



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
Type: Continuous

F35 Days since randomization

Variable # 2 Usage Notes: none
Sas Name: F35DAYS Categories: Study: Administration
Sas Label: F35 Days since randomization
Type: Continuous

F35 Visit type

Variable # 3 Usage Notes: none
Sas Name: F35VTYP Categories: Study: Administration
Sas Label: Visit type
Type: Categorical

Values

Table with 2 columns: Value, Description. Row 1: 3 Annual Visit. Row 2: 4 Non Routine Visit.

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
Type: Continuous

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
Type: Categorical

Values

Table with 2 columns: Value, Description. Row 1: 0 Rarely or never. Row 2: 1 1-3 times each month. Row 3: 2 1 time each week. Row 4: 3 2-3 times each week. Row 5: 4 4-6 times each week. Row 6: 5 7 or more times each week.



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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

Usage Notes: Sub-question of F35 V1 Q1 " How often walk 10+ minutes" (skip pattern rule not applied).

Sas Name: WALKMIN

Categories: Physical Activity

Sas Label: Duration of walks when >10 min

Type: Categorical

Values

1	Less than 20 min.
2	20-39 min.
3	40-59 min.
4	1 hour or more

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

Usage Notes: Sub-question of F35 V1 Q1 " How often walk 10+ minutes" (skip pattern rule not applied).

Sas Name: WALKSPD

Categories: Physical Activity

Sas Label: Walking speed when walking for >10 min

Type: Categorical

Values

2	Casual strolling or walking
3	Average or normal
4	Fairly fast
5	Very fast
9	Don't know

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

Usage Notes: none

Sas Name: HRDEX

Categories: Physical Activity

Sas Label: Times per week of very hard exercise

Type: Categorical

Values

0	None
1	1 day per week
2	2 days per week
3	3 days per week
4	4 days per week
5	5 or more days per week



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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

Type: Categorical

Values

Table with 2 columns: Value, Description. Rows: 1 Less than 20 min., 2 20-39 min., 3 40-59 min., 4 1 hour or more

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

Type: Categorical

Values

Table with 2 columns: Value, Description. Rows: 0 None, 1 1 day per week, 2 2 days per week, 3 3 days per week, 4 4 days per week, 5 5 or more days per week

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

Type: Categorical

Values

Table with 2 columns: Value, Description. Rows: 1 Less than 20 min., 2 20-39 min., 3 40-59 min., 4 1 hour or more



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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
Type: Categorical

Values

Table with 2 columns: Value (0-5) and Description (None to 5 or more days per week)

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
Type: Categorical

Values

Table with 2 columns: Value (1-4) and Description (Less than 20 min. to 1 hour or more)

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
Type: Categorical

Values

Table with 2 columns: Value (0-8) and Description (Never or less than once per month to 6+ per day)



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**F35 Beer - serving size**

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

**Variable #** 15

**Usage Notes:** none

**Sas Name:** BEERSERV

**Categories:** Diet: Alcohol  
Lifestyle: Alcohol

**Sas Label:** Beer - serving size

**Type:** Categorical

**Values**

1	Small
2	Medium
3	Large

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**F35 Wine - frequency**

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

**Variable #** 16

**Usage Notes:** none

**Sas Name:** WINEFREQ

**Categories:** Diet: Alcohol  
Lifestyle: Alcohol

**Sas Label:** Wine - frequency

**Type:** Categorical

**Values**

0	Never or less than once per month
1	1-3 per month
2	1 per week
3	2-4 per week
4	5-6 per week
5	1 per day
6	2-3 per day
7	4-5 per day
8	6+ per day

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**F35 Wine - serving size**

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

**Variable #** 17

**Usage Notes:** none

**Sas Name:** WINESERV

**Categories:** Diet: Alcohol  
Lifestyle: Alcohol

**Sas Label:** Wine - serving size

**Type:** Categorical

**Values**

1	Small
2	Medium
3	Large

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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

**Type:** Categorical

**Values**

0	Never or less than once per month
1	1-3 per month
2	1 per week
3	2-4 per week
4	5-6 per week
5	1 per day
6	2-3 per day
7	4-5 per day
8	6+ per day

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**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

**Type:** Categorical

**Values**

1	Small
2	Medium
3	Large

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**F35 Do you smoke cigarettes now**

**Variable #** 20

**Usage Notes:** none

**Sas Name:** SMOKNOW

**Categories:** Lifestyle: Smoking

**Sas Label:** Do you smoke cigarettes now

**Type:** Categorical

**Values**

0	No
1	Yes

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F35 How many cigarettes per day

How many cigarettes do you usually smoke each day?

Variable # 21

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

Sas Name: CIGSDAY

Categories: Lifestyle: Smoking

Sas Label: How many cigarettes per day

Type: Categorical

Values

1	Less than 1
2	1-4
3	5-14
4	15-24
5	25-34
6	35-44
7	45 or more

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

Usage Notes: none

Sas Name: TEPIWK

Categories: Computed Variables Physical Activity

Sas Label: Recreational phys activity per week

Type: Continuous

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

Usage Notes: none

Sas Name: LEPITOT

Categories: Computed Variables Physical Activity

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

Type: Continuous

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

Usage Notes: none

Sas Name: MSEPIWK

Categories: Computed Variables Physical Activity

Sas Label: Mod. to strenuous phys activity per week

Type: Continuous



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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
Type: Continuous

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)
Type: Categorical

Values

Table with 2 columns: Value, Description. Rows: 1 No activity, 2 Some activity of limited duration, 3 2 - <4 episodes per week, 4 4 episodes per week

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
Type: Categorical

Values

Table with 2 columns: Value, Description. Rows: 0 0, 1 1, 2 2, 3 3, 4 4, 6 5 or more

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
Type: Continuous



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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
Type: Continuous

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
Type: Continuous

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
Type: Continuous

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
Type: Continuous

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
Type: Continuous

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
Type: Continuous

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**Energy expend from walking very fast**

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

<b>Variable #</b> 35	<b>Usage Notes:</b> none
<b>Sas Name:</b> VFWKEXP	
<b>Sas Label:</b> Energy expend from walking very fast	<b>Categories:</b> Computed Variables Physical Activity
<b>Type:</b> Continuous	

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**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).

<b>Variable #</b> 36	<b>Usage Notes:</b> none
<b>Sas Name:</b> HARDEXP	
<b>Sas Label:</b> Energy expenditure from hard exercise	<b>Categories:</b> Computed Variables Physical Activity
<b>Type:</b> Continuous	

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**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).

<b>Variable #</b> 37	<b>Usage Notes:</b> none
<b>Sas Name:</b> MODEXP	
<b>Sas Label:</b> Energy expend from moderate exercise	<b>Categories:</b> Computed Variables Physical Activity
<b>Type:</b> Continuous	

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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).

<b>Variable #</b> 38	<b>Usage Notes:</b> none
<b>Sas Name:</b> MILDEXP	
<b>Sas Label:</b> Energy expenditure from mild exercise	<b>Categories:</b> Computed Variables Physical Activity
<b>Type:</b> Continuous	

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**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.

<b>Variable #</b> 39	<b>Usage Notes:</b> none
<b>Sas Name:</b> ALCSWK	
<b>Sas Label:</b> Alcohol servings per week	<b>Categories:</b> Computed Variables Diet: Alcohol Lifestyle: Alcohol
<b>Type:</b> Continuous	

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