

MDC 5yr Physical activity

2015-11-26

| | |
|---------------------|--|
| Contents: | Physical activity during leisure according to question 5 in the questionnaire. Number of minutes per week per season per activity (including to and from work), one type of activity per line. |
| # lines: | 74 880 records of 20 742 individuals |
| # variables: | 7 |
| Selection: | All individuals who had participated in the MDC baseline screening, who were alive and not emigrated got the questionnaire about five years after the baseline screening. |
| Source: | Data have been derived from the Malmö Diet and Cancer Study follow-up questionnaire filled in by the individuals during the period 1997 01 27 - 2001 08 13. |
| Misc: | A total score variable ("fatot_5yr") for physical activity at leisure is given in the file "MDC 5-year Questionnaire". The score variable has been calculated from the data on number of minutes per week per activity, type of activity, and an activity specific factor. |

List of variables

| Name | Variable label | Type | Format | Value label | Male | Female |
|--------------|--|---------|---------|---|--------|--------|
| lopnrMKC | Baseline sequence number in MDCS (Numeric). | Numeric | F5 | | 31 417 | 43 463 |
| udatum_5yr | Questioning date at 5-year rescreening. <i>Remarks:</i> A variable with the name "udatum" already exists in MDC baseline, as a consequence the variable in the 5-year rescreening has got the suffix "_5yr". | Date | SDATE10 | | 31 417 | 43 463 |
| aktivite_5yr | Type of physical activity during leisure time (including to and from work). <i>Remarks:</i> Does not include activities at work. A variable with the name "aktivite" already exists in MDC baseline, as a consequence the variable in the 5-year rescreening has got the suffix "_5yr". NB! The value IA=No activity (Ingen Aktivitet). | String | A2 | BA = Badminton BB = Body-building BC = Boccia BO = Table tennis BW = Bowling BY = Construction work, carpenter's work CU = Curling CY = Cycling EX = Military drill FD = Athletics FJ = Back-packing FO = Football GA = Old-time dancing GK = Grass mowing GO = Golf GR = Digging GT = Stair climbing HK = Hedge cutting HR = Dog walking HS = Dog sport HV = Handicraft IA = No activity IB = Indoor bandy JA = Hunting JD = Jazz dance JK = Tai chi, judo, karate JL = Juggle JO = Jogging, running MD = Exercise dance | 31 417 | 43 463 |

| Name | Variable label | Type | Format | Value label | Male | Female |
|--------|---|---------|--------|---|--------|--------|
| | | | | MG = Motor lawn mowing MO = Keep-fit exercises MT = Motorcycle racing MS = Mensendieck OR = Orienteering PR = Walking RN = Riding RP = Rowing, paddling RT = Physical apparatus training RY = Back training SD = Ballroom dancing SG = Sailing SI = Swimming SK = Skiing SK = Vasalopp skiing SL = Mowing SM = Trampoline jumping SO = Sweeping SQ = Squash SR = Forestry work, forest clearing SS = Skating ST = Snow shoveling SU = Sulky driving SY = Physiotherapy TE = Tennis TR = Gardening VB = Volley-ball VG = Pool training VG = Water aerobics VH = Sawing, firewood chopping WS = Windsurfing | | |
| var | Number of minutes per week per activity during the spring. <i>Remarks:</i> Number of minutes per week on average during the season, estimated active time (including to and from work), except change of clothes, showering and similar. | Numeric | F4 | | 28 002 | 38 358 |
| sommar | Number of minutes per week per activity during the summer. <i>Remarks:</i> Number of minutes per week on average during the season, estimated active time (including to and from work), except change of clothes, showering and similar. | Numeric | F4 | | 28 157 | 37 710 |
| host | Number of minutes per week per activity during the autumn. <i>Remarks:</i> Number of minutes per week on average during the season, estimated active time (including to and from work), except change of clothes, showering and similar. | Numeric | F4 | | 27 966 | 37 587 |
| vinter | Number of minutes per week per activity during the winter. <i>Remarks:</i> Number of minutes per week on average during the season, estimated active time (including to and from work), except change of clothes, showering and similar. | Numeric | F4 | | 18 829 | 28 192 |