



Form 35 - Personal Habits Update

Data File: f35_ep_fu_pub File Date: 05/27/2005 Structure: Multiple rows per participant Population: E+P participants

Participant ID

Variable # 1

Usage Notes: none

Sas Name: ID

Categories: Study: Administration

Sas Label: Participant ID

F35 Days since randomization

Variable # 2

Usage Notes: none

Sas Name: F35DAYS

Categories: Study: Administration

Sas Label: F35 Days since randomization

N	Min	Max	Mean	Std Dev
29950	4	2875	1064.3171	627.16206

F35 Visit type

Variable # 3

Usage Notes: none

Sas Name: F35VTYP

Categories: Study: Administration

Sas Label: Visit type

Values	N	%
3 Annual Visit	29,950	100.0%
4 Non Routine Visit	0	0.0%
	29,950	

F35 Visit number

Number of the visit for which this form was collected.

Variable # 4

Usage Notes: none

Sas Name: F35VNUM

Categories: Study: Administration

Sas Label: Visit number

N	Min	Max	Mean	Std Dev
29950	1	6	2.89422	1.71582

F35 How often walk 10+ minutes

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 # 5

Usage Notes: none

Sas Name: WALK

Categories: Physical Activity

Sas Label: Times walk for > 10 min

Values	N	%
0 Rarely or never	5,781	19.3%
1 1-3 times each month	4,154	13.9%
2 1 time each week	3,319	11.1%
3 2-3 times each week	7,946	26.5%
4 4-6 times each week	5,895	19.7%
5 7 or more times each week	2,757	9.2%
. Missing	98	0.3%
	29,950	

**Form 35 - Personal Habits Update**

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F35 How long walk 10+ minutes

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

Variable # 6**Sas Name:** WALKMIN**Sas Label:** Duration of walks when >10 min**Usage Notes:** Sub-question of F35 V1 Q1 " How often walk 10+ minutes" (skip pattern rule not applied).**Categories:** Physical Activity

Values		N	%
1	Less than 20 min.	8,350	27.9%
2	20-39 min.	10,983	36.7%
3	40-59 min.	3,370	11.3%
4	1 hour or more	1,686	5.6%
.	Missing	5,561	18.6%
		29,950	

F35 What is your usual walking speed

When you walk outside the home for more than 10 minutes without stopping, what is your usual speed?

Variable # 7**Sas Name:** WALKSPD**Sas Label:** Walking speed when walking for >10 min**Usage Notes:** Sub-question of F35 V1 Q1 " How often walk 10+ minutes" (skip pattern rule not applied).**Categories:** Physical Activity

Values		N	%
2	Casual strolling or walking	6,195	20.7%
3	Average or normal	12,043	40.2%
4	Fairly fast	4,776	15.9%
5	Very fast	253	0.8%
9	Don't know	1,097	3.7%
.	Missing	5,586	18.7%
		29,950	

F35 Strenuous exercise - how often

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, swimming laps

Variable # 8**Sas Name:** HRDEX**Sas Label:** Times per week of very hard exercise**Usage Notes:** none**Categories:** Physical Activity

Values		N	%
0	None	21,908	73.1%
1	1 day per week	1,884	6.3%
2	2 days per week	2,077	6.9%
3	3 days per week	2,155	7.2%
4	4 days per week	692	2.3%
5	5 or more days per week	905	3.0%
.	Missing	329	1.1%
		29,950	

**Form 35 - Personal Habits Update**

Data File: f35_ep_fu_pub File Date: 05/27/2005 Structure: Multiple rows per participant Population: E+P participants

F35 Strenuous exercise - how long

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, swimming laps

Variable # 9

Usage Notes: Sub-question of F35 V1 Q2.1 "Strenuous exercise - how often".

Sas Name: HRDEXMIN

Categories: Physical Activity

Sas Label: Duration per time of very hard exercise

Values		N	%
1	Less than 20 min.	1,593	5.3%
2	20-39 min.	2,502	8.4%
3	40-59 min.	1,718	5.7%
4	1 hour or more	1,756	5.9%
.	Missing	22,381	74.7%
		29,950	

F35 Moderate exercise - how often

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 # 10

Usage Notes: none

Sas Name: MODEX

Categories: Physical Activity

Sas Label: Times per week of moderate exercise

Values		N	%
0	None	17,174	57.3%
1	1 day per week	3,108	10.4%
2	2 days per week	3,136	10.5%
3	3 days per week	3,188	10.6%
4	4 days per week	1,102	3.7%
5	5 or more days per week	1,940	6.5%
.	Missing	302	1.0%
		29,950	

F35 Moderate exercise - how long

How long do 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 # 11

Usage Notes: Sub-question of F35 V1 Q2.3 "Moderate exercise - how often".

Sas Name: MODEXMIN

Categories: Physical Activity

Sas Label: Duration per time of moderate exercise

Values		N	%
1	Less than 20 min.	3,836	12.8%
2	20-39 min.	5,029	16.8%
3	40-59 min.	1,753	5.9%
4	1 hour or more	1,567	5.2%
.	Missing	17,765	59.3%
		29,950	

**Form 35 - Personal Habits Update**

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F35 Mild exercise - how often

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 # 12

Usage Notes: none

Sas Name: MLDEX

Categories: Physical Activity

Sas Label: Times per week of mild exercise

Values		N	%
0	None	20,349	67.9%
1	1 day per week	3,574	11.9%
2	2 days per week	2,126	7.1%
3	3 days per week	1,469	4.9%
4	4 days per week	553	1.8%
5	5 or more days per week	1,305	4.4%
.	Missing	574	1.9%
		29,950	

F35 Mild exercise - how long

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

Variable # 13

Usage Notes: Sub-question of F35 V1 Q2.5 "Mild exercise - how often".

Sas Name: MLDEXMIN

Categories: Physical Activity

Sas Label: Duration per time of mild exercise

Values		N	%
1	Less than 20 min.	2,314	7.7%
2	20-39 min.	2,295	7.7%
3	40-59 min.	809	2.7%
4	1 hour or more	3,322	11.1%
.	Missing	21,210	70.8%
		29,950	

F35 Beer - frequency

In the last three months, how often, on average, did you drink beer?

Variable # 14

Usage Notes: none

Sas Name: BEERFREQ

Categories: Diet: Alcohol
Lifestyle: Alcohol

Sas Label: Beer - frequency

Values		N	%
0	Never or less than once per month	23,893	79.8%
1	1-3 per month	2,995	10.0%
2	1 per week	692	2.3%
3	2-4 per week	802	2.7%
4	5-6 per week	203	0.7%
5	1 per day	173	0.6%
6	2-3 per day	136	0.5%
7	4-5 per day	21	0.1%
8	6+ per day	5	0.0%
.	Missing	1,030	3.4%
		29,950	



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F35 Beer - serving size

In the last three months, what was your usual serving size of beer?

Variable # 15

Sas Name: BEERSERV

Sas Label: Beer - serving size

Usage Notes: none

Categories: Diet: Alcohol Lifestyle: Alcohol

Values		N	%
1	Small	1,699	5.7%
2	Medium	3,993	13.3%
3	Large	144	0.5%
.	Missing	24,114	80.5%
		29,950	

F35 Wine - frequency

In the last three months, how often, on average, did you drink wine?

Variable # 16

Sas Name: WINEFREQ

Sas Label: Wine - frequency

Usage Notes: none

Categories: Diet: Alcohol Lifestyle: Alcohol

Values		N	%
0	Never or less than once per month	15,354	51.3%
1	1-3 per month	6,224	20.8%
2	1 per week	1,853	6.2%
3	2-4 per week	3,131	10.5%
4	5-6 per week	1,042	3.5%
5	1 per day	1,209	4.0%
6	2-3 per day	628	2.1%
7	4-5 per day	38	0.1%
8	6+ per day	13	0.0%
.	Missing	458	1.5%
		29,950	

F35 Wine - serving size

In the last three months, what was your usual serving size of wine?

Variable # 17

Sas Name: WINESERV

Sas Label: Wine - serving size

Usage Notes: none

Categories: Diet: Alcohol Lifestyle: Alcohol

Values		N	%
1	Small	5,556	18.6%
2	Medium	7,804	26.1%
3	Large	593	2.0%
.	Missing	15,997	53.4%
		29,950	

**Form 35 - Personal Habits Update**

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F35 Liquor - frequency

In the last three months, how often, on average, did you drink liquor?

Variable # 18

Usage Notes: none

Sas Name: LIQRFREQ

Categories: Diet: Alcohol
Lifestyle: Alcohol

Sas Label: Liquor - frequency

Values		N	%
0	Never or less than once per month	21,661	72.3%
1	1-3 per month	3,598	12.0%
2	1 per week	994	3.3%
3	2-4 per week	1,371	4.6%
4	5-6 per week	399	1.3%
5	1 per day	626	2.1%
6	2-3 per day	419	1.4%
7	4-5 per day	17	0.1%
8	6+ per day	6	0.0%
.	Missing	859	2.9%
		29,950	

F35 Liquor - serving size

In the last three months, what was your usual serving size of liquor?

Variable # 19

Usage Notes: none

Sas Name: LIQRSERV

Categories: Diet: Alcohol
Lifestyle: Alcohol

Sas Label: Liquor - serving size

Values		N	%
1	Small	3,437	11.5%
2	Medium	3,896	13.0%
3	Large	408	1.4%
.	Missing	22,209	74.2%
		29,950	

F35 Do you smoke cigarettes now

Variable # 20

Usage Notes: none

Sas Name: SMOKNOW

Categories: Lifestyle: Smoking

Sas Label: Do you smoke cigarettes now

Values		N	%
0	No	27,245	91.0%
1	Yes	2,508	8.4%
.	Missing	197	0.7%
		29,950	

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F35 How many cigarettes per day

How many cigarettes do you usually smoke each day?

Variable # 21

Sas Name: CIGSDAY

Sas Label: How many cigarettes per day

Usage Notes: Sub-question of F35 V1 Q4 "Do you smoke cigarettes now".

Categories: Lifestyle: Smoking

Values		N	%
1	Less than 1	144	0.5%
2	1-4	368	1.2%
3	5-14	870	2.9%
4	15-24	789	2.6%
5	25-34	216	0.7%
6	35-44	81	0.3%
7	45 or more	27	0.1%
.	Missing	27,455	91.7%
		29,950	

Recreational phys activity per week

Computed from Form 35, questions 1, 2.1, 2.3, and 2.5. Total number of episodes per week of recreational physical activity (includes walking, mild, moderate and strenuous physical activity).

Variable # 22

Sas Name: TEPIWK

Sas Label: Recreational phys activity per week

Usage Notes: none

Categories: Computed Variables
Physical Activity

N	Min	Max	Mean	Std Dev
29897	0	25	5.01475	4.23779

Recr. phys activity per week >= 20 Min

Computed from Form 35, questions 1, 1.1, 2.1, 2.2, 2.3, 2.4, 2.5 and 2.6. Episodes per week of recreational physical activity of >=20 minutes duration (includes walking, mild, moderate and strenuous physical activity).

Variable # 23

Sas Name: LEPITOT

Sas Label: Recr. phys activity per week >= 20 Min

Usage Notes: none

Categories: Computed Variables
Physical Activity

N	Min	Max	Mean	Std Dev
29897	0	25	3.8114	4.01397

Mod. to strenuous phys activity per week

Computed from Form 35, questions 1.2, 2.1, and 2.3. 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 # 24

Sas Name: MSEPIWK

Sas Label: Mod. to strenuous phys activity per week

Usage Notes: none

Categories: Computed Variables
Physical Activity

N	Min	Max	Mean	Std Dev
29897	0	19	2.51945	3.20839

**Form 35 - Personal Habits Update****Data File:** f35_ep_fu_pub **File Date:** 05/27/2005 **Structure:** Multiple rows per participant **Population:** E+P participants**Mod-stren activity > 20 min/week**

Computed from Form 35, questions 1, 1.1, 1.2, 2.1, 2.2, 2.3 and 2.4. 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 # 25**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
29897	0	19	2.0011	2.99431

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

Computed from Form 35, questions 1, 1.1, 1.2, 2.1, 2.2, 2.3, and 2.4. 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 # 26**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	5,128	17.1%
2 Some activity of limited duration	12,996	43.4%
3 2 - <4 episodes per week	4,892	16.3%
4 4 episodes per week	6,881	23.0%
. Missing	53	0.2%
	29,950	

Strenuous activity episodes per week

Computed from Form 35, question 2.1. Episodes per week of strenuous recreational physical activity (MET >= 6.0).

Variable # 27**Usage Notes:** none**Sas Name:** SEPIWK**Categories:** Computed Variables
Physical Activity**Sas Label:** Strenuous activity episodes per week

Values	N	%
0 0	22,184	74.1%
1 1	1,884	6.3%
2 2	2,077	6.9%
3 3	2,155	7.2%
4 4	692	2.3%
6 5 or more	905	3.0%
. Missing	53	0.2%
	29,950	

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Minutes of recr. phys activity per week

Computed from Form 35, questions 1, 1.1, 2.1, 2.2, 2.3, 2.4, 2.5, and 2.6. Total minutes per week of recreational physical activity (includes walking, mild, moderate and strenuous physical activity).

Variable # 28

Usage Notes: none

Sas Name: TMINWK

Categories: Computed Variables
Physical Activity

Sas Label: Minutes of recr. phys activity per week

N	Min	Max	Mean	Std Dev
29897	0	1750	178.37551	188.22896

Minutes of mod-stren activity per week

Computed from Form 35, questions 1, 1.2, 2.1, and 2.3. 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 # 29

Usage Notes: none

Sas Name: MSMINWK

Categories: Computed Variables
Physical Activity

Sas Label: Minutes of mod-stren activity per week

N	Min	Max	Mean	Std Dev
29897	0	1330	92.47132	141.11484

Minutes of stren. phys activity per week

Computed from Form 35, questions 2.1 and 2.2. Minutes per week of strenuous recreational physical activity (MET >= 6.0).

Variable # 30

Usage Notes: none

Sas Name: SMINWK

Categories: Computed Variables
Physical Activity

Sas Label: Minutes of stren. phys activity per week

N	Min	Max	Mean	Std Dev
29897	0	420	28.52627	67.27863

Total METs per week

Computed from Form 35, questions 1, 1.1, 1.2, 2.1, 2.2, 2.3, 2.4, 2.5, and 2.6. Total METs per week. Expenditure of energy from recreational physical activity (includes walking, mild, moderate and strenuous physical activity).

Variable # 31

Usage Notes: none

Sas Name: TEXPWK

Categories: Computed Variables
Physical Activity

Sas Label: Total METs per week

N	Min	Max	Mean	Std Dev
29897	0	142.33333	12.03268	14.08333

METs from walking per week

Computed from Form 35, questions 1, 1.1, and 1.2. Expenditure of energy from physical activity from walking in kcal/week/kg (MET).

Variable # 32

Usage Notes: none

Sas Name: WALKEXP

Categories: Computed Variables
Physical Activity

Sas Label: METs from walking per week

N	Min	Max	Mean	Std Dev
29897	0	40.83333	4.37738	5.92635

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Energy expend from avg walking

Computed from Form 35, questions 1, 1.1 and 1.2. Energy expenditure from average walking (2-3 mph) in kcal per kg per week (MET). If question 1.2 (speed of walking) was marked as "don't know" or was missing, the speed was assumed to be 2-3 mph.

Variable # 33

Usage Notes: none

Sas Name: AVWKEXP

Categories: Computed Variables
Physical Activity

Sas Label: Energy expend from avg walking

N	Min	Max	Mean	Std Dev
29897	0	24.5	2.19617	4.15943

Energy expend from walking fairly fast

Computed from Form 35, questions 1, 1.1 and 1.2. Energy expenditure from walking fairly fast (3-4 mph) in kcal per week per kg (MET).

Variable # 34

Usage Notes: none

Sas Name: FFWKEXP

Categories: Computed Variables
Physical Activity

Sas Label: Energy expend from walking fairly fast

N	Min	Max	Mean	Std Dev
29897	0	32.66667	1.61628	4.80895

Energy expend from walking very fast

Computed from Form 35, questions 1, 1.1, and 1.2. Energy expenditure from walking very fast (> 4 mph) in kcal/week/kg.

Variable # 35

Usage Notes: none

Sas Name: VFWKEXP

Categories: Computed Variables
Physical Activity

Sas Label: Energy expend from walking very fast

N	Min	Max	Mean	Std Dev
29897	0	40.83333	.16338	2.05463

Energy expenditure from hard exercise

Computed from Form 35, questions 2.1 and 2.2. Energy expenditure from strenuous or very hard exercise (for example, aerobics, aerobic dancing, jogging, tennis, swimming laps) in kcal/week per kg (MET).

Variable # 36

Usage Notes: none

Sas Name: HARDEXP

Categories: Computed Variables
Physical Activity

Sas Label: Energy expenditure from hard exercise

N	Min	Max	Mean	Std Dev
29897	0	49	3.32807	7.84917

Energy expenditure from mod. exercise

Computed from Form 35, questions 2.3 and 2.4. 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 # 37

Usage Notes: none

Sas Name: MODEXP

Categories: Computed Variables
Physical Activity

Sas Label: Energy expend from moderate exercise

N	Min	Max	Mean	Std Dev
29897	0	31.5	2.83052	5.2005



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Energy expenditure from mild exercise

Computed from Form 35, questions 2.5 and 2.6. Energy expenditure from mild exercise (for example, slow dancing, bowling, golf) in kcal/week/kg (MET).

Variable # 38

Usage Notes: none

Sas Name: MILDEXP

Categories: Computed Variables Physical Activity

Sas Label: Energy expenditure from mild exercise

N	Min	Max	Mean	Std Dev
29897	0	21	1.49672	3.41493

Alcohol servings per week

Computed from Form 35, questions 3.1, 3.2, and 3.3. 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 1½ oz of liquor. If all three variables are missing, set to missing.

Variable # 39

Usage Notes: none

Sas Name: ALCSWK

Categories: Computed Variables Diet: Alcohol Lifestyle: Alcohol

Sas Label: Alcohol servings per week

N	Min	Max	Mean	Std Dev
29801	0	111.04808	2.07613	4.35038