aerobic dancing?
241	MKSTRH2W	Num	8	YNDK.	2.	63. Moderate to heavy strength training?
242	MKSTRHFQ	Num	8	3.	3.	63. Times did Mod/heavy strength train?
243	MKSTRHHR	Num	8	HOURS3X.	2.	63. Hours did Mod/heavy strength train?
244	MKSTRL2W	Num	8	YNDK.	2.	64. Light strength training?
245	MKSTRLFQ	Num	8	3.	3.	64. Times did light strength training?
246	MKSTRLHR	Num	8	HOURS3X.	2.	64. Hours did light strength training?
247	MKCOND2W	Num	8	YNDK.	2.	65. General conditioning exercises?
248	MKCONDFQ	Num	8	3.	3.	65. Times did general condition exercise
249	MKCONDHR	Num	8	HOURS3X.	2.	65. Hours did general condition exercise
250	MKBALL2W	Num	8	YNDK.	2.	66. Play basketball, soccer ...?
251	MKBALLFQ	Num	8	3.	3.	66. Times played basketball, soccer ...?
252	MKBALLHR	Num	8	HOURS3X.	2.	66. Hours played basketball, soccer ...?
253	MNOTH12W	Num	8	YNDK.	2.	67. Other types of physical activity?
254	MNOTHACT	Char	254	\$254.	\$254.	67i. What type of physical activity?
255	MNOTH1FQ	Num	8	3.	3.	67ii. Times did this physical activity?
256	MNOTH1HR	Num	8	HOURS3X.	3.	67iii. Hours did this physical activity?

## The CONTENTS Procedure

## Variables in Creation Order

#	Variable	Type	Len	Format	Informat	Label
257	MLVIGFQ	Num	8	3.	3.	68. Times did vigorous activity?
258	MMMODFQ	Num	8	3.	3.	69. Times did moderate activity?
259	MMSTRFQ	Num	8	3.	3.	70. Times did strengthening activity?
260	KQDATE	Num	8	MMDDYY10.	DATETIME22.3	Date
261	KQSTFID	Char	3	\$3.	\$3.	Staff ID#
262	KQACTMON	Num	8	YNDK.	2.	1. Problems with activity monitors?
263	KQWAIST	Num	8	YNDK.	2.	2. Have you been wearing waist monitor?
264	KQCHEST	Num	8	YNDK.	2.	3. Have you been wearing chest monitor?
265	KTCHSTNT	Num	8	YNDK.	2.	4. Wearing monitors to bed?
266	KTDATE	Num	8	MMDDYY10.	DATETIME22.3	5. Next visit date
267	KYTM1224	Num	8	TIME5.		CV: 1st EE V2 urine time (24-hour time)
268	KYTM2224	Num	8	TIME5.		CV: 2nd EE V2 urine time (24-hour time)
269	KZPATIM	Num	8			CV: Time spent on gardening/yardwork (in mins)
270	KZHCTIM	Num	8			CV: Time spent on heavy chores (in mins)
271	MLLWTIM	Num	8			CV: Time spent on light housework (in mins)
272	M3EWTIM	Num	8			CV: Time spent walking for exercise (in mins)
273	M4OWTIM	Num	8			CV: Time spent other walking (in mins)
274	M5ACTIM	Num	8			CV: Time spent on aerobics/calisthenics (in mins)
275	M5TRTIM	Num	8			CV: Time spent on weight training (in mins)
276	M6HIA1TI	Num	8			CV: Time spent 1st high intensity exercise (in mins)
277	M7HIA2TI	Num	8			CV: Time spent 2nd high intensity exercise (in mins)
278	M7HIA3TI	Num	8			CV: Time spent 3rd high intensity exercise (in mins)
279	M7HIA4TI	Num	8			CV: Time spent 4th high intensity exercise (in mins)
280	M8MIA1TI	Num	8			CV: Time spent 1st medium intensity exercise (in mins)
281	M9MIA2TI	Num	8			CV: Time spent 2nd medium intensity exercise (in mins)
282	M9MIA3TI	Num	8			CV: Time spent 3rd medium intensity exercise (in mins)
283	M9MIA4TI	Num	8			CV: Time spent 4th medium intensity exercise (in mins)
284	MLVIGTIM	Num	8			CV: Time spent doing vigorous activity (in mins)

## The CONTENTS Procedure

## Variables in Creation Order

#	Variable	Type	Len	Format	Informat	Label
285	MMMODTIM	Num	8			CV: Time spent doing light/moderate activities (in mins)
286	EERMR	Num	8			Resting metabolic rate (MJ/day)
287	EERMRS	Num	8			Resting metabolic rate (MJ/day), Std. Dev
288	EERQ	Num	8			Respiratory quotient during RMR
289	EEQCRMR	Char	1	\$1.	\$1.	Quality assessment of the RMR data
290	EETEE	Num	8			Total daily energy expenditure (MJ/day)
291	EEQCTEE	Char	1	\$1.	\$1.	Quality assessment of the TEE data
292	EENONBAS	Num	8			Energy expended in excess of RMR
293	EETBW	Num	8			Total body water measured
294	EEFFMTBW	Num	8			Fat-free mass calculated
295	EEH2O	Num	8			Water turnover
296	EETEE_ RMR	Num	8			Total energy expenditure per unit resting metabolic rate
297	AGDAYS	Num	8			Number of valid days recorded
298	AGSEDMIN	Num	8			Average daily minutes spent sedentary (cpm<100, INCLUDES NON-REG TIME)
299	AGACTMIN	Num	8			Average daily minutes spent active (>=100 cpm)
300	AGLITMIN	Num	8			Average daily minutes spent in light activity (100-1951 cpm)
301	AGMODMIN	Num	8			Average daily minutes spent in moderate activity (1952-5723 cpm)
302	AGVIGMIN	Num	8			Average daily minutes spent in vigorous activity (5724-8899 cpm)
303	AGVVIGMN	Num	8			Average daily minutes spent in very vigorous activity (>8900 cpm)
304	AGCOUNT	Num	8			Average daily total counts
305	AGCPM	Num	8			Average daily counts per minute
306	AGREGTIM	Num	8			Average number of minutes registered per day
307	AGSTEPS	Num	8			Average number of steps per day
308	AGACCEL	Num	8			Average acceleration (m/sec^2)
309	AGNREGTM	Num	8			Average number of unregistered minutes per day (1440-RegTime)
310	AGSED_NR	Num	8			Average daily minutes spent sedentary with non-registered time removed
311	AGPCTSED	Num	8			Average daily percent time spent sedentary (non-reg time removed)
312	AGPCTACT	Num	8			Average daily percent time spent active (>=100 cpm)
313	AGPCTLIT	Num	8			Average daily percent time spent in light activity (100-1951 cpm)
314	AGPCTMOD	Num	8			Average daily percent time spent in moderate activity (1952-5723 cpm)

## The CONTENTS Procedure

## Variables in Creation Order

#	Variable	Type	Len	Format	Informat	Label
315	AGPCTVIG	Num	8			Average daily percent time spent in vigorous activity (5724-8899 cpm)
316	AGPCTVVG	Num	8			Average daily percent time spent in very vigorous activity (>8900 cpm)
317	ABDAYS	Num	8	TIME5.		NUMBER OF DAYS ARMBAND WAS WORN
318	ABACTEE	Num	8	TIME5.		AVERAGE ACTIVE ENERGY EXPENDITURE (KCAL/DAY)
319	ABMETS	Num	8	TIME5.		AVERAGE METS (METS/DAY)
320	ABMEASEE	Num	8	TIME5.		AVERAGE MEASURED ENERGY EXPENDITURE (KCAL/DAY)
321	ABOFFEE	Num	8	TIME5.		AVERAGE OFF BODY ENERGY EXPENDITURE (KCAL/DAY)
322	ABPCTTON	Num	8	TIME5.		AVERAGE PERCENT TIME ON BODY
323	ABSTEPS	Num	8	TIME5.		AVERAGE NUMBER OF STEPS TAKEN (STEPS/DAY)
324	ABMINMA	Num	8	TIME5.		AVERAGE MINUTES OF MODERATE ACTIVITY (MINS/DAY)
325	ABOFFBDY	Num	8	TIME5.		AVERAGE TIME OFF BODY (MINS/DAY)
326	ABONBDY	Num	8	TIME5.		AVERAGE TIME ON BODY (MINS/DAY)
327	ABMINPA	Num	8	TIME5.		AVERAGE MINUTES OF PHYSICAL ACTIVITY (MINS/DAY)
328	ABMINSA	Num	8	TIME5.		AVERAGE MINUTES OF SEDENTARY ACTIVITY (MINS/DAY)
329	ABMINVA	Num	8	TIME5.		AVERAGE MINUTES OF VIGOROUS ACTIVITY (MINS/DAY)
330	ABMINVVA	Num	8	TIME5.		AVERAGE MINUTES OF VERY VIGOROUS ACTIVITY (MINS/DAY)
331	ABTOTE	Num	8	TIME5.		AVERAGE TOTAL ENERGY EXPENDITURE (ON BODY & OFF BODY) (KCAL/DAY)
332	ABSDATE	Num	8	MMDDYY10.		DATE ARMBAND WAS FIRST WORN
333	ABEDATE	Num	8	MMDDYY10.		DATE ARMBAND WAS LAST WORN
334	ABSDAY	Num	8	WKDYFMT.		DAY OF THE WEEK ARMBAND WAS FIRST WORN
335	ABEDAY	Num	8	WKDYFMT.		DAY OF THE WEEK ARMBAND WAS LAST WORN
336	ABWKND	Num	8	YNDK.		WORE ARMBAND ON AT LEAST ONE WEEKEND DAY
337	ABSEAS	Num	8	SEASFMT.		SEASON IN WHICH ARMBAND WAS WORN
338	ABSERNUM	Char	7	\$7.	\$7.	ARMBAND SERIAL NUMBER
339	ABWEAR85	Num	8	YNDK.		WORE ARMBAND AT LEAST 85% OF TIME
340	N5ELIGAB	Num	8	YNDND.	2.	6. Ppt eligible for SenseWear armband?
341	N6ARMBYN	Num	8	YNDND.	2.	2. Ppt receive armband?