```
*****************************************************************.
**********Physical activity LASA C***********.
*****************************************************************.
COMPUTE filter_$=(clphya01 = 4).
VARIABLE LABEL filter_$ 'clphya01 = 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 loopc=-9.
if (clphya07<1) loopc=-9.
if (clphya06=1) loopc=0.
if (clphya07=1) loopc=0.
if (clphya07=2) and (clphya08 ge 1) and (clphya09 ge 1) loopc=(clphya08*clphya09)/14.
Variable label loopc "total walktime calculated in minutes per day".
execute.
fre loopc.
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 (clphya06=2 and clphya07=2 and clphya08<1 and sex=2) clphya08=13.
if (clphya06=2 and clphya07=2 and clphya08<1 and sex=1) clphya08=15.
if (clphya06=2 and clphya07=2 and clphya09<1 and sex=2) clphya09=36.
if (clphya06=2 and clphya07=2 and clphya09<1 and sex=1) clphya09=38.
if (clphya07=2) and (clphya08 ge 1) and (clphya09 ge 1) loopc=(clphya08*clphya09)/14.
if (loopc>720) loopc=720.
execute.
fre loopc.
execute.
*****************************************************************.
**** CYCLING TOTAL TIME PAST TWO WEEKS ****.
*****************************************************************.
compute fietc=-9.
if (clphya11<1) fietc=-9.
if (clphya10=1) fietc=0.
if (clphya11=1) fietc=0.
if (clphya11=2) and (clphya12 ge 1) and (clphya13 ge 1) fietc= (clphya12*clphya13)/14.
Variable label fietc "total byclyling time in minutes per day".
execute.
fre fietc.
execute.

*The inputation of variable biking- de variabele fietsen imputeren.
if (clphya10=2 and clphya11=2 and clphya12<1 and sex=2) clphya12=9.
if (clphya10=2 and clphya11=2 and clphya12<1 and sex=1) clphya12=11.
if (clphya10=2 and clphya11=2 and clphya13<1 and sex=2) clphya13=27.
if (clphya10=2 and clphya11=2 and clphya13<1 and sex=1) clphya13=33.
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if (clphya11=2) and (clphya12 ge 1) and (clphya13 ge 1) fietc= (clphya12*clphya13)/14.
if (fietc>720) fietc=720.
execute.
fre fietc.
execute.
*****************************************************************.
**** SPORT 1 TOTAL TIME PAST TWO WEEKS ****.
*****************************************************************.
compute sport1c=-9.
if (clphya21<1) sport1c=-9.
if (clphya21=1) sport1c=0.
if (clphya21=2) and (clphya23 ge 1) and (clphya24 ge 1) sport1c=(clphya23*clphya24)/14.
Variable label sport1c "total sport time calculated in minutes per day".
execute.
fre sport1c.
execute.
* Imputation of variable sport1 - de variabele sport1 imputeren.
if (clphya21=2 and clphya23<1 and clphya22=1 and sex=2) clphya23=5.
if (clphya21=2 and clphya23<1 and clphya22=2 and sex=2) clphya23=2.
if (clphya21=2 and clphya23<1 and clphya22=3 and sex=2) clphya23=6.
if (clphya21=2 and clphya23<1 and clphya22=4 and sex=2) clphya23=12.
if (clphya21=2 and clphya23<1 and clphya22=5 and sex=2) clphya23=3.
if (clphya21=2 and clphya23<1 and clphya22=6 and sex=2) clphya23=2.
if (clphya21=2 and clphya23<1 and (clphya22=7 or clphya22=8 or clphya22=9 or clphya22=10 or
clphya22=11 or clphya22=12 or clphya22=13 or clphya22=14 or clphya22=15 or clphya22=16 or
clphya22=17) and sex=2) clphya23=4.
execute.
if (clphya21=2 and clphya24<1 and clphya22=1 and sex=2) clphya24=89.
if (clphya21=2 and clphya24<1 and clphya22=2 and sex=2) clphya24=134.
if (clphya21=2 and clphya24<1 and clphya22=3 and sex=2) clphya24=39.
if (clphya21=2 and clphya24<1 and clphya22=4 and sex=2) clphya24=15.
if (clphya21=2 and clphya24<1 and clphya22=5 and sex=2) clphya24=54.
if (clphya21=2 and clphya24<1 and clphya22=6 and sex=2) clphya24=84.
if (clphya21=2 and clphya24<1 and (clphya22=7 or clphya22=8 or clphya22=9 or clphya22=10 or
clphya22=11 or clphya22=12 or clphya22=13 or clphya22=14 or clphya22=15 or clphya22=16 or
clphya22=17) and sex=2) clphya24=81.
execute.
if (clphya21=2 and clphya23<1 and clphya22=1 and sex=1) clphya23=5.
if (clphya21=2 and clphya23<1 and clphya22=2 and sex=1) clphya23=4.
if (clphya21=2 and clphya23<1 and clphya22=3 and sex=1) clphya23=8.
if (clphya21=2 and clphya23<1 and clphya22=4 and sex=1) clphya23=8.
if (clphya21=2 and clphya23<1 and clphya22=5 and sex=1) clphya23=3.
if (clphya21=2 and clphya23<1 and clphya22=8 and sex=1) clphya23=3.
if (clphya21=2 and clphya23<1 and clphya22=12 and sex=1) clphya23=5.
if (clphya21=2 and clphya23<1 and (clphya22=6 or clphya22=7 or clphya22=9 or clphya22=10 or clphya22=11 or
clphya22=13 or clphya22=14 or clphya22=15 or clphya22=16 or clphya22=17) and sex=1) clphya23=4.
execute.

if (clphya21=2 and clphya24<1 and clphya22=1 and sex=1) clphya24=102.
if (clphya21=2 and clphya24<1 and clphya22=2 and sex=1) clphya24=152.
if (clphya21=2 and clphya24<1 and clphya22=3 and sex=1) clphya24=42.
if (clphya21=2 and clphya24<1 and clphya22=4 and sex=1) clphya24=15.
if (clphya21=2 and clphya24<1 and clphya22=5 and sex=1) clphya24=48.
if (clphya21=2 and clphya24<1 and clphya22=8 and sex=1) clphya24=82.
if (clphya21=2 and clphya24<1 and clphya22=12 and sex=1) clphya24=116.
if (clphya21=2 and clphya24<1 and (clphya22=6 or clphya22=7 or clphya22=9 or clphya22=10 or
clphya22=11 or clphya22=13 or clphya22=14 or clphya22=15 or clphya22=16 or clphya22=17) and
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sex=1) clphya24=112.
execute.
if (clphya21=2 and clphya23 ge 1 and clphya24 ge 1) sport1c=(clphya23*clphya24)/14.
if (sport1c>720) sport1c=720.
execute.
fre sport1c.
*****************************************************************.
**** SPORT 2 TOTAL TIME PAST TWO WEEKS ****.
*****************************************************************.
*calculate total time per day spend on sport2 in past two weeks.
compute sport2c=-9.
if (clphya25<1) sport2c=-9.
if (clphya25=1) sport2c=0.
if (clphya25=2) and (clphya27 ge 1) and (clphya28 ge 1) sport2c=(clphya27*clphya28)/14.
Variable label sport2c "total sport2time calculated in minutes per day".
execute.
fre sport2c.
execute.
* Imputation of the variable sport2 - de variabele sport2 imputeren.
if (clphya25=2 and clphya27<1 and clphya26=1 and sex=2) clphya27=3.
if (clphya25=2 and clphya27<1 and clphya26=2 and sex=2) clphya27=3.
if (clphya25=2 and clphya27<1 and clphya26=3 and sex=2) clphya27=6.
if (clphya25=2 and clphya27<1 and clphya26=4 and sex=2) clphya27=8.
if (clphya25=2 and clphya27<1 and clphya26=5 and sex=2) clphya27=3.
if (clphya25=2 and clphya27<1 and clphya26=6 and sex=2) clphya27=2.
if (clphya25=2 and clphya27<1 and (clphya26=7 or clphya26=8 or clphya26=9 or clphya26=10 or
clphya26=11 or clphya26=12 or clphya26=13 or clphya26=14 or clphya26=15 or clphya26=16 or
clphya26=17) and sex=2) clphya27=3.
execute.

if (clphya25=2 and clphya27<1 and clphya26=1 and sex=1) clphya27=5.
if (clphya25=2 and clphya27<1 and clphya26=2 and sex=1) clphya27=3.
if (clphya25=2 and clphya27<1 and clphya26=3 and sex=1) clphya27=9.
if (clphya25=2 and clphya27<1 and clphya26=5 and sex=1) clphya27=3.
if (clphya25=2 and clphya27<1 and clphya26=12 and sex=1) clphya27=3.
if (clphya25=2 and clphya27<1 and (clphya26=4 or clphya26=6 or clphya26=7 or clphya26=8 or
clphya26=9 or clphya26=10 or clphya26=11 or clphya26=13 or clphya26=14 or clphya26=15 or
clphya26=16 or clphya26=17) and sex=1) clphya27=4.
execute.

if (clphya25=2 and clphya28<1 and clphya26=1 and sex=2) clphya28=86.
if (clphya25=2 and clphya28<1 and clphya26=2 and sex=2) clphya28=117.
if (clphya25=2 and clphya28<1 and clphya26=3 and sex=2) clphya28=34.
if (clphya25=2 and clphya28<1 and clphya26=4 and sex=2) clphya28=14.
if (clphya25=2 and clphya28<1 and clphya26=5 and sex=2) clphya28=55.
if (clphya25=2 and clphya28<1 and clphya26=6 and sex=2) clphya28=86.
if (clphya25=2 and clphya28<1 and (clphya26=7 or clphya26=8 or clphya26=9 or clphya26=10 or
clphya26=11 or clphya26=12 or clphya26=13 or clphya26=14 or clphya26=15 or clphya26=16 or
clphya26=17) and sex=2) clphya28=80.
execute.

if (clphya25=2 and clphya28<1 and clphya26=1 and sex=1) clphya28=110.
if (clphya25=2 and clphya28<1 and clphya26=2 and sex=1) clphya28=122.
if (clphya25=2 and clphya28<1 and clphya26=3 and sex=1) clphya28=31.
if (clphya25=2 and clphya28<1 and clphya26=5 and sex=1) clphya28=61.
if (clphya25=2 and clphya28<1 and clphya26=12 and sex=1) clphya28=113.
if (clphya25=2 and clphya28<1 and (clphya26=4 or clphya26=6 or clphya26=7 or clphya26=8 or
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clphya26=9 or clphya26=10 or clphya26=11 or clphya26=13 or clphya26=14 or clphya26=15 or
clphya26=16 or clphya26=17) and sex=1) clphya28=98.
execute.
if (clphya25=2) and (clphya27 ge 1) and (clphya28 ge 1) sport2c=(clphya27*clphya28)/14.
if (sport2c>720) sport2c=720.
if (sport1c=0 and sport2c=-9) sport2c=0.
execute.
fre sport2c.
*************************************************************************.
**** LIGHT HOUSHOLD ACTIVITIES PAST TWO WEEKS ****.
*************************************************************************.
*compute total time per day spend on light houshold activities in past two weeks.
compute lhuisc=-9.
if (clphya32<1) lhuisc=-9.
if (clphya31=1) lhuisc=0.
if (clphya32=1) lhuisc=0.
if (clphya32=2) and (clphya33 ge 1) and (clphya34 ge 1) lhuisc=(clphya33*clphya34)/14.
Variable label lhuisc "total licht huishoudentime calculated in minutes per day".
execute.
fre lhuisc.
execute.
*Imputation of the variable Light household activities/work - de variablen licht huishoudelijk werk imputeren.
if (clphya31=2 and clphya32=2 and clphya33<1 and sex=2) clphya33=14.
if (clphya31=2 and clphya32=2 and clphya33<1 and sex=1) clphya33=12.
if (clphya31=2 and clphya32=2 and clphya34<1 and sex=2) clphya34=130.
if (clphya31=2 and clphya32=2 and clphya34<1 and sex=1) clphya34=66.
if (clphya32=2 and clphya33 ge 1 and clphya34 ge 1) lhuisc=(clphya33*clphya34)/14.
if (lhuisc>720) lhuisc=720.
execute.
fre lhuisc.
execute.
*************************************************************************.
**** HEAVY HOUSHOLD ACTIVITIES PAST TWO WEEKS ****.
*************************************************************************.
*calculate total time per day spend on heavy household activities in past two weeks.
compute zhuisc=-9.
if (clphya36<1) zhuisc=-9.
if (clphya35=1) zhuisc=0.
if (clphya36=1) zhuisc=0.
if ((clphya36=2) and (clphya37 ge 1) and (clphya38 ge 1)) zhuisc=(clphya37*clphya38)/14.
Variable label zhuisc "total zwaar huishoudentijd calculated in minutes per day".
execute.
fre zhuisc.
execute.
*Imputation of the variable HEAVY HOUSEHOLD ACTIVITIES - de variabele zwaar huishoudelijk werk
imputeren.
if (clphya35=2 and clphya36=2 and clphya37<1 and sex=2) clphya37=4.
if (clphya35=2 and clphya36=2 and clphya37<1 and sex=1) clphya37=4.
if (clphya35=2 and clphya36=2 and clphya38<1 and sex=2) clphya38=106.
if (clphya35=2 and clphya36=2 and clphya38<1 and sex=1) clphya38=91.
if (clphya36=2 and clphya37 ge 1 and clphya38 ge 1) zhuisc=(clphya37*clphya38)/14.
if (zhuisc>720) zhuisc=720.
execute.
fre zhuisc.
execute.
*************************************************************************.
**** PHYSICAL ACTIVITY TOTAL SCORE **********************.
```

```
*************************************************************************.
missing value loopc fietc sport1c sport2c lhuisc zhuisc (-9).
count misactc= loopc fietc sport1c sport2c lhuisc zhuisc (-9).
fre misactc.
execute.
*was activity pattern normal in past two weeks, yes/no.
compute normalc=-9.
if (clphya39=2) normalc=1.
if (clphya39=1) normalc=0.
if (clphya39<1) normalc=-9.
Variable label normalc "was activity pattern normal in past two weeks".
value labels normalc (1)"ja"(0) "nee" (-9) "missing".
execute.
fre normalc.
execute.
compute totactc= SUM. (loopc, fietc, sport1c, sport2c, lhuisc, zhuisc).
Variable label totactc "totale activiteit op c".
compute nspoactc= SUM. (loopc, fietc, lhuisc, zhuisc).
Variable label nspoactc "geen sportactiviteit".
compute spoactc= SUM. (sport1c, sport2c).
Variable label spoactc "sportactiviteit".
fre spoactc nspoactc totactc.
execute.
*************************************************************************.
**** TOTAL SCORE IN KCAL/DAY*********************************.
*************************************************************************.
*assigning MET-scores.
missing value cmed153 (-1 -2 -3).
execute.

compute loopck= 3.5* cmed153 *(loopc/60).
compute fietck= 4.5* cmed153 *(fietc/60).
compute lhuisck=2.5* cmed153 *(lhuisc/60).
compute zhuisck=4.5* cmed153 *(zhuisc/60).
execute.
*sport1.
if (clphya22 = 1) sport1ck = 4.0* cmed153 *(sport1c/60) .
if (clphya22 = 2) sport1ck = 6.0* cmed153 *(sport1c/60) .
if (clphya22 = 3) sport1ck = 4.0* cmed153 *(sport1c/60) .
if (clphya22 = 4) sport1ck = 4.0* cmed153 *(sport1c/60) .
if (clphya22 = 5) sport1ck = 5.0* cmed153 *(sport1c/60) .
if (clphya22 = 6) sport1ck = 5.0* cmed153 *(sport1c/60) .
if (clphya22 = 7) sport1ck = 3.0* cmed153 *(sport1c/60) .
if (clphya22 = 8) sport1ck = 6.0* cmed153 *(sport1c/60) .
if (clphya22 = 9) sport1ck = 7.0* cmed153 *(sport1c/60) .
if (clphya22 = 10) sport1ck = 5.5* cmed153 *(sport1c/60) .
if (clphya22 = 11) sport1ck = 3.0* cmed153 *(sport1c/60) .
if (clphya22 = 12) sport1ck = 2.5* cmed153 *(sport1c/60) .
if (clphya22 = 13) sport1ck = 3.0* cmed153 *(sport1c/60) .
if (clphya22 = 14) sport1ck = 6.0* cmed153 *(sport1c/60) .
if (clphya22 = 15) sport1ck = 4.0* cmed153 *(sport1c/60) .
if (clphya22 = 16) sport1ck = 6.0* cmed153 *(sport1c/60) .
if (clphya22 = 17) sport1ck = 4.0* cmed153 *(sport1c/60) .
execute.
*sport2.
if (clphya26 = 1) sport2ck = 4.0* cmed153 *(sport2c/60) .
if (clphya26 = 2) sport2ck = 6.0* cmed153 *(sport2c/60) .
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if (clphya26 = 3) sport2ck = 4.0* cmed153 *(sport2c/60) .
if (clphya26 = 4) sport2ck = 4.0* cmed153 *(sport2c/60) .
if (clphya26 = 5) sport2ck = 5.0* cmed153 *(sport2c/60) .
if (clphya26 = 6) sport2ck = 5.0* cmed153 *(sport2c/60) .
if (clphya26 = 7) sport2ck = 3.0* cmed153 *(sport2c/60) .
if (clphya26 = 8) sport2ck = 6.0* cmed153 *(sport2c/60) .
if (clphya26 = 9) sport2ck = 7.0* cmed153 *(sport2c/60) .
if (clphya26 = 10) sport2ck = 5.5*cmed153 *(sport2c/60) .
if (clphya26 = 11) sport2ck = 3.0* cmed153 *(sport2c/60) .
if (clphya26 = 12) sport2ck = 2.5* cmed153 *(sport2c/60) .
if (clphya26 = 13) sport2ck = 3.0* cmed153 *(sport2c/60) .
if (clphya26 = 14) sport2ck = 6.0* cmed153 *(sport2c/60) .
if (clphya26 = 15) sport2ck = 4.0* cmed153 *(sport2c/60) .
if (clphya26 = 16) sport2ck = 6.0* cmed153 *(sport2c/60) .
if (clphya26 = 17) sport2ck = 4.0* cmed153 *(sport2c/60) .
execute.

compute totactck= SUM. (loopck, fietck, sport1ck, sport2ck, lhuisck, zhuisck).
Variable label totactck "totale activiteit op c kcal/day".

compute nspoactck= SUM. (loopck, fietck, lhuisck, zhuisck).
Variable label nspoactck "geen sportactiviteit kcal/day".

compute spoactck= SUM. (sport1ck, sport2ck).
Variable label spoactck "sportactiviteit kcal/day".
fre spoactck nspoactck totactck.
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 loopc_meth= 3.5*(loopc/60)*7.
compute fietc_meth= 4.5*(fietc/60)*7.
compute lhuisc_meth=2.5*(lhuisc/60)*7.
compute zhuisc_meth=4.5*(zhuisc/60)*7.
execute.
*sport1.
if (clphya22 = 1) sport1c_meth = 4.0*(sport1c/60)*7 .
if (clphya22 = 2) sport1c_meth = 6.0*(sport1c/60)*7 .
if (clphya22 = 3) sport1c_meth = 4.0*(sport1c/60)*7 .
if (clphya22 = 4) sport1c_meth = 4.0*(sport1c/60)*7 .
if (clphya22 = 5) sport1c_meth = 5.0*(sport1c/60)*7 .
if (clphya22 = 6) sport1c_meth = 5.0*(sport1c/60)*7 .
if (clphya22 = 7) sport1c_meth = 3.0*(sport1c/60)*7 .
if (clphya22 = 8) sport1c_meth = 6.0*(sport1c/60)*7 .
if (clphya22 = 9) sport1c_meth = 7.0*(sport1c/60)*7 .
if (clphya22 = 10) sport1c_meth = 5.5*(sport1c/60)*7 .
if (clphya22 = 11) sport1c_meth = 3.0*(sport1c/60)*7 .
if (clphya22 = 12) sport1c_meth = 2.5*(sport1c/60)*7 .
if (clphya22 = 13) sport1c_meth = 3.0*(sport1c/60)*7 .
if (clphya22 = 14) sport1c_meth = 6.0*(sport1c/60)*7 .
if (clphya22 = 15) sport1c_meth = 4.0*(sport1c/60)*7 .
if (clphya22 = 16) sport1c_meth = 6.0*(sport1c/60)*7 .
if (clphya22 = 17) sport1c_meth = 4.0*(sport1c/60)*7 .
execute.
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```
*sport2.
if (clphya26 = 1) sport2c_meth = 4.0*(sport2c/60)*7 .
if (clphya26 = 2) sport2c_meth = 6.0*(sport2c/60)*7 .
if (clphya26 = 3) sport2c_meth = 4.0*(sport2c/60)*7 .
if (clphya26 = 4) sport2c_meth = 4.0*(sport2c/60)*7 .
if (clphya26 = 5) sport2c_meth = 5.0*(sport2c/60)*7 .
if (clphya26 = 6) sport2c_meth = 5.0*(sport2c/60)*7 .
if (clphya26 = 7) sport2c_meth = 3.0*(sport2c/60)*7 .
if (clphya26 = 8) sport2c_meth = 6.0*(sport2c/60)*7 .
if (clphya26 = 9) sport2c_meth = 7.0*(sport2c/60)*7 .
if (clphya26 = 10) sport2c_meth = 5.5*(sport2c/60)*7 .
if (clphya26 = 11) sport2c_meth = 3.0*(sport2c/60)*7 .
if (clphya26 = 12) sport2c_meth = 2.5*(sport2c/60)*7 .
if (clphya26 = 13) sport2c_meth = 3.0*(sport2c/60)*7 .
if (clphya26 = 14) sport2c_meth = 6.0*(sport2c/60)*7 .
if (clphya26 = 15) sport2c_meth = 4.0*(sport2c/60)*7 .
if (clphya26 = 16) sport2c_meth = 6.0*(sport2c/60)*7 .
if (clphya26 = 17) sport2c_meth = 4.0*(sport2c/60)*7 .
execute.

compute totactc_meth= SUM. (loopc_meth, fietc_meth, sport1c_meth, sport2c_meth, lhuisc_meth, zhuisc_meth).
Variable label totactc_meth "total activity in c-wave in  METhours/week".

compute nspoactc_meth= SUM. (loopc_meth, fietc_meth, lhuisc_meth, zhuisc_meth).
Variable label nspoactc_meth "no sport activity c-wave METhours/week".

compute spoactc_meth= SUM. (sport1c_meth, sport2c_meth).
Variable label spoactc_meth "sport activity in c wave METhours/week".

fre spoactc_meth nspoactc_meth totactc_meth.
execute.
```