

Section 3: V6 / NCS Forms

Physical Activity Form: FORM CODE=PAC VERSION=0100

Instructions: This form records the participant's physical activity.

| <i>Vers</i> | | <i>Vers</i> |
|-------------|--------------|--------------------|
| <i>N</i> | <i>Value</i> | <i>Description</i> |
| 3743 | 0100 | |

| <i>VISIT</i> | | <i>VISIT</i> |
|--------------|--------------|--------------------|
| <i>N</i> | <i>Value</i> | <i>Description</i> |
| 3743 | V6 | |

| <i>Occurrence</i> | | <i>Occurrence</i> |
|-------------------|--------------|--------------------|
| <i>N</i> | <i>Value</i> | <i>Description</i> |
| 3743 | 1 | |

| <i>PAC0b</i> | | <i>Staff ID</i> |
|--------------|--------------|--------------------|
| <i>N</i> | <i>Value</i> | <i>Description</i> |
| 3491 | Present | Text suppressed |
| 252 | | Missing |

| <i>PAC1</i> | | <i>PPT exercises or plays sports #1</i> |
|-------------|--------------|---|
| <i>N</i> | <i>Value</i> | <i>Description</i> |
| 1205 | N | No |
| 2318 | Y | Yes |
| 220 | | Missing |

| <i>PAC2</i> | | <i>Sport or exercise #1</i> |
|-------------|--------------|---|
| <i>N</i> | <i>Value</i> | <i>Description</i> |
| 2297 | Range | 2 - 499 (median=412 mean=315.6 std=156.7) |
| 1206 | .S | Legitimately skipped |
| 240 | | Missing |

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| <i>PAC3</i> | | <i>Hours per week of activity #1</i> |
|-------------|--------------|--------------------------------------|
| <i>N</i> | <i>Value</i> | <i>Description</i> |
| 131 | A | A=Less than 1 |
| 467 | B | B=At least 1 but not quite 2 |
| 495 | C | C=At least 2 but not quite 3 |
| 433 | D | D=At least 3 but not quite 4 |
| 792 | E | E=4 or more |
| 1206 | ~ | Legitimately skipped |
| 219 | | Missing |

| <i>PAC4</i> | | <i>Months of activity #1 per year</i> |
|-------------|--------------|---------------------------------------|
| <i>N</i> | <i>Value</i> | <i>Description</i> |
| 17 | A | A=Less than 1 |
| 116 | B | B=At least 1 but not quite 4 |
| 294 | C | C=At least 4 but not quite 7 |
| 348 | D | D=At least 7 but not quite 10 |
| 1543 | E | E=10 or more |
| 1206 | ~ | Legitimately skipped |
| 219 | | Missing |

| <i>PAC5</i> | | <i>PPT exercises or plays sports #2</i> |
|-------------|--------------|---|
| <i>N</i> | <i>Value</i> | <i>Description</i> |
| 886 | N | No |
| 1421 | Y | Yes |
| 1206 | ~ | Legitimately skipped |
| 230 | | Missing |

| <i>PAC6</i> | | <i>Sport or exercise #2</i> |
|-------------|--------------|---|
| <i>N</i> | <i>Value</i> | <i>Description</i> |
| 1410 | Range | 2 - 499 (median=350 mean=286.3 std=156.9) |
| 2103 | .S | Legitimately skipped |
| 230 | | Missing |

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| <i>PAC7</i> | | <i>Hours per week of activity #2</i> |
|-------------|--------------|--------------------------------------|
| <i>N</i> | <i>Value</i> | <i>Description</i> |
| 165 | A | A=Less than 1 |
| 411 | B | B=At least 1 but not quite 2 |
| 331 | C | C=At least 2 but not quite 3 |
| 170 | D | D=At least 3 but not quite 4 |
| 344 | E | E=4 or more |
| 2103 | ~ | Legitimately skipped |
| 219 | | Missing |

| <i>PAC8</i> | | <i>Months of activity #2 per year</i> |
|-------------|--------------|---------------------------------------|
| <i>N</i> | <i>Value</i> | <i>Description</i> |
| 14 | A | A=Less than 1 |
| 122 | B | B=At least 1 but not quite 4 |
| 315 | C | C=At least 4 but not quite 7 |
| 212 | D | D=At least 7 but not quite 10 |
| 757 | E | E=10 or more |
| 2103 | ~ | Legitimately skipped |
| 220 | | Missing |

| <i>PAC9</i> | | <i>PPT exercises or plays sports #3</i> |
|-------------|--------------|---|
| <i>N</i> | <i>Value</i> | <i>Description</i> |
| 737 | N | No |
| 673 | Y | Yes |
| 2103 | ~ | Legitimately skipped |
| 230 | | Missing |

| <i>PAC10</i> | | <i>Sport or exercise #3</i> |
|--------------|--------------|---|
| <i>N</i> | <i>Value</i> | <i>Description</i> |
| 670 | Range | 1 - 499 (median=249 mean=263.6 std=155.6) |
| 2851 | .S | Legitimately skipped |
| 222 | | Missing |

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| <i>PAC11</i> | | <i>Hours per week of activity #3</i> |
|--------------|--------------|--------------------------------------|
| <i>N</i> | <i>Value</i> | <i>Description</i> |
| 90 | A | A=Less than 1 |
| 201 | B | B=At least 1 but not quite 2 |
| 153 | C | C=At least 2 but not quite 3 |
| 79 | D | D=At least 3 but not quite 4 |
| 149 | E | E=4 or more |
| 2851 | ~ | Legitimately skipped |
| 220 | | Missing |

| <i>PAC12</i> | | <i>Months of activity #3 per year</i> |
|--------------|--------------|---------------------------------------|
| <i>N</i> | <i>Value</i> | <i>Description</i> |
| 10 | A | A=Less than 1 |
| 77 | B | B=At least 1 but not quite 4 |
| 165 | C | C=At least 4 but not quite 7 |
| 112 | D | D=At least 7 but not quite 10 |
| 305 | E | E=10 or more |
| 2851 | ~ | Legitimately skipped |
| 223 | | Missing |

| <i>PAC13</i> | | <i>PPT exercises or plays sports #4</i> |
|--------------|--------------|---|
| <i>N</i> | <i>Value</i> | <i>Description</i> |
| 452 | N | No |
| 214 | Y | Yes |
| 2851 | ~ | Legitimately skipped |
| 226 | | Missing |

| <i>PAC14</i> | | <i>Sport or exercise #4</i> |
|--------------|--------------|---|
| <i>N</i> | <i>Value</i> | <i>Description</i> |
| 211 | Range | 2 - 499 (median=244 mean=247.0 std=147.9) |
| 3310 | .S | Legitimately skipped |
| 222 | | Missing |

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| <i>PAC15</i> | | <i>Hours per week of activity #4</i> |
|--------------|--------------|--------------------------------------|
| <i>N</i> | <i>Value</i> | <i>Description</i> |
| 26 | A | A=Less than 1 |
| 63 | B | B=At least 1 but not quite 2 |
| 45 | C | C=At least 2 but not quite 3 |
| 24 | D | D=At least 3 but not quite 4 |
| 55 | E | E=4 or more |
| 3310 | ~ | Legitimately skipped |
| 220 | | Missing |

| <i>PAC16</i> | | <i>Months of activity #4 per year</i> |
|--------------|--------------|---------------------------------------|
| <i>N</i> | <i>Value</i> | <i>Description</i> |
| 5 | A | A=Less than 1 |
| 28 | B | B=At least 1 but not quite 4 |
| 68 | C | C=At least 4 but not quite 7 |
| 29 | D | D=At least 7 but not quite 10 |
| 83 | E | E=10 or more |
| 3310 | ~ | Legitimately skipped |
| 220 | | Missing |

| <i>PAC17</i> | | <i>PPT exercises or plays sports #5</i> |
|--------------|--------------|---|
| <i>N</i> | <i>Value</i> | <i>Description</i> |
| 138 | N | No |
| 72 | Y | Yes |
| 3310 | ~ | Legitimately skipped |
| 223 | | Missing |

| <i>PAC18</i> | | <i>Exercise or play sports in leisure time</i> |
|--------------|--------------|--|
| <i>N</i> | <i>Value</i> | <i>Description</i> |
| 1088 | A | A=Never |
| 750 | B | B=Seldom |
| 829 | C | C=Sometimes |
| 592 | D | D=Often |
| 249 | E | E=Very often |
| 235 | | Missing |

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| <i>PAC19</i> | | <i>Rate physical activity during leisure time compared to others of same age</i> |
|--------------|--------------|--|
| <i>N</i> | <i>Value</i> | <i>Description</i> |
| 137 | A | A=Much less |
| 529 | B | B=Less |
| 1183 | C | C=The same |
| 1181 | D | D=More |
| 463 | E | E=Much more |
| 250 | | Missing |

| <i>PAC20</i> | | <i>Sweat during leisure time</i> |
|--------------|--------------|----------------------------------|
| <i>N</i> | <i>Value</i> | <i>Description</i> |
| 1231 | A | A=Never |
| 843 | B | B=Seldom |
| 948 | C | C=Sometimes |
| 329 | D | D=Often |
| 158 | E | E=Very often |
| 234 | | Missing |

| <i>PAC21</i> | | <i>Watch TV during leisure time</i> |
|--------------|--------------|-------------------------------------|
| <i>N</i> | <i>Value</i> | <i>Description</i> |
| 103 | A | A=Never |
| 369 | B | B=Seldom |
| 1163 | C | C=Sometimes |
| 1356 | D | D=Often |
| 519 | E | E=Very often |
| 233 | | Missing |

| <i>PAC22</i> | | <i>Walk during leisure time</i> |
|--------------|--------------|---------------------------------|
| <i>N</i> | <i>Value</i> | <i>Description</i> |
| 474 | A | A=Never |
| 686 | B | B=Seldom |
| 1341 | C | C=Sometimes |
| 728 | D | D=Often |
| 275 | E | E=Very often |
| 239 | | Missing |

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| <i>PAC23</i> | | <i>Bike during leisure time</i> |
|--------------|--------------|---------------------------------|
| <i>N</i> | <i>Value</i> | <i>Description</i> |
| 2937 | A | A=Never |
| 190 | B | B=Seldom |
| 216 | C | C=Sometimes |
| 109 | D | D=Often |
| 41 | E | E=Very often |
| 250 | | Missing |

| <i>PAC24</i> | | <i>Performs light household work</i> |
|--------------|--------------|--|
| <i>N</i> | <i>Value</i> | <i>Description</i> |
| 256 | A | A=Never (<once a month) |
| 638 | B | B=Sometimes (only when partner or help is not available) |
| 545 | C | C=Mostly (sometimes assisted by partner or help) |
| 2067 | D | D=Always (alone or together with partner) |
| 237 | | Missing |

| <i>PAC25</i> | | <i>Performs heavy housework</i> |
|--------------|--------------|--|
| <i>N</i> | <i>Value</i> | <i>Description</i> |
| 667 | A | A=Never (<once a month) |
| 751 | B | B=Sometimes (only when partner or help is not available) |
| 588 | C | C=Mostly (sometimes assisted by partner or help) |
| 1502 | D | D=Always (alone or together with partner) |
| 235 | | Missing |

| <i>PAC26</i> | | <i>Number of persons to clean for</i> |
|--------------|--------------|---------------------------------------|
| <i>N</i> | <i>Value</i> | <i>Description</i> |
| 3350 | Range | 0 - 8 (median=2 mean=1.8 std=0.8) |
| 152 | .S | Legitimately skipped |
| 241 | | Missing |

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| <i>PAC27</i> | | <i>Number of rooms to keep clean</i> |
|--------------|--------------|--------------------------------------|
| <i>N</i> | <i>Value</i> | <i>Description</i> |
| 68 | A | A=Never do housekeeping |
| 1715 | B | B=1-6 rooms |
| 1135 | C | C=7-9 rooms |
| 431 | D | D=10 or more rooms |
| 152 | ~ | Legitimately skipped |
| 242 | | Missing |

| <i>PAC28</i> | | <i>Number of floors in house kept</i> |
|--------------|--------------|---------------------------------------|
| <i>N</i> | <i>Value</i> | <i>Description</i> |
| 3334 | Range | 0 - 8 (median=1 mean=1.5 std=0.7) |
| 152 | .S | Legitimately skipped |
| 257 | | Missing |

| <i>PAC29</i> | | <i>Prepare warm meals</i> |
|--------------|--------------|-------------------------------------|
| <i>N</i> | <i>Value</i> | <i>Description</i> |
| 333 | A | A=Never |
| 883 | B | B=Sometimes (once or twice a week) |
| 777 | C | C=Mostly (3-5 times a week) |
| 1514 | D | D=Always (more than 5 times a week) |
| 236 | | Missing |

| <i>PAC30</i> | | <i>Number of flights of stairs walked up per day</i> |
|--------------|--------------|--|
| <i>N</i> | <i>Value</i> | <i>Description</i> |
| 1291 | A | A=I never walk stairs |
| 1470 | B | B=1-5 |
| 454 | C | C=6-10 |
| 291 | D | D=More than 10 |
| 237 | | Missing |

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| <i>PAC31</i> | | <i>Transportation used to go somewhere in hometown</i> |
|--------------|--------------|--|
| <i>N</i> | <i>Value</i> | <i>Description</i> |
| 8 | A | A=I never go out |
| 3446 | B | B=Car |
| 32 | C | C=Public transportation |
| 3 | D | D=Bicycle |
| 18 | E | E=Walking |
| 236 | | Missing |

| <i>PAC32</i> | | <i>Frequency of going out to shop</i> |
|--------------|--------------|---------------------------------------|
| <i>N</i> | <i>Value</i> | <i>Description</i> |
| 439 | A | A=Never or less than once a week |
| 1080 | B | B=Once a week |
| 1768 | C | C=Twice to four times a week |
| 220 | D | D=Every day |
| 236 | | Missing |

| <i>PAC33</i> | | <i>Transportation used to go shopping</i> |
|--------------|--------------|---|
| <i>N</i> | <i>Value</i> | <i>Description</i> |
| 20 | A | A=I never go out |
| 3456 | B | B=Car |
| 13 | C | C=Public transportation |
| 2 | D | D=Bicycle |
| 16 | E | E=Walking |
| 236 | | Missing |

| <i>PAC0c</i> | | <i>Type of visit</i> |
|--------------|--------------|----------------------|
| <i>N</i> | <i>Value</i> | <i>Description</i> |
| 3743 | | Missing |

| <i>PAC34</i> | | <i>Minutes walk or bike per day to/from work or shopping</i> |
|--------------|--------------|--|
| <i>N</i> | <i>Value</i> | <i>Description</i> |
| 3743 | | Missing |

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| <i>PAC0A_FollowUpDays</i> | | <i>Days of follow up from visit 1 to Completion date</i> |
|---------------------------|--------------|--|
| <i>N</i> | <i>Value</i> | <i>Description</i> |
| 3508 | Range | 9677 - 11263 (median=10352.5 mean=10397.48 std=333.69) |
| 235 | | Missing |

| <i>PAC0A_year</i> | | <i>Year of Completion date</i> |
|-------------------|--------------|--------------------------------|
| <i>N</i> | <i>Value</i> | <i>Description</i> |
| 1276 | 2016 | |
| 2232 | 2017 | |
| 235 | | Missing |