WHI Follow-Up Dataset

Form 144 - OS Questionnaire Year 4

Data File: f144_av4_os_pub   **File Date:** 07/19/2007   **Structure:** One row per participant   **Population:** OS participants

Participant ID

Variable # 1

Sas Name: ID

Sas Label: Participant ID

Usage Notes: none

Categories: Study: Administration

F144 Days since enrollment

Variable # 2

Sas Name: F144DAYS

Sas Label: F144 Days since enrollment

Usage Notes: none

Categories: Study: Administration

N	Min	Max	Mean	Std Dev
82829	327	3050	1459.9577	55.32696

F144 Current weight lbs

What is your current weight?

Variable # 3

Sas Name: WTCUR_4

Sas Label: Current weight lbs

Usage Notes: none

Categories: Medical History: Height/Weight History
Physical Measurements: Height/Weight History

N	Min	Max	Mean	Std Dev
80476	69	425	154.83847	33.17216

F144 Highest weight in past year (lbs)

In the past year, what was your highest weight?

Variable # 4

Sas Name: WTMAX_4

Sas Label: Highest weight in past year

Usage Notes: none

Categories: Medical History: Height/Weight History
Physical Measurements: Height/Weight History

N	Min	Max	Mean	Std Dev
79982	67	425	159.65156	34.85844

F144 Lowest weight in past year (lbs)

In the past year, what was your lowest weight?

Variable # 5

Sas Name: WTMIN_4

Sas Label: Lowest weight in past year

Usage Notes: none

Categories: Medical History: Height/Weight History
Physical Measurements: Height/Weight History

N	Min	Max	Mean	Std Dev
79682	66	420	150.74474	32.1877

WHI Follow-Up Dataset

Form 144 - OS Questionnaire Year 4

Data File: f144_av4_os_pub   **File Date:** 07/19/2007 **Structure:** One row per participant   **Population:** OS participants

F144 Walk more than 10 minutes

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.)

Variable # 6

Sas Name: WALKSWK_4

Sas Label: Walk more than 10 minutes

Usage Notes: none

Categories: Physical Activity

Values		N	%
0	Rarely or never	14,556	17.6%
1	1-3 times each month	12,486	15.1%
2	1 time each week	8,772	10.6%
3	2-3 times each week	22,751	27.5%
4	4-6 times each week	17,520	21.2%
5	7 or more times each week	6,124	7.4%
.	Missing	620	0.7%
		82,829	

F144 How many minutes walking

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

Variable # 7

Sas Name: MINSWALK_4

Sas Label: How many minutes walking

Usage Notes: Sub-question of F144 V1 Q4 "Walk more than 10 minutes".

Categories: Physical Activity

Values		N	%
1	Less than 20 min	19,432	23.5%
2	20-39 min	31,971	38.6%
3	40-59 min	11,118	13.4%
4	1 hour or more	4,468	5.4%
.	Missing	15,840	19.1%
		82,829	

F144 Usual walking speed

What is your usual speed?

Variable # 8

Sas Name: WALKSPD_4

Sas Label: Usual walking speed

Usage Notes: Sub-question of F144 V1 Q4 "Walk more than 10 minutes".

Categories: Physical Activity

Values		N	%
2	Casual strolling	13,854	16.7%
3	Average or normal	33,813	40.8%
4	Fairly fast	15,760	19.0%
5	Very fast	674	0.8%
9	Don't know	2,969	3.6%
.	Missing	15,759	19.0%
		82,829	

WHI Follow-Up Dataset

Form 144 - OS Questionnaire Year 4

Data File: f144_av4_os_pub   **File Date:** 07/19/2007 **Structure:** One row per participant   **Population:** OS participants

F144 Strenuous exercise

STRENUOUS OR VERY HARD EXERCISE (You work up a sweat and your heart beats fast). For example, aerobics, aerobic dancing, jogging, tennis, swimming laps.

Variable # 9

Sas Name: HDEXFREQ_4

Sas Label: Strenuous exercise

Usage Notes: none

Categories: Physical Activity

Values		N	%
0	None	56,415	68.1%
1	1 day per week	5,546	6.7%
2	2 days per week	6,653	8.0%
3	3 days per week	7,443	9.0%
4	4 days per week	2,228	2.7%
5	5 or more days per week	2,673	3.2%
.	Missing	1,871	2.3%
		82,829	

F144 Strenuous exercise how long

How long do usually exercise like this at one time?

Variable # 10

Sas Name: HARDMINS_4

Sas Label: Strenuous exercise how long

Usage Notes: Sub-question of F144 V1 Q5.1 "Strenuous exercise".

Categories: Physical Activity

Values		N	%
1	Less than 20 min	4,389	5.3%
2	20-39 min	8,281	10.0%
3	40-59 min	5,916	7.1%
4	1 hour or more	5,500	6.6%
.	Missing	58,743	70.9%
		82,829	

F144 Moderate exercise

MODERATE EXERCISE (Not exhausting). For example, biking outdoors, use of an exercise machine (like a stationary bike or treadmill), calisthenics, easy swimming, popular and folk dancing.

Variable # 11

Sas Name: MDEXFREQ_4

Sas Label: Moderate exercise

Usage Notes: none

Categories: Physical Activity

Values		N	%
0	None	41,573	50.2%
1	1 day per week	9,014	10.9%
2	2 days per week	10,121	12.2%
3	3 days per week	11,209	13.5%
4	4 days per week	3,664	4.4%
5	5 or more days per week	5,464	6.6%
.	Missing	1,784	2.2%
		82,829	

WHI Follow-Up Dataset

Form 144 - OS Questionnaire Year 4

Data File: f144_av4_os_pub   **File Date:** 07/19/2007 **Structure:** One row per participant   **Population:** OS participants

F144 Moderate exercise how long

How long do usually exercise like this at one time?

Variable # 12

Sas Name: MODMINS_4

Sas Label: Moderate exercise how long

Usage Notes: Sub-question of F144 V1 Q5.3 "Moderate exercise".

Categories: Physical Activity

Values		N	%
1	Less than 20 min	9,948	12.0%
2	20-39 min	16,939	20.5%
3	40-59 min	6,538	7.9%
4	1 hour or more	4,947	6.0%
.	Missing	44,457	53.7%
		82,829	

F144 Mild exercise

MILD EXERCISE. For example, slow dancing, bowling, golf.

Variable # 13

Sas Name: MLEXFREQ_4

Sas Label: Mild exercise

Usage Notes: none

Categories: Physical Activity

Values		N	%
0	None	52,322	63.2%
1	1 day per week	9,929	12.0%
2	2 days per week	6,916	8.3%
3	3 days per week	4,757	5.7%
4	4 days per week	1,689	2.0%
5	5 or more days per week	3,585	4.3%
.	Missing	3,631	4.4%
		82,829	

F144 Mild exercise how long

How long do usually exercise like this at one time?

Variable # 14

Sas Name: MILDMINS_4

Sas Label: Mild exercise how long

Usage Notes: Sub-question of F144 V1 Q5.5 "Mild exercise".

Categories: Physical Activity

Values		N	%
1	Less than 20 min	7,057	8.5%
2	20-39 min	7,230	8.7%
3	40-59 min	2,702	3.3%
4	1 hour or more	8,766	10.6%
.	Missing	57,074	68.9%
		82,829	

WHI Follow-Up Dataset

Form 144 - OS Questionnaire Year 4

Data File: f144_av4_os_pub   **File Date:** 07/19/2007 **Structure:** One row per participant   **Population:** OS participants

F144 Skin reaction to sun

After you have been out in the sun for 45-60 minutes for the first time during summer, which describes the reaction of your unprotected skin in exposed areas?

Variable # 15

Sas Name: EXPOSURE_4

Sas Label: Skin reaction to sun

Usage Notes: none

Categories: Miscellaneous Exposures

Values		N	%
0	No change in skin color	7,028	8.5%
1	Tans but does not burn	26,396	31.9%
2	Burns, then tans	18,625	22.5%
3	Burns, then tans a minimal amount	19,586	23.6%
4	Burns but does not tan	8,634	10.4%
.	Missing	2,560	3.1%
		82,829	

F144 Time outdoors/summer/childhood

Time outdoors/summer/During childhood (5-12 years old)

Variable # 16

Sas Name: SMSNCHLD_4

Sas Label: Time outdoors/summer/childhood

Usage Notes: none

Categories: Miscellaneous Exposures

Values		N	%
1	Less than 30 minutes	2,441	2.9%
2	30 minutes to 2 hours	21,684	26.2%
3	More than 2 hours	57,304	69.2%
.	Missing	1,400	1.7%
		82,829	

F144 Time outdoors/summer/teens

Time outdoors/summer/During your teens

Variable # 17

Sas Name: SMSNTEEN_4

Sas Label: Time outdoors/summer/teens

Usage Notes: none

Categories: Miscellaneous Exposures

Values		N	%
1	Less than 30 minutes	2,981	3.6%
2	30 minutes to 2 hours	29,446	35.6%
3	More than 2 hours	48,834	59.0%
.	Missing	1,568	1.9%
		82,829	

WHI Follow-Up Dataset

Form 144 - OS Questionnaire Year 4

Data File: f144_av4_os_pub   **File Date:** 07/19/2007   **Structure:** One row per participant   **Population:** OS participants

F144 Time outdoors/summer/thirties

Time outdoors/summer/During your thirties

Variable # 18

Sas Name: SMSNTHRT_4

Sas Label: Time outdoors/summer/thirties

Usage Notes: none

Categories: Miscellaneous Exposures

Values		N	%
1	Less than 30 minutes	10,784	13.0%
2	30 minutes to 2 hours	44,907	54.2%
3	More than 2 hours	25,680	31.0%
.	Missing	1,458	1.8%
		82,829	

F144 Time outdoors/summer/this year

Time outdoors/summer/This year

Variable # 19

Sas Name: SMSNNOW_4

Sas Label: Time outdoors/summer/this year

Usage Notes: none

Categories: Miscellaneous Exposures

Values		N	%
1	Less than 30 minutes	26,238	31.7%
2	30 minutes to 2 hours	40,020	48.3%
3	More than 2 hours	15,246	18.4%
.	Missing	1,325	1.6%
		82,829	

F144 Time outdoors/other/childhood

Time outdoors/other seasons/During childhood (5-12 years old)

Variable # 20

Sas Name: OTSNCHLD_4

Sas Label: Time outdoors/other/childhood

Usage Notes: none

Categories: Miscellaneous Exposures

Values		N	%
1	Less than 30 minutes	7,515	9.1%
2	30 minutes to 2 hours	42,783	51.7%
3	More than 2 hours	30,644	37.0%
.	Missing	1,887	2.3%
		82,829	

WHI Follow-Up Dataset

Form 144 - OS Questionnaire Year 4

Data File: f144_av4_os_pub   **File Date:** 07/19/2007 **Structure:** One row per participant   **Population:** OS participants

F144 Time outdoors/other/teens

Time outdoors/other seasons/During your teens

Variable #	21			**Usage Notes:** none

Sas Name: OTSNTEEN_4

Sas Label: Time outdoors/other/teens

Categories: Miscellaneous Exposures

Values		N	%
1	Less than 30 minutes	8,687	10.5%
2	30 minutes to 2 hours	46,353	56.0%
3	More than 2 hours	25,842	31.2%
.	Missing	1,947	2.4%
		82,829	

F144 Time outdoors/other/thirties

Time outdoors/other seasons/During your thirties

Variable # 22

Sas Name: OTSNTHRT_4

Sas Label: Time outdoors/other/thirties

Usage Notes: none

Categories: Miscellaneous Exposures

Values		N	%
1	Less than 30 minutes	18,956	22.9%
2	30 minutes to 2 hours	47,508	57.4%
3	More than 2 hours	14,556	17.6%
.	Missing	1,809	2.2%
		82,829	

F144 Time outdoors/other/this year

Time outdoors/other seasons/This year

Variable # 23

Sas Name: OTSNNOW_4

Sas Label: Time outdoors/other/this year

Usage Notes: none

Categories: Miscellaneous Exposures

Values		N	%
1	Less than 30 minutes	31,239	37.7%
2	30 minutes to 2 hours	40,731	49.2%
3	More than 2 hours	9,368	11.3%
.	Missing	1,491	1.8%
		82,829	

Form 144 - OS Questionnaire Year 4

Data File: f144_av4_os_pub   **File Date:** 07/19/2007   **Structure:** One row per participant   **Population:** OS participants

F144 Wear dark glasses/childhood

Wear dark glasses/During childhood (5-12 years old)

Variable #	24
Sas Name:	DGLSCHLD_4
Sas Label:	Wear dark glasses/childhood

Usage Notes: none

Categories: Miscellaneous Exposures

Values		N	%
0	No	74,449	89.9%
1	Yes	2,161	2.6%
9	Don't know	5,316	6.4%
.	Missing	903	1.1%
		82,829	

F144 Wear dark glasses/teens

Wear dark glasses/During your teens

Variable #	25
Sas Name:	DGLSTEEN_4
Sas Label:	Wear dark glasses/teens

Usage Notes: none

Categories: Miscellaneous Exposures

Values		N	%
0	No	60,504	73.0%
1	Yes	16,638	20.1%
9	Don't know	4,610	5.6%
.	Missing	1,077	1.3%
		82,829	

F144 Wear dark glasses/thirties

Wear dark glasses/During your thirties

Variable #	26
Sas Name:	DGLSTHRT_4
Sas Label:	Wear dark glasses/thirties

Usage Notes: none

Categories: Miscellaneous Exposures

Values		N	%
0	No	28,746	34.7%
1	Yes	51,045	61.6%
9	Don't know	2,117	2.6%
.	Missing	921	1.1%
		82,829	

WHI Follow-Up Dataset

Form 144 - OS Questionnaire Year 4

Data File: f144_av4_os_pub   **File Date:** 07/19/2007   **Structure:** One row per participant   **Population:** OS participants

F144 Wear dark glasses/this year

Wear dark glasses/This year

Variable # 27

Sas Name: DGLSNOW_4

Sas Label: Wear dark glasses/this year

Usage Notes: none

Categories: Miscellaneous Exposures

Values		N	%
0	No	20,345	24.6%
1	Yes	61,359	74.1%
9	Don't know	390	0.5%
.	Missing	735	0.9%
		82,829	

F144 Wear hat outdoors/childhood

Wear hat outdoors/During childhood (5-12 years old)

Variable # 28

Sas Name: WRHTCHLD_4

Sas Label: Wear hat outdoors/childhood

Usage Notes: none

Categories: Miscellaneous Exposures

Values		N	%
0	No	69,897	84.4%
1	Yes	4,826	5.8%
9	Don't know	7,315	8.8%
.	Missing	791	1.0%
		82,829	

F144 Wear hat outdoors/teens

Wear hat outdoors/During your teens

Variable # 29

Sas Name: WRHTTEEN_4

Sas Label: Wear hat outdoors/teens

Usage Notes: none

Categories: Miscellaneous Exposures

Values		N	%
0	No	74,436	89.9%
1	Yes	4,686	5.7%
9	Don't know	2,740	3.3%
.	Missing	967	1.2%
		82,829	

WHI Follow-Up Dataset

Form 144 - OS Questionnaire Year 4

Data File: f144_av4_os_pub   **File Date:** 07/19/2007   **Structure:** One row per participant   **Population:** OS participants

F144 Wear hat outdoors/thirties

Wear hat outdoors/During your thirties

Variable # 30   **Usage Notes:** none

Sas Name: WRHTTHRT_4

Sas Label: Wear hat outdoors/thirties   **Categories:**   Miscellaneous Exposures

Values		N	%
0	No	64,548	77.9%
1	Yes	15,635	18.9%
9	Don't know	1,749	2.1%
.	Missing	897	1.1%
		82,829	

F144 Wear hat outdoors/this year

Wear hat outdoors/This year

Variable # 31   **Usage Notes:** none

Sas Name: WRHTNOW_4

Sas Label: Wear hat outdoors/this year   **Categories:**   Miscellaneous Exposures

Values		N	%
0	No	42,067	50.8%
1	Yes	39,740	48.0%
9	Don't know	320	0.4%
.	Missing	702	0.8%
		82,829	

F144 Usually use sunscreen outside

During the past year, when you were outside for more than 10 minutes, did you usually use a sunscreen?

Variable # 32   **Usage Notes:** none

Sas Name: SNSCRN_4

Sas Label: Usually use sunscreen outside   **Categories:**   Miscellaneous Exposures

Values		N	%
0	No	39,508	47.7%
1	Yes	41,368	49.9%
.	Missing	1,953	2.4%
		82,829	

WHI Follow-Up Dataset

Form 144 - OS Questionnaire Year 4

Data File: f144_av4_os_pub   **File Date:** 07/19/2007   **Structure:** One row per participant   **Population:** OS participants

F144 Usual sunscreen SPF

What whas the SPF (Sun Protection Factor) you usually used?

Variable # 33

Sas Name: SPF_4

Sas Label: Usual sunscreen SPF

Usage Notes: Sub-question of F144 V1 Q10 "Usually use sunscreen outside".

Categories: Miscellaneous Exposures

Values		N	%
1	2-9	1,133	1.4%
2	10-14	2,489	3.0%
3	15-24	22,593	27.3%
4	25 or more	13,717	16.6%
9	Don't know	1,261	1.5%
.	Missing	41,636	50.3%
		82,829	

F144 Smoke cigarettes now

Do you smoke cigarettes now?

Variable # 34

Sas Name: SMOKENW_4

Sas Label: Smoke cigarettes now

Usage Notes: none

Categories: Lifestyle: Smoking

Values		N	%
0	No	78,565	94.9%
1	Yes	3,695	4.5%
.	Missing	569	0.7%
		82,829	

F144 Cigarettes per day

How many cigarettes do you usually smoke each day? (Mark one.)

Variable # 35

Sas Name: CIGSDAY_4

Sas Label: Cigarettes per day

Usage Notes: Sub-question of F144 V1 Q11 "Smoke cigarettes now".

Categories: Lifestyle: Smoking

Values		N	%
1	Less than 5	798	1.0%
2	5-14	1,375	1.7%
3	15-24	1,080	1.3%
4	25-34	274	0.3%
5	35-44	119	0.1%
6	45 or more	38	0.0%
.	Missing	79,145	95.6%
		82,829	

WHI Follow-Up Dataset

Form 144 - OS Questionnaire Year 4

Data File: f144_av4_os_pub   **File Date:** 07/19/2007 **Structure:** One row per participant   **Population:** OS participants

F144 Nutrasweet drink/past year

Past year/Diet soda or fruit drink with Nutrasweet (like Diet Coke, Diet Pepsi, Crystal Light)

Variable #	36			**Usage Notes:** none
Sas Name:	NUTSWTNW_4			
Sas Label:	Nutrasweet drink/past year			**Categories:** Diet

Values		N	%
1	Less than 1 per week	53,065	64.1%
2	1-3 per week	12,157	14.7%
3	4-6 per week	5,164	6.2%
4	1 per day	5,271	6.4%
5	2-3 per day	3,538	4.3%
6	More than 3 per day	1,090	1.3%
9	Don't know	1,300	1.6%
.	Missing	1,244	1.5%
		82,829	

F144 Saccharine drink/past year

Past year/Diet soda or fruit drink with saccharine

Variable #	37			**Usage Notes:** none
Sas Name:	SACHARNW_4			
Sas Label:	Saccharine drink/past year			**Categories:** Diet

Values		N	%
1	Less than 1 per week	66,982	80.9%
2	1-3 per week	2,790	3.4%
3	4-6 per week	755	0.9%
4	1 per day	888	1.1%
5	2-3 per day	470	0.6%
6	More than 3 per day	192	0.2%
9	Don't know	7,779	9.4%
.	Missing	2,973	3.6%
		82,829	

WHI Follow-Up Dataset

Form 144 - OS Questionnaire Year 4

Data File: f144_av4_os_pub   **File Date:** 07/19/2007 **Structure:** One row per participant   **Population:** OS participants

F144 Equal drink/past year

Past year/A drink sweetened with Equal

Variable # 38

Sas Name: DRKEQLNW_4

Sas Label: Equal drink/past year

Usage Notes: none

Categories: Diet

Values		N	%
1	Less than 1 per week	60,820	73.4%
2	1-3 per week	5,368	6.5%
3	4-6 per week	2,169	2.6%
4	1 per day	2,357	2.8%
5	2-3 per day	2,205	2.7%
6	More than 3 per day	774	0.9%
9	Don't know	6,133	7.4%
.	Missing	3,003	3.6%
		82,829	

F144 Sweet N Low drink/past year

Past year/A drink sweetened with Sweet N Low

Variable # 39

Sas Name: DRKSLWNW_4

Sas Label: Sweet N Low drink/past year

Usage Notes: none

Categories: Diet

Values		N	%
1	Less than 1 per week	61,906	74.7%
2	1-3 per week	4,610	5.6%
3	4-6 per week	2,126	2.6%
4	1 per day	2,319	2.8%
5	2-3 per day	2,412	2.9%
6	More than 3 per day	880	1.1%
9	Don't know	5,903	7.1%
.	Missing	2,673	3.2%
		82,829	

WHI Follow-Up Dataset

Form 144 - OS Questionnaire Year 4

Data File: f144_av4_os_pub   **File Date:** 07/19/2007 **Structure:** One row per participant   **Population:** OS participants

F144 Equal dessert/past year

Past year/A dessert made with Equal

Variable # 40

Sas Name: DESEQLNW_4

Sas Label: Equal dessert/past year

Usage Notes: none

Categories: Diet

Values		N	%
1	Less than 1 per week	68,394	82.6%
2	1-3 per week	2,498	3.0%
3	4-6 per week	446	0.5%
4	1 per day	333	0.4%
5	2-3 per day	101	0.1%
6	More than 3 per day	68	0.1%
9	Don't know	8,034	9.7%
.	Missing	2,955	3.6%
		82,829	

F144 Sweet N Low dessert/past year

Past year/A dessert made with Sweet N Low

Variable # 41

Sas Name: DESSLWNW_4

Sas Label: Sweet N Low dessert/past year

Usage Notes: none

Categories: Diet

Values		N	%
1	Less than 1 per week	69,653	84.1%
2	1-3 per week	1,439	1.7%
3	4-6 per week	224	0.3%
4	1 per day	182	0.2%
5	2-3 per day	53	0.1%
6	More than 3 per day	44	0.1%
9	Don't know	8,410	10.2%
.	Missing	2,824	3.4%
		82,829	

WHI Follow-Up Dataset

Form 144 - OS Questionnaire Year 4

Data File: f144_av4_os_pub   **File Date:** 07/19/2007 **Structure:** One row per participant   **Population:** OS participants

F144 Olestra/past year

Past year/A food with the fat substitute Olestra

Variable # 42

Sas Name: OESTRANW_4

Sas Label: Olestra/past year

Usage Notes: none

Categories: Diet

Values		N	%
1	Less than 1 per week	68,753	83.0%
2	1-3 per week	1,121	1.4%
3	4-6 per week	214	0.3%
4	1 per day	120	0.1%
5	2-3 per day	43	0.1%
6	More than 3 per day	19	0.0%
9	Don't know	9,691	11.7%
.	Missing	2,868	3.5%
		82,829	

F144 Nutrasweet drink/10 years ago

Ten years ago/Diet soda or fruit drink with Nutrasweet (like Diet Coke, Diet Pepsi, Crystal Light)

Variable # 43

Sas Name: NUTSWT10_4

Sas Label: Nutrasweet drink/10 years ago

Usage Notes: none

Categories: Diet

Values		N	%
1	1 per week or less	51,156	61.8%
2	2-6 per week	17,576	21.2%
3	1 per day or more	8,400	10.1%
9	Don't know	4,346	5.2%
.	Missing	1,351	1.6%
		82,829	

F144 Saccharine drink/10 years ago

Ten years ago/Diet soda or fruit drink with saccharine

Variable # 44

Sas Name: SACHAR10_4

Sas Label: Saccharine drink/10 years ago

Usage Notes: none

Categories: Diet

Values		N	%
1	1 per week or less	63,054	76.1%
2	2-6 per week	3,651	4.4%
3	1 per day or more	1,436	1.7%
9	Don't know	12,117	14.6%
.	Missing	2,571	3.1%
		82,829	

WHI Follow-Up Dataset

Form 144 - OS Questionnaire Year 4

Data File: f144_av4_os_pub   **File Date:** 07/19/2007   **Structure:** One row per participant   **Population:** OS participants

F144 Equal drink/10 years ago

Ten years ago/A drink sweetened with Equal

Variable # 45   **Usage Notes:** none

Sas Name: DRKEQL10_4

Sas Label: Equal drink/10 years ago   **Categories:**   Diet

Values		N	%
1	1 per week or less	60,754	73.3%
2	2-6 per week	5,472	6.6%
3	1 per day or more	3,078	3.7%
9	Don't know	10,899	13.2%
.	Missing	2,626	3.2%
		82,829	

F144 Sweet N Low drink/10 years ago

Ten years ago/A drink sweetened with Sweet N Low

Variable # 46   **Usage Notes:** none

Sas Name: DRKSLW10_4

Sas Label: Sweet N Low drink/10 years ago   **Categories:**   Diet

Values		N	%
1	1 per week or less	60,136	72.6%
2	2-6 per week	5,935	7.2%
3	1 per day or more	4,304	5.2%
9	Don't know	10,044	12.1%
.	Missing	2,410	2.9%
		82,829	

F144 Equal dessert/10 years ago

Ten years ago/A dessert made with Equal

Variable # 47   **Usage Notes:** none

Sas Name: DESEQL10_4

Sas Label: Equal dessert/10 years ago   **Categories:**   Diet

Values		N	%
1	1 per week or less	65,973	79.6%
2	2-6 per week	1,796	2.2%
3	1 per day or more	401	0.5%
9	Don't know	11,943	14.4%
.	Missing	2,716	3.3%
		82,829	

WHI Follow-Up Dataset

Form 144 - OS Questionnaire Year 4

Data File: f144_av4_os_pub   **File Date:** 07/19/2007 **Structure:** One row per participant   **Population:** OS participants

F144 Sweet N Low dessert/10 years ago

Ten years ago/A dessert made with Sweet N Low

Variable # 48

Sas Name: DESSLW10_4

Sas Label: Sweet N Low dessert/10 years ago

Usage Notes: none

Categories: Diet

Values		N	%
1	1 per week or less	66,018	79.7%
2	2-6 per week	1,280	1.5%
3	1 per day or more	307	0.4%
9	Don't know	12,078	14.6%
.	Missing	3,146	3.8%
		82,829	

F144 Saccharine drink/20 years ago

Twenty years ago/Diet soda with saccharine (like Diet Coke, Diet Pepsi)

Variable # 49

Sas Name: SACHAR20_4

Sas Label: Saccharine drink/20 years ago

Usage Notes: none

Categories: Diet

Values		N	%
1	1 per week or less	53,972	65.2%
2	2-6 per week	12,973	15.7%
3	1 per day or more	5,802	7.0%
9	Don't know	8,622	10.4%
.	Missing	1,460	1.8%
		82,829	

F144 Sweet N Low drink/20 years ago

Twenty years ago/A drink sweetened with Sweet N Low

Variable # 50

Sas Name: DRKSLW20_4

Sas Label: Sweet N Low drink/20 years ago

Usage Notes: none

Categories: Diet

Values		N	%
1	1 per week or less	59,644	72.0%
2	2-6 per week	4,815	5.8%
3	1 per day or more	3,201	3.9%
9	Don't know	13,009	15.7%
.	Missing	2,160	2.6%
		82,829	

WHI Follow-Up Dataset

Form 144 - OS Questionnaire Year 4

Data File: f144_av4_os_pub   **File Date:** 07/19/2007 **Structure:** One row per participant   **Population:** OS participants

F144 Sweet N Low dessert/20 years ago

Twenty years ago/A dessert made with Sweet N Low

Variable # 51

Sas Name: DESSLW20_4

Sas Label: Sweet N Low dessert/20 years ago

Usage Notes: none

Categories: Diet

Values		N	%
1	1 per week or less	64,136	77.4%
2	2-6 per week	1,476	1.8%
3	1 per day or more	400	0.5%
9	Don't know	14,278	17.2%
.	Missing	2,539	3.1%
		82,829	

F144 Natural hormones in past year

In the past year, did you use any natural hormones that you can get without a doctor's prescription? These are usually made from plants and often obtained from health food stores or by mail order. They may be in the form of a pill, vaginal cream or suppository, or skin cream.

Variable # 52

Sas Name: NATHOR_4

Sas Label: Natural hormones in past year

Usage Notes: none

Categories: Medical History: Reproductive
Reproductive: Hormones

Values		N	%
0	No	75,461	91.1%
1	Yes	5,609	6.8%
9	Don't know	976	1.2%
.	Missing	783	0.9%
		82,829	

F144 Natural/wild yam or prog cream

Wild yam or progesterone creams

Variable # 53

Sas Name: YAMCRM_4

Sas Label: Natural/wild yam or prog cream

Usage Notes: Sub-question of F144 V1 Q15 "Natural hormones in past year".

Categories: Medical History: Reproductive
Reproductive: Hormones

Values		N	%
0	No	4,127	5.0%
1	Yes	1,442	1.7%
.	Missing	77,260	93.3%
		82,829	

WHI Follow-Up Dataset

Form 144 - OS Questionnaire Year 4

Data File: f144_av4_os_pub   **File Date:** 07/19/2007   **Structure:** One row per participant   **Population:** OS participants

F144 Natural/wild yam pills

Wild yam pills

Variable # 54

Sas Name: YAMPLS_4

Sas Label: Natural/wild yam pills

Values		N	%
0	No	5,307	6.4%
1	Yes	262	0.3%
.	Missing	77,260	93.3%
		82,829	

Usage Notes: Sub-question of F144 V1 Q15 "Natural hormones in past year".

Categories: Medical History: Reproductive
Reproductive: Hormones

F144 Natural/Progest suppositories

Progesterone suppositories

Variable # 55

Sas Name: PRGSUP_4

Sas Label: Natural/Progest suppositories

Values		N	%
0	No	5,545	6.7%
1	Yes	24	0.0%
.	Missing	77,260	93.3%
		82,829	

Usage Notes: Sub-question of F144 V1 Q15 "Natural hormones in past year".

Categories: Medical History: Reproductive
Reproductive: Hormones

F144 Natural/DHEA pills

DHEA (dehydroepiandosterone pills)

Variable # 56

Sas Name: DHEAPL_4

Sas Label: Natural/DHEA pills

Values		N	%
0	No	4,757	5.7%
1	Yes	812	1.0%
.	Missing	77,260	93.3%
		82,829	

Usage Notes: Sub-question of F144 V1 Q15 "Natural hormones in past year".

Categories: Medical History: Reproductive
Reproductive: Hormones

F144 Natural/Phytoestrogen pills

Phytoestrogen pills (soy or flax)

Variable # 57

Sas Name: PHYPLS_4

Sas Label: Natural/Phytoestrogen pills

Values		N	%
0	No	4,503	5.4%
1	Yes	1,066	1.3%
.	Missing	77,260	93.3%
		82,829	

Usage Notes: Sub-question of F144 V1 Q15 "Natural hormones in past year".

Categories: Medical History: Reproductive
Reproductive: Hormones

WHI Follow-Up Dataset

Form 144 - OS Questionnaire Year 4

Data File: f144_av4_os_pub   **File Date:** 07/19/2007 **Structure:** One row per participant   **Population:** OS participants

F144 Natural/Phytoestrogen creams

Phytoestrogen creams (soy or flax)

Variable # 58

Sas Name: PHYCRM_4

Sas Label: Natural/Phytoestrogen creams

Values		N	%
0	No	5,362	6.5%
1	Yes	207	0.2%
.	Missing	77,260	93.3%
		82,829	

Usage Notes: Sub-question of F144 V1 Q15 "Natural hormones in past year".

Categories: Medical History: Reproductive
Reproductive: Hormones

F144 Natural/Phytoestrogen foods

Phytoestrogen containing foods (tofu, soybeans)

Variable # 59

Sas Name: PHYFDS_4

Sas Label: Natural/Phytoestrogen foods

Values		N	%
0	No	2,720	3.3%
1	Yes	2,849	3.4%
.	Missing	77,260	93.3%
		82,829	

Usage Notes: Sub-question of F144 V1 Q15 "Natural hormones in past year".

Categories: Medical History: Reproductive
Reproductive: Hormones

F144 Natural/Other

Other

Variable # 60

Sas Name: NTOTHR_4

Sas Label: Natural/Other

Values		N	%
0	No	4,699	5.7%
1	Yes	870	1.1%
.	Missing	77,260	93.3%
		82,829	

Usage Notes: Sub-question of F144 V1 Q15 "Natural hormones in past year".

Categories: Medical History: Reproductive
Reproductive: Hormones

F144 Natural/Don't know

Don't know

Variable # 61

Sas Name: NTDNTK_4

Sas Label: Natural/Don't know

Values		N	%
0	No	5,320	6.4%
1	Yes	249	0.3%
.	Missing	77,260	93.3%
		82,829	

Usage Notes: Sub-question of F144 V1 Q15 "Natural hormones in past year".

Categories: Medical History: Reproductive
Reproductive: Hormones

WHI Follow-Up Dataset

Form 144 - OS Questionnaire Year 4

Data File: f144_av4_os_pub   **File Date:** 07/19/2007 **Structure:** One row per participant   **Population:** OS participants

F144 Used female hormones in past year

In the past year, did you use female hormones (ESTROGEN or PROGESTERONE) that were prescribed by a doctor? (This may have been in the form of a pill, skin patch, shot, or vaginal cream or suppository.)

Variable # 62

Sas Name: HRPST1YR_4

Sas Label: Used female hormones in past year

Values		N	%
0	No	38,508	46.5%
1	Yes	43,361	52.4%
9	Don't know	399	0.5%
.	Missing	561	0.7%
		82,829	

Usage Notes: none

Categories: Medical History: Medications
Medical History: Reproductive
Reproductive: Hormones

F144 Combined estr/progest pills

In the past year, did you use female hormone PILLS prescribed by a doctor which contained both ESTROGEN and progestin (PROGESTERONE) COMBINED in the same pill or package (for example, Prempro, Premphase)? (Do not include use of two separate estrogen and progestin pills used at the same time.)

Variable # 63

Sas Name: EPPL_4

Sas Label: Combined estr/progest pills

Values		N	%
0	No	31,980	38.6%
1	Yes	9,663	11.7%
9	Don't know	1,404	1.7%
.	Missing	39,782	48.0%
		82,829	

Usage Notes: Sub-question of F144 V1 Q16 "Used female hormones/past year".

Categories: Medical History: Medications
Medical History: Reproductive
Reproductive: Hormones

F144 Months used estr/progest pills

In the past year, how many months did you use COMBINED female hormone PILLS which contained both ESTROGEN and PROGESTIN?

Variable # 64

Sas Name: EPDUR_4

Sas Label: Months used estr/progest pills

Values		N	%
1	Less than 1 month	335	0.4%
2	1-6 months	1,287	1.6%
3	7-10 months	769	0.9%
4	11-12 months	7,202	8.7%
.	Missing	73,236	88.4%
		82,829	

Usage Notes: Sub-question of F144 V1 Q16 "Used female hormones/past year".
Sub-question of F144 V1 Q17 "Combined estr/progest pills".

Categories: Medical History: Medications
Medical History: Reproductive
Reproductive: Hormones

WHI Follow-Up Dataset

Form 144 - OS Questionnaire Year 4

Data File: f144_av4_os_pub   **File Date:** 07/19/2007   **Structure:** One row per participant   **Population:** OS participants

F144 Combined estr/testost pills

In the past year, did you use female hormone PILLS prescribed by a doctor which contained both ESTROGEN and TESTOSTERONE COMBINED in the same pill (for example, Estratest)?

Variable # 65

Sas Name: ETPL_4

Sas Label: Combined estr/testost pills

Values		N	%
0	No	39,434	47.6%
1	Yes	1,707	2.1%
9	Don't know	1,674	2.0%
.	Missing	40,014	48.3%
		82,829	

Usage Notes: Sub-question of F144 V1 Q16 "Used female hormones/past year".

Categories: Medical History: Medications
Medical History: Reproductive
Reproductive: Hormones

F144 Months used estr/testost pills

In the past year, how many months did you use COMBINED female hormone PILLS which contained both ESTROGEN and TESTOSTERONE?

Variable # 66

Sas Name: ETDUR_4

Sas Label: Months used estr/testost pills

Values		N	%
1	Less than 1 month	146	0.2%
2	1-6 months	349	0.4%
3	7-10 months	164	0.2%
4	11-12 months	1,016	1.2%
.	Missing	81,154	98.0%
		82,829	

Usage Notes: Sub-question of F144 V1 Q16 "Used female hormones/past year".
Sub-question of F144 V1 Q18 "Combined estr/testost pills".

Categories: Medical History: Medications
Medical History: Reproductive
Reproductive: Hormones

F144 Estr/testost pill used longest

In the past year, what type of COMBINED ESTROGEN and TESTOSTERONE pill did you use the longest?

Variable # 67

Sas Name: ETTYPE_4

Sas Label: Estr/testost pill used longest

Values		N	%
1	Estratest	634	0.8%
2	Estratest HS	488	0.6%
8	Other	500	0.6%
.	Missing	81,207	98.0%
		82,829	

Usage Notes: Sub-question of F144 V1 Q16 "Used female hormones/past year".
Sub-question of F144 V1 Q18 "Combined estr/testost pills".

Categories: Medical History: Medications
Medical History: Reproductive
Reproductive: Hormones

WHI Follow-Up Dataset

Form 144 - OS Questionnaire Year 4

Data File: f144_av4_os_pub   **File Date:** 07/19/2007   **Structure:** One row per participant   **Population:** OS participants

F144 Used estrogen pills

In the past year, did you use ESTROGEN PILLS which were prescribed by a doctor (for example, Premarin, Estrace, Ogen)? (Do not include the combined pill of estrogen progestin or the combined pill of estrogen and testosterone.)

Variable # 68

Sas Name: EPL_4

Sas Label: Used estrogen pills

Values		N	%
0	No	13,770	16.6%
1	Yes	28,716	34.7%
9	Don't know	399	0.5%
.	Missing	39,944	48.2%
		82,829	

Usage Notes: Sub-question of F144 V1 Q16 "Used female hormones/past year".

Categories: Medical History: Medications
Medical History: Reproductive
Reproductive: Hormones

F144 Months used estrogen pills

In the past year, how many months did you use ESTROGEN PILLS?

Variable # 69

Sas Name: EPLDUR_4

Sas Label: Months used estrogen pills

Values		N	%
1	Less than 1 month	269	0.3%
2	1-6 months	1,749	2.1%
3	7-10 months	1,363	1.6%
4	11-12 months	25,197	30.4%
.	Missing	54,251	65.5%
		82,829	

Usage Notes: Sub-question of F144 V1 Q16 "Used female hormones/past year".
Sub-question of F144 V1 Q19 "Used estrogen pills".

Categories: Medical History: Medications
Medical History: Reproductive
Reproductive: Hormones

F144 Estrogen pills days per month

In the past year, when you were using ESTROGEN pills, what was the average number of days each month you used the pills?

Variable # 70

Sas Name: EPLDAYS_4

Sas Label: Estrogen pills days per month

Values		N	%
0	Less than 1 day	89	0.1%
1	1-7 days	346	0.4%
2	8-14 days	444	0.5%
3	15-21 days	2,053	2.5%
4	22-27 days	4,027	4.9%
5	28 or more days	21,609	26.1%
.	Missing	54,261	65.5%
		82,829	

Usage Notes: Sub-question of F144 V1 Q16 "Used female hormones/past year".
Sub-question of F144 V1 Q19 "Used estrogen pills".

Categories: Medical History: Medications
Medical History: Reproductive
Reproductive: Hormones

WHI Follow-Up Dataset

Form 144 - OS Questionnaire Year 4

Data File: f144_av4_os_pub   **File Date:** 07/19/2007 **Structure:** One row per participant   **Population:** OS participants

F144 Estrogen pills used longest

In the past year, what type of ESTROGEN pills did you use the longest?

Variable # 71

Sas Name: EPLTYPE_4

Sas Label: Estrogen pills used longest

Values		N	%
1	Premarin or conjugated equine estrogens	22,056	26.6%
2	Estrace	3,148	3.8%
3	Ogen	1,216	1.5%
8	Other	1,737	2.1%
9	Don't know	441	0.5%
.	Missing	54,231	65.5%
		82,829	

Usage Notes: Sub-question of F144 V1 Q16 "Used female hormones/past year".
Sub-question of F144 V1 Q19 "Used estrogen pills".

Categories: Medical History: Medications
Medical History: Reproductive
Reproductive: Hormones

F144 Estrogen pill dose per day

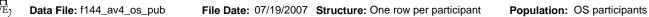What dose did you usually take each day? (Mark one. If you regularly take more than one dose, mark the lowest dose.)

Variable # 72

Sas Name: EPLDOSE_4

Sas Label: Estrogen pill dose per day

Values		N	%
1	0.3 mg	3,156	3.8%
2	0.625 mg	17,940	21.7%
3	0.9 mg	994	1.2%
4	1 mg	2,145	2.6%
5	1.25 mg	1,719	2.1%
6	2 mg	362	0.4%
7	2.5 mg	413	0.5%
8	Other	770	0.9%
9	Don't know	848	1.0%
.	Missing	54,482	65.8%
		82,829	

Usage Notes: Sub-question of F144 V1 Q16 "Used female hormones/past year".
Sub-question of F144 V1 Q19 "Used estrogen pills".

Categories: Medical History: Medications
Medical History: Reproductive
Reproductive: Hormones

F144 Took estrogen shots

In the past year, did you take shots containing the hormone ESTROGEN?

Variable # 73

Sas Name: ESHT_4

Sas Label: Took estrogen shots

Values		N	%
0	No	42,777	51.6%
1	Yes	191	0.2%
9	Don't know	89	0.1%
.	Missing	39,772	48.0%
		82,829	

Usage Notes: Sub-question of F144 V1 Q16 "Used female hormones/past year".

Categories: Medical History: Medications
Medical History: Reproductive
Reproductive: Hormones

WHI Follow-Up Dataset

Form 144 - OS Questionnaire Year 4

Data File: f144_av4_os_pub   **File Date:** 07/19/2007 **Structure:** One row per participant   **Population:** OS participants

F144 Months took estrogen shots

In the past year, how many months did you take the shots? (Count each shot as one month.)

Variable # 74

Sas Name: ESHTDUR_4

Sas Label: Months took estrogen shots

Values		N	%
1	Less than 1 month	31	0.0%
2	1-6 months	34	0.0%
3	7-10 months	14	0.0%
4	11-12 months	100	0.1%
.	Missing	82,650	99.8%
		82,829	

Usage Notes: Sub-question of F144 V1 Q16 "Used female hormones/past year".
Sub-question of F144 V1 Q20 "Took estrogen shots".

Categories: Medical History: Medications
Medical History: Reproductive
Reproductive: Hormones

F144 Used estrogen vaginally

In the past year, did you use a vaginal cream or suppository containing ESTROGEN which was prescribed by a doctor?

Variable # 75

Sas Name: ECRM_4

Sas Label: Used estrogen vaginally

Values		N	%
0	No	36,655	44.3%
1	Yes	6,305	7.6%
9	Don't know	143	0.2%
.	Missing	39,726	48.0%
		82,829	

Usage Notes: Sub-question of F144 V1 Q16 "Used female hormones/past year".

Categories: Medical History: Medications
Medical History: Reproductive
Reproductive: Hormones

F144 Months used vaginal estrogen

In the past year, how many months did you use the vaginal cream or suppository?

Variable # 76

Sas Name: ECRMDUR_4

Sas Label: Months used vaginal estrogen

Values		N	%
1	Less than 1 month	1,824	2.2%
2	1-6 months	1,814	2.2%
3	7-10 months	581	0.7%
4	11-12 months	2,060	2.5%
.	Missing	76,550	92.4%
		82,829	

Usage Notes: Sub-question of F144 V1 Q16 "Used female hormones/past year".
Sub-question of F144 V1 Q21 "Used estrogen vaginally".

Categories: Medical History: Medications
Medical History: Reproductive
Reproductive: Hormones

WHI Follow-Up Dataset

Form 144 - OS Questionnaire Year 4

Data File: f144_av4_os_pub   **File Date:** 07/19/2007   **Structure:** One row per participant   **Population:** OS participants

F144 Used estrogen skin patch

In the past year, did you use a SKIN PATCH containing the hormone ESTROGEN with or without PROGESTOERONE (for example, Estraderm, Climara, Vivelle)?

Variable # 77

Sas Name: EPCH_4

Sas Label: Used estrogen skin patch

Values		N	%
0	No	40,034	48.3%
1	Yes	2,907	3.5%
9	Don't know	48	0.1%
.	Missing	39,840	48.1%
		82,829	

Usage Notes: Sub-question of F144 V1 Q16 "Used female hormones/past year".
On forms 146-148 this variable reflects non-combination estrogen use only.

Categories: Medical History: Medications
Medical History: Reproductive
Reproductive: Hormones

F144 Months used skin patch

In the past year, how many months did you use the patch?

Variable # 78

Sas Name: EPCHDUR_4

Sas Label: Months used skin patch

Values		N	%
1	Less than 1 month	166	0.2%
2	1-6 months	439	0.5%
3	7-10 months	206	0.2%
4	11-12 months	2,086	2.5%
.	Missing	79,932	96.5%
		82,829	

Usage Notes: Sub-question of F144 V1 Q16 "Used female hormones/past year".
Sub-question of F144 V1 Q22 "Used estrogen skin patch".

Categories: Medical History: Medications
Medical History: Reproductive
Reproductive: Hormones

F144 Skin patch used longest

In the past year, what type of patch did you use the longest?

Variable # 79

Sas Name: EPCHTYPE_4

Sas Label: Skin patch used longest

Values		N	%
1	Estrogen	2,565	3.1%
2	Estrogen plus progesterone	203	0.2%
8	Other	37	0.0%
9	Don't know	72	0.1%
.	Missing	79,952	96.5%
		82,829	

Usage Notes: Sub-question of F144 V1 Q16 "Used female hormones/past year".
Sub-question of F144 V1 Q22 "Used estrogen skin patch".

Categories: Medical History: Medications
Medical History: Reproductive
Reproductive: Hormones

WHI Follow-Up Dataset

Form 144 - OS Questionnaire Year 4

Data File: f144_av4_os_pub   **File Date:** 07/19/2007 **Structure:** One row per participant   **Population:** OS participants

F144 Skin patch dose

What does of ESTROGEN was in the skin patch you usually used?

Variable # 80

Sas Name: EPCHDOSE_4

Sas Label: Skin patch dose

Values		N	%
1	0.05 mg	1,960	2.4%
2	0.1 mg	509	0.6%
8	Other	176	0.2%
9	Don't know	212	0.3%
.	Missing	79,972	96.6%
		82,829	

Usage Notes: Sub-question of F144 V1 Q16 "Used female hormones/past year".
Sub-question of F144 V1 Q22 "Used estrogen skin patch".

Categories: Medical History: Medications
Medical History: Reproductive
Reproductive: Hormones

F144 Skin patch changed per week

What was the average number of times each week that you changed your skin patch?

Variable # 81

Sas Name: EPCHCHNG_4

Sas Label: Skin patch changed per week

Values		N	%
1	Less than once each week	227	0.3%
2	1-2 times each week	2,575	3.1%
3	3-4 times each week	75	0.1%
4	5 or more times each week	8	0.0%
.	Missing	79,944	96.5%
		82,829	

Usage Notes: Sub-question of F144 V1 Q16 "Used female hormones/past year".
Sub-question of F144 V1 Q22 "Used estrogen skin patch".

Categories: Medical History: Medications
Medical History: Reproductive
Reproductive: Hormones

F144 Used progesterone pills

In the past year, did you use the female hormone PILL called PROGESTERONE or progestin (for example, Provera, Cycrin, Aman, Megace)? (Do not included the combined pill of estrogen and progestin.)

Variable # 82

Sas Name: PPL_4

Sas Label: Used progesterone pills

Values		N	%
0	No	33,115	40.0%
1	Yes	9,229	11.1%
9	Don't know	433	0.5%
.	Missing	40,052	48.4%
		82,829	

Usage Notes: Sub-question of F144 V1 Q16 "Used female hormones/past year".

Categories: Medical History: Medications
Medical History: Reproductive
Reproductive: Hormones

WHI Follow-Up Dataset

Form 144 - OS Questionnaire Year 4

Data File: f144_av4_os_pub   **File Date:** 07/19/2007 **Structure:** One row per participant   **Population:** OS participants

F144 Months used progest pills

In the past year, how many months did you use PROGESTERONE or progestin pills?

Variable # 83

Sas Name: PPLDUR_4

Sas Label: Months used progest pills

Values		N	%
1	Less than 1 month	144	0.2%
2	1-6 months	1,094	1.3%
3	7-10 months	672	0.8%
4	11-12 months	7,184	8.7%
.	Missing	73,735	89.0%
		82,829	

Usage Notes: Sub-question of F144 V1 Q16 "Used female hormones/past year".
Sub-question of F144 V1 Q23 "Used progesterone pills".

Categories: Medical History: Medications
Medical History: Reproductive
Reproductive: Hormones

F144 Progest pills days per month

In the past year, when you were using PROGESTERONE or progestin pills, what was the average number of days each month you used the pills?
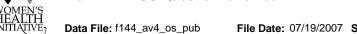
Variable # 84

Sas Name: PPLDAY_4

Sas Label: Progest pills days per month

Values		N	%
0	Less than 1 day	34	0.0%
1	1-9 days	430	0.5%
2	10-12 days	1,760	2.1%
3	13-18 days	562	0.7%
4	19-27 days	670	0.8%
5	28 or more days	5,637	6.8%
.	Missing	73,736	89.0%
		82,829	

Usage Notes: Sub-question of F144 V1 Q16 "Used female hormones/past year".
Sub-question of F144 V1 Q23 "Used progesterone pills".

Categories: Medical History: Medications
Medical History: Reproductive
Reproductive: Hormones

F144 Progest pills used longest

In the past year, what type of PROGESTERONE or progestin pills did you use the longest?

Variable # 85

Sas Name: PPLTYPE_4

Sas Label: Progest pills used longest

Values		N	%
1	Provera, Cycrin, Amen	7,994	9.7%
2	Megace	34	0.0%
3	Micronized progesterone	229	0.3%
8	Other	622	0.8%
9	Don't know	224	0.3%
.	Missing	73,726	89.0%
		82,829	

Usage Notes: Sub-question of F144 V1 Q16 "Used female hormones/past year".
Sub-question of F144 V1 Q23 "Used progesterone pills".

Categories: Medical History: Medications
Medical History: Reproductive
Reproductive: Hormones

WHI Follow-Up Dataset

Form 144 - OS Questionnaire Year 4

Data File: f144_av4_os_pub   **File Date:** 07/19/2007 **Structure:** One row per participant   **Population:** OS participants

F144 Progest pill dose per day

What dose did you usually take each day? (Mark one. If you regularly take more than one dose, mark the lowest dose).

Variable # 86

Sas Name: PPLDOSE_4

Sas Label: Progest pill dose per day

Values		N	%
1	2.5 mg	5,394	6.5%
2	5 mg	1,555	1.9%
3	7.5 mg	13	0.0%
4	10 mg	953	1.2%
5	20 mg	21	0.0%
6	40 mg	17	0.0%
7	More than 40 mg	369	0.4%
8	Other	247	0.3%
9	Don't know	508	0.6%
.	Missing	73,752	89.0%
		82,829	

Usage Notes: Sub-question of F144 V1 Q16 "Used female hormones/past year".
Sub-question of F144 V1 Q23 "Used progesterone pills".

Categories: Medical History: Medications
Medical History: Reproductive
Reproductive: Hormones

F144 Cataract(s)

Cataracts(s)

Variable # 87

Sas Name: CATARACT_4

Sas Label: Cataract(s)

Values		N	%
0	No	62,405	75.3%
1	Yes	18,914	22.8%
.	Missing	1,510	1.8%
		82,829	

Usage Notes: none

Categories: Medical History: Other Disease/Condition

F144 Macular degeneration of retina

Macular degeneration of the retina

Variable # 88

Sas Name: MACDEGNR_4

Sas Label: Macular degeneration of retina

Values		N	%
0	No	76,802	92.7%
1	Yes	3,605	4.4%
.	Missing	2,422	2.9%
		82,829	

Usage Notes: none

Categories: Medical History: Other Disease/Condition

WHI Follow-Up Dataset

Form 144 - OS Questionnaire Year 4

Data File: f144_av4_os_pub   **File Date:** 07/19/2007 **Structure:** One row per participant   **Population:** OS participants

F144 Asthma

Asthma

Variable # 89

Sas Name: ASTHMA_4

Sas Label: Asthma

Values		N	%
0	No	75,364	91.0%
1	Yes	4,948	6.0%
.	Missing	2,517	3.0%
		82,829	

Usage Notes: none

Categories: Medical History: Other Disease/Condition

F144 Emphysema / chronic bronchitis

Emphysema or chronic bronchitis

Variable # 90

Sas Name: EMPHYSEM_4

Sas Label: Emphysema / chronic bronchitis

Values		N	%
0	No	77,367	93.4%
1	Yes	2,939	3.5%
.	Missing	2,523	3.0%
		82,829	

Usage Notes: none

Categories: Medical History: Other Disease/Condition

F144 Heart failure

Heart failure or congestive heart failure

Variable # 91

Sas Name: CHF_4

Sas Label: Heart failure

Values		N	%
0	No	78,828	95.2%
1	Yes	1,387	1.7%
.	Missing	2,614	3.2%
		82,829	

Usage Notes: none

Categories: Medical History: Cardiovascular

F144 Angina

Angina (chest pains from the heart)

Variable # 92

Sas Name: ANGINA_4

Sas Label: Angina

Values		N	%
0	No	77,618	93.7%
1	Yes	2,718	3.3%
.	Missing	2,493	3.0%
		82,829	

Usage Notes: none

Categories: Medical History: Cardiovascular

WHI Follow-Up Dataset

Form 144 - OS Questionnaire Year 4

Data File: f144_av4_os_pub   **File Date:** 07/19/2007   **Structure:** One row per participant   **Population:** OS participants

F144 Atrial fibrillation

Atrial fibrillation

Variable #	93
Sas Name:	ATRIALFB_4
Sas Label:	Atrial fibrillation

Usage Notes: none

Categories: Medical History: Cardiovascular

Values		N	%
0	No	77,246	93.3%
1	Yes	2,875	3.5%
.	Missing	2,708	3.3%
		82,829	

F144 Kidney or bladder stones

Kidney or bladder stones (renal or urinary calculi)

Variable #	94
Sas Name:	KIDNEYST_4
Sas Label:	Kidney or bladder stones

Usage Notes: none

Categories: Medical History: Other Disease/Condition

Values		N	%
0	No	79,462	95.9%
1	Yes	801	1.0%
.	Missing	2,566	3.1%
		82,829	

F144 Dialysis for kidney failure

Dialysis for kidney or renal failure

Variable #	95
Sas Name:	KIDDIALY_4
Sas Label:	Dialysis for kidney failure

Usage Notes: none

Categories: Medical History: Other Disease/Condition

Values		N	%
0	No	79,991	96.6%
1	Yes	200	0.2%
.	Missing	2,638	3.2%
		82,829	

F144 Stomach or duodenal ulcer

Stomach or duodenal ulcer

Variable #	96
Sas Name:	STOMULCR_4
Sas Label:	Stomach or duodenal ulcer

Usage Notes: none

Categories: Medical History: Other Disease/Condition

Values		N	%
0	No	78,865	95.2%
1	Yes	1,399	1.7%
.	Missing	2,565	3.1%
		82,829	

WHI Follow-Up Dataset

Form 144 - OS Questionnaire Year 4

Data File: f144_av4_os_pub   **File Date:** 07/19/2007 **Structure:** One row per participant   **Population:** OS participants

F144 Diverticulitis

Diverticulitis

Variable # 97

Sas Name: DIVERTIC_4

Sas Label: Diverticulitis

Values		N	%
0	No	75,012	90.6%
1	Yes	5,272	6.4%
.	Missing	2,545	3.1%
		82,829	

Usage Notes: none

Categories: Medical History: Other Disease/Condition

F144 Pancreatitis

Pancreatitis (inflamed pancreas)

Variable # 98

Sas Name: PANCREAT_4

Sas Label: Pancreatitis

Values		N	%
0	No	79,811	96.4%
1	Yes	335	0.4%
.	Missing	2,683	3.2%
		82,829	

Usage Notes: none

Categories: Medical History: Other Disease/Condition

F144 Liver disease

Liver disease (chronic active hepatitis, cirrhosis, or yellow jaundice)

Variable # 99

Sas Name: LIVRDIS_4

Sas Label: Liver disease

Values		N	%
0	No	79,714	96.2%
1	Yes	441	0.5%
.	Missing	2,674	3.2%
		82,829	

Usage Notes: none

Categories: Medical History: Other Disease/Condition

F144 Overactive thyroid

Overactive thyroid

Variable # 100

Sas Name: OVRTHY_4

Sas Label: Overactive thyroid

Values		N	%
0	No	78,950	95.3%
1	Yes	1,022	1.2%
.	Missing	2,857	3.4%
		82,829	

Usage Notes: none

Categories: Medical History: Thyroid

WHI Follow-Up Dataset

Form 144 - OS Questionnaire Year 4

Data File: f144_av4_os_pub   **File Date:** 07/19/2007 **Structure:** One row per participant   **Population:** OS participants

F144 Underactive thyroid

Underactive thyroid

Variable # 101

Sas Name: UNDTHY_4

Sas Label: Underactive thyroid

Values		N	%
0	No	72,019	86.9%
1	Yes	8,262	10.0%
.	Missing	2,548	3.1%
		82,829	

Usage Notes: none

Categories: Medical History: Thyroid

F144 Alzheimer's disease

Alzheimer's disease

Variable # 102

Sas Name: ALZHEIM_4

Sas Label: Alzheimer's disease

Values		N	%
0	No	79,984	96.6%
1	Yes	249	0.3%
.	Missing	2,596	3.1%
		82,829	

Usage Notes: none

Categories: Medical History: Other Disease/Condition

F144 Multiple sclerosis

Multiple sclerosis

Variable # 103

Sas Name: MS_4

Sas Label: Multiple sclerosis

Values		N	%
0	No	79,929	96.5%
1	Yes	224	0.3%
.	Missing	2,676	3.2%
		82,829	

Usage Notes: none

Categories: Medical History: Other Disease/Condition

F144 Parkinson's disease

Parkinson's disease

Variable # 104

Sas Name: PARKINS_4

Sas Label: Parkinson's disease

Values		N	%
0	No	79,793	96.3%
1	Yes	360	0.4%
.	Missing	2,676	3.2%
		82,829	

Usage Notes: none

Categories: Medical History: Other Disease/Condition

WHI Follow-Up Dataset

Form 144 - OS Questionnaire Year 4

Data File: f144_av4_os_pub   **File Date:** 07/19/2007 **Structure:** One row per participant   **Population:** OS participants

F144 ALS/Lou Gehrig's disease

Amyotropic Lateral Sclerosis (ALS, motor neuron disease, or Lou Gehrig's disease)

Variable # 105

Sas Name: ALS_4

Sas Label: ALS/Lou Gehrig's disease

Usage Notes: none

Categories: Medical History: Other Disease/Condition

Values		N	%
0	No	79,719	96.2%
1	Yes	140	0.2%
.	Missing	2,970	3.6%
		82,829	

F144 Current marital status

What is your current marital status? (Mark the one that best describes you.)

Variable # 106

Sas Name: MARITAL_4

Sas Label: Current marital status

Usage Notes: none

Categories: Demographic

Values		N	%
1	Never married	3,709	4.5%
2	Divorced or separated	11,840	14.3%
3	Widowed	17,116	20.7%
4	Presently married	47,664	57.5%
5	Living in a marriage-like relationship	2,093	2.5%
.	Missing	407	0.5%
		82,829	

Recreational phys activity per week

Computed from Form 144, questions 4, 5.1, 5.3, and 5.5. Total number of episodes per week of recreational physical activity (includes walking, mild, moderate and strenuous physical activity).

Variable # 107

Sas Name: TEPIWK_4

Sas Label: Recreational phys activity per week

Usage Notes: none

Categories: Computed Variables
Physical Activity

N	Min	Max	Mean	Std Dev
82574	0	25	5.31486	4.1125

Recr. phys activity per week >= 20 Min

Computed from Form 144, questions 4, 4.1, 5.1, 5.2, 5.3, 5.4, 5.5 and 5.6. Episodes per week of recreational physical activity of >=20 minutes duration (includes walking, mild, moderate and strenuous physical activity).

Variable # 108

Sas Name: LEPITOT_4

Sas Label: Recr. phys activity per week >= 20 Min

Usage Notes: none

Categories: Computed Variables
Physical Activity

N	Min	Max	Mean	Std Dev
82574	0	25	4.20219	3.93012

WHI Follow-Up Dataset

Form 144 - OS Questionnaire Year 4

Data File: f144_av4_os_pub   **File Date:** 07/19/2007 **Structure:** One row per participant   **Population:** OS participants

Mod. to strenuous phys activity per week

Computed from Form 144, questions 4.2, 5.1, and 5.3. Episodes per week of moderate and strenuous recreational physical activity (includes walking fairly fast or very fast, moderate physical activity and strenuous physical activity).

Variable # 109

Sas Name: MSEPIWK_4

Sas Label: Mod. to strenuous phys activity per week

Usage Notes: none

Categories: Computed Variables
Physical Activity

N	Min	Max	Mean	Std Dev
82574	0	19	2.87875	3.25218

Mod-stren activity > 20 min/week

Computed from Form 144, questions 4, 4.1, 4.2, 5.1, 5.2, 5.3 and 5.4. Episodes per week of moderate and strenuous recreational physical activity of >=20 minutes duration (includes walking fairly fast or very fast, moderate physical activity and strenuous physical activity).

Variable # 110

Sas Name: XLMSEPI_4

Sas Label: Mod-stren activity > 20 min/week

Usage Notes: none

Categories: Computed Variables
Physical Activity

N	Min	Max	Mean	Std Dev
82574	0	19	2.38457	3.08905

Mod-stren activity >20 min/week (categ)

Computed from Form 144, questions 4, 4.1, 4.2, 5.1, 5.2, 5.3, and 5.4. Categorical variable of episodes per week of moderate and strenuous recreational physical activity of >= 20 minutes duration (includes walking fairly fast or very fast, moderate physical activity and strenuous physical activity). Computed from XLMSEPI and TEPIWK.

Variable # 111

Sas Name: LMSEPI_4

Sas Label: Mod-stren activity >20 min/week (categ)

Usage Notes: none

Categories: Computed Variables
Physical Activity

Values		N	%
1	No activity	11,805	14.3%
2	Some activity of limited duration	31,617	38.2%
3	2 to <4 episodes per week	16,170	19.5%
4	4 episodes per week	22,982	27.7%
.	Missing	255	0.3%
		82,829	

WHI Follow-Up Dataset

Form 144 - OS Questionnaire Year 4

Data File: f144_av4_os_pub   **File Date:** 07/19/2007   **Structure:** One row per participant   **Population:** OS participants

Strenuous activity episodes per week

Computed from Form 144, question 5.1. Episodes per week of strenuous recreational physical activity.

Variable # 112

Sas Name: SEPIWK_4

Sas Label: Strenuous activity episodes per week

Usage Notes: none

Categories: Computed Variables
Physical Activity

Values		N	%
0	0	58,031	70.1%
1	1	5,546	6.7%
2	2	6,653	8.0%
3	3	7,443	9.0%
4	4	2,228	2.7%
6	5 or more	2,673	3.2%
.	Missing	255	0.3%
		82,829	

Minutes of recr. phys activity per week

Computed from Form 144, questions 4, 4.1, 5.1, 5.2, 5.3, 5.4, 5.5, and 5.6. Total minutes per week of recreational physical activity (includes walking, mild, moderate and strenuous physical activity).

Variable # 113

Sas Name: TMINWK_4

Sas Label: Minutes of recr. phys activity per week

Usage Notes: none

Categories: Computed Variables
Physical Activity

N	Min	Max	Mean	Std Dev
82574	0	1750	192.40987	181.55451

Minutes of mod-stren activity per week

Computed from Form 144, questions 4, 4.2, 5.1, and 5.3. Minutes per week of moderate and strenuous recreational physical activity (includes walking fairly fast or very fast, moderate physical activity and strenuous physical activity).
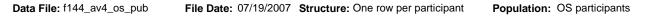
Variable # 114

Sas Name: MSMINWK_4

Sas Label: Minutes of mod-stren activity per week

Usage Notes: none

Categories: Computed Variables
Physical Activity

N	Min	Max	Mean	Std Dev
82574	0	1330	108.13952	144.1342

Minutes of stren. phys activity per week

Computed from Form 144, questions 5.1 and 5.2. Minutes per week of strenuous recreational physical activity.

Variable # 115

Sas Name: SMINWK_4

Sas Label: Minutes of stren. phys activity per week

Usage Notes: none

Categories: Computed Variables
Physical Activity

N	Min	Max	Mean	Std Dev
82574	0	420	33.51915	71.42062

WHI Follow-Up Dataset

Form 144 - OS Questionnaire Year 4

Data File: f144_av4_os_pub   **File Date:** 07/19/2007 **Structure:** One row per participant   **Population:** OS participants

Total MET-hours per week

Computed from Form 144, questions 4, 4.1, 4.2, 5.1, 5.2, 5.3, 5.4, 5.5, and 5.6. Total MET-hours per week. Expenditure of energy from recreational physical activity (includes walking, mild, moderate and strenuous physical activity in kcal/week/kg).

Variable # 116

Sas Name: TEXPWK_4

Sas Label: Total MET-hours per week

Usage Notes: none

Categories: Computed Variables
Physical Activity

N	Min	Max	Mean	Std Dev
82574	0	134.16667	13.34098	13.90806

MET-hours per week from walking

Computed from Form 144, questions 4, 4.1, and 4.2. Expenditure of energy from physical activity from walking in kcal/week/kg (MET-hours per week).

Variable # 117

Sas Name: WALKEXP_4

Sas Label: MET-hours per week from walking

Usage Notes: none

Categories: Computed Variables
Physical Activity

N	Min	Max	Mean	Std Dev
82574	0	40.83333	4.49374	5.76517

Energy expend from avg walking

Computed from Form 144, questions 4, 4.1 and 4.2. Energy expenditure from average walking (2-3 mph) in MET-hours per week. If question 6.2 (speed of walking) was marked as ¿don¿t know¿ or was missing, the speed was assumed to be 2-3 mph.

Variable # 118

Sas Name: AVWKEXP_4

Sas Label: Energy expend from avg walking

Usage Notes: none

Categories: Computed Variables
Physical Activity

N	Min	Max	Mean	Std Dev
82574	0	24.5	2.17448	3.96299

Energy expend from walking fairly fast

Computed from Form 144, questions 4, 4.1 and 4.2. Energy expenditure form walking fairly fast (3-4 mph) in MET-hours per week.

Variable # 119

Sas Name: FFWKEXP_4

Sas Label: Energy expend fr walking fairly fast

Usage Notes: none

Categories: Computed Variables
Physical Activity

N	Min	Max	Mean	Std Dev
82574	0	32.66667	1.86415	4.97103

Energy expend from walking very fast

Computed from Form 144, questions 4, 4.1, and 4.2. Energy expenditure from walking very fast (> 4 mph) in MET-hours per week.

Variable # 120

Sas Name: VFWKEXP_4

Sas Label: Energy expend from walking very fast

Usage Notes: none

Categories: Computed Variables
Physical Activity

N	Min	Max	Mean	Std Dev
82574	0	40.83333	.1349	1.76302

WHI Follow-Up Dataset

Form 144 - OS Questionnaire Year 4

Data File: f144_av4_os_pub   **File Date:** 07/19/2007   **Structure:** One row per participant   **Population:** OS participants

Energy expenditure from hard exercise

Computed from Form 144, questions 5.1 and 5.2. Energy expenditure from strenuous or very hard exercise (for example, aerobics, aerobic dancing, jogging, tennis, swimming laps) in MET-hours per week.

Variable # 121

Sas Name: HARDEXP_4

Sas Label: Energy expenditure from hard exercise

N	Min	Max	Mean	Std Dev
82574	0	49	3.91057	8.33241

Usage Notes: none

Categories: Computed Variables
Physical Activity

Energy expenditure from mod. exercise

Computed from Form 144, questions 5.3 and 5.4. Energy expenditure from moderate exercise (for example, biking outdoors, using an exercise machine, calisthenics, easy swimming, popular or folk dancing) in MET-hours per week.

Variable # 122

Sas Name: MODEXP_4

Sas Label: Energy expend from moderate exercise

N	Min	Max	Mean	Std Dev
82574	0	31.5	3.37794	5.42626

Usage Notes: none

Categories: Computed Variables
Physical Activity

Energy expenditure from mild exercise

Computed from Form 144, questions 5.5 and 5.6. Energy expenditure from mild exercise (for example, slow dancing, bowling, golf) in MET-hours per week.

Variable # 123

Sas Name: MILDEXP_4

Sas Label: Energy expenditure from mild exercise

N	Min	Max	Mean	Std Dev
82574	0	21	1.55874	3.3574

Usage Notes: none

Categories: Computed Variables
Physical Activity

Estrogen use last year

Computed from Form 144 questions 16, 17, 18, 19 and 22.

Variable # 124

Sas Name: EST_4

Sas Label: Estrogen use last year

Values		N	%
0	No	41,561	50.2%
1	Yes	39,550	47.7%
.	Missing	1,718	2.1%
		82,829	

Usage Notes: none

Categories: Computed Variables
Reproductive: Hormones

WHI Follow-Up Dataset

Form 144 - OS Questionnaire Year 4

Data File: f144_av4_os_pub   **File Date:** 07/19/2007   **Structure:** One row per participant   **Population:** OS participants

Progesterone use last year

Computed from Form 144 questions 16, 17, 22, 22.2 and 23.

Variable # 125   **Usage Notes:** none

Sas Name: PRG_4

Sas Label: Progesterone use last year   **Categories:** Computed Variables
                                                        Reproductive: Hormones

Values		N	%
0	No	61,548	74.3%
1	Yes	18,021	21.8%
.	Missing	3,260	3.9%
		82,829	

Hormone use last year (estrog. or progest.)

Computed from variables "Progesterone use last year" and "Estrogen use last year".

Variable # 126   **Usage Notes:** none

Sas Name: HRT_4

Sas Label: Hormone use last year (estrogen or progesterone)   **Categories:** Computed Variables
                                                        Reproductive: Hormones

Values		N	%
0	No	41,315	49.9%
1	Yes	39,848	48.1%
.	Missing	1,666	2.0%
		82,829	