

## Variable information:

LASAB160 / LASAC160 / LASAD160 / LASAE160 / LAS2B160 / LASAF160 /  
LASAG160 / LASAH160 / LAS3B160 / LASMB160 / LASAI160 / LASAJ160†

**LASAB160**

name	label	values
bmvar142	Weight: change	no valid data(-3), no answer, routing(-2), no answer, asked(-1), not changed(1), gained weight(2), lost weight(3)
bmvar143	Weight: change kilogram	no valid data(-3), no answer, routing(-2), no answer, asked(-1)
bmvar144	Weight: change reason	na, see BMVAR142(-2), na, asked(-1), sickness(1), diet(2), social factors(3), other → BMVAC144(4), do not know(5)
bmvac144	Weight: change reason: coded	no valid data(-3,0), no weight change(-2,0), no answer, asked(-1,0), <b>see * Table Reason</b>
bmvc144l	Reason weight loss	no valid data(-3), no weight loss(-2), no answer, asked(-1), voluntary(1), involuntary(2), eating less or different(3)
bmvc144g	Reason weight gain	no valid data(-3), no weight gain(-2), no answer, asked(-1), related to eating(1), physical inactivity(2), eating and physical inactivity(3), medical reasons(4), other(5)
bmvar145	Weight: highest in life kilogram	no valid data(-3), no answer, routing(-2), no answer, asked(-1)
bmvar146	Weight: highest in life age	see bmvar145
bmvar147	Weight: at 40 in kilogram	see bmvar145
bmvar148	Length: at 40 in centimeters	see bmvar145

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**LASAC160**

cmvar142	Weight: change last 6 months	na, interview terminated(-5), no valid data(-1), not changed(1), gained weight(2), lost weight(3)
cmvar143	Weight: change kilogram	na, see CMVAR142(-2), no valid data(-1)
cmvar144	Weight: change reason	na, see CMVAR142(-2), no valid data(-1), sickness(1), diet(2), social factors(3), other→ CMVAC144(4), do not know(5)
cmvac144	Weight: change reason: coded	no valid data(-3,0), no weight change(-2,0), no answer, asked(-1,0), <b>see * Table Reason</b>
cmvc144l	Reason weight loss	no valid data(-3), no weight loss(-2), no answer, asked(-1), voluntary(1), involuntary(2), eating less or different(3)
cmvc144g	Reason weight gain	no valid data(-3), no weight gain(-2), no answer, asked(-1), related to eating(1), physical inactivity(2), eating and physical inactivity(3), medical reasons(4), other(5)
cmvar520	Height: at age 25 in centimeters	na, interview terminated(-5), no valid data(-1)
cmvar521	Weight: lowest after age 25	na, interview terminated(-5), no valid data(-1)

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**LASAD160 / LASAE160**

d/emvar142	Weight: change last 6 months	na, interview terminated(-5), na, asked(-1), not changed(1), gained weight(2), lost weight(3)
d/emvar143	Weight: change kilogram	na, see D/EMVAR142(-2), na, asked(-1)
d/emvar144	Weight: change reason	na, see D/EMVAR142(-2), na, asked(-1), sickness(1), diet(2), social factors(3), other→ D/EMVAC144(4), do not know(5)
d/emvac144	Weight: change reason: coded	no valid data(-3,0), no weight change(-2,0), no answer, asked(-1,0), <b>see * Table Reason</b>
d/emvc144l	Reason weight loss	no valid data(-3), no weight loss(-2), no answer, asked(-1), voluntary(1), involuntary(2), eating less or different(3)
d/emvc144g	Reason weight gain	no valid data(-3), no weight gain(-2), no answer, asked(-1), related to eating(1), physical inactivity(2), eating and physical inactivity(3), medical reasons(4), other(5)

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**LAS2B160**

name	label	values
bmvar142	Weight: change last 6 months	na, asked(-1), not changed(1), gained weight(2), lost weight(3)
bmvar143	Weight: change kilogram	na, see BMVAR142(-2), na, asked(-1)
bmvar144	Weight: change reason	na, see BMVAR142(-2), na, asked(-1), sickness(1), diet(2), social factors(3), other → BMVAC144(4), do not know(5)
bmvac144	Weight: change reason: coded	no valid data(-3,0), no weight change(-2,0), no answer, asked(-1,0), <b>see * Table Reason</b>
bmvc144l	Reason weight loss	no valid data(-3), no weight loss(-2), no answer, asked(-1), voluntary(1), involuntary(2), eating less or different(3)
bmvc144g	Reason weight gain	no valid data(-3), no weight gain(-2), no answer, asked(-1), related to eating(1), physical inactivity(2), eating and physical inactivity(3), medical reasons(4), other(5)
bmwmax	Weight: maximum in lifetime	na, asked(-1)
bmagemwx	Weight: age at maximum weight	na, asked(-1)
bmwage25	Weight: weight at age 25	na, asked(-1)
bmwage40	Weight: weight at age 40	na, asked(-1)
bmhage25	Height: height at age 25	na, asked(-1)

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**LASAF160**

name	label	values
fmvar142	Weight: change last 6 months	na, asked(-1), not changed(1), gained weight(2), lost weight(3)
fmvar143	Weight: change kilogram	na, see FMVAR142(-2), na, asked(-1)
fmvar144	Weight: change reason	na, see FMVAR142(-2), na, asked(-1), sickness(1), diet(2), social factors(3), other → FMVAC144(4), do not know(5)
fmvac144	Weight: change reason: coded	no valid data(-3,0), no weight change(-2,0), no answer, asked(-1,0), <b>see * Table Reason</b>
fmvc144l	Reason weight loss	no valid data(-3), no weight loss(-2), no answer, asked(-1), voluntary(1), involuntary(2), eating less or different(3)
fmvc144g	Reason weight gain	no valid data(-3), no weight gain(-2), no answer, asked(-1), related to eating(1), physical inactivity(2), eating and physical inactivity(3), medical reasons(4), other(5)
fmsatw	Satisfied with body weight	na, asked / do not know(-1), very(1), reasonably(2), a little(3), not at all(4)
fmestw	Estimation body weight	na, asked / do not know(-1), underweight(1), approx. normal weight(2), overweight(3)
fmattw	Pay attention to body weight	na, asked / do not know(-1), yes, trying to lose weight(1), yes, trying not to gain weight(2), yes, trying not to lose weight(3), yes, trying to gain weight(4), no(5)

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fmlwm01	LW method 1: eat less	no answer, see FMATTW(-2), no answer, asked(-1), not mentioned(0), mentioned(1)
fmlwm02	LW method 2: less snacks	see fmlwm01
fmlwm03	LW method 3: eat less fat	see fmlwm01
fmlwm04	LW method 4: drink less alcohol	see fmlwm01
fmlwm05	LW method 5: limit types of food	see fmlwm01
fmlwm06	LW method 6: light products	see fmlwm01
fmlwm07	LW method 7: replacements (Slim Fast)	see fmlwm01
fmlwm08	LW method 8: slimming program (WW)	see fmlwm01
fmlwm09	LW method 9: more exercise (sports)	see fmlwm01
fmlwm10	LW method 10: more daily exercise (stairs)	see fmlwm01
fmlwm11	LW method 11: more smoking	see fmlwm01
fmlwm12	LW method 12: slimming pills	see fmlwm01
fmlwm13	LW method 13: stomach reduction	see fmlwm01
fmlwm14	LW method 14: guidance dietician	see fmlwm01
fmlwm15	LW method 15: other method	see fmlwm01

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**LASAG160**

name	label	values
gmvar142	Weight: change last 6 months	na, asked(-1), not changed(1), gained weight(2), lost weight(3)
gmvar143	Weight: change kilogram	na, see GMVAR142(-2), na, asked(-1)
gmvar144	Weight: change reason	na, see GMVAR142(-2), na, asked(-1), sickness(1), diet(2), social factors(3), other → GMVAC144(4), do not know(5)
gmvac144	Weight: change reason: coded	no valid data(-3,0), no weight change(-2,0), no answer, asked(-1,0), <b>see * Table Reason</b>
gmvc144l	Reason weight loss	no valid data(-3), no weight loss(-2), no answer, asked(-1), - to be coded -(0), voluntary(1), involuntary(2), eating less or different(3)
gmvc144g	Reason weight gain	no valid data(-3), no weight gain(-2), no answer, asked(-1), - to be coded -(0), related to eating(1), physical inactivity(2), eating and physical inactivity(3), medical reasons(4), other(5)
gmsatw	Satisfaction with body weight	na, asked / dont know(-1), very dissatisfied(1), dissatisfied(2), not satisfied/dissatisfied(3), satisfied(4), very satisfied(5)
gmestw	Estimation body weight	na, asked / dont know(-1), severe underweight(1), underweight(2), approx. normal weight(3), overweight(4), severe overweight(5)

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gmattw	Pay attention to body weight	na, asked / dont know(-1), yes, trying to lose weight(1), yes, trying not to gain weight(2), yes, trying not to lose weight(3), yes, trying to gain weight(4), no(5)
gmlwm01	LW method 1: eat less	no answer, see GMATTW(-2), no answer, asked(-1), not mentioned(0), mentioned(1)
gmlwm02	LW method 2: less snacks	see gmlwm01
gmlwm03	LW method 3: eat less fat	see gmlwm01
gmlwm04	LW method 4: drink less alcohol	see gmlwm01
gmlwm05	LW method 5: limit types of food	see gmlwm01
gmlwm06	LW method 6: light products	see gmlwm01
gmlwm07	LW method 7: replacements (Slim Fast)	see gmlwm01
gmlwm08	LW method 8: slimming program (WW)	see gmlwm01
gmlwm09	LW method 9: more exercise (sports)	see gmlwm01
gmlwm10	LW method 10: more daily exercise (stairs)	see gmlwm01
gmlwm11	LW method 11: more smoking	see gmlwm01
gmlwm12	LW method 12: slimming pills	see gmlwm01
gmlwm13	LW method 13: stomach reduction	see gmlwm01
gmlwm14	LW method 14: guidance dietician	see gmlwm01



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**LASAH160**

name	label	values
hmvar142	Weight change last 6 months	na, asked(-1), not changed(1), gained weight(2), lost weight(3)
hmvar143	Weight change kilogram	na, see HMVAR142(-2), na, asked(-1)
hmvar144l	Weight loss reason: original question	na, see HMVAR142(-2), na, asked(-1), sickness (unintentional)(1), diet (intentional)(2), other diet (unintentional)(3), more physical activity (intentional)(4), reason unknown (unintentional)(5), social factors (unintentional)(6), other reason → HMVAC144(7)
hmvar144g	Weight gain reason: original question	na, see HMVAR142(-2), na, asked(-1), sickness(1), eating more or different(2), less physical activity(3), combination of eating more/different and physical inactive(4), reason unknown(5), other reason → HMVAC144(6)
hmvac144	Weight change other reason: coded	no valid data(-3,0), na, see HMVAR144L/G(-2,0), na, asked(-1,0), <b>see * Table Reason</b>
hmvc144l	Reason weight loss: coded	no valid data(-3), na, see HMVAR144L(-2), na, asked(-1), sickness (unintentional)(1), diet (intentional)(2), different diet (unintentional)(3), physical activity (intentional)(4), reason unknown (unintentional)(5), social factors (unintentional)(6), other reason(7), eating less or different (unknown)(8), eating less and physical active (intentional)(9), physical activity (unintentional)(10), physical activity (unknown)(11), aging (unintentional)(12)

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hmvc144g	Reason weight gain: coded	no valid data(-3), na, see HMVAR144G(-2), na, asked(-1), sickness(1), related to eating(2), physical inactivity(3), eating and physical inactivity(4), reason unknown(5), other reason(6), 'aging'(7), 'social factors'(8)
hmeatl6m	Eating less last 6 months (problems)	na, asked(-1), did not eat less(1), did eat somewhat less(2), did eat much less(3)
hmprob6m	Psychological stress or severe sickness last 6 months	na, asked(-1), no(1), yes(2)
hmapp7d	Appetite last 7 days	na, asked(-1), good(1), moderate(2), poor(3)
hmapp6m	Appetite last 6 months (average)	na, asked(-1), good(1), moderate(2), poor(3)
hmsatw	Satisfaction with body weight	na, asked(-1), very dissatisfied(1), dissatisfied(2), not satisfied/dissatisfied(3), satisfied(4), very satisfied(5), do not know(6)
hmestw	Estimation body weight	na, asked(-1), severe underweight(1), underweight(2), approx. normal weight (3), overweight(4), severe overweight(5), do not know(6)
hmattw	Pay attention to body weight	na, asked(-1), yes, trying to lose weight(1), yes, trying not to gain weight(2), yes, trying not to lose weight(3), yes, trying to gain weight(4), no(5), do not know(6)
hmwage25	Weight at age 25	na, asked(-1)

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**LAS3B160**

name	label	values
bmvar142	Weight change last 6 months	na, asked(-1), not changed(1), gained weight(2), lost weight(3)
bmvar143	Weight change kilogram	na, see BMVAR142(-2), na, asked(-1)
bmvar144l	Weight loss reason: original question	na, see BMVAR142(-2), na, asked(-1), sickness (unintentional)(1), diet (intentional)(2), other diet (unintentional)(3), more physical activity (intentional)(4), reason unknown (unintentional)(5), social factors (unintentional)(6), other reason → BMVAC144(7)
bmvar144g	Weight gain reason: original question	na, see BMVAR142(-2), na, asked(-1), sickness(1), eating more or different(2), less physical activity(3), combination of eating more/different and physical inactive(4), reason unknown(5), other reason → BMVAC144(6)
bmvac144	Weight change other reason: coded	no valid data(-3,0), na, see BMVAR144L/G(-2,0), na, asked(-1,0), <b>see * Table Reason</b>
bmvc144l	Reason weight loss: coded	no valid data(-3), na, see BMVAR144L(-2), na, asked(-1), sickness (unintentional)(1), diet (intentional)(2), different diet (unintentional)(3), physical activity (intentional)(4), reason unknown (unintentional)(5), social factors (unintentional)(6), other reason(7), eating less or different (unknown)(8), eating less and physical active (intentional)(9), physical activity (unintentional)(10), physical activity (unknown)(11), aging (unintentional)(12)

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bmvc144g	Reason weight gain: coded	no valid data(-3), na, see BMVAR144G(-2), na, asked(-1), sickness(1), related to eating(2), physical inactivity(3), eating and physical inactivity(4), reason unknown(5), other reason(6), 'aging'(7), 'social factors'(8)
bmeatl6m	Eating less last 6 months (problems)	na, asked(-1), did not eat less(1), did eat somewhat less(2), did eat much less(3)
bmprob6m	Psychological stress or severe sickness last 6 months	na, asked(-1), no(1), yes(2)
bmapp7d	Appetite last 7 days	na, section not done(-3), na, asked(-1), good(1), moderate(2), poor(3)
bmapp6m	Appetite last 6 months (average)	na, section not done(-3), na, asked(-1), good(1), moderate(2), poor(3)
bmsatw	Satisfaction with body weight	na, section not done(-3), na, asked(-1), very dissatisfied(1), dissatisfied(2), not satisfied/dissatisfied(3), satisfied(4), very satisfied(5), do not know(6)
bmestw	Estimation body weight	na, asked(-1), severe underweight(1), underweight(2), approx. normal weight (3), overweight(4), severe overweight(5), do not know(6)
bmattw	Pay attention to body weight	na, asked(-1), yes, trying to lose weight(1), yes, trying not to gain weight(2), yes, trying not to lose weight(3), yes, trying to gain weight(4), no(5), do not know(6)

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bmmxw	Maximum weight in lifetime	na, section not done(-3), na, asked(-1)
bmagmxw	Age at maximum weight	see bmmxw
bmwage25	Weight at age 25	see bmmxw
bmwage40	Weight at age 40	see bmmxw
bmhage25	Height at age 25	see bmmxw

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**LASMB160**

<b>name</b>	<b>label</b>	<b>values</b>
bmwloss	Unintentional weight loss in past 6 months: lost 4 kg or more	na, asked(-1), no(1), yes(2), unknown(3)
bmwclot	Unintentional weight loss in past 6 months: looser fitting clothing	na, see BMWLOSS(-2), na, asked(-1), no(1), yes(2)
bmwbelt	Unintentional weight loss in past 6 months: tightened belt	na, see BMWLOSS(-2), na, asked(-1), no(1), yes(2)
bmwlatc	Unintentional weight loss in past 6 months: looser fitting watch	na, see BMWLOSS(-2), na, asked(-1), no(1), yes(2)

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**LASAI160**

name	label	values
imvar142	Weight change last 6 months	na, section not done(-3), na, asked(-1), not changed(1), gained weight(2), lost weight(3)
imvar143l	Weight loss kilogram	na, see IMVAR142(-2), na, asked(-1)
imvar143g	Weight gain kilogram	na, see IMVAR142(-2), na, asked(-1)
imvar144l	Weight loss reason: original question	na, see IMVAR142(-2), na, asked(-1), sickness (unintentional)(1), diet (intentional)(2), other diet (unintentional)(3), more physical activity (intentional)(4), reason unknown (unintentional)(5), social factors (unintentional)(6), other reason → IMVAC144(7)
imvar144g	Weight gain reason: original question	na, see IMVAR142(-2), na, asked(-1), sickness(1), eating more or different(2), less physical activity(3), combination of eating more/different and physical inactive(4), reason unknown(5), other reason → IMVAC144(6)
imvac144	Weight change other reason: coded	no valid data(-3,0), na, see IMVAR144L/G(-2,0), na, asked(-1,0), <b>see * Table Reason</b>
imvc144l	Reason weight loss: coded	no valid data(-3), na, see IMVAR144L(-2), na, asked(-1), sickness (unintentional)(1), diet (intentional)(2), different diet (unintentional)(3), physical activity (intentional)(4), reason unknown (unintentional)(5), social factors (unintentional)(6), other reason(7), eating less or different (unknown)(8), eating less and physical active (intentional)(9), physical activity (unintentional)(10), physical activity (unknown)(11), aging (unintentional)(12)

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imvc144g	Reason weight gain: coded	no valid data(-3), na, see IMVAR144G(-2), na, asked(-1), sickness(1), related to eating(2), physical inactivity(3), eating and physical inactivity(4), reason unknown(5), other reason(6), 'aging'(7), 'social factors'(8)
imeatl6m	Eating less last 6 months (problems)	na, section not done(-3), na, asked(-1), did not eat less(1), did eat somewhat less(2), did eat much less(3)
improb6m	Psychological stress or severe sickness last 6 months	na, section not done(-3), na, asked(-1), no(1), yes(2)
imapp7d	Appetite last 7 days	na, section not done(-3), na, asked(-1), good(1), moderate(2), poor(3)
imestw	Estimation body weight	na, section not done(-3), na, asked(-1), severe underweight(1), underweight(2), approx. normal weight (3), overweight(4), severe overweight(5), do not know(6)
imwage25	Weight at age 25	na, section not done(-3), na, asked(-1)
imwage40	Weight at age 40	na, section not done(-3), na, asked(-1)
imhage25	Height at age 25	na, section not done(-3), na, asked(-1)



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**LASAJ160†**

name	label	values
jmvar142	Weight change last 6 months	na, section not done(-3), na, asked(-1), not changed(1), gained weight(2), lost weight(3)
jmvar143l	Weight loss kilogram	na, see JMVAR142(-2), na, asked(-1)
jmvar143g	Weight gain kilogram	na, see JMVAR142(-2), na, asked(-1)
jmvar144l	Weight loss reason	na, see JMVAR142(-2), na, asked(-1), sickness (unintentional)(1), diet (intentional)(2), other diet (unintentional)(3), more physical activity (intentional)(4), reason unknown (unintentional)(5), social factors (unintentional)(6), combination of eating less/healthier and more physically active (intentional)(7) other reason - to be coded(8)
jmvar144g	Weight gain reason	na, see JMVAR142(-2), na, asked(-1), sickness(1), eating more or different(2), less physical activity(3), combination of eating more/different and physical inactive(4), reason unknown(5), other reason - to be coded(6)
jmeatl6m	Eating less last 6 months (problems)	na, section not done(-3), na, see JMVAR142(-2), na, asked(-1), did not eat less(1), did eat somewhat less(2), did eat much less(3)
jmprob6m	Psychological stress or severe sickness last 6 months	na, section not done(-3), na, asked(-1), no(1), yes(2)
jmapp7d	Appetite last 7 days	na, section not done(-3), na, asked(-1), good(1), moderate(2), poor(3)

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jrestw	Estimation body weight	na, section not done(-3), na, asked(-1), severe underweight(1), underweight(2), approx. normal weight (3), overweight(4), severe overweight(5), do not know(6)
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<sup>†</sup> : J not available yet

*	b/c/d/e/2b/f/g/h/3b/imvac144 Table Reason weight gain/loss
1,0	sickness (unintentional)
1,1	medication (unintentional)
1,2	physical inactive due to sickness (unintentional)
1,3	lost weight due to sickness <b>not in wave G, H, 3B, I</b> ; now gained weight (unintentional)
2,0	diet (intentional)
2,1	eating less or different (unknown)
2,2	eating more or different (unintentional)
2,3	eating more and physical inactive (unintentional)
2,4	quit smoking (unknown)
2,5	smoking (unknown)
2,6	<b>in waves G/H/3B/I</b> : eating less and physical active (intentional)
2,7	<b>in waves G/H/3B/I</b> : eating less or different (unintentional)
3,0	social factors (unintentional)
3,1	social factors recoded (unintentional)
5,0	do not know (unintentional)
5,1	<b>in waves G/H/3B/I</b> : other reason (implausible reason) (unknown)
6,0	physical activities (intentional)
6,1	physical activity (unknown)
6,2	physical inactivity (unintentional)
6,3	working harder (unintentional)
6,4	<b>in waves G/H/3B/I</b> : physical activity (unintentional)
7,0	older age ((unintentional)
8,0	loss of appetite (unintentional)
9,0	diuretics or dehydration
9,1	oedeme/ascites
9,2	quit prednison