

# IDATA PAQ - Harvard Dataset

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## Document Summary

Property	Value
Document Title	IDATA PAQ - Harvard Dataset
Date Created	06/13/2017
For Dataset	paq_harvard
Sections	6
Entries	77
Document Filename	dictionary_harvard.05112017.rtf

IDATA PAQ - Harvard Dataset

06/13/2017

Dataset: paq\_harvard

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## IDATA PAQ - Harvard Dataset

### Section 1: Identifiers

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Variable	Label	Description	Format Text
<b>build</b>	Build Date	Build Date	SAS Date
<b>IID</b>	IDATA ID	IDATA ID	Char

## Section 2: Form Data

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Variable	Label	Description	Format Text
<b>has_hpaq</b>	Has Harvard PAQ	Has Harvard PAQ	0="No" 1="Yes"
<b>hpaq_date</b>	Survey Date	Survey Date	SAS Date .M="Missing"

## Section 3: Summary MET Hours

Variable	Label	Description	Format Text
<b>hpaq_actmets</b>	METS used during total active behavior	Sum of: harvard_jog_mets, harvard_run_mets, harvard_bike_mets, harvard_swim_mets, harvard_tennis_mets, harvard_sqrac_mets, harvard_aerob_mets, harvard_lowint_mets, harvard_modoutdoor_mets, harvard_hvoutdoor_mets, harvard_armwt_mets, harvard_legwt_mets, harvard_stairs_mets, harvard_stdwk_mets, harvard_stdhm_mets	Numeric .M="Missing"
<b>hpaq_ltmets</b>	METS used during total light-intensity activity	Sum of: harvard_stdhm_mets, harvard_stdwk_mets	Numeric .M="Missing"
<b>hpaq_modmets</b>	METS used during total moderate activity	Sum of: harvard_bike_mets_mod, harvard_swim_mets_mod, harvard_tennis_mets_mod, harvard_lowint_mets, harvard_modoutdoor_mets, harvard_hvoutdoor_mets, harvard_armwt_mets, harvard_legwt_mets	Numeric .M="Missing"
<b>hpaq_mvmets</b>	METS used during total moderate/vigorous activity	Sum of: harvard_ModMETs, harvard_VigMETs	Numeric .M="Missing"
<b>hpaq_sedmets</b>	METS used during total sedentary behavior	Sum of: harvard_sitwk_mets, harvard_sithmtv_mets, harvard_sithome_mets	Numeric .M="Missing"
<b>hpaq_totmets</b>	METS used during total activity (sum of all)	Sum of: harvard_sedMETs, harvard_LtMETs, harvard_ModMETs, harvard_VigMETs	Numeric .M="Missing"
<b>hpaq_vigmets</b>	METS used during total vigorous activity	Sum of: harvard_jog_mets, harvard_run_mets, harvard_bike_mets_vig, harvard_swim_mets_vig, harvard_tennis_mets_vig, harvard_sqrac_mets, harvard_aerob_mets, harvard_stairs_mets	Numeric .M="Missing"

## Section 4: MET Hours

Variable	Label	Description	Format Text
hpaq_aerob_mets	METS used doing other aerobic exercise	METS calculated by multiplying hours spent by 6	Numeric .M="Missing"
hpaq_armwt_mets	METS used weight training (arms)	METS calculated by multiplying hours spent by 4	Numeric .M="Missing"
hpaq_bike_mets	METS used bicycling	METS calculated by multiplying hours spent by: 4 (low intensity), 7 (moderate intensity or missing), 10 (high intensity)	Numeric .M="Missing"
hpaq_bike_mets_mod	METS used bicycling at moderate-intensity	METS calculated by multiplying hours spent by: 4 (low intensity)	Numeric .M="Missing"
hpaq_bike_mets_vig	METS used bicycling at vigorous-intensity	METS calculated by multiplying hours spent by: 7 (moderate intensity or missing), 10 (high intensity)	Numeric .M="Missing"
hpaq_hvyoutdoor_mets	METS used doing heavy outdoor work	METS calculated by multiplying hours spent by 5.5	Numeric .M="Missing"
hpaq_jog_mets	METS used jogging	METS calculated by multiplying hours spent by 7	Numeric .M="Missing"
hpaq_legwt_mets	METS used weight training (legs)	METS calculated by multiplying hours spent by 4	Numeric .M="Missing"
hpaq_lowint_mets	METS used doing lower intensity exercise	METS calculated by multiplying hours spent by 4	Numeric .M="Missing"
hpaq_modoutdoor_mets	METS used doing moderate outdoor work	METS calculated by multiplying hours spent by 4.5	Numeric .M="Missing"
hpaq_run_mets	METS used running	METS calculated by multiplying hours spent by 12	Numeric .M="Missing"
hpaq_sithmtv_mets	METS used sitting at home watching tv	METS calculated by multiplying hours spent by 1.3	Numeric .M="Missing"
hpaq_sithome_mets	METS used sitting at home (other)	METS calculated by multiplying hours spent by 1.3	Numeric .M="Missing"
hpaq_sitwk_mets	METS used sitting at work/commuting	METS calculated by multiplying hours spent by 1.3	Numeric .M="Missing"
hpaq_sqrac_mets	Mets used playing squash/racquetball	METS calculated by multiplying hours spent by 7	Numeric .M="Missing"
hpaq_stairs_mets	METS used climbing stairs	METS calculated by multiplying hours spent by 8	Numeric .M="Missing"

Variable	Label	Description	Format Text
<b>hpaq_stdhm_mets</b>	METS used standing/walking at home	METS calculated by multiplying hours spent by 1.8	Numeric .M="Missing"
<b>hpaq_stdwk_mets</b>	METS used standing/walking at work	METS calculated by multiplying hours spent by 1.8	Numeric .M="Missing"
<b>hpaq_swim_mets</b>	METS used swimming	METS calculated by multiplying hours spent by: 5 (low intensity), 7 (moderate intensity or missing), 10 (high intensity)	Numeric .M="Missing"
<b>hpaq_swim_mets_mod</b>	METS used swimming at moderate-intensity	METS calculated by multiplying hours spent by: 5 (low intensity)	Numeric .M="Missing"
<b>hpaq_swim_mets_vig</b>	METS used swimming at vigorous-intensity	METS calculated by multiplying hours spent by: 7 (moderate intensity or missing), 10 (high intensity)	Numeric .M="Missing"
<b>hpaq_tennis_mets</b>	METS used playing tennis	METS calculated by multiplying hours spent by: 5 (low intensity), 7 (moderate intensity or missing), 8 (high intensity)	Numeric .M="Missing"
<b>hpaq_tennis_mets_mod</b>	METS spent playing tennis at moderate-intensity	METS calculated by multiplying hours spent by: 5 (low intensity)	Numeric .M="Missing"
<b>hpaq_tennis_mets_vig</b>	METS spent playing tennis at vigorous-intensity	METS calculated by multiplying hours spent by: 7 (moderate intensity or missing), 8 (high intensity)	Numeric .M="Missing"

## Section 5: Hours

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Variable	Label	Description	Format Text
<b>hpaq_aerob_hours</b>	Hours spent doing other aerobic exercise	Hours converted from answer to question 2: During the past year, what was your average total time per week doing other aerobic exercise	Numeric .M="Missing"
<b>hpaq_armwt_hours</b>	Hours spent weight training (arms)	Hours converted from answer to question 2: During the past year, what was your average total time per week doing Weight training/resistance exercises for arms (include machines such as LifeFitness)	Numeric .M="Missing"
<b>hpaq_bike_hours</b>	Hours spent bicycling	Hours converted from answer to question 2: During the past year, what was your average total time per week bicycling (including stationary machine)	Numeric .M="Missing"
<b>hpaq_hvyoutdoor_hours</b>	Hours spent doing heavy outdoor work	Hours converted from answer to question 2: During the past year, what was your average total time per week doing heavy outdoor work (digging, chopping)	Numeric .M="Missing"
<b>hpaq_jog_hours</b>	Hours spent jogging	Hours converted from answer to question 2: During the past year, what was your average total time per week jogging (slower than 10 minutes / mile)	Numeric .M="Missing"
<b>hpaq_legwt_hours</b>	Hours spent weight training (legs)	Hours converted from answer to question 2: During the past year, what was your average total time per week doing Weight training/resistance exercises for legs (include machines such as LifeFitness)	Numeric .M="Missing"
<b>hpaq_lowint_hours</b>	Hours spent doing lower intensity exercise	Hours converted from answer to question 2: During the past year, what was your average total time per week doing low intensity exercies (yoga, stretching, toning)	Numeric .M="Missing"

Variable	Label	Description	Format Text
<b>hpaq_modoutdoor_hours</b>	Hours spent doing moderate outdoor work	Hours converted from answer to question 2: During the past year, what was your average total time per week doing moderate outdoor work (yardwork, gardening)	Numeric .M="Missing"
<b>hpaq_run_hours</b>	Hours spent running	Hours converted from answer to question 2: During the past year, what was your average total time per week running (10 minutes / mile or faster)	Numeric .M="Missing"
<b>hpaq_sithmtv_hours</b>	Hours spent sitting at home watching tv	Hours converted from answer to question 2: During the past year, what was your average total time per week sitting at home watching tv	Numeric .M="Missing"
<b>hpaq_sithome_hours</b>	Hours spent sitting at home (other)	Hours converted from answer to question 2: During the past year, what was your average total time per week Other sitting at home (e.g., desk, eating, computer)	Numeric .M="Missing"
<b>hpaq_sitwk_hours</b>	Hours spent sitting at work/commuting	Hours converted from answer to question 2: During the past year, what was your average total time per week sitting at work/commuting	Numeric .M="Missing"
<b>hpaq_sqrac_hours</b>	Hours spent playing squash/racquetball	Hours converted from answer to question 2: During the past year, what was your average total time per week playing squash or racquetball	Numeric .M="Missing"
<b>hpaq_stairs_hours</b>	Hours spent climbing stairs	Hours converted from answer to question 1: How many flights of stairs (not steps) do you climb daily?	Numeric .M="Missing"
<b>hpaq_stdhm_hours</b>	Hours spent standing/walking at home	Hours converted from answer to question 2: During the past year, what was your average total time per week Standing or walking around home	Numeric .M="Missing"
<b>hpaq_stdwk_hours</b>	Hours spent standing/walking at work	Hours converted from answer to question 2: During the past year, what was your average total time per week Standing or walking around work	Numeric .M="Missing"

Variable	Label	Description	Format Text
<b>hpaq_swim_hours</b>	Hours spent swimming	Hours converted from answer to question 2: During the past year, what was your average total time per week lap swimming	Numeric .M="Missing"
<b>hpaq_tennis_hours</b>	Hours spent playing tennis	Hours converted from answer to question 2: During the past year, what was your average total time per week playing tennis	Numeric .M="Missing"
<b>hpaq_walk_hours</b>	Hours spent walking	Hours converted from answer to question 2: During the past year, what was your average total time per week walking to work or for exercise (including golf)	Numeric .M="Missing"

## Section 6: Raw Data

Variable	Label	Description	Format Text
hpaq_raw_aerob	In past year, average total time per week other aerobic exercise	Raw variable from PAQ	."="Missing" .M="Missing" 0="None" 1="1-4 minutess" 2="5 - 19 minutes" 3="20 - 39 minutes" 4="40 - 80 minutes" 5="1.5 hours" 6="2 - 3 hours" 7="4-6 hours" 8="7-10 hours" 9="11 - 20hours" 10="21 - 30 hours" 11="31 - 40 hours" 12="40+ hours"
hpaq_raw_armwt	In past year, average total time per week weight training for arms	Raw variable from PAQ	."="Missing" .M="Missing" 0="None" 1="1-4 minutess" 2="5 - 19 minutes" 3="20 - 39 minutes" 4="40 - 80 minutes" 5="1.5 hours" 6="2 - 3 hours" 7="4-6 hours" 8="7-10 hours" 9="11 - 20hours" 10="21 - 30 hours" 11="31 - 40 hours" 12="40+ hours"
hpaq_raw_bike	In past year, average total time per week bicycling	Raw variable from PAQ	."="Missing" .M="Missing" 0="None" 1="1-4 minutess" 2="5 - 19 minutes" 3="20 - 39 minutes" 4="40 - 80 minutes" 5="1.5 hours" 6="2 - 3 hours" 7="4-6 hours" 8="7-10 hours" 9="11 - 20hours" 10="21 - 30 hours" 11="31 - 40 hours" 12="40+ hours"
hpaq_raw_bikeintensity	Biking intensity	Raw variable from PAQ	."="Missing" .M="Missing" .N="Not Applicable" 0="Low" 1="Medium" 2="High"

Variable	Label	Description	Format Text
hpaq_raw_experwk	Days exercise in average week	Raw variable from PAQ	.="Missing" .M="Missing" 0="None" 1="1-4 minutess" 2="5 - 19 minutes" 3="20 - 39 minutes" 4="40 - 80 minutes" 5="1.5 hours" 6="2 - 3 hours" 7="4-6 hours" 8="7-10 hours" 9="11 - 20hours" 10="21 - 30 hours" 11="31 - 40 hours" 12="40+ hours"
hpaq_raw_hvyoutdoor	In past year, average total time per week heavy outdoor work	Raw variable from PAQ	.="Missing" .M="Missing" 0="None" 1="1-4 minutess" 2="5 - 19 minutes" 3="20 - 39 minutes" 4="40 - 80 minutes" 5="1.5 hours" 6="2 - 3 hours" 7="4-6 hours" 8="7-10 hours" 9="11 - 20hours" 10="21 - 30 hours" 11="31 - 40 hours" 12="40+ hours"
hpaq_raw_jog	In past year, average total time per week jogging	Raw variable from PAQ	.="Missing" .M="Missing" 0="None" 1="1-4 minutess" 2="5 - 19 minutes" 3="20 - 39 minutes" 4="40 - 80 minutes" 5="1.5 hours" 6="2 - 3 hours" 7="4-6 hours" 8="7-10 hours" 9="11 - 20hours" 10="21 - 30 hours" 11="31 - 40 hours" 12="40+ hours"

Variable	Label	Description	Format Text
hpaq_raw_legwt	In past year, average total time per week weight training for legs	Raw variable from PAQ	.="Missing" .M="Missing" 0="None" 1="1-4 minutess" 2="5 - 19 minutes" 3="20 - 39 minutes" 4="40 - 80 minutes" 5="1.5 hours" 6="2 - 3 hours" 7="4-6 hours" 8="7-10 hours" 9="11 - 20hours" 10="21 - 30 hours" 11="31 - 40 hours" 12="40+ hours"
hpaq_raw_lowint	In past year, average total time per week lower intensity exercise	Raw variable from PAQ	.="Missing" .M="Missing" 0="None" 1="1-4 minutess" 2="5 - 19 minutes" 3="20 - 39 minutes" 4="40 - 80 minutes" 5="1.5 hours" 6="2 - 3 hours" 7="4-6 hours" 8="7-10 hours" 9="11 - 20hours" 10="21 - 30 hours" 11="31 - 40 hours" 12="40+ hours"
hpaq_raw_modoutdoor	In past year, average total time per week moderate outdoor work	Raw variable from PAQ	.="Missing" .M="Missing" 0="None" 1="1-4 minutess" 2="5 - 19 minutes" 3="20 - 39 minutes" 4="40 - 80 minutes" 5="1.5 hours" 6="2 - 3 hours" 7="4-6 hours" 8="7-10 hours" 9="11 - 20hours" 10="21 - 30 hours" 11="31 - 40 hours" 12="40+ hours"

Variable	Label	Description	Format Text
hpaq_raw_run	In past year, average total time per week running	Raw variable from PAQ	.="Missing" .M="Missing" 0="None" 1="1-4 minutess" 2="5 - 19 minutes" 3="20 - 39 minutes" 4="40 - 80 minutes" 5="1.5 hours" 6="2 - 3 hours" 7="4-6 hours" 8="7-10 hours" 9="11 - 20hours" 10="21 - 30 hours" 11="31 - 40 hours" 12="40+ hours"
hpaq_raw_sithmtv	In past year, average total time per week sitting at home watching TV	Raw variable from PAQ	.="Missing" .M="Missing" 0="None" 1="1-4 minutess" 2="5 - 19 minutes" 3="20 - 39 minutes" 4="40 - 80 minutes" 5="1.5 hours" 6="2 - 3 hours" 7="4-6 hours" 8="7-10 hours" 9="11 - 20hours" 10="21 - 30 hours" 11="31 - 40 hours" 12="40+ hours"
hpaq_raw_sithome	In past year, average total time per week other sitting at home	Raw variable from PAQ	.="Missing" .M="Missing" 0="None" 1="1-4 minutess" 2="5 - 19 minutes" 3="20 - 39 minutes" 4="40 - 80 minutes" 5="1.5 hours" 6="2 - 3 hours" 7="4-6 hours" 8="7-10 hours" 9="11 - 20hours" 10="21 - 30 hours" 11="31 - 40 hours" 12="40+ hours"

Variable	Label	Description	Format Text
hpaq_raw_sitwk	In past year, average total time per week sitting at work or commuting	Raw variable from PAQ	.="Missing" .M="Missing" 0="None" 1="1-4 minutess" 2="5 - 19 minutes" 3="20 - 39 minutes" 4="40 - 80 minutes" 5="1.5 hours" 6="2 - 3 hours" 7="4-6 hours" 8="7-10 hours" 9="11 - 20hours" 10="21 - 30 hours" 11="31 - 40 hours" 12="40+ hours"
hpaq_raw_sqrac	In past year, average total time per week playing squash	Raw variable from PAQ	.="Missing" .M="Missing" 0="None" 1="1-4 minutess" 2="5 - 19 minutes" 3="20 - 39 minutes" 4="40 - 80 minutes" 5="1.5 hours" 6="2 - 3 hours" 7="4-6 hours" 8="7-10 hours" 9="11 - 20hours" 10="21 - 30 hours" 11="31 - 40 hours" 12="40+ hours"
hpaq_raw_stairs	Number of flights climbed daily	Raw variable from PAQ	.M="Missing" 0="No flights" 1="1-2 flights" 2="3-4 flights" 3="5-9 flights" 4="10-14 flights" 5="15 or more flights"
hpaq_raw_stdhm	In past year, average total time per week standing or walking at home	Raw variable from PAQ	.="Missing" .M="Missing" 0="None" 1="1-4 minutess" 2="5 - 19 minutes" 3="20 - 39 minutes" 4="40 - 80 minutes" 5="1.5 hours" 6="2 - 3 hours" 7="4-6 hours" 8="7-10 hours" 9="11 - 20hours" 10="21 - 30 hours" 11="31 - 40 hours" 12="40+ hours"

Variable	Label	Description	Format Text
hpaq_raw_stdwk	In past year, average total time per week standing or walking at work	Raw variable from PAQ	."=Missing" .M="Missing" 0="None" 1="1-4 minutess" 2="5 - 19 minutes" 3="20 - 39 minutes" 4="40 - 80 minutes" 5="1.5 hours" 6="2 - 3 hours" 7="4-6 hours" 8="7-10 hours" 9="11 - 20hours" 10="21 - 30 hours" 11="31 - 40 hours" 12="40+ hours"
hpaq_raw_swim	In past year, average total time per week swimming	Raw variable from PAQ	."=Missing" .M="Missing" 0="None" 1="1-4 minutess" 2="5 - 19 minutes" 3="20 - 39 minutes" 4="40 - 80 minutes" 5="1.5 hours" 6="2 - 3 hours" 7="4-6 hours" 8="7-10 hours" 9="11 - 20hours" 10="21 - 30 hours" 11="31 - 40 hours" 12="40+ hours"
hpaq_raw_swimintensity	Swimming intensity	Raw variable from PAQ	."=Missing" .M="Missing" .N="Not Applicable" 0="Low" 1="Medium" 2="High"
hpaq_raw_tenintensity	Tennis intensity	Raw variable from PAQ	."=Missing" .M="Missing" .N="Not Applicable" 0="Low" 1="Medium" 2="High"
hpaq_raw_tennis	In past year, average total time per week playing tennis	Raw variable from PAQ	."=Missing" .M="Missing" 0="None" 1="1-4 minutess" 2="5 - 19 minutes" 3="20 - 39 minutes" 4="40 - 80 minutes" 5="1.5 hours" 6="2 - 3 hours" 7="4-6 hours" 8="7-10 hours" 9="11 - 20hours" 10="21 - 30 hours" 11="31 - 40 hours" 12="40+ hours"

Variable	Label	Description	Format Text
<b>hpaq_raw_walk</b>	In past year, average total time per week walking to work or for exercise	Raw variable from PAQ	. .= "Missing" .M= "Missing" 0= "None" 1= "1-4 minutes" 2= "5 - 19 minutes" 3= "20 - 39 minutes" 4= "40 - 80 minutes" 5= "1.5 hours" 6= "2 - 3 hours" 7= "4-6 hours" 8= "7-10 hours" 9= "11 - 20 hours" 10= "21 - 30 hours" 11= "31 - 40 hours" 12= "40+ hours"