

**Data Set Name: aeallp.sas7bdat**

Num	Variable	Type	Len	Format	Label
1	STUDY_ID	Char	12	\$12.	Participant ID
2	AE	Char	40		Adverse Event Description
3	VISIT	Num	8	VISITF.	Visit
4	AESOURCE	Num	8	AESOURCF.	Source of AE
5	HOSPITAL	Num	8	4.	Was This Event a Hospitalization?
6	MOFFICE	Num	8	4.	Was This Event a Non-Routine Medical Office Visit?
7	PHYSACTI	Num	8	4.	Was This Event a Physical Activity-Related Injury?
8	PROSEQA	Num	8	4.	Was This Event a Positive Rose-Angina Questionnaire?
9	OTHER	Num	8	4.	Other Description of AE
10	DIETCHG	Num	8	4.	Did the Participant Change Their Diet?
11	EXERCHG	Num	8	4.	Did the Participant Change Their Exercise Pattern?
12	STARTBPM	Num	8	4.	Did the Participant Start BP Meds?
13	INTATTND	Num	8	4.	Did the Participant Change Their Intervention Attendance?
14	REFTOMD	Num	8	4.	Was the Participant Referred to Their Physician?
15	REPTOIRB	Num	8	4.	Was the Event Reported to Your IRB?
16	HEARTATK	Num	8	YESNOF.	Have You Been Told You Have Had A Heart Attack?
17	STROKE	Num	8	YESNOF.	Have You Been Told You Have Had A Stroke?
18	TIA	Num	8	YESNOF.	Have You Been Told You Have Had a TIA?
19	HEARTFLR	Num	8	YESNOF.	Have You Been Told You Have Had Heart Failure?
20	ANGORBYP	Num	8	YESNOF.	Have You Been Told You Have Had Angioplasty or Bypass Surgery?
21	ANGINAP	Num	8	YESNOF.	Have You Been Told You Have Angina?
22	BROKENB	Num	8	YESNOF.	Have You Been Told You Have Had A Broken Bone?
23	CANCER	Num	8	YESNOF.	Have You Been Told You Have Cancer?
24	GALLBLDR	Num	8	YESNOF.	Have You Been Told You Have Gallbladder Disease?
25	HYPERLIP	Num	8	YESNOF.	Have You Been Told You Have Hyperlipidemia?
26	DIABETES	Num	8	YESNOF.	Have You Been Told You Have Diabetes?
27	TORNLIG	Num	8	YESNOF.	Have You Been Told You Have Had A Torn Ligament?
28	OTHERINJ	Num	8	YESNOF.	Have You Been Told You Have Had A Serious Injury to the Muscle/Bone?
29	OTHERSYM	Num	8	YESNOF.	Have You Had Any Other Symptoms?
30	ADVEVREQ	Num	8	4.	AdvEvReq
31	TX	Num	8	TXF.	Treatment Group
32	COHORT	Num	8	4.	COHORT
33	AECATEGORY	Num	8	AECATEGF.	Adverse Event Category
34	RECEIVED	Num	8	1.	Has the CC Received the AE Form?

**Data Set Name: controlp.sas7bdat**

Num	Variable	Type	Len	Format	Label
1	STUDY_ID	Char	12	\$12.	Participant ID
2	COHORT	Num	4	4.	Cohort
3	TX	Num	4	TX2F.	Treatment code
4	SNAME	Char	10	\$10.	Session Name
5	SDESCRIPTION	Char	60	\$60.	Session Description
6	SSEQ	Num	8	4.	Session Sequence
7	SATTEND	Num	8	4.	Attended Session

**Data Set Name: *eighteenmbp.sas7bdat***

Num	Variable	Type	Len	Format	Informat	Label
1	STUDY_ID	Char	12	\$12.		Participant ID
2	COHORT	Num	4	4.		Cohort
3	TX	Num	4	TX2F.		Treatment code
4	VISIT	Num	8	VISIT2F.	6.	VISIT
5	AVGDBP	Num	8	6.		Average Diastolic Blood Pressure (mmHG)
6	AVGSBP	Num	8	6.		Average Systolic Blood Pressure (mmHG)
7	DS	Char	7	\$6.		Source of BP measurement
8	MEDFLAG	Num	8	MEDF.		Flag for exclusionary meds
9	ANTI_HTN_MEDS	Num	8	YESNOF.		meds that lower BP
10	MEDS	Char	4			Source of Med form
11	BPMFLAG	Num	8	BPMEDF.		Flag for BP data status
12	BP_ADJ	Char	16			BP Adjudication Flag
13	MSEQ	Num	8			BP measurement sequence

**Data Set Name: *fitnessp.sas7bdat***

Num	Variable	Type	Len	Format	Label
1	STUDY_ID	Char	12	\$12.	Participant ID
2	COHORT	Num	4	4.	Cohort
3	TX	Num	4	TX2F.	Treatment code
4	VISIT	Num	4	VISIT2F.	Visit
5	H_R_PMAX	Num	8	6.	F26-Predicted Maximal Heart Rate (220-Age In Years)
6	H_R_PMAX85	Num	8	6.	F26-85% Predicted Maximal Heart Rate
7	SBP_PRE	Num	8	6.	F26-Pre-Exercise SBP
8	DBP_PRE	Num	8	6.	F26-Pre-Exercise DBP
9	H_R_PRE	Num	8	6.	F26-Pre-Exercise Heart Rate
10	MPH_S1	Num	4		F26-Stage 1 MPH
11	H_R_3	Num	8	6.	F26- 3 Min. Heart Rate
12	H_R_4	Num	8	6.	F26- 4 Min. Heart Rate
13	H_R_5	Num	8	6.	F26- 5 Min. Heart Rate
14	SBP_S1	Num	8	6.	F26-Stage 1 SBP
15	DBP_S1	Num	8	6.	F26-Stage 1 DBP
16	RPE_S1	Num	4	6.	F26-Stage 1 Rating of Perceived Exertion
17	MPH_S2	Num	4		F26-Stage 2 MPH
18	H_R_6	Num	8	6.	F26- 6 Min. Heart Rate
19	H_R_7	Num	8	6.	F26- 7 Min. Heart Rate
20	H_R_8	Num	8	6.	F26- 8 Min. Heart Rate
21	SBP_S2	Num	8	6.	F26-Stage 2 SBP
22	DBP_S2	Num	8	6.	F26-Stage 2 DBP
23	RPE_S2	Num	4	6.	F26-Stage 2 Rating of Perceived Exertion
24	H_R_10	Num	8	6.	F26- 10 Min. Heart Rate
25	SBP_POST	Num	8	6.	F26-Post-Exercise SBP
26	DBP_POST	Num	8	6.	F26-Post-Exercise DBP
27	H_R_POST	Num	8	6.	F26-Post-Exercise Heart Rate
28	FTOUT	Num	4	FTOUTF.	F26-Fitness Test Outcome
29	H_R_MAX	Num	8		maximum Heart Rate
30	MINUTE_LAST	Num	4		minute when last Heart Rate recorded
31	MINUTE_MAX	Num	4		minute when maximum Heart Rate recorded
32	H_R_MAXCNT	Num	8		Times reach maximum Heart Rate
33	FITT_AGE	Num	4		Age when doing Fitness test
34	FITEST	Num	8		Estimated Cardiorespiratory Fitness-max Heart Rate stage 2
35	AGEGP	Char	11		Age group for Fitness test
36	FITCAT	Num	4	FITF.	Fitness Category

<b>Num</b>	<b>Variable</b>	<b>Type</b>	<b>Len</b>	<b>Format</b>	<b>Label</b>
37	FLGMPH_6M	Num	8		flag: changed treadmill speed baseline vs. 6M
38	FLGMPH_18M	Num	8		flag: changed treadmill speed baseline vs. 18M
39	H_R_ANALYSIS	Num	8		same as FITEST unless no stage 2 HR then last HR will be used

*Data Set Name: foodanalp.sas7bdat*

Num	Variable	Type	Len	Format	Label
1	STUDY_ID	Char	12	\$12.	Participant ID
2	COHORT	Num	8	4.	Cohort
3	VISIT	Num	8	VISIT2F.	Visit
4	TX	Num	4	TX2F.	Treatment code
5	RIALC	Num	8		Alcohol (g)
6	RIAPRO	Num	8		Animal Protein (g)
7	RIBCEQ	Num	8		Beta-Carotene Equivalents (mcg)
8	RIBTC	Num	8		Beta-tocopherol (mg)
9	RICA	Num	8		Calcium (mg)
10	RICAF	Num	8		Caffeine (mg)
11	RICHOL	Num	8		Cholesterol (mg)
12	RICSI	Num	8		Cholesterol/Saturated Fatty Acid Indx
13	RICU	Num	8		Copper (mg)
14	RIDFIB	Num	8		Total Dietary Fiber (g)
15	RIF161T	Num	8		TRANS 16:1 (trans-hexadecenoic acid) (g)
16	RIF181T	Num	8		TRANS 18:1 (trans-octadecenoic acid [elaidic acid]) (g)
17	RIF182T	Num	8		TRANS 18:2 (trans-octadecadienoic acid [linolelaidic acid]- incl. c-t, t-c, t-t) (g)
18	RIFAT	Num	8		Total Fat (g)
19	RIFE	Num	8		Iron (mg)
20	RIFOL	Num	8		Folate (mcg)
21	RIIFIB	Num	8		Insoluble Dietary Fiber (g)
22	RIK	Num	8		Potassium (mg)
23	RIKCAL	Num	8		Energy (kcal)
24	RIMFA	Num	8		Total Monounsaturated Fatty Acids (MUFA) (g)
25	RIMG	Num	8		Magnesium (mg)
26	RINA	Num	8		Sodium (mg)
27	RINIA	Num	8		Niacin (vitamin B3) (mg)
28	RIP	Num	8		Phosphorus (mg)
29	RIPCTALC	Num	8		% calories from alcohol
30	RIPCTCHO	Num	8		% calories from carbohydrate
31	RIPCTFAT	Num	8		% calories from fat
32	RIPCTMFA	Num	8		% calories from MUFA
33	RIPCTPFA	Num	8		% calories from PUFA
34	RIPCTPRO	Num	8		% calories from protein
35	RIPCTSFA	Num	8		% calories from SFA
36	RIPFA	Num	8		Total Polyunsaturated Fatty Acids (PUFA) (g)

Num	Variable	Type	Len	Format	Label
37	RIPRO	Num	8		Total Protein (g)
38	RIPS	Num	8		Polyunsaturated to Saturated Fat Ratio
39	RIRIB	Num	8		Riboflavin (vitamin B2) (mg)
40	RISE	Num	8		Selenium (mcg)
41	RISFA	Num	8		Total Saturated Fatty Acids (SFA) (g)
42	RITCHO	Num	8		Total Carbohydrate (g)
43	RITHI	Num	8		Thiamin (vitamin B1) (mg)
44	RITTC	Num	8		Total Vitamin E Activity (total alpha-tocopherol equivalents) (mg)
45	RITTFA	Num	8		Total Trans-Fatty Acids (TRANS) (g)
46	RIVA	Num	8		Total Vitamin A Activity (Int'l Units) (IU)
47	RIVARE	Num	8		Total Vitamin A Activity (Retinol Eqv.) (mcg)
48	RIVB6	Num	8		Vitamin B-6 (pyridoxine, pyridoxyl, and pyridoxamine) (mg)
49	RIVB12	Num	8		Vitamin B-12 (cobalamine) (mcg)
50	RIVC	Num	8		Vitamin C (ascorbic acid) (mg)
51	RIVD	Num	8		Vitamin D (calciferol) (mcg)
52	RIVPRO	Num	8		Vegetable Protein (g)
53	RIWSDF	Num	8		Soluble Dietary Fiber (g)
54	RIZN	Num	8		Zinc (mg)
55	RIBCAR	Num	8		Beta-Carotene (provitamin A carotenoid)(mcg)
56	RIVA_SU	Num	8		Supp--Total Vitamin A Activity (Int'l Units) (IU)
57	RIVD_SU	Num	8		Supp--Vitamin D (calciferol) (mcg)
58	RITTC_SU	Num	8		Supp--Total Vitamin E Activity (mg)
59	RIVK_SU	Num	8		Supp--Vitamin K (mcg)
60	RIVC_SU	Num	8		Supp--Vitamin C (ascorbic acid) (mg)
61	RITHI_SU	Num	8		Supp--Thiamin (vitamin B1) (mg)
62	RIRIB_SU	Num	8		Supp--Riboflavin (vitamin B2) (mg)
63	RINIA_SU	Num	8		Supp--Niacin (vitamin B3) (mg)
64	RIPANT_SU	Num	8		Supp--Pantothenic acid (mg)
65	RIVB6_SU	Num	8		Supp--Vitamin B-6 (mg)
66	RIFOL_SU	Num	8		Supp--Folate (mcg)
67	RIVB12_SU	Num	8		Supp--Vitamin B-12 (cobalamine) (mcg)
68	RICA_SU	Num	8		Supp--Calcium (mg)
69	RIP_SU	Num	8		Supp--Phosphorus (mg)
70	RIMG_SU	Num	8		Supp--Magnesium (mg)
71	RIFE_SU	Num	8		Supp--Iron (mg)
72	RIZN_SU	Num	8		Supp--Zinc (mg)
73	RICU_SU	Num	8		Supp--Copper (mg)
74	RISE_SU	Num	8		Supp--Selenium (mcg)
75	RINA_SU	Num	8		Supp--Sodium (mg)

Num	Variable	Type	Len	Format	Label
76	RIK_SU	Num	8		Supp--Potassium (mg)
77	RIBCAR_SU	Num	8		Supp--Beta-Carotene (mcg)
78	RILZ_SU	Num	8		Supp--Lutein+Zeaxanthin (mcg)
79	RIVARE_SU	Num	8		Supp--Total Vitamin A Activity (mcg)
80	BREAD_SERV	Num	8		bread, cereals, rice, and pasta: servings/day
81	VEGE_SERV	Num	8		vegetables: servings/day
82	FRUIT_SERV	Num	8		fruit: servings/day
83	DAIRY_SERV	Num	8		milk, yogurt, and cheese: servings/day
84	MEAT_SERV	Num	8		meat, poultry, fish, and eggs: servings/day
85	NUTS_SERV	Num	8		nuts, beans, and soy: servings/day
86	FAT_SERV	Num	8		fats and oils: servings/day
87	SWEET_SERV	Num	8		sweets: servings/day
88	RINA_CAL	Num	8		Sodium, mg/1000 calories
89	RIK_CAL	Num	8		Potassium,mg/1000 calories
90	RIMG_CAL	Num	8		Magnesium,mg/1000 calories
91	RICA_CAL	Num	8		Calcium,mg/1000 calories
92	RIP_CAL	Num	8		Phosphorus,mg/1000 calories
93	I_VB6SU	Num	8		Indicator, vit b6 supp, 1=y,0=n
94	I_VB12SU	Num	8		Indicator, vit b12 supp, 1=y,0=n
95	I_FOLSU	Num	8		Indicator, folate supp, 1=y,0=n
96	FRUIT_VEGE_SERV	Num	8		fruit and vege: servings/day*/



**Data Set Name: *htnstatusp.sas7bdat***

Num	Variable	Type	Len	Format	Label
1	STUDY_ID	Char	12	\$12.	Participant ID
2	COHORT	Num	4	4.	Cohort
3	TX	Num	4	TX2F.	Treatment code
4	HIBP	Num	8	YESNOF.	hypertensive at baseline ( $\geq 140/90$ )
5	HIBP_6M	Num	8	YESNOF.	=1 if HTN at 6M, =0 otherwise
6	HIBP_6M_R	Num	8	HTNREASF.	reason for 6M status
7	BP_AVAIL6	Num	8	YESNOF.	=1 if 6M HTN status based on 6M data, =0 otherwise
8	HIBP_18M	Num	8	YESNOF.	=1 if HTN at 18M, =0 otherwise
9	HIBP_18M_R	Num	8	HTNR18MF.	reason for 18M status
10	BP_AVAIL18	Num	8	YESNOF.	=1 if 18M HTN status based on 18M data, =0 otherwise
11	BP_CAT6	Num	8	BP_CAT_F.	6M BP categories (1=JNC VII Normal / JNC VI Optimal)
12	BP_CAT18	Num	8	BP_CAT_F.	18M BP categories (1=JNC VII Normal / JNC VI Optimal)

**Data Set Name: intvp.sas7bdat**

<b>Num</b>	<b>Variable</b>	<b>Type</b>	<b>Len</b>	<b>Format</b>	<b>Label</b>
1	STUDY_ID	Char	12	\$12.	Participant ID
2	COHORT	Num	4	4.	Cohort
3	TX	Num	4	TX2F.	Treatment code
4	SPHASE	Char	25	\$25.	Session phase
5	SSEQ	Num	8	SEQF.	Session sequence
6	SATTEND	Num	8	YESNOF.	Attended Session
7	FUPCONT	Num	8	FUPCONTF.	Follow-up contacts
8	PLANNEDA	Num	8	YESNOF.	Planned Absence
9	WTPOUNDS	Num	8	6.2	Weight(lbs)
10	FRECCOMP	Num	8	4.	Food record completed
11	FRECDAYS	Num	8	4.	# Days of food records since last session
12	PARCOMP	Num	8	4.	Physical Activity Record completed
13	EXERDAYS	Num	8	4.	# Days of Exercise since last session

**Data Set Name: labp.sas7bdat**

Num	Variable	Type	Len	Format	Label
1	STUDY_ID	Char	12	\$12.	Participant ID
2	VISIT	Num	8	VISIT2F.	Visit
3	COHORT	Num	4	4.	Cohort
4	TX	Num	4	TXF.	Treatment code
5	CURNA	Num	8	6.	Urinary Sodium (mmol/24hr)
6	CURK	Num	8	6.	Urinary Potassium (mmol/24hr)
7	CURPH	Num	8	6.1	Urinary Phosphorus (mg/24hr)
8	CURUN	Num	8	6.	Urinary Urea Nitrogen (mg/24hr)
9	CURCR	Num	8	6.	Urinary Creatinine (g/24hr)
10	GLUCOSE	Num	8	6.	Glucose-fasting (mg/dL)
11	INSUL_FA	Num	8	6.	Insulin-fasting (micro IU/mL)
12	HOMOCYST	Num	8	6.1	Homocysteine (micro mols/L)
13	TOTTRI	Num	8	6.	Total Blanked Triglycerides (mg/dL)
14	TOTCHOL	Num	8	6.	Total Cholesterol (mg/dL)
15	VLDL	Num	8	6.	VLDL (mg/dL)
16	HDL	Num	8	6.	HDL (mg/dL)
17	LDL	Num	8	6.	LDL(mg/dL)
18	TVOL	Num	8	6.	Total Urine Volume (ml)
19	LIPID_FLAG	Num	8		Flag for lipid medications
20	FOLATE	Num	8		Folate (ng/mL)
21	B12	Num	8		B12 (Pg/mL)
22	ALC	Num	8		a-carotene(ug/dl)
23	BEC	Num	8		b-carotene(ug/dl)
24	CBC	Num	8		cis-b-carotene(ug/dl)
25	CRY	Num	8		b-cryptoxanthin(ug/dl)
26	GTC	Num	8		g-tocopherol(ug/dl)
27	LUZ	Num	8		lutein/zeaxanthin(ug/dl)
28	LYC	Num	8		trans-lycopene(ug/dl)
29	RPL	Num	8		retinyl palmitate(ug/dl)
30	RST	Num	8		retinyl stearate(ug/dl)
31	VIA	Num	8		retinol(ug/dl)
32	VIE	Num	8		a-tocopherol(ug/dl)
33	MMTOTCHOL	Num	8		Total Cholesterol (mmol/L)
34	MMHDL	Num	8		HDL (mmol/L)
35	MMLDL	Num	8		LDL (mmol/L)
36	MMVLDL	Num	8		VLDL (mmol/L)

Num	Variable	Type	Len	Format	Label
37	MMTOTTRI	Num	8		Total Blanked Triglycerides (mmol/L)
38	LDLHDL	Num	8		LDL/HDL ratio
39	XURK	Num	8		Urinary Potassium (mmol/g creatinine)
40	XURNA	Num	8		Urinary Sodium (mmol/g creatinine)
41	XURPH	Num	8		Urinary Phosphorus (mg/g creatinine)
42	XURUN	Num	8		Urinary Urea Nitrogen (mg/g creatinine)
43	MMURCR	Num	8		Urinary Creatinine (mmol/24hr)
44	MMURPH	Num	8		Urinary Phosphorus (mmol/24hr)
45	MMURUN	Num	8		Urinary Urea Nitrogen (mmol/24hr)
46	XMURPH	Num	8		Urinary Phosphorus (mmol/g creatinine)
47	XMURUN	Num	8		Urinary Urea Nitrogen (mmol/g creatinine)
48	MGURNA	Num	8		Urinary Sodium (mg/24hr)
49	MGURK	Num	8		Urinary Potassium (mg/24hr)
50	XGURNA	Num	8		Urinary Sodium (mg/g creatinine)
51	XGURK	Num	8		Urinary Potassium (mg/g creatinine)

**Data Set Name: masterp.sas7bdat**

Num	Variable	Type	Len	Format	Label
1	STUDY_ID	Char	12	\$12.	Participant ID
2	COHORT	Num	4	4.	Cohort
3	PTREASON	Num	4	ELIGCDF.	F37: Premature Termination Reason Code
4	TX	Num	4	TX2F.	Treatment code
5	SEX	Num	8	SEXF.	F1: Sex Of Participant
6	ALCOHOL	Num	8		F4: Avg Number Drinks Per Week?
7	WEIGHT_BASE	Num	8	7.2	F60: Baseline Weight (kg)
8	HEIGHT	Num	8	7.2	F3: Height (cm)
9	BMI_REL	Num	8	YESNOF.	Overweight at Baseline or not
10	RACE_REL	Num	8	YESNOF.	F1: African-American or not
11	AGE_REL	Num	8	AGERF.	F1: age when randomized

**Data Set Name: medformp.sas7bdat**

Num	Variable	Type	Len	Format	Label
1	STUDY_ID	Char	12	\$12.	Participant ID
2	COHORT	Num	4	4.	Cohort
3	TX	Num	4	TX2F.	Treatment code
4	VISIT	Num	8	VISITF.	Visit
5	PAINMEDS	Num	8	YESNOF.	pain meds in last month?
6	NUMTIMES	Num	8	NUMTIMEF.	how many times take pain meds
7	BPMED	Num	8	MEDBASEF.	blood pressure meds
8	AFFECTBP	Num	8	MEDBASEF.	weight loss meds that raise BP
9	ANTIPSYC	Num	8	MEDBASEF.	anti-psychotic meds
10	MOODSTAB	Num	8	MEDBASEF.	mood stabilizers
11	EXCLMEDS	Num	8	MEDBASEF.	oral steroids, oral breathing meds not inhalers
12	INSULIN	Num	8	MEDBASEF.	insulin or oral hypoglycemics
13	LIPMED	Num	8	MEDBASEF.	lipid lowering meds
14	ORALCONT	Num	8	MEDBASEF.	oral contraceptive pills
15	HORMONES	Num	8	MEDBASEF.	hormone replacement therapy
16	CALCSUPP	Num	8	MEDBASEF.	calcium supplements
17	VITAMINS	Num	8	MEDBASEF.	vitamins
18	MINERALS	Num	8	MEDBASEF.	minerals
19	MEDS	Char	8		Source of Med form
20	ANTI_HTN_MED	Num	8	YESNOF.	meds that lower BP
21	EX_MED	Num	8	YESNOF.	exclusionary meds at baseline
22	WLOSSMED	Num	8	MEDBASEF.	weight loss meds
23	STEROID	Num	8	MEDBASEF.	steroid or corticosteroid pills
24	BREATHNG	Num	8	MEDBASEF.	Breathing meds not inhalers
25	MEDFLAG	Num	8	MEDF.	Flag for exclusionary meds
26	BPMED_IV	Num	8	MEDFORMF.	blood pressure meds
27	WLMAFT_IV	Num	8	MEDFORMF.	weight loss meds that raise BP
28	WLMNOAFT_IV	Num	8	MEDFORMF.	weight loss meds
29	EXCLMEDS_IV	Num	8	MEDFORMF.	oral steroids, oral breathing meds not inhalers
30	INSULIN_IV	Num	8	MEDFORMF.	insulin or oral hypoglycemics
31	LIPMED_IV	Num	8	MEDFORMF.	lipid lowering meds
32	ORALCONT_IV	Num	8	MEDFORMF.	oral contraceptive pills
33	HORMONES_IV	Num	8	MEDFORMF.	hormone replacement therapy

**Data Set Name: nutrientp.sas7bdat**

Num	Variable	Type	Len	Format	Label
1	STUDY_ID	Char	12	\$12.	Participant ID
2	CVISIT	Num	3		Recall Sequence
3	CNOTE	Char	200		cnote
4	IRDACAT	Num	8	RRDACATF.	RDA Catagory
5	IAMOUNT	Num	8	RAMOUNTF.	Intake Amount
6	IRELIABL	Num	8	RRELIABF.	Intake Reliability
7	RIGRAMS	Num	8		Total Gram Amount of Food (g)
8	RIKCAL	Num	8		Energy (kcal)
9	RIFAT	Num	8		Total Fat (g)
10	RITCHO	Num	8		Total Carbohydrate (g)
11	RIPRO	Num	8		Total Protein (g)
12	RIAPRO	Num	8		Animal Protein (g)
13	RIVPRO	Num	8		Vegetable Protein (g)
14	RIALC	Num	8		Alcohol (g)
15	RICHOL	Num	8		Cholesterol (mg)
16	RISFA	Num	8		Total Saturated Fatty Acids (SFA) (g)
17	RIMFA	Num	8		Total Monounsaturated Fatty Acids (MUFA) (g)
18	RIPFA	Num	8		Total Polyunsaturated Fatty Acids (PUFA) (g)
19	RIFRUC	Num	8		Fructose (g)
20	RIGALA	Num	8		Galactose (g)
21	RIGLUC	Num	8		Glucose (g)
22	RILACT	Num	8		Lactose (g)
23	RIMALT	Num	8		Maltose (g)
24	RISUCR	Num	8		Sucrose (g)
25	RISTAR	Num	8		Starch (g)
26	RIDFIB	Num	8		Total Dietary Fiber (g)
27	RIWSDF	Num	8		Soluble Dietary Fiber (g)
28	RIIFIB	Num	8		Insoluble Dietary Fiber (g)
29	RIPECT	Num	8		Pectins (g)
30	RIVA	Num	8		Total Vitamin A Activity (Int'l Units) (IU)
31	RIBCEQ	Num	8		Beta-Carotene Equivalents (mcg)
32	RIRL	Num	8		Retinol (mcg)
33	RIVD	Num	8		Vitamin D (calciferol) (mcg)
34	RITTC	Num	8		Total Vitamin E Activity (total alpha-tocopherol equivalents) (mg)
35	RIATC	Num	8		Alpha-tocopherol (mg)
36	RIBTC	Num	8		Beta-tocopherol (mg)

Num	Variable	Type	Len	Format	Label
37	RIGTC	Num	8		Gamma-tocopherol (mg)
38	RIDTC	Num	8		Delta-tocopherol (mg)
39	RIVK	Num	8		Vitamin K (phylloquinone) (mcg)
40	RIVC	Num	8		Vitamin C (ascorbic acid) (mg)
41	RITHI	Num	8		Thiamin (vitamin B1) (mg)
42	RIRIB	Num	8		Riboflavin (vitamin B2) (mg)
43	RINIA	Num	8		Niacin (vitamin B3) (mg)
44	RIPANT	Num	8		Pantothenic acid (mg)
45	RIVB6	Num	8		Vitamin B-6 (pyridoxine, pyridoxyl, and pyridoxamine) (mg)
46	RIFOL	Num	8		Folate (mcg)
47	RIVB12	Num	8		Vitamin B-12 (cobalamine) (mcg)
48	RICA	Num	8		Calcium (mg)
49	RIP	Num	8		Phosphorus (mg)
50	RIMG	Num	8		Magnesium (mg)
51	RIFE	Num	8		Iron (mg)
52	RIZN	Num	8		Zinc (mg)
53	RICU	Num	8		Copper (mg)
54	RISE	Num	8		Selenium (mcg)
55	RINA	Num	8		Sodium (mg)
56	RIK	Num	8		Potassium (mg)
57	RIS04_0	Num	8		SFA 4:0 (butyric acid) (g)
58	RIS06_0	Num	8		SFA 6:0 (caproic acid) (g)
59	RIS08_0	Num	8		SFA 8:0 (caprylic acid) (g)
60	RIS10_0	Num	8		SFA 10:0 (capric acid) (g)
61	RIS12_0	Num	8		SFA 12:0 (lauric acid) (g)
62	RIS14_0	Num	8		SFA 14:0 (myristic acid) (g)
63	RIS16_0	Num	8		SFA 16:0 (palmitic acid) (g)
64	RIS17_0	Num	8		SFA 17:0 (margaric acid) (g)
65	RIS18_0	Num	8		SFA 18:0 (stearic acid) (g)
66	RIS20_0	Num	8		SFA 20:0 (arachidic acid) (g)
67	RIS22_0	Num	8		SFA 22:0 (behenic acid) (g)
68	RIM14_1	Num	8		MUFA 14:1 (myristoleic acid) (g)
69	RIM16_1	Num	8		MUFA 16:1 (palmitoleic acid) (g)
70	RIM18_1	Num	8		MUFA 18:1 (oleic acid) (g)
71	RIM20_1	Num	8		MUFA 20:1 (gadoleic acid) (g)
72	RIM22_1	Num	8		MUFA 22:1 (erucic acid) (g)
73	RIP18_2	Num	8		PUFA 18:2 (linoleic acid) (g)
74	RIP18_3	Num	8		PUFA 18:3 (linolenic acid) (g)
75	RIP18_4	Num	8		PUFA 18:4 (parinaric acid) (g)



Num	Variable	Type	Len	Format	Label
76	RIP20_4	Num	8		PUFA 20:4 (arachidonic acid) (g)
77	RIP20_5	Num	8		PUFA 20:5 (eicosapentaenoic acid [EPA]) (g)
78	RIP22_5	Num	8		PUFA 22:5 (docosapentaenoic acid [DPA]) (g)
79	RIP22_6	Num	8		PUFA 22:6 (docosahexaenoic acid [DHA]) (g)
80	RITRYP	Num	8		Tryptophan (g)
81	RITHRE	Num	8		Threonine (g)
82	RIISOL	Num	8		Isoleucine (g)
83	RILEUC	Num	8		Leucine (g)
84	RILYSI	Num	8		Lysine (g)
85	RIMETH	Num	8		Methionine (g)
86	RICYST	Num	8		Cystine (g)
87	RIPHEN	Num	8		Phenylalanine (g)
88	RITYRO	Num	8		Tyrosine(g)
89	RIVALI	Num	8		Valine (g)
90	RIARGI	Num	8		Arginine (g)
91	RIHIST	Num	8		Histidine (g)
92	RIALAN	Num	8		Alanine (g)
93	RIASPA	Num	8		Aspartic Acid (g)
94	RIGLUT	Num	8		Glutamic Acid (g)
95	RIGLYC	Num	8		Glycine (g)
96	RIPROL	Num	8		Proline (g)
97	RISERI	Num	8		Serine (g)
98	RIASPT	Num	8		Aspartame (mg)
99	RISACC	Num	8		Saccharin (mg)
100	RICAF	Num	8		Caffeine (mg)
101	RIPHYT	Num	8		Phytic Acid (mg)
102	RIOXAL	Num	8		Oxalic Acid (mg)
103	RIMH3	Num	8		3-Methylhistidine (mg)
104	RISP	Num	8		Sucrose polyester (g)
105	RIASH	Num	8		Ash (g)
106	RIW	Num	8		Water content of foods eaten in grams (g)
107	RIPCTFAT	Num	8		% calories from fat
108	RIPCTCHO	Num	8		% calories from carbohydrate
109	RIPCTPRO	Num	8		% calories from protein
110	RIPCTALC	Num	8		% calories from alcohol
111	RIPCTSFA	Num	8		% calories from SFA
112	RIPCTMFA	Num	8		% calories from MUFA
113	RIPCTPFA	Num	8		% calories from PUFA
114	RIPS	Num	8		Polyunsaturated to Saturated Fat Ratio

Num	Variable	Type	Len	Format	Label
115	RICSI	Num	8		Cholesterol/Saturated Fatty Acid Indx
116	RIVARE	Num	8		Total Vitamin A Activity (Retinol Eqv.) (mcg)
117	RIF181T	Num	8		TRANS 18:1 (trans-octadecenoic acid [elaidic acid]) (g)
118	RIF182T	Num	8		TRANS 18:2 (trans-octadecadienoic acid [linolelaidic acid]- incl. c-t, t-c, t-t) (g)
119	RIF161T	Num	8		TRANS 16:1 (trans-hexadecenoic acid) (g)
120	RITTFA	Num	8		Total Trans-Fatty Acids (TRANS) (g)
121	RIBCAR	Num	8		Beta-Carotene (provitamin A carotenoid)(mcg)
122	RIACAR	Num	8		Alpha-Carotene (provitamin A carotenoid) (mcg)
123	RIBCRY	Num	8		Beta-Cryptoxanthin (provitamin A carotenoid)(mcg)
124	RILZ	Num	8		Lutein+Zeaxanthin (mcg)
125	RILYCO	Num	8		Lycopene (mcg)
126	COHORT	Num	8	4.	Cohort
127	VISIT	Num	8	VISIT2F.	Visit
128	TX	Num	4	TX2F.	Treatment code

**Data Set Name: *outcomep.sas7bdat***

Num	Variable	Type	Len	Format	Informat	Label
1	STUDY_ID	Char	12	\$12.		Participant ID
2	COHORT	Num	4	4.		Cohort
3	TX	Num	4	TX2F.		Treatment code
4	SBP_BASE	Num	8	6.2		Baseline Systolic BP (mmHG)
5	DBP_BASE	Num	8	6.2		Baseline Diastolic BP (mmHG)
6	WT_BASE	Num	8	6.2		Baseline weight (lbs)
7	WCIRC_BASE	Num	8	6.2		Baseline waist circumference (cm)
8	DBP	Num	8	6.2	6.	Average Diastolic Blood Pressure (mmHG)
9	SBP	Num	8	6.2	6.	Average Systolic Blood Pressure (mmHG)
10	IMPUTE	Num	8	IMPUTE.F.		flag for imputation status
11	VISIT	Num	8	VISIT.F.		Visit
12	WCIRCUM	Num	8	6.2		Waist Circumference (cm)
13	WTPOUNDS	Num	8	6.2		Weight (lbs)
14	SBP_CHANGE	Num	8	6.2		Systolic BP change from baseline (mmHG)
15	DBP_CHANGE	Num	8	6.2		Diastolic BP change from baseline (mmHG)
16	WCIRC_CHANGE	Num	8	6.2		Waist Circumference change from baseline (cm)
17	WT_CHANGE	Num	8	6.2		Weight change from baseline (lbs)

**Data Set Name: *parp.sas7bdat***

<b>Num</b>	<b>Variable</b>	<b>Type</b>	<b>Len</b>	<b>Format</b>	<b>Label</b>
1	STUDY_ID	Char	12	\$12.	Participant ID
2	OTHER1D	Char	45	\$45.	F18-Desc Of Other Activity 1
3	OTHER2D	Char	45	\$45.	F18-Desc Of Other Activity 2
4	PROBPARD	Char	200	\$200.	F18-Explanation Of Problems W/ 7-Day Par
5	LISTACT	Char	200	\$200.	F18-List Activities Not Known How To Classify
6	COHORT	Num	4	4.	Cohort
7	TX	Num	4	TX2F.	Treatment code
8	VISIT	Num	4	VISIT2F.	Visit
9	TYPICALW	Num	4	4.	F18-Typical Week Of Activities
10	MORLACT	Num	4	4.	F18-More Or Less Active Than Usual
11	AEROBICS	Num	4	4.	F18-Aerobics
12	RAEROBICS	Num	4		F18-Rank Aerobics
13	JOGGING	Num	4	4.	F18-Jogging Or Running
14	RJOGGING	Num	4		F18-Rank Jogging
15	BIKING	Num	4	4.	F18-Biking
16	RBIKING	Num	4		F18-Rank Biking
17	STAIRS	Num	4	4.	F18-Stair Climbing For Exercise
18	RSTAIRS	Num	4		F18-Rank Stairs
19	STRETCH	Num	4	4.	F18-Stretching
20	RSTRETCH	Num	4		F18-Rank Stretching
21	SWIMMING	Num	4	4.	F18-Swimming
22	RSWIMMING	Num	4		F18-Rank Swimming
23	WALKING	Num	4	4.	F18-Walking
24	RWALKING	Num	4		F18-Rank Walking
25	WEIGHTT	Num	4	4.	F18-Weight Training
26	RWEIGHTT	Num	4		F18-Rank Weight Training
27	BASEBALL	Num	4	4.	F18-Baseball
28	RBASEBALL	Num	4		F18-Rank Baseball
29	BSKTBALL	Num	4	4.	F18-Basketball
30	RBSKTBALL	Num	4		F18-Rank Basketball
31	BOWLING	Num	4	4.	F18-Bowling
32	RBOWLING	Num	4		F18-Rank Bowling
33	CCSKIING	Num	4	4.	F18-Cross-Country Skiing/Ski Machine
34	RCCSKIING	Num	4		F18-Rank Cross-Country Skiing
35	DHSKIING	Num	4	4.	F18-Downhill Skiing
36	RDHSKIING	Num	4		F18-Rank Downhill Skiing

Num	Variable	Type	Len	Format	Label
37	FOOTBALL	Num	4	4.	F18-Football
38	RFOOTBALL	Num	4		F18-Rank Football
39	GOLF	Num	4	4.	F18-Golf
40	RGOLF	Num	4		F18-Rank Golf
41	HANDBALL	Num	4	4.	F18-Handball
42	RHANDBALL	Num	4		F18-Rank Handball
43	ROWING	Num	4	4.	F18-Rowing
44	RROWING	Num	4		F18-Rank Rowing
45	SOCCER	Num	4	4.	F18-Soccer
46	RSOCCER	Num	4		F18-Rank Soccer
47	DANCING	Num	4	4.	F18-Social Dancing
48	RDANCING	Num	4		F18-Rank Social Dancing
49	KARATE	Num	4	4.	F18-Karate/Other Martial Arts
50	RKARATE	Num	4		F18-Rank Karate/Other Martial Arts
51	TAICHI	Num	4	4.	F18-Tai Chi
52	RTAICHI	Num	4		F18-Rank Tai Chi
53	TENNIS	Num	4	4.	F18-Tennis Or Badmiton
54	RTENNIS	Num	4		F18-Rank Tennis Or Badmiton
55	VBALL	Num	4	4.	F18-Volley Ball
56	RVBALL	Num	4		F18-Rank Volley Ball
57	WATERSKI	Num	4	4.	F18-Waterski
58	RWATERSKI	Num	4		F18-Rank Waterski
59	HHCHORES	Num	4	4.	F18-Household Chores
60	RHHCHORES	Num	4		F18-Rank Household Chores
61	GARDEN	Num	4	4.	F18-Active Gardening
62	RGARDEN	Num	4		F18-Rank Gardening
63	YARDWORK	Num	4	4.	F18-Active Yard Work
64	RYARDWORK	Num	4		F18-Rank Active Yard Work
65	OTHER1	Num	8	4.	F18-Other Activity 1
66	ROTHER1	Num	8		F18-Rank Other Activity 1
67	OTHER2	Num	8	4.	F18-Other Activity 2
68	ROTHER2	Num	8		F18-Rank Other Activity 2
69	SPEQUIP	Num	4	4.	F18-How Often Used Special Exercise Equip
70	VIGACT	Num	4	4.	F18-Usual Week How Often Vigorous Activity 20 Min.
71	PROBPAR	Num	4	YESNOF.	F18-Any Problems W/ 7-Day Par Interview
72	VALIDPAR	Num	4	YESNOF.	F18-Valid Par Interview
73	KCALKGDY	Num	8		F18-Estimated Energy Expenditure (Kcal/Kg/day)
74	MIN_MOD	Num	8		minutes of moderate exercise per week
75	MIN_HARD	Num	8		minutes of hard exercise per week

<b>Num</b>	<b>Variable</b>	<b>Type</b>	<b>Len</b>	<b>Format</b>	<b>Label</b>
76	MIN_VHARD	Num	8		minutes of very hard exercise per week
77	MIN_PAR_AIM	Num	8		minutes of moderate or harder exercise per week

**Data Set Name: primaryp.sas7bdat**

Num	Variable	Type	Len	Format	Label
1	STUDY_ID	Char	12	\$12.	Participant ID
2	COHORT	Num	4	4.	Cohort
3	TX	Num	4	TX2F.	Treatment code
4	WCIRCUM	Num	8		Waist Circumference (cm)
5	WTPOUNDS	Num	8	6.2	Weight (lbs)
6	SBP	Num	8	6.2	Average Systolic Blood Pressure (mmHg)
7	DBP	Num	8	6.2	Average Diastolic Blood Pressure (mmHg)
8	VISIT	Num	8	VISITF.	Visit
9	N_AVG	Num	8		number of measurements in BP average

**Data Set Name: *psycocalp.sas7bdat***

Num	Variable	Type	Len	Format	Label
1	STUDY_ID	Char	12	\$12.	Participant ID
2	COHORT	Num	4	4.	Cohort
3	TX	Num	4	TX2F.	Treatment code
4	VISIT	Num	8	VISIT2F.	Visit
5	F22_Q01	Num	8		F4 & F22-Average number of alcohol drinks/Week
6	F22_Q01A	Num	8	DRINKF.	F4 & F22-How Often >= six drinks on one occasion
7	F23_Q01	Num	8	4.	F23-In general how is your health?
8	F23_Q02	Num	8	4.	F23-Compared to 4 wks ago how rate your health
9	F23_Q03A	Num	8	4.	F23-Does health limit you in vigorous activities
10	F23_Q03B	Num	8	4.	F23-Does health limit you in moderate activities
11	F23_Q03C	Num	8	4.	F23-Does health limit you in lifting or carrying groceries
12	F23_Q03D	Num	8	4.	F23-Does health limit you in climbing several flights of stairs
13	F23_Q03E	Num	8	4.	F23-Does health limit you in climbing one flight of stairs
14	F23_Q03F	Num	8	4.	F23-Does health limit you in bending, kneeling, or stooping
15	F23_Q03G	Num	8	4.	F23-Does health limit you in walking more than a mile
16	F23_Q03H	Num	8	4.	F23-Does health limit you in walking several blocks
17	F23_Q03I	Num	8	4.	F23-Does health limit you in walking one block
18	F23_Q03J	Num	8	4.	F23-Does health limit you in bathing or dressing yourself
19	F23_Q04A	Num	8	4.	F23-Past 4 wks cut down work or activity time due to physical hlth
20	F23_Q04B	Num	8	4.	F23-Past 4 wks accomplished less due to physical health
21	F23_Q04C	Num	8	4.	F23-Past 4 wks, limited in any work/activities due to physical hlth
22	F23_Q04D	Num	8	4.	F23-Past 4wks difficulty performing work/activities due to physical hlth
23	F23_Q05A	Num	8	4.	F23-Past 4 wks cut down work or activity time due to emotional hlth
24	F23_Q05B	Num	8	4.	F23-Past 4 wks accomplished less due to emotional health
25	F23_Q05C	Num	8	4.	F23-Past 4 wks not do work as carefully as usual due to emotional hlth
26	F23_Q06	Num	8	4.	F23-Past 4 wks extent physical/emotional problems interfered w/social
27	F23_Q07	Num	8	4.	F23-Past 4 wks How much bodily pain have you had
28	F23_Q08	Num	8	4.	F23-Past 4 wks How much did pain interfere w/ normal work/acitivities
29	F23_Q09A	Num	8	4.	F23-Past 4 wks How much time did you feel full of pep
30	F23_Q09B	Num	8	4.	F23-Past 4 wks How much time a very nervous person
31	F23_Q09C	Num	8	4.	F23-Past 4 wks How much time felt so down that nothing could cheer you
32	F23_Q09D	Num	8	4.	F23-Past 4 wks How much time felt calm and peaceful
33	F23_Q09E	Num	8	4.	F23-Past 4 wks How much time have a lot of energy
34	F23_Q09F	Num	8	4.	F23-Past 4 wks How much time have you felt downhearted/blue
35	F23_Q09G	Num	8	4.	F23-Past 4 wks How much time did you feel worn out
36	F23_Q09H	Num	8	4.	F23-Past 4 wks How much time have you been a happy person



Num	Variable	Type	Len	Format	Label
37	F23_Q09I	Num	8	4.	F23-Past 4 wks How much time did you feel tired
38	F23_Q10	Num	8	4.	F23-Past 4 wks How much time phys/emot problems interfered with Social
39	F23_Q11A	Num	8	4.	F23-I seem to get sick easier than other people
40	F23_Q11B	Num	8	4.	F23-I am as healthy as anybody I know
41	F23_Q11C	Num	8	4.	F23-I expect my health to get worse
42	F23_Q11D	Num	8	4.	F23-My health is excellent
43	F25_Q01	Num	8	4.	F25-Lst month how often felt unable to control important things
44	F25_Q02	Num	8	4.	F25-Lst month how often felt confident w/ability handle personal probs
45	F25_Q03	Num	8	4.	F25-Lst month how often felt things going your way
46	F25_Q04	Num	8	4.	F25-Lst month how often felt difficulties piling up
47	F45_Q01	Num	8	4.	F45-Get up early, even on weekends to exercise
48	F45_Q02	Num	8	4.	F45-Exercise even after long, tiring day at work
49	F45_Q03	Num	8	4.	F45-Exercise even though feeling depressed
50	F45_Q04	Num	8	4.	F45-Set aside time for a physical activity program
51	F45_Q05	Num	8	4.	F45-Exercise with others even though too fast/slow
52	F45_Q06	Num	8	4.	F45-Stick with exercise program under stressful life change
53	F45_Q07	Num	8	4.	F45-Attend a party only after exercising
54	F45_Q08	Num	8	4.	F45-Stick w/ exercise when family demanding more time
55	F45_Q09	Num	8	4.	F45-Stick w/ exercise when household chores to do
56	F45_Q10	Num	8	4.	F45-Stick w/ exercise when excessive demands at work
57	F45_Q11	Num	8	4.	F45-Stick w/ exercise when time consuming social obligations
58	F45_Q12	Num	8	4.	F45-Read or study less to exercise more
59	F46_Q01	Num	8	4.	F46-Drink low or non-fat milk every day
60	F46_Q02	Num	8		F46-Stick to low fat/salt foods when with friends
61	F46_Q03	Num	8		F46-Cut down on gravies and cream sauces
62	F46_Q04	Num	8		F46-Eat poultry and fish instead of red meat at dinner
63	F46_Q05	Num	8		F46-Keep salt shaker off kitchen table
64	F46_Q06	Num	8		F46-Stick to low fat/salt foods when high fat/salt foods avail
65	F46_Q07	Num	8		F46-Eat smaller portions of food at a party
66	F46_Q08	Num	8		F46-Eat fruit or vegetables for a snack
67	F46_Q09	Num	8		F46-Cook smaller portions so no leftovers
68	F46_Q10	Num	8		F46-Stick to low fat/salt when feel depressed/bored/tense
69	F46_Q11	Num	8		F46-Eat fruit or drink fruit juice with breakfast
70	F46_Q12	Num	8		F46-Avoid ordering red meat(beef,pork,lamb) at restaurant
71	F46_Q13	Num	8		F46-Eat fruit or vegetables at every meal
72	F46_Q14	Num	8		F46-Substitute low or non-fat milk for whole milk at breakfast
73	F46_Q15	Num	8		F46-Eat salads for lunch
74	F46_Q16	Num	8		F46-Eat smaller portions at dinner
75	F46_Q17	Num	8		F46-Eat meatless entrees for dinner

Num	Variable	Type	Len	Format	Label
76	F46_Q18	Num	8		F46-Stick to low fat/salt foods when alone
77	F46_Q19	Num	8		F46-Eat unsalted peanuts, chips, cracker, and pretzels
78	F46_Q20	Num	8		F46-Stick to low fat/salt foods when only snack avail vend machine
79	F46_Q21	Num	8		F46-Drink fruit juice instead of soda
80	F46_Q22	Num	8		F46-Eat unsalted, unbuttered popcorn
81	F46_Q23	Num	8		F46-Avoid adding salt at the table
82	F46_Q24	Num	8		F46-Eat more vegetables at restaurants
83	F46_Q25	Num	8		F46-Eat lunch as your main meal of the day
84	F46_Q26	Num	8		F46-Eat yogurt, lowfat cottage cheese or lowfat cheese most days
85	F46_Q27	Num	8		F46-Add less salt than the recipe calls for
86	F47_FA01	Num	8	4.	F47-Family refused to eat the same foods I eat
87	F47_FR01	Num	8		F47-Friends refused to eat the same foods I eat
88	F47_FA02	Num	8		F47-Family discussed my eating habit changes with me
89	F47_FR02	Num	8		F47-Friends discussed my eating habit changes with me
90	F47_FA03	Num	8		F47-Family reminded me to drink low or non-fat milk
91	F47_FR03	Num	8		F47-Friends reminded me to drink low or non-fat milk
92	F47_FA04	Num	8		F47-Family brought home foods I'm trying not to eat
93	F47_FR04	Num	8		F47-Friends brought home foods I'm trying not to eat
94	F47_FA05	Num	8		F47-Family commented if I went back to my old eating habits
95	F47_FR05	Num	8		F47-Friends commented if I went back to my old eating habits
96	F47_FA06	Num	8		F47-Family reminded me not to eat high fat/salt foods
97	F47_FR06	Num	8		F47-Friends reminded me not to eat high fat/salt foods
98	F47_FA07	Num	8		F47-Family got angry when encouraged to eat low fat/salt food
99	F47_FR07	Num	8		F47-Friends got angry when encourage to eat low fat/salt food
100	F47_FA08	Num	8		F47-Family encourage me not to eat unhealthy foods
101	F47_FR08	Num	8		F47-Friends encourage me not to eat unhealthy foods
102	F47_FA09	Num	8		F47-Family reminded me to eat fruits and vegetables
103	F47_FR09	Num	8		F47-Friends reminded me to eat fruits and vegetables
104	F47_FA10	Num	8		F47-Family got angry when encouraged to eat fruit/vegetable
105	F47_FR10	Num	8		F47-Friends got angry when encouraged to eat fruit/vegetable
106	F47_FA11	Num	8		F47-Family complimented me on changing my eating habits
107	F47_FR11	Num	8		F47-Friends complimented me on changing my eating habits
108	F47_FA12	Num	8		F47-Family offered me food I'm trying not to eat
109	F47_FR12	Num	8		F47-Friends offered me food I'm trying not to eat
110	F47_FA13	Num	8		F47-Family got angry when encouraged to drink low/non-fat milk
111	F47_FR13	Num	8		F47-Friends got angry when encourage to drink low/non-fat milk
112	F47_FA14	Num	8		F47-Family ate high fat or high salt food in front of me
113	F47_FR14	Num	8		F47-Friends ate high fat or high salt food in front of me
114	F48_FA01	Num	8	4.	F48-Family exercised with me

Num	Variable	Type	Len	Format	Label
115	F48_FR01	Num	8	4.	F48-Friend exercised with me
116	F48_FA02	Num	8	4.	F48-Family offered to exercise with me
117	F48_FR02	Num	8	4.	F48-Friend offered to exercise with me
118	F48_FA03	Num	8	4.	F48-Family gave helpful reminders to exercise
119	F48_FR03	Num	8	4.	F48-Friend gave helpful reminders to exercise
120	F48_FA04	Num	8	4.	F48-Family gave encouragement to stick with exercise
121	F48_FR04	Num	8	4.	F48-Friend gave encouragement to stick with exercise
122	F48_FA05	Num	8	4.	F48-Family changed schedule so we could exercise together
123	F48_FR05	Num	8	4.	F48-Friend changed schedule so we could exercise together
124	F48_FA06	Num	8	4.	F48-Family discussed exercise with me
125	F48_FR06	Num	8	4.	F48-Friend discussed exercise with me
126	F48_FA07	Num	8	4.	F48-Family complained about the time I spend exercising
127	F48_FR07	Num	8	4.	F48-Friend complained about the time I spend exercising
128	F48_FA08	Num	8	4.	F48-Family criticized me or made fun of me for exercising
129	F48_FR08	Num	8	4.	F48-Friend criticized me or made fun of me for exercising
130	F48_FA09	Num	8	4.	F48-Family gave me rewards for exercising
131	F48_FR09	Num	8	4.	F48-Friend gave me rewards for exercising
132	F48_FA10	Num	8	4.	F48-Family planned for exercise on recreational outings
133	F48_FR10	Num	8	4.	F48-Friend planned for exercise on recreational outings
134	F48_FA11	Num	8	4.	F48-Family helped plan activities around my exercise
135	F48_FR11	Num	8	4.	F48-Friend helped plan activities around my exercise
136	F48_FA12	Num	8	4.	F48-Family asked for ideas on how they can get more exercise
137	F48_FR12	Num	8	4.	F48-Friend asked for ideas on how they can get more exercise
138	F48_FA13	Num	8	4.	F48-Family talked about how much they liked to exercise
139	F48_FR13	Num	8	4.	F48-Friend talked about how much they liked to exercise
140	F49_Q01	Num	8	4.	F49-Right now I look like
141	F49_Q02	Num	8		F49-I would like it best if I now looked like
142	PF_SF36	Num	8		F23: SF-36 PHYSICAL FUNCTIONING (0-100)
143	RP_SF36	Num	8		F23: SF-36 ROLE-PHYSICAL (0-100)
144	BP_SF36	Num	8		F23: SF-36 BODILY PAIN INDEX (0-100)
145	GH_SF36	Num	8		F23: SF-36 GENERAL HEALTH PERCEPTIONS (0-100)
146	VT_SF36	Num	8		F23: SF-36 VITALITY (0-100)
147	SF_SF36	Num	8		F23: SF-36 SOCIAL FUNCTIONING (0-100)
148	RE_SF36	Num	8		F23: SF-36 ROLE-EMOTIONAL (0-100)
149	MH_SF36	Num	8		F23: SF-36 MENTAL HEALTH INDEX (0-100)

**Data Set Name: *pthistp.sas7bdat***

Num	Variable	Type	Len	Format	Label
1	STUDY_ID	Char	12	\$12.	Participant ID
2	TX	Num	4	TX2F.	Treatment code
3	COHORT	Num	8	4.	Cohort
4	MARITAL	Num	8	MARITALF.	marital status
5	SMOKE100	Num	8	YESNOF.	smoked 100 cigs in life
6	AGESTART	Num	8	4.	how old when start smoking (yrs)
7	SMOKENOW	Num	8	YESNOF.	do you smoke cigs now?
8	AGESTOP	Num	8	4.	how old when stop smoking
9	CIGAVE	Num	8	4.	on avg while smoking, how many cigs per day
10	DOC_HBP	Num	8	YESNOF.	doctor said had high blood press
11	BPMEDS	Num	8	YESNOF.	ever taken meds to control bp?
12	FHBP	Num	8	YNUNKNF.	father ever high blood press?
13	FKF	Num	8	YNUNKNF.	father kidney failure?
14	FD	Num	8	YNUNKNF.	father diabetes?
15	MHBP	Num	8	YNUNKNF.	mother ever high blood press?
16	MKF	Num	8	YNUNKNF.	mother kidney failure?
17	MD	Num	8	YNUNKNF.	mother diabetes?
18	HAVEBORS	Num	8	YNUNKNF.	have any biol bros or sis?
19	BSHBP	Num	8	YNUNKNF.	brothers/sisters ever high blood press?
20	BSKF	Num	8	YNUNKNF.	brothers/sisters kidney failure?
21	BSD	Num	8	YNUNKNF.	brothers/sisters diabetes?
22	CHILDREN	Num	8	YESNOF.	any biological children?
23	CHBP	Num	8	YNUNKNF.	children ever high blood press?
24	CKF	Num	8	YNUNKNF.	children kidney failure?
25	CD	Num	8	YNUNKNF.	children diabetes?
26	RSTRKHA	Num	8	YNUNKNF.	relatives with stroke or ht attack before 60?
27	RSODIUM	Num	8	YESNOF.	tried to reduce sodium?
28	LWEIGHT	Num	8	YESNOF.	tried to lose weight?
29	DASHDIET	Num	8	YESNOF.	ever tried dash diet?
30	ODIET	Num	8	YESNOF.	tried other special diet?
31	IPHYSACT	Num	8	YESNOF.	tried increasing phys activity?
32	RALCOHOL	Num	8	YESNOF.	tried reducing alcohol intake?
33	EMP_REL	Num	8	YESNOF.	F24: employed full-time or not
34	EDU_REL	Num	8	EDUCATRF.	F24: Education Level
35	INC_REL	Num	8	INCOMERF.	F24: Total Household Income

**Data Set Name: rfoodgroup.sas7bdat**

Num	Variable	Type	Len	Format	Label
1	STUDY_ID	Char	12	\$12.	Participant ID
2	CVISIT	Num	3		Recall Sequence
3	VISIT	Num	8	VISIT2F.	Visit
4	FDNAME	Char	151		Food name
5	IRELIABL	Num	8	RRELIABF.	Intake Reliability
6	COHORT	Num	8	4.	Cohort
7	INUMBER	Char	9		food report item number, numbers each food consumed in order
8	FGCODE	Num	8	FD9GF.	Food group main group
9	SUBGRP	Num	8		Food group sub group
10	SGNAME	Char	32		Sub group name
11	SVGSZ	Num	8		Serving size
12	NUMSERV	Num	8		Number of serving
13	FOODID	Num	8		Food ID
14	RIGRAMS	Num	8		Gram Amount (g)
15	RIKCAL	Num	8		Energy (kilocalories) (kcal)
16	RIFAT	Num	8		Total Fat (g)
17	RITCHO	Num	8		Total Carbohydrate (g)
18	RIPRO	Num	8		Total Protein (g)
19	RIAPRO	Num	8		Animal Protein (g)
20	RIVPRO	Num	8		Vegetable Protein (g)
21	RIALC	Num	8		Alcohol (g)
22	RICHOL	Num	8		Cholesterol (mg)
23	RISFA	Num	8		Total Saturated Fatty Acids (SFA) (g)
24	RIMFA	Num	8		Total Monounsaturated Fatty Acids (MUFA) (g)
25	RIPFA	Num	8		Total Polyunsaturated Fatty Acids (PUFA) (g)
26	RIFRUC	Num	8		Fructose (g)
27	RIGALA	Num	8		Galactose (g)
28	RIGLUC	Num	8		Glucose (g)
29	RILACT	Num	8		Lactose (g)
30	RIMALT	Num	8		Maltose (g)
31	RISUCR	Num	8		Sucrose (g)
32	RISTAR	Num	8		Starch (g)
33	RIDFIB	Num	8		Total Dietary Fiber (g)
34	RIWSDF	Num	8		Soluble Dietary Fiber (g)
35	RIIFIB	Num	8		Insoluble Dietary Fiber (g)
36	RIPECT	Num	8		Pectins (g)

Num	Variable	Type	Len	Format	Label
37	RIVA	Num	8		Total Vitamin A Activity (International Units) (IU)
38	RIBCEQ	Num	8		Beta-Carotene Equivalents (derived from provitamin A carotenoids) (mcg)
39	RIRL	Num	8		Retinol (mcg)
40	RIVD	Num	8		Vitamin D (calciferol) (mcg)
41	RITTC	Num	8		Total Vitamin E Activity (total alpha-tocopherol equivalents) (mg)
42	RIATC	Num	8		Alpha-Tocopherol (mg)
43	RIBTC	Num	8		Beta-Tocopherol (mg)
44	RIGTC	Num	8		Gamma-Tocopherol (mg)
45	RIDTC	Num	8		Delta-Tocopherol (mg)
46	RIVK	Num	8		Vitamin K (phylloquinone) (mcg)
47	RIVC	Num	8		Vitamin C (ascorbic acid) (mg)
48	RITHI	Num	8		Thiamin (vitamin B1) (mg)
49	RIRIB	Num	8		Riboflavin (vitamin B2) (mg)
50	RINIA	Num	8		Niacin (vitamin B3) (mg)
51	RIPANT	Num	8		Pantothenic Acid (mg)
52	RIVB6	Num	8		Vitamin B6 (pyridoxine, pyridoxyl, and pyridoxamine) (mg)
53	RIFOL	Num	8		Folate (mcg)
54	RIVB12	Num	8		Vitamin B12 (cobalamin) (mcg)
55	RICA	Num	8		Calcium (mg)
56	RIP	Num	8		Phosphorus (mg)
57	RIMG	Num	8		Magnesium (mg)
58	RIFE	Num	8		Iron (mg)
59	RIZN	Num	8		Zinc (mg)
60	RICU	Num	8		Copper (mg)
61	RISE	Num	8		Selenium (mcg)
62	RINA	Num	8		Sodium (mg)
63	RIK	Num	8		Potassium (mg)
64	RIVARE	Num	8		Total Vitamin A Activity (Retinol Equivalents) (mcg)
65	RITTFA	Num	8		Total Trans-fatty acids (TRANS) (g)
66	TX	Num	4	TX2F.	Treatment code

*Data Set Name: sixmbp.sas7bdat*

Num	Variable	Type	Len	Format	Informat	Label
1	STUDY_ID	Char	12	\$12.		Participant ID
2	COHORT	Num	4	4.		Cohort
3	TX	Num	4	TX2F.		Treatment code
4	VISIT	Num	8	VISIT2F.	6.	VISIT
5	AVGDBP	Num	8	6.		Average Diastolic Blood Pressure (mmHG)
6	AVGSBP	Num	8	6.		Average Systolic Blood Pressure (mmHG)
7	DS	Char	7	\$6.		Source of BP measurement
8	MEDFLAG	Num	8	MEDF.		Flag for exclusionary meds
9	ANTI_HTN_MEDS	Num	8	YESNOF.		meds that lower BP
10	MEDS	Char	4			Source of Med form
11	BPMFLAG	Num	8	BPMEDF.		Flag for BP data status
12	BP_ADJ	Char	16			BP Adjudication Flag
13	MSEQ	Num	8			BP measurement sequence

**Data Set Name: supplementp.sas7bdat**

Num	Variable	Type	Len	Format	Informat	Label
1	STUDY_ID	Char	12	\$12.		Participant ID
2	CVISIT	Num	3			Recall Sequence
3	VISIT	Num	8	VISIT2F.		Visit
4	SUPPS	Char	220	\$246.	\$246.	Supplements taken
5	RIVA_SU	Num	8			Supp--Total Vitamin A Activity (Int'l Units) (IU)
6	RIVD_SU	Num	8			Supp--Vitamin D (calciferol) (mcg)
7	RITTC_SU	Num	8			Supp--Total Vitamin E Activity (mg)
8	RIVK_SU	Num	8			Supp--Vitamin K (mcg)
9	RIVC_SU	Num	8			Supp--Vitamin C (ascorbic acid) (mg)
10	RITHL_SU	Num	8			Supp--Thiamin (vitamin B1) (mg)
11	RIRIB_SU	Num	8			Supp--Riboflavin (vitamin B2) (mg)
12	RINIA_SU	Num	8			Supp--Niacin (vitamin B3) (mg)
13	RIPANT_SU	Num	8			Supp--Pantothenic acid (mg)
14	RIVB6_SU	Num	8			Supp--Vitamin B-6 (mg)
15	RIFOL_SU	Num	8			Supp--Folate (mcg)
16	RIVB12_SU	Num	8			Supp--Vitamin B-12 (cobalamine) (mcg)
17	RICA_SU	Num	8			Supp--Calcium (mg)
18	RIP_SU	Num	8			Supp--Phosphorus (mg)
19	RIMG_SU	Num	8			Supp--Magnesium (mg)
20	RIFE_SU	Num	8			Supp--Iron (mg)
21	RIZN_SU	Num	8			Supp--Zinc (mg)
22	RICU_SU	Num	8			Supp--Copper (mg)
23	RISE_SU	Num	8			Supp--Selenium (mcg)
24	RINA_SU	Num	8			Supp--Sodium (mg)
25	RIK_SU	Num	8			Supp--Potassium (mg)
26	RIBCAR_SU	Num	8			Supp--Beta-Carotene (mcg)
27	RILZ_SU	Num	8			Supp--Lutein+Zeaxanthin (mcg)
28	NOTES	Char	150	\$150.	\$150.	notes
29	RIVARE_SU	Num	8			Supp--Total Vitamin A Activity (mcg)
30	COHORT	Num	4	4.		Cohort
31	TX	Num	4	TX2F.		Treatment code
32	IRELIABL	Num	8	RRELIABF.		Intake Reliability



**Data Set Name: *symptomsp.sas7bdat***

Num	Variable	Type	Len	Format	Label
1	STUDY_ID	Char	12	\$12.	Participant ID
2	COHORT	Num	4	4.	Cohort
3	TX	Num	4	TX2F.	Treatment Code
4	VISIT	Num	8	VISITF.	Visit
5	APPETITE	Num	8	4.	Q1: Did you have poor appetite?
6	DIARRHEA	Num	8	4.	Q2: Did you have diarrhea/loose stools?
7	CONSTI	Num	8	4.	Q3: Did you have constipation?
8	NAUSEA	Num	8	4.	Q4: Did you have nausea or upset stomach?
9	BLOATING	Num	8	4.	Q5: Did you have bloating or excess gas?
10	WHEEZE	Num	8	4.	Q6:Did you have wheezing or difficulty breathing?
11	PALPITAT	Num	8	4.	Q7: Did you have heart palpitations?
12	LEGSWELL	Num	8	4.	Q8: Did you have leg/ankle swelling?
13	ACHEPAIN	Num	8	4.	Q9: Ache/Pain in muscle/joint
14	FATIGUE	Num	8	4.	Q10:Did you have fatigue or low energy level?
15	THIRST	Num	8	4.	Q11: Did you have excessive thirst?
16	DIZZY	Num	8	4.	Q12: Did you have lightheadedness when standing up?
17	HEADACHE	Num	8	4.	Q13: Did you have a headache?
18	DIFSLEEP	Num	8	4.	Q14: Did you have difficulty sleeping
19	OTHERSYM	Num	8	4.	Q17: In the last month have you had any other symptoms not already noted?
20	ADVEVENT	Num	8	4.	Q17:Old AE Flag:Have had MD visit, new med, hosp, dx test?
21	ADVEVREQ	Num	8	4.	Q19: Adverse Event Form Required?
22	FORM	Num	8		Form Number
23	HEARTATK	Num	8	4.	Q15A: In the last 3 mo have you been told ny an MD that you have had a heart attack?
24	STROKE	Num	8	4.	Q15B:In the last 3 mo have you been told by an MD that you have had a stroke?
25	TIA	Num	8	4.	Q15C:In the last 3 mo have you been told by an MD that you have had a TIA?
26	HEARTFLR	Num	8	4.	Q15D: In the last 3 mo have you beed told by an MD you had heart failure?
27	ANGORBYP	Num	8	4.	Q15E:Have you had angioplasty or bypass surgery in last 3 mo?
28	ANGINAP	Num	8	4.	Q15F:In the last 3 mo have you been told by an MD you had angina pectoris?
29	BROKENB	Num	8	4.	Q15G: Have you had a broken bone in the last 3 mo?
30	CANCER	Num	8	4.	Q15H: Have you had a new dx of cancer in the last 3 mo?
31	GALLBLDR	Num	8	4.	Q15I: In the last 3 mo have you been told by an MD that you have a new dx of gallbladder disease?
32	HYPERLIP	Num	8	4.	15J:In the last 3 mo have you beed told by an MD you had a new dx of hyperlipidemia or high cholesterol?
33	DIABETES	Num	8	4.	Q15k:In the last 3 mo have you been told by an MD that you have a new dx of diabetes?
34	TORNLIG	Num	8	4.	Q15L:In the last 3 mo have you been told by an MD that you have had a torn ligament?

<b>Num</b>	<b>Variable</b>	<b>Type</b>	<b>Len</b>	<b>Format</b>	<b>Label</b>
35	OTHERINJ	Num	8	4.	15M: In the last 3 mo have you been told by an MD that you have had a significant injury to your muscle/bone?
36	OTHSYM	Num	8		Flag for presence of text in Q18
37	ADVEV	Num	8		Flag for presence of text in Q18 of old form
38	EXPL	Num	8		Flag for presence of text in Q16

**Data Set Name: threembp.sas7bdat**

Num	Variable	Type	Len	Format	Label
1	STUDY_ID	Char	12	\$12.	Participant ID
2	COHORT	Num	4	4.	Cohort
3	TX	Num	4	TX2F.	Treatment code
4	VISIT	Num	8	VISIT2F.	visit
5	AVGDBP	Num	8	6.	Average Diastolic Blood Pressure (mmHG)
6	AVGSBP	Num	8	6.	Average Systolic Blood Pressure (mmHG)
7	DS	Char	6	\$6.	Source of BP measurement
8	MEDFLAG	Num	8	MEDF.	Flag for exclusionary meds
9	ANTI_HTN_MEDS	Num	8	YESNOF.	meds that lower BP
10	MEDS	Char	4		Source of Med form
11	BPMFLAG	Num	8	BPMEDF.	Flag for BP data status
12	BP_ADJ	Char	16		BP Adjudication Flag

**Data Set Name: twelvemp.sas7bdat**

Num	Variable	Type	Len	Format	Label
1	STUDY_ID	Char	12	\$12.	Participant ID
2	COHORT	Num	4	4.	Cohort
3	TX	Num	4	TX2F.	Treatment code
4	VISIT	Num	8	VISIT2F.	VISIT
5	AVGDBP	Num	8	6.	Average Diastolic Blood Pressure (mmHG)
6	AVGSBP	Num	8	6.	Average Systolic Blood Pressure (mmHG)
7	DS	Char	6	\$6.	Source of BP measurement
8	MEDFLAG	Num	8	MEDF.	Flag for exclusionary meds
9	ANTI_HTN_MEDS	Num	8	YESNOF.	meds that lower BP
10	MEDS	Char	4		Source of Med form
11	BPMFLAG	Num	8	BPMEDF.	Flag for BP data status
12	BP_ADJ	Char	16		BP Adjudication Flag