

File Name	Data as of	Population	Data collected	One row per	Rows	File Created
lilac_personal_habits_inv.dat	2/19/2023	LILAC	Baseline, Main, Ext1, Ext2	Form	495,326	8/25/2023

*This data dictionary can be used to prepare or evaluate feasibility of ancillary study proposals and paper proposals, but is NOT intended for publication.*

**ID** WHI Participant Common ID Col 1

N	Missing
495,326	0

**CASEFLAG** Case or control Col 2

Value	Description	N	%
0	No	405,780	81.9
1	Yes	89,546	18.1

**MATCHNUM** Matched set number Col 3

N	Missing	Min	Max	Mean	StdDev
495,326	0	1	13,412	6,713.768	3,874.338

**CONTROLNUM** Control number within the matched set Col 4

N	Missing	Min	Max	Mean	StdDev
405,780	89,546	1	5	2.973	1.412

**CTFLAG** CT Participant Col 5

Indicates if a participant has been randomized to one or more of the Clinical Trial components (HRT, CAD, DM).

Value	Description	N	%
0	No	336,084	67.9
1	Yes	159,242	32.1

**LLSPPT** Long life study (I) participant Col 6

Value	Description	N	%
0	No	474,432	95.8
1	Yes	20,894	4.2

**CANCER1** Cancer site

Col 7

Value	Description	N	%
1	Breast	43,405	8.8
2	Colorectal	10,117	2
3	Endometrial	7,201	1.5
4	Lung	10,424	2.1
5	Ovarian/Fallopian tube/Primary peritoneum	4,563	0.9
6	Leukemia	3,012	0.6
7	Lymphoma/Mycosis fungoides	5,987	1.2
8	Melanoma	4,837	1
	Missing	405,780	81.9

**CANCER2** Second cancer site (double primary)

Col 8

Value	Description	N	%
1	Breast	0	0
2	Colorectal	0	0
3	Endometrial	0	0
4	Lung	0	0
5	Ovarian/Fallopian tube/Primary peritoneum	129	0
6	Leukemia	0	0
7	Lymphoma/Mycosis fungoides	20	0
8	Melanoma	0	0
	Missing	495,177	100

**PERSONALDY** Days from diagnosis (cases)/ reference (controls)

Col 9

N	Missing	Min	Max	Mean	StdDev
495,326	0	-8,052	9,661	-1,642.499	2,436.358

**WHIVY** WHI visit year

Col 10

N	Missing	Min	Max	Mean	StdDev
494,777	549	0	29	5.089	4.687

**WHIVTYP** WHI visit type

Col 11

Value	Description	N	%
1	Screening visit	79,464	16
2	Semi-Annual visit	3	0
3	Annual visit	408,319	82.4
4	Non-Routine visit	7,540	1.5

**ALCSWK** Alcohol servings per week

Col 12

Computed from Form 34, questions 3 and 3.1; Form 60 (FFQ), wine, beer and liquor servings. 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 1.5 oz of liquor. If all three variables are missing, set to missing.

N	Missing	Min	Max	Mean	StdDev
79,298	416,028	0	127.346	2.474	4.891

**SMOKENOW** Do you smoke cigarettes now

Col 13

Value	Description	N	%
0	No	462,737	93.4
1	Yes	21,522	4.3
	Missing	11,067	2.2

**WALK** Times walk for > 10 min

Col 14

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.)

Value	Description	N	%
0	Rarely or never	87,894	17.7
1	1-3 times each month	63,691	12.9
2	1 time each week	46,913	9.5
3	2-3 times each week	120,938	24.4
4	4-6 times each week	93,971	19
5	7 or more times each week	36,737	7.4
	Missing	45,182	9.1

**WALKMIN** Duration of walks when >10 min

Col 15

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

**Usage Notes:**

Value	Description	N	%
1	Less than 20 minutes	107,155	21.6
2	20-39 minutes	168,661	34.1
3	40-59 minutes	57,859	11.7
4	1 hour or more	23,986	4.8
	Missing	137,665	27.8

**WALKSPEED** Walking speed when walking for >10 min

Col 16

What is your usual speed?

**Usage Notes:**

Value	Description	N	%
2	Casual strolling or walking	79,007	16
3	Average or normal	182,323	36.8
4	Fairly fast	77,961	15.7
5	Very fast	3,354	0.7
9	Don't know	14,346	2.9
	Missing	138,335	27.9

**HRDEX** Times per week of very hard exercise

Col 17

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, swim laps

**Usage Notes:**

Value	Description	N	%
0	None	274,466	55.4
1	1 day per week	25,264	5.1
2	2 days per week	31,103	6.3
3	3 days per week	35,423	7.2
4	4 days per week	10,706	2.2
5	5 or more days per week	12,391	2.5
	Missing	105,973	21.4

**HRDEXMIN** Duration per time of very hard exercise

Col 18

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, swim laps

**Usage Notes:**

Value	Description	N	%
1	Less than 20 minutes	19,272	3.9
2	20-39 minutes	38,804	7.8
3	40-59 minutes	28,001	5.7
4	1 hour or more	27,105	5.5
	Missing	382,144	77.1

**MODEX** Times per week of moderate exercise

Col 19

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.

**Usage Notes:**

Value	Description	N	%
0	None	203,298	41
1	1 day per week	42,954	8.7
2	2 days per week	47,290	9.5
3	3 days per week	51,900	10.5
4	4 days per week	17,511	3.5
5	5 or more days per week	26,573	5.4
	Missing	105,800	21.4

**MODEXMIN** Duration per time of moderate exercise

Col 20

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.

**Usage Notes:**

Value	Description	N	%
1	Less than 20 minutes	49,063	9.9
2	20-39 minutes	78,735	15.9
3	40-59 minutes	30,448	6.1
4	1 hour or more	24,060	4.9
	Missing	313,020	63.2

**MDSTEX** How often each week do moderate or strenuous exercise Col 21

Not counting walking outside the home, how often each week (7 days) do you usually do MODERATE OR STRENUOUS EXERCISE. For example, biking outdoors, use of an exercise machine (like a stationary bike or treadmill), aerobics, swimming, folk or popular dancing, jogging, tennis.

Value	Description	N	%
0	None	28,909	5.8
1	1 day per week	3,561	0.7
2	2 days per week	6,184	1.2
3	3 days per week	8,277	1.7
4	4 days per week	2,947	0.6
5	5 or more days per week	3,848	0.8
	Missing	441,600	89.2

**MDSTEXMIN** Duration per time of moderate or strenuous exercise Col 22

How long do you usually exercise like this at one time? MODERATE OR STRENUOUS EXERCISE. For example, biking outdoors, using an exercise machine (like a stationary bike or treadmill), aerobics, swimming, folk or popular dancing, jogging, tennis.

**Usage Notes:**

Value	Description	N	%
1	Less than 20 min	3,756	0.8
2	20-39 min	9,039	1.8
3	40-59 min	6,905	1.4
4	1 hour or more	4,681	0.9
	Missing	470,945	95.1

**MLDEX** Times per week of mild exercise Col 23

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.

**Usage Notes:**

Value	Description	N	%
0	None	298,629	60.3
1	1 day per week	52,251	10.5
2	2 days per week	35,180	7.1
3	3 days per week	24,812	5
4	4 days per week	8,876	1.8
5	5 or more days per week	18,445	3.7
	Missing	57,133	11.5



**XMLSEPI** Episodes moderate to strenuous activity  $\geq 20$  min/week Col 28

See Physical Activity Variable Description ([https://s3-us-west-2.amazonaws.com/www-whi-org/wp-content/uploads/physical\\_activity\\_variables.pdf](https://s3-us-west-2.amazonaws.com/www-whi-org/wp-content/uploads/physical_activity_variables.pdf)) and Physical Activity Algorithm Notes ([https://s3-us-west-2.amazonaws.com/www-whi-org/wp-content/uploads/PhysAct\\_AlgNotes\\_may00revMar07.pdf](https://s3-us-west-2.amazonaws.com/www-whi-org/wp-content/uploads/PhysAct_AlgNotes_may00revMar07.pdf)) for information about how the computed variables for physical activities are constructed.

<b>N</b>	<b>Missing</b>	<b>Min</b>	<b>Max</b>	<b>Mean</b>	<b>StdDev</b>
448,196	47,130	0	19	2.263	3.014

**LMSEPI** Episodes moderate to strenuous activity  $\geq 20$  min/week Col 29  
(categorical)

See Physical Activity Variable Description ([https://s3-us-west-2.amazonaws.com/www-whi-org/wp-content/uploads/physical\\_activity\\_variables.pdf](https://s3-us-west-2.amazonaws.com/www-whi-org/wp-content/uploads/physical_activity_variables.pdf)) and Physical Activity Algorithm Notes ([https://s3-us-west-2.amazonaws.com/www-whi-org/wp-content/uploads/PhysAct\\_AlgNotes\\_may00revMar07.pdf](https://s3-us-west-2.amazonaws.com/www-whi-org/wp-content/uploads/PhysAct_AlgNotes_may00revMar07.pdf)) for information about how the computed variables for physical activities are constructed.

<b>Value</b>	<b>Description</b>	<b>N</b>	<b>%</b>
1	No activity	70,394	14.2
2	Some activity of limited duration	171,525	34.6
3	2 - <4 episodes per week	89,137	18
4	$\geq 4$ episodes per week	117,140	23.6
	Missing	47,130	9.5

**SEPIWK** Strenuous activity episodes per week Col 30

See Physical Activity Variable Description ([https://s3-us-west-2.amazonaws.com/www-whi-org/wp-content/uploads/physical\\_activity\\_variables.pdf](https://s3-us-west-2.amazonaws.com/www-whi-org/wp-content/uploads/physical_activity_variables.pdf)) and Physical Activity Algorithm Notes ([https://s3-us-west-2.amazonaws.com/www-whi-org/wp-content/uploads/PhysAct\\_AlgNotes\\_may00revMar07.pdf](https://s3-us-west-2.amazonaws.com/www-whi-org/wp-content/uploads/PhysAct_AlgNotes_may00revMar07.pdf)) for information about how the computed variables for physical activities are constructed.

<b>Value</b>	<b>Description</b>	<b>N</b>	<b>%</b>
0	0	278,830	56.3
1	1	25,264	5.1
2	2	31,103	6.3
3	3	35,423	7.2
4	4	10,706	2.2
6	5 or more	12,391	2.5
	Missing	101,609	20.5





**MILDEXP** Energy expenditure from mild exercise (MET-hours/week) Col 41

See Physical Activity Variable Description ([https://s3-us-west-2.amazonaws.com/www-whi-org/wp-content/uploads/physical\\_activity\\_variables.pdf](https://s3-us-west-2.amazonaws.com/www-whi-org/wp-content/uploads/physical_activity_variables.pdf)) and Physical Activity Algorithm Notes ([https://s3-us-west-2.amazonaws.com/www-whi-org/wp-content/uploads/PhysAct\\_AlgNotes\\_may00revMar07.pdf](https://s3-us-west-2.amazonaws.com/www-whi-org/wp-content/uploads/PhysAct_AlgNotes_may00revMar07.pdf)) for information about how the computed variables for physical activities are constructed.

<b>N</b>	<b>Missing</b>	<b>Min</b>	<b>Max</b>	<b>Mean</b>	<b>StdDev</b>
449,207	46,119	0	21	1.524	3.338

**SOURCE** Source of data for this record Col 42

<b>Value</b>	<b>Description</b>	<b>N</b>	<b>%</b>
34	Form 34	79,463	16
35	Form 35	97,336	19.7
48	Form 48	41,424	8.4
143	Form 143	39,677	8
144	Form 144	40,141	8.1
145	Form 145	40,295	8.1
146	Form 146	39,509	8
147	Form 147	35,835	7.2
148	Form 148	26,156	5.3
155	Form 155	48,518	9.8
370	Form 370	6,972	1.4