```
*****************************************************************.
**********************Physical activity LASA B************.
*****************************************************************.
COMPUTE filter_$=(blphya01 = 4).
VARIABLE LABEL filter_$ 'blphya01 = 4 (FILTER)'.
VALUE LABELS filter_$ 0 'Not Selected' 1 'Selected'.
FORMAT filter_$ (f1.0).
FILTER BY filter_$.
EXECUTE .
*****************************************************************.
**** WALKING TOTAL TIME PAST TWO WEEKS ****.
*****************************************************************.
compute loopb=-9.
if (blphya07<1) loopb=-9.
if (blphya06=1) loopb=0.
if (blphya07=1) loopb=0.
if (blphya07=2) and (blphya08 ge 1) and (blphya09 ge 1) loopb=(blphya08*blphya09)/14.
Variable label loopb "total walktime calculated in minutes per day".
execute.
fre loopb.
execute.
*Many people have missing the frequence or the duration of the activity - veel mensen hebben een missing op alleen frequentie of alleen duur activiteit.
*Therefore impute the missing values - daarom missende waarden in bepaalde gevallen imputeren.
*that is what you do with the syntax below, separately for each sex - dat gebeurt hieronder voor elk geslacht afzonderlijk.
*Imputation values are different for each wave. (In short, the value that you assign to each missing value is equal to the mean value for each sex separately.
*There is a file at Jan with the means for each wave). - imputatiewaarden verschillen per meetmoment!.
*The variable WALKING - de variabele lopen.
if (blphya06=2 and blphya07=2 and blphya08<1 and sex=2) blphya08=12.
if (blphya06=2 and blphya07=2 and blphya08<1 and sex=1) blphya08=14.
if (blphya06=2 and blphya07=2 and blphya09<1 and sex=2) blphya09=40.
if (blphya06=2 and blphya07=2 and blphya09<1 and sex=1) blphya09=50.
if (blphya07=2) and (blphya08 ge 1) and (blphya09 ge 1) loopb=(blphya08*blphya09)/14.
if (loopb>720) loopb=720.
execute.
fre loopb.
execute.
*****************************************************************.
**** CYCLING TOTAL TIME PAST TWO WEEKS ****.
*****************************************************************.
compute fietb=-9.
if (blphya11<1) fietb=-9.
if (blphya10=1) fietb=0.
if (blphya11=1) fietb=0.
if (blphya11=2) and (blphya12 ge 1) and (blphya13 ge 1) fietb= (blphya12*blphya13)/14.
Variable label fietb "total byclyling time in minutes per day".
execute.
fre fietb.
execute.

*The inputation of variable biking- de variabele fietsen imputeren.
if (blphya10=2 and blphya11=2 and blphya12<1 and sex=2) blphya12=9.
if (blphya10=2 and blphya11=2 and blphya12<1 and sex=1) blphya12=10.
if (blphya10=2 and blphya11=2 and blphya13<1 and sex=2) blphya13=30.
if (blphya10=2 and blphya11=2 and blphya13<1 and sex=1) blphya13=40.
```

```
if (blphya11=2) and (blphya12 ge 1) and (blphya13 ge 1) fietb= (blphya12*blphya13)/14.
if (fietb>720) fietb=720.
execute.
fre fietb.
execute.
*****************************************************************.
**** SPORT 1 TOTAL TIME PAST TWO WEEKS ****.
*****************************************************************.
compute sport1b=-9.
if (blphya21<1) sport1b=-9.
if (blphya21=1) sport1b=0.
if (blphya21=2) and (blphya23 ge 1) and (blphya24 ge 1) sport1b=(blphya23*blphya24)/14.
Variable label sport1b "total sport time calculated in minutes per day".
execute.
fre sport1b.
execute.
* Imputation of variable sport1 - de variabele sport1 imputeren.
if (blphya21=2 and blphya23<1 and blphya22=1 and sex=2) blphya23=5.
if (blphya21=2 and blphya23<1 and blphya22=2 and sex=2) blphya23=4.
if (blphya21=2 and blphya23<1 and blphya22=3 and sex=2) blphya23=10.
if (blphya21=2 and blphya23<1 and blphya22=4 and sex=2) blphya23=3.
if (blphya21=2 and blphya23<1 and blphya22=5 and sex=2) blphya23=2.
if (blphya21=2 and blphya23<1 and (blphya22=8 or blphya22=7 or blphya22=6 or blphya22=9 or blphya22=10 or
blphya22=11 or blphya22=12 or blphya22=13 or blphya22=14 or blphya22=15 or blphya22=16 or
blphya22=17) and sex=2) blphya23=4.
execute.
if (blphya21=2 and blphya24<1 and blphya22=1 and sex=2) blphya24=90.
if (blphya21=2 and blphya24<1 and blphya22=2 and sex=2) blphya24=100.
if (blphya21=2 and blphya24<1 and blphya22=3 and sex=2) blphya24=20.
if (blphya21=2 and blphya24<1 and blphya22=4 and sex=2) blphya24=60.
if (blphya21=2 and blphya24<1 and blphya22=5 and sex=2) blphya24=90.
if (blphya21=2 and blphya24<1 and (blphya22=8 or blphya22=7 or blphya22=6 or blphya22=9 or
blphya22=10 or blphya22=11 or blphya22=12 or blphya22=13 or blphya22=14 or blphya22=15 or blphya22=16 or
blphya22=17) and sex=2) blphya24=90.
execute.
if (blphya21=2 and blphya23<1 and blphya22=1 and sex=1) blphya23=6.
if (blphya21=2 and blphya23<1 and blphya22=2 and sex=1) blphya23=4.
if (blphya21=2 and blphya23<1 and blphya22=3 and sex=1) blphya23=10.
if (blphya21=2 and blphya23<1 and blphya22=4 and sex=1) blphya23=4.
if (blphya21=2 and blphya23<1 and blphya22=6 and sex=1) blphya23=2.
if (blphya21=2 and blphya23<1 and blphya22=7 and sex=1) blphya23=4.
if (blphya21=2 and blphya23<1 and blphya22=9 and sex=1) blphya23=4.
if (blphya21=2 and blphya23<1 and (blphya22=5 or blphya22=8 or blphya22=10 or blphya22=11 or blphya22=12 or
blphya22=13 or blphya22=14 or blphya22=15 or blphya22=16 or blphya22=17) and sex=1) blphya23=5.
execute.

if (blphya21=2 and blphya24<1 and blphya22=1 and sex=1) blphya24=110.
if (blphya21=2 and blphya24<1 and blphya22=2 and sex=1) blphya24=120.
if (blphya21=2 and blphya24<1 and blphya22=3 and sex=1) blphya24=30.
if (blphya21=2 and blphya24<1 and blphya22=4 and sex=1) blphya24=50.
if (blphya21=2 and blphya24<1 and blphya22=6 and sex=1) blphya24=140.
if (blphya21=2 and blphya24<1 and blphya22=7 and sex=1) blphya24=90.
if (blphya21=2 and blphya24<1 and blphya22=9 and sex=1) blphya24=100.
if (blphya21=2 and blphya24<1 and (blphya22=5 or blphya22=8 or blphya22=10 or blphya22=11 or
blphya22=12 or blphya22=13 or blphya22=14 or blphya22=15 or blphya22=16 or blphya22=17) and
sex=1) blphya24=110.
execute.
```

```
if (blphya21=2 and blphya23 ge 1 and blphya24 ge 1) sport1b=(blphya23*blphya24)/14.
if (sport1b>720) sport1b=720.
execute.
fre sport1b.
*****************************************************************.
**** SPORT 2 TOTAL TIME PAST TWO WEEKS ****.
*****************************************************************.
*calculate total time per day spend on sport2 in past two weeks.
compute sport2b=-9.
if (blphya25<1) sport2b=-9.
if (blphya25=1) sport2b=0.
if (blphya25=2) and (blphya27 ge 1) and (blphya28 ge 1) sport2b=(blphya27*blphya28)/14.
Variable label sport2b "total sport2time calculated in minutes per day".
execute.
fre sport2b.
execute.
* Imputation of the variable sport2 - de variabele sport2 imputeren.
if (blphya25=2 and blphya27<1 and blphya26=1 and sex=2) blphya27=4.
if (blphya25=2 and blphya27<1 and blphya26=2 and sex=2) blphya27=5.
if (blphya25=2 and blphya27<1 and blphya26=3 and sex=2) blphya27=8.
if (blphya25=2 and blphya27<1 and blphya26=4 and sex=2) blphya27=3.
if (blphya25=2 and blphya27<1 and blphya26=5 and sex=2) blphya27=2.
if (blphya25=2 and blphya27<1 and (blphya26=6 or blphya26=7 or blphya26=8 or blphya26=9 or blphya26=10 or
blphya26=11 or blphya26=12 or blphya26=13 or blphya26=14 or blphya26=15 or blphya26=16 or
blphya26=17) and sex=2) blphya27=3.
execute.

if (blphya25=2 and blphya27<1 and blphya26=1 and sex=1) blphya27=7.
if (blphya25=2 and blphya27<1 and blphya26=2 and sex=1) blphya27=4.
if (blphya25=2 and blphya27<1 and blphya26=3 and sex=1) blphya27=10.
if (blphya25=2 and blphya27<1 and blphya26=4 and sex=1) blphya27=3.
if (blphya25=2 and blphya27<1 and blphya26=9 and sex=1) blphya27=5.
if (blphya25=2 and blphya27<1 and (blphya26=5 or blphya26=6 or blphya26=7 or blphya26=8 or
blphya26=10 or blphya26=11 or blphya26=12 or blphya26=13 or blphya26=14 or blphya26=15 or
blphya26=16 or blphya26=17) and sex=1) blphya27=4.
execute.

if (blphya25=2 and blphya28<1 and blphya26=1 and sex=2) blphya28=90.
if (blphya25=2 and blphya28<1 and blphya26=2 and sex=2) blphya28=110.
if (blphya25=2 and blphya28<1 and blphya26=3 and sex=2) blphya28=30.
if (blphya25=2 and blphya28<1 and blphya26=4 and sex=2) blphya28=50.
if (blphya25=2 and blphya28<1 and blphya26=5 and sex=2) blphya28=100.
if (blphya25=2 and blphya28<1 and (blphya26=6 or blphya26=7 or blphya26=8 or blphya26=9 or blphya26=10 or
blphya26=11 or blphya26=12 or blphya26=13 or blphya26=14 or blphya26=15 or blphya26=16 or
blphya26=17) and sex=2) blphya28=90.
execute.

if (blphya25=2 and blphya28<1 and blphya26=1 and sex=1) blphya28=90.
if (blphya25=2 and blphya28<1 and blphya26=2 and sex=1) blphya28=120.
if (blphya25=2 and blphya28<1 and blphya26=3 and sex=1) blphya28=30.
if (blphya25=2 and blphya28<1 and blphya26=4 and sex=1) blphya28=50.
if (blphya25=2 and blphya28<1 and blphya26=9 and sex=1) blphya28=140.
if (blphya25=2 and blphya28<1 and (blphya26=5 or blphya26=6 or blphya26=7 or blphya26=8 or
blphya26=10 or blphya26=11 or blphya26=12 or blphya26=13 or blphya26=14 or blphya26=15 or
blphya26=16 or blphya26=17) and sex=1) blphya28=110.
execute.
if (blphya25=2) and (blphya27 ge 1) and (blphya28 ge 1) sport2b=(blphya27*blphya28)/14.
```

```
if (sport2b>720) sport2b=720.
if (sport1b=0 and sport2b=-9) sport2b=0.
execute.
fre sport2b.
*************************************************************************.
**** LIGHT HOUSHOLD ACTIVITIES PAST TWO WEEKS ****.
*************************************************************************.
*compute total time per day spend on light houshold activities in past two weeks.
compute lhuisb=-9.
if (blphya32<1) lhuisb=-9.
if (blphya31=1) lhuisb=0.
if (blphya32=1) lhuisb=0.
if (blphya32=2) and (blphya33 ge 1) and (blphya34 ge 1) lhuisb=(blphya33*blphya34)/14.
Variable label lhuisb "total licht huishoudentime calculated in minutes per day".
execute.
fre lhuisb.
execute.
*Imputation of the variable Light household activities/work - de variablen licht huishoudelijk werk imputeren.
if (blphya31=2 and blphya32=2 and blphya33<1 and sex=2) blphya33=13.
if (blphya31=2 and blphya32=2 and blphya33<1 and sex=1) blphya33=12.
if (blphya31=2 and blphya32=2 and blphya34<1 and sex=2) blphya34=140.
if (blphya31=2 and blphya32=2 and blphya34<1 and sex=1) blphya34=60.
if (blphya32=2 and blphya33 ge 1 and blphya34 ge 1) lhuisb=(blphya33*blphya34)/14.
if (lhuisb>720) lhuisb=720.
execute.
fre lhuisb.
execute.
*************************************************************************.
**** HEAVY HOUSHOLD ACTIVITIES PAST TWO WEEKS ****.
*************************************************************************.
*calculate total time per day spend on heavy household activities in past two weeks.
compute zhuisb=-9.
if (blphya36<1) zhuisb=-9.
if (blphya35=1) zhuisb=0.
if (blphya36=1) zhuisb=0.
if ((blphya36=2) and (blphya37 ge 1) and (blphya38 ge 1)) zhuisb=(blphya37*blphya38)/14.
Variable label zhuisb "total zwaar huishoudentijd calculated in minutes per day".
execute.
fre zhuisb.
execute.
*Imputation of the variable HEAVY HOUSEHOLD ACTIVITIES - de variabele zwaar huishoudelijk werk
imputeren.
if (blphya35=2 and blphya36=2 and blphya37<1 and sex=2) blphya37=5.
if (blphya35=2 and blphya36=2 and blphya37<1 and sex=1) blphya37=4.
if (blphya35=2 and blphya36=2 and blphya38<1 and sex=2) blphya38=100.
if (blphya35=2 and blphya36=2 and blphya38<1 and sex=1) blphya38=90.
if (blphya36=2 and blphya37 ge 1 and blphya38 ge 1) zhuisb=(blphya37*blphya38)/14.
if (zhuisb>720) zhuisb=720.
execute.
fre zhuisb.
execute.
*************************************************************************.
**** PHYSICAL ACTIVITY TOTAL SCORE **********************.
*************************************************************************.
missing value loopb fietb sport1b sport2b lhuisb zhuisb (-9).
count misactb= loopb fietb sport1b sport2b lhuisb zhuisb (-9).
fre misactb.
```

```
execute.
*was activity pattern normal in past two weeks, yes/no.
compute normalb=-9.
if (blphya39=2) normalb=1.
if (blphya39=1) normalb=0.
if (blphya39<1) normalb=-9.
Variable label normalb "was activity pattern normal in past two weeks".
value labels normalb (1)"ja"(0) "nee" (-9) "missing".
execute.
fre normalb.
execute.
compute totactb= SUM. (loopb, fietb, sport1b, sport2b, lhuisb, zhuisb).
Variable label totactb "totale activiteit op b".
compute nspoactb= SUM. (loopb, fietb, lhuisb, zhuisb).
Variable label nspoactb "geen sportactiviteit".
compute spoactb= SUM. (sport1b, sport2b).
Variable label spoactb "sportactiviteit".
fre spoactb nspoactb totactb.
execute.
*****************************************************************************.
**** TOTAL SCORE IN KCAL/DAY*********************************.
*****************************************************************************.
*assigning MET-scores.
missing value bmed153 (-1 -2 -3).
execute.

compute loopbk= 3.5*bmweight *(loopb/60).
compute fietbk= 4.5*bmweight *(fietb/60).
compute lhuisbk=2.5*bmweight *(lhuisb/60).
compute zhuisbk=4.5*bmweight *(zhuisb/60).
execute.
*sport1.
if (blphya22 = 1) sport1bk = 4.0* bmweight *(sport1b/60) .
if (blphya22 = 2) sport1bk = 6.0* bmweight *(sport1b/60) .
if (blphya22 = 3) sport1bk = 4.0* bmweight *(sport1b/60) .
if (blphya22 = 4) sport1bk = 4.0* bmweight *(sport1b/60) .
if (blphya22 = 5) sport1bk = 5.0* bmweight *(sport1b/60) .
if (blphya22 = 6) sport1bk = 5.0* bmweight *(sport1b/60) .
if (blphya22 = 7) sport1bk = 3.0* bmweight *(sport1b/60) .
if (blphya22 = 8) sport1bk = 6.0* bmweight *(sport1b/60) .
if (blphya22 = 9) sport1bk = 7.0* bmweight *(sport1b/60) .
if (blphya22 = 10) sport1bk = 5.5* bmweight *(sport1b/60) .
if (blphya22 = 11) sport1bk = 3.0* bmweight *(sport1b/60) .
if (blphya22 = 12) sport1bk = 2.5* bmweight *(sport1b/60) .
if (blphya22 = 13) sport1bk = 3.0* bmweight *(sport1b/60) .
if (blphya22 = 14) sport1bk = 6.0* bmweight *(sport1b/60) .
if (blphya22 = 15) sport1bk = 4.0* bmweight *(sport1b/60) .
if (blphya22 = 16) sport1bk = 6.0* bmweight *(sport1b/60) .
if (blphya22 = 17) sport1bk = 4.0* bmweight *(sport1b/60) .
execute.
*sport2.
if (blphya26 = 1) sport2bk = 4.0* bmweight *(sport2b/60) .
if (blphya26 = 2) sport2bk = 6.0* bmweight *(sport2b/60) .
if (blphya26 = 3) sport2bk = 4.0* bmweight *(sport2b/60) .
if (blphya26 = 4) sport2bk = 4.0* bmweight *(sport2b/60) .
if (blphya26 = 5) sport2bk = 5.0* bmweight *(sport2b/60) .
if (blphya26 = 6) sport2bk = 5.0* bmweight *(sport2b/60) .
```

```
if (blphya26 = 7) sport2bk = 3.0* bmweight *(sport2b/60) .
if (blphya26 = 8) sport2bk = 6.0* bmweight *(sport2b/60) .
if (blphya26 = 9) sport2bk = 7.0* bmweight *(sport2b/60) .
if (blphya26 = 10) sport2bk = 5.5* bmweight *(sport2b/60) .
if (blphya26 = 11) sport2bk = 3.0* bmweight *(sport2b/60) .
if (blphya26 = 12) sport2bk = 2.5* bmweight *(sport2b/60) .
if (blphya26 = 13) sport2bk = 3.0* bmweight *(sport2b/60) .
if (blphya26 = 14) sport2bk = 6.0* bmweight *(sport2b/60) .
if (blphya26 = 15) sport2bk = 4.0* bmweight *(sport2b/60) .
if (blphya26 = 16) sport2bk = 6.0* bmweight *(sport2b/60) .
if (blphya26 = 17) sport2bk = 4.0* bmweight *(sport2b/60) .
execute.

compute totactbk= SUM. (loopbk, fietbk, sport1bk, sport2bk, lhuisbk, zhuisbk).
Variable label totactbk "totale activiteit op b kcal/day".

compute nspoactbk= SUM. (loopbk, fietbk, lhuisbk, zhuisbk).
Variable label nspoactbk "geen sportactiviteit kcal/day".

compute spoactbk= SUM. (sport1bk, sport2bk).
Variable label spoactbk "sportactiviteit kcal/day".
fre spoactbk nspoactbk totactbk.
execute.


*******TOTAL SCORE IN METhours/week******  The time spent on physical activity was calculated in min per day { ( frequency in last two weeks* duration in min)/14} . So, divide by 60 and multiply with 7 to get the unit MET hours / week.

compute loopb_meth= 3.5*(loopb/60)*7.
compute fietb_meth= 4.5*(fietb/60)*7.
compute lhuisb_meth=2.5*(lhuisb/60)*7.
compute zhuisb_meth=4.5*(zhuisb/60)*7.
execute.
*sport1.
if (blphya22 = 1) sport1b_meth = 4.0*(sport1b/60)*7 .
if (blphya22 = 2) sport1b_meth = 6.0*(sport1b/60)*7 .
if (blphya22 = 3) sport1b_meth = 4.0*(sport1b/60)*7 .
if (blphya22 = 4) sport1b_meth = 4.0*(sport1b/60)*7 .
if (blphya22 = 5) sport1b_meth = 5.0*(sport1b/60)*7 .
if (blphya22 = 6) sport1b_meth = 5.0*(sport1b/60)*7 .
if (blphya22 = 7) sport1b_meth = 3.0*(sport1b/60)*7 .
if (blphya22 = 8) sport1b_meth = 6.0*(sport1b/60)*7 .
if (blphya22 = 9) sport1b_meth = 7.0*(sport1b/60)*7 .
if (blphya22 = 10) sport1b_meth = 5.5*(sport1b/60)*7 .
if (blphya22 = 11) sport1b_meth = 3.0*(sport1b/60)*7 .
if (blphya22 = 12) sport1b_meth = 2.5*(sport1b/60)*7 .
if (blphya22 = 13) sport1b_meth = 3.0*(sport1b/60)*7 .
if (blphya22 = 14) sport1b_meth = 6.0*(sport1b/60)*7 .
if (blphya22 = 15) sport1b_meth = 4.0*(sport1b/60)*7 .
if (blphya22 = 16) sport1b_meth = 6.0*(sport1b/60)*7 .
if (blphya22 = 17) sport1b_meth = 4.0*(sport1b/60)*7 .
execute.
*sport2.
if (blphya26 = 1) sport2b_meth = 4.0*(sport2b/60)*7 .
if (blphya26 = 2) sport2b_meth = 6.0*(sport2b/60)*7 .
if (blphya26 = 3) sport2b_meth = 4.0*(sport2b/60)*7 .
```

```
if (blphya26 = 4) sport2b_meth = 4.0*(sport2b/60)*7 .
if (blphya26 = 5) sport2b_meth = 5.0*(sport2b/60)*7 .
if (blphya26 = 6) sport2b_meth = 5.0*(sport2b/60)*7 .
if (blphya26 = 7) sport2b_meth = 3.0*(sport2b/60)*7 .
if (blphya26 = 8) sport2b_meth = 6.0*(sport2b/60)*7 .
if (blphya26 = 9) sport2b_meth = 7.0*(sport2b/60)*7 .
if (blphya26 = 10) sport2b_meth = 5.5*(sport2b/60)*7 .
if (blphya26 = 11) sport2b_meth = 3.0*(sport2b/60)*7 .
if (blphya26 = 12) sport2b_meth = 2.5*(sport2b/60)*7 .
if (blphya26 = 13) sport2b_meth = 3.0*(sport2b/60)*7 .
if (blphya26 = 14) sport2b_meth = 6.0*(sport2b/60)*7 .
if (blphya26 = 15) sport2b_meth = 4.0*(sport2b/60)*7 .
if (blphya26 = 16) sport2b_meth = 6.0*(sport2b/60)*7 .
if (blphya26 = 17) sport2b_meth = 4.0*(sport2b/60)*7 .
execute.

compute totactb_meth= SUM. (loopb_meth, fietb_meth, sport1b_meth, sport2b_meth, lhuisb_meth, zhuisb_meth).
Variable label totactb_meth "total activity in b-wave in  METhours/week".

compute nspoactb_meth= SUM. (loopb_meth, fietb_meth, lhuisb_meth, zhuisb_meth).
Variable label nspoactb_meth "no sport activity b-wave METhours/week".

compute spoactb_meth= SUM. (sport1b_meth, sport2b_meth).
Variable label spoactb_meth "sport activity in b wave METhours/week".

fre spoactb_meth nspoactb_meth totactb_meth.
execute.
```