



Participant ID

Variable # 1 **Usage Notes:** none
Sas Name: ID **Categories:** Study: Administration
Sas Label: Participant ID
Type: Continuous

F145 Days since enrollment

Variable # 2 **Usage Notes:** none
Sas Name: F145DAYS **Categories:** Study: Administration
Sas Label: F145 Days since enrollment
Type: Continuous

F145 Current weight lbs

What is your current weight?

Variable # 3 **Usage Notes:** none
Sas Name: WTCUR_5 **Categories:** Medical History: Height/Weight History
Physical Measurements: Height/Weight History
Sas Label: Current weight lbs
Type: Continuous

F145 Highest weight in past year (lbs)

In the past year, what was your highest weight?

Variable # 4 **Usage Notes:** none
Sas Name: WTMAX_5 **Categories:** Medical History: Height/Weight History
Physical Measurements: Height/Weight History
Sas Label: Highest weight in past year
Type: Continuous

F145 Lowest weight in past year (lbs)

In the past year, what was your lowest weight?

Variable # 5 **Usage Notes:** none
Sas Name: WTMIN_5 **Categories:** Medical History: Height/Weight History
Physical Measurements: Height/Weight History
Sas Label: Lowest weight in past year
Type: Continuous



F145 Walk more than 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 # 6

Usage Notes: none

Sas Name: WALKSWK_5

Categories: Physical Activity

Sas Label: Walk more than 10 minutes

Type: Categorical

Values

0	Rarely or never
1	1-3 times each month
2	1 time each week
3	2-3 times each week
4	4-6 times each week
5	7 or more times each week

F145 How many minutes walking

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

Variable # 7

Usage Notes: Sub-question of F145 V1 Q4 "Walk more than 10 minutes".

Sas Name: MINSWALK_5

Categories: Physical Activity

Sas Label: How many minutes walking

Type: Categorical

Values

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

F145 Usual walking speed

What is your usual speed?

Variable # 8

Usage Notes: Sub-question of F145 V1 Q4 "Walk more than 10 minutes".

Sas Name: WALKSPD_5

Categories: Physical Activity

Sas Label: Usual walking speed

Type: Categorical

Values

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



F145 Strenuous exercise

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: none

Sas Name: HDEXFREQ_5

Categories: Physical Activity

Sas Label: Strenuous 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

F145 Strenuous/how long

How long do usually exercise like this at one time?

Variable # 10

Usage Notes: Sub-question of F145 V1 Q5.1 "Strenuous exercise".

Sas Name: HARDMINS_5

Categories: Physical Activity

Sas Label: Strenuous/how long

Type: Categorical

Values

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

F145 Moderate exercise

MODERATE EXERCISE (Not exhausting). For example, biking outdoors, use of an exercise machine (like a stationary bike or treadmill), calisthenics, easy swimming, popular and folk dancing.

Variable # 11

Usage Notes: none

Sas Name: MDEXFREQ_5

Categories: Physical Activity

Sas Label: Moderate 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



F145 Moderate/how long

How long do usually exercise like this at one time?

Variable # 12

Usage Notes: Sub-question of F145 V1 Q5.3 "Moderate exercise".

Sas Name: MODMINS_5

Categories: Physical Activity

Sas Label: Moderate/how long

Type: Categorical

Values

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

F145 Mild exercise

MILD EXERCISE. For example, slow dancing, bowling, golf.

Variable # 13

Usage Notes: none

Sas Name: MLEXFREQ_5

Categories: Physical Activity

Sas Label: Mild 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

F145 Mild/how long

How long do usually exercise like this at one time?

Variable # 14

Usage Notes: Sub-question of F145 V1 Q5.5 "Mild exercise".

Sas Name: MILDMINS_5

Categories: Physical Activity

Sas Label: Mild/how long

Type: Categorical

Values

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



F145 Smoke cigarettes now

Do you smoke cigarettes now?

Variable # 15

Usage Notes: none

Sas Name: SMOKENW_5

Categories: Lifestyle: Smoking

Sas Label: Smoke cigarettes now

Type: Categorical

Values

0	No
1	Yes

F145 Cigarettes per day

How many cigarettes do you usually smoke each day? (Mark one.)

Variable # 16

Usage Notes: Sub-question of F145 V1 Q6 "Smoke cigarettes now".

Sas Name: CIGSDAY_5

Categories: Lifestyle: Smoking

Sas Label: Cigarettes per day

Type: Categorical

Values

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

F145 Sit in front of computer screen

In the past four years, did you ever sit in front of a computer screen within three feet with the power turned "on" (for example, when writing letters)?

Variable # 17

Usage Notes: none

Sas Name: COMPUTER_5

Categories: Lifestyle

Sas Label: Sit in front of computer screen

Type: Categorical

Values

0	No
1	Yes



F145 Days each week computer screen

In the past four years, what was the average number of days each week that you sat in front of a computer screen with the power turned "on"? (Mark one.)

Variable # 18

Usage Notes: Sub-question of F145 V1 Q7 "Computer screen".

Sas Name: COMPDYWK_5

Categories: Lifestyle

Sas Label: Days each week computer screen

Type: Categorical

Values

0	Less than 1 day each week
1	1 day each week
2	2 days each week
3	3 days each week
4	4 days each week
5	5 or more days each week

F145 Hours per day computer screen

On the days that you used a computer, what was the average number of hours that you sat in front of a computer screen with the power turned "on"? (Mark one.)

Variable # 19

Usage Notes: Sub-question of F145 V1 Q7 "Computer screen".
Sub-question of F145 V1 Q7.1 "Days each week computer screen".

Sas Name: COMPHRDY_5

Categories: Lifestyle

Sas Label: Hours per day computer screen

Type: Categorical

Values

1	Less than 1 hour each day
2	1-3 hours each day
3	4-6 hours each day
4	7 or more hours each day

F145 I feel peaceful

I feel peaceful.

Variable # 20

Usage Notes: none

Sas Name: PEACEFUL_5

Categories: Psychosocial/Behavioral

Sas Label: I feel peaceful

Type: Categorical

Values

0	Not at all
1	A little bit
2	Somewhat
3	Quite a bit
4	Very much



F145 I have a reason for living

I have a reason for living.

Variable # 21

Usage Notes: none

Sas Name: REASLIVG_5

Categories: Psychosocial/Behavioral

Sas Label: I have a reason for living

Type: Categorical

Values

0	Not at all
1	A little bit
2	Somewhat
3	Quite a bit
4	Very much

F145 I feel purpose in my life

I feel a sense of purpose in my life.

Variable # 22

Usage Notes: none

Sas Name: SENSPURP_5

Categories: Psychosocial/Behavioral

Sas Label: I feel purpose in my life

Type: Categorical

Values

0	Not at all
1	A little bit
2	Somewhat
3	Quite a bit
4	Very much

F145 Able to reach down for comfort

I am able to reach down deep into myself for comfort

Variable # 23

Usage Notes: none

Sas Name: DOWNDEEP_5

Categories: Psychosocial/Behavioral

Sas Label: Able to reach down for comfort

Type: Categorical

Values

0	Not at all
1	A little bit
2	Somewhat
3	Quite a bit
4	Very much



F145 Sense of harmony

I feel a sense of harmony within myself.

Variable # 24

Usage Notes: none

Sas Name: HARMONY_5

Categories: Psychosocial/Behavioral

Sas Label: Sense of harmony

Type: Categorical

Values

0	Not at all
1	A little bit
2	Somewhat
3	Quite a bit
4	Very much

F145 Comfort in my faith

I find a comfort in my faith.

Variable # 25

Usage Notes: none

Sas Name: COMFAITH_5

Categories: Psychosocial/Behavioral

Sas Label: Comfort in my faith

Type: Categorical

Values

0	Not at all
1	A little bit
2	Somewhat
3	Quite a bit
4	Very much

F145 Strength in my faith

I find strength in my faith.

Variable # 26

Usage Notes: none

Sas Name: STRFAITH_5

Categories: Psychosocial/Behavioral

Sas Label: Strength in my faith

Type: Categorical

Values

0	Not at all
1	A little bit
2	Somewhat
3	Quite a bit
4	Very much



F145 Attend regular religious services

In the past year, how often did you attend regular religious services?

Variable # 27

Usage Notes: none

Sas Name: RELGSERV_5

Categories: Psychosocial/Behavioral

Sas Label: Attend regular religious services

Type: Categorical

Values

0	Never attended
1	Watched/listened onTV or radio
2	A few times per year
3	A few times per month
4	About once a week
5	More than once a week

F145 Time in private religious activities

In the past year, how often did you spend time in private religious activities such as prayer, meditation, bible reading, or reading religious literature?

Variable # 28

Usage Notes: none

Sas Name: RELGPRIV_5

Categories: Psychosocial/Behavioral

Sas Label: Time in private religious activiti

Type: Categorical

Values

0	Never
1	A few times per year
2	A few times per month
3	About once per week
4	A few times per week
5	Every day

F145 Alternative medical treatments

In the past year, have you used a non-traditional or alternative medicine treatment or technique, such as herbal remedies, mental imagery, spiritual healing, acupressure, acupuncture, or homeopathy?

Variable # 29

Usage Notes: none

Sas Name: NONTRDMD_5

Categories: Medications: Alternative

Sas Label: Alternative medical treatments

Type: Categorical

Values

0	No
1	Yes
9	Don't know



F145 Condition of mouth and teeth

How would you describe the condition of your mouth and teeth?

Variable # 30

Usage Notes: none

Sas Name: TEETHCND_5

Categories: Health Care: Dental

Sas Label: Condition of mouth and teeth

Type: Categorical

Values

1	Poor
2	Fair
3	Good
4	Very good
5	Excellent

F145 Mouth feel dry when eat

Does your mouth feel dry when you eat a meal?

Variable # 31

Usage Notes: none

Sas Name: DRYMOUTH_5

Categories: Health Care: Dental

Sas Label: Mouth feel dry when eat

Type: Categorical

Values

0	No
1	Yes

F145 Limited food problems with teeth or dentures

How often have you limited the kinds or amounts of food you eat because of problems with your teeth or dentures?

Variable # 32

Usage Notes: none

Sas Name: TEETHPRB_5

Categories: Health Care: Dental

Sas Label: Limited food/problems teeth or dentures

Type: Categorical

Values

0	Never
1	Seldom
2	Sometimes
3	Often
4	Always



F145 Routine dental check-ups

During the past 3 years, how often have you gone to the dentist or dental hygienist for routine check-ups or cleanings?

Variable # 33 **Usage Notes:** none
Sas Name: VISITDNT_5 **Categories:** Health Care: Dental
Sas Label: Routine dental check-ups
Type: Categorical

Values

0	I have not gone in past three years
1	2 or more times per year
2	Once per year
3	Less than once per year
4	Whenever needed

F145 Periodontal or gum disease

Has a dentist or dental hygienist ever told you that you had periodontal or gum disease?

Variable # 34 **Usage Notes:** none
Sas Name: GUMDIS_5 **Categories:** Health Care: Dental
Sas Label: Periodontal or gum disease
Type: Categorical

Values

0	No
1	Yes

F145 Lost all permanent teeth

Have you lost ALL of your permanent teeth, both upper and lower?

Variable # 35 **Usage Notes:** none
Sas Name: NOTEETH_5 **Categories:** Health Care: Dental
Sas Label: Lost all permanent teeth
Type: Categorical

Values

0	No
1	Yes

F145 Natural hormones in past year

In the past year, did you use any natural hormones that you can get without a doctor's prescription? These are usually made from plants and often obtained from health food stores or by mail order. They may be in the form of a pill, vaginal cream or suppository, or skin cream.

Variable # 36 **Usage Notes:** none
Sas Name: NATHOR_5 **Categories:** Medical History: Reproductive
Sas Label: Natural hormones in past year **Reproductive: Hormones**
Type: Categorical

Values

0	No
1	Yes
9	Don't know



F145 Natural/wild yam or prog cream

Wild yam or progesterone creams

Variable # 37

Usage Notes: Sub-question of F145 V1 Q17 "Natural hormones in past year".

Sas Name: YAMCRM_5

Categories: Medical History: Reproductive
Reproductive: Hormones

Sas Label: Natural/wild yam or prog cream

Type: Categorical

Values

0	No
1	Yes

F145 Natural/wild yam pills

Wild yam pills

Variable # 38

Usage Notes: Sub-question of F145 V1 Q17 "Natural hormones in past year".

Sas Name: YAMPLS_5

Categories: Medical History: Reproductive
Reproductive: Hormones

Sas Label: Natural/wild yam pills

Type: Categorical

Values

0	No
1	Yes

F145 Natural/Progest suppositories

Progesterone suppositories

Variable # 39

Usage Notes: Sub-question of F145 V1 Q17 "Natural hormones in past year".

Sas Name: PRGSUP_5

Categories: Medical History: Reproductive
Reproductive: Hormones

Sas Label: Natural/Progest suppositories

Type: Categorical

Values

0	No
1	Yes

F145 Natural/DHEA pills

DHEA (dehydroepiandrosterone pills)

Variable # 40

Usage Notes: Sub-question of F145 V1 Q17 "Natural hormones in past year".

Sas Name: DHEAPL_5

Categories: Medical History: Reproductive
Reproductive: Hormones

Sas Label: Natural/DHEA pills

Type: Categorical

Values

0	No
1	Yes



F145 Natural/Phytoestrogen pills

Phytoestrogen pills (soy or flax)

Variable # 41

Usage Notes: Sub-question of F145 V1 Q17 "Natural hormones in past year".

Sas Name: PHYPLS_5

Categories: Medical History: Reproductive
Reproductive: Hormones

Sas Label: Natural/Phytoestrogen pills

Type: Categorical

Values

0	No
1	Yes

F145 Natural/Phytoestrogen creams

Phytoestrogen creams (soy or flax)

Variable # 42

Usage Notes: Sub-question of F145 V1 Q17 "Natural hormones in past year".

Sas Name: PHYCRM_5

Categories: Medical History: Reproductive
Reproductive: Hormones

Sas Label: Natural/Phytoestrogen creams

Type: Categorical

Values

0	No
1	Yes

F145 Natural/Phytoestrogen foods

Phytoestrogen containing foods (tofu, soybeans)

Variable # 43

Usage Notes: Sub-question of F145 V1 Q17 "Natural hormones in past year".

Sas Name: PHYFDS_5

Categories: Medical History: Reproductive
Reproductive: Hormones

Sas Label: Natural/Phytoestrogen foods

Type: Categorical

Values

0	No
1	Yes

F145 Natural/Other

Other

Variable # 44

Usage Notes: Sub-question of F145 V1 Q17 "Natural hormones in past year".

Sas Name: NTOTHR_5

Categories: Medical History: Reproductive
Reproductive: Hormones

Sas Label: Natural/Other

Type: Categorical

Values

0	No
1	Yes



F145 Natural/Don't know

Don't know

Variable # 45

Usage Notes: Sub-question of F145 V1 Q17 "Natural hormones in past year".

Sas Name: NTDNTK_5

Categories: Medical History: Reproductive
Reproductive: Hormones

Sas Label: Natural/Don't know

Type: Categorical

Values

0	No
1	Yes

F145 Used female hormones/past year

In the past year, did you use female hormones (ESTROGEN or PROGESTERONE) that were prescribed by a doctor? (This may have been in the form of a pill, skin patch, shot, or vaginal cream or suppository.)

Variable # 46

Usage Notes: none

Sas Name: HRPST1YR_5

Categories: Medical History: Medications
Medical History: Reproductive
Reproductive: Hormones

Sas Label: Used female hormones/past year

Type: Categorical

Values

0	No
1	Yes
9	Don't know

F145 Combined estr/progest pills

In the past year, did you use female hormone PILLS prescribed by a doctor which contained both ESTROGEN and progestin (PROGESTERONE) COMBINED in the same pill or package (for example, Prempro, Premphase)? (Do not include use of two separate estrogen and progestin pills used at the same time.)

Variable # 47

Usage Notes: Sub-question of F145 V1 Q18 "Used female hormones/past year".

Sas Name: EPPL_5

Categories: Medical History: Medications
Medical History: Reproductive
Reproductive: Hormones

Sas Label: Combined estr/progest pills

Type: Categorical

Values

0	No
1	Yes
9	Don't know

F145 Months used estr/progest pills

In the past year, how many months did you use COMBINED female hormone PILLS which contained both ESTROGEN and PROGESTIN?

Variable # 48

Usage Notes: Sub-question of F145 V1 Q18 "Used female hormones/past year".
Sub-question of F145 V1 Q19 "Combined estr/progest pills".

Sas Name: EPDUR_5

Categories: Medical History: Medications
Medical History: Reproductive
Reproductive: Hormones

Sas Label: Months used estr/progest pills

Type: Categorical

Values

1	Less than 1 month
2	1-6 months
3	7-10 months
4	11-12 months



F145 Combined estr/testost pills

In the past year, did you use female hormone PILLS prescribed by a doctor which contained both ESTROGEN and TESTOSTERONE COMBINED in the same pill (for example, Estratest)?

Variable # 49

Usage Notes: Sub-question of F145 V1 Q18 "Used female hormones/past year".

Sas Name: ETPL_5

Categories: Medical History: Medications
Medical History: Reproductive
Reproductive: Hormones

Sas Label: Combined estr/testost pills

Type: Categorical

Values

0	No
1	Yes
9	Don't know

F145 Months used estr/testost pills

In the past year, how many months did you use COMBINED female hormone PILLS which contained both ESTROGEN and TESTOSTERONE?

Variable # 50

Usage Notes: Sub-question of F145 V1 Q18 "Used female hormones/past year".
Sub-question of F145 V1 Q20 "Combined estr/testost pills".

Sas Name: ETDUR_5

Categories: Medical History: Medications
Medical History: Reproductive
Reproductive: Hormones

Sas Label: Months used estr/testost pills

Type: Categorical

Values

1	Less than 1 month
2	1-6 months
3	7-10 months
4	11-12 months

F145 Estr/testost pill used longest

In the past year, what type of COMBINED ESTROGEN and TESTOSTERONE pill did you use the longest?

Variable # 51

Usage Notes: Sub-question of F145 V1 Q18 "Used female hormones/past year".
Sub-question of F145 V1 Q20 "Combined estr/testost pills".

Sas Name: ETTYPE_5

Categories: Medical History: Medications
Medical History: Reproductive
Reproductive: Hormones

Sas Label: Estr/testost pill used longest

Type: Categorical

Values

1	Estratest
2	Estratest HS
8	Other

F145 Used estrogen pills

In the past year, did you use ESTROGEN PILLS which were prescribed by a doctor (for example, Premarin, Estrace, Ogen)? (Do not include the combined pill of estrogen progestin or the combined pill of estrogen and testosterone.)

Variable # 52

Usage Notes: Sub-question of F145 V1 Q18 "Used female hormones/past year".

Sas Name: EPL_5

Categories: Medical History: Medications
Medical History: Reproductive
Reproductive: Hormones

Sas Label: Used estrogen pills

Type: Categorical

Values

0	No
1	Yes
9	Don't know



F145 Months used estrogen pills

In the past year, how many months did you use ESTROGEN PILLS?

Variable # 53

Sas Name: EPLDUR_5

Sas Label: Months used estrogen pills

Type: Categorical

Usage Notes: Sub-question of F145 V1 Q18 "Used female hormones/past year".
Sub-question of F145 V1 Q21 "Used estrogen pills".

Categories: Medical History: Medications
Medical History: Reproductive
Reproductive: Hormones

Values

1	Less than 1 month
2	1-6 months
3	7-10 months
4	11-12 months

F145 Estrogen pills days per month

In the past year, when you were using ESTROGEN pills, what was the average number of days each month you used the pills?

Variable # 54

Sas Name: EPLDAYS_5

Sas Label: Estrogen pills days per month

Type: Categorical

Usage Notes: Sub-question of F145 V1 Q18 "Used female hormones/past year".
Sub-question of F145 V1 Q21 "Used estrogen pills".

Categories: Medical History: Medications
Medical History: Reproductive
Reproductive: Hormones

Values

0	Less than 1 day
1	1-7 days
2	8-14 days
3	15-21 days
4	22-27 days
5	28 or more days

F145 Estrogen pills used longest

In the past year, what type of ESTROGEN pills did you use the longest?

Variable # 55

Sas Name: EPLTYPE_5

Sas Label: Estrogen pills used longest

Type: Categorical

Usage Notes: Sub-question of F145 V1 Q18 "Used female hormones/past year".
Sub-question of F145 V1 Q21 "Used estrogen pills".

Categories: Medical History: Medications
Medical History: Reproductive
Reproductive: Hormones

Values

1	Premarin or conjugated equine estrogens
2	Estrace
3	Ogen
8	Other
9	Don't know



F145 Estrogen pill dose per day

What dose did you usually take each day? (Mark one. If you regularly take more than one dose, mark the lowest dose.)

Variable # 56

Sas Name: EPLDOSE_5

Sas Label: Estrogen pill dose per day

Type: Categorical

Usage Notes: Sub-question of F145 V1 Q18 "Used female hormones/past year".
Sub-question of F145 V1 Q21 "Used estrogen pills".

Categories: Medical History: Medications
Medical History: Reproductive
Reproductive: Hormones

Values

1	0.3 mg
2	0.625 mg
3	0.9 mg
4	1 mg
5	1.25 mg
6	2 mg
7	2.5 mg
8	Other
9	Don't know

F145 Took estrogen shots

In the past year, did you take shots containing the hormone ESTROGEN?

Variable # 57

Sas Name: ESHT_5

Sas Label: Took estrogen shots

Type: Categorical

Usage Notes: Sub-question of F145 V1 Q18 "Used female hormones/past year".

Categories: Medical History: Medications
Medical History: Reproductive
Reproductive: Hormones

Values

0	No
1	Yes
9	Don't know

F145 Months took estrogen shots

In the past year, how many months did you take the shots? (Count each shot as one month.)

Variable # 58

Sas Name: ESHTDUR_5

Sas Label: Months took estrogen shots

Type: Categorical

Usage Notes: Sub-question of F145 V1 Q18 "Used female hormones/past year".
Sub-question of F145 V1 Q22 "Took estrogen shots".

Categories: Medical History: Medications
Medical History: Reproductive
Reproductive: Hormones

Values

1	Less than 1 month
2	1-6 months
3	7-10 months
4	11-12 months



F145 Used estrogen vaginally

In the past year, did you use a vaginal cream or suppository containing ESTROGEN which was prescribed by a doctor?

Variable # 59

Sas Name: ECRM_5

Sas Label: Used estrogen vaginally

Type: Categorical

Usage Notes: Sub-question of F145 V1 Q18 "Used female hormones/past year".

Categories: Medical History: Medications
Medical History: Reproductive
Reproductive: Hormones

Values

0	No
1	Yes
9	Don't know

F145 Months used vaginal estrogen

In the past year, how many months did you use the vaginal cream or suppository?

Variable # 60

Sas Name: ECRMDUR_5

Sas Label: Months used vaginal estrogen

Type: Categorical

Usage Notes: Sub-question of F145 V1 Q18 "Used female hormones/past year".
Sub-question of F145 V1 Q23 "Used estrogen vaginally".

Categories: Medical History: Medications
Medical History: Reproductive
Reproductive: Hormones

Values

1	Less than 1 month
2	1-6 months
3	7-10 months
4	11-12 months

F145 Used estrogen skin patch

In the past year, did you use a SKIN PATCH containing the hormone ESTROGEN with or without PROGESTOERONE (for example, Estraderm, Climara, Vivelle)?

Variable # 61

Sas Name: EPCH_5

Sas Label: Used estrogen skin patch

Type: Categorical

Usage Notes: Sub-question of F145 V1 Q18 "Used female hormones/past year".
On forms 146-148 this variable reflects non-combination estrogen use only.

Categories: Medical History: Medications
Medical History: Reproductive
Reproductive: Hormones

Values

0	No
1	Yes
9	Don't know



F145 Months used skin patch

In the past year, how many months did you use the patch?

Variable # 62

Sas Name: EPCHDUR_5

Sas Label: Months used skin patch

Type: Categorical

Usage Notes: Sub-question of F145 V1 Q18 "Used female hormones/past year".
Sub-question of F145 V1 Q24 "Used estrogen skin patch".

Categories: Medical History: Medications
Medical History: Reproductive
Reproductive: Hormones

Values

1	Less than 1 month
2	1-6 months
3	7-10 months
4	11-12 months

F145 Skin patch used longest

In the past year, what type of patch did you use the longest?

Variable # 63

Sas Name: EPCHTYPE_5

Sas Label: Skin patch used longest

Type: Categorical

Usage Notes: Sub-question of F145 V1 Q18 "Used female hormones/past year".
Sub-question of F145 V1 Q24 "Used estrogen skin patch".

Categories: Medical History: Medications
Medical History: Reproductive
Reproductive: Hormones

Values

1	Estrogen
2	Estrogen plus progesterone
8	Other
9	Don't know

F145 Skin patch dose

What dose of ESTROGEN was in the skin patch you usually used?

Variable # 64

Sas Name: EPCHDOSE_5

Sas Label: Skin patch dose

Type: Categorical

Usage Notes: Sub-question of F145 V1 Q18 "Used female hormones/past year".
Sub-question of F145 V1 Q24 "Used estrogen skin patch".

Categories: Medical History: Medications
Medical History: Reproductive
Reproductive: Hormones

Values

1	0.05 mg
2	0.1 mg
8	Other
9	Don't know



F145 Skin patch changed per week

What was the average number of times each week that you changed your skin patch?

Variable # 65

Sas Name: EPCHCHNG_5

Sas Label: Skin patch changed per week

Type: Categorical

Usage Notes: Sub-question of F145 V1 Q18 "Used female hormones/past year".
Sub-question of F145 V1 Q24 "Used estrogen skin patch".

Categories: Medical History: Medications
Medical History: Reproductive
Reproductive: Hormones

Values

1	Less than once each week
2	1-2 times each week
3	3-4 times each week
4	5 or more times each week

F145 Used progesterone pills

In the past year, did you use the female hormone PILL called PROGESTERONE or progestin (for example, Provera, Cycrin, Aman, Megace)? (Do not included the combined pill of estrogen and progestin.)

Variable # 66

Sas Name: PPL_5

Sas Label: Used progesterone pills

Type: Categorical

Usage Notes: Sub-question of F145 V1 Q18 "Used female hormones/past year".

Categories: Medical History: Medications
Medical History: Reproductive
Reproductive: Hormones

Values

0	No
1	Yes
9	Don't know

F145 Months used progest pills

In the past year, how many months did you use PROGESTERONE or progestin pills?

Variable # 67

Sas Name: PPLDUR_5

Sas Label: Months used progest pills

Type: Categorical

Usage Notes: Sub-question of F145 V1 Q18 "Used female hormones/past year".
Sub-question of F145 V1 Q25 "Used progesterone pills".

Categories: Medical History: Medications
Medical History: Reproductive
Reproductive: Hormones

Values

1	Less than 1 month
2	1-6 months
3	7-10 months
4	11-12 months



F145 Progest pills days per month

In the past year, when you were using PROGESTERONE or progestin pills, what was the average number of days each month you used the pills?

Variable # 68

Sas Name: PPLDAY_5

Sas Label: Progest pills days per month

Type: Categorical

Usage Notes: Sub-question of F145 V1 Q18 "Used female hormones/past year".
Sub-question of F145 V1 Q25 "Used progesterone pills".

Categories: Medical History: Medications
Medical History: Reproductive
Reproductive: Hormones

Values

1	Less than 1 day
2	1-9 days
3	10-12 days
4	13-18 days
5	19-27 days
6	28 or more days

F145 Progest pills used longest

In the past year, what type of PROGESTERONE or progestin pills did you use the longest?

Variable # 69

Sas Name: PPLTYPE_5

Sas Label: Progest pills used longest

Type: Categorical

Usage Notes: Sub-question of F145 V1 Q18 "Used female hormones/past year".
Sub-question of F145 V1 Q25 "Used progesterone pills".

Categories: Medical History: Medications
Medical History: Reproductive
Reproductive: Hormones

Values

1	Provera, Cytrin, Amen
2	Megace
3	Micronized progesterone
8	Other
9	Don't know

F145 Progest pill dose per day

What dose did you usually take each day? (Mark one. If you regularly take more than one dose, mark the lowest dose).

Variable # 70

Sas Name: PPLDOSE_5

Sas Label: Progest pill dose per day

Type: Categorical

Usage Notes: Sub-question of F145 V1 Q18 "Used female hormones/past year".
Sub-question of F145 V1 Q25 "Used progesterone pills".

Categories: Medical History: Medications
Medical History: Reproductive
Reproductive: Hormones

Values

1	2.5 mg
2	5 mg
3	7.5 mg
4	10 mg
5	20 mg
6	40 mg
7	More than 40 mg
8	Other
9	Don't know



F145 Cataract(s)

Cataracts(s)

Variable # 71

Usage Notes: none

Sas Name: CATARACT_5

Categories: Medical History: Other Disease/Condition

Sas Label: Cataract(s)

Type: Categorical

Values

0 No

1 Yes

F145 Macular degeneration of retina

Macular degeneration of the retina

Variable # 72

Usage Notes: none

Sas Name: MACDEGNR_5

Categories: Medical History: Other Disease/Condition

Sas Label: Macular degeneration of retina

Type: Categorical

Values

0 No

1 Yes

F145 Asthma

Asthma

Variable # 73

Usage Notes: none

Sas Name: ASTHMA_5

Categories: Medical History: Other Disease/Condition

Sas Label: Asthma

Type: Categorical

Values

0 No

1 Yes

F145 Emphysema / chronic bronchitis

Emphysema or chronic bronchitis

Variable # 74

Usage Notes: none

Sas Name: EMPHYSEM_5

Categories: Medical History: Other Disease/Condition

Sas Label: Emphysema / chronic bronchitis

Type: Categorical

Values

0 No

1 Yes



F145 Heart failure

Heart failure or congestive heart failure

Variable # 75

Usage Notes: none

Sas Name: CHF_5

Categories: Medical History: Cardiovascular

Sas Label: Heart failure

Type: Categorical

Values

0 No

1 Yes

F145 Angina

Angina (chest pains from the heart)

Variable # 76

Usage Notes: none

Sas Name: ANGINA_5

Categories: Medical History: Cardiovascular

Sas Label: Angina

Type: Categorical

Values

0 No

1 Yes

F145 Atrial fibrillation

Atrial fibrillation

Variable # 77

Usage Notes: none

Sas Name: ATRIALFB_5

Categories: Medical History: Cardiovascular

Sas Label: Atrial fibrillation

Type: Categorical

Values

0 No

1 Yes

F145 Kidney or bladder stones

Kidney or bladder stones (renal or urinary calculi)

Variable # 78

Usage Notes: none

Sas Name: KIDNEYST_5

Categories: Medical History: Other Disease/Condition

Sas Label: Kidney or bladder stones

Type: Categorical

Values

0 No

1 Yes



F145 Dialysis for kidney failure

Dialysis for kidney or renal failure

Variable # 79

Usage Notes: none

Sas Name: KIDDIALY_5

Categories: Medical History: Other Disease/Condition

Sas Label: Dialysis for kidney failure

Type: Categorical

Values

0	No
1	Yes

F145 Stomach or duodenal ulcer

Stomach or duodenal ulcer

Variable # 80

Usage Notes: none

Sas Name: STOMULCR_5

Categories: Medical History: Other Disease/Condition

Sas Label: Stomach or duodenal ulcer

Type: Categorical

Values

0	No
1	Yes

F145 Diverticulitis

Diverticulitis

Variable # 81

Usage Notes: none

Sas Name: DIVERTIC_5

Categories: Medical History: Other Disease/Condition

Sas Label: Diverticulitis

Type: Categorical

Values

0	No
1	Yes

F145 Pancreatitis

Pancreatitis (inflamed pancreas)

Variable # 82

Usage Notes: none

Sas Name: PANCREAT_5

Categories: Medical History: Other Disease/Condition

Sas Label: Pancreatitis

Type: Categorical

Values

0	No
1	Yes



F145 Liver disease

Liver disease (chronic active hepatitis, cirrhosis, or yellow jaundice)

Variable # 83

Usage Notes: none

Sas Name: LIVRDIS_5

Categories: Medical History: Other Disease/Condition

Sas Label: Liver disease

Type: Categorical

Values

0	No
1	Yes

F145 Overactive thyroid

Overactive thyroid

Variable # 84

Usage Notes: none

Sas Name: OVRTHY_5

Categories: Medical History: Thyroid

Sas Label: Overactive thyroid

Type: Categorical

Values

0	No
1	Yes

F145 Underactive thyroid

Underactive thyroid

Variable # 85

Usage Notes: none

Sas Name: UNDTHY_5

Categories: Medical History: Thyroid

Sas Label: Underactive thyroid

Type: Categorical

Values

0	No
1	Yes

F145 Alzheimer's disease

Alzheimer's disease

Variable # 86

Usage Notes: none

Sas Name: ALZHEIM_5

Categories: Medical History: Other Disease/Condition

Sas Label: Alzheimer's disease

Type: Categorical

Values

0	No
1	Yes



F145 Multiple sclerosis

Multiple sclerosis

Variable # 87

Usage Notes: none

Sas Name: MS_5

Categories: Medical History: Other Disease/Condition

Sas Label: Multiple sclerosis

Type: Categorical

Values

0 No

1 Yes

F145 Parkinson's disease

Parkinson's disease

Variable # 88

Usage Notes: none

Sas Name: PARKINS_5

Categories: Medical History: Other Disease/Condition

Sas Label: Parkinson's disease

Type: Categorical

Values

0 No

1 Yes

F145 ALS/Lou Gehrig's disease

Amyotrophic Lateral Sclerosis (ALS, motor neuron disease, or Lou Gehrig's disease)

Variable # 89

Usage Notes: none

Sas Name: ALS_5

Categories: Medical History: Other Disease/Condition

Sas Label: ALS/Lou Gehrig's disease

Type: Categorical

Values

0 No

1 Yes

F145 Current marital status

What is your current marital status? (Mark the one that best describes you.)

Variable # 90

Usage Notes: none

Sas Name: MARITAL_5

Categories: Demographic

Sas Label: Current marital status

Type: Categorical

Values

1 Never married

2 Divorced or separated

3 Widowed

4 Presently married

5 Living in a marriage-like relationship



Recreational phys activity per week

Computed from Form 145, 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 # 91 **Usage Notes:** none

Sas Name: TEPIWK_5 **Categories:** Computed Variables
Physical Activity

Sas Label: Recreational phys activity per week

Type: Continuous

Recr. phys activity per week >= 20 Min

Computed from Form 145, 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 # 92 **Usage Notes:** none

Sas Name: LEPIOTOT_5 **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 145, 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).

Variable # 93 **Usage Notes:** none

Sas Name: MSEPIWK_5 **Categories:** Computed Variables
Physical Activity

Sas Label: Mod. to strenuous phys activity per week

Type: Continuous

Mod-stren activity > 20 min/week

Computed from Form 145, 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).

Variable # 94 **Usage Notes:** none

Sas Name: XLMSEPI_5 **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 145, 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). Computed from XLMSEPI and TEPIWK.

Variable # 95 **Usage Notes:** none

Sas Name: LMSEPI_5 **Categories:** Computed Variables
Physical Activity

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

Type: Categorical

Values

1	No activity
2	Some activity of limited duration
3	2 to <4 episodes per week
4	4 episodes per week



Strenuous activity episodes per week

Computed from Form 145, question 7.1. Episodes per week of strenuous recreational physical activity.

Variable # 96 **Usage Notes:** none
Sas Name: SEPIWK_5 **Categories:** Computed Variables
Sas Label: Strenuous activity episodes per week Physical Activity
Type: Categorical

Values

0	0
1	1
2	2
3	3
4	4
6	5 or more

Minutes of recr. phys activity per week

Computed from Form 145, 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 # 97 **Usage Notes:** none
Sas Name: TMINWK_5 **Categories:** Computed Variables
Sas Label: Minutes of recr. phys activity per week Physical Activity
Type: Continuous

Minutes of mod-stren activity per week

Computed from Form 145, 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).

Variable # 98 **Usage Notes:** none
Sas Name: MSMINWK_5 **Categories:** Computed Variables
Sas Label: Minutes of mod-stren activity per week Physical Activity
Type: Continuous

Minutes of stren. phys activity per week

Computed from Form 145, questions 7.1 and 7.2. Minutes per week of strenuous recreational physical activity.

Variable # 99 **Usage Notes:** none
Sas Name: SMINWK_5 **Categories:** Computed Variables
Sas Label: Minutes of stren. phys activity per week Physical Activity
Type: Continuous

Total MET-hours per week

Computed from Form 145, questions 6, 6.1, 6.2, 7.1, 7.2, 7.3, 7.4, 7.5, and 7.6. Total MET-hours per week. Expenditure of energy from recreational physical activity (includes walking, mild, moderate and strenuous physical activity in kcal/week/kg).

Variable # 100 **Usage Notes:** none
Sas Name: TEXPWK_5 **Categories:** Computed Variables
Sas Label: Total MET-hours per week Physical Activity
Type: Continuous

**MET-hours per week from walking**

Computed from Form 145, questions 6, 6.1, and 6.2. Expenditure of energy from physical activity from walking in kcal/week/kg (MET-hours per week).

Variable # 101 **Usage Notes:** none
Sas Name: WALKEXP_5
Sas Label: MET-hours per week from walking **Categories:** Computed Variables
 Physical Activity
Type: Continuous

Energy expend from avg walking

Computed from Form 145, questions 6, 6.1 and 6.2. Energy expenditure from average walking (2-3 mph) in MET-hours per week. 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 # 102 **Usage Notes:** none
Sas Name: AVWKEXP_5
Sas Label: Energy expend from avg walking **Categories:** Computed Variables
 Physical Activity
Type: Continuous

Energy expend from walking fairly fast

Computed from Form 145, questions 6, 6.1 and 6.2. Energy expenditure form walking fairly fast (3-4 mph) in MET-hours per week.

Variable # 103 **Usage Notes:** none
Sas Name: FFWKEXP_5
Sas Label: Energy expend fr walking fairly fast **Categories:** Computed Variables
 Physical Activity
Type: Continuous

Energy expend from walking very fast

Computed from Form 145, questions 6, 6.1, and 6.2. Energy expenditure from walking very fast (> 4 mph) in MET-hours per week.

Variable # 104 **Usage Notes:** none
Sas Name: VFWKEXP_5
Sas Label: Energy expend from walking very fast **Categories:** Computed Variables
 Physical Activity
Type: Continuous

Energy expenditure from hard exercise

Computed from Form 145, questions 7.1 and 7.2. Energy expenditure from strenuous or very hard exercise (for example, aerobics, aerobic dancing, jogging, tennis, swimming laps) in MET-hours per week.

Variable # 105 **Usage Notes:** none
Sas Name: HARDEXP_5
Sas Label: Energy expenditure from hard exercise **Categories:** Computed Variables
 Physical Activity
Type: Continuous

Energy expenditure from mod. exercise

Computed from Form 145, 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 MET-hours per week.

Variable # 106 **Usage Notes:** none
Sas Name: MODEXP_5
Sas Label: Energy expend from moderate exercise **Categories:** Computed Variables
 Physical Activity
Type: Continuous



Energy expenditure from mild exercise

Computed from Form 145, questions 7.5 and 7.6. Energy expenditure from mild exercise (for example, slow dancing, bowling, golf) in MET-hours per week.

Variable # 107

Usage Notes: none

Sas Name: MILDEXP_5

Sas Label: Energy expenditure from mild exercise

Categories: Computed Variables
Physical Activity

Type: Continuous

Estrogen use last year

Variable # 108

Usage Notes: none

Sas Name: EST_5

Sas Label: Estrogen use last year

Categories: Computed Variables
Reproductive: Hormones

Type: Categorical

Values

0 No

1 Yes

Progesterone use last year

Variable # 109

Usage Notes: none

Sas Name: PRG_5

Sas Label: Progesterone use last year

Categories: Computed Variables
Reproductive: Hormones

Type: Categorical

Values

0 No

1 Yes

Hormone use last year (estrog. or progest.)

Variable # 110

Usage Notes: none

Sas Name: HRT_5

Sas Label: Hormone use last year (estrogen or progesterone)

Categories: Computed Variables
Reproductive: Hormones

Type: Categorical

Values

0 No

1 Yes