

BRHS 20 year follow-up survey questionnaire on **physical activity and diet**



1998-2000 (Q20)

Data notes and Questionnaire coding instructions protocol

Questionnaire method	Self-Administered postal questionnaire
Type of questionnaire	Structured questionnaire with any open-ended questions coded using a questionnaire coding protocol
BRHS study time point (Year of follow-up)	20 year follow-up (Physical Activity & Diet Questionnaire)
Year	1998-2000
Mailing dates	1998-2000
Age range of sample	60-79
Number of completed questionnaires	4582
Response rate %	83%

In addition to the main 20-year follow-up survey questionnaire which the BRHS cohort participants who attended for the physical examination in 1998-2000 were asked to complete during the physical examination, a separate postal questionnaire on Physical Activity and Diet was sent to BRHS participants six weeks before the study's physical examinations began.

This self-administered Physical Activity and Diet questionnaire (sometimes referred to as the "Yellow Questionnaire") aimed to provide detailed information on BHRS participants' diet and physical activity patterns. This questionnaire also asks about participants' **birthweight** and the birthweight of their children.

BRHS 20 year follow-up survey questionnaire on **physical activity and diet**: Data notes and Coding instructions protocol

Data notes and coding

Notes on coding inconsistencies, known errors, other data anomalies and additional response codes introduced during the coding stage are noted for each affected question. Where possible recommendation on how the data can be treated is given.

Valid value ranges are as those shown on the questionnaire. If additional codes are found in the data, check in the data notes below for any new categories that were introduced for a particular question during the coding process.

Coding of open-ended questions: Responses to open-ended questions are coded (categorised/given numerical codes) using a questionnaire coding instructions protocol.

General coding instructions

Responses of Yes and No

Throughout the questionnaire a “**yes**” response is coded as 1 and a “**no**” response is coded as 2.
1=Yes, 2=No.

Missing values

Missing values are coded as 9s or dot(.) according to the number of digits (i.e. missing values for single digit numbers were coded as 9s, double digit numbers were coded as 99s, 999 etc). See also coding notes for individual questions OR for those left blank (dot on data file). See also coding notes for individual questions.

Coding instructions of open-ended questions listed below by question number.

QUESTIONNAIRE: PART I

4.0 Other Activities in the past year

- If a range of times/hours is recorded, take the lowest of the range. e.g. if participant writes **2 - 4** then code as **2**.
- If in the column, *How many times each month* (an activity is done), a value greater than 99 is written, then code as **99**.

Data errors: In question 4.0 Golf “How many months of the year” recode value of 25 to 12 in
BRHS variable `q20pa_q4_0golf_myear`

5.1 Recode minutes >999 as =999.

5.3 Reason for diminished level of activity

Heart disease	1
Stroke	2
Respiratory disease	3
Musculoskeletal problem	4
PVD	5
Other	8

QUESTIONNAIRE: Part II

Questions:

1. Details of Special diet type: -

Low fat	1
Low cholesterol	2
Low calorie/weight loss	3
High fibre	4
Vegetarian	5
Diabetic	6
Other	8

5. (c) to (g) Number/quantity of fruit eaten

If a range is reported, always code the lowest number.

e.g. If respondent reports eating 3-5 pears, code as 3.

5. (g) If mention of Citrus fruits in question 5(g), add to number of Oranges and Grapefruit in question 5(e).
Citrus fruits include: - lemons, limes, tangerines, satsumas, clementines.

For fruits which are not usually counted individually (e.g. grapes, all types of berries) convert information provided to number of portions eaten using the guidance note below.

1 portion = ($\frac{1}{4}$ lb = 4oz) of grapes/berries

2 portions = ($\frac{1}{2}$ lb = 8oz) of grapes/berries

3 portions = ($\frac{3}{4}$ lb = 12oz) of grapes/berries

4 portions = (1 lb = 16oz) of grapes/berries

If participant writes that they eat particular fruit when in season, ignore that particular fruit.

If the only the name of a fruit is written but no quantity given, code quantity =1 portion.

e.g. they write: Melon then coded as 1 portion. Same for Mango =1 portion.

7 (f) Bread slices

Maximum number of slices of bread/day = 7. If more than 7, code as 7.

14(a) Fats

Butter: No coding required.

Always code appropriate box i.e. check the brand is Low fat / full fat.

Care is needed because many types occur in both full fat and low fat. Accept subjects' judgement. unless clear evidence to contrary.

Full-fat soft margarines: -

1= Full-fat soft margarine's = 1

2= High polyunsaturated {e.g. Soya margarine's (all brands)

Sunflower margarine's

Flora sunflower spread

Flora sunflower reduced salt

Sunflower spread (other)

Vitalite

I Can't Believe It's Not Butter}

3= High monounsaturated {e.g. Blue band, Mono, St Ivel Mono, St Ivel, Utterly Butterly (!)}

8= Not applicable

9= Missing

Low-fat soft margarines: -

1= Low-fat soft margarines

2= High Polyunsaturated types {e.g. Soya margarine's (all brands)

Sunflower margarine's

Flora extra light, Gold sunflower

H.E. extra light sunflower spread

Slimmer's gold sunflower low fat

St Ivel Gold low fat sunflower

Value sunflower spread

Vitalite light/reduced fat

I Can't Believe It's Not Butter Light}

3= High Monounsaturated types {e.g.: Olivite (Heinz weight watchers),

Olive Gold (incl reduced fat), Olivio}

4= Very low-fat types {e.g.: Delight extra low fat, Gold lowest,

H.E. lowest ever 5% spread

H.E. very low-fat spread, Outline Promise,

St Ivel Gold lowest low fat}

8= Not applicable

9= Missing

Hard margarine: No coding required.

14 (c) Lard and related fats

1= High Poly or Mono Unsaturated (e.g.: Solid mazola, White Flora)

2= Lard and related fats

8= Not applicable

9= Missing

14 (c) Liquid vegetable oil

1= High Poly Unsaturated (e.g. soya oil, sunflower oil (includes soya oil), corn oil (includes mazola),
grapeseed oil, groundnut oil)

2= Liquid vegetable oil (includes: - Olive oil, Rapeseed oil)

8= Not applicable

9= Missing

17 For all items in this question (Butter through to Sugar question)

IF a value greater than 999 grams is recorded on the questionnaire, then code as 999.

19 (c) Alcohol

Round up $\frac{1}{2}$ pints = 1 pin

Data note:

Beer: Pints to Alcohol units

In these variables the number of pints of beer, lager or shandy were converted to alcohol units using 1 pint = 2 alcohol units.

In table 19(c), responses to the number of pints of beer, lager or shandy (column iii) drunk on days Monday to Sunday were converted to alcohol units using: - 1 pint=2 alcohol units. The new variables for beer alcohol units consumed each day (Monday to Sunday) were saved in variables: -

q20di_qbeer1_alc_units_M
q20di_qbeer2_alc_units_Tu
q20di_qbeer3_alc_units_W
q20di_qbeer4_alc_units_Th
q20di_qbeer5_alc_units_F
q20di_qbeer6_alc_units_Sa
q20di_qbeer7_alc_units_Su