



Form 34 - Personal Habits

Data File: f34\_ep\_base\_pub File Date: 04/20/2005 Structure: One row per participant Population: E+P participants

Participant ID

Variable # 1

Usage Notes: none

Sas Name: ID

Categories: Study: Administration

Sas Label: Participant ID

F34 Days since randomization/enrollment

Variable # 2

Usage Notes: none

Sas Name: F34DAYS

Categories: Study: Administration

Sas Label: F34 Days since randomization/enrollment

N	Min	Max	Mean	Std Dev
16594	-273	0	-47.22255	34.6324

F34 Smoked 100 cigarettes

During your entire life, have you smoked at least 100 cigarettes?

Variable # 3

Usage Notes: none

Sas Name: SMOKEVR

Categories: Lifestyle: Smoking

Sas Label: Smoked at least 100 cigarettes ever

Values		N	%
0	No	8,177	49.3%
1	Yes	8,314	50.1%
.	Missing	103	0.6%
		16,594	

F34 Age started smoking

How old were you when you first started smoking cigarettes regularly? (Give your best guess.)

Variable # 4

Usage Notes: Sub-question of F34 V2 Q1 "Smoked 100 cigarettes".

Sas Name: SMOKAGE

Categories: Lifestyle: Smoking

Sas Label: Age started smoking cigarettes regularly

Values		N	%
1	Less than 15	560	3.4%
2	15-19	4,034	24.3%
3	20-24	2,583	15.6%
4	25-29	574	3.5%
5	30-34	272	1.6%
6	35-39	124	0.7%
7	40-44	76	0.5%
8	45-49	41	0.2%
9	50 or older	25	0.2%
.	Missing	8,305	50.0%
		16,594	



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F34 Smoke now

Do you smoke cigarettes now?

Variable # 5

Sas Name: SMOKNOW

Sas Label: Smoke cigarettes now

Usage Notes: Sub-question of F34 V2 Q1 "Smoked 100 cigarettes".

Categories: Lifestyle: Smoking

Values		N	%
0	No	6,519	39.3%
1	Yes	1,720	10.4%
.	Missing	8,355	50.3%
		16,594	

F34 Age quit smoking

How old were you when you quit smoking regularly?

Variable # 6

Sas Name: QSMOKAGE

Sas Label: Age quit smoking regularly

Usage Notes: Sub-question of F34 V2 Q1 "Smoked 100 cigarettes".  
Sub-question of F34 V2 Q1.2 "Smoke now".

Categories: Lifestyle: Smoking

Values		N	%
1	Less than 15	12	0.1%
2	15-19	97	0.6%
3	20-24	494	3.0%
4	25-29	635	3.8%
5	30-34	737	4.4%
6	35-39	681	4.1%
7	40-44	757	4.6%
8	45-49	722	4.4%
9	50-54	832	5.0%
10	55-59	635	3.8%
11	60 or older	520	3.1%
.	Missing	10,472	63.1%
		16,594	

F34 Quit smoking because of health

Did you quit smoking because you had a health problem that was caused by or made worse by smoking?

Variable # 7

Sas Name: QSMOKHP

Sas Label: Quit smoking because of health problems

Usage Notes: Sub-question of F34 V2 Q1 "Smoked 100 cigarettes".  
Sub-question of F34 V2 Q1.2 "Smoke now".

Categories: Lifestyle: Smoking

Values		N	%
0	No	4,931	29.7%
1	Yes	893	5.4%
.	Missing	10,770	64.9%
		16,594	



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F34 Cigarettes per day

On the average, how many cigarettes do you (did you) usually smoke each day?

Variable # 8

Usage Notes: Sub-question of F34 V2 Q1 "Smoked 100 cigarettes".

Sas Name: CIGSDAY

Categories: Lifestyle: Smoking

Sas Label: Smoke or smoked, cigarettes/day

Values		N	%
1	Less than 1	332	2.0%
2	1-4	1,302	7.8%
3	5-14	2,518	15.2%
4	15-24	2,368	14.3%
5	25-34	768	4.6%
6	35-44	463	2.8%
7	45 or more	219	1.3%
.	Missing	8,624	52.0%
		16,594	

F34 Years regular smoker

How many years have you been (were you) a regular smoker? Do not count the time you stayed off cigarettes.

Variable # 9

Usage Notes: Sub-question of F34 V2 Q1 "Smoked 100 cigarettes".

Sas Name: SMOKYRS

Categories: Lifestyle: Smoking

Sas Label: Years a regular smoker

Values		N	%
1	Less than 5 years	1,007	6.1%
2	5-9 years	685	4.1%
3	10-19 years	1,597	9.6%
4	20-29 years	1,696	10.2%
5	30-39 years	1,742	10.5%
6	40-49 years	1,008	6.1%
7	50 or more years	286	1.7%
.	Missing	8,573	51.7%
		16,594	

F34 Smoked to lose weight

Have you ever smoked to keep from gaining weight or to lose weight?

Variable # 10

Usage Notes: Sub-question of F34 V2 Q1 "Smoked 100 cigarettes".

Sas Name: SMOKWGT

Categories: Lifestyle: Smoking

Sas Label: Smoked to lose weight

Values		N	%
0	No	6,665	40.2%
1	Yes	1,342	8.1%
.	Missing	8,587	51.7%
		16,594	



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F34 Usually drink coffee

Do you usually drink coffee each day?

Variable # 11

Usage Notes: none

Sas Name: COFFEE

Categories: Diet: Coffee/Tea Lifestyle: Coffee/Tea

Sas Label: Drink coffee each day

Values		N	%
0	No	3,797	22.9%
1	Yes	12,713	76.6%
.	Missing	84	0.5%
		16,594	

F34 How many cups coffee per day

How many cups of regular coffee (not decaf) do you usually drink each day? (If none, mark "None.")

Variable # 12

Usage Notes: Sub-question of F34 V2 Q2 "Usually drink coffee".

Sas Name: CUPREG

Categories: Diet: Coffee/Tea Lifestyle: Coffee/Tea

Sas Label: Number of regular cups of coffee, day

Values		N	%
0	None	1,809	10.9%
1	1	2,170	13.1%
2	2	3,473	20.9%
3	3	2,424	14.6%
4	4	1,456	8.8%
5	5	603	3.6%
6	6 or more	733	4.4%
.	Missing	3,926	23.7%
		16,594	

F34 12 alcoholic drinks ever

During your entire life, have you had at least 12 drinks of any kind of alcoholic beverage?

Variable # 13

Usage Notes: none

Sas Name: ALC12DR

Categories: Diet: Alcohol Lifestyle: Alcohol

Sas Label: Drank 12 alcoholic beverages ever

Values		N	%
0	No	2,003	12.1%
1	Yes	14,532	87.6%
.	Missing	59	0.4%
		16,594	



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F34 Drink alcohol

Do you still drink alcohol?

Variable # 14
Sas Name: ALCNOW
Sas Label: Still drink alcohol

Usage Notes: Sub-question of F34 V2 Q3 "12 alcoholic drinks ever" (skip pattern rule not applied).
Categories: Diet: Alcohol
Lifestyle: Alcohol

Table with 3 columns: Values, N, %. Rows include 0 No (3,229, 19.5%), 1 Yes (11,250, 67.8%), and . Missing (2,115, 12.7%). Total N: 16,594

F34 Why did you quit drinking

Why did you stop or quit drinking alcohol?

Variable # 15
Sas Name: ALCQUIT
Sas Label: Reasons quit drinking alcohol

Usage Notes: Sub-question of F34 V2 Q3 "12 alcoholic drinks ever" (skip pattern rule not applied). Sub-question of F34 V2 Q3.1 "Drink alcohol". Not collected on all versions of Form 34.

Categories: Diet: Alcohol
Lifestyle: Alcohol

Table with 3 columns: Values, N, %. Rows include 1 Health problems (406, 2.4%), 2 My drinking caused non-health problems (318, 1.9%), 8 Other (1,942, 11.7%), and . Missing (13,928, 83.9%). Total N: 16,594

F34 Weight changes in adult life

Women's weights change during their adult lives. Mark the one answer that best describes you during your adult life. Please don't include times when you were pregnant or sick. (Mark only one.)

Variable # 16
Sas Name: WGTADULT
Sas Label: Weight during adult life, lbs

Usage Notes: none
Categories: Medical History: Height/Weight History
Physical Measurements: Height/Weight History

Table with 3 columns: Values, N, %. Rows include 1 Weight has stayed about the same (4,650, 28.0%), 2 Steady gain in weight (5,556, 33.5%), 3 Lost weight as an adult and kept it off (402, 2.4%), 4 Weight has gone up and down (5,816, 35.0%), and . Missing (170, 1.0%). Total N: 16,594



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F34 Times weight changed 10 pounds

About how many times did your weight go up and down again by more than 10 pounds? Please don't include times when you were pregnant or sick.

Variable # 17

Sas Name: YOYO10LB

Sas Label: Number times weight went up/down >10 lbs

Usage Notes: Sub-question of F34 V2 Q4 "Weight changes in adult life" (skip pattern rule not applied).

Categories: Medical History: Height/Weight History Physical Measurements: Height/Weight History

Values		N	%
1	1-3 times	2,622	15.8%
2	4-6 times	2,093	12.6%
3	7-10 times	926	5.6%
4	11-15 times	295	1.8%
5	More than 15 times	445	2.7%
.	Missing	10,213	61.5%
		16,594	

F34 Low calorie diet

Are you now on any of the following special diets? A low calorie diet?

Variable # 18

Sas Name: LCALDIET

Sas Label: Low calorie diet

Usage Notes: none

Categories: Diet

Values		N	%
0	No	14,528	87.5%
1	Yes	1,754	10.6%
.	Missing	312	1.9%
		16,594	

F34 Low fat or cholesterol diet

Are you now on any of the following special diets? A low-fat or low cholesterol diet?

Variable # 19

Sas Name: LFATDIET

Sas Label: Low-fat or low cholesterol diet

Usage Notes: none

Categories: Diet

Values		N	%
0	No	10,181	61.4%
1	Yes	6,108	36.8%
.	Missing	305	1.8%
		16,594	



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F34 Low sodium diet

Are you now on any of the following special diets? A low salt (low sodium) diet?

Variable # 20 Usage Notes: none

Sas Name: LSLTDIET

Sas Label: Low salt (low sodium) diet Categories: Diet

Values		N	%
0	No	12,882	77.6%
1	Yes	3,354	20.2%
.	Missing	358	2.2%
		16,594	

F34 High fiber diet

Are you now on any of the following special diets? A high-fiber diet?

Variable # 21 Usage Notes: none

Sas Name: FBDIET34

Sas Label: High-fiber diet Categories: Diet

Values		N	%
0	No	13,337	80.4%
1	Yes	2,866	17.3%
.	Missing	391	2.4%
		16,594	

F34 Diabetic or ADA diet

Are you now on any of the following special diets? A diabetic or ADA diet?

Variable # 22 Usage Notes: none

Sas Name: DBDIET34

Sas Label: Diabetic or ADA diet Categories: Diet Medical History: Diabetes

Values		N	%
0	No	15,545	93.7%
1	Yes	620	3.7%
.	Missing	429	2.6%
		16,594	

F34 Lactose-free diet

Are you now on any of the following special diets? A lactose-free (no milk or dairy foods) diet?

Variable # 23 Usage Notes: none

Sas Name: LACTDIET

Sas Label: Lactose-free (no milk/dairy foods) diet Categories: Diet

Values		N	%
0	No	15,627	94.2%
1	Yes	555	3.3%
.	Missing	412	2.5%
		16,594	



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F34 Any other diet

Are you now on any of the following special diets? Any other diet?

Variable # 24 Usage Notes: none
Sas Name: OTHDIET Categories: Diet
Sas Label: Other than listed special diet

Table with 3 columns: Values, N, %. Rows include 0 No (14,971, 90.2%), 1 Yes (971, 5.9%), and . Missing (652, 3.9%). Total N: 16,594

F34 How often walked outside

Think about the walking you do outside the home. How often do you walk outside the home for more than 10 minutes without stopping? (Mark only one.)

Variable # 25 Usage Notes: none
Sas Name: WALK Categories: Physical Activity
Sas Label: Times walk for > 10 min

Table with 3 columns: Values, N, %. Rows include 0 Rarely or never (3,127, 18.8%), 1 1-3 times each month (2,567, 15.5%), 2 1 time each week (1,804, 10.9%), 3 2-3 times each week (4,185, 25.2%), 4 4-6 times each week (3,427, 20.7%), 5 7 or more times each week (1,425, 8.6%), and . Missing (59, 0.4%). Total N: 16,594

F34 How many minutes walked

When you walk outside the home for more than 10 minutes without stopping, for how many minutes do you usually walk?

Variable # 26 Usage Notes: Sub-question of F34 V2 Q6 "How often walked outside" (skip pattern rule not applied). Not collected on all versions of Form 34.
Sas Name: WALKMIN Categories: Physical Activity
Sas Label: Duration of walks when >10 min

Table with 3 columns: Values, N, %. Rows include 1 Less than 20 minutes (3,717, 22.4%), 2 20-39 minutes (5,667, 34.2%), 3 40-59 minutes (1,881, 11.3%), 4 1 hour or more (931, 5.6%), and . Missing (4,398, 26.5%). Total N: 16,594



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**F34 What is usual walking speed**

What is your usual speed?

**Variable #** 27

**Sas Name:** WALKSPD

**Sas Label:** Walking speed when walking for >10 min

**Usage Notes:** Sub-question of F34 V2 Q6 "How often walked outside" (skip pattern rule not applied).  
Not collected on all versions of Form 34.

**Categories:** Physical Activity

Values		N	%
2	Casual strolling or walking	2,513	15.1%
3	Average or normal	6,093	36.7%
4	Fairly fast	2,862	17.2%
5	Very fast	179	1.1%
9	Don't know	575	3.5%
.	Missing	4,372	26.3%
		16,594	

**F34 Strenuous exercise frequency**

Not including walking outside the home, how often each week (7 days) do you usually do the exercises below? STRENUOUS OR VERY HARD EXERCISE (You work up a sweat and your heart beats fast.) For example aerobics, aerobic dancing, jogging, tennis, swim laps

**Variable #** 28

**Sas Name:** HRDEX

**Sas Label:** Times per week of very hard exercise

**Usage Notes:** Not collected on all versions of Form 34.

**Categories:** Physical Activity

Values		N	%
0	None	11,771	70.9%
1	1 day per week	728	4.4%
2	2 days per week	954	5.7%
3	3 days per week	968	5.8%
4	4 days per week	323	1.9%
5	5 or more days per week	416	2.5%
.	Missing	1,434	8.6%
		16,594	

**F34 Strenuous exercise duration**

How long do you usually exercise like this at one time? STRENUOUS OR VERY HARD EXERCISE (You work up a sweat and your heart beats fast.) For example aerobics, aerobic dancing, jogging, tennis, swim laps

**Variable #** 29

**Sas Name:** HRDEXMIN

**Sas Label:** Duration per time of very hard exercise

**Usage Notes:** Sub-question of F34 V2 Q7.1 "Strenuous exercise frequency".  
Not collected on all versions of Form 34.

**Categories:** Physical Activity

Values		N	%
1	Less than 20 minutes	599	3.6%
2	20-39 minutes	1,155	7.0%
3	40-59 minutes	791	4.8%
4	1 hour or more	783	4.7%
.	Missing	13,266	79.9%
		16,594	



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**F34 Moderate exercise frequency**

Not including walking outside the home, how often each week (7 days) do you usually do the exercises below? MODERATE EXERCISE (Not exhausting). For example, biking outdoors, using an exercise machine (like a stationary bike or treadmill), calisthenics, easy swimming, popular or folk dancing.

Variable # 30

Usage Notes: Not collected on all versions of Form 34.

Sas Name: MODEX

Categories: Physical Activity

Sas Label: Times per week of moderate exercise

Values		N	%
0	None	8,599	51.8%
1	1 day per week	1,666	10.0%
2	2 days per week	1,651	9.9%
3	3 days per week	1,659	10.0%
4	4 days per week	625	3.8%
5	5 or more days per week	955	5.8%
.	Missing	1,439	8.7%
		16,594	

**F34 Moderate exercise duration**

How long to you usually exercise like this at one time? MODERATE EXERCISE (Not exhausting). For example, biking outdoors, using an exercise machine (like a stationary bike or treadmill), calisthenics, easy swimming, popular or folk dancing.

Variable # 31

Usage Notes: Sub-question of F34 V2 Q7.3 "Moderate exercise frequency". Not collected on all versions of Form 34.

Sas Name: MODEXMIN

Categories: Physical Activity

Sas Label: Duration per time of moderate exercise

Values		N	%
1	Less than 20 minutes	2,178	13.1%
2	20-39 minutes	2,593	15.6%
3	40-59 minutes	800	4.8%
4	1 hour or more	800	4.8%
.	Missing	10,223	61.6%
		16,594	

**F34 Mild exercise frequency**

Not including walking outside the home, how often each week (7 days) do you usually do the exercises below? MILD EXERCISE. For example, slow dancing, bowling, golf.

Variable # 32

Usage Notes: Not collected on all versions of Form 34.

Sas Name: MLDEX

Categories: Physical Activity

Sas Label: Times per week of mild exercise

Values		N	%
0	None	10,846	65.4%
1	1 day per week	1,825	11.0%
2	2 days per week	995	6.0%
3	3 days per week	681	4.1%
4	4 days per week	231	1.4%
5	5 or more days per week	453	2.7%
.	Missing	1,563	9.4%
		16,594	



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F34 Mild exercise duration

How long do you usually exercise like this at one time? MILD EXERCISE. For example, slow dancing, bowling, golf.

Variable # 33

Sas Name: MLDEXMIN

Sas Label: Duration per time of mild exercise

Usage Notes: Sub-question of F34 V2 Q7.5 "Mild exercise frequency". Not collected on all versions of Form 34.

Categories: Physical Activity

Values		N	%
1	Less than 20 minutes	873	5.3%
2	20-39 minutes	941	5.7%
3	40-59 minutes	406	2.4%
4	1 hour or more	1,746	10.5%
.	Missing	12,628	76.1%
		16,594	

F34 Strenuous exercise at 18

For each of the ages below, did you usually do strenuous or very hard exercises at least 3 times a week? This would include exercise that was long enough to work up a sweat and make your heart beat fast.(Be sure to mark "No" if you did not do very hard exercises at the ages listed below.) 18 years old

Variable # 34

Sas Name: HRDEX18

Sas Label: Very hard exercise 3 times/wk at age 18

Usage Notes: none

Categories: Physical Activity

Values		N	%
0	No	8,172	49.2%
1	Yes	7,826	47.2%
.	Missing	596	3.6%
		16,594	

F34 Strenuous exercise at 35

For each of the ages below, did you usually do strenuous or very hard exercises at least 3 times a week? This would include exercise that was long enough to work up a sweat and make your heart beat fast.(Be sure to mark "No" if you did not do very hard exercises at the ages listed below.) 35 years old

Variable # 35

Sas Name: HRDEX35

Sas Label: Very hard exercise 3 times/wk at age 35

Usage Notes: none

Categories: Physical Activity

Values		N	%
0	No	8,607	51.9%
1	Yes	7,390	44.5%
.	Missing	597	3.6%
		16,594	



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F34 Strenuous exercise at 50

For each of the ages below, did you usually do strenuous or very hard exercises at least 3 times a week? This would include exercise that was long enough to work up a sweat and make your heart beat fast.(Be sure to mark "No" if you did not do very hard exercises at the ages listed below.) 50 years old

Variable # 36 Usage Notes: none
Sas Name: HRDEX50
Sas Label: Very hard exercise 3 times/wk at age 50
Categories: Physical Activity

Table with 4 columns: Values, N, % and an unlabeled column. Rows include No (10,435, 62.9%), Yes (5,701, 34.4%), and Missing (458, 2.8%). Total N: 16,594

Recreational phys activity per week

Computed from Form 34, questions 6, 7.1, 7.3, and 7.5. Total number of episodes per week of recreational physical activity (includes walking, mild, moderate and strenuous physical activity).

Variable # 37 Usage Notes: none
Sas Name: TEPIWK
Sas Label: Recreational phys activity per week
Categories: Computed Variables, Physical Activity

Summary table with 5 columns: N, Min, Max, Mean, Std Dev. Values: 15266, 0, 25, 4.75698, 4.07755

Recr. phys activity per week >= 20 Min

Computed from Form 34, questions 6, 6.1, 7.1, 7.2, 7.3, 7.4, 7.5 and 7.6. Episodes per week of recreational physical activity of >=20 minutes duration (includes walking, mild, moderate and strenuous physical activity).

Variable # 38 Usage Notes: none
Sas Name: LEPITOT
Sas Label: Recr. phys activity per week >= 20 Min
Categories: Computed Variables, Physical Activity

Summary table with 5 columns: N, Min, Max, Mean, Std Dev. Values: 15266, 0, 25, 3.64143, 3.845

Mod. to strenuous phys activity per week

Computed from Form 34, questions 6.2, 7.1, and 7.3. Episodes per week of moderate and strenuous recreational physical activity (includes walking fairly fast or very fast, moderate physical activity and strenuous physical activity, MET >= 4).

Variable # 39 Usage Notes: none
Sas Name: MSEPIWK
Sas Label: Mod. to strenuous phys activity per week
Categories: Computed Variables, Physical Activity

Summary table with 5 columns: N, Min, Max, Mean, Std Dev. Values: 15266, 0, 19, 2.53727, 3.22235



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Mod-stren activity > 20 min/week

Computed from Form 34, questions 6, 6.1, 6.2, 7.1, 7.2, 7.3 and 7.4. Episodes per week of moderate and strenuous recreational physical activity of >=20 minutes duration (includes walking fairly fast or very fast, moderate physical activity and strenuous physical activity, MET >=4.0).

Variable # 40

Usage Notes: none

Sas Name: XLMSEPI

Categories: Computed Variables Physical Activity

Sas Label: Mod-stren activity > 20 min/week

N	Min	Max	Mean	Std Dev
15266	0	19	1.98428	2.99242

Mod-stren activity >20 min/week (categ)

Computed from Form 34, questions 6, 6.1, 6.2, 7.1, 7.2, 7.3, and 7.4. Categorical variable of episodes per week of moderate and strenuous recreational physical activity of >= 20 minutes duration (includes walking fairly fast or very fast, moderate physical activity and strenuous physical activity, MET >= 4). Computed from XLMSEPI and TEPIWK.

Variable # 41

Usage Notes: none

Sas Name: LMSEPI

Categories: Computed Variables Physical Activity

Sas Label: Mod-stren activity >20 min/week (categ)

Values		N	%
1	No activity	2,783	16.8%
2	Some activity of limited duration	6,556	39.5%
3	2 - <4 episodes per week	2,415	14.6%
4	4 episodes per week	3,512	21.2%
.	Missing	1,328	8.0%
		16,594	

Strenuous activity episodes per week

Computed from Form 34, question 7.1. Episodes per week of strenuous recreational physical activity (MET >= 6.0).

Variable # 42

Usage Notes: none

Sas Name: SEPIWK

Categories: Computed Variables Physical Activity

Sas Label: Strenuous activity episodes per week

Values		N	%
0	0	11,877	71.6%
1	1	728	4.4%
2	2	954	5.7%
3	3	968	5.8%
4	4	323	1.9%
6	5 or more	416	2.5%
.	Missing	1,328	8.0%
		16,594	



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Minutes of recr. phys activity per week

Computed from Form 34, questions 6, 6.1, 7.1, 7.2, 7.3, 7.4, 7.5, and 7.6. Total minutes per week of recreational physical activity (includes walking, mild, moderate and strenuous physical activity).

Variable # 43 Usage Notes: none
Sas Name: TMINWK Categories: Computed Variables Physical Activity
Sas Label: Minutes of recr. phys activity per week

Table with 5 columns: N, Min, Max, Mean, Std Dev. Row 1: 15266, 0, 1750, 170.69435, 180.26069

Minutes of mod-stren activity per week

Computed from Form 34, questions 6, 6.2, 7.1, and 7.3. Minutes per week of moderate and strenuous recreational physical activity (includes walking fairly fast or very fast, moderate physical activity and strenuous physical activity, MET >= 4).

Variable # 44 Usage Notes: none
Sas Name: MSMINWK Categories: Computed Variables Physical Activity
Sas Label: Minutes of mod-stren activity per week

Table with 5 columns: N, Min, Max, Mean, Std Dev. Row 1: 15266, 0, 1330, 91.24853, 140.21652

Minutes of stren. phys activity per week

Computed from Form 34, questions 7.1 and 7.2. Minutes per week of strenuous recreational physical activity (MET >= 6.0).

Variable # 45 Usage Notes: none
Sas Name: SMINWK Categories: Computed Variables Physical Activity
Sas Label: Minutes of stren. phys activity per week

Table with 5 columns: N, Min, Max, Mean, Std Dev. Row 1: 15266, 0, 420, 25.35962, 63.91849

Total METs per week

Computed from Form 34, questions 6, 6.1, 6.2, 7.1, 7.2, 7.3, 7.4, 7.5, and 7.6. Total METs per week. Expenditure of energy from recreational physical activity (includes walking, mild, moderate and strenuous physical activity).

Variable # 46 Usage Notes: none
Sas Name: TEXPWK Categories: Computed Variables Physical Activity
Sas Label: Total METs per week

Table with 5 columns: N, Min, Max, Mean, Std Dev. Row 1: 15266, 0, 134.16667, 11.50841, 13.54358

METs from walking per week

Computed from Form 34, questions 6, 6.1, and 6.2. Expenditure of energy from physical activity from walking in kcal/week/kg (MET).

Variable # 47 Usage Notes: none
Sas Name: WALKEXP Categories: Computed Variables Physical Activity
Sas Label: METs from walking per week

Table with 5 columns: N, Min, Max, Mean, Std Dev. Row 1: 15266, 0, 40.83333, 4.43763, 5.95225



Form 34 - Personal Habits

Data File: f34\_ep\_base\_pub File Date: 04/20/2005 Structure: One row per participant Population: E+P participants

Smoking status

Computed from Form 34, questions 1, 1.2, and 1.5. Combines questions into a three category smoking status variable (never/past/current).

Variable # 48

Usage Notes: none

Sas Name: SMOKING

Categories: Computed Variables Lifestyle: Smoking

Sas Label: Smoking status

Values		N	%
0	Never Smoked	8,177	49.3%
1	Past Smoker	6,519	39.3%
2	Current Smoker	1,718	10.4%
.	Missing	180	1.1%
		16,594	

Energy expenditure from hard exercise

Computed from Form 34, questions 7.1 and 7.2. Energy expenditure from strenuous or very hard exercise (for example, aerobics, aerobic dancing, jogging, tennis, swimming laps) in kcal/week per kg (MET).

Variable # 49

Usage Notes: none

Sas Name: HARDEXP

Categories: Computed Variables Physical Activity

Sas Label: Energy expenditure from hard exercise

N	Min	Max	Mean	Std Dev
15266	0	49	2.95862	7.45716

Energy expenditure from mod. exercise

Computed from Form 34, questions 7.3 and 7.4. Energy expenditure from moderate exercise (for example, biking outdoors, using an exercise machine, calisthenics, easy swimming, popular or folk dancing) in kcal/week/kg (MET).

Variable # 50

Usage Notes: none

Sas Name: MODEXP

Categories: Computed Variables Physical Activity

Sas Label: Energy expend from moderate exercise

N	Min	Max	Mean	Std Dev
15266	0	31.5	2.75725	5.02922

Energy expenditure from mild exercise

Computed from Form 34, questions 7.5 and 7.6. Energy expenditure from mild exercise (for example, slow dancing, bowling, golf) in kcal/week/kg (MET).

Variable # 51

Usage Notes: none

Sas Name: MILDEXP

Categories: Computed Variables Physical Activity

Sas Label: Energy expenditure from mild exercise

N	Min	Max	Mean	Std Dev
15266	0	21	1.35491	3.19746



Form 34 - Personal Habits

Data File: f34\_ep\_base\_pub File Date: 04/20/2005 Structure: One row per participant Population: E+P participants

Energy expend from avg walking

Computed from Form 34, questions 6, 6.1 and 6.2. Energy expenditure from average walking (2-3 mph) in kcal per kg per week (MET). If question 6.2 (speed of walking) was marked as "don't know" or was missing, the speed was assumed to be 2-3 mph.

Variable # 52 Usage Notes: none
Sas Name: AVWKEXP Categories: Computed Variables Physical Activity
Sas Label: Energy expend from avg walking

Table with 5 columns: N, Min, Max, Mean, Std Dev. Row 1: 15266, 0, 24.5, 2.13675, 4.07584

Energy expend from walking fairly fast

Computed from Form 34, questions 6, 6.1 and 6.2. Energy expenditure form walking fairly fast (3-4 mph) in kcal per week per kg (MET).

Variable # 53 Usage Notes: none
Sas Name: FFWKEXP Categories: Computed Variables Physical Activity
Sas Label: Energy expend fr walking fairly fast

Table with 5 columns: N, Min, Max, Mean, Std Dev. Row 1: 15266, 0, 32.66667, 1.78668, 4.92647

Energy expend from walking very fast

Computed from Form 34, questions 6, 6.1, and 6.2. Energy expenditure from walking very fast (> 4 mph) in kcal/week/kg.

Variable # 54 Usage Notes: none
Sas Name: VFWKEXP Categories: Computed Variables Physical Activity
Sas Label: Energy expend fr walking very fast

Table with 5 columns: N, Min, Max, Mean, Std Dev. Row 1: 15266, 0, 40.83333, .19377, 2.14321

Alcohol servings per week

Computed from Form 34, questions 3 and 3.1; Form 42, questions 7 and 7.1-7.5; Form 60 (FFQ), wine, beer and liquor servings. Number of servings per week of beer, wine and/or liquor based on a medium serving size which is 12oz of beer, 6oz of wine and 1 1/2 oz of liquor. If all three variables are missing, set to missing.

Variable # 55 Usage Notes: none
Sas Name: ALCSWK Categories: Computed Variables Diet: Alcohol Lifestyle: Alcohol
Sas Label: Alcohol servings per week

Table with 5 columns: N, Min, Max, Mean, Std Dev. Row 1: 16533, 0, 108.31731, 2.57493, 5.35369



**Form 34 - Personal Habits**

**Data File:** f34\_ep\_base\_pub **File Date:** 04/20/2005 **Structure:** One row per participant **Population:** E+P participants

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**Alcohol intake**

Computed from Form 34, questions 3 and 3.1; Form 42, questions 7 and 7.1-7.5; Form 60 (FFQ), wine, beer and liquor servings. Categorization of alcohol intake combining questions on past and current use and number of current servings per week from the FFQ.

**Variable #** 56

**Usage Notes:** none

**Sas Name:** ALCOHOL

**Categories:** Computed Variables  
Diet: Alcohol  
Lifestyle: Alcohol

**Sas Label:** Alcohol intake

Values		N	%
1	Non drinker	1,910	11.5%
2	Past drinker	2,807	16.9%
3	<1 drink per month	2,291	13.8%
4	<1 drink per week	3,221	19.4%
5	1 to <7 drinks per week	4,145	25.0%
6	7+ drinks per week	2,095	12.6%
.	Missing	125	0.8%
		16,594	

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