

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