Main Data Record

NOTE: SAS label appears in caps, while the actual question from the questionnaire appears in lower case. These data are found in SAS data set v1main.xXX, where XX = most updated SAS export file extension number.

Var Name	Len	Label	Comments
SECTION K: PHYSICAL ACTIVITY **NOTE:** **Questions K6a-K6f form a multiple observation table regarding Work Activities that raised breathing and heart rate. These data are saved in a separate master dataset called v1work.xXX, where XX = most updated SAS export file extension number.** **Questions K8a-K8e form a multiple observation table regarding Recreational Activities that raised breathing and heart rate. These data are saved in a separate master dataset called v1rec.xXX.** **Questions K9a-K9e form a multiple observation table regarding Outdoor Household Activities that raised breathing and heart rate. These data are saved in a separate master dataset called v1out.xXX.** **Questions K10a-K10e form a multiple observation table regarding Indoor Household Activities that raised breathing and heart rate. These data are saved in a separate master dataset called v1in.xXX.** **Questions K11a-K11f form a multiple observation table regarding Child and Adult Care Activities that raised breathing and heart rate. These data are saved in a separate master dataset called v1care.xXX.** **Questions K20a-K8g form a multiple observation table regarding Other Recalled Activities that raised breathing and heart rate. These data are saved in a separate master dataset called v1recall.xXX.**			
V1K1	1	MOST CONTINUE/RESUME REG EXERCISE QUESTION: K1. At three months postpartum, most women can continue or resume their regular exercise routine.	1 = strongly agree 2 = agree 3 = disagree 4 = strongly disagree
V1K2	1	MOST NEVER EXERCISE CAN BEGIN QUESTION: K2. At three months postpartum, most women who have never exercised can begin an exercise program.	1 = strongly agree 2 = agree 3 = disagree 4 = strongly disagree
V1K3	1	OK TO INCREASE PA OR EXERCISE QUESTION: K3. At three months postpartum, it is OK to increase physical activity or exercise.	1 = strongly agree 2 = agree 3 = disagree 4 = strongly disagree
V1K4	1	PA/EXERCISE MIGHT MAKE MORE ENERGETIC QUESTION: K4. At three months postpartum, physical activity and exercise might make a woman feel more energetic.	1 = strongly agree 2 = agree 3 = disagree 4 = strongly disagree

Var Name	Len	Label	Comments
V1K5	1	OK CONTINUE REG ACT, EVEN IF BREASTFEED QUESTION: K5. It is OK to continue regular exercise or physical activity, even if a woman is still breastfeeding her baby.	1 = strongly agree 2 = agree 3 = disagree 4 = strongly disagree
V1K6	1	PAST WK, ANY WORK ACT INCR BREATHING/HR QUESTION: K6. In the past week, did you participate in any activities at work, such as walking, lifting, or carrying objects or people, that caused at least some increase in breathing and heart rate?	0 = no → V1K7 (skip Work Activity table) 1 = yes 2 = she works, but did not work in the past week NOTE: this variable skipped if V1G7 = 2 or V1G7 = 4 or V1G7 = 8 if version prior to 16 September 2003; this variable skipped if V1G8A1 = 0 or V1G8A1 = 8 if version 16 September 2003 or after
V1K7	1	HOW HARD WORK ACT IN PAST WK QUESTION: K7. Think about how active you were at work in the past week. Would you say your work activities were usually...	1 = not hard = did not feel any increase in breathing or heart rate 2 = fairly light = at least some increase in breathing and heart rate 3 = somewhat hard = moderate increase in breathing and heart rate 4 = hard or very hard = large increase in breathing and heart rate NOTE: this variable skipped if V1G7 = 2 or V1G7 = 4 or V1G7 = 8 OR if V1K6 = 2 if version prior to 16 September 2003; this variable skipped if V1G8A1 = 0 or V1G8A1 = 8 OR if V1K6 = 2 if version 16 September 2003 or after
V1K8	1	PAST WK, ANY REC ACT INCR BREATHING/HR QUESTION: K8. In the past week, did you participate in any recreational activities or exercises, such as walking for exercise, swimming, or dancing, that caused at least some increase in breathing and heart rate?	0 = no → V1K9 (skip Recreational Activity table) 1 = yes
V1K9	1	PAST WK, ANY OUTDOOR ACT INCR BREATH/HR QUESTION: K9. In the past week, did you participate in any outdoor household activities, such as gardening, mowing, or raking, that caused at least some increase in breathing and heart rate?	0 = no → V1K10 (skip Outdoor Household Activity table) 1 = yes

Var Name	Len	Label	Comments
V1K10	1	PAST WK, ANY INDOOR ACT INCR BREATH/HR QUESTION: K10. In the past week, did you participate in any indoor household activities, such as scrubbing floors, mopping, laundry, or vacuuming, that caused at least some increase in breathing and heart rate?	0 = no → V1K11 (skip Indoor Household Activity table) 1 = yes
V1K11	1	PAST WK, ANY CARE ACT INCR BREATHING/HR QUESTION: K11. Now I am going to ask you about child and adult care activities. These would be activities such as playing with children, pushing a stroller or wheelchair, carrying, or lifting a child or adult that you may do in your home or as a volunteer. In the past week, did you participate in any child or adult care activities that caused at least some increase in breathing and heart rate?	0 = no → V1K12 (skip Child and Adult Care Activity table) 1 = yes
V1K12	1	PAST WK, WALK FOR TRANSPORTATION? QUESTION: K12. In the past week, did you walk for transportation, such as to work or to the store, and that walking caused at least some increase in breathing and heart rate?	0 = no → V1K13 1 = yes
V1K12A	3	# ONE-WAY TRIPS WALKED QUESTION: K12a. How many one-way trips did you walk in the past week?	Integer value NOTE: this variable skipped if V1K12 = 0
V1K12B1	2	ON AVE, # HRS WALK TRIP TOOK QUESTION: K12b. On average, for how many minutes or hours did a one-way walking trip usually take?	Integer value NOTE: this variable along with V1K12B2 should be used to calculate average time spent walking NOTE: this variable skipped if V1K12 = 0
V1K12B2	2	ON AVE, # MIN WALK TRIP TOOK QUESTION: K12b. On average, for how many minutes or hours did a one-way walking trip usually take?	Between 0 and 59 NOTE: this variable skipped if V1K12 = 0

Var Name	Len	Label	Comments
V1K12C	1	HOW HARD WALKING TRIP FELT QUESTION: K12c. Thinking about your breathing and heart rate, how hard did this usually feel to you?	1 = fairly light = at least some increase in breathing and heart rate 2 = somewhat hard = moderate increase in breathing and heart rate 3 = hard or very hard = large increase in breathing and heart rate NOTE: this variable skipped if V1K12 = 0
V1K12D1	7	ON AVE, HOW FAR USUALLY WALK QUESTION: K12d. On average, how far did you usually walk one-way?	Rational number (2 decimal places) NOTE: this variable along with V1K12D2 should be used to determine how far she walked. NOTE: this variable skipped if V1K12 = 0
V1K12D2	1	DIST REPORTED AS FEET, MILES, BLOCKS QUESTION: K12d. On average, how far did you usually walk one-way?	1 = feet 2 = miles 3 = blocks NOTE: this variable gives the unit of the value reported in V1K12D1 NOTE: this variable skipped if V1K12 = 0
V1K13	1	IN PAST WK, BIKE FOR TRANSPORTATION? QUESTION: K13. In the past week, did you bike for transportation, such as to work or to the store, and that biking caused at least some increase in breathing and heart rate?	0 = no → V1K14 if version prior to 12 August 2003 → V1K17 if version on or after 12 August 2003 1 = yes
V1K13A	3	# ONE-WAY TRIPS BIKED QUESTION: K13a. How many one-way trips did you bike in the past week?	Integer value NOTE: this variable skipped if V1K13 = 0
V1K13B1	2	ON AVE, # HRS BIKE TRIP TOOK QUESTION: K13b. On average, for how many minutes or hours did a one-way biking trip usually take?	Integer value NOTE: this variable along with V1K13B2 should be used to calculate average time spent biking NOTE: this variable skipped if V1K13 = 0
V1K13B2	2	ON AVE, # MIN BIKE TRIP TOOK QUESTION: K13b. On average, for how many minutes or hours did a one-way biking trip usually take?	Between 0 and 59 NOTE: this variable skipped if V1K13 = 0

Var Name	Len	Label	Comments
V1K13C	1	HOW HARD BIKING TRIP FELT QUESTION: K13c. Thinking about your breathing and heart rate, how hard did this usually feel to you?	1 = fairly light = at least some increase in breathing and heart rate 2 = somewhat hard = moderate increase in breathing and heart rate 3 = hard or very hard = large increase in breathing and heart rate NOTE: this variable skipped if V1K13 = 0
V1K13D1	7	ON AVE, HOW FAR USUALLY BIKE QUESTION: K13d. On average, how far did you usually bike one-way?	Rational number (2 decimal places) NOTE: this variable along with V1K13D2 should be used to determine how far she biked. NOTE: this variable skipped if V1K13 = 0
V1K13D2	1	DIST REPORTED AS FEET, MILES, BLOCKS QUESTION: K13d. On average, how far did you usually bike one-way?	1 = feet 2 = miles 3 = blocks NOTE: this variable gives the unit of the value reported in V1K13D1 NOTE: this variable skipped if V1K13 = 0
V1K14	1	PAST WK, WALK AT LEAST 10 MIN/TIME? QUESTION: K14. In the past week, did you walk for at least 10 minutes at a time, even if it did not increase your breathing and heart rate?	0 = no → V1K17 1 = yes 9 = interviewer missed OR variable dropped from questionnaire *This variable dropped 12 August 2003*
V1K15	2	# DAYS WALK AT LEAST 10 MIN/TIME QUESTION: K15. How many days in the past week did you walk for at least 10 minutes at a time?	Between 1 and 7 99 = interviewer missed/error OR variable dropped from questionnaire NOTE: this variable skipped if V1K14 = 0 *This variable dropped 12 August 2003*
V1K16A	2	ON AVE, (TOT # HRS SPENT WALKING)/DAY QUESTION: K16. On the average, how much total time did you spend walking each day?	Integer value 99 = interviewer missed/error OR variable dropped from questionnaire NOTE: this variable along with V1K16B should be used to calculate average total time spent walking NOTE: this variable skipped if V1K14 = 0 *This variable dropped 12 August 2003*

Var Name	Len	Label	Comments
V1K16B	2	ON AVE, (TOT # MIN SPENT WALKING)/DAY QUESTION: K16. On the average, how much total time did you spend walking each day?	Between 0 and 59 99 = interviewer missed/error OR variable dropped from questionnaire NOTE: this variable skipped if V1K14 = 0 *This variable dropped 12 August 2003*
V1K17	4	PAST WK, # TIMES WALKED UP FLIGHT STAIRS QUESTION: K17. How many times in the past week did you walk up a flight of stairs?	Integer value 0 → V1K19
V1K18	1	HOW HARD WALK UP STAIRS FELT QUESTION: K18. Thinking about your breathing and heart rate when you climbed the stairs, would you say it felt...	1 = not hard = did not feel any increase in breathing or heart rate 2 = fairly light = at least some increase in breathing and heart rate 3 = somewhat hard = moderate increase in breathing and heart rate 4 = hard or very hard = large increase in breathing and heart rate NOTE: this variable skipped if V1K17 = 0
V1K19	1	PAST WK, HOW HARD NON-WORK/REC ACT FELT QUESTION: K19. Think about how active you were during your non-working and recreational hours in the past week. You should only include any activities that were not done while you were at work. Would you say your activities were usually...	1 = not hard = did not feel any increase in breathing or heart rate 2 = fairly light = at least some increase in breathing and heart rate 3 = somewhat hard = moderate increase in breathing and heart rate 4 = hard or very hard = large increase in breathing and heart rate
V1K20	1	RECALL OTHER ACTIVITIES DURING PAST WK QUESTION: K20. Before we move on to another section, I want to be sure you had a chance to tell me about all the activities you did in the past week that caused at least some increase in breathing and heart rate. Can you think of any other activities, including lifting, you did in the past week that we have not talked about?	0 = no → V1K21 (skip Other Recalled Activity table) 1 = yes

Var Name	Len	Label	Comments
V1K21A	2	1ST REASON HARDER TO BE MORE ACTIVE QUESTION: K21. Since delivery, what is the one main reason that makes it harder for you to be more active, either during work or nonworking time? CHECK ALL THAT APPLY	1 = not enough time 2 = too tired, don't have the energy 3 = ill or physically unable 4 = don't enjoy or want to be active 5 = don't have anyone to be active with 6 = afraid of injury 7 = too expensive 8 = already get enough activity 9 = lack of facilities or places to go 10 = safety or crime 11 = lack of child care 12 = weather 13 = lack of sidewalks or trails 14 = no leaders available 15 = other NOTE: variables V1K21A-V1K21E should be used to construct any variables about why it's harder for her to be more active. NOTE: the response given in this variable should be the one with the most importance or the first one that she names
V1K21B	2	2ND REASON HARDER TO BE MORE ACTIVE QUESTION: K21. Since delivery, what is the one main reason that makes it harder for you to be more active, either during work or nonworking time? CHECK ALL THAT APPLY	1 = not enough time 2 = too tired, don't have the energy 3 = ill or physically unable 4 = don't enjoy or want to be active 5 = don't have anyone to be active with 6 = afraid of injury 7 = too expensive 8 = already get enough activity 9 = lack of facilities or places to go 10 = safety or crime 11 = lack of child care 12 = weather 13 = lack of sidewalks or trails 14 = no leaders available 15 = other NOTE: this variable skipped if she only had one reason to give

Var Name	Len	Label	Comments
V1K21C	2	3RD REASON HARDER TO BE MORE ACTIVE QUESTION: K21. Since delivery, what is the one main reason that makes it harder for you to be more active, either during work or nonworking time? CHECK ALL THAT APPLY	1 = not enough time 2 = too tired, don't have the energy 3 = ill or physically unable 4 = don't enjoy or want to be active 5 = don't have anyone to be active with 6 = afraid of injury 7 = too expensive 8 = already get enough activity 9 = lack of facilities or places to go 10 = safety or crime 11 = lack of child care 12 = weather 13 = lack of sidewalks or trails 14 = no leaders available 15 = other NOTE: this variable skipped if she only had two reasons to give
V1K21D	2	4TH REASON HARDER TO BE MORE ACTIVE QUESTION: K21. Since delivery, what is the one main reason that makes it harder for you to be more active, either during work or nonworking time? CHECK ALL THAT APPLY	1 = not enough time 2 = too tired, don't have the energy 3 = ill or physically unable 4 = don't enjoy or want to be active 5 = don't have anyone to be active with 6 = afraid of injury 7 = too expensive 8 = already get enough activity 9 = lack of facilities or places to go 10 = safety or crime 11 = lack of child care 12 = weather 13 = lack of sidewalks or trails 14 = no leaders available 15 = other NOTE: this variable skipped if she only had three reasons to give
V1K21E	2	5TH REASON HARDER TO BE MORE ACTIVE QUESTION: K21. Since delivery, what is the one main reason that makes it harder for you to be more active, either during work or nonworking time? CHECK ALL THAT APPLY	1 = not enough time 2 = too tired, don't have the energy 3 = ill or physically unable 4 = don't enjoy or want to be active 5 = don't have anyone to be active with 6 = afraid of injury 7 = too expensive 8 = already get enough activity 9 = lack of facilities or places to go 10 = safety or crime 11 = lack of child care 12 = weather 13 = lack of sidewalks or trails 14 = no leaders available 15 = other NOTE: this variable skipped if she only had four reasons to give

Var Name	Len	Label	Comments
V1K21T	Open	QUESTION: K21. Since delivery, what is the one main reason that makes it harder for you to be more active, either during work or nonworking time? CHECK ALL THAT APPLY Text response for "other"	NOTE: this variable skipped if V1K21A $\neq$ 15 & V1K21B $\neq$ 15 & V1K21C $\neq$ 15 & V1K21D $\neq$ 15 & V1K21E $\neq$ 15 NOTE: this variable is in separate master dataset (need to create this!!!)
V1K22A	2	1ST REASON HELPS TO BE MORE ACTIVE QUESTION: K22. What is the one main reason that helps you to be more active since delivery, either during work or nonworking time? CHECK ALL THAT APPLY	1 = having someone to be active with 2 = having support of partner/husband 3 = having support of other friends or family 4 = want to get back to my prepregnancy weight 5 = to feel better 6 = to look better 7 = to improve my health 8 = enjoyment (of outdoors, of being active) 9 = to relieve stress 10 = weather 11 = more time 12 = new responsibilities 13 = incentive 14 = dog(s) need to be walked 15 = home exercise equipment 16 = baby being older/healthier 17 = other NOTE: variables V1K22A-V1K22E should be used to construct any variables about what helps her be more active NOTE: the response given in this variable should be the one with the most importance or the first one that she names

Var Name	Len	Label	Comments
V1K22B	2	2ND REASON HELPS TO BE MORE ACTIVE QUESTION: K22. What is the one main reason that helps you to be more active since delivery, either during work or nonworking time? CHECK ALL THAT APPLY	1 = having someone to be active with 2 = having support of partner/husband 3 = having support of other friends or family 4 = want to get back to my prepregnancy weight 5 = to feel better 6 = to look better 7 = to improve my health 8 = enjoyment (of outdoors, of being active) 9 = to relieve stress 10 = weather 11 = more time 12 = new responsibilities 13 = incentive 14 = dog(s) need to be walked 15 = home exercise equipment 16 = baby being older/healthier 17 = other NOTE: this variable skipped if she only has one reason to give
V1K22C	2	3RD REASON HELPS TO BE MORE ACTIVE QUESTION: K22. What is the one main reason that helps you to be more active since delivery, either during work or nonworking time? CHECK ALL THAT APPLY	1 = having someone to be active with 2 = having support of partner/husband 3 = having support of other friends or family 4 = want to get back to my prepregnancy weight 5 = to feel better 6 = to look better 7 = to improve my health 8 = enjoyment (of outdoors, of being active) 9 = to relieve stress 10 = weather 11 = more time 12 = new responsibilities 13 = incentive 14 = dog(s) need to be walked 15 = home exercise equipment 16 = baby being older/healthier 17 = other NOTE: this variable skipped if she only has two reasons to give

Var Name	Len	Label	Comments
V1K22D	2	4TH REASON HELPS TO BE MORE ACTIVE QUESTION: K22. What is the one main reason that helps you to be more active since delivery, either during work or nonworking time? CHECK ALL THAT APPLY	1 = having someone to be active with 2 = having support of partner/husband 3 = having support of other friends or family 4 = want to get back to my prepregnancy weight 5 = to feel better 6 = to look better 7 = to improve my health 8 = enjoyment (of outdoors, of being active) 9 = to relieve stress 10 = weather 11 = more time 12 = new responsibilities 13 = incentive 14 = dog(s) need to be walked 15 = home exercise equipment 16 = baby being older/healthier 17 = other NOTE: this variable skipped if she only has three reasons to give
V1K22E	2	5TH REASON HELPS TO BE MORE ACTIVE QUESTION: K22. What is the one main reason that helps you to be more active since delivery, either during work or nonworking time? CHECK ALL THAT APPLY	1 = having someone to be active with 2 = having support of partner/husband 3 = having support of other friends or family 4 = want to get back to my prepregnancy weight 5 = to feel better 6 = to look better 7 = to improve my health 8 = enjoyment (of outdoors, of being active) 9 = to relieve stress 10 = weather 11 = more time 12 = new responsibilities 13 = incentive 14 = dog(s) need to be walked 15 = home exercise equipment 16 = baby being older/healthier 17 = other NOTE: this variable skipped if she only has four reasons to give
V1K22T	Open	QUESTION: K22. What is the one main reason that helps you to be more active since delivery, either during work or nonworking time? CHECK ALL THAT APPLY Text response for "other"	NOTE: this variable skipped if V1K22A ≠ 17 & V1K22B ≠ 17 & V1K22C ≠ 17 & V1K22D ≠ 17 & V1K22E ≠ 17 NOTE: this variable is in separate master dataset (need to create this!!!)

Var Name	Len	Label	Comments
V1K23	1	SINCE DELIV, GIVEN ADVICE RE: PA QUESTION: K23. At any time since delivery, has a doctor, nurse, or other health professional, or have family members or friends, given you advice about physical activity or exercise?	0 = no → V1K25 1 = yes
V1K23A_1	1	ADVICE ON PA FROM DOCTOR QUESTION: K23a. Who gave you the advice? CHECK ALL THAT APPLY Option: doctor	0 = not checked 1 = checked 8 = don't know/refused NOTE: variables V1K23A_1-V1K23A_8 were constructed in SAS from Blaise variables V1K23A1-V1K23A8 to capture all those who gave her advice on physical activity NOTE: variables V1K23A_1-V1K23A_8 should be used in constructing any variables about who gave her advice as more than one person may be indicated NOTE: this variable skipped if V1K23 = 0
V1K23A_2	1	ADVICE ON PA FROM NURSE QUESTION: K23a. Who gave you the advice? CHECK ALL THAT APPLY Option: nurse	0 = not checked 1 = checked 8 = don't know/refused NOTE: variables V1K23A_1-V1K23A_8 were constructed in SAS from Blaise variables V1K23A1-V1K23A8 to capture all those who gave her advice on physical activity NOTE: this variable skipped if V1K23 = 0
V1K23A_3	1	ADVICE ON PA FROM OTHER HEALTH PROF QUESTION: K23a. Who gave you the advice? CHECK ALL THAT APPLY Option: other health professional	0 = not checked → V1K23A_4 1 = checked 8 = don't know/refused → V1K23A_4 NOTE: variables V1K23A_1-V1K23A_8 were constructed in SAS from Blaise variables V1K23A1-V1K23A8 to capture all those who gave her advice on physical activity NOTE: this variable skipped if V1K23 = 0
V1K23T	200, Text	OTHER HEALTH PROFESSIONAL GAVE PA ADVICE QUESTION: K23a. Who gave you the advice? CHECK ALL THAT APPLY Option: other health professional Text for "other" response	NOTE: this variable skipped if V1K23 = 0 OR V1K23A_3 = 1 or V1K23A_3 = 8

Var Name	Len	Label	Comments
V1K23A_4	1	ADVICE ON PA FROM NUTRIONIST QUESTION: K23a. Who gave you the advice? CHECK ALL THAT APPLY Option: nutritionist	0 = not checked 1 = checked 8 = don't know/refused NOTE: variables V1K23A_1-V1K23A_8 were constructed in SAS from Blaise variables V1K23A1-V1K23A8 to capture all those who gave her advice on physical activity NOTE: this variable skipped if V1K23 = 0
V1K23A_5	1	ADVICE ON PA FROM MIDWIFE QUESTION: K23a. Who gave you the advice? CHECK ALL THAT APPLY Option: midwife	0 = not checked 1 = checked 8 = don't know/refused NOTE: variables V1K23A_1-V1K23A_8 were constructed in SAS from Blaise variables V1K23A1-V1K23A8 to capture all those who gave her advice on physical activity NOTE: this variable skipped if V1K23 = 0
V1K23A_6	1	ADVICE ON PA FROM INTERNET QUESTION: K23a. Who gave you the advice? CHECK ALL THAT APPLY Option: internet	0 = not checked 1 = checked 8 = don't know/refused NOTE: variables V1K23A_1-V1K23A_8 were constructed in SAS from Blaise variables V1K23A1-V1K23A8 to capture all those who gave her advice on physical activity NOTE: this variable skipped if V1K23 = 0
V1K23A_7	1	ADVICE ON PA FROM FAMILY MEMBER QUESTION: K23a. Who gave you the advice? CHECK ALL THAT APPLY Option: family member	0 = not checked 1 = checked 8 = don't know/refused NOTE: variables V1K23A_1-V1K23A_8 were constructed in SAS from Blaise variables V1K23A1-V1K23A8 to capture all those who gave her advice on physical activity NOTE: this variable skipped if V1K23 = 0
V1K23A_8	1	ADVICE ON PA FROM FRIEND QUESTION: K23a. Who gave you the advice? CHECK ALL THAT APPLY Option: friend	0 = not checked 1 = checked 8 = don't know/refused NOTE: variables V1K23A_1-V1K23A_8 were constructed in SAS from Blaise variables V1K23A1-V1K23A8 to capture all those who gave her advice on physical activity NOTE: this variable skipped if V1K23 = 0

Var Name	Len	Label	Comments
V1K23B	Open	QUESTION: K23b. What advice did they give you?	NOTE: this variable skipped if V1K23 = 0 NOTE: this variable is in separate master dataset (need to create this!!!)
V1K24	1	FOLLOW PA ADVICE GIVEN? QUESTION: K24. Did you follow the advice that was given to you?	0 = no → V1K25 1 = yes → V1K25 2 = other NOTE: this variable skipped if V1K23 = 0
V1K24T	Open	QUESTION: K24. Did you follow the advice that was given to you?	NOTE: this variable skipped if V1K23 = 0 NOTE: this variable is in separate master dataset (need to create this!!!)
V1K25	1	SINCE DELIV, GIVEN ADVICE RE: WT LOSS QUESTION: K25. At any time since delivery, has a doctor, nurse, or other health professional, or have family members or friends, given you advice about weight loss after pregnancy?	0 = no → V1K27 1 = yes
V1K25A_1	1	ADVICE ON WT LOSS FROM DOCTOR QUESTION: K25a. Who gave you the advice? CHECK ALL THAT APPLY Option: doctor	0 = not checked 1 = checked 8 = don't know/refused NOTE: variables V1K25A_1-V1K25A_8 were constructed in SAS from Blaise variables V1K25A1-V1K25A8 to capture all those who gave her advice on weight loss NOTE: variables V1K25A_1-V1K25A_8 should be used in constructing any variables about who gave her advice as more than one person may be indicated NOTE: this variable skipped if V1K25 = 0
V1K25A_2	1	ADVICE ON WT LOSS FROM NURSE QUESTION: K25a. Who gave you the advice? CHECK ALL THAT APPLY Option: nurse	0 = not checked 1 = checked 8 = don't know/refused NOTE: variables V1K25A_1-V1K25A_8 were constructed in SAS from Blaise variables V1K25A1-V1K25A8 to capture all those who gave her advice on weight loss NOTE: this variable skipped if V1K25 = 0

Var Name	Len	Label	Comments
V1K25A_3	1	ADVICE ON WT LOSS FROM OTHER HEALTH PROF QUESTION: K25a. Who gave you the advice? CHECK ALL THAT APPLY Option: other health professional	0 = not checked → V1K25A_4 1 = checked 8 = don't know/refused → V1K25A_4 NOTE: variables V1K25A_1-V1K25A_8 were constructed in SAS from Blaise variables V1K25A1-V1K25A8 to capture all those who gave her advice on weight loss NOTE: this variable skipped if V1K25 = 0
V1K25T	200, Text	OTHER HEALTH PRO GAVE WT LOSS ADVICE QUESTION: K25a. Who gave you the advice? CHECK ALL THAT APPLY Option: other health professional Text for "other" response	NOTE: this variable skipped if V1K25 = 0 OR if V1K25A_3 = 0 or V1K25A_3 = 8
V1K25A_4	1	ADVICE ON WT LOSS FROM NUTRITIONIST QUESTION: K25a. Who gave you the advice? CHECK ALL THAT APPLY Option: nutritionist	0 = not checked 1 = checked 8 = don't know/refused NOTE: variables V1K25A_1-V1K25A_8 were constructed in SAS from Blaise variables V1K25A1-V1K25A8 to capture all those who gave her advice on weight loss NOTE: this variable skipped if V1K25 = 0
V1K25A_5	1	ADVICE ON WT LOSS FROM MIDWIFE QUESTION: K25a. Who gave you the advice? CHECK ALL THAT APPLY Option: midwife	0 = not checked 1 = checked 8 = don't know/refused NOTE: variables V1K25A_1-V1K25A_8 were constructed in SAS from Blaise variables V1K25A1-V1K25A8 to capture all those who gave her advice on weight loss NOTE: this variable skipped if V1K25 = 0
V1K25A_6	1	ADVICE ON WT LOSS FROM INTERNET QUESTION: K25a. Who gave you the advice? CHECK ALL THAT APPLY Option: internet	0 = not checked 1 = checked 8 = don't know/refused NOTE: variables V1K25A_1-V1K25A_8 were constructed in SAS from Blaise variables V1K25A1-V1K25A8 to capture all those who gave her advice on weight loss NOTE: this variable skipped if V1K25 = 0

Var Name	Len	Label	Comments
V1K25A_7	1	ADVICE ON WT LOSS FROM FAMILY MEMBER QUESTION: K25a. Who gave you the advice? CHECK ALL THAT APPLY Option: family member	0 = not checked 1 = checked 8 = don't know/refused NOTE: variables V1K25A_1-V1K25A_8 were constructed in SAS from Blaise variables V1K25A1-V1K25A8 to capture all those who gave her advice on weight loss NOTE: this variable skipped if V1K25 = 0
V1K25A_8	1	ADVICE ON WT LOSS FROM FRIEND QUESTION: K25a. Who gave you the advice? CHECK ALL THAT APPLY Option: friend	0 = not checked 1 = checked 8 = don't know/refused NOTE: variables V1K25A_1-V1K25A_8 were constructed in SAS from Blaise variables V1K25A1-V1K25A8 to capture all those who gave her advice on weight loss NOTE: this variable skipped if V1K25 = 0
V1K25B	Open	QUESTION: K25b. What advice did they give you?	NOTE: this variable skipped if V1K25 = 0 NOTE: this variable is in separate master dataset (need to create this!!!)
V1K26	1	FOLLOW WT LOSS ADVICE GIVEN? QUESTION: K26. Did you follow the advice that was given to you?	0 = no → V1K27 1 = yes → V1K27 2 = other NOTE: this variable skipped if V1K25 = 0
V1K26T	Open	QUESTION: K26. Did you follow the advice that was given to you? Text for "other" response	NOTE: this variable skipped if V1K25 = 0 NOTE: this variable is in separate master dataset (need to create this!!!)
V1K27	3	HOW CONFIDENT EXERCISE MORE QUESTION: K27. How confident are you that you could exercise more. Would you say:	1 = very confident 2 = somewhat confident 3 = not at all confident 996 = refused 998 = don't know/not sure
V1K28	2	HOW IMPORTANT RETURN PREPREG WEIGHT QUESTION: K28. How important is it for you to return to your prepregnancy weight?	1 = very important → V1SELF_L 2 = important → V1SELF_L 3 = somewhat important 4 = not important 8 = don't know → V1SELF_L 92 = this variable not yet added to interview *This variable added 9 April 2003*

Var Name	Len	Label	Comments
V1K29	2	REASON WHY SOMEWHAT/NOT IMPORT RETURN WT QUESTION: K29. What is the reason that you chose V1K28?	1 = I have achieved my prepregnancy weight already 2 = I like the weight I am now 3 = I haven't had time to concern myself with losing weight 4 = losing weight is not a priority for me right now 5 = other 92 = this variable not yet added to interview NOTE: V1K29 ≠ 5 → V1SELF_L NOTE: this variable skipped if V1K28 = 1 or V1K28 = 2 or V1K28 = 8 *This variable added 9 April 2003* *This variable dropped 16 September 2003*
V1K29_1	1	REASON: @ PREPREG WEIGHT ALREADY QUESTION: K29. What is the reason or reasons why you said it was V1K28 for you to return to your prepregnancy weight? SELECT ALL THAT APPLY Option: I have achieved my prepregnancy weight already	0 = not checked 1 = checked 8 = don't know NOTE: K29 was changed so that all participants answer this question regardless of the way they answer K28. NOTE: variables V1K29_1-V1K29_9 constructed in SAS from Blaise variables V1K29A-V1K29I NOTE: variables V1K29_1-V1K29_9 should be used to construct any variables regarding reason why she gave answer to V1K28, as more than one reason may be given *This variable added 16 September 2003*
V1K29_2	1	REASON: LIKE WT AT NOW QUESTION: K29. What is the reason or reasons why you said it was V1K28 for you to return to your prepregnancy weight? SELECT ALL THAT APPLY Option: I like the weight I am now	0 = not checked 1 = checked 8 = don't know NOTE: variables V1K29_1-V1K29_9 constructed in SAS from Blaise variables V1K29A-V1K29I *This variable added 16 September 2003*
V1K29_3	1	REASON: HAVEN'T HAD TIME QUESTION: K29. What is the reason or reasons why you said it was V1K28 for you to return to your prepregnancy weight? SELECT ALL THAT APPLY Option: I haven't had time to concern myself with losing weight	0 = not checked 1 = checked 8 = don't know NOTE: variables V1K29_1-V1K29_9 constructed in SAS from Blaise variables V1K29A-V1K29I *This variable added 16 September 2003*

Var Name	Len	Label	Comments
V1K29_4	1	REASON: LOSING WT NOT PRIORITY NOW QUESTION: K29. What is the reason or reasons why you said it was V1K28 for you to return to your prepregnancy weight? SELECT ALL THAT APPLY Option: Losing weight is not a priority for me right now	0 = not checked 1 = checked 8 = don't know NOTE: variables V1K29_1-V1K29_9 constructed in SAS from Blaise variables V1K29A-V1K29I *This variable added 16 September 2003*
V1K29_5	1	REASON: RETURN PREPREG WT IMP FOR HEALTH QUESTION: K29. What is the reason or reasons why you said it was V1K28 for you to return to your prepregnancy weight? SELECT ALL THAT APPLY Option: Returning to my prepregnancy weight is important for my health	0 = not checked 1 = checked 8 = don't know NOTE: variables V1K29_1-V1K29_9 constructed in SAS from Blaise variables V1K29A-V1K29I *This variable added 16 September 2003*
V1K29_6	1	REASON: DON'T LIKE WAY LOOK NOW QUESTION: K29. What is the reason or reasons why you said it was V1K28 for you to return to your prepregnancy weight? SELECT ALL THAT APPLY Option: I don't like the way I look at the weight I am at now	0 = not checked 1 = checked 8 = don't know NOTE: variables V1K29_1-V1K29_9 constructed in SAS from Blaise variables V1K29A-V1K29I *This variable added 16 September 2003*
V1K29_7	1	REASON: TO FIT IN PREPREG CLOTHES QUESTION: K29. What is the reason or reasons why you said it was V1K28 for you to return to your prepregnancy weight? SELECT ALL THAT APPLY Option: I want to fit back into my prepregnancy clothes	0 = not checked 1 = checked 8 = don't know NOTE: variables V1K29_1-V1K29_9 constructed in SAS from Blaise variables V1K29A-V1K29I *This variable added 16 September 2003*
V1K29_8	1	REASON: RETURN PREPREG WT = FEEL BETTER QUESTION: K29. What is the reason or reasons why you said it was V1K28 for you to return to your prepregnancy weight? SELECT ALL THAT APPLY Option: Returning to my prepregnancy weight will make me feel better about myself	0 = not checked 1 = checked 8 = don't know NOTE: variables V1K29_1-V1K29_9 constructed in SAS from Blaise variables V1K29A-V1K29I *This variable added 16 September 2003*

Var Name	Len	Label	Comments
V1K29_9	1	REASON: OTHER QUESTION: K29. What is the reason or reasons why you said it was V1K28 for you to return to your prepregnancy weight? SELECT ALL THAT APPLY Option: Other	0 = not checked → V1SELF_L 1 = checked 8 = don't know NOTE: variables V1K29_1-V1K29_9 constructed in SAS from Blaise variables V1K29A-V1K29I *This variable added 16 September 2003*
V1K29T	Open	QUESTION: K29. What is the reason that you chose V1K28? Text for "other" response	NOTE: this variable skipped if V1K28 = 1 or V1K28 = 2 or V1K28 = 8 OR if V1K29 ≠ 5 if version prior to 16 September 2003; this variable skipped if V1K29_9 ≠ 1 if version 16 September 2003 or after NOTE: this variable is in separate master dataset (need to create this!!!)