

Data Set Orientation

Data Collection Time Points:

The time points for outcome data collection are included in table below.

Time Point		
Baseline	Time 1	T1
6 month follow-up	Time 2	T2
12 month follow-up	Time 3	T3
18 month follow-up	Time 4	T4
24 month follow-up	Time 5	T5

Data Collection Instruments

- See attached bookmarked PDFs for each time point (Time 1 Forms, Time 2 Forms, Time 3 Forms, Time 4 Forms, and Time 5 Forms)
- The PDFs contain instruments with variable labels for most variables in the datasets. Not all variables in an instrument are included in the datasets. Derived variables do not appear on the instruments but are referenced in code books and variable listings described in Dataset Structure and Documentation.

PDF Forms

Form		Participants	T1	T2	T3	T4	T5
ENR (1,2,3,4,5)	Enrollment Form	All	X	X	X	X	X
LAB (1,2,3,5)	LabCorp Tests	All	X	X	X		X
	Blood Lipids (TC, HDL)	All	X		X		X
	A1c	All	X	X	X		X
	Creatinine	All	X		X		X
	GFR	All	X		X		X
DRA (1,2,3,5)	Lifestyle Survey (DRA & PA)	LS Study	X	X	X		X
LIFE (1,2,3,4,5)	Lifestyle Questionnaire	LS Study	X	X	X		X
HBPM1	High Blood Pressure Study	HTN study	X				
PPF1	Physician Permission	LS Study	X				
ACC2	Acceptability Questionnaire	LS Study		X			
ACC3_comb	Wt Loss Program- Combination Acceptability Survey	LS Study			X		
ACC3_ism	Lifestyle Maintenance Acceptability Survey	LS Study			X		
ACC3_	Weight Loss Program-All Group Acceptability	LS Study			X		
WLM4	Weight Loss Maintenance	LS Study				X	
ACC5_Is	Acceptability: End of 12M LS III LS Maint. Program	LS Study					X
ACC5_wl	Acceptability: End of 12M Wt Loss Maint. Program	LS Study					X

ENR Enrollment Form: Administered to all participants at all time points. At 12, 18, and 24 month follow-ups 3 versions of the form were administered based on study participation: both Lifestyle (LS) and Hypertension (HTN) studies; LS study only; or HTN study only.

LAB LabCorp Tests: Various tests were collected from all participants at all time points except at 18 month follow-up when no lab tests were collected.

PPF Physician Permission Form: Completed for all LS study participants referred to physician due to positive heart attack or physical activity screeners.

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Dataset Structure

- To facilitate analyses, which may want to focus on the high blood pressure study, the lifestyle study, or both, we have prepared 3 datasets for each time point: combined, lifestyle only, and high blood pressure only.
- The overall Ns for the dataset are included in the table below. Some variables in the lifestyle only study or high blood pressure only study will have many missing values since each dataset is composed using all variables in the combined dataset. Measures in one study may be absent in the other.
- 15 datasets are named by time with extensions for All, HBP, and LS and located in one Excel file (Heart Healthy Lenoir Shared Data).

Date collection Time Point	Data Set Heart Healthy Lenoir Shared Data	Excel Sheet Name	N
Time 1	All	TIME1ALL	664
	High blood pressure	TIME1HBP	525
	Lifestyle	TIME1LS	339
Time 2	All	TIME2ALL	485
	High blood pressure	TIME2HBP	366
	Lifestyle	TIME2LS	249
Time 3	All	TIME3ALL	520
	High blood pressure	TIME3HBP	418
	Lifestyle	TIME3LS	253
Time 4	All	TIME4ALL	459
	High blood pressure	TIME4HBP	361
	Lifestyle	TIME4LS	232
Time 5	All	TIME5ALL	494
	High blood pressure	TIME5HBP	390
	Lifestyle	TIME5LS	250

Dataset Structure and Documentation

As mentioned above, the Excel data set file, Heart Healthy Lenoir Shared Data, contains a named sheet for each of the 15 datasets.

- Variable lists (Time 1 all variable list, Time 2 all variable list, Time 3 all variable list, Time 4 all variable list, Time 5 all variable list) with the following columns are provided for TIME1ALL, TIME2ALL, TIME3ALL, TIME4ALL, and TIME5ALL datasets:
 - Variable: variable name
 - FORM or dataset: data collection instrument used to collect the variables or if variable is derived
 - Label: description of the variable
- Note: at follow-up time points, the variable list only includes variables not previously listed.

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- A code book with variable means or frequencies is provided for each dataset at each time point.

Contacts for questions or to inquire about collaborations:

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