

## The SAS System

### The CONTENTS Procedure

| Variables in Creation Order |                 |      |     |        |          |                                                                                                                                                                                                                |
|-----------------------------|-----------------|------|-----|--------|----------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| #                           | Variable        | Type | Len | Format | Informat | Label                                                                                                                                                                                                          |
| 1                           | studyid         | Char | 5   | \$5.   | \$5.     | PATHWAYS PARTICIPANT STUDY IDENTIFICATION NUMBER                                                                                                                                                               |
| 2                           | bpa_1_employed  | Num  | 8   | BEST.  |          | WERE YOU EMPLOYED IN THE PAST SIX MONTHS?                                                                                                                                                                      |
| 3                           | bpa_2_volunteer | Num  | 8   | BEST.  |          | DID YOU DO ANY WEEKLY VOLUNTEER ACTIVITY IN THE PAST SIX MONTHS?                                                                                                                                               |
| 4                           | bpa_3_dayswork  | Num  | 8   | BEST.  |          | HOW MANY DAYS PER WEEK DID YOU DO PAID WORK AND/OR VOLUNTEER ACTIVITY IN THE PAST 6 MONTHS?                                                                                                                    |
| 5                           | bpa_4_hourswork | Num  | 8   | BEST.  |          | HOW MANY HOURS PER DAY DID YOU DO PAID WORK AND/OR VOLUNTEER ACTIVITY IN THE PAST 6 MONTHS?                                                                                                                    |
| 6                           | bpa_5a_sitting  | Num  | 8   | BEST.  |          | IN A USUAL DAY OF PAID AND/OR VOLUNTEER ACTIVITY IN THE PAST SIX MONTHS, HOW OFTEN DID YOU SPEND TIME SITTING?                                                                                                 |
| 7                           | bpa_5b_standing | Num  | 8   | BEST.  |          | IN A USUAL DAY OF PAID AND/OR VOLUNTEER ACTIVITY IN THE PAST SIX MONTHS, HOW OFTEN DID YOU SPEND TIME STANDING?                                                                                                |
| 8                           | bpa_5c_walking  | Num  | 8   | BEST.  |          | IN A USUAL DAY OF PAID AND/OR VOLUNTEER ACTIVITY IN THE PAST SIX MONTHS, HOW OFTEN DID YOU SPEND TIME WALKING?                                                                                                 |
| 9                           | bpa_5d_lifting  | Num  | 8   | BEST.  |          | IN A USUAL DAY OF PAID AND/OR VOLUNTEER ACTIVITY IN THE PAST SIX MONTHS, HOW OFTEN DID YOU SPEND TIME LIFTING, CARRYING, OR PUSHING HEAVY ITEMS (20 POUNDS OR MORE)?                                           |
| 10                          | bpa_5e_stooping | Num  | 8   | BEST.  |          | IN A USUAL DAY OF PAID AND/OR VOLUNTEER ACTIVITY IN THE PAST SIX MONTHS, HOW OFTEN DID YOU SPEND TIME STOOPING OR BENDING?                                                                                     |
| 11                          | bpa_5f_manual   | Num  | 8   | BEST.  |          | IN A USUAL DAY OF PAID AND/OR VOLUNTEER ACTIVITY IN THE PAST SIX MONTHS, HOW OFTEN DID YOU SPEND TIME DOING HEAVY MANUAL WORK?                                                                                 |
| 12                          | bpa_a1_6a       | Num  | 8   | BEST.  |          | ON AVERAGE, HOW OFTEN IN THE PAST SIX MONTHS DID YOU DO ROUTINE CLEANING, SUCH AS DUSTING, CHANGING BED LINENS, VACUUMING, SWEEPING, WATERING INDOOR PLANTS, CLEANING BATHROOM AND KITCHEN SINKS AND COUNTERS? |
| 13                          | bpa_a1_6b       | Num  | 8   | BEST.  |          | ON AVERAGE, HOW OFTEN IN THE PAST SIX MONTHS DID YOU DO MAJOR CLEANING, SUCH AS CLEANING A GARAGE, CAR, RUGS, OR WINDOWS, SCRUBBING FLOORS OR WALLS?                                                           |

## The SAS System

### The CONTENTS Procedure

| Variables in Creation Order |           |      |     |        |          |                                                                                                         |
|-----------------------------|-----------|------|-----|--------|----------|---------------------------------------------------------------------------------------------------------|
| #                           | Variable  | Type | Len | Format | Informat | Label                                                                                                   |
| 14                          | bpa_a1_6c | Num  | 8   | BEST.  |          | ON AVERAGE, HOW OFTEN IN THE PAST SIX MONTHS DID YOU DO GROCERY SHOPPING?                               |
| 15                          | bpa_a1_6d | Num  | 8   | BEST.  |          | ON AVERAGE, HOW OFTEN IN THE PAST SIX MONTHS DID YOU DO OTHER SHOPPING?                                 |
| 16                          | bpa_a1_6e | Num  | 8   | BEST.  |          | ON AVERAGE, HOW OFTEN IN THE PAST SIX MONTHS DID YOU DO LAUNDRY/IRONING?                                |
| 17                          | bpa_a1_6f | Num  | 8   | BEST.  |          | ON AVERAGE, HOW OFTEN IN THE PAST SIX MONTHS DID YOU PREPARE MEALS/BAKE/CLEAN UP FROM MEALS?            |
| 18                          | bpa_a1_7a | Num  | 8   | BEST.  |          | EACH TIME YOU DID ROUTINE CLEANING, HOW MUCH TIME DID YOU USUALLY SPEND DOING IT?                       |
| 19                          | bpa_a1_7b | Num  | 8   | BEST.  |          | EACH TIME YOU DID MAJOR CLEANING, HOW MUCH TIME DID YOU USUALLY SPEND DOING IT?                         |
| 20                          | bpa_a1_7c | Num  | 8   | BEST.  |          | EACH TIME YOU DID GROCERY SHOPPING, HOW MUCH TIME DID YOU USUALLY SPEND DOING IT?                       |
| 21                          | bpa_a1_7d | Num  | 8   | BEST.  |          | EACH TIME YOU DID OTHER SHOPPING, HOW MUCH TIME DID YOU USUALLY SPEND DOING IT?                         |
| 22                          | bpa_a1_7e | Num  | 8   | BEST.  |          | EACH TIME YOU DID LAUNDRY/IRONING, HOW MUCH TIME DID YOU USUALLY SPEND DOING IT?                        |
| 23                          | bpa_a1_7f | Num  | 8   | BEST.  |          | EACH TIME YOU PREPARED MEALS/BAKED/CLEANED UP FROM MEALS, HOW MUCH TIME DID YOU USUALLY SPEND DOING IT? |
| 24                          | bpa_a1_8a | Num  | 8   | BEST.  |          | WHEN YOU DID ROUTINE CLEANING, DID YOUR HEART RATE AND BREATHING INCREASE?                              |
| 25                          | bpa_a1_8b | Num  | 8   | BEST.  |          | WHEN YOU DID MAJOR CLEANING, DID YOUR HEART RATE AND BREATHING INCREASE?                                |
| 26                          | bpa_a1_8c | Num  | 8   | BEST.  |          | WHEN YOU DID GROCERY SHOPPING, DID YOUR HEART RATE AND BREATHING INCREASE?                              |
| 27                          | bpa_a1_8d | Num  | 8   | BEST.  |          | WHEN YOU DID OTHER SHOPPING, DID YOUR HEART RATE AND BREATHING INCREASE?                                |
| 28                          | bpa_a1_8e | Num  | 8   | BEST.  |          | WHEN YOU DID LAUNDRY/IRONING, DID YOUR HEART RATE AND BREATHING INCREASE?                               |

## The SAS System

### The CONTENTS Procedure

| Variables in Creation Order |            |      |     |        |          |                                                                                                                                                           |
|-----------------------------|------------|------|-----|--------|----------|-----------------------------------------------------------------------------------------------------------------------------------------------------------|
| #                           | Variable   | Type | Len | Format | Informat | Label                                                                                                                                                     |
| 29                          | bpa_a1_8f  | Num  | 8   | BEST.  |          | WHEN YOU PREPARED MEALS/BAKED/CLEANED UP FROM MEALS, DID YOUR HEART RATE AND BREATHING INCREASE?                                                          |
| 30                          | bpa_a2_9a  | Num  | 8   | BEST.  |          | ON AVERAGE, HOW OFTEN IN THE PAST SIX MONTHS DID YOU TAKE CARE OF INFANTS AND TODDLERS?                                                                   |
| 31                          | bpa_a2_9b  | Num  | 8   | BEST.  |          | ON AVERAGE, HOW OFTEN IN THE PAST SIX MONTHS DID YOU TAKE CARE OF YOUNG CHILDREN (AGED 3-5 YEARS OLD)?                                                    |
| 32                          | bpa_a2_9c  | Num  | 8   | BEST.  |          | ON AVERAGE, HOW OFTEN IN THE PAST SIX MONTHS DID YOU TAKE CARE OF ELDERLY OR DISABLED PEOPLE?                                                             |
| 33                          | bpa_a2_9d  | Num  | 8   | BEST.  |          | ON AVERAGE, HOW OFTEN IN THE PAST SIX MONTHS DID YOU WALK THE DOG?                                                                                        |
| 34                          | bpa_a2_9e  | Num  | 8   | BEST.  |          | ON AVERAGE, HOW OFTEN IN THE PAST SIX MONTHS DID YOU GROOM, CARE FOR, AND PLAY WITH LARGE ANIMALS, SUCH AS BIG DOGS, HORSES, OR FARM ANIMALS?             |
| 35                          | bpa_a2_10a | Num  | 8   | BEST.  |          | EACH TIME YOU TOOK CARE OF INFANTS AND TODDLERS, HOW MUCH TIME DID YOU USUALLY SPEND DOING IT?                                                            |
| 36                          | bpa_a2_10b | Num  | 8   | BEST.  |          | EACH TIME YOU TOOK CARE OF YOUNG CHILDREN (AGED 3-5 YEARS OLD), HOW MUCH TIME DID YOU USUALLY SPEND DOING IT?                                             |
| 37                          | bpa_a2_10c | Num  | 8   | BEST.  |          | EACH TIME YOU TOOK CARE OF ELDERLY OR DISABLED PEOPLE, HOW MUCH TIME DID YOU USUALLY SPEND DOING IT?                                                      |
| 38                          | bpa_a2_10d | Num  | 8   | BEST.  |          | EACH TIME YOU WALKED THE DOG, HOW MUCH TIME DID YOU USUALLY SPEND DOING IT?                                                                               |
| 39                          | bpa_a2_10e | Num  | 8   | BEST.  |          | EACH TIME YOU GROOMED, CARED FOR, AND PLAYED WITH LARGE ANIMALS, SUCH AS BIG DOGS, HORSES, OR FARM ANIMALS, HOW MUCH TIME DID YOU USUALLY SPEND DOING IT? |
| 40                          | bpa_a2_11a | Num  | 8   | BEST.  |          | WHEN YOU TOOK CARE OF INFANTS AND TODDLERS, DID YOUR HEART RATE AND BREATHING INCREASE?                                                                   |
| 41                          | bpa_a2_11b | Num  | 8   | BEST.  |          | WHEN YOU TOOK CARE OF YOUNG CHILDREN (AGED 3-5 YEARS OLD), DID YOUR HEART RATE AND BREATHING INCREASE?                                                    |
| 42                          | bpa_a2_11c | Num  | 8   | BEST.  |          | WHEN YOU TOOK CARE OF ELDERLY AND DISABLED PEOPLE, DID YOUR HEART RATE AND BREATHING INCREASE?                                                            |

## The SAS System

### The CONTENTS Procedure

| Variables in Creation Order |            |      |     |        |          |                                                                                                                                                                                                                                                    |
|-----------------------------|------------|------|-----|--------|----------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| #                           | Variable   | Type | Len | Format | Informat | Label                                                                                                                                                                                                                                              |
| 43                          | bpa_a2_11d | Num  | 8   | BEST.  |          | WHEN YOU WALKED THE DOG, DID YOUR HEART RATE AND BREATHING INCREASE?                                                                                                                                                                               |
| 44                          | bpa_a2_11e | Num  | 8   | BEST.  |          | WHEN YOU GROOMED, CARED FOR, AND PLAYED WITH LARGE ANIMALS, SUCH AS BIG DOGS, HORSES, OR FARM ANIMALS, DID YOUR HEART RATE AND BREATHING INCREASE?                                                                                                 |
| 45                          | bpa_a3_12a | Num  | 8   | BEST.  |          | ON AVERAGE, HOW OFTEN IN THE PAST SIX MONTHS DID YOU PAINT INSIDE OR OUTSIDE OF YOUR HOUSE, OR WALL PAPER?                                                                                                                                         |
| 46                          | bpa_a3_12b | Num  | 8   | BEST.  |          | ON AVERAGE, HOW OFTEN IN THE PAST SIX MONTHS DID YOU DO CARPENTRY?                                                                                                                                                                                 |
| 47                          | bpa_a3_12c | Num  | 8   | BEST.  |          | ON AVERAGE, HOW OFTEN IN THE PAST SIX MONTHS DID YOU MOVE OR REARRANGE FURNITURE?                                                                                                                                                                  |
| 48                          | bpa_a3_12d | Num  | 8   | BEST.  |          | ON AVERAGE, HOW OFTEN IN THE PAST SIX MONTHS DID YOU MOW THE LAWN WITH A RIDING MOWER?                                                                                                                                                             |
| 49                          | bpa_a3_12e | Num  | 8   | BEST.  |          | ON AVERAGE, HOW OFTEN IN THE PAST SIX MONTHS DID YOU MOW THE LAWN, WALKING BEHIND A POWER MOWER?                                                                                                                                                   |
| 50                          | bpa_a3_12f | Num  | 8   | BEST.  |          | ON AVERAGE, HOW OFTEN IN THE PAST SIX MONTHS DID YOU DO LIGHT YARD WORK, SUCH AS WEEDING, PLANTING, CULTIVATING A GARDEN, PRUNING OR TRIMMING BUSHES OR TREES, VACUUMING LEAVES, SWEEPING OUTSIDE, RAKING OR EDGING YARD, WATERING YARD OR PLANTS? |
| 51                          | bpa_a3_12g | Num  | 8   | BEST.  |          | ON AVERAGE, HOW OFTEN IN THE PAST SIX MONTHS DID YOU DO HEAVY YARD WORK, SUCH AS SPADING, DIGGING, FILLING IN A GARDEN, CHOPPING WOOD, USING A NON-POWER PUSH LAWNMOWER, LAYING BRICKS, OR SHOVELING SNOW?                                         |
| 52                          | bpa_a3_13a | Num  | 8   | BEST.  |          | EACH TIME YOU PAINTED INSIDE OR OUTSIDE OF YOUR HOUSE, OR WALL PAPERED, HOW MUCH TIME DID YOU USUALLY SPEND DOING IT?                                                                                                                              |
| 53                          | bpa_a3_13b | Num  | 8   | BEST.  |          | EACH TIME YOU DID CARPENTRY, HOW MUCH TIME DID YOU USUALLY SPEND DOING IT?                                                                                                                                                                         |
| 54                          | bpa_a3_13c | Num  | 8   | BEST.  |          | EACH TIME YOU MOVED OR REARRANGED FURNITURE, HOW MUCH TIME DID YOU USUALLY SPEND DOING IT?                                                                                                                                                         |
| 55                          | bpa_a3_13d | Num  | 8   | BEST.  |          | EACH TIME YOU MOWED THE LAWN WITH A RIDING MOWER, HOW MUCH TIME DID YOU USUALLY SPEND DOING IT?                                                                                                                                                    |

## The SAS System

### The CONTENTS Procedure

| Variables in Creation Order |            |      |     |        |          |                                                                                                                                                  |
|-----------------------------|------------|------|-----|--------|----------|--------------------------------------------------------------------------------------------------------------------------------------------------|
| #                           | Variable   | Type | Len | Format | Informat | Label                                                                                                                                            |
| 56                          | bpa_a3_13e | Num  | 8   | BEST.  |          | EACH TIME YOU MOWED THE LAWN, WALKING BEHIND A POWER MOWER, HOW MUCH TIME DID YOU USUALLY SPEND DOING IT?                                        |
| 57                          | bpa_a3_13f | Num  | 8   | BEST.  |          | EACH TIME YOU DID LIGHT YARD WORK, HOW MUCH TIME DID YOU USUALLY SPEND DOING IT?                                                                 |
| 58                          | bpa_a3_13g | Num  | 8   | BEST.  |          | EACH TIME YOU DID HEAVY YARD WORK, HOW MUCH TIME DID YOU USUALLY SPEND DOING IT?                                                                 |
| 59                          | bpa_a3_14a | Num  | 8   | BEST.  |          | WHEN YOU PAINTED INSIDE OR OUTSIDE OF YOUR HOUSE, OR WALL PAPERED, DID YOUR HEART RATE AND BREATHING INCREASE?                                   |
| 60                          | bpa_a3_14b | Num  | 8   | BEST.  |          | WHEN YOU DID CARPENTRY, DID YOUR HEART RATE AND BREATHING INCREASE?                                                                              |
| 61                          | bpa_a3_14c | Num  | 8   | BEST.  |          | WHEN YOU MOVED OR REARRANGED FURNITURE, DID YOUR HEART RATE AND BREATHING INCREASE?                                                              |
| 62                          | bpa_a3_14d | Num  | 8   | BEST.  |          | WHEN YOU MOWED THE LAWN WITH A RIDING MOWER, DID YOUR HEART RATE AND BREATHING INCREASE?                                                         |
| 63                          | bpa_a3_14e | Num  | 8   | BEST.  |          | WHEN YOU MOWED THE LAWN, WALKING BEHIND A POWER MOWER, DID YOUR HEART RATE AND BREATHING INCREASE?                                               |
| 64                          | bpa_a3_14f | Num  | 8   | BEST.  |          | WHEN YOU DID LIGHT YARD WORK, DID YOUR HEART RATE AND BREATHING INCREASE?                                                                        |
| 65                          | bpa_a3_14g | Num  | 8   | BEST.  |          | WHEN YOU DID HEAVY YARD WORK, DID YOUR HEART RATE AND BREATHING INCREASE?                                                                        |
| 66                          | bpa_b1_15a | Num  | 8   | BEST.  |          | ON AVERAGE, HOW OFTEN IN THE PAST SIX MONTHS DID YOU RUN OR JOG (INCLUDING ON A TREADMILL)?                                                      |
| 67                          | bpa_b1_15b | Num  | 8   | BEST.  |          | ON AVERAGE, HOW OFTEN IN THE PAST SIX MONTHS DID YOU SWIM LAPS?                                                                                  |
| 68                          | bpa_b1_15c | Num  | 8   | BEST.  |          | ON AVERAGE, HOW OFTEN IN THE PAST SIX MONTHS DID YOU DO BICYCLE RIDING (INCLUDING STATIONARY BIKES), TOURING OR RACING, ROAD OR MOUNTAIN BIKING? |
| 69                          | bpa_b1_15d | Num  | 8   | BEST.  |          | ON AVERAGE, HOW OFTEN IN THE PAST SIX MONTHS DID YOU DO STAIRMASTER/ELLIPTICAL RUNNER?                                                           |

# The SAS System

## The CONTENTS Procedure

| Variables in Creation Order |            |      |     |        |          |                                                                                                                                           |
|-----------------------------|------------|------|-----|--------|----------|-------------------------------------------------------------------------------------------------------------------------------------------|
| #                           | Variable   | Type | Len | Format | Informat | Label                                                                                                                                     |
| 70                          | bpa_b1_15e | Num  | 8   | BEST.  |          | ON AVERAGE, HOW OFTEN IN THE PAST SIX MONTHS DID YOU DO AEROBIC DANCE OR EXERCISE CLASS?                                                  |
| 71                          | bpa_b1_15f | Num  | 8   | BEST.  |          | ON AVERAGE, HOW OFTEN IN THE PAST SIX MONTHS DID YOU DO SIT-UPS, PUSH-UPS, CALISTHENICS, FLOOR EXERCISE, OR CORE STRENGTHENING EXERCISES? |
| 72                          | bpa_b1_15g | Num  | 8   | BEST.  |          | ON AVERAGE, HOW OFTEN IN THE PAST SIX MONTHS DID YOU DO YOGA, STRETCHING, TAI CHI, OR PILATES?                                            |
| 73                          | bpa_b1_15h | Num  | 8   | BEST.  |          | ON AVERAGE, HOW OFTEN IN THE PAST SIX MONTHS DID YOU CROSS-COUNTRY SKI OR ROW (INCLUDING INDOOR MACHINES)?                                |
| 74                          | bpa_b1_15i | Num  | 8   | BEST.  |          | ON AVERAGE, HOW OFTEN IN THE PAST SIX MONTHS DID YOU DOWNHILL SKI, ICE SKATE, OR ROLLERBLADE?                                             |
| 75                          | bpa_b1_15j | Num  | 8   | BEST.  |          | ON AVERAGE, HOW OFTEN IN THE PAST SIX MONTHS DID YOU HIKE OR BACKPACK?                                                                    |
| 76                          | bpa_b1_15k | Num  | 8   | BEST.  |          | ON AVERAGE, HOW OFTEN IN THE PAST SIX MONTHS DID YOU WALK FOR EXERCISE OR PLEASURE AT A BRISK PACE?                                       |
| 77                          | bpa_b1_15l | Num  | 8   | BEST.  |          | ON AVERAGE, HOW OFTEN IN THE PAST SIX MONTHS DID YOU WALK FOR EXERCISE OR PLEASURE AT A SLOW PACE?                                        |
| 78                          | bpa_b1_15m | Num  | 8   | BEST.  |          | ON AVERAGE, HOW OFTEN IN THE PAST SIX MONTHS DID YOU DO WEIGHT LIFTING, FREE WEIGHTS OR CIRCUIT TRAINING (E.G. AT A GYM)?                 |
| 79                          | bpa_b1_15n | Num  | 8   | BEST.  |          | ON AVERAGE, HOW OFTEN IN THE PAST SIX MONTHS DID YOU PLAY VOLLEYBALL?                                                                     |
| 80                          | bpa_b1_15o | Num  | 8   | BEST.  |          | ON AVERAGE, HOW OFTEN IN THE PAST SIX MONTHS DID YOU PLAY TENNIS, RACQUET BALL OR SQUASH?                                                 |
| 81                          | bpa_b1_15p | Num  | 8   | BEST.  |          | ON AVERAGE, HOW OFTEN IN THE PAST SIX MONTHS DID YOU PLAY SOCCER OR BASKETBALL?                                                           |
| 82                          | bpa_b1_15q | Num  | 8   | BEST.  |          | ON AVERAGE, HOW OFTEN IN THE PAST SIX MONTHS DID YOU PLAY BASEBALL OR SOFTBALL?                                                           |
| 83                          | bpa_b1_15r | Num  | 8   | BEST.  |          | ON AVERAGE, HOW OFTEN IN THE PAST SIX MONTHS DID YOU GOLF, NOT USING A CART?                                                              |
| 84                          | bpa_b1_15s | Num  | 8   | BEST.  |          | ON AVERAGE, HOW OFTEN IN THE PAST SIX MONTHS DID YOU GOLF, USING A CART?                                                                  |

# The SAS System

## The CONTENTS Procedure

| Variables in Creation Order |            |      |     |        |          |                                                                                                                                                          |
|-----------------------------|------------|------|-----|--------|----------|----------------------------------------------------------------------------------------------------------------------------------------------------------|
| #                           | Variable   | Type | Len | Format | Informat | Label                                                                                                                                                    |
| 85                          | bpa_b1_15t | Num  | 8   | BEST.  |          | ON AVERAGE, HOW OFTEN IN THE PAST SIX MONTHS DID YOU GO HORSEBACK RIDING?                                                                                |
| 86                          | bpa_b1_15u | Num  | 8   | BEST.  |          | ON AVERAGE, HOW OFTEN IN THE PAST SIX MONTHS DID YOU GO FLY FISHING OR HUNTING?                                                                          |
| 87                          | bpa_b1_15v | Num  | 8   | BEST.  |          | ON AVERAGE, HOW OFTEN IN THE PAST SIX MONTHS DID YOU DO SOCIAL OR FOLK DANCING?                                                                          |
| 88                          | bpa_b1_15w | Num  | 8   | BEST.  |          | ON AVERAGE, HOW OFTEN IN THE PAST SIX MONTHS DID YOU DO JAZZ, BALLET, MODERN, TAP, HIP HOP OR ETHNIC DANCE?                                              |
| 89                          | bpa_b1_16a | Num  | 8   | BEST.  |          | EACH TIME YOU RAN OR JOGGED, HOW MUCH TIME DID YOU USUALLY SPEND DOING IT?                                                                               |
| 90                          | bpa_b1_16b | Num  | 8   | BEST.  |          | EACH TIME YOU SWAM LAPS, HOW MUCH TIME DID YOU USUALLY SPEND DOING IT?                                                                                   |
| 91                          | bpa_b1_16c | Num  | 8   | BEST.  |          | EACH TIME YOU DID BICYCLE RIDING (INCLUDING STATIONARY BIKES), TOURING OR RACING, ROAD OR MOUNTAIN BIKING, HOW MUCH TIME DID YOU USUALLY SPEND DOING IT? |
| 92                          | bpa_b1_16d | Num  | 8   | BEST.  |          | EACH TIME YOU DID STAIRMASTER/ELLIPTICAL RUNNER, HOW MUCH TIME DID YOU USUALLY SPEND DOING IT?                                                           |
| 93                          | bpa_b1_16e | Num  | 8   | BEST.  |          | EACH TIME YOU DID AEROBIC DANCE OR EXERCISE CLASS, HOW MUCH TIME DID YOU USUALLY SPEND DOING IT?                                                         |
| 94                          | bpa_b1_16f | Num  | 8   | BEST.  |          | WHEN YOU DID SIT-UPS, PUSH-UPS, CALISTHENICS, FLOOR EXERCISE, OR CORE STRENGTHENING EXERCISES, HOW MUCH TIME DID YOU USUALLY SPEND DOING IT?             |
| 95                          | bpa_b1_16g | Num  | 8   | BEST.  |          | EACH TIME YOU DID YOGA, STRETCHING, TAI CHI, OR PILATES, HOW MUCH TIME DID YOU USUALLY SPEND DOING IT?                                                   |
| 96                          | bpa_b1_16h | Num  | 8   | BEST.  |          | EACH TIME YOU DID CROSS-COUNTRY SKIING OR ROWING (INCLUDING INDOOR MACHINES), HOW MUCH TIME DID YOU USUALLY SPEND DOING IT?                              |
| 97                          | bpa_b1_16i | Num  | 8   | BEST.  |          | EACH TIME YOU DID DOWNHILL SKIING, ICE SKATING OR ROLLERBLADING, HOW MUCH TIME DID YOU USUALLY SPEND DOING IT?                                           |
| 98                          | bpa_b1_16j | Num  | 8   | BEST.  |          | EACH TIME YOU HIKE OR BACKPACKED, HOW MUCH TIME DID YOU USUALLY SPEND DOING IT?                                                                          |

# The SAS System

## The CONTENTS Procedure

| Variables in Creation Order |            |      |     |        |          |                                                                                                                                   |
|-----------------------------|------------|------|-----|--------|----------|-----------------------------------------------------------------------------------------------------------------------------------|
| #                           | Variable   | Type | Len | Format | Informat | Label                                                                                                                             |
| 99                          | bpa_b1_16k | Num  | 8   | BEST.  |          | EACH TIME YOU WALKED FOR EXERCISE OR PLEASURE AT A BRISK PACE, HOW MUCH TIME DID YOU USUALLY SPEND DOING IT?                      |
| 100                         | bpa_b1_16l | Num  | 8   | BEST.  |          | EACH TIME YOU WALKED FOR EXERCISE OR PLEASURE AT A SLOW PACE, HOW MUCH TIME DID YOU USUALLY SPEND DOING IT?                       |
| 101                         | bpa_b1_16m | Num  | 8   | BEST.  |          | EACH TIME YOU DID WEIGHT LIFTING, FREE WEIGHTS OR CIRCUIT TRAINING (E.G. AT A GYM), HOW MUCH TIME DID YOU USUALLY SPEND DOING IT? |
| 102                         | bpa_b1_16n | Num  | 8   | BEST.  |          | EACH TIME YOU PLAYED VOLLEYBALL, HOW MUCH TIME DID YOU USUALLY SPEND DOING IT?                                                    |
| 103                         | bpa_b1_16o | Num  | 8   | BEST.  |          | EACH TIME YOU PLAYED TENNIS, RACQUET BALL OR SQUASH, HOW MUCH TIME DID YOU USUALLY SPEND DOING IT?                                |
| 104                         | bpa_b1_16p | Num  | 8   | BEST.  |          | EACH TIME YOU PLAYED SOCCER OR BASKETBALL, HOW MUCH TIME DID YOU USUALLY SPEND DOING IT?                                          |
| 105                         | bpa_b1_16q | Num  | 8   | BEST.  |          | EACH TIME YOU PLAYED BASEBALL OR SOFTBALL, HOW MUCH TIME DID YOU USUALLY SPEND DOING IT?                                          |
| 106                         | bpa_b1_16r | Num  | 8   | BEST.  |          | EACH TIME YOU GOLFED, NOT USING A CART, HOW MUCH TIME DID YOU USUALLY SPEND DOING IT?                                             |
| 107                         | bpa_b1_16s | Num  | 8   | BEST.  |          | EACH TIME YOU GOLFED, USING A CART, HOW MUCH TIME DID YOU USUALLY SPEND DOING IT?                                                 |
| 108                         | bpa_b1_16t | Num  | 8   | BEST.  |          | EACH TIME YOU WENT HORSEBACK RIDING, HOW MUCH TIME DID YOU USUALLY SPEND DOING IT?                                                |
| 109                         | bpa_b1_16u | Num  | 8   | BEST.  |          | EACH TIME YOU WENT FLY FISHING OR HUNTING, HOW MUCH TIME DID YOU USUALLY SPEND DOING IT?                                          |
| 110                         | bpa_b1_16v | Num  | 8   | BEST.  |          | EACH TIME YOU DID SOCIAL OR FOLK DANCING, HOW MUCH TIME DID YOU USUALLY SPEND DOING IT?                                           |
| 111                         | bpa_b1_16w | Num  | 8   | BEST.  |          | EACH TIME YOU DID JAZZ, BALLET, MODERN, TAP, HIP HOP OR ETHNIC DANCE, HOW MUCH TIME DID YOU USUALLY SPEND DOING IT?               |
| 112                         | bpa_b1_17a | Num  | 8   | BEST.  |          | WHEN YOU RAN OR JOGGED, DID YOUR HEART RATE OR BREATHING INCREASE?                                                                |

## The SAS System

### The CONTENTS Procedure

| Variables in Creation Order |            |      |     |        |          |                                                                                                                                                  |
|-----------------------------|------------|------|-----|--------|----------|--------------------------------------------------------------------------------------------------------------------------------------------------|
| #                           | Variable   | Type | Len | Format | Informat | Label                                                                                                                                            |
| 113                         | bpa_b1_17b | Num  | 8   | BEST.  |          | WHEN YOU SWAM LAPS, DID YOUR HEART RATE OR BREATHING INCREASE?                                                                                   |
| 114                         | bpa_b1_17c | Num  | 8   | BEST.  |          | WHEN YOU DID BICYCLE RIDING (INCLUDING STATIONARY BIKES), TOURING OR RACING, ROAD OR MOUNTAIN BIKING, DID YOUR HEART RATE OR BREATHING INCREASE? |
| 115                         | bpa_b1_17d | Num  | 8   | BEST.  |          | WHEN YOU DID STAIRMASTER/ELLIPTICAL RUNNER, DID YOUR HEART RATE OR BREATHING INCREASE?                                                           |
| 116                         | bpa_b1_17e | Num  | 8   | BEST.  |          | WHEN YOU DID AEROBIC DANCE OR EXERCISE CLASS, DID YOUR HEART RATE OR BREATHING INCREASE?                                                         |
| 117                         | bpa_b1_17f | Num  | 8   | BEST.  |          | WHEN YOU DID SIT-UPS, PUSH-UPS, CALISTHENICS, FLOOR EXERCISE, OR CORE STRENGTHENING EXERCISES, DID YOUR HEART RATE OR BREATHING INCREASE?        |
| 118                         | bpa_b1_17g | Num  | 8   | BEST.  |          | WHEN YOU DID YOGA, STRETCHING, TAI CHI, OR PILATES, DID YOUR HEART RATE OR BREATHING INCREASE?                                                   |
| 119                         | bpa_b1_17h | Num  | 8   | BEST.  |          | WHEN YOU DID CROSS-COUNTRY SKIING OR ROWING (INCLUDING INDOOR MACHINES), DID YOUR HEART RATE OR BREATHING INCREASE?                              |
| 120                         | bpa_b1_17i | Num  | 8   | BEST.  |          | WHEN YOU DID DOWNHILL SKIING, ICE SKATING OR ROLLERBLADING, DID YOUR HEART RATE OR BREATHING INCREASE?                                           |
| 121                         | bpa_b1_17j | Num  | 8   | BEST.  |          | WHEN YOU HIKE OR BACKPACKED, DID YOUR HEART RATE OR BREATHING INCREASE?                                                                          |
| 122                         | bpa_b1_17k | Num  | 8   | BEST.  |          | WHEN YOU WALKED FOR EXERCISE OR PLEASURE AT A BRISK PACE, DID YOUR HEART RATE OR BREATHING INCREASE?                                             |
| 123                         | bpa_b1_17l | Num  | 8   | BEST.  |          | WHEN YOU WALKED FOR EXERCISE OR PLEASURE AT A SLOW PACE, DID YOUR HEART RATE OR BREATHING INCREASE?                                              |
| 124                         | bpa_b1_17m | Num  | 8   | BEST.  |          | WHEN YOU DID WEIGHT LIFTING, FREE WEIGHTS OR CIRCUIT TRAINING (E.G. AT A GYM), DID YOUR HEART RATE OR BREATHING INCREASE?                        |
| 125                         | bpa_b1_17n | Num  | 8   | BEST.  |          | WHEN YOU PLAYED VOLLEYBALL, DID YOUR HEART RATE OR BREATHING INCREASE?                                                                           |
| 126                         | bpa_b1_17o | Num  | 8   | BEST.  |          | WHEN YOU PLAYED TENNIS, RACQUET BALL OR SQUASH, DID YOUR HEART RATE OR BREATHING INCREASE?                                                       |

## The SAS System

### The CONTENTS Procedure

| Variables in Creation Order |            |      |     |        |          |                                                                                                                                                               |
|-----------------------------|------------|------|-----|--------|----------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|
| #                           | Variable   | Type | Len | Format | Informat | Label                                                                                                                                                         |
| 127                         | bpa_b1_17p | Num  | 8   | BEST.  |          | WHEN YOU PLAYED SOCCER OR BASKETBALL, DID YOUR HEART RATE OR BREATHING INCREASE?                                                                              |
| 128                         | bpa_b1_17q | Num  | 8   | BEST.  |          | WHEN YOU PLAYED BASEBALL OR SOFTBALL, DID YOUR HEART RATE OR BREATHING INCREASE?                                                                              |
| 129                         | bpa_b1_17r | Num  | 8   | BEST.  |          | WHEN YOU GOLFED, NOT USING A CART, DID YOUR HEART RATE OR BREATHING INCREASE?                                                                                 |
| 130                         | bpa_b1_17s | Num  | 8   | BEST.  |          | WHEN YOU GOLFED, USING A CART, DID YOUR HEART RATE OR BREATHING INCREASE?                                                                                     |
| 131                         | bpa_b1_17t | Num  | 8   | BEST.  |          | WHEN YOU WENT HORSEBACK RIDING, DID YOUR HEART RATE OR BREATHING INCREASE?                                                                                    |
| 132                         | bpa_b1_17u | Num  | 8   | BEST.  |          | WHEN YOU WENT FLY FISHING OR HUNTING, DID YOUR HEART RATE OR BREATHING INCREASE?                                                                              |
| 133                         | bpa_b1_17v | Num  | 8   | BEST.  |          | WHEN YOU DID SOCIAL OR FOLK DANCING, DID YOUR HEART RATE OR BREATHING INCREASE?                                                                               |
| 134                         | bpa_b1_17w | Num  | 8   | BEST.  |          | WHEN YOU DID JAZZ, BALLET, MODERN, TAP, HIP HOP OR ETHNIC DANCE, DID YOUR HEART RATE OR BREATHING INCREASE?                                                   |
| 135                         | bpa_b2_18a | Num  | 8   | BEST.  |          | ON AVERAGE, HOW OFTEN IN THE PAST SIX MONTHS DID YOU DO ARTS & CRAFTS PROJECTS (SUCH AS KNITTING, QUILTING, MODEL BUILDING, DRAWING PAINTING, STAINED GLASS)? |
| 136                         | bpa_b2_18b | Num  | 8   | BEST.  |          | ON AVERAGE, HOW OFTEN IN THE PAST SIX MONTHS DID YOU READ, WRITE, BE ON A COMPUTER OTHER THAN AT WORK?                                                        |
| 137                         | bpa_b2_18c | Num  | 8   | BEST.  |          | ON AVERAGE, HOW OFTEN IN THE PAST SIX MONTHS DID YOU SOCIALIZE, VISIT WITH FRIENDS OR TALK ON THE PHONE?                                                      |
| 138                         | bpa_b2_18d | Num  | 8   | BEST.  |          | ON AVERAGE, IN THE PAST SIX MONTHS, HOW OFTEN DID YOU ATTEND RELIGIOUS, SOCIAL, OR SERVICE CLUB MEETINGS, SPORTING EVENTS, CONCERTS, MOVIES, OR SHOWS?        |
| 139                         | bpa_b2_18e | Num  | 8   | BEST.  |          | ON AVERAGE, HOW OFTEN IN THE PAST SIX MONTHS DID YOU WATCH TV/VIDEOS (WHILE NOT DOING OTHER ACTIVITIES)?                                                      |

## The SAS System

### The CONTENTS Procedure

| Variables in Creation Order |            |      |     |        |          |                                                                                                                                                                       |
|-----------------------------|------------|------|-----|--------|----------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| #                           | Variable   | Type | Len | Format | Informat | Label                                                                                                                                                                 |
| 140                         | bpa_b2_18f | Num  | 8   | BEST.  |          | ON AVERAGE, HOW OFTEN IN THE PAST SIX MONTHS DID YOU PLAY BOARD OR CARD GAMES?                                                                                        |
| 141                         | bpa_b2_19a | Num  | 8   | BEST.  |          | EACH TIME YOU DID ARTS & CRAFTS PROJECTS (SUCH AS KNITTING, QUILTING, MODEL BUILDING, DRAWING PAINTING, STAINED GLASS), HOW MUCH TIME DID YOU USUALLY SPEND DOING IT? |
| 142                         | bpa_b2_19b | Num  | 8   | BEST.  |          | EACH TIME YOU READ, WROTE, WERE ON A COMPUTER OTHER THAN AT WORK, HOW MUCH TIME DID YOU USUALLY SPEND DOING IT?                                                       |
| 143                         | bpa_b2_19c | Num  | 8   | BEST.  |          | EACH TIME YOU SOCIALIZED, VISITED WITH FRIENDS OR TALKED ON THE PHONE, HOW MUCH TIME DID YOU USUALLY SPEND DOING IT?                                                  |
| 144                         | bpa_b2_19d | Num  | 8   | BEST.  |          | EACH TIME YOU ATTENDED RELIGIOUS, SOCIAL, OR SERVICE CLUB MEETINGS, SPORTING EVENTS, CONCERTS, MOVIES, OR SHOWS, HOW MUCH TIME DID YOU USUALLY SPEND DOING IT?        |
| 145                         | bpa_b2_19e | Num  | 8   | BEST.  |          | EACH TIME YOU WATCHED TV/VIDEOS (WHILE NOT DOING OTHER ACTIVITIES), HOW MUCH TIME DID YOU USUALLY SPEND DOING IT?                                                     |
| 146                         | bpa_b2_19f | Num  | 8   | BEST.  |          | EACH TIME YOU PLAYED BOARD OR CARD GAMES, HOW MUCH TIME DID YOU USUALLY SPEND DOING IT?                                                                               |
| 147                         | bpa_b2_20a | Num  | 8   | BEST.  |          | WHEN YOU DID ARTS & CRAFTS PROJECTS (SUCH AS KNITTING, QUILTING, MODEL BUILDING, DRAWING PAINTING, STAINED GLASS), DID YOUR HEART RATE AND BREATHING INCREASE?        |
| 148                         | bpa_b2_20b | Num  | 8   | BEST.  |          | WHEN YOU READ, WROTE, WERE ON A COMPUTER OTHER THAN AT WORK, DID YOUR HEART RATE AND BREATHING INCREASE?                                                              |
| 149                         | bpa_b2_20c | Num  | 8   | BEST.  |          | WHEN YOU SOCIALIZED, VISITED WITH FRIENDS OR TALKED ON THE PHONE, DID YOUR HEART RATE AND BREATHING INCREASE?                                                         |
| 150                         | bpa_b2_20d | Num  | 8   | BEST.  |          | WHEN YOU ATTENDED RELIGIOUS, SOCIAL, OR SERVICE CLUB MEETINGS, SPORTING EVENTS, CONCERTS, MOVIES, OR SHOWS, DID YOUR HEART RATE AND BREATHING INCREASE?               |
| 151                         | bpa_b2_20e | Num  | 8   | BEST.  |          | WHEN YOU WATCHED TV/VIDEOS (WHILE NOT DOING OTHER ACTIVITIES), DID YOUR HEART RATE AND BREATHING INCREASE?                                                            |

## The SAS System

### The CONTENTS Procedure

| Variables in Creation Order |            |      |     |        |          |                                                                                                                              |
|-----------------------------|------------|------|-----|--------|----------|------------------------------------------------------------------------------------------------------------------------------|
| #                           | Variable   | Type | Len | Format | Informat | Label                                                                                                                        |
| 152                         | bpa_b2_20f | Num  | 8   | BEST.  |          | WHEN YOU PLAYED BOARD OR CARD GAMES, DID YOUR HEART RATE AND BREATHING INCREASE?                                             |
| 153                         | bpa_b3_21a | Num  | 8   | BEST.  |          | ON AVERAGE, HOW OFTEN IN THE PAST SIX MONTHS DID YOU WALK TO THE BUS, TO WORK OR TO DO ERRANDS?                              |
| 154                         | bpa_b3_21b | Num  | 8   | BEST.  |          | ON AVERAGE, HOW OFTEN IN THE PAST SIX MONTHS DID YOU CLIMB UP STAIRS?                                                        |
| 155                         | bpa_b3_21c | Num  | 8   | BEST.  |          | ON AVERAGE, HOW OFTEN IN THE PAST SIX MONTHS DID YOU DRIVE OR RIDE IN A VEHICLE TO WORK, FOR ERRANDS OR TO GO PLACES?        |
| 156                         | bpa_b3_21d | Num  | 8   | BEST.  |          | ON AVERAGE, HOW OFTEN IN THE PAST SIX MONTHS DID YOU RIDE A BICYCLE OR USE ROLLERBLADES FOR TRANSPORTATION?                  |
| 157                         | bpa_b3_22a | Num  | 8   | BEST.  |          | EACH TIME YOU WALKED TO THE BUS, TO WORK OR TO DO ERRANDS, HOW MUCH TIME DID YOU USUALLY SPEND DOING IT?                     |
| 158                         | bpa_b3_22b | Num  | 8   | BEST.  |          | EACH TIME YOU CLIMBED UP STAIRS, HOW MUCH TIME DID YOU USUALLY SPEND DOING IT?                                               |
| 159                         | bpa_b3_22c | Num  | 8   | BEST.  |          | EACH TIME YOU DROVE OR RODE IN A VEHICLE TO WORK, FOR ERRANDS OR TO GO PLACES, HOW MUCH TIME DID YOU USUALLY SPEND DOING IT? |
| 160                         | bpa_b3_22d | Num  | 8   | BEST.  |          | EACH TIME YOU RODE A BICYCLE OR USED ROLLERBLADES FOR TRANSPORTATION, HOW MUCH TIME DID YOU USUALLY SPEND DOING IT?          |
| 161                         | bpa_b3_23a | Num  | 8   | BEST.  |          | WHEN YOU WALKED TO THE BUS, TO WORK OR TO DO ERRANDS, DID YOUR HEART RATE AND BREATHING INCREASE?                            |
| 162                         | bpa_b3_23b | Num  | 8   | BEST.  |          | WHEN YOU CLIMBED UP STAIRS, DID YOUR HEART RATE AND BREATHING INCREASE?                                                      |
| 163                         | bpa_b3_23c | Num  | 8   | BEST.  |          | WHEN YOU DROVE OR RODE IN A VEHICLE TO WORK, FOR ERRANDS OR TO GO PLACES, DID YOUR HEART RATE AND BREATHING INCREASE?        |
| 164                         | bpa_b3_23d | Num  | 8   | BEST.  |          | WHEN YOU RODE A BICYCLE OR USED ROLLERBLADES FOR TRANSPORTATION, DID YOUR HEART RATE AND BREATHING INCREASE?                 |
| 165                         | bpa_dt     | Num  | 8   | BEST.  |          | DATE QUESTIONNAIRE COMPLETED                                                                                                 |

## *The SAS System*

### *The CONTENTS Procedure*

| Variables in Creation Order |               |      |     |        |          |                                 |
|-----------------------------|---------------|------|-----|--------|----------|---------------------------------|
| #                           | Variable      | Type | Len | Format | Informat | Label                           |
| 166                         | bpa_questlang | Num  | 8   | BEST.  |          | QUESTIONNAIRE LANGUAGE          |
| 167                         | bpa_selfad    | Num  | 8   | BEST.  |          | QUESTIONNAIRE SELF-ADMINISTERED |