

## *Physical Activity Variable Descriptions*

### Section I. Recreational Physical Activity: Variables 1-11 available for both CT and OS and based on Form 34 version 2

1. **TEPIWK** Total episodes per week of recreational physical activity (includes walking, mild, moderate and strenuous physical activity)\*
2. **LEPITOT** Episodes per week of recreational physical activity of  $\geq 20$  minutes duration (includes walking, mild, moderate and strenuous physical activity) \*
- ✚3. **MSEPIWK** Episodes per week of moderate and strenuous recreational physical activity (includes walking fairly fast or very fast, moderate physical activity and strenuous physical activity,  $MET \geq 4.0$ )
4. **XMLSEPI** Episodes per week of moderate and strenuous recreational physical activity of  $\geq 20$  minutes duration (includes walking fairly fast or very fast, moderate physical activity and strenuous physical activity,  $MET \geq 4.0$ )
- ✚5. **LMSEPI** Categorical variable of episodes per week of moderate and strenuous recreational physical activity of  $\geq 20$  minutes duration (includes walking fairly fast or very fast, moderate physical activity and strenuous physical activity,  $MET \geq 4.0$ ) [1= no activity; 2=some activity of limited duration, frequency or intensity; 3=moderate or strenuous activity of at least 20 minutes duration and 2 to less than 4 times per week; 4=moderate or strenuous activity of at least 20 minutes duration and 4 or more times per week]
6. **SEPIWK** Episodes of strenuous recreational physical activity per week ( $MET \geq 6.0$ )
7. **TMINWK** Total minutes of recreational physical activity per week (includes walking, mild, moderate and strenuous physical activity) \*
8. **MSMINWK** Minutes of moderate and strenuous recreational physical activity per week (includes walking fairly fast or very fast, moderate physical activity and strenuous physical activity,  $MET \geq 4.0$ )
9. **SMINWK** Minutes of strenuous recreational physical activity per week ( $MET \geq 6.0$ )
- ✚10. **TEXPWK** Total MET-hours per week (kcal/week per kg). Expenditure of energy from recreational physical activity (includes walking, mild, moderate and strenuous physical activity)\* ^
11. **WALKEXP** MET-hours per week (kcal/week per kg) energy expenditure from walking ^

Section II: Household Physical Activity: Variables 12-15 available for OS only based on Form 42

- 12. INACT** Hours per day of sedentary activity (sitting, sleeping, or lying down)
- 13. YRDMINWK** Minutes per week of physical activity from yardwork [Could be added to TMINWK or MSMINWK for total minutes/week]
- 14. YARDEXP** MET-hours per week (kcal/week per kg). Expenditure of energy from physical activity from yardwork. [Could be added to TEXPWK to yield energy expenditure from physical activity including yardwork] ^
- 15. INHEAEXP** MET-hours per week (kcal/week per kg). Expenditure of energy from physical activity from heavy indoor household chores [Could add INHEAEXP, YARDEXP, and TEXPWK for a total physical activity energy expenditure]^

✚Recommended as summary variables.

\* Calculation of these variables excludes physical activity derived from walking less than once per week.

^ Total expenditure of energy (MET) variables do not include the dependence of kcal expenditure on body weight.