Physical Activity and Transit (PAT) Survey - Accelerometer Data Public Use Codebook

Codebook for Physical Activity and Transit (PAT)
Accelerometer Data – Weekly data

*PAT Accelerometer Device Nesting Variable = strata_pat

 *PAT Accelerometer Device Weight = wt_patw2accel

Physical Activity and Transit (PAT) Survey - Accelerometer Data Public Use Codebook

ADMINISTRATIVE VARIABLES			
Recoded Variable	**Description**	**Frequencies (unweighted)**	**NOTES**
PATCID	Unique participant identifier	Continuous 679	For merging with survey data
strata_pat	Stratification/nesting variable for analysis	Range 6 - 20 679	
Valid_Days	Number of days with at least 10 hours of weartime	4 59 5 104 6 173 7 343	This dataset is restricted to include only those with at least 10 hours of wear time on 4 or more days per NHANES protocol
Firstday	Day of week of day 1	Monday 8 Tuesday 5 Wednesday 4 Thursday 623 Friday 22 Saturday 10 Sunday 7	Default start day of week was Thursday. Approximately 10% of participants started on a different day of the week.
Month	Month of year of day 1	3=March 10 4=April 105 5=May 86 6=June 74 7=July 72 8=August 67 9=September 90 10=October 81 11=November 65 12=December 29	Accelerometer study ran from March – December of 2011.

WEEKLONG SUMMARY VARIABLES			
Recoded Variable	**Description**	**Frequencies (unweighted)**	**NOTES**
MVPA_bout	Moderate-to-Vigorous Minutes in bouts of at least10 minutes	0 202 10-1259 477 Mean = 94 min/wk Median = 44 min/wk	A bout consisted of at least 10 consecutive minutes of accelerometer activity counts of at least 2020 counts per minute. A two minute tolerance was allowed; 8 minutes of sustained activity followed by a two minute break followed by 10 minutes would be an 18 minute bout.
MVPA_nobout	All Moderate-to-Vigorous Minutes (all accumulated minutes both bout and non-bout minutes)	0 3 1-1364 676 Mean = 233 min/wk Median = 188 min/wk	
M2VPA_bout	Moderate Equivalent Minutes in bouts of at least 10 minutes	0 202 10-1259 477 Mean = 100 min/wk Median = 44 min/wk	Moderate Equivalent Minutes count a vigorous minutes as equal to two moderate minutes of exercise
M2VPA_nobout	Moderate Equivalent Minutes (all accumulated minutes both bout and non-bout minutes)	0 3 1-1739 676 Mean = 242 min/wk Median = 189 min/wk	Moderate Equivalent Minutes count a vigorous minutes as equal to two moderate minutes of exercise
PAGA08_3		1 = Inactive 202 2 = Insufficiently Active 314 3 = Met Activity Guidelines 163	Inactive = no 10 minute bout in one week; Insufficiently active = 10-149 minutes/week; Meeting guidelines = 150 minutes or more/week; PAGA 2008 Guidelines require 150 minutes of moderate equivalent activity in 10 minute bouts. Note: some researchers have raised concerns about using accelerometer data to assess meeting PAGA 2008 guidelines.
PAGA08_4		1 = Inactive 202 2 = Insufficiently Active 314 3 = Sufficiently Active 102 4 = Highly Active 61	Inactive = no 10 minute bout in one week; Insufficiently active = 10-149 minutes/week; Sufficiently Active=150-299 minutes/week; Highly Active=300+ minutes/week; See notes for PAGA08_3 for additional information.

AVERAGE DAY VARIABLES			
Recoded Variable	**Description**	**Frequencies (unweighted)**	**NOTES**
Counts_Avg	Average daily accelerometer activity counts on a valid day	19,292-1,109,214 counts 679 Mean = 288,937 ; Median = 257,598	The accelerometer was set to record activity in 10 second increments – this number represents an average of all counts on all valid days
Sed_avg	Average number of Sedentary minutes on all valid days, measured by accelerometer	215-747 minutes 679 Mean = 494 ; Median = 497 minutes	Sedentary Minutes are minutes with a total of 0-99 counts.
Light_avg	Average number of Light minutes on all valid days, measured by accelerometer	43-524 minutes 679 Mean = 278 ; Median = 271 minutes	Light Minutes are minutes with a total of 100-2019 counts.
Moderate_avg	Average number of Moderate minutes on all valid days, measured by accelerometer	32-195 minutes 679 Mean = 32 ; Median = 26 minutes	Moderate Minutes are minutes with a total of 2020-5999 counts.
Vigorous_avg	Average number of Vigorous minutes on all valid days, measured by accelerometer	0 - 87.1 minutes 679 Mean = 1.3 ; Median = 0 minutes	Vigorous Minutes are minutes with a total of 6000 or more activity counts.
Mod_BT_avg	Average number of Moderate minutes of activity in 10 minute bouts on all valid days	0 – 179.9 minutes 679 Mean = 13.9 ; Median = 6.8 minutes	The Physical Activity Guidelines for Americans (PAGA 2008) require 150 or more minutes of exercise in bouts of 10 minutes or more
Vig_BT_avg	Average number of Vigorous minutes of activity in 10 minute bouts on all valid days	0-78.1 minutes 679 Mean = 0.8 ; Median = 0	
ModVig_BT_avg	Average number of Moderate and vigorous activity in 10 minute bouts on all valid days	0-179.9 minutes 679 Mean = 14.7 ; Median = 6.9	
Worn_Mins_avg	Average number of Minutes of accelerometer wear time on all valid days	633-1255 minutes 679 Mean = 863 ; Median = 856	A valid day was defined to consist of at least 600 minutes of wear time ; the average day variables only include days where the wear time exceeded 600 minutes

DAY ONE VARIABLES			
Recoded Variable	**Description**	**Frequencies (unweighted)**	**NOTES**
Valid_Day1	Computed variable: Accelerometer worn 10 or more hours on travel day 1	0 = Not valid 56 1 = Valid day 623	A valid day consisted of at least 600 minutes (or 10 hours) of wear time
Counts_Day1	Total counts recorded by accelerometer on day 1 of participation	31,066-1,076,988 counts 623 Invalid day 56 Mean = 291,776 ; Median = 254,960	The accelerometer was set to record activity in 10 second increments – this number represents all counts on day 1
Sed_Day1	Sedentary minutes recorded on day 1 of participation, as measured by accelerometer	223-979 minutes 623 Invalid day 56 Mean = 507 min ; Median = 506 min	Sedentary Minutes are minutes with a total of 0-99 counts.
Light_Day1	Light minutes recorded on day 1 of participation, as measured by accelerometer	77-621 623 Invalid day 56 Mean = 284 min ; Median = 272 min	Light Minutes are minutes with a total of 100-2019 counts.
Moderate_Day1	Moderate minutes recorded on day 1 of participation, as measured by accelerometer	0 15 1-239 608 Invalid day 56 Mean = 36 min; Median = 29 min	Moderate Minutes are minutes with a total of 2020-5999 counts.
Vigorous_Day1	Vigorous minutes recorded on day 1 of participation, as measured by accelerometer	0 542 1-87 81 Invalid day 56 Mean = 1.5 min ; Median = 0 min	Vigorous Minutes are minutes with a total of 6000 or more activity counts.
Mod_BT_Day1	Computed variable: Moderate minutes of activity in 10 minute bouts on travel day 1	0 353 2-223 270 Invalid day 56 Mean = 15.1 ; Median = 0	Statistics exclude those with invalid day on day 1
Vig_BT_Day1	Vigorous minutes of activity in 10 minute bouts on travel day 1	0 601 10-67 22 Invalid day 56 Mean = .84 ; Median = 0	Statistics exclude those with invalid day on day 1
ModVig_BT_Day1	Moderate and vigorous activity in 10 minute bouts on travel day 1	0 398 10-223 281 Invalid day 56 Mean = 16.0 ; Median = 0	Statistics exclude those with invalid day on day 1
Worn_Mins_Day1	Minutes of accelerometer wear time on day 1 of participation.	601-1235 623 Invalid day 56 Mean = 830 ; Median = 825	A valid day was defined to consist of at least 600 minutes of wear time ; wear time is also available for invalid days

Physical Activity and Transit (PAT) Survey - Accelerometer Data Public Use Codebook

DAY TWO VARIABLES			
Recoded Variable	**Description**	**Frequencies (unweighted)**	**NOTES**
Valid_Day2	Computed variable: Acceleromter worn 10 or more hours on travel day 2	0 = Not valid 54 1 = Valid day 625	Valid day was defined to consist of at least 600 minutes of wear time
Counts_Day2	Total counts recorded by accelerometer on day 2 of participation	27,160 -1,139,649 counts 625 Invalid day 54 Mean = 284,195; Median = 243,720	Statistics exclude those with invalid day on day 2
Sed_Day2	Sedentary minutes recorded on day 2 of participation, as measured by accelerometer	140-837 minutes 625 Invalid day 54 Mean = 501 min ; Median = 501 min	Sedentary Minutes are minutes with a total of 0-99 counts.
Light_Day2	Light minutes recorded on day 2 of participation, as measured by accelerometer	292-713 minutes 625 Invalid day 54 Mean = 292 min ; Median = 279 min	Light Minutes are minutes with a total of 100-2019 counts.
Moderate_Day2	Moderate minutes recorded on day 2 of participation, as measured by accelerometer	0 minutes 21 1-268 minutes 604 Invalid day 54 Mean = 34 min ; Median = 25 min	Moderate Minutes are minutes with a total of 2020-5999 counts.
Vigorous_Day2	Vigorous minutes recorded on day 2 of participation, as measured by accelerometer	0 540 1-85 85 Invalid day 54 Mean = 1.4 min ; Median = 0 min	Vigorous Minutes are minutes with a total of 6000 or more activity counts.
Mod_BT_Day2	Computed variable: Moderate minutes of activity in 10 minute bouts on travel day 2	0 392 1-274 233 Invalid day 54 Mean = 13.3 ; Median = 0 min	Statistics exclude those with invalid day on day 2
Vig_BT_Day2	Vigorous minutes of activity in 10 minute bouts on travel day 2	0 611 10-96 minutes 14 Invalid day 54 Mean = .62 min ; Median = 0 min	Statistics exclude those with invalid day on day 2
ModVig_BT_Day2	Moderate and vigorous activity in 10 minute bouts on travel day 2	0 392 10-274 233 Invalid day 54 Mean = 13.9 min; Median = 0 min	Statistics exclude those with invalid day on day 2
Worn_Mins_Day2	Minutes accelerometer device worn on day 2 of participation.	600-1348 minutes 625 Invalid day 54 Mean = 828 min ; Median = 817 min	Statistics exclude those with invalid day on day 2

Physical Activity and Transit (PAT) Survey - Accelerometer Data Public Use Codebook

DAY THREE VARIABLES			
Recoded Variable	**Description**	**Frequencies (unweighted)**	**NOTES**
Valid_Day3	Computed variable: Accelerometer worn 10 or more hours on travel day 3	0 = Not valid 100 1 = Valid day 579	Weekend days have fewer valid days. In 91% of cases, day3 was a Saturday
Counts_Day3	Total counts recorded by accelerometer on day 3 of participation	12,793 -1,513,949 counts 579 Invalid day 100 Mean = 260,567 ; Median = 212,902	Statistics exclude those with invalid day on day 3
Sed_Day3	Sedentary minutes recorded on day 3 of participation, as measured by accelerometer	184-791 minutes 579 Invalid day 100 Mean = 481 min ;Median = 479 min	Sedentary Minutes are minutes with a total of 0-99 counts.
Light_Day3	Light minutes recorded on day 3 of participation, as measured by accelerometer	35-721 579 Invalid day 100 Mean = 280 min ; Median = 270 min	Light Minutes are minutes with a total of 100-2019 counts.
Moderate_Day3	Moderate minutes recorded on day 3 of participation, as measured by accelerometer	0 22 1-236 557 Invalid day 100 Mean = 29.8 min ; Median = 18.0 min	Moderate Minutes are minutes with a total of 2020-5999 counts.
Vigorous_Day3	Vigorous minutes recorded on day 3 of participation, as measured by accelerometer	0 515 1-85 64 Invalid day 100 Mean = 1.2 min ; Median = 0 min	Vigorous Minutes are minutes with a total of 6000 or more activity counts.
Mod_BT_Day3	Computed variable: Moderate minutes of activity in 10 minute bouts on travel day 3	0 380 2-197 199 Invalid day 100 Mean = 13.7 ; Median = 0	Statistics exclude those with invalid day on day 3
Vig_BT_Day3	Vigorous minutes of activity in 10 minute bouts on travel day 3	0 564 10-122 15 Invalid day 100 Mean = .90 ; Median = 0	Statistics exclude those with invalid day on day 3
ModVig_BT_Day3	Moderate and vigorous activity in 10 minute bouts on travel day 3	0 379 10-197 200 Invalid day 100 Mean = 14.6 ; Median = 0	Statistics exclude those with invalid day on day 3
Worn_Mins_Day3	Minutes accelerometer device worn on day 3 of participation.	601-1228 579 Invalid day 100 Mean = 792 ; Median = 777	Statistics exclude those with invalid day on day 3

Physical Activity and Transit (PAT) Survey - Accelerometer Data Public Use Codebook

DAY FOUR VARIABLES			
Recoded Variable	**Description**	**Frequencies (unweighted)**	**NOTES**
Valid_Day4	Computed variable: Accelerometer worn 10 or more hours on travel day 4	0 = Not valid 135 1 = Valid day 544	Weekend days have fewer valid days – and in 91% of cases, day4 was a Sunday
Counts_Day4	Total counts recorded by accelerometer on day 4 of participation	21,6028 -1,225,720 counts 544 Invalid day 135 Mean = 247,278 ; Median = 205,124	Statistics exclude those with invalid day on day 4
Sed_Day4	Sedentary minutes recorded on day 4 of participation, as measured by accelerometer	162-841 minutes 544 Invalid day 135 Mean = 469 min ; Median = 469 min	Sedentary Minutes are minutes with a total of 0-99 counts.
Light_Day4	Light minutes recorded on day 4 of participation, as measured by accelerometer	275-666 544 Invalid day 135 Mean = 274 min ; Median = 261 min	Light Minutes are minutes with a total of 100-2019 counts.
Moderate_Day4	Moderate minutes recorded on day 4 of participation, as measured by accelerometer	0 47 1-191 497 Invalid day 135 Mean = 27 min ; Median = 16 min	Moderate Minutes are minutes with a total of 2020-5999 counts.
Vigorous_Day4	Vigorous minutes recorded on day 4 of participation, as measured by accelerometer	0 501 1-46 43 Invalid day 135 Mean = 1.1 min ; Median = 0 min	Vigorous Minutes are minutes with a total of 6000 or more activity counts.
Mod_BT_Day4	Computed variable: Moderate minutes of activity in 10 minute bouts on travel day 4	0 371 2-178 173 Invalid day 135 Mean = 11.8 ; Median = 0	Statistics exclude those with invalid day on day 4
Vig_BT_Day4	Vigorous minutes of activity in 10 minute bouts on travel day 4	0 530 11-50 14 Invalid day 135 Mean = .82 ; Median = 0	Statistics exclude those with invalid day on day 4
ModVig_BT_Day4	Moderate and vigorous activity in 10 minute bouts on travel day 4	0 371 10-178 173 Invalid day 135 Mean = 12.6 ; Median = 0	Statistics exclude those with invalid day on day 4
Worn_Mins_Day4	Minutes accelerometer device worn on day 4 of participation.	600-1133 544 Invalid day 135 Mean = 771 ; Median = 759	Statistics exclude those with invalid day on day 4

DAY FIVE VARIABLES			
Recoded Variable	**Description**	**Frequencies (unweighted)**	**NOTES**
Valid_Day5	Computed variable: Accelerometer worn 10 or more hours on travel day 5	0 = Not valid 67 1 = Valid day 612	
Counts_Day5	Total counts recorded by accelerometer on day 5 of participation	11,181 -1,212,007 counts 612 Invalid day 67 Mean = 276,566 ; Median = 242,883	Statistics exclude those with invalid day on day 5
Sed_Day5	Sedentary minutes recorded on day 5 of participation, as measured by accelerometer	140-994 minutes 612 Invalid day 67 Mean = 496 min ; Median = 494 min	Sedentary Minutes are minutes with a total of 0-99 counts.
Light_Day5	Light minutes recorded on day 5 of participation, as measured by accelerometer	280-706 612 Invalid day 67 Mean = 280 min ; Median = 270 min	Light Minutes are minutes with a total of 100-2019 counts.
Moderate_Day5	Moderate minutes recorded on day 5 of participation, as measured by accelerometer	0 37 1-189 575 Invalid day 67 Mean = 33 min ; Median = 26 min	Moderate Minutes are minutes with a total of 2020-5999 counts.
Vigorous_Day5	Vigorous minutes recorded on day 5 of participation, as measured by accelerometer	0 544 1-76 68 Invalid day 67 Mean = 1.4 min ; Median = 0 min	Vigorous Minutes are minutes with a total of 6000 or more activity counts.
Mod_BT_Day5	Computed variable: Moderate minutes of activity in 10 minute bouts on travel day 5	0 371 1-157 241 Invalid day 67 Mean = 13.1 ; Median = 0	Statistics exclude those with invalid day on day 5
Vig_BT_Day5	Vigorous minutes of activity in 10 minute bouts on travel day 5	0 597 10-96 15 Invalid day 67 Mean = .70 ; Median = 0	Statistics exclude those with invalid day on day 5
ModVig_BT_Day5	Moderate and vigorous activity in 10 minute bouts on travel day 5	0 371 10-157 241 Invalid day 67 Mean = 13.8 ; Median = 0	Statistics exclude those with invalid day on day 5
Worn_Mins_Day5	Minutes accelerometer device worn on day 5 of participation.	600-1313 612 Invalid day 67 Mean = 811 ; Median = 802	Statistics exclude those with invalid day on day 5

Physical Activity and Transit (PAT) Survey - Accelerometer Data Public Use Codebook

DAY SIX VARIABLES			
Recoded Variable	**Description**	**Frequencies (unweighted)**	**NOTES**
Valid_Day6	Computed variable: Accelerometer worn 10 or more hours on travel day 6	0 = Not valid 73 1 = Valid day 606	
Counts_Day6	Total counts recorded by accelerometer on day 6 of participation	15,860 -1,069,358 counts 606 Invalid day 73 Mean = 271,589 ; Median = 232,387	Statistics exclude those with invalid day on day 6
Sed_Day6	Sedentary minutes recorded on day 6 of participation, as measured by accelerometer	140-837 minutes 606 Invalid day 73 Mean = 504 min ; Median = 504 min	Sedentary Minutes are minutes with a total of 0-99 counts.
Light_Day6	Light minutes recorded on day 6 of participation, as measured by accelerometer	275-643 606 Invalid day 73 Mean = 275 min ; Median = 266 min	Light Minutes are minutes with a total of 100-2019 counts.
Moderate_Day6	Moderate minutes recorded on day 6 of participation, as measured by accelerometer	0 29 1-260 606 Invalid day 73 Mean = 33 min ; Median = 23 min	Moderate Minutes are minutes with a total of 2020-5999 counts.
Vigorous_Day6	Vigorous minutes recorded on day 6 of participation, as measured by accelerometer	0 538 1-97 68 Invalid day 73 Mean = 1.2 min ; Median = 0 min	Vigorous Minutes are minutes with a total of 6000 or more activity counts.
Mod_BT_Day6	Computed variable: Moderate minutes of activity in 10 minute bouts on travel day 6	0 392 1-274 233 Invalid day 73 Mean = 13.3 ; Median = 0	Statistics exclude those with invalid day on day 6
Vig_BT_Day6	Vigorous minutes of activity in 10 minute bouts on travel day 6	0 591 10-100 15 Invalid day 73 Mean = .74 ; Median = 0	Statistics exclude those with invalid day on day 6
ModVig_BT_Day6	Moderate and vigorous activity in 10 minute bouts on travel day 6	0 378 10-264 228 Invalid day 73 Mean = 13.0 ; Median = 0	Statistics exclude those with invalid day on day 6
Worn_Mins_Day6	Minutes accelerometer device worn on day 6 of participation.	600-1378 606 Invalid day 73 Mean = 814 ; Median = 815	Statistics exclude those with invalid day on day 6

Physical Activity and Transit (PAT) Survey - Accelerometer Data Public Use Codebook

DAY SEVEN VARIABLES			
Recoded Variable	Description	Frequencies (unweighted)	NOTES
Valid_Day7	Computed variable: Accelerometer worn 10 or more hours on travel day 7	0 = Not valid 73 1 = Valid day 606	
Counts_Day7	Total counts recorded by accelerometer on day 7 of participation	16,133 -1,112,405 counts 606 Invalid day 73 Mean = 268,774 ; Median = 232,773	Statistics exclude those with invalid day on day 7
Sed_Day7	Sedentary minutes recorded on day 7 of participation, as measured by accelerometer	157-861 minutes 606 Invalid day 73 Mean = 508 min ; Median = 511 min	Sedentary Minutes are minutes with a total of 0-99 counts.
Light_Day7	Light minutes recorded on day 7 of participation, as measured by accelerometer	274-593 606 Invalid day 73 Mean = 274 min ; Median = 260 min	Light Minutes are minutes with a total of 100-2019 counts.
Moderate_Day7	Moderate minutes recorded on day 7 of participation, as measured by accelerometer	0 18 1-255 588 Invalid day 73 Mean = 32 min ; Median = 25 min	Moderate Minutes are minutes with a total of 2020-5999 counts.
Vigorous_Day7	Vigorous minutes recorded on day 7 of participation, as measured by accelerometer	0 522 1-74 84 Invalid day 73 Mean = 1.4 min ; Median = 0 min	Vigorous Minutes are minutes with a total of 6000 or more activity counts.
Mod_BT_Day7	Computed variable: Moderate minutes of activity in 10 minute bouts on travel day 7	0 385 1-252 221 Invalid day 73 Mean = 11.9 ; Median = 0	Statistics exclude those with invalid day on day 7
Vig_BT_Day7	Vigorous minutes of activity in 10 minute bouts on travel day 7	0 592 10-78 14 Invalid day 73 Mean = .76 ; Median = 0	Statistics exclude those with invalid day on day 7
ModVig_BT_Day7	Moderate and vigorous activity in 10 minute bouts on travel day 7	0 385 10-252 221 Invalid day 73 Mean = 12.7 ; Median = 0	Statistics exclude those with invalid day on day 7
Worn_Mins_Day7	Minutes accelerometer device worn on day 7 of participation.	602-1257 606 Invalid day 73 Mean = 815 ; Median = 808	Statistics exclude those with invalid day on day 7