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Form 35 - Personal Habits Update

Data File: f35_ct_pub **File Date:** 07/18/2007 **Structure:** Multiple rows per participant **Population:** CT participants

Participant ID

Variable # 1
Sas Name: ID
Sas Label: Participant ID

Usage Notes: none
Categories: Study: Administration

F35 Days since randomization

Variable # 2
Sas Name: F35DAYS
Sas Label: F35 Days since randomization

Usage Notes: none
Categories: Study: Administration

N	Min	Max	Mean	Std Dev
174326	4	3892	1522.3821	872.6175

F35 Visit type

Variable # 3
Sas Name: F35VTYP
Sas Label: Visit type

Usage Notes: none
Categories: Study: Administration

Values		N	%
2	Semi-annual Visit	2	0.0%
3	Annual Visit	173,399	99.5%
4	Non Routine Visit	925	0.5%
		174,326	

F35 Visit year

Visit year for which this form was collected.

Variable # 4
Sas Name: F35VY
Sas Label: Visit year

Usage Notes: none
Categories: Study: Administration

N	Min	Max	Mean	Std Dev
173401	1	11	4.13204	2.38419

F35 Closest to visit within visit type and year

For forms entered with the same visit type and year, indicates the one closest to that visit's target date. Valid for forms entered with an annual or semi-annual visit type.

Variable # 5
Sas Name: F35VCLO
Sas Label: Closest to visit within visit type and year

Usage Notes: See data preparation document.
Categories: Study: Administration

Values		N	%
0	No	1,607	0.9%
1	Yes	172,719	99.1%
		174,326	

F35 Expected for visit

This form/data was expected for this visit. Form 35 (Personal Habits Update) was expected at Annual Visits 1, 3, 6, and 9 for all CT.

Variable # 6

Sas Name: F35EXPC

Sas Label: Expected for visit

Usage Notes: none

Categories: Study: Administration

Values		N	%
0	No	3,734	2.1%
1	Yes	170,592	97.9%
		174,326	

F35 How often walk 10+ minutes

Think about the walking you do outside the home. How often do you walk outside the home for more than 10 minutes without stopping? (Mark only one.)

Variable # 7

Sas Name: WALK

Sas Label: Times walk for > 10 min

Usage Notes: none

Categories: Physical Activity

Values		N	%
0	Rarely or never	37,807	21.7%
1	1-3 times each month	24,782	14.2%
2	1 time each week	18,957	10.9%
3	2-3 times each week	46,151	26.5%
4	4-6 times each week	32,350	18.6%
5	7 or more times each week	13,807	7.9%
.	Missing	472	0.3%
		174,326	

F35 How long walk 10+ minutes

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

Variable # 8

Sas Name: WALKMIN

Sas Label: Duration of walks when >10 min

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

Categories: Physical Activity

Values		N	%
1	Less than 20 min.	47,322	27.1%
2	20-39 min.	62,508	35.9%
3	40-59 min.	19,171	11.0%
4	1 hour or more	8,975	5.1%
.	Missing	36,350	20.9%
		174,326	

F35 What is your usual walking speed

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

Variable # 9

Sas Name: WALKSPD

Sas Label: Walking speed when walking for >10 min

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

Categories: Physical Activity

Values		N	%
2	Casual strolling or walking	37,058	21.3%
3	Average or normal	68,582	39.3%
4	Fairly fast	25,159	14.4%
5	Very fast	1,097	0.6%
9	Don't know	5,990	3.4%
.	Missing	36,440	20.9%
		174,326	

F35 Strenuous exercise - how often

Not including walking outside the home, how often each week (7 days) do you usually do the exercises below? STRENUOUS OR VERY HARD EXERCISE (You work up a sweat and your heart beats fast.) For example aerobics, aerobic dancing, jogging, tennis, swimming laps

Variable # 10

Sas Name: HRDEX

Sas Label: Times per week of very hard exercise

Usage Notes: none

Categories: Physical Activity

Values		N	%
0	None	128,930	74.0%
1	1 day per week	10,725	6.2%
2	2 days per week	11,965	6.9%
3	3 days per week	12,811	7.3%
4	4 days per week	3,824	2.2%
5	5 or more days per week	4,541	2.6%
.	Missing	1,530	0.9%
		174,326	

F35 Strenuous exercise - how long

How long do you usually exercise like this at one time? STRENUOUS OR VERY HARD EXERCISE (You work up a sweat and your heart beats fast.) For example aerobics, aerobic dancing, jogging, tennis, swimming laps

Variable # 11

Sas Name: HRDEXMIN

Sas Label: Duration per time of very hard exercise

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

Categories: Physical Activity

Values		N	%
1	Less than 20 min.	8,807	5.1%
2	20-39 min.	14,611	8.4%
3	40-59 min.	9,769	5.6%
4	1 hour or more	10,036	5.8%
.	Missing	131,103	75.2%
		174,326	

F35 Moderate exercise - how often

Not including walking outside the home, how often each week (7 days) do you usually do the exercises below? MODERATE EXERCISE (Not exhausting). For example, biking outdoors, using an exercise machine (like a stationary bike or treadmill), calisthenics, easy swimming, popular or folk dancing.

Variable # 12

Sas Name: MODEX

Sas Label: Times per week of moderate exercise

Usage Notes: none

Categories: Physical Activity

Values		N	%
0	None	100,050	57.4%
1	1 day per week	17,427	10.0%
2	2 days per week	18,623	10.7%
3	3 days per week	19,914	11.4%
4	4 days per week	6,507	3.7%
5	5 or more days per week	10,342	5.9%
.	Missing	1,463	0.8%
		174,326	

F35 Moderate exercise - how long

How long to you usually exercise like this at one time? MODERATE EXERCISE (Not exhausting). For example, biking outdoors, using an exercise machine (like a stationary bike or treadmill), calisthenics, easy swimming, popular or folk dancing.

Variable # 13

Sas Name: MODEXMIN

Sas Label: Duration per time of moderate exercise

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

Categories: Physical Activity

Values		N	%
1	Less than 20 min.	21,349	12.2%
2	20-39 min.	29,618	17.0%
3	40-59 min.	10,820	6.2%
4	1 hour or more	9,648	5.5%
.	Missing	102,891	59.0%
		174,326	

F35 Mild exercise - how often

Not including walking outside the home, how often each week (7 days) do you usually do the exercises below? MILD EXERCISE. For example, slow dancing, bowling, golf.

Variable # 14

Sas Name: MLDEX

Sas Label: Times per week of mild exercise

Usage Notes: none

Categories: Physical Activity

Values		N	%
0	None	120,141	68.9%
1	1 day per week	20,089	11.5%
2	2 days per week	12,521	7.2%
3	3 days per week	8,477	4.9%
4	4 days per week	3,048	1.7%
5	5 or more days per week	7,311	4.2%
.	Missing	2,739	1.6%
		174,326	

F35 Mild exercise - how long

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

Variable # 15
Sas Name: MLDEXMIN
Sas Label: Duration per time of mild exercise

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

Categories: Physical Activity

Values		N	%
1	Less than 20 min.	13,611	7.8%
2	20-39 min.	12,989	7.5%
3	40-59 min.	4,889	2.8%
4	1 hour or more	18,450	10.6%
.	Missing	124,387	71.4%
		174,326	

F35 Beer - frequency

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

Variable # 16
Sas Name: BEERFREQ
Sas Label: Beer - frequency

Usage Notes: none

Categories: Diet: Alcohol
Lifestyle: Alcohol

Values		N	%
0	Never or less than once per month	143,462	82.3%
1	1-3 per month	17,010	9.8%
2	1 per week	3,706	2.1%
3	2-4 per week	3,929	2.3%
4	5-6 per week	782	0.4%
5	1 per day	729	0.4%
6	2-3 per day	456	0.3%
7	4-5 per day	56	0.0%
8	6+ per day	16	0.0%
.	Missing	4,180	2.4%
		174,326	

F35 Beer - serving size

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

Variable # 17
Sas Name: BEERSERV
Sas Label: Beer - serving size

Usage Notes: none

Categories: Diet: Alcohol
Lifestyle: Alcohol

Values		N	%
1	Small	9,215	5.3%
2	Medium	21,240	12.2%
3	Large	751	0.4%
.	Missing	143,120	82.1%
		174,326	

F35 Wine - frequency

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

Variable # 18
Sas Name: WINEFREQ
Sas Label: Wine - frequency

Usage Notes: none

Categories: Diet: Alcohol
Lifestyle: Alcohol

Values		N	%
0	Never or less than once per month	90,784	52.1%
1	1-3 per month	37,222	21.4%
2	1 per week	11,395	6.5%
3	2-4 per week	17,961	10.3%
4	5-6 per week	5,533	3.2%
5	1 per day	6,327	3.6%
6	2-3 per day	2,976	1.7%
7	4-5 per day	148	0.1%
8	6+ per day	76	0.0%
.	Missing	1,904	1.1%
		174,326	

F35 Wine - serving size

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

Variable # 19
Sas Name: WINESERV
Sas Label: Wine - serving size

Usage Notes: none

Categories: Diet: Alcohol
Lifestyle: Alcohol

Values		N	%
1	Small	32,085	18.4%
2	Medium	45,449	26.1%
3	Large	3,701	2.1%
.	Missing	93,091	53.4%
		174,326	

F35 Liquor - frequency

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

Variable # 20
Sas Name: LIQRFREQ
Sas Label: Liquor - frequency

Usage Notes: none

Categories: Diet: Alcohol
Lifestyle: Alcohol

Values		N	%
0	Never or less than once per month	129,487	74.3%
1	1-3 per month	20,936	12.0%
2	1 per week	6,019	3.5%
3	2-4 per week	7,558	4.3%
4	5-6 per week	2,029	1.2%
5	1 per day	3,018	1.7%
6	2-3 per day	1,691	1.0%
7	4-5 per day	69	0.0%
8	6+ per day	27	0.0%
.	Missing	3,492	2.0%
		174,326	

F35 Liquor - serving size

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

Variable # 21
Sas Name: LIQRSERV
Sas Label: Liquor - serving size

Usage Notes: none

Categories: Diet: Alcohol
Lifestyle: Alcohol

Values		N	%
1	Small	18,503	10.6%
2	Medium	22,679	13.0%
3	Large	2,404	1.4%
.	Missing	130,740	75.0%
		174,326	

F35 Do you smoke cigarettes now

Variable # 22
Sas Name: SMOKNOW
Sas Label: Do you smoke cigarettes now

Usage Notes: none

Categories: Lifestyle: Smoking

Values		N	%
0	No	163,111	93.6%
1	Yes	10,368	5.9%
.	Missing	847	0.5%
		174,326	

F35 How many cigarettes per day

How many cigarettes do you usually smoke each day?

Variable # 23

Sas Name: CIGSDAY

Sas Label: How many cigarettes per day

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

Categories: Lifestyle: Smoking

Values		N	%
1	Less than 1	776	0.4%
2	1-4	1,632	0.9%
3	5-14	3,697	2.1%
4	15-24	3,067	1.8%
5	25-34	758	0.4%
6	35-44	298	0.2%
7	45 or more	84	0.0%
.	Missing	164,014	94.1%
		174,326	

Recreational phys activity per week

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

Variable # 24

Sas Name: TEPIWK

Sas Label: Recreational phys activity per week

Usage Notes: none

Categories: Computed Variables
Physical Activity

N	Min	Max	Mean	Std Dev
174076	0	25	4.81099	4.08001

Recr. phys activity per week >= 20 Min

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

Variable # 25

Sas Name: LEPITOT

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

Usage Notes: none

Categories: Computed Variables
Physical Activity

N	Min	Max	Mean	Std Dev
174076	0	25	3.65679	3.83767

Mod. to strenuous phys activity per week

Computed from Form 35, questions 1.2, 2.1, and 2.3. Episodes per week of moderate and strenuous recreational physical activity (includes walking fairly fast or very fast, moderate physical activity and strenuous physical activity).

Variable # 26

Sas Name: MSEPIWK

Sas Label: Mod. to strenuous phys activity per week

Usage Notes: none

Categories: Computed Variables
Physical Activity

N	Min	Max	Mean	Std Dev
174076	0	19	2.39032	3.03245

Mod-stren activity > 20 min/week

Computed from Form 35, questions 1, 1.1, 1.2, 2.1, 2.2, 2.3 and 2.4. Episodes per week of moderate and strenuous recreational physical activity of >=20 minutes duration (includes walking fairly fast or very fast, moderate physical activity and strenuous physical activity).

Variable # 27

Sas Name: XLMSEPI

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

Usage Notes: none

Categories: Computed Variables
Physical Activity

N	Min	Max	Mean	Std Dev
174076	0	19	1.90861	2.83147

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

Computed from Form 35, questions 1, 1.1, 1.2, 2.1, 2.2, 2.3, and 2.4. Categorical variable of episodes per week of moderate and strenuous recreational physical activity of >= 20 minutes duration (includes walking fairly fast or very fast, moderate physical activity and strenuous physical activity). Computed from XLMSEPI and TEPIWK.

Variable # 28

Sas Name: LMSEPI

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

Usage Notes: none

Categories: Computed Variables
Physical Activity

Values		N	%
1	No activity	31,381	18.0%
2	Some activity of limited duration	73,960	42.4%
3	2 - <4 episodes per week	30,882	17.7%
4	4 episodes per week	37,853	21.7%
.	Missing	250	0.1%
		174,326	

Strenuous activity episodes per week

Computed from Form 35, question 2.1. Episodes per week of strenuous recreational physical activity.

Variable # 29

Sas Name: SEPIWK

Sas Label: Strenuous activity episodes per week

Usage Notes: none

Categories: Computed Variables
Physical Activity

Values		N	%
0	0	130,210	74.7%
1	1	10,725	6.2%
2	2	11,965	6.9%
3	3	12,811	7.3%
4	4	3,824	2.2%
6	5 or more	4,541	2.6%
.	Missing	250	0.1%
		174,326	

Minutes of recr. phys activity per week

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

Variable # 30
Sas Name: TMINWK
Sas Label: Minutes of recr. phys activity per week

Usage Notes: none
Categories: Computed Variables
Physical Activity

N	Min	Max	Mean	Std Dev
174076	0	1750	170.78901	178.13232

Minutes of mod-stren activity per week

Computed from Form 35, questions 1, 1.2, 2.1, and 2.3. Minutes per week of moderate and strenuous recreational physical activity (includes walking fairly fast or very fast, moderate physical activity and strenuous physical activity).

Variable # 31
Sas Name: MSMINWK
Sas Label: Minutes of mod-stren activity per week

Usage Notes: none
Categories: Computed Variables
Physical Activity

N	Min	Max	Mean	Std Dev
174076	0	1330	88.24272	133.33045

Minutes of stren. phys activity per week

Computed from Form 35, questions 2.1 and 2.2. Minutes per week of strenuous recreational physical activity).

Variable # 32
Sas Name: SMINWK
Sas Label: Minutes of stren. phys activity per week

Usage Notes: none
Categories: Computed Variables
Physical Activity

N	Min	Max	Mean	Std Dev
174076	0	420	27.39665	65.11873

Total MET-hours per week

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

Variable # 33
Sas Name: TEXPWK
Sas Label: Total MET-hours per week

Usage Notes: none
Categories: Computed Variables
Physical Activity

N	Min	Max	Mean	Std Dev
174076	0	142.33333	11.52014	13.28821

MET-hours per week from walking

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

Variable # 34
Sas Name: WALKEXP
Sas Label: MET-hours per week from walking

Usage Notes: none
Categories: Computed Variables
Physical Activity

N	Min	Max	Mean	Std Dev
174076	0	40.83333	4.00725	5.55389

Energy expend from avg walking

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

Variable # 35
Sas Name: AVWKEXP
Sas Label: Energy expend from avg walking

Usage Notes: none
Categories: Computed Variables
Physical Activity

N	Min	Max	Mean	Std Dev
174076	0	24.5	2.08128	3.97355

Energy expend from walking fairly fast

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

Variable # 36
Sas Name: FFWKEXP
Sas Label: Energy expend from walking fairly fast

Usage Notes: none
Categories: Computed Variables
Physical Activity

N	Min	Max	Mean	Std Dev
174076	0	32.66667	1.41124	4.45864

Energy expend from walking very fast

Computed from Form 35, questions 1, 1.1, and 1.2. Energy expenditure from walking very fast (> 4 mph) in MET-hours per week.

Variable # 37
Sas Name: VFWKEXP
Sas Label: Energy expend from walking very fast

Usage Notes: none
Categories: Computed Variables
Physical Activity

N	Min	Max	Mean	Std Dev
174076	0	40.83333	.11144	1.66889

Energy expenditure from hard exercise

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

Variable # 38
Sas Name: HARDEXP
Sas Label: Energy expenditure from hard exercise

Usage Notes: none
Categories: Computed Variables
Physical Activity

N	Min	Max	Mean	Std Dev
174076	0	49	3.19628	7.59719

Energy expenditure from mod. exercise

Computed from Form 35, questions 2.3 and 2.4. Energy expenditure from moderate exercise (for example, biking outdoors, using an exercise machine, calisthenics, easy swimming, popular or folk dancing) in MET-hours per week.

Variable # 39
Sas Name: MODEXP
Sas Label: Energy expend from moderate exercise

Usage Notes: none
Categories: Computed Variables
Physical Activity

N	Min	Max	Mean	Std Dev
174076	0	31.5	2.87552	5.19783

Energy expenditure from mild exercise

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

Variable # 40

Sas Name: MILDEXP

Sas Label: Energy expenditure from mild exercise

N	Min	Max	Mean	Std Dev
174076	0	21	1.4411	3.33348

Usage Notes: none

Categories: Computed Variables
Physical Activity

Alcohol servings per week

Computed from Form 35, questions 3.1, 3.2, and 3.3. Number of servings per week of beer, wine and/or liquor based on a medium serving size which is 12oz of beer, 6oz of wine and 1½ oz of liquor. If all three variables are missing, set to missing.

Variable # 41

Sas Name: ALCSWK

Sas Label: Alcohol servings per week

N	Min	Max	Mean	Std Dev
173665	0	111.04808	1.78976	3.8761

Usage Notes: none

Categories: Computed Variables
Diet: Alcohol
Lifestyle: Alcohol