Canadian Health Measures Survey (CHMS)

Cycle 1 Wave 4

Derived Variable (DV) Specifications

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Introduction

The Canadian Health Measures Survey (CHMS) is the most extensive national survey on physical health measures ever conducted in the country. Data collection consists of two steps, a personal interview at the respondent's household followed later by a visit to the CHMS mobile clinic where physical measurements and blood and urine samples are taken.

The CHMS captures a broad portrait of the health of Canadians by gathering baseline data on a variety of concerns, including cardiovascular health, nutritional status, chronic diseases and physical activity, as well as exposure to infectious diseases and environmental contaminants. The survey collects health information that can't be otherwise captured, or that may be inaccurately reported, through self-report questionnaires or health care records.

The CHMS is conducted by Statistics Canada in partnership with Health Canada and the Public Health Agency of Canada.

During CHMS cycle 1, physical measurements were collected in 15 sites across Canada from about 5,600 people representing the Canadian population aged 6 to 79. Collection sites were located in five provinces: New Brunswick, Quebec, Ontario, Alberta and British Columbia. Collection started in March 2007 and continued until February 2009. Data are representative at the national level.

This publication is part of the release of CHMS data beginning in January 2010. It provides information on the composition of the derived variables created both during and after data processing for the Wave 4 release. Additional volumes will be provided for future releases.

For additional information about the Canadian Health Measures Survey:

Toll-free number:	1-888-253-1087
E-mail:	chms-ecms@statcan.gc.ca
Telecommunication device for the hearing impaired:	1-866-753-7083
Statistics Canada website:	www.statcan.gc.ca/chms

Activity Monitor – Master File (98 DVs)

1) AMMDACT1 – Average counts – Day 1 (counts per minute)

Variable name: AMMDACT1

Description: Average counts per minute were calculated by dividing the sum of counts for a valid day by the number of minutes of wear time in that day across all valid days. Average counts per day evaluate the raw data provided by the accelerometer without imposition of external criteria (e.g., cut-points) other than determination of wear and nonwear time.

Note: The SAS code used to derive this variable is available on request.

2) AMMDACT2 – Average counts – Day 2 (counts per minute)

Variable name: AMMDACT2

Description: Average counts per minute were calculated by dividing the sum of counts for a valid day by the number of minutes of wear time in that day across all valid days. Average counts per day evaluate the raw data provided by the accelerometer without imposition of external criteria (e.g., cut-points) other than determination of wear and nonwear time.

Note: The SAS code used to derive this variable is available on request.

3) AMMDACT3 – Average counts – Day 3 (counts per minute)

Variable name: AMMDACT3

Description: Average counts per minute were calculated by dividing the sum of counts for a valid day by the number of minutes of wear time in that day across all valid days. Average counts per day evaluate the raw data provided by the accelerometer without imposition of external criteria (e.g., cut-points) other than determination of wear and nonwear time.

Note: The SAS code used to derive this variable is available on request.

4) AMMDACT4 – Average counts – Day 4 (counts per minute)

Variable name: AMMDACT4

Description: Average counts per minute were calculated by dividing the sum of counts for a valid day by the number of minutes of wear time in that day across all valid days. Average counts per day evaluate the raw data provided by the accelerometer without imposition of external criteria (e.g., cut-points) other than determination of wear and nonwear time.

Note: The SAS code used to derive this variable is available on request.

5) AMMDACT5 – Average counts – Day 5 (counts per minute)

Variable name: AMMDACT5

Description: Average counts per minute were calculated by dividing the sum of counts for a valid day by the number of minutes of wear time in that day across all valid days. Average counts per day evaluate the raw data provided by the accelerometer without imposition of external criteria (e.g., cut-points) other than determination of wear and nonwear time.

Note: The SAS code used to derive this variable is available on request.

6) AMMDACT6 – Average counts – Day 6 (counts per minute)

Variable name: AMMDACT6

Description: Average counts per minute were calculated by dividing the sum of counts for a valid day by the number of minutes of wear time in that day across all valid days. Average counts per day evaluate the raw data provided by the accelerometer without imposition of external criteria (e.g., cut-points) other than determination of wear and nonwear time.

Note: The SAS code used to derive this variable is available on request.

7) AMMDACT7 – Average counts – Day 7 (counts per minute)

Variable name: AMMDACT7

Description: Average counts per minute were calculated by dividing the sum of counts for a valid day by the number of minutes of wear time in that day across all valid days. Average counts per day evaluate the raw data provided by the accelerometer without imposition of external criteria (e.g., cut-points) other than determination of wear and nonwear time.

Note: The SAS code used to derive this variable is available on request.

8) AMMDBMV1 – Total number of bouts of moderate-to-vigorous physical activity – Day 1

Variable name: AMMDBMV1

Description: Time spent in bouts of moderate-to-vigorous physical activity is derived using an intensity cut-point and is theoretically equivalent to > 3 METs (i.e., counts both moderate and vigorous physical activity together). The metabolic equivalent (MET) is a value of metabolic energy cost expressed as a multiple of the resting metabolic rate. For example, an activity of 4 METs requires four times the amount of energy as compared to when the body is at rest. The number of bouts of moderate-to-vigorous physical activity were counted for each valid day.

For children, moderate-to-vigorous physical activity was counted as a bout if a minimum of 4 out of 5 consecutive minutes were above the moderate-to-vigorous cut-point. For adults, moderate-to-vigorous physical activity was counted as a bout if a minimum of 8 out of 10 consecutive minutes were above the moderate-to-vigorous cut-point.

The moderate cut-point used for children (1,500 cpm) was obtained from a calibration study that related Actical counts to measured energy expenditure (Puyau, Adolph et al., 2004). The moderate intensity cut-point used for adults (1,535 cpm) was obtained from a calibration study conducted internally at Statistics Canada (publication under peer review; Colley and Tremblay, 2010).

Note: The SAS code used to derive this variable is available on request.

9) AMMDBMV2 – Total number of bouts of moderate-to-vigorous physical activity – Day 2

Variable name: AMMDBMV2

Description: Time spent in bouts of moderate-to-vigorous physical activity is derived using an intensity cut-point and is theoretically equivalent to > 3 METs (i.e., counts both moderate and vigorous physical activity together). The metabolic equivalent (MET) is a value of metabolic energy cost expressed as a multiple of the resting metabolic rate. For example, an activity of 4 METs requires four times the amount of energy as compared to when the body is at rest. The number of bouts of moderate-to-vigorous physical activity were counted for each valid day.

For children, moderate-to-vigorous physical activity was counted as a bout if a minimum of 4 out of 5 consecutive minutes were above the moderate-to-vigorous cut-point. For adults, moderate-to-vigorous physical activity was counted as a bout if a minimum of 8 out of 10 consecutive minutes were above the moderate-to-vigorous cut-point.

The moderate cut-point used for children (1,500 cpm) was obtained from a calibration study that related Actical counts to measured energy expenditure (Puyau, Adolph et al., 2004). The moderate intensity cut-point used for adults (1,535 cpm) was obtained from a calibration study conducted internally at Statistics Canada (publication under peer review; Colley and Tremblay, 2010).

Note: The SAS code used to derive this variable is available on request.

10) AMMDBMV3 – Total number of bouts of moderate-to-vigorous physical activity – Day 3

Variable name: AMMDBMV3

Description: Time spent in bouts of moderate-to-vigorous physical activity is derived using an intensity cut-point and is theoretically equivalent to > 3 METs (i.e., counts both moderate and vigorous physical activity together). The metabolic equivalent (MET) is a value of metabolic energy cost expressed as a multiple of the resting metabolic rate. For example, an activity of 4 METs requires four times the amount of energy as compared to when the body is at rest. The number of bouts of moderate-to-vigorous physical activity were counted for each valid day.

For children, moderate-to-vigorous physical activity was counted as a bout if a minimum of 4 out of 5 consecutive minutes were above the moderate-to-vigorous cut-point. For adults, moderate-to-vigorous physical activity was counted as a bout if a minimum of 8 out of 10 consecutive minutes were above the moderate-to-vigorous cut-point.

The moderate cut-point used for children (1,500 cpm) was obtained from a calibration study that related Actical counts to measured energy expenditure (Puyau, Adolph et al., 2004). The moderate intensity cut-point used for adults (1,535 cpm) was obtained from a calibration study conducted internally at Statistics Canada (publication under peer review; Colley and Tremblay, 2010).

Note: The SAS code used to derive this variable is available on request.

11) AMMDBMV4 – Total number of bouts of moderate-to-vigorous physical activity – Day 4

Variable name: AMMDBMV4

Description: Time spent in bouts of moderate-to-vigorous physical activity is derived using an intensity cut-point and is theoretically equivalent to > 3 METs (i.e., counts both moderate and vigorous physical activity together). The metabolic equivalent (MET) is a value of metabolic energy cost expressed as a multiple of the resting metabolic rate. For example, an activity of 4 METs requires four times the amount of energy as compared to when the body is at rest. The number of bouts of moderate-to-vigorous physical activity were counted for each valid day.

For children, moderate-to-vigorous physical activity was counted as a bout if a minimum of 4 out of 5 consecutive minutes were above the moderate-to-vigorous cut-point. For adults, moderate-to-vigorous physical activity was counted as a bout if a minimum of 8 out of 10 consecutive minutes were above the moderate-to-vigorous cut-point.

The moderate cut-point used for children (1,500 cpm) was obtained from a calibration study that related Actical counts to measured energy expenditure (Puyau, Adolph et al., 2004). The moderate intensity cut-point used for adults (1,535 cpm) was obtained from a calibration study conducted internally at Statistics Canada (publication under peer review; Colley and Tremblay, 2010).

Note: The SAS code used to derive this variable is available on request.

12) AMMDBMV5 – Total number of bouts of moderate-to-vigorous physical activity – Day 5

Variable name: AMMDBMV5

Description: Time spent in bouts of moderate-to-vigorous physical activity is derived using an intensity cut-point and is theoretically equivalent to > 3 METs (i.e., counts both moderate and vigorous physical activity together). The metabolic equivalent (MET) is a value of metabolic energy cost expressed as a multiple of the resting metabolic rate. For example, an activity of 4 METs requires four times the amount of energy as compared to when the body is at rest. The number of bouts of moderate-to-vigorous physical activity were counted for each valid day.

For children, moderate-to-vigorous physical activity was counted as a bout if a minimum of 4 out of 5 consecutive minutes were above the moderate-to-vigorous cut-point. For adults, moderate-to-vigorous physical activity was counted as a bout if a minimum of 8 out of 10 consecutive minutes were above the moderate-to-vigorous cut-point.

The moderate cut-point used for children (1,500 cpm) was obtained from a calibration study that related Actical counts to measured energy expenditure (Puyau, Adolph et al., 2004). The moderate intensity cut-point used for adults (1,535 cpm) was obtained from a calibration study conducted internally at Statistics Canada (publication under peer review; Colley and Tremblay, 2010).

Note: The SAS code used to derive this variable is available on request.

13) AMMDBMV6 – Total number of bouts of moderate-to-vigorous physical activity – Day 6

Variable name: AMMDBMV6

Description: Time spent in bouts of moderate-to-vigorous physical activity is derived using an intensity cut-point and is theoretically equivalent to > 3 METs (i.e., counts both moderate and vigorous physical activity together). The metabolic equivalent (MET) is a value of metabolic energy cost expressed as a multiple of the resting metabolic rate. For example, an activity of 4 METs requires four times the amount of energy as compared to when the body is at rest. The number of bouts of moderate-to-vigorous physical activity were counted for each valid day.

For children, moderate-to-vigorous physical activity was counted as a bout if a minimum of 4 out of 5 consecutive minutes were above the moderate-to-vigorous cut-point. For adults, moderate-to-vigorous physical activity was counted as a bout if a minimum of 8 out of 10 consecutive minutes were above the moderate-to-vigorous cut-point.

The moderate cut-point used for children (1,500 cpm) was obtained from a calibration study that related Actical counts to measured energy expenditure (Puyau, Adolph et al., 2004). The moderate intensity cut-point used for adults (1,535 cpm) was obtained from a calibration study conducted internally at Statistics Canada (publication under peer review; Colley and Tremblay, 2010).

Note: The SAS code used to derive this variable is available on request.

14) AMMDBMV7 – Total number of bouts of moderate-to-vigorous physical activity – Day 7

Variable name: AMMDBMV7

Description: Time spent in bouts of moderate-to-vigorous physical activity is derived using an intensity cut-point and is theoretically equivalent to > 3 METs (i.e., counts both moderate and vigorous physical activity together). The metabolic equivalent (MET) is a value of metabolic energy cost expressed as a multiple of the resting metabolic rate. For example, an activity of 4 METs requires four times the amount of energy as compared to when the body is at rest. The number of bouts of moderate-to-vigorous physical activity were counted for each valid day.

For children, moderate-to-vigorous physical activity was counted as a bout if a minimum of 4 out of 5 consecutive minutes were above the moderate-to-vigorous cut-point. For adults, moderate-to-vigorous physical activity was counted as a bout if a minimum of 8 out of 10 consecutive minutes were above the moderate-to-vigorous cut-point.

The moderate cut-point used for children (1,500 cpm) was obtained from a calibration study that related Actical counts to measured energy expenditure (Puyau, Adolph et al., 2004). The moderate intensity cut-point used for adults (1,535 cpm) was obtained from a calibration study conducted internally at Statistics Canada (publication under peer review; Colley and Tremblay, 2010).

Note: The SAS code used to derive this variable is available on request.

15) AMMDHR1 – Wear time – Day 1 (hours per day)

Variable name: AMMDHR1

Description: Wear time is the amount of time the activity monitor was worn by a person for a given day. Wear time was defined by subtracting nonwear time from 24 hours. Nonwear time was defined as a period of a least 60 consecutive minutes of zero counts, with allowance for 1 to 2 minutes of counts between 0 and 100.

Note: The SAS code used to derive this variable is available on request.

16) AMMDHR2 – Wear time – Day 2 (hours per day)

Variable name: AMMDHR2

Description: Wear time is the amount of time the activity monitor was worn by a person for a given day. Wear time was defined by subtracting nonwear time from 24 hours. Nonwear time was defined as a period of a least 60 consecutive minutes of zero counts, with allowance for 1 to 2 minutes of counts between 0 and 100.

Note: The SAS code used to derive this variable is available on request.

17) AMMDHR3 – Wear time – Day 3 (hours per day)

Variable name: AMMDHR3

Description: Wear time is the amount of time the activity monitor was worn by a person for a given day. Wear time was defined by subtracting nonwear time from 24 hours. Nonwear time was defined as a period of a least 60 consecutive minutes of zero counts, with allowance for 1 to 2 minutes of counts between 0 and 100.

Note: The SAS code used to derive this variable is available on request.

18) AMMDHR4 – Wear time – Day 4 (hours per day)

Variable name: AMMDHR4

Description: Wear time is the amount of time the activity monitor was worn by a person for a given day. Wear time was defined by subtracting nonwear time from 24 hours. Nonwear time was defined as a period of a least 60 consecutive minutes of zero counts, with allowance for 1 to 2 minutes of counts between 0 and 100.

Note: The SAS code used to derive this variable is available on request.

19) AMMDHR5 – Wear time – Day 5 (hours per day)

Variable name: AMMDHR5

Description: Wear time is the amount of time the activity monitor was worn by a person for a given day. Wear time was defined by subtracting nonwear time from 24 hours. Nonwear time was defined as a period of a least 60 consecutive minutes of zero counts, with allowance for 1 to 2 minutes of counts between 0 and 100.

Note: The SAS code used to derive this variable is available on request.

20) AMMDHR6 – Wear time – Day 6 (hours per day)

Variable name: AMMDHR6

Description: Wear time is the amount of time the activity monitor was worn by a person for a given day. Wear time was defined by subtracting nonwear time from 24 hours. Nonwear time was defined as a period of a least 60 consecutive minutes of zero counts, with allowance for 1 to 2 minutes of counts between 0 and 100.

Note: The SAS code used to derive this variable is available on request.

21) AMMDHR7 – Wear time – Day 7 (hours per day)

Variable name: AMMDHR7

Description: Wear time is the amount of time the activity monitor was worn by a person for a given day. Wear time was defined by subtracting nonwear time from 24 hours. Nonwear time was defined as a period of a least 60 consecutive minutes of zero counts, with allowance for 1 to 2 minutes of counts between 0 and 100.

Note: The SAS code used to derive this variable is available on request.

22) AMMDIA1 – Total inactivity – Day 1 (minutes per day)

Variable name: AMMDIA1

Description: Total inactivity represents the amount of time per day that counts were equal to zero. This derived variable is the sum of time (minutes) in a day when a person either is not wearing the monitor or is completely still.

Note: The SAS code used to derive this variable is available on request.

23) AMMDIA2 – Total inactivity – Day 2 (minutes per day)

Variable name: AMMDIA2

Description: Total inactivity represents the amount of time per day that counts were equal to zero. This derived variable is the sum of time (minutes) in a day when a person either is not wearing the monitor or is completely still.

Note: The SAS code used to derive this variable is available on request.

24) AMMDIA3 – Total inactivity – Day 3 (minutes per day)

Variable name: AMMDIA3

Description: Total inactivity represents the amount of time per day that counts were equal to zero. This derived variable is the sum of time (minutes) in a day when a person either is not wearing the monitor or is completely still.

Note: The SAS code used to derive this variable is available on request.

25) AMMDIA4 – Total inactivity – Day 4 (minutes per day)

Variable name: AMMDIA4

Description: Total inactivity represents the amount of time per day that counts were equal to zero. This derived variable is the sum of time (minutes) in a day when a person either is not wearing the monitor or is completely still.

Note: The SAS code used to derive this variable is available on request.

26) AMMDIA5 – Total inactivity – Day 5 (minutes per day)

Variable name: AMMDIA5

Description: Total inactivity represents the amount of time per day that counts were equal to zero. This derived variable is the sum of time (minutes) in a day when a person either is not wearing the monitor or is completely still.

Note: The SAS code used to derive this variable is available on request.

27) AMMDIA6 – Total inactivity – Day 6 (minutes per day)

Variable name: AMMDIA6

Description: Total inactivity represents the amount of time per day that counts were equal to zero. This derived variable is the sum of time (minutes) in a day when a person either is not wearing the monitor or is completely still.

Note: The SAS code used to derive this variable is available on request.

28) AMMDIA7 – Total inactivity – Day 7 (minutes per day)

Variable name: AMMDIA7

Description: Total inactivity represents the amount of time per day that counts were equal to zero. This derived variable is the sum of time (minutes) in a day when a person either is not wearing the monitor or is completely still.

Note: The SAS code used to derive this variable is available on request.

29) AMMDLA1 – Total light physical activity – Day 1 (minutes per day)

Variable name: AMMDLA1

Description: Total light physical activity is derived using an intensity cut-point and is theoretically equivalent to 2-3 METs. The metabolic equivalent (MET) is a value of metabolic energy cost expressed as a multiple of the resting metabolic rate. For example, an activity of 4 METs requires four times the amount of energy as compared to when the body is at rest. The number of minutes where counts were greater than or equal to the sedentary cut-point (100 cpm) but less than the moderate physical activity cut-point were counted as light physical activity and summed for each valid day.

The cut-point to differentiate between sedentary and light activity (100 cpm for both children and adults) was based on a preliminary examination of CHMS data which used low step counts as a way of determining an appropriate count value to associate with sedentary behaviour (Wong, Colley et al. In Press; Journal of Physical Activity and Health).

The moderate cut-point used for children (1,500 cpm) was obtained from a calibration study that related Actical counts to measured energy expenditure (Puyau, Adolph et al., 2004). The moderate intensity cut-point used for adults (1,535 cpm) was obtained from a calibration study conducted internally at Statistics Canada (publication under peer review; Colley and Tremblay, 2010).

Note: The SAS code used to derive this variable is available on request.

30) AMMDLA2 – Total light physical activity – Day 2 (minutes per day)

Variable name: AMMDLA2

Description: Total light physical activity is derived using an intensity cut-point and is theoretically equivalent to 2-3 METs. The metabolic equivalent (MET) is a value of metabolic energy cost expressed as a multiple of the resting metabolic rate. For example, an activity of 4 METs requires four times the amount of energy as compared to when the body is at rest. The number of minutes where counts were greater than or equal to the sedentary cut-point (100 cpm) but less than the moderate physical activity cut-point were counted as light physical activity and summed for each valid day.

The cut-point to differentiate between sedentary and light activity (100 cpm for both children and adults) was based on a preliminary examination of CHMS data which used low step counts as a way of determining an appropriate count value to associate with sedentary behaviour (Wong, Colley et al. In Press; Journal of Physical Activity and Health).

The moderate cut-point used for children (1,500 cpm) was obtained from a calibration study that related Actical counts to measured energy expenditure (Puyau, Adolph et al., 2004). The moderate intensity cut-point used for adults (1,535 cpm) was obtained from a calibration study conducted internally at Statistics Canada (publication under peer review; Colley and Tremblay, 2010).

Note: The SAS code used to derive this variable is available on request.

31) AMMDLA3 – Total light physical activity – Day 3 (minutes per day)

Variable name: AMMDLA3

Description: Total light physical activity is derived using an intensity cut-point and is theoretically equivalent to 2-3 METs. The metabolic equivalent (MET) is a value of metabolic energy cost expressed as a multiple of the resting metabolic rate. For example, an activity of 4 METs requires four times the amount of energy as compared to when the body is at rest. The number of minutes where counts were greater than or equal to the sedentary cut-point (100 cpm) but less than the moderate physical activity cut-point were counted as light physical activity and summed for each valid day.

The cut-point to differentiate between sedentary and light activity (100 cpm for both children and adults) was based on a preliminary examination of CHMS data which used low step counts as a way of determining an appropriate count value to associate with sedentary behaviour (Wong, Colley et al. In Press; Journal of Physical Activity and Health).

The moderate cut-point used for children (1,500 cpm) was obtained from a calibration study that related Actical counts to measured energy expenditure (Puyau, Adolph et al., 2004). The moderate intensity cut-point used for adults (1,535 cpm) was obtained from a calibration study conducted internally at Statistics Canada (publication under peer review; Colley and Tremblay, 2010).

Note: The SAS code used to derive this variable is available on request.

32) AMMDLA4 – Total light physical activity – Day 4 (minutes per day)

Variable name: AMMDLA4

Description: Total light physical activity is derived using an intensity cut-point and is theoretically equivalent to 2-3 METs. The metabolic equivalent (MET) is a value of metabolic energy cost expressed as a multiple of the resting metabolic rate. For example, an activity of 4 METs requires four times the amount of energy as compared to when the body is at rest. The number of minutes where counts were greater than or equal to the sedentary cut-point (100 cpm) but less than the moderate physical activity cut-point were counted as light physical activity and summed for each valid day.

The cut-point to differentiate between sedentary and light activity (100 cpm for both children and adults) was based on a preliminary examination of CHMS data which used low step counts as a way of determining an appropriate count value to associate with sedentary behaviour (Wong, Colley et al. In Press; Journal of Physical Activity and Health).

The moderate cut-point used for children (1,500 cpm) was obtained from a calibration study that related Actical counts to measured energy expenditure (Puyau, Adolph et al., 2004). The moderate intensity cut-point used for adults (1,535 cpm) was obtained from a calibration study conducted internally at Statistics Canada (publication under peer review; Colley and Tremblay, 2010).

Note: The SAS code used to derive this variable is available on request.

33) AMMDLA5 – Total light physical activity – Day 5 (minutes per day)

Variable name: AMMDLA5

Description: Total light physical activity is derived using an intensity cut-point and is theoretically equivalent to 2-3 METs. The metabolic equivalent (MET) is a value of metabolic energy cost expressed as a multiple of the resting metabolic rate. For example, an activity of 4 METs requires four times the amount of energy as compared to when the body is at rest. The number of minutes where counts were greater than or equal to the sedentary cut-point (100 cpm) but less than the moderate physical activity cut-point were counted as light physical activity and summed for each valid day.

The cut-point to differentiate between sedentary and light activity (100 cpm for both children and adults) was based on a preliminary examination of CHMS data which used low step counts as a way of determining an appropriate count value to associate with sedentary behaviour (Wong, Colley et al. In Press; Journal of Physical Activity and Health).

The moderate cut-point used for children (1,500 cpm) was obtained from a calibration study that related Actical counts to measured energy expenditure (Puyau, Adolph et al., 2004). The moderate intensity cut-point used for adults (1,535 cpm) was obtained from a calibration study conducted internally at Statistics Canada (publication under peer review; Colley and Tremblay, 2010).

Note: The SAS code used to derive this variable is available on request.

34) AMMDLA6 – Total light physical activity – Day 6 (minutes per day)

Variable name: AMMDLA6

Description: Total light physical activity is derived using an intensity cut-point and is theoretically equivalent to 2-3 METs. The metabolic equivalent (MET) is a value of metabolic energy cost expressed as a multiple of the resting metabolic rate. For example, an activity of 4 METs requires four times the amount of energy as compared to when the body is at rest. The number of minutes where counts were greater than or equal to the sedentary cut-point (100 cpm) but less than the moderate physical activity cut-point were counted as light physical activity and summed for each valid day.

The cut-point to differentiate between sedentary and light activity (100 cpm for both children and adults) was based on a preliminary examination of CHMS data which used low step counts as a way of determining an appropriate count value to associate with sedentary behaviour (Wong, Colley et al. In Press; Journal of Physical Activity and Health).

The moderate cut-point used for children (1,500 cpm) was obtained from a calibration study that related Actical counts to measured energy expenditure (Puyau, Adolph et al., 2004). The moderate intensity cut-point used for adults (1,535 cpm) was obtained from a calibration study conducted internally at Statistics Canada (publication under peer review; Colley and Tremblay, 2010).

Note: The SAS code used to derive this variable is available on request.

35) AMMDLA7 – Total light physical activity – Day 7 (minutes per day)

Variable name: AMMDLA7

Description: Total light physical activity is derived using an intensity cut-point and is theoretically equivalent to 2-3 METs. The metabolic equivalent (MET) is a value of metabolic energy cost expressed as a multiple of the resting metabolic rate. For example, an activity of 4 METs requires four times the amount of energy as compared to when the body is at rest. The number of minutes where counts were greater than or equal to the sedentary cut-point (100 cpm) but less than the moderate physical activity cut-point were counted as light physical activity and summed for each valid day.

The cut-point to differentiate between sedentary and light activity (100 cpm for both children and adults) was based on a preliminary examination of CHMS data which used low step counts as a way of determining an appropriate count value to associate with sedentary behaviour (Wong, Colley et al. In Press; Journal of Physical Activity and Health).

The moderate cut-point used for children (1,500 cpm) was obtained from a calibration study that related Actical counts to measured energy expenditure (Puyau, Adolph et al., 2004). The moderate intensity cut-point used for adults (1,535 cpm) was obtained from a calibration study conducted internally at Statistics Canada (publication under peer review; Colley and Tremblay, 2010).

Note: The SAS code used to derive this variable is available on request.

36) AMMDMA1 – Total moderate physical activity – Day 1 (minutes per day)

Variable name: AMMDMA1

Description: Time spent in moderate physical activity is derived using an intensity cut-point and is theoretically equivalent to > 3 and < 6 METs. The metabolic equivalent (MET) is a value of metabolic energy cost expressed as a multiple of the resting metabolic rate. For example, an activity of 4 METs requires four times the amount of energy as compared to when the body is at rest. The number of minutes that were accumulated above the moderate cut-point and below the vigorous cut-point in bouts were counted as moderate physical activity (bouts) and summed for each valid day.

For children, moderate physical activity was counted as a bout if a minimum of 4 out of 5 consecutive minutes were above the moderate cut-point and below the vigorous cut-point. For adults, moderate physical activity was counted as a bout if a minimum of 8 out of 10 consecutive minutes were above the moderate cut-point and below the vigorous cut-point.

The moderate cut-point used for children (1,500 cpm) was obtained from a calibration study that related Actical counts to measured energy expenditure (Puyau, Adolph et al., 2004). The moderate intensity cut-point used for adults (1,535 cpm) was obtained from a calibration study conducted internally at Statistics Canada (publication under peer review; Colley and Tremblay, 2010).

The vigorous cut-point used for children (6,500 cpm) was obtained from a calibration study that related Actical counts to measured energy expenditure (Puyau, Adolph et al., 2004). The vigorous intensity cut-point used for adults (3,962 cpm) was obtained from a calibration study conducted internally at Statistics Canada (publication under peer review; Colley and Tremblay, 2010).

Note: The SAS code used to derive this variable is available on request.

37) AMMDMA2 – Total moderate physical activity – Day 2 (minutes per day)

Variable name: AMMDMA2

Description: Time spent in moderate physical activity is derived using an intensity cut-point and is theoretically equivalent to > 3 and < 6 METs. The metabolic equivalent (MET) is a value of metabolic energy cost expressed as a multiple of the resting metabolic rate. For example, an activity of 4 METs requires four times the amount of energy as compared to when the body is at rest. The number of minutes that were accumulated above the moderate cut-point and below the vigorous cut-point in bouts were counted as moderate physical activity (bouts) and summed for each valid day.

For children, moderate physical activity was counted as a bout if a minimum of 4 out of 5 consecutive minutes were above the moderate cut-point and below the vigorous cut-point. For adults, moderate physical activity was counted as a bout if a minimum of 8 out of 10 consecutive minutes were above the moderate cut-point and below the vigorous cut-point.

The moderate cut-point used for children (1,500 cpm) was obtained from a calibration study that related Actical counts to measured energy expenditure (Puyau, Adolph et al., 2004). The moderate intensity cut-point used for adults (1,535 cpm) was obtained from a calibration study conducted internally at Statistics Canada (publication under peer review; Colley and Tremblay, 2010).

Note: The SAS code used to derive this variable is available on request.

38) AMMDMA3 – Total moderate physical activity – Day 3 (minutes per day)

Variable name: AMMDMA3

Description: Time spent in moderate physical activity is derived using an intensity cut-point and is theoretically equivalent to > 3 and < 6 METs. The metabolic equivalent (MET) is a value of metabolic energy cost expressed as a multiple of the resting metabolic rate. For example, an activity of 4 METs requires four times the amount of energy as compared to when the body is at rest. The number of minutes that were accumulated above the moderate cut-point and below the vigorous cut-point in bouts were counted as moderate physical activity (bouts) and summed for each valid day.

For children, moderate physical activity was counted as a bout if a minimum of 4 out of 5 consecutive minutes were above the moderate cut-point and below the vigorous cut-point. For adults, moderate physical activity was counted as a bout if a minimum of 8 out of 10 consecutive minutes were above the moderate cut-point and below the vigorous cut-point.

The moderate cut-point used for children (1,500 cpm) was obtained from a calibration study that related Actical counts to measured energy expenditure (Puyau, Adolph et al., 2004). The moderate intensity cut-point used for adults (1,535 cpm) was obtained from a calibration study conducted internally at Statistics Canada (publication under peer review; Colley and Tremblay, 2010).

Note: The SAS code used to derive this variable is available on request.

39) AMMDMA4 – Total moderate physical activity – Day 4 (minutes per day)

Variable name: AMMDMA4

Description: Time spent in moderate physical activity is derived using an intensity cut-point and is theoretically equivalent to > 3 and < 6 METs. The metabolic equivalent (MET) is a value of metabolic energy cost expressed as a multiple of the resting metabolic rate. For example, an activity of 4 METs requires four times the amount of energy as compared to when the body is at rest. The number of minutes that were accumulated above the moderate cut-point and below the vigorous cut-point in bouts were counted as moderate physical activity (bouts) and summed for each valid day.

For children, moderate physical activity was counted as a bout if a minimum of 4 out of 5 consecutive minutes were above the moderate cut-point and below the vigorous cut-point. For adults, moderate physical activity was counted as a bout if a minimum of 8 out of 10 consecutive minutes were above the moderate cut-point and below the vigorous cut-point.

The moderate cut-point used for children (1,500 cpm) was obtained from a calibration study that related Actical counts to measured energy expenditure (Puyau, Adolph et al., 2004). The moderate intensity cut-point used for adults (1,535 cpm) was obtained from a calibration study conducted internally at Statistics Canada (publication under peer review; Colley and Tremblay, 2010).

Note: The SAS code used to derive this variable is available on request.

40) AMMDMA5 – Total moderate physical activity – Day 5 (minutes per day)

Variable name: AMMDMA5

Description: Time spent in moderate physical activity is derived using an intensity cut-point and is theoretically equivalent to > 3 and < 6 METs. The metabolic equivalent (MET) is a value of metabolic energy cost expressed as a multiple of the resting metabolic rate. For example, an activity of 4 METs requires four times the amount of energy as compared to when the body is at rest. The number of minutes that were accumulated above the moderate cut-point and below the vigorous cut-point in bouts were counted as moderate physical activity (bouts) and summed for each valid day.

For children, moderate physical activity was counted as a bout if a minimum of 4 out of 5 consecutive minutes were above the moderate cut-point and below the vigorous cut-point. For adults, moderate physical activity was counted as a bout if a minimum of 8 out of 10 consecutive minutes were above the moderate cut-point and below the vigorous cut-point.

The moderate cut-point used for children (1,500 cpm) was obtained from a calibration study that related Actical counts to measured energy expenditure (Puyau, Adolph et al., 2004). The moderate intensity cut-point used for adults (1,535 cpm) was obtained from a calibration study conducted internally at Statistics Canada (publication under peer review; Colley and Tremblay, 2010).

Note: The SAS code used to derive this variable is available on request.

41) AMMDMA6 – Total moderate physical activity – Day 6 (minutes per day)

Variable name: AMMDMA6

Description: Time spent in moderate physical activity is derived using an intensity cut-point and is theoretically equivalent to > 3 and < 6 METs. The metabolic equivalent (MET) is a value of metabolic energy cost expressed as a multiple of the resting metabolic rate. For example, an activity of 4 METs requires four times the amount of energy as compared to when the body is at rest. The number of minutes that were accumulated above the moderate cut-point and below the vigorous cut-point in bouts were counted as moderate physical activity (bouts) and summed for each valid day.

For children, moderate physical activity was counted as a bout if a minimum of 4 out of 5 consecutive minutes were above the moderate cut-point and below the vigorous cut-point. For adults, moderate physical activity was counted as a bout if a minimum of 8 out of 10 consecutive minutes were above the moderate cut-point and below the vigorous cut-point.

The moderate cut-point used for children (1,500 cpm) was obtained from a calibration study that related Actical counts to measured energy expenditure (Puyau, Adolph et al., 2004). The moderate intensity cut-point used for adults (1,535 cpm) was obtained from a calibration study conducted internally at Statistics Canada (publication under peer review; Colley and Tremblay, 2010).

Note: The SAS code used to derive this variable is available on request.

42) AMMDMA7 – Total moderate physical activity – Day 7 (minutes per day)

Variable name: AMMDMA7

Description: Time spent in moderate physical activity is derived using an intensity cut-point and is theoretically equivalent to > 3 and < 6 METs. The metabolic equivalent (MET) is a value of metabolic energy cost expressed as a multiple of the resting metabolic rate. For example, an activity of 4 METs requires four times the amount of energy as compared to when the body is at rest. The number of minutes that were accumulated above the moderate cut-point and below the vigorous cut-point in bouts were counted as moderate physical activity (bouts) and summed for each valid day.

For children, moderate physical activity was counted as a bout if a minimum of 4 out of 5 consecutive minutes were above the moderate cut-point and below the vigorous cut-point. For adults, moderate physical activity was counted as a bout if a minimum of 8 out of 10 consecutive minutes were above the moderate cut-point and below the vigorous cut-point.

The moderate cut-point used for children (1,500 cpm) was obtained from a calibration study that related Actical counts to measured energy expenditure (Puyau, Adolph et al., 2004). The moderate intensity cut-point used for adults (1,535 cpm) was obtained from a calibration study conducted internally at Statistics Canada (publication under peer review; Colley and Tremblay, 2010).

Note: The SAS code used to derive this variable is available on request.

43) AMMDMB1 – Bouts of moderate physical activity – Day 1 (minutes per day)

Variable name: AMMDMB1

Description: Time spent in bouts of moderate physical activity is derived using an intensity cut-point and is theoretically equivalent to > 3 and < 6 METs. The metabolic equivalent (MET) is a value of metabolic energy cost expressed as a multiple of the resting metabolic rate. For example, an activity of 4 METs requires four times the amount of energy as compared to when the body is at rest. The number of minutes that were accumulated above the moderate cut-point and below the vigorous cut-point in bouts were counted as moderate physical activity (bouts) and summed for each valid day.

For children, moderate physical activity was counted as a bout if a minimum of 4 out of 5 consecutive minutes were above the moderate cut-point and below the vigorous cut-point. For adults, moderate physical activity was counted as a bout if a minimum of 8 out of 10 consecutive minutes were above the moderate cut-point and below the vigorous cut-point.

The moderate cut-point used for children (1,500 cpm) was obtained from a calibration study that related Actical counts to measured energy expenditure (Puyau, Adolph et al., 2004). The moderate intensity cut-point used for adults (1,535 cpm) was obtained from a calibration study conducted internally at Statistics Canada (publication under peer review; Colley and Tremblay, 2010).

The vigorous cut-point used for children (6,500 cpm) was obtained from a calibration study that related Actical counts to measured energy expenditure (Puyau, Adolph et al., 2004). The vigorous intensity cut-point used for adults (3,962 cpm) was obtained from a calibration study conducted internally at Statistics Canada (publication under peer review; Colley and Tremblay, 2010).

Note: The SAS code used to derive this variable is available on request.

44) AMMDMB2 – Bouts of moderate physical activity – Day 2 (minutes per day)

Variable name: AMMDMB2

Description: Time spent in bouts of moderate physical activity is derived using an intensity cut-point and is theoretically equivalent to > 3 and < 6 METs. The metabolic equivalent (MET) is a value of metabolic energy cost expressed as a multiple of the resting metabolic rate. For example, an activity of 4 METs requires four times the amount of energy as compared to when the body is at rest. The number of minutes that were accumulated above the moderate cut-point and below the vigorous cut-point in bouts were counted as moderate physical activity (bouts) and summed for each valid day.

For children, moderate physical activity was counted as a bout if a minimum of 4 out of 5 consecutive minutes were above the moderate cut-point and below the vigorous cut-point. For adults, moderate physical activity was counted as a bout if a minimum of 8 out of 10 consecutive minutes were above the moderate cut-point and below the vigorous cut-point.

The moderate cut-point used for children (1,500 cpm) was obtained from a calibration study that related Actical counts to measured energy expenditure (Puyau, Adolph et al., 2004). The moderate intensity cut-point used for adults (1,535 cpm) was obtained from a calibration study conducted internally at Statistics Canada (publication under peer review; Colley and Tremblay, 2010).

The vigorous cut-point used for children (6,500 cpm) was obtained from a calibration study that related Actical counts to measured energy expenditure (Puyau, Adolph et al., 2004). The vigorous intensity cut-point used for adults (3,962 cpm) was obtained from a calibration study conducted internally at Statistics Canada (publication under peer review; Colley and Tremblay, 2010).

Note: The SAS code used to derive this variable is available on request.

45) AMMDMB3 – Bouts of moderate physical activity – Day 3 (minutes per day)

Variable name: AMMDMB3

Description: Time spent in bouts of moderate physical activity is derived using an intensity cut-point and is theoretically equivalent to > 3 and < 6 METs. The metabolic equivalent (MET) is a value of metabolic energy cost expressed as a multiple of the resting metabolic rate. For example, an activity of 4 METs requires four times the amount of energy as compared to when the body is at rest. The number of minutes that were accumulated above the moderate cut-point and below the vigorous cut-point in bouts were counted as moderate physical activity (bouts) and summed for each valid day.

For children, moderate physical activity was counted as a bout if a minimum of 4 out of 5 consecutive minutes were above the moderate cut-point and below the vigorous cut-point. For adults, moderate physical activity was counted as a bout if a minimum of 8 out of 10 consecutive minutes were above the moderate cut-point and below the vigorous cut-point.

The moderate cut-point used for children (1,500 cpm) was obtained from a calibration study that related Actical counts to measured energy expenditure (Puyau, Adolph et al., 2004). The moderate intensity cut-point used for adults (1,535 cpm) was obtained from a calibration study conducted internally at Statistics Canada (publication under peer review; Colley and Tremblay, 2010).

The vigorous cut-point used for children (6,500 cpm) was obtained from a calibration study that related Actical counts to measured energy expenditure (Puyau, Adolph et al., 2004). The vigorous intensity cut-point used for adults (3,962 cpm) was obtained from a calibration study conducted internally at Statistics Canada (publication under peer review; Colley and Tremblay, 2010).

Note: The SAS code used to derive this variable is available on request.

46) AMMDMB4 – Bouts of moderate physical activity – Day 4 (minutes per day)

Variable name: AMMDMB4

Description: Time spent in bouts of moderate physical activity is derived using an intensity cut-point and is theoretically equivalent to > 3 and < 6 METs. The metabolic equivalent (MET) is a value of metabolic energy cost expressed as a multiple of the resting metabolic rate. For example, an activity of 4 METs requires four times the amount of energy as compared to when the body is at rest. The number of minutes that were accumulated above the moderate cut-point and below the vigorous cut-point in bouts were counted as moderate physical activity (bouts) and summed for each valid day.

For children, moderate physical activity was counted as a bout if a minimum of 4 out of 5 consecutive minutes were above the moderate cut-point and below the vigorous cut-point. For adults, moderate physical activity was counted as a bout if a minimum of 8 out of 10 consecutive minutes were above the moderate cut-point and below the vigorous cut-point.

The moderate cut-point used for children (1,500 cpm) was obtained from a calibration study that related Actical counts to measured energy expenditure (Puyau, Adolph et al., 2004). The moderate intensity cut-point used for adults (1,535 cpm) was obtained from a calibration study conducted internally at Statistics Canada (publication under peer review; Colley and Tremblay, 2010).

The vigorous cut-point used for children (6,500 cpm) was obtained from a calibration study that related Actical counts to measured energy expenditure (Puyau, Adolph et al., 2004). The vigorous intensity cut-point used for adults (3,962 cpm) was obtained from a calibration study conducted internally at Statistics Canada (publication under peer review; Colley and Tremblay, 2010).

Note: The SAS code used to derive this variable is available on request.

47) AMMDMB5 – Bouts of moderate physical activity – Day 5 (minutes per day)

Variable name: AMMDMB5

Description: Time spent in bouts of moderate physical activity is derived using an intensity cut-point and is theoretically equivalent to > 3 and < 6 METs. The metabolic equivalent (MET) is a value of metabolic energy cost expressed as a multiple of the resting metabolic rate. For example, an activity of 4 METs requires four times the amount of energy as compared to when the body is at rest. The number of minutes that were accumulated above the moderate cut-point and below the vigorous cut-point in bouts were counted as moderate physical activity (bouts) and summed for each valid day.

For children, moderate physical activity was counted as a bout if a minimum of 4 out of 5 consecutive minutes were above the moderate cut-point and below the vigorous cut-point. For adults, moderate physical activity was counted as a bout if a minimum of 8 out of 10 consecutive minutes were above the moderate cut-point and below the vigorous cut-point.

The moderate cut-point used for children (1,500 cpm) was obtained from a calibration study that related Actical counts to measured energy expenditure (Puyau, Adolph et al., 2004). The moderate intensity cut-point used for adults (1,535 cpm) was obtained from a calibration study conducted internally at Statistics Canada (publication under peer review; Colley and Tremblay, 2010).

The vigorous cut-point used for children (6,500 cpm) was obtained from a calibration study that related Actical counts to measured energy expenditure (Puyau, Adolph et al., 2004). The vigorous intensity cut-point used for adults (3,962 cpm) was obtained from a calibration study conducted internally at Statistics Canada (publication under peer review; Colley and Tremblay, 2010).

Note: The SAS code used to derive this variable is available on request.

48) AMMDMB6 – Bouts of moderate physical activity – Day 6 (minutes per day)

Variable name: AMMDMB6

Description: Time spent in bouts of moderate physical activity is derived using an intensity cut-point and is theoretically equivalent to > 3 and < 6 METs. The metabolic equivalent (MET) is a value of metabolic energy cost expressed as a multiple of the resting metabolic rate. For example, an activity of 4 METs requires four times the amount of energy as compared to when the body is at rest. The number of minutes that were accumulated above the moderate cut-point and below the vigorous cut-point in bouts were counted as moderate physical activity (bouts) and summed for each valid day.

For children, moderate physical activity was counted as a bout if a minimum of 4 out of 5 consecutive minutes were above the moderate cut-point and below the vigorous cut-point. For adults, moderate physical activity was counted as a bout if a minimum of 8 out of 10 consecutive minutes were above the moderate cut-point and below the vigorous cut-point.

The moderate cut-point used for children (1,500 cpm) was obtained from a calibration study that related Actical counts to measured energy expenditure (Puyau, Adolph et al., 2004). The moderate intensity cut-point used for adults (1,535 cpm) was obtained from a calibration study conducted internally at Statistics Canada (publication under peer review; Colley and Tremblay, 2010).

The vigorous cut-point used for children (6,500 cpm) was obtained from a calibration study that related Actical counts to measured energy expenditure (Puyau, Adolph et al., 2004). The vigorous intensity cut-point used for adults (3,962 cpm) was obtained from a calibration study conducted internally at Statistics Canada (publication under peer review; Colley and Tremblay, 2010).

Note: The SAS code used to derive this variable is available on request.

49) AMMDMB7 – Bouts of moderate physical activity – Day 7 (minutes per day)

Variable name: AMMDMB7

Description: Time spent in bouts of moderate physical activity is derived using an intensity cut-point and is theoretically equivalent to > 3 and < 6 METs. The metabolic equivalent (MET) is a value of metabolic energy cost expressed as a multiple of the resting metabolic rate. For example, an activity of 4 METs requires four times the amount of energy as compared to when the body is at rest. The number of minutes that were accumulated above the moderate cut-point and below the vigorous cut-point in bouts were counted as moderate physical activity (bouts) and summed for each valid day.

For children, moderate physical activity was counted as a bout if a minimum of 4 out of 5 consecutive minutes were above the moderate cut-point and below the vigorous cut-point. For adults, moderate physical activity was counted as a bout if a minimum of 8 out of 10 consecutive minutes were above the moderate cut-point and below the vigorous cut-point.

The moderate cut-point used for children (1,500 cpm) was obtained from a calibration study that related Actical counts to measured energy expenditure (Puyau, Adolph et al., 2004). The moderate intensity cut-point used for adults (1,535 cpm) was obtained from a calibration study conducted internally at Statistics Canada (publication under peer review; Colley and Tremblay, 2010).

The vigorous cut-point used for children (6,500 cpm) was obtained from a calibration study that related Actical counts to measured energy expenditure (Puyau, Adolph et al., 2004). The vigorous intensity cut-point used for adults (3,962 cpm) was obtained from a calibration study conducted internally at Statistics Canada (publication under peer review; Colley and Tremblay, 2010).

Note: The SAS code used to derive this variable is available on request.

50) AMMDMVA1 – Total moderate-to-vigorous physical activity – Day 1 (minutes per day)

Variable name: AMMDMVA1

Description: Time spent in moderate-to-vigorous physical activity is derived using an intensity cut-point and is theoretically equivalent to > 3 METs. The metabolic equivalent (MET) is a value of metabolic energy cost expressed as a multiple of the resting metabolic rate. For example, an activity of 4 METs requires four times the amount of energy as compared to when the body is at rest. The number of minutes that were accumulated above the moderate cut-point were counted as moderate-to-vigorous physical activity and summed across all valid days. Note: There was no bout requirement in this summation of moderate-to-vigorous physical activity. In other words, all minutes above the cut-point were counted.

Note: The SAS code used to derive this variable is available on request.

51) AMMDMVA2 – Total moderate-to-vigorous physical activity – Day 2 (minutes per day)

Variable name: AMMDMVA2

Description: Time spent in moderate-to-vigorous physical activity is derived using an intensity cut-point and is theoretically equivalent to > 3 METs. The metabolic equivalent (MET) is a value of metabolic energy cost expressed as a multiple of the resting metabolic rate. For example, an activity of 4 METs requires four times the amount of energy as compared to when the body is at rest. The number of minutes that were accumulated above the moderate cut-point were counted as moderate-to-vigorous physical activity and summed across all valid days. Note: There was no bout requirement in this summation of moderate-to-vigorous physical activity. In other words, all minutes above the cut-point were counted.

Note: The SAS code used to derive this variable is available on request.

52) AMMDMVA3 – Total moderate-to-vigorous physical activity – Day 3 (minutes per day)

Variable name: AMMDMVA3

Description: Time spent in moderate-to-vigorous physical activity is derived using an intensity cut-point and is theoretically equivalent to > 3 METs. The metabolic equivalent (MET) is a value of metabolic energy cost expressed as a multiple of the resting metabolic rate. For example, an activity of 4 METs requires four times the amount of energy as compared to when the body is at rest. The number of minutes that were accumulated above the moderate cut-point were counted as moderate-to-vigorous physical activity and summed across all valid days. Note: There was no bout requirement in this summation of moderate-to-vigorous physical activity. In other words, all minutes above the cut-point were counted.

Note: The SAS code used to derive this variable is available on request.

53) AMMDMVA4 – Total moderate-to-vigorous physical activity – Day 4 (minutes per day)

Variable name: AMMDMVA4

Description: Time spent in moderate-to-vigorous physical activity is derived using an intensity cut-point and is theoretically equivalent to > 3 METs. The metabolic equivalent (MET) is a value of metabolic energy cost expressed as a multiple of the resting metabolic rate. For example, an activity of 4 METs requires four times the amount of energy as compared to when the body is at rest. The number of minutes that were accumulated above the moderate cut-point were counted as moderate-to-vigorous physical activity and summed across all valid days. Note: There was no bout requirement in this summation of moderate-to-vigorous physical activity. In other words, all minutes above the cut-point were counted.

Note: The SAS code used to derive this variable is available on request.

54) AMMDMVA5 – Total moderate-to-vigorous physical activity – Day 5 (minutes per day)

Variable name: AMMDMVA5

Description: Time spent in moderate-to-vigorous physical activity is derived using an intensity cut-point and is theoretically equivalent to > 3 METs. The metabolic equivalent (MET) is a value of metabolic energy cost expressed as a multiple of the resting metabolic rate. For example, an activity of 4 METs requires four times the amount of energy as compared to when the body is at rest. The number of minutes that were accumulated above the moderate cut-point were counted as moderate-to-vigorous physical activity and summed across all valid days. Note: There was no bout requirement in this summation of moderate-to-vigorous physical activity. In other words, all minutes above the cut-point were counted.

Note: The SAS code used to derive this variable is available on request.

55) AMMDMVA6 – Total moderate-to-vigorous physical activity – Day 6 (minutes per day)

Variable name: AMMDMVA6

Description: Time spent in moderate-to-vigorous physical activity is derived using an intensity cut-point and is theoretically equivalent to > 3 METs. The metabolic equivalent (MET) is a value of metabolic energy cost expressed as a multiple of the resting metabolic rate. For example, an activity of 4 METs requires four times the amount of energy as compared to when the body is at rest. The number of minutes that were accumulated above the moderate cut-point were counted as moderate-to-vigorous physical activity and summed across all valid days. Note: There was no bout requirement in this summation of moderate-to-vigorous physical activity. In other words, all minutes above the cut-point were counted.

Note: The SAS code used to derive this variable is available on request.

56) AMMDMVA7 – Total moderate-to-vigorous physical activity – Day 7 (minutes per day)

Variable name: AMMDMVA7

Description: Time spent in moderate-to-vigorous physical activity is derived using an intensity cut-point and is theoretically equivalent to > 3 METs. The metabolic equivalent (MET) is a value of metabolic energy cost expressed as a multiple of the resting metabolic rate. For example, an activity of 4 METs requires four times the amount of energy as compared to when the body is at rest. The number of minutes that were accumulated above the moderate cut-point were counted as moderate-to-vigorous physical activity and summed across all valid days. Note: There was no bout requirement in this summation of moderate-to-vigorous physical activity. In other words, all minutes above the cut-point were counted.

Note: The SAS code used to derive this variable is available on request.

57) AMMDMVB1 – Bouts of moderate-to-vigorous physical activity – Day 1 (minutes per day)

Variable name: AMMDMVB1

Description: Time spent in bouts of moderate-to-vigorous physical activity is derived using an intensity cut-point and is theoretically equivalent to > 3 METs (i.e., counts both moderate and vigorous physical activity together). The metabolic equivalent (MET) is a value of metabolic energy cost expressed as a multiple of the resting metabolic rate. For example, an activity of 4 METs requires four times the amount of energy as compared to when the body is at rest. The number of minutes that were accumulated above the moderate cut-point in bouts were counted as moderate-to-vigorous physical activity (bouts) and summed for each valid day.

For children, moderate-to-vigorous physical activity was counted as a bout if a minimum of 4 out of 5 consecutive minutes were above the moderate-to-vigorous cut-point. For adults, moderate-to-vigorous physical activity was counted as a bout if a minimum of 8 out of 10 consecutive minutes were above the moderate-to-vigorous cut-point.

The moderate cut-point used for children (1,500 cpm) was obtained from a calibration study that related Actical counts to measured energy expenditure (Puyau, Adolph et al., 2004). The moderate intensity cut-point used for adults (1,535 cpm) was obtained from a calibration study conducted internally at Statistics Canada (publication under peer review; Colley and Tremblay, 2010).

Note: The SAS code used to derive this variable is available on request.

58) AMMDMVB2 – Bouts of moderate-to-vigorous physical activity – Day 2 (minutes per day)

Variable name: AMMDMVB2

Description: Time spent in bouts of moderate-to-vigorous physical activity is derived using an intensity cut-point and is theoretically equivalent to > 3 METs (i.e., counts both moderate and vigorous physical activity together). The metabolic equivalent (MET) is a value of metabolic energy cost expressed as a multiple of the resting metabolic rate. For example, an activity of 4 METs requires four times the amount of energy as compared to when the body is at rest. The number of minutes that were accumulated above the moderate cut-point in bouts were counted as moderate-to-vigorous physical activity (bouts) and summed for each valid day.

For children, moderate-to-vigorous physical activity was counted as a bout if a minimum of 4 out of 5 consecutive minutes were above the moderate-to-vigorous cut-point. For adults, moderate-to-vigorous physical activity was counted as a bout if a minimum of 8 out of 10 consecutive minutes were above the moderate-to-vigorous cut-point.

The moderate cut-point used for children (1,500 cpm) was obtained from a calibration study that related Actical counts to measured energy expenditure (Puyau, Adolph et al., 2004). The moderate intensity cut-point used for adults (1,535 cpm) was obtained from a calibration study conducted internally at Statistics Canada (publication under peer review; Colley and Tremblay, 2010).

Note: The SAS code used to derive this variable is available on request.

59) AMMDMVB3 – Bouts of moderate-to-vigorous physical activity – Day 3 (minutes per day)

Variable name: AMMDMVB3

Description: Time spent in bouts of moderate-to-vigorous physical activity is derived using an intensity cut-point and is theoretically equivalent to > 3 METs (i.e., counts both moderate and vigorous physical activity together). The metabolic equivalent (MET) is a value of metabolic energy cost expressed as a multiple of the resting metabolic rate. For example, an activity of 4 METs requires four times the amount of energy as compared to when the body is at rest. The number of minutes that were accumulated above the moderate cut-point in bouts were counted as moderate-to-vigorous physical activity (bouts) and summed for each valid day.

For children, moderate-to-vigorous physical activity was counted as a bout if a minimum of 4 out of 5 consecutive minutes were above the moderate-to-vigorous cut-point. For adults, moderate-to-vigorous physical activity was counted as a bout if a minimum of 8 out of 10 consecutive minutes were above the moderate-to-vigorous cut-point.

The moderate cut-point used for children (1,500 cpm) was obtained from a calibration study that related Actical counts to measured energy expenditure (Puyau, Adolph et al., 2004). The moderate intensity cut-point used for adults (1,535 cpm) was obtained from a calibration study conducted internally at Statistics Canada (publication under peer review; Colley and Tremblay, 2010).

Note: The SAS code used to derive this variable is available on request.

60) AMMDMVB4 – Bouts of moderate-to-vigorous physical activity – Day 4 (minutes per day)

Variable name: AMMDMVB4

Description: Time spent in bouts of moderate-to-vigorous physical activity is derived using an intensity cut-point and is theoretically equivalent to > 3 METs (i.e., counts both moderate and vigorous physical activity together). The metabolic equivalent (MET) is a value of metabolic energy cost expressed as a multiple of the resting metabolic rate. For example, an activity of 4 METs requires four times the amount of energy as compared to when the body is at rest. The number of minutes that were accumulated above the moderate cut-point in bouts were counted as moderate-to-vigorous physical activity (bouts) and summed for each valid day.

For children, moderate-to-vigorous physical activity was counted as a bout if a minimum of 4 out of 5 consecutive minutes were above the moderate-to-vigorous cut-point. For adults, moderate-to-vigorous physical activity was counted as a bout if a minimum of 8 out of 10 consecutive minutes were above the moderate-to-vigorous cut-point.

The moderate cut-point used for children (1,500 cpm) was obtained from a calibration study that related Actical counts to measured energy expenditure (Puyau, Adolph et al., 2004). The moderate intensity cut-point used for adults (1,535 cpm) was obtained from a calibration study conducted internally at Statistics Canada (publication under peer review; Colley and Tremblay, 2010).

Note: The SAS code used to derive this variable is available on request.

61) AMMDMVB5 – Bouts of moderate-to-vigorous physical activity – Day 5 (minutes per day)

Variable name: AMMDMVB5

Description: Time spent in bouts of moderate-to-vigorous physical activity is derived using an intensity cut-point and is theoretically equivalent to > 3 METs (i.e., counts both moderate and vigorous physical activity together). The metabolic equivalent (MET) is a value of metabolic energy cost expressed as a multiple of the resting metabolic rate. For example, an activity of 4 METs requires four times the amount of energy as compared to when the body is at rest. The number of minutes that were accumulated above the moderate cut-point in bouts were counted as moderate-to-vigorous physical activity (bouts) and summed for each valid day.

For children, moderate-to-vigorous physical activity was counted as a bout if a minimum of 4 out of 5 consecutive minutes were above the moderate-to-vigorous cut-point. For adults, moderate-to-vigorous physical activity was counted as a bout if a minimum of 8 out of 10 consecutive minutes were above the moderate-to-vigorous cut-point.

The moderate cut-point used for children (1,500 cpm) was obtained from a calibration study that related Actical counts to measured energy expenditure (Puyau, Adolph et al., 2004). The moderate intensity cut-point used for adults (1,535 cpm) was obtained from a calibration study conducted internally at Statistics Canada (publication under peer review; Colley and Tremblay, 2010).

Note: The SAS code used to derive this variable is available on request.

62) AMMDMVB6 – Bouts of moderate-to-vigorous physical activity – Day 6 (minutes per day)

Variable name: AMMDMVB6

Description: Time spent in bouts of moderate-to-vigorous physical activity is derived using an intensity cut-point and is theoretically equivalent to > 3 METs (i.e., counts both moderate and vigorous physical activity together). The metabolic equivalent (MET) is a value of metabolic energy cost expressed as a multiple of the resting metabolic rate. For example, an activity of 4 METs requires four times the amount of energy as compared to when the body is at rest. The number of minutes that were accumulated above the moderate cut-point in bouts were counted as moderate-to-vigorous physical activity (bouts) and summed for each valid day.

For children, moderate-to-vigorous physical activity was counted as a bout if a minimum of 4 out of 5 consecutive minutes were above the moderate-to-vigorous cut-point. For adults, moderate-to-vigorous physical activity was counted as a bout if a minimum of 8 out of 10 consecutive minutes were above the moderate-to-vigorous cut-point.

The moderate cut-point used for children (1,500 cpm) was obtained from a calibration study that related Actical counts to measured energy expenditure (Puyau, Adolph et al., 2004). The moderate intensity cut-point used for adults (1,535 cpm) was obtained from a calibration study conducted internally at Statistics Canada (publication under peer review; Colley and Tremblay, 2010).

Note: The SAS code used to derive this variable is available on request.

63) AMMDMVB7 – Bouts of moderate-to-vigorous physical activity – Day 7 (minutes per day)

Variable name: AMMDMVB7

Description: Time spent in bouts of moderate-to-vigorous physical activity is derived using an intensity cut-point and is theoretically equivalent to > 3 METs (i.e., counts both moderate and vigorous physical activity together). The metabolic equivalent (MET) is a value of metabolic energy cost expressed as a multiple of the resting metabolic rate. For example, an activity of 4 METs requires four times the amount of energy as compared to when the body is at rest. The number of minutes that were accumulated above the moderate cut-point in bouts were counted as moderate-to-vigorous physical activity (bouts) and summed for each valid day.

For children, moderate-to-vigorous physical activity was counted as a bout if a minimum of 4 out of 5 consecutive minutes were above the moderate-to-vigorous cut-point. For adults, moderate-to-vigorous physical activity was counted as a bout if a minimum of 8 out of 10 consecutive minutes were above the moderate-to-vigorous cut-point.

The moderate cut-point used for children (1,500 cpm) was obtained from a calibration study that related Actical counts to measured energy expenditure (Puyau, Adolph et al., 2004). The moderate intensity cut-point used for adults (1,535 cpm) was obtained from a calibration study conducted internally at Statistics Canada (publication under peer review; Colley and Tremblay, 2010).

Note: The SAS code used to derive this variable is available on request.

64) AMMDSA1 – Total sedentary time – Day 1 (minutes per day)

Variable name: AMMDSA1

Description: Total sedentary time is derived using an intensity cut-point and is theoretically equivalent to < 2 METs. The metabolic equivalent (MET) is a value of metabolic energy cost expressed as a multiple of the resting metabolic rate. For example, an activity of 4 METs requires four times the amount of energy as compared to when the body is at rest. The number of minutes where counts were greater than zero but less than the sedentary cut-point (100 cpm) were counted as sedentary and summed for each valid day.

The cut-point to differentiate between inactivity and sedentary time was based on a preliminary examination of CHMS data which used low step counts as a way of determining an appropriate count value to associate with sedentary behaviour (Wong, Colley et al., In Press; Journal of Physical Activity and Health).

Note: The SAS code used to derive this variable is available on request.

65) AMMDSA2 – Total sedentary time – Day 2 (minutes per day)

Variable name: AMMDSA2

Description: Total sedentary time is derived using an intensity cut-point and is theoretically equivalent to < 2 METs. The metabolic equivalent (MET) is a value of metabolic energy cost expressed as a multiple of the resting metabolic rate. For example, an activity of 4 METs requires four times the amount of energy as compared to when the body is at rest. The number of minutes where counts were greater than zero but less than the sedentary cut-point (100 cpm) were counted as sedentary and summed for each valid day.

The cut-point to differentiate between inactivity and sedentary time was based on a preliminary examination of CHMS data which used low step counts as a way of determining an appropriate count value to associate with sedentary behaviour (Wong, Colley et al., In Press; Journal of Physical Activity and Health).

Note: The SAS code used to derive this variable is available on request.

66) AMMDSA3 – Total sedentary time – Day 3 (minutes per day)

Variable name: AMMDSA3

Description: Total sedentary time is derived using an intensity cut-point and is theoretically equivalent to < 2 METs. The metabolic equivalent (MET) is a value of metabolic energy cost expressed as a multiple of the resting metabolic rate. For example, an activity of 4 METs requires four times the amount of energy as compared to when the body is at rest. The number of minutes where counts were greater than zero but less than the sedentary cut-point (100 cpm) were counted as sedentary and summed for each valid day.

The cut-point to differentiate between inactivity and sedentary time was based on a preliminary examination of CHMS data which used low step counts as a way of determining an appropriate count value to associate with sedentary behaviour (Wong, Colley et al., In Press; Journal of Physical Activity and Health).

Note: The SAS code used to derive this variable is available on request.

67) AMMDSA4 – Total sedentary time – Day 4 (minutes per day)

Variable name: AMMDSA4

Description: Total sedentary time is derived using an intensity cut-point and is theoretically equivalent to < 2 METs. The metabolic equivalent (MET) is a value of metabolic energy cost expressed as a multiple of the resting metabolic rate. For example, an activity of 4 METs requires four times the amount of energy as compared to when the body is at rest. The number of minutes where counts were greater than zero but less than the sedentary cut-point (100 cpm) were counted as sedentary and summed for each valid day.

The cut-point to differentiate between inactivity and sedentary time was based on a preliminary examination of CHMS data which used low step counts as a way of determining an appropriate count value to associate with sedentary behaviour (Wong, Colley et al., In Press; Journal of Physical Activity and Health).

Note: The SAS code used to derive this variable is available on request.

68) AMMDSA5 – Total sedentary time – Day 5 (minutes per day)

Variable name: AMMDSA5

Description: Total sedentary time is derived using an intensity cut-point and is theoretically equivalent to < 2 METs. The metabolic equivalent (MET) is a value of metabolic energy cost expressed as a multiple of the resting metabolic rate. For example, an activity of 4 METs requires four times the amount of energy as compared to when the body is at rest. The number of minutes where counts were greater than zero but less than the sedentary cut-point (100 cpm) were counted as sedentary and summed for each valid day.

The cut-point to differentiate between inactivity and sedentary time was based on a preliminary examination of CHMS data which used low step counts as a way of determining an appropriate count value to associate with sedentary behaviour (Wong, Colley et al., In Press; Journal of Physical Activity and Health).

Note: The SAS code used to derive this variable is available on request.

69) AMMDSA6 – Total sedentary time – Day 6 (minutes per day)

Variable name: AMMDSA6

Description: Total sedentary time is derived using an intensity cut-point and is theoretically equivalent to < 2 METs. The metabolic equivalent (MET) is a value of metabolic energy cost expressed as a multiple of the resting metabolic rate. For example, an activity of 4 METs requires four times the amount of energy as compared to when the body is at rest. The number of minutes where counts were greater than zero but less than the sedentary cut-point (100 cpm) were counted as sedentary and summed for each valid day.

The cut-point to differentiate between inactivity and sedentary time was based on a preliminary examination of CHMS data which used low step counts as a way of determining an appropriate count value to associate with sedentary behaviour (Wong, Colley et al., In Press; Journal of Physical Activity and Health).

Note: The SAS code used to derive this variable is available on request.

70) AMMDSA7 – Total sedentary time – Day 7 (minutes per day)

Variable name: AMMDSA7

Description: Total sedentary time is derived using an intensity cut-point and is theoretically equivalent to < 2 METs. The metabolic equivalent (MET) is a value of metabolic energy cost expressed as a multiple of the resting metabolic rate. For example, an activity of 4 METs requires four times the amount of energy as compared to when the body is at rest. The number of minutes where counts were greater than zero but less than the sedentary cut-point (100 cpm) were counted as sedentary and summed for each valid day.

The cut-point to differentiate between inactivity and sedentary time was based on a preliminary examination of CHMS data which used low step counts as a way of determining an appropriate count value to associate with sedentary behaviour (Wong, Colley et al., In Press; Journal of Physical Activity and Health).

Note: The SAS code used to derive this variable is available on request.

71) AMMDSST1 – Total steps – Day 1 (steps per day)

Variable name: AMMDSST1

Description: Total steps were calculated as a sum of all steps in a valid day across all valid days. Total steps is the only derived variable that comes from the step count function of the Actical. All other derived variables come from the count function. The step count is derived solely from the vertical vector of the omnidirectional accelerometer. Total steps is important for comparison to physical activity guidelines (e.g., 10,000 steps per day for adults and 16,500 steps per day for children).

Note: The SAS code used to derive this variable is available on request.

72) AMMDSST2 – Total steps – Day 2 (steps per day)

Variable name: AMMDSST2

Description: Total steps were calculated as a sum of all steps in a valid day across all valid days. Total steps is the only derived variable that comes from the step count function of the Actical. All other derived variables come from the count function. The step count is derived solely from the vertical vector of the omnidirectional accelerometer. Total steps is important for comparison to physical activity guidelines (e.g., 10,000 steps per day for adults and 16,500 steps per day for children).

Note: The SAS code used to derive this variable is available on request.

73) AMMDSST3 – Total steps – Day 3 (steps per day)

Variable name: AMMDSST3

Description: Total steps were calculated as a sum of all steps in a valid day across all valid days. Total steps is the only derived variable that comes from the step count function of the Actical. All other derived variable come from the count function. The step count is derived solely from the vertical vector of the omnidirectional accelerometer. Total steps is important for comparison to physical activity guidelines (e.g., 10,000 steps per day for adults and 16,500 steps per day for children).

Note: The SAS code used to derive this variable is available on request.

74) AMMDSST4 – Total steps – Day 4 (steps per day)

Variable name: AMMDSST4

Description: Total steps were calculated as a sum of all steps in a valid day across all valid days. Total steps is the only derived variable that comes from the step count function of the Actical. All other derived variables come from the count function. The step count is derived solely from the vertical vector of the omnidirectional accelerometer. Total steps is important for comparison to physical activity guidelines (e.g., 10,000 steps per day for adults and 16,500 steps per day for children).

Note: The SAS code used to derive this variable is available on request.

75) AMMDSST5 – Total steps – Day 5 (steps per day)

Variable name: AMMDSST5

Description: Total steps were calculated as a sum of all steps in a valid day across all valid days. Total steps is the only derived variable that comes from the step count function of the Actical. All other derived variables come from the count function. The step count is derived solely from the vertical vector of the omnidirectional accelerometer. Total steps is important for comparison to physical activity guidelines (e.g., 10,000 steps per day for adults and 16,500 steps per day for children).

Note: The SAS code used to derive this variable is available on request.

76) AMMDSST6 – Total steps – Day 6 (steps per day)

Variable name: AMMDSST6

Description: Total steps were calculated as a sum of all steps in a valid day across all valid days. Total steps is the only derived variable that comes from the step count function of the Actical. All other derived variables come from the count function. The step count is derived solely from the vertical vector of the omnidirectional accelerometer. Total steps is important for comparison to physical activity guidelines (e.g., 10,000 steps per day for adults and 16,500 steps per day for children).

Note: The SAS code used to derive this variable is available on request.

77) AMMDSST7 – Total steps – Day 7 (steps per day)

Variable name: AMMDSST7

Description: Total steps were calculated as a sum of all steps in a valid day across all valid days. Total steps is the only derived variable that comes from the step count function of the Actical. All other derived variables come from the count function. The step count is derived solely from the vertical vector of the omnidirectional accelerometer. Total steps is important for comparison to physical activity guidelines (e.g., 10,000 steps per day for adults and 16,500 steps per day for children).

Note: The SAS code used to derive this variable is available on request.

78) AMMDTCT1 – Total counts – Day 1 (counts per day)

Variable name: AMMDTCT1

Description: Total counts were calculated as a sum of all counts in a valid day across all valid days. Total counts per day evaluate the raw data provided by the accelerometer without imposition of external criteria (e.g., cut-points) other than determination of wear and nonwear time.

Note: The SAS code used to derive this variable is available on request.

79) AMMDTCT2 – Total counts – Day 2 (counts per day)

Variable name: AMMDTCT2

Description: Total counts were calculated as a sum of all counts in a valid day across all valid days. Total counts per day evaluate the raw data provided by the accelerometer without imposition of external criteria (e.g., cut-points) other than determination of wear and nonwear time.

Note: The SAS code used to derive this variable is available on request.

80) AMMDTCT3 – Total counts – Day 3 (counts per day)

Variable name: AMMDTCT3

Description: Total counts were calculated as a sum of all counts in a valid day across all valid days. Total counts per day evaluate the raw data provided by the accelerometer without imposition of external criteria (e.g., cut-points) other than determination of wear and nonwear time.

Note: The SAS code used to derive this variable is available on request.

81) AMMDTCT4 – Total counts – Day 4 (counts per day)

Variable name: AMMDTCT4

Description: Total counts were calculated as a sum of all counts in a valid day across all valid days. Total counts per day evaluate the raw data provided by the accelerometer without imposition of external criteria (e.g., cut-points) other than determination of wear and nonwear time.

Note: The SAS code used to derive this variable is available on request.

82) AMMDTCT5 – Total counts – Day 5 (counts per day)

Variable name: AMMDTCT5

Description: Total counts were calculated as a sum of all counts in a valid day across all valid days. Total counts per day evaluate the raw data provided by the accelerometer without imposition of external criteria (e.g., cut-points) other than determination of wear and nonwear time.

Note: The SAS code used to derive this variable is available on request.

83) AMMDTCT6 – Total counts – Day 6 (counts per day)

Variable name: AMMDTCT6

Description: Total counts were calculated as a sum of all counts in a valid day across all valid days. Total counts per day evaluate the raw data provided by the accelerometer without imposition of external criteria (e.g., cut-points) other than determination of wear and nonwear time.

Note: The SAS code used to derive this variable is available on request.

84) AMMDTCT7 – Total counts – Day 7 (counts per day)

Variable name: AMMDTCT7

Description: Total counts were calculated as a sum of all counts in a valid day across all valid days. Total counts per day evaluate the raw data provided by the accelerometer without imposition of external criteria (e.g., cut-points) other than determination of wear and nonwear time.

Note: The SAS code used to derive this variable is available on request.

85) AMMDVA1 – Total vigorous physical activity – Day 1 (minutes per day)

Variable name: AMMDVA1

Description: Time spent in vigorous physical activity is derived using an intensity cut-point and is theoretically equivalent to > 6 METs. The metabolic equivalent (MET) is a value of metabolic energy cost expressed as a multiple of the resting metabolic rate. For example, an activity of 4 METs requires four times the amount of energy as compared to when the body is at rest. The number of minutes that were accumulated above the vigorous cut-point were counted as vigorous physical activity and summed across all valid days. Note: There was no bout requirement in this summation of vigorous physical activity. In other words, all minutes above the cut-point were counted.

Note: The SAS code used to derive this variable is available on request.

86) AMMDVA2 – Total vigorous physical activity – Day 2 (minutes per day)

Variable name: AMMDVA2

Description: Time spent in vigorous physical activity is derived using an intensity cut-point and is theoretically equivalent to > 6 METs. The metabolic equivalent (MET) is a value of metabolic energy cost expressed as a multiple of the resting metabolic rate. For example, an activity of 4 METs requires four times the amount of energy as compared to when the body is at rest. The number of minutes that were accumulated above the vigorous cut-point were counted as vigorous physical activity and summed across all valid days. Note: There was no bout requirement in this summation of vigorous physical activity. In other words, all minutes above the cut-point were counted.

Note: The SAS code used to derive this variable is available on request.

87) AMMDVA3 – Total vigorous physical activity – Day 3 (minutes per day)

Variable name: AMMDVA3

Description: Time spent in vigorous physical activity is derived using an intensity cut-point and is theoretically equivalent to > 6 METs. The metabolic equivalent (MET) is a value of metabolic energy cost expressed as a multiple of the resting metabolic rate. For example, an activity of 4 METs requires four times the amount of energy as compared to when the body is at rest. The number of minutes that were accumulated above the vigorous cut-point were counted as vigorous physical activity and summed across all valid days. Note: There was no bout requirement in this summation of vigorous physical activity. In other words, all minutes above the cut-point were counted.

Note: The SAS code used to derive this variable is available on request.

88) AMMDVA4 – Total vigorous physical activity – Day 4 (minutes per day)

Variable name: AMMDVA4

Description: Time spent in vigorous physical activity is derived using an intensity cut-point and is theoretically equivalent to > 6 METs. The metabolic equivalent (MET) is a value of metabolic energy cost expressed as a multiple of the resting metabolic rate. For example, an activity of 4 METs requires four times the amount of energy as compared to when the body is at rest. The number of minutes that were accumulated above the vigorous cut-point were counted as vigorous physical activity and summed across all valid days. Note: There was no bout requirement in this summation of vigorous physical activity. In other words, all minutes above the cut-point were counted.

Note: The SAS code used to derive this variable is available on request.

89) AMMDVA5 – Total vigorous physical activity – Day 5 (minutes per day)

Variable name: AMMDVA5

Description: Time spent in vigorous physical activity is derived using an intensity cut-point and is theoretically equivalent to > 6 METs. The metabolic equivalent (MET) is a value of metabolic energy cost expressed as a multiple of the resting metabolic rate. For example, an activity of 4 METs requires four times the amount of energy as compared to when the body is at rest. The number of minutes that were accumulated above the vigorous cut-point were counted as vigorous physical activity and summed across all valid days. Note: There was no bout requirement in this summation of vigorous physical activity. In other words, all minutes above the cut-point were counted.

Note: The SAS code used to derive this variable is available on request.

90) AMMDVA6 – Total vigorous physical activity – Day 6 (minutes per day)

Variable name: AMMDVA6

Description: Time spent in vigorous physical activity is derived using an intensity cut-point and is theoretically equivalent to > 6 METs. The metabolic equivalent (MET) is a value of metabolic energy cost expressed as a multiple of the resting metabolic rate. For example, an activity of 4 METs requires four times the amount of energy as compared to when the body is at rest. The number of minutes that were accumulated above the vigorous cut-point were counted as vigorous physical activity and summed across all valid days. Note: There was no bout requirement in this summation of vigorous physical activity. In other words, all minutes above the cut-point were counted.

Note: The SAS code used to derive this variable is available on request.

91) AMMDVA7 – Total vigorous physical activity – Day 7 (minutes per day)

Variable name: AMMDVA7

Description: Time spent in vigorous physical activity is derived using an intensity cut-point and is theoretically equivalent to > 6 METs. The metabolic equivalent (MET) is a value of metabolic energy cost expressed as a multiple of the resting metabolic rate. For example, an activity of 4 METs requires four times the amount of energy as compared to when the body is at rest. The number of minutes that were accumulated above the vigorous cut-point were counted as vigorous physical activity and summed across all valid days. Note: There was no bout requirement in this summation of vigorous physical activity. In other words, all minutes above the cut-point were counted.

Note: The SAS code used to derive this variable is available on request.

92) AMMDVB1 – Bouts of vigorous physical activity – Day 1 (minutes per day)

Variable name: AMMDVB1

Description: Time spent in bouts of vigorous physical activity is derived using an intensity cut-point and is theoretically equivalent to > 6 METs. The metabolic equivalent (MET) is a value of metabolic energy cost expressed as a multiple of the resting metabolic rate. For example, an activity of 4 METs requires four times the amount of energy as compared to when the body is at rest. The number of minutes that were accumulated above the vigorous cut-point in bouts were counted as vigorous physical activity (bouts) and summed for each valid day.

For children, vigorous physical activity was counted as a bout if a minimum of 4 out of 5 consecutive minutes were above the vigorous cut-point. For adults, vigorous physical activity was counted as a bout if a minimum of 8 out of 10 consecutive minutes were above the vigorous cut-point.

The vigorous cut-point used for children (6,500 cpm) was obtained from a calibration study that related Actical counts to measured energy expenditure (Puyau, Adolph et al., 2004). The vigorous intensity cut-point used for adults (3,962 cpm) was obtained from a calibration study conducted internally at Statistics Canada (publication under peer review; Colley and Tremblay, 2010).

Note: The SAS code used to derive this variable is available on request.

93) AMMDVB2 – Bouts of vigorous physical activity – Day 2 (minutes per day)

Variable name: AMMDVB2

Description: Time spent in bouts of vigorous physical activity is derived using an intensity cut-point and is theoretically equivalent to > 6 METs. The metabolic equivalent (MET) is a value of metabolic energy cost expressed as a multiple of the resting metabolic rate. For example, an activity of 4 METs requires four times the amount of energy as compared to when the body is at rest. The number of minutes that were accumulated above the vigorous cut-point in bouts were counted as vigorous physical activity (bouts) and summed for each valid day.

For children, vigorous physical activity was counted as a bout if a minimum of 4 out of 5 consecutive minutes were above the vigorous cut-point. For adults, vigorous physical activity was counted as a bout if a minimum of 8 out of 10 consecutive minutes were above the vigorous cut-point.

The vigorous cut-point used for children (6,500 cpm) was obtained from a calibration study that related Actical counts to measured energy expenditure (Puyau, Adolph et al., 2004). The vigorous intensity cut-point used for adults (3,962 cpm) was obtained from a calibration study conducted internally at Statistics Canada (publication under peer review; Colley and Tremblay, 2010).

Note: The SAS code used to derive this variable is available on request.

94) AMMDVB3 – Bouts of vigorous physical activity – Day 3 (minutes per day)

Variable name: AMMDVB3

Description: Time spent in bouts of vigorous physical activity is derived using an intensity cut-point and is theoretically equivalent to > 6 METs. The metabolic equivalent (MET) is a value of metabolic energy cost expressed as a multiple of the resting metabolic rate. For example, an activity of 4 METs requires four times the amount of energy as compared to when the body is at rest. The number of minutes that were accumulated above the vigorous cut-point in bouts were counted as vigorous physical activity (bouts) and summed for each valid day.

For children, vigorous physical activity was counted as a bout if a minimum of 4 out of 5 consecutive minutes were above the vigorous cut-point. For adults, vigorous physical activity was counted as a bout if a minimum of 8 out of 10 consecutive minutes were above the vigorous cut-point.

The vigorous cut-point used for children (6,500 cpm) was obtained from a calibration study that related Actical counts to measured energy expenditure (Puyau, Adolph et al., 2004). The vigorous intensity cut-point used for adults (3,962 cpm) was obtained from a calibration study conducted internally at Statistics Canada (publication under peer review; Colley and Tremblay, 2010).

Note: The SAS code used to derive this variable is available on request.

95) AMMDVB4 – Bouts of vigorous physical activity – Day 4 (minutes per day)

Variable name: AMMDVB4

Description: Time spent in bouts of vigorous physical activity is derived using an intensity cut-point and is theoretically equivalent to > 6 METs. The metabolic equivalent (MET) is a value of metabolic energy cost expressed as a multiple of the resting metabolic rate. For example, an activity of 4 METs requires four times the amount of energy as compared to when the body is at rest. The number of minutes that were accumulated above the vigorous cut-point in bouts were counted as vigorous physical activity (bouts) and summed for each valid day.

For children, vigorous physical activity was counted as a bout if a minimum of 4 out of 5 consecutive minutes were above the vigorous cut-point. For adults, vigorous physical activity was counted as a bout if a minimum of 8 out of 10 consecutive minutes were above the vigorous cut-point.

The vigorous cut-point used for children (6,500 cpm) was obtained from a calibration study that related Actical counts to measured energy expenditure (Puyau, Adolph et al., 2004). The vigorous intensity cut-point used for adults (3,962 cpm) was obtained from a calibration study conducted internally at Statistics Canada (publication under peer review; Colley and Tremblay, 2010).

Note: The SAS code used to derive this variable is available on request.

96) AMMDVB5 – Bouts of vigorous physical activity – Day 5 (minutes per day)

Variable name: AMMDVB5

Description: Time spent in bouts of vigorous physical activity is derived using an intensity cut-point and is theoretically equivalent to > 6 METs. The metabolic equivalent (MET) is a value of metabolic energy cost expressed as a multiple of the resting metabolic rate. For example, an activity of 4 METs requires four times the amount of energy as compared to when the body is at rest. The number of minutes that were accumulated above the vigorous cut-point in bouts were counted as vigorous physical activity (bouts) and summed for each valid day.

For children, vigorous physical activity was counted as a bout if a minimum of 4 out of 5 consecutive minutes were above the vigorous cut-point. For adults, vigorous physical activity was counted as a bout if a minimum of 8 out of 10 consecutive minutes were above the vigorous cut-point.

The vigorous cut-point used for children (6,500 cpm) was obtained from a calibration study that related Actical counts to measured energy expenditure (Puyau, Adolph et al., 2004). The vigorous intensity cut-point used for adults (3,962 cpm) was obtained from a calibration study conducted internally at Statistics Canada (publication under peer review; Colley and Tremblay, 2010).

Note: The SAS code used to derive this variable is available on request.

97) AMMDVB6 – Bouts of vigorous physical activity – Day 6 (minutes per day)

Variable name: AMMDVB6

Description: Time spent in bouts of vigorous physical activity is derived using an intensity cut-point and is theoretically equivalent to > 6 METs. The metabolic equivalent (MET) is a value of metabolic energy cost expressed as a multiple of the resting metabolic rate. For example, an activity of 4 METs requires four times the amount of energy as compared to when the body is at rest. The number of minutes that were accumulated above the vigorous cut-point in bouts were counted as vigorous physical activity (bouts) and summed for each valid day.

For children, vigorous physical activity was counted as a bout if a minimum of 4 out of 5 consecutive minutes were above the vigorous cut-point. For adults, vigorous physical activity was counted as a bout if a minimum of 8 out of 10 consecutive minutes were above the vigorous cut-point.

The vigorous cut-point used for children (6,500 cpm) was obtained from a calibration study that related Actical counts to measured energy expenditure (Puyau, Adolph et al., 2004). The vigorous intensity cut-point used for adults (3,962 cpm) was obtained from a calibration study conducted internally at Statistics Canada (publication under peer review; Colley and Tremblay, 2010).

Note: The SAS code used to derive this variable is available on request.

98) AMMDVB7 – Bouts of vigorous physical activity – Day 7 (minutes per day)

Variable name: AMMDVB7

Description: Time spent in bouts of vigorous physical activity is derived using an intensity cut-point and is theoretically equivalent to > 6 METs. The metabolic equivalent (MET) is a value of metabolic energy cost expressed as a multiple of the resting metabolic rate. For example, an activity of 4 METs requires four times the amount of energy as compared to when the body is at rest. The number of minutes that were accumulated above the vigorous cut-point in bouts were counted as vigorous physical activity (bouts) and summed for each valid day.

For children, vigorous physical activity was counted as a bout if a minimum of 4 out of 5 consecutive minutes were above the vigorous cut-point. For adults, vigorous physical activity was counted as a bout if a minimum of 8 out of 10 consecutive minutes were above the vigorous cut-point.

The vigorous cut-point used for children (6,500 cpm) was obtained from a calibration study that related Actical counts to measured energy expenditure (Puyau, Adolph et al., 2004). The vigorous intensity cut-point used for adults (3,962 cpm) was obtained from a calibration study conducted internally at Statistics Canada (publication under peer review; Colley and Tremblay, 2010).

Note: The SAS code used to derive this variable is available on request.

Activity Monitor – Sub-sample File (98 DVs)

1) AMSDACT1 – Average counts – Day 1 (counts per minute)

Variable name: AMSDACT1

Description: Average counts per minute were calculated by dividing the sum of counts for a valid day by the number of minutes of wear time in that day across all valid days. Average counts per day evaluate the raw data provided by the accelerometer without imposition of external criteria (e.g., cut-points) other than determination of wear and nonwear time.

Note: The SAS code used to derive this variable is available on request.

2) AMSDACT2 – Average counts – Day 2 (counts per minute)

Variable name: AMSDACT2

Description: Average counts per minute were calculated by dividing the sum of counts for a valid day by the number of minutes of wear time in that day across all valid days. Average counts per day evaluate the raw data provided by the accelerometer without imposition of external criteria (e.g., cut-points) other than determination of wear and nonwear time.

Note: The SAS code used to derive this variable is available on request.

3) AMSDACT3 – Average counts – Day 3 (counts per minute)

Variable name: AMSDACT3

Description: Average counts per minute were calculated by dividing the sum of counts for a valid day by the number of minutes of wear time in that day across all valid days. Average counts per day evaluate the raw data provided by the accelerometer without imposition of external criteria (e.g., cut-points) other than determination of wear and nonwear time.

Note: The SAS code used to derive this variable is available on request.

4) AMSDACT4 – Average counts – Day 4 (counts per minute)

Variable name: AMSDACT4

Description: Average counts per minute were calculated by dividing the sum of counts for a valid day by the number of minutes of wear time in that day across all valid days. Average counts per day evaluate the raw data provided by the accelerometer without imposition of external criteria (e.g., cut-points) other than determination of wear and nonwear time.

Note: The SAS code used to derive this variable is available on request.

5) AMSDACT5 – Average counts – Day 5 (counts per minute)

Variable name: AMSDACT5

Description: Average counts per minute were calculated by dividing the sum of counts for a valid day by the number of minutes of wear time in that day across all valid days. Average counts per day evaluate the raw data provided by the accelerometer without imposition of external criteria (e.g., cut-points) other than determination of wear and nonwear time.

Note: The SAS code used to derive this variable is available on request.

6) AMSDACT6 – Average counts – Day 6 (counts per minute)

Variable name: AMSDACT6

Description: Average counts per minute were calculated by dividing the sum of counts for a valid day by the number of minutes of wear time in that day across all valid days. Average counts per day evaluate the raw data provided by the accelerometer without imposition of external criteria (e.g., cut-points) other than determination of wear and nonwear time.

Note: The SAS code used to derive this variable is available on request.

7) AMSDACT7 – Average counts – Day 7 (counts per minute)

Variable name: AMSDACT7

Description: Average counts per minute were calculated by dividing the sum of counts for a valid day by the number of minutes of wear time in that day across all valid days. Average counts per day evaluate the raw data provided by the accelerometer without imposition of external criteria (e.g., cut-points) other than determination of wear and nonwear time.

Note: The SAS code used to derive this variable is available on request.

8) AMSDBMV1 – Total number of bouts of moderate-to-vigorous physical activity – Day 1

Variable name: AMSDBMV1

Description: Time spent in bouts of moderate-to-vigorous physical activity is derived using an intensity cut-point and is theoretically equivalent to > 3 METs (i.e., counts both moderate and vigorous physical activity together). The metabolic equivalent (MET) is a value of metabolic energy cost expressed as a multiple of the resting metabolic rate. For example, an activity of 4 METs requires four times the amount of energy as compared to when the body is at rest. The number of bouts of moderate-to-vigorous physical activity were counted for each valid day.

For children, moderate-to-vigorous physical activity was counted as a bout if a minimum of 4 out of 5 consecutive minutes were above the moderate-to-vigorous cut-point. For adults, moderate-to-vigorous physical activity was counted as a bout if a minimum of 8 out of 10 consecutive minutes were above the moderate-to-vigorous cut-point.

The moderate cut-point used for children (1,500 cpm) was obtained from a calibration study that related Actical counts to measured energy expenditure (Puyau, Adolph et al., 2004). The moderate intensity cut-point used for adults (1,535 cpm) was obtained from a calibration study conducted internally at Statistics Canada (publication under peer review; Colley and Tremblay, 2010).

Note: The SAS code used to derive this variable is available on request.

9) AMSDBMV2 – Total number of bouts of moderate-to-vigorous physical activity – Day 2

Variable name: AMSDBMV2

Description: Time spent in bouts of moderate-to-vigorous physical activity is derived using an intensity cut-point and is theoretically equivalent to > 3 METs (i.e., counts both moderate and vigorous physical activity together). The metabolic equivalent (MET) is a value of metabolic energy cost expressed as a multiple of the resting metabolic rate. For example, an activity of 4 METs requires four times the amount of energy as compared to when the body is at rest. The number of bouts of moderate-to-vigorous physical activity were counted for each valid day.

For children, moderate-to-vigorous physical activity was counted as a bout if a minimum of 4 out of 5 consecutive minutes were above the moderate-to-vigorous cut-point. For adults, moderate-to-vigorous physical activity was counted as a bout if a minimum of 8 out of 10 consecutive minutes were above the moderate-to-vigorous cut-point.

The moderate cut-point used for children (1,500 cpm) was obtained from a calibration study that related Actical counts to measured energy expenditure (Puyau, Adolph et al., 2004). The moderate intensity cut-point used for adults (1,535 cpm) was obtained from a calibration study conducted internally at Statistics Canada (publication under peer review; Colley and Tremblay, 2010).

Note: The SAS code used to derive this variable is available on request.

10) AMSDBMV3 – Total number of bouts of moderate-to-vigorous physical activity – Day 3

Variable name: AMSDBMV3

Description: Time spent in bouts of moderate-to-vigorous physical activity is derived using an intensity cut-point and is theoretically equivalent to > 3 METs (i.e., counts both moderate and vigorous physical activity together). The metabolic equivalent (MET) is a value of metabolic energy cost expressed as a multiple of the resting metabolic rate. For example, an activity of 4 METs requires four times the amount of energy as compared to when the body is at rest. The number of bouts of moderate-to-vigorous physical activity were counted for each valid day.

For children, moderate-to-vigorous physical activity was counted as a bout if a minimum of 4 out of 5 consecutive minutes were above the moderate-to-vigorous cut-point. For adults, moderate-to-vigorous physical activity was counted as a bout if a minimum of 8 out of 10 consecutive minutes were above the moderate-to-vigorous cut-point.

The moderate cut-point used for children (1,500 cpm) was obtained from a calibration study that related Actical counts to measured energy expenditure (Puyau, Adolph et al., 2004). The moderate intensity cut-point used for adults (1,535 cpm) was obtained from a calibration study conducted internally at Statistics Canada (publication under peer review; Colley and Tremblay, 2010).

Note: The SAS code used to derive this variable is available on request.

11) AMSDBMV4 – Total number of bouts of moderate-to-vigorous physical activity – Day 4

Variable name: AMSDBMV4

Description: Time spent in bouts of moderate-to-vigorous physical activity is derived using an intensity cut-point and is theoretically equivalent to > 3 METs (i.e., counts both moderate and vigorous physical activity together). The metabolic equivalent (MET) is a value of metabolic energy cost expressed as a multiple of the resting metabolic rate. For example, an activity of 4 METs requires four times the amount of energy as compared to when the body is at rest. The number of bouts of moderate-to-vigorous physical activity were counted for each valid day.

For children, moderate-to-vigorous physical activity was counted as a bout if a minimum of 4 out of 5 consecutive minutes were above the moderate-to-vigorous cut-point. For adults, moderate-to-vigorous physical activity was counted as a bout if a minimum of 8 out of 10 consecutive minutes were above the moderate-to-vigorous cut-point.

The moderate cut-point used for children (1,500 cpm) was obtained from a calibration study that related Actical counts to measured energy expenditure (Puyau, Adolph et al., 2004). The moderate intensity cut-point used for adults (1,535 cpm) was obtained from a calibration study conducted internally at Statistics Canada (publication under peer review; Colley and Tremblay, 2010).

Note: The SAS code used to derive this variable is available on request.

12) AMSDBMV5 – Total number of bouts of moderate-to-vigorous physical activity – Day 5

Variable name: AMSDBMV5

Description: Time spent in bouts of moderate-to-vigorous physical activity is derived using an intensity cut-point and is theoretically equivalent to > 3 METs (i.e., counts both moderate and vigorous physical activity together). The metabolic equivalent (MET) is a value of metabolic energy cost expressed as a multiple of the resting metabolic rate. For example, an activity of 4 METs requires four times the amount of energy as compared to when the body is at rest. The number of bouts of moderate-to-vigorous physical activity were counted for each valid day.

For children, moderate-to-vigorous physical activity was counted as a bout if a minimum of 4 out of 5 consecutive minutes were above the moderate-to-vigorous cut-point. For adults, moderate-to-vigorous physical activity was counted as a bout if a minimum of 8 out of 10 consecutive minutes were above the moderate-to-vigorous cut-point.

The moderate cut-point used for children (1,500 cpm) was obtained from a calibration study that related Actical counts to measured energy expenditure (Puyau, Adolph et al., 2004). The moderate intensity cut-point used for adults (1,535 cpm) was obtained from a calibration study conducted internally at Statistics Canada (publication under peer review; Colley and Tremblay, 2010).

Note: The SAS code used to derive this variable is available on request.

13) AMSDBMV6 – Total number of bouts of moderate-to-vigorous physical activity – Day 6

Variable name: AMSDBMV6

Description: Time spent in bouts of moderate-to-vigorous physical activity is derived using an intensity cut-point and is theoretically equivalent to > 3 METs (i.e., counts both moderate and vigorous physical activity together). The metabolic equivalent (MET) is a value of metabolic energy cost expressed as a multiple of the resting metabolic rate. For example, an activity of 4 METs requires four times the amount of energy as compared to when the body is at rest. The number of bouts of moderate-to-vigorous physical activity were counted for each valid day.

For children, moderate-to-vigorous physical activity was counted as a bout if a minimum of 4 out of 5 consecutive minutes were above the moderate-to-vigorous cut-point. For adults, moderate-to-vigorous physical activity was counted as a bout if a minimum of 8 out of 10 consecutive minutes were above the moderate-to-vigorous cut-point.

The moderate cut-point used for children (1,500 cpm) was obtained from a calibration study that related Actical counts to measured energy expenditure (Puyau, Adolph et al., 2004). The moderate intensity cut-point used for adults (1,535 cpm) was obtained from a calibration study conducted internally at Statistics Canada (publication under peer review; Colley and Tremblay, 2010).

Note: The SAS code used to derive this variable is available on request.

14) AMSDBMV7 – Total number of bouts of moderate-to-vigorous physical activity – Day 7

Variable name: AMSDBMV7

Description: Time spent in bouts of moderate-to-vigorous physical activity is derived using an intensity cut-point and is theoretically equivalent to > 3 METs (i.e., counts both moderate and vigorous physical activity together). The metabolic equivalent (MET) is a value of metabolic energy cost expressed as a multiple of the resting metabolic rate. For example, an activity of 4 METs requires four times the amount of energy as compared to when the body is at rest. The number of bouts of moderate-to-vigorous physical activity were counted for each valid day.

For children, moderate-to-vigorous physical activity was counted as a bout if a minimum of 4 out of 5 consecutive minutes were above the moderate-to-vigorous cut-point. For adults, moderate-to-vigorous physical activity was counted as a bout if a minimum of 8 out of 10 consecutive minutes were above the moderate-to-vigorous cut-point.

The moderate cut-point used for children (1,500 cpm) was obtained from a calibration study that related Actical counts to measured energy expenditure (Puyau, Adolph et al., 2004). The moderate intensity cut-point used for adults (1,535 cpm) was obtained from a calibration study conducted internally at Statistics Canada (publication under peer review; Colley and Tremblay, 2010).

Note: The SAS code used to derive this variable is available on request.

15) AMSDHR1 – Wear time – Day 1 (hours per day)

Variable name: AMSDHR1

Description: Wear time is the amount of time the activity monitor was worn by a person for a given day. Wear time was defined by subtracting nonwear time from 24 hours. Nonwear time was defined as a period of a least 60 consecutive minutes of zero counts, with allowance for 1 to 2 minutes of counts between 0 and 100.

Note: The SAS code used to derive this variable is available on request.

16) AMSDHR2 – Wear time – Day 2 (hours per day)

Variable name: AMSDHR2

Description: Wear time is the amount of time the activity monitor was worn by a person for a given day. Wear time was defined by subtracting nonwear time from 24 hours. Nonwear time was defined as a period of a least 60 consecutive minutes of zero counts, with allowance for 1 to 2 minutes of counts between 0 and 100.

Note: The SAS code used to derive this variable is available on request.

17) AMSDHR3 – Wear time – Day 3 (hours per day)

Variable name: AMSDHR3

Description: Wear time is the amount of time the activity monitor was worn by a person for a given day. Wear time was defined by subtracting nonwear time from 24 hours. Nonwear time was defined as a period of a least 60 consecutive minutes of zero counts, with allowance for 1 to 2 minutes of counts between 0 and 100.

Note: The SAS code used to derive this variable is available on request.

18) AMSDHR4 – Wear time – Day 4 (hours per day)

Variable name: AMSDHR4

Description: Wear time is the amount of time the activity monitor was worn by a person for a given day. Wear time was defined by subtracting nonwear time from 24 hours. Nonwear time was defined as a period of a least 60 consecutive minutes of zero counts, with allowance for 1 to 2 minutes of counts between 0 and 100.

Note: The SAS code used to derive this variable is available on request.

19) AMSDHR5 – Wear time – Day 5 (hours per day)

Variable name: AMSDHR5

Description: Wear time is the amount of time the activity monitor was worn by a person for a given day. Wear time was defined by subtracting nonwear time from 24 hours. Nonwear time was defined as a period of a least 60 consecutive minutes of zero counts, with allowance for 1 to 2 minutes of counts between 0 and 100.

Note: The SAS code used to derive this variable is available on request.

20) AMSDHR6 – Wear time – Day 6 (hours per day)

Variable name: AMSDHR6

Description: Wear time is the amount of time the activity monitor was worn by a person for a given day. Wear time was defined by subtracting nonwear time from 24 hours. Nonwear time was defined as a period of a least 60 consecutive minutes of zero counts, with allowance for 1 to 2 minutes of counts between 0 and 100.

Note: The SAS code used to derive this variable is available on request.

21) AMSDHR7 – Wear time – Day 7 (hours per day)

Variable name: AMSDHR7

Description: Wear time is the amount of time the activity monitor was worn by a person for a given day. Wear time was defined by subtracting nonwear time from 24 hours. Nonwear time was defined as a period of a least 60 consecutive minutes of zero counts, with allowance for 1 to 2 minutes of counts between 0 and 100.

Note: The SAS code used to derive this variable is available on request.

22) AMSDIA1 – Total inactivity – Day 1 (minutes per day)

Variable name: AMSDIA1

Description: Total inactivity represents the amount of time per day that counts were equal to zero. This derived variable is the sum of time (minutes) in a day when a person either is not wearing the monitor or is completely still.

Note: The SAS code used to derive this variable is available on request.

23) AMSDIA2 – Total inactivity – Day 2 (minutes per day)

Variable name: AMSDIA2

Description: Total inactivity represents the amount of time per day that counts were equal to zero. This derived variable is the sum of time (minutes) in a day when a person either is not wearing the monitor or is completely still.

Note: The SAS code used to derive this variable is available on request.

24) AMSDIA3 – Total inactivity – Day 3 (minutes per day)

Variable name: AMSDIA3

Description: Total inactivity represents the amount of time per day that counts were equal to zero. This derived variable is the sum of time (minutes) in a day when a person either is not wearing the monitor or is completely still.

Note: The SAS code used to derive this variable is available on request.

25) AMSDIA4 – Total inactivity – Day 4 (minutes per day)

Variable name: AMSDIA4

Description: Total inactivity represents the amount of time per day that counts were equal to zero. This derived variable is the sum of time (minutes) in a day when a person either is not wearing the monitor or is completely still.

Note: The SAS code used to derive this variable is available on request.

26) AMSDIA5 – Total inactivity – Day 5 (minutes per day)

Variable name: AMSDIA5

Description: Total inactivity represents the amount of time per day that counts were equal to zero. This derived variable is the sum of time (minutes) in a day when a person either is not wearing the monitor or is completely still.

Note: The SAS code used to derive this variable is available on request.

27) AMSDIA6 – Total inactivity – Day 6 (minutes per day)

Variable name: AMSDIA6

Description: Total inactivity represents the amount of time per day that counts were equal to zero. This derived variable is the sum of time (minutes) in a day when a person either is not wearing the monitor or is completely still.

Note: The SAS code used to derive this variable is available on request.

28) AMSDIA7 – Total inactivity – Day 7 (minutes per day)

Variable name: AMSDIA7

Description: Total inactivity represents the amount of time per day that counts were equal to zero. This derived variable is the sum of time (minutes) in a day when a person either is not wearing the monitor or is completely still.

Note: The SAS code used to derive this variable is available on request.

29) AMSDLA1 – Total light physical activity – Day 1 (minutes per day)

Variable name: AMSDLA1

Description: Total light physical activity is derived using an intensity cut-point and is theoretically equivalent to 2-3 METs. The metabolic equivalent (MET) is a value of metabolic energy cost expressed as a multiple of the resting metabolic rate. For example, an activity of 4 METs requires four times the amount of energy as compared to when the body is at rest. The number of minutes where counts were greater than or equal to the sedentary cut-point (100 cpm) but less than the moderate physical activity cut-point were counted as light physical activity and summed for each valid day.

The cut-point to differentiate between sedentary and light activity (100 cpm for both children and adults) was based on a preliminary examination of CHMS data which used low step counts as a way of determining an appropriate count value to associate with sedentary behaviour (Wong, Colley et al. In Press; Journal of Physical Activity and Health).

The moderate cut-point used for children (1,500 cpm) was obtained from a calibration study that related Actical counts to measured energy expenditure (Puyau, Adolph et al., 2004). The moderate intensity cut-point used for adults (1,535 cpm) was obtained from a calibration study conducted internally at Statistics Canada (publication under peer review; Colley and Tremblay, 2010).

Note: The SAS code used to derive this variable is available on request.

30) AMSDLA2 – Total light physical activity – Day 2 (minutes per day)

Variable name: AMSDLA2

Description: Total light physical activity is derived using an intensity cut-point and is theoretically equivalent to 2-3 METs. The metabolic equivalent (MET) is a value of metabolic energy cost expressed as a multiple of the resting metabolic rate. For example, an activity of 4 METs requires four times the amount of energy as compared to when the body is at rest. The number of minutes where counts were greater than or equal to the sedentary cut-point (100 cpm) but less than the moderate physical activity cut-point were counted as light physical activity and summed for each valid day.

The cut-point to differentiate between sedentary and light activity (100 cpm for both children and adults) was based on a preliminary examination of CHMS data which used low step counts as a way of determining an appropriate count value to associate with sedentary behaviour (Wong, Colley et al. In Press; Journal of Physical Activity and Health).

The moderate cut-point used for children (1,500 cpm) was obtained from a calibration study that related Actical counts to measured energy expenditure (Puyau, Adolph et al., 2004). The moderate intensity cut-point used for adults (1,535 cpm) was obtained from a calibration study conducted internally at Statistics Canada (publication under peer review; Colley and Tremblay, 2010).

Note: The SAS code used to derive this variable is available on request.

31) AMSDLA3 – Total light physical activity – Day 3 (minutes per day)

Variable name: AMSDLA3

Description: Total light physical activity is derived using an intensity cut-point and is theoretically equivalent to 2-3 METs. The metabolic equivalent (MET) is a value of metabolic energy cost expressed as a multiple of the resting metabolic rate. For example, an activity of 4 METs requires four times the amount of energy as compared to when the body is at rest. The number of minutes where counts were greater than or equal to the sedentary cut-point (100 cpm) but less than the moderate physical activity cut-point were counted as light physical activity and summed for each valid day.

The cut-point to differentiate between sedentary and light activity (100 cpm for both children and adults) was based on a preliminary examination of CHMS data which used low step counts as a way of determining an appropriate count value to associate with sedentary behaviour (Wong, Colley et al. In Press; Journal of Physical Activity and Health).

The moderate cut-point used for children (1,500 cpm) was obtained from a calibration study that related Actical counts to measured energy expenditure (Puyau, Adolph et al., 2004). The moderate intensity cut-point used for adults (1,535 cpm) was obtained from a calibration study conducted internally at Statistics Canada (publication under peer review; Colley and Tremblay, 2010).

Note: The SAS code used to derive this variable is available on request.

32) AMSDLA4 – Total light physical activity – Day 4 (minutes per day)

Variable name: AMSDLA4

Description: Total light physical activity is derived using an intensity cut-point and is theoretically equivalent to 2-3 METs. The metabolic equivalent (MET) is a value of metabolic energy cost expressed as a multiple of the resting metabolic rate. For example, an activity of 4 METs requires four times the amount of energy as compared to when the body is at rest. The number of minutes where counts were greater than or equal to the sedentary cut-point (100 cpm) but less than the moderate physical activity cut-point were counted as light physical activity and summed for each valid day.

The cut-point to differentiate between sedentary and light activity (100 cpm for both children and adults) was based on a preliminary examination of CHMS data which used low step counts as a way of determining an appropriate count value to associate with sedentary behaviour (Wong, Colley et al. In Press; Journal of Physical Activity and Health).

The moderate cut-point used for children (1,500 cpm) was obtained from a calibration study that related Actical counts to measured energy expenditure (Puyau, Adolph et al., 2004). The moderate intensity cut-point used for adults (1,535 cpm) was obtained from a calibration study conducted internally at Statistics Canada (publication under peer review; Colley and Tremblay, 2010).

Note: The SAS code used to derive this variable is available on request.

33) AMSDLA5 – Total light physical activity – Day 5 (minutes per day)

Variable name: AMSDLA5

Description: Total light physical activity is derived using an intensity cut-point and is theoretically equivalent to 2-3 METs. The metabolic equivalent (MET) is a value of metabolic energy cost expressed as a multiple of the resting metabolic rate. For example, an activity of 4 METs requires four times the amount of energy as compared to when the body is at rest. The number of minutes where counts were greater than or equal to the sedentary cut-point (100 cpm) but less than the moderate physical activity cut-point were counted as light physical activity and summed for each valid day.

The cut-point to differentiate between sedentary and light activity (100 cpm for both children and adults) was based on a preliminary examination of CHMS data which used low step counts as a way of determining an appropriate count value to associate with sedentary behaviour (Wong, Colley et al. In Press; Journal of Physical Activity and Health).

The moderate cut-point used for children (1,500 cpm) was obtained from a calibration study that related Actical counts to measured energy expenditure (Puyau, Adolph et al., 2004). The moderate intensity cut-point used for adults (1,535 cpm) was obtained from a calibration study conducted internally at Statistics Canada (publication under peer review; Colley and Tremblay, 2010).

Note: The SAS code used to derive this variable is available on request.

34) AMSDLA6 – Total light physical activity – Day 6 (minutes per day)

Variable name: AMSDLA6

Description: Total light physical activity is derived using an intensity cut-point and is theoretically equivalent to 2-3 METs. The metabolic equivalent (MET) is a value of metabolic energy cost expressed as a multiple of the resting metabolic rate. For example, an activity of 4 METs requires four times the amount of energy as compared to when the body is at rest. The number of minutes where counts were greater than or equal to the sedentary cut-point (100 cpm) but less than the moderate physical activity cut-point were counted as light physical activity and summed for each valid day.

The cut-point to differentiate between sedentary and light activity (100 cpm for both children and adults) was based on a preliminary examination of CHMS data which used low step counts as a way of determining an appropriate count value to associate with sedentary behaviour (Wong, Colley et al. In Press; Journal of Physical Activity and Health).

The moderate cut-point used for children (1,500 cpm) was obtained from a calibration study that related Actical counts to measured energy expenditure (Puyau, Adolph et al., 2004). The moderate intensity cut-point used for adults (1,535 cpm) was obtained from a calibration study conducted internally at Statistics Canada (publication under peer review; Colley and Tremblay, 2010).

Note: The SAS code used to derive this variable is available on request.

35) AMSDLA7 – Total light physical activity – Day 7 (minutes per day

Variable name: AMSDLA7

Description: Total light physical activity is derived using an intensity cut-point and is theoretically equivalent to 2-3 METs. The metabolic equivalent (MET) is a value of metabolic energy cost expressed as a multiple of the resting metabolic rate. For example, an activity of 4 METs requires four times the amount of energy as compared to when the body is at rest. The number of minutes where counts were greater than or equal to the sedentary cut-point (100 cpm) but less than the moderate physical activity cut-point were counted as light physical activity and summed for each valid day.

The cut-point to differentiate between sedentary and light activity (100 cpm for both children and adults) was based on a preliminary examination of CHMS data which used low step counts as a way of determining an appropriate count value to associate with sedentary behaviour (Wong, Colley et al. In Press; Journal of Physical Activity and Health).

The moderate cut-point used for children (1,500 cpm) was obtained from a calibration study that related Actical counts to measured energy expenditure (Puyau, Adolph et al., 2004). The moderate intensity cut-point used for adults (1,535 cpm) was obtained from a calibration study conducted internally at Statistics Canada (publication under peer review; Colley and Tremblay, 2010).

Note: The SAS code used to derive this variable is available on request.

36) AMSDMA1 – Total moderate physical activity – Day 1 (minutes per day)

Variable name: AMSDMA1

Description: Time spent in moderate physical activity is derived using an intensity cut-point and is theoretically equivalent to > 3 and < 6 METs. The metabolic equivalent (MET) is a value of metabolic energy cost expressed as a multiple of the resting metabolic rate. For example, an activity of 4 METs requires four times the amount of energy as compared to when the body is at rest. The number of minutes that were accumulated above the moderate cut-point and below the vigorous cut-point in bouts were counted as moderate physical activity (bouts) and summed for each valid day.

For children, moderate physical activity was counted as a bout if a minimum of 4 out of 5 consecutive minutes were above the moderate cut-point and below the vigorous cut-point. For adults, moderate physical activity was counted as a bout if a minimum of 8 out of 10 consecutive minutes were above the moderate cut-point and below the vigorous cut-point.

The moderate cut-point used for children (1,500 cpm) was obtained from a calibration study that related Actical counts to measured energy expenditure (Puyau, Adolph et al., 2004). The moderate intensity cut-point used for adults (1,535 cpm) was obtained from a calibration study conducted internally at Statistics Canada (publication under peer review; Colley and Tremblay, 2010).

The vigorous cut-point used for children (6,500 cpm) was obtained from a calibration study that related Actical counts to measured energy expenditure (Puyau, Adolph et al., 2004). The vigorous intensity cut-point used for adults (3,962 cpm) was obtained from a calibration study conducted internally at Statistics Canada (publication under peer review; Colley and Tremblay, 2010).

Note: The SAS code used to derive this variable is available on request.

37) AMSDMA2 – Total moderate physical activity – Day 2 (minutes per day)

Variable name: AMSDMA2

Description: Time spent in moderate physical activity is derived using an intensity cut-point and is theoretically equivalent to > 3 and < 6 METs. The metabolic equivalent (MET) is a value of metabolic energy cost expressed as a multiple of the resting metabolic rate. For example, an activity of 4 METs requires four times the amount of energy as compared to when the body is at rest. The number of minutes that were accumulated above the moderate cut-point and below the vigorous cut-point in bouts were counted as moderate physical activity (bouts) and summed for each valid day.

For children, moderate physical activity was counted as a bout if a minimum of 4 out of 5 consecutive minutes were above the moderate cut-point and below the vigorous cut-point. For adults, moderate physical activity was counted as a bout if a minimum of 8 out of 10 consecutive minutes were above the moderate cut-point and below the vigorous cut-point.

The moderate cut-point used for children (1,500 cpm) was obtained from a calibration study that related Actical counts to measured energy expenditure (Puyau, Adolph et al., 2004). The moderate intensity cut-point used for adults (1,535 cpm) was obtained from a calibration study conducted internally at Statistics Canada (publication under peer review; Colley and Tremblay, 2010).

The vigorous cut-point used for children (6,500 cpm) was obtained from a calibration study that related Actical counts to measured energy expenditure (Puyau, Adolph et al., 2004). The vigorous intensity cut-point used for adults (3,962 cpm) was obtained from a calibration study conducted internally at Statistics Canada (publication under peer review; Colley and Tremblay, 2010).

Note: The SAS code used to derive this variable is available on request.

38) AMSDMA3 – Total moderate physical activity – Day 3 (minutes per day)

Variable name: AMSDMA3

Description: Time spent in moderate physical activity is derived using an intensity cut-point and is theoretically equivalent to > 3 and < 6 METs. The metabolic equivalent (MET) is a value of metabolic energy cost expressed as a multiple of the resting metabolic rate. For example, an activity of 4 METs requires four times the amount of energy as compared to when the body is at rest. The number of minutes that were accumulated above the moderate cut-point and below the vigorous cut-point in bouts were counted as moderate physical activity (bouts) and summed for each valid day.

For children, moderate physical activity was counted as a bout if a minimum of 4 out of 5 consecutive minutes were above the moderate cut-point and below the vigorous cut-point. For adults, moderate physical activity was counted as a bout if a minimum of 8 out of 10 consecutive minutes were above the moderate cut-point and below the vigorous cut-point.

The moderate cut-point used for children (1,500 cpm) was obtained from a calibration study that related Actical counts to measured energy expenditure (Puyau, Adolph et al., 2004). The moderate intensity cut-point used for adults (1,535 cpm) was obtained from a calibration study conducted internally at Statistics Canada (publication under peer review; Colley and Tremblay, 2010).

The vigorous cut-point used for children (6,500 cpm) was obtained from a calibration study that related Actical counts to measured energy expenditure (Puyau, Adolph et al., 2004). The vigorous intensity cut-point used for adults (3,962 cpm) was obtained from a calibration study conducted internally at Statistics Canada (publication under peer review; Colley and Tremblay, 2010).

Note: The SAS code used to derive this variable is available on request.

39) AMSDMA4 – Total moderate physical activity – Day 4 (minutes per day)

Variable name: AMSDMA4

Description: Time spent in moderate physical activity is derived using an intensity cut-point and is theoretically equivalent to > 3 and < 6 METs. The metabolic equivalent (MET) is a value of metabolic energy cost expressed as a multiple of the resting metabolic rate. For example, an activity of 4 METs requires four times the amount of energy as compared to when the body is at rest. The number of minutes that were accumulated above the moderate cut-point and below the vigorous cut-point in bouts were counted as moderate physical activity (bouts) and summed for each valid day.

For children, moderate physical activity was counted as a bout if a minimum of 4 out of 5 consecutive minutes were above the moderate cut-point and below the vigorous cut-point. For adults, moderate physical activity was counted as a bout if a minimum of 8 out of 10 consecutive minutes were above the moderate cut-point and below the vigorous cut-point.

The moderate cut-point used for children (1,500 cpm) was obtained from a calibration study that related Actical counts to measured energy expenditure (Puyau, Adolph et al., 2004). The moderate intensity cut-point used for adults (1,535 cpm) was obtained from a calibration study conducted internally at Statistics Canada (publication under peer review; Colley and Tremblay, 2010).

The vigorous cut-point used for children (6,500 cpm) was obtained from a calibration study that related Actical counts to measured energy expenditure (Puyau, Adolph et al., 2004). The vigorous intensity cut-point used for adults (3,962 cpm) was obtained from a calibration study conducted internally at Statistics Canada (publication under peer review; Colley and Tremblay, 2010).

Note: The SAS code used to derive this variable is available on request.

40) AMSDMA5 – Total moderate physical activity – Day 5 (minutes per day)

Variable name: AMSDMA5

Description: Time spent in moderate physical activity is derived using an intensity cut-point and is theoretically equivalent to > 3 and < 6 METs. The metabolic equivalent (MET) is a value of metabolic energy cost expressed as a multiple of the resting metabolic rate. For example, an activity of 4 METs requires four times the amount of energy as compared to when the body is at rest. The number of minutes that were accumulated above the moderate cut-point and below the vigorous cut-point in bouts were counted as moderate physical activity (bouts) and summed for each valid day.

For children, moderate physical activity was counted as a bout if a minimum of 4 out of 5 consecutive minutes were above the moderate cut-point and below the vigorous cut-point. For adults, moderate physical activity was counted as a bout if a minimum of 8 out of 10 consecutive minutes were above the moderate cut-point and below the vigorous cut-point.

The moderate cut-point used for children (1,500 cpm) was obtained from a calibration study that related Actical counts to measured energy expenditure (Puyau, Adolph et al., 2004). The moderate intensity cut-point used for adults (1,535 cpm) was obtained from a calibration study conducted internally at Statistics Canada (publication under peer review; Colley and Tremblay, 2010).

The vigorous cut-point used for children (6,500 cpm) was obtained from a calibration study that related Actical counts to measured energy expenditure (Puyau, Adolph et al., 2004). The vigorous intensity cut-point used for adults (3,962 cpm) was obtained from a calibration study conducted internally at Statistics Canada (publication under peer review; Colley and Tremblay, 2010).

Note: The SAS code used to derive this variable is available on request.

41) AMSDMA6 – Total moderate physical activity – Day 6 (minutes per day)

Variable name: AMSDMA6

Description: Time spent in moderate physical activity is derived using an intensity cut-point and is theoretically equivalent to > 3 and < 6 METs. The metabolic equivalent (MET) is a value of metabolic energy cost expressed as a multiple of the resting metabolic rate. For example, an activity of 4 METs requires four times the amount of energy as compared to when the body is at rest. The number of minutes that were accumulated above the moderate cut-point and below the vigorous cut-point in bouts were counted as moderate physical activity (bouts) and summed for each valid day.

For children, moderate physical activity was counted as a bout if a minimum of 4 out of 5 consecutive minutes were above the moderate cut-point and below the vigorous cut-point. For adults, moderate physical activity was counted as a bout if a minimum of 8 out of 10 consecutive minutes were above the moderate cut-point and below the vigorous cut-point.

The moderate cut-point used for children (1,500 cpm) was obtained from a calibration study that related Actical counts to measured energy expenditure (Puyau, Adolph et al., 2004). The moderate intensity cut-point used for adults (1,535 cpm) was obtained from a calibration study conducted internally at Statistics Canada (publication under peer review; Colley and Tremblay, 2010).

The vigorous cut-point used for children (6,500 cpm) was obtained from a calibration study that related Actical counts to measured energy expenditure (Puyau, Adolph et al., 2004). The vigorous intensity cut-point used for adults (3,962 cpm) was obtained from a calibration study conducted internally at Statistics Canada (publication under peer review; Colley and Tremblay, 2010).

Note: The SAS code used to derive this variable is available on request.

42) AMSDMA7 – Total moderate physical activity – Day 7 (minutes per day)

Variable name: AMSDMA7

Description: Time spent in moderate physical activity is derived using an intensity cut-point and is theoretically equivalent to > 3 and < 6 METs. The metabolic equivalent (MET) is a value of metabolic energy cost expressed as a multiple of the resting metabolic rate. For example, an activity of 4 METs requires four times the amount of energy as compared to when the body is at rest. The number of minutes that were accumulated above the moderate cut-point and below the vigorous cut-point in bouts were counted as moderate physical activity (bouts) and summed for each valid day.

For children, moderate physical activity was counted as a bout if a minimum of 4 out of 5 consecutive minutes were above the moderate cut-point and below the vigorous cut-point. For adults, moderate physical activity was counted as a bout if a minimum of 8 out of 10 consecutive minutes were above the moderate cut-point and below the vigorous cut-point.

The moderate cut-point used for children (1,500 cpm) was obtained from a calibration study that related Actical counts to measured energy expenditure (Puyau, Adolph et al., 2004). The moderate intensity cut-point used for adults (1,535 cpm) was obtained from a calibration study conducted internally at Statistics Canada (publication under peer review; Colley and Tremblay, 2010).

The vigorous cut-point used for children (6,500 cpm) was obtained from a calibration study that related Actical counts to measured energy expenditure (Puyau, Adolph et al., 2004). The vigorous intensity cut-point used for adults (3,962 cpm) was obtained from a calibration study conducted internally at Statistics Canada (publication under peer review; Colley and Tremblay, 2010).

Note: The SAS code used to derive this variable is available on request.

43) AMSDMB1 – Bouts of moderate physical activity – Day 1 (minutes per day)

Variable name: AMSDMB1

Description: Time spent in bouts of moderate physical activity is derived using an intensity cut-point and is theoretically equivalent to > 3 and < 6 METs. The metabolic equivalent (MET) is a value of metabolic energy cost expressed as a multiple of the resting metabolic rate. For example, an activity of 4 METs requires four times the amount of energy as compared to when the body is at rest. The number of minutes that were accumulated above the moderate cut-point and below the vigorous cut-point in bouts were counted as moderate physical activity (bouts) and summed for each valid day.

For children, moderate physical activity was counted as a bout if a minimum of 4 out of 5 consecutive minutes were above the moderate cut-point and below the vigorous cut-point. For adults, moderate physical activity was counted as a bout if a minimum of 8 out of 10 consecutive minutes were above the moderate cut-point and below the vigorous cut-point.

The moderate cut-point used for children (1,500 cpm) was obtained from a calibration study that related Actical counts to measured energy expenditure (Puyau, Adolph et al., 2004). The moderate intensity cut-point used for adults (1,535 cpm) was obtained from a calibration study conducted internally at Statistics Canada (publication under peer review; Colley and Tremblay, 2010).

The vigorous cut-point used for children (6,500 cpm) was obtained from a calibration study that related Actical counts to measured energy expenditure (Puyau, Adolph et al., 2004). The vigorous intensity cut-point used for adults (3,962 cpm) was obtained from a calibration study conducted internally at Statistics Canada (publication under peer review; Colley and Tremblay, 2010).

Note: The SAS code used to derive this variable is available on request.

44) AMSDMB2 – Bouts of moderate physical activity – Day 2 (minutes per day)

Variable name: AMSDMB2

Description: Time spent in bouts of moderate physical activity is derived using an intensity cut-point and is theoretically equivalent to > 3 and < 6 METs. The metabolic equivalent (MET) is a value of metabolic energy cost expressed as a multiple of the resting metabolic rate. For example, an activity of 4 METs requires four times the amount of energy as compared to when the body is at rest. The number of minutes that were accumulated above the moderate cut-point and below the vigorous cut-point in bouts were counted as moderate physical activity (bouts) and summed for each valid day.

For children, moderate physical activity was counted as a bout if a minimum of 4 out of 5 consecutive minutes were above the moderate cut-point and below the vigorous cut-point. For adults, moderate physical activity was counted as a bout if a minimum of 8 out of 10 consecutive minutes were above the moderate cut-point and below the vigorous cut-point.

The moderate cut-point used for children (1,500 cpm) was obtained from a calibration study that related Actical counts to measured energy expenditure (Puyau, Adolph et al., 2004). The moderate intensity cut-point used for adults (1,535 cpm) was obtained from a calibration study conducted internally at Statistics Canada (publication under peer review; Colley and Tremblay, 2010).

The vigorous cut-point used for children (6,500 cpm) was obtained from a calibration study that related Actical counts to measured energy expenditure (Puyau, Adolph et al., 2004). The vigorous intensity cut-point used for adults (3,962 cpm) was obtained from a calibration study conducted internally at Statistics Canada (publication under peer review; Colley and Tremblay, 2010).

Note: The SAS code used to derive this variable is available on request.

45) AMSDMB3 – Bouts of moderate physical activity – Day 3 (minutes per day)

Variable name: AMSDMB3

Description: Time spent in bouts of moderate physical activity is derived using an intensity cut-point and is theoretically equivalent to > 3 and < 6 METs. The metabolic equivalent (MET) is a value of metabolic energy cost expressed as a multiple of the resting metabolic rate. For example, an activity of 4 METs requires four times the amount of energy as compared to when the body is at rest. The number of minutes that were accumulated above the moderate cut-point and below the vigorous cut-point in bouts were counted as moderate physical activity (bouts) and summed for each valid day.

For children, moderate physical activity was counted as a bout if a minimum of 4 out of 5 consecutive minutes were above the moderate cut-point and below the vigorous cut-point. For adults, moderate physical activity was counted as a bout if a minimum of 8 out of 10 consecutive minutes were above the moderate cut-point and below the vigorous cut-point.

The moderate cut-point used for children (1,500 cpm) was obtained from a calibration study that related Actical counts to measured energy expenditure (Puyau, Adolph et al., 2004). The moderate intensity cut-point used for adults (1,535 cpm) was obtained from a calibration study conducted internally at Statistics Canada (publication under peer review; Colley and Tremblay, 2010).

The vigorous cut-point used for children (6,500 cpm) was obtained from a calibration study that related Actical counts to measured energy expenditure (Puyau, Adolph et al., 2004). The vigorous intensity cut-point used for adults (3,962 cpm) was obtained from a calibration study conducted internally at Statistics Canada (publication under peer review; Colley and Tremblay, 2010).

Note: The SAS code used to derive this variable is available on request.

46) AMSDMB4 – Bouts of moderate physical activity – Day 4 (minutes per day)

Variable name: AMSDMB4

Description: Time spent in bouts of moderate physical activity is derived using an intensity cut-point and is theoretically equivalent to > 3 and < 6 METs. The metabolic equivalent (MET) is a value of metabolic energy cost expressed as a multiple of the resting metabolic rate. For example, an activity of 4 METs requires four times the amount of energy as compared to when the body is at rest. The number of minutes that were accumulated above the moderate cut-point and below the vigorous cut-point in bouts were counted as moderate physical activity (bouts) and summed for each valid day.

For children, moderate physical activity was counted as a bout if a minimum of 4 out of 5 consecutive minutes were above the moderate cut-point and below the vigorous cut-point. For adults, moderate physical activity was counted as a bout if a minimum of 8 out of 10 consecutive minutes were above the moderate cut-point and below the vigorous cut-point.

The moderate cut-point used for children (1,500 cpm) was obtained from a calibration study that related Actical counts to measured energy expenditure (Puyau, Adolph et al., 2004). The moderate intensity cut-point used for adults (1,535 cpm) was obtained from a calibration study conducted internally at Statistics Canada (publication under peer review; Colley and Tremblay, 2010).

The vigorous cut-point used for children (6,500 cpm) was obtained from a calibration study that related Actical counts to measured energy expenditure (Puyau, Adolph et al., 2004). The vigorous intensity cut-point used for adults (3,962 cpm) was obtained from a calibration study conducted internally at Statistics Canada (publication under peer review; Colley and Tremblay, 2010).

Note: The SAS code used to derive this variable is available on request.

47) AMSDMB5 – Bouts of moderate physical activity – Day 5 (minutes per day)

Variable name: AMSDMB5

Description: Time spent in bouts of moderate physical activity is derived using an intensity cut-point and is theoretically equivalent to > 3 and < 6 METs. The metabolic equivalent (MET) is a value of metabolic energy cost expressed as a multiple of the resting metabolic rate. For example, an activity of 4 METs requires four times the amount of energy as compared to when the body is at rest. The number of minutes that were accumulated above the moderate cut-point and below the vigorous cut-point in bouts were counted as moderate physical activity (bouts) and summed for each valid day.

For children, moderate physical activity was counted as a bout if a minimum of 4 out of 5 consecutive minutes were above the moderate cut-point and below the vigorous cut-point. For adults, moderate physical activity was counted as a bout if a minimum of 8 out of 10 consecutive minutes were above the moderate cut-point and below the vigorous cut-point.

The moderate cut-point used for children (1,500 cpm) was obtained from a calibration study that related Actical counts to measured energy expenditure (Puyau, Adolph et al., 2004). The moderate intensity cut-point used for adults (1,535 cpm) was obtained from a calibration study conducted internally at Statistics Canada (publication under peer review; Colley and Tremblay, 2010).

The vigorous cut-point used for children (6,500 cpm) was obtained from a calibration study that related Actical counts to measured energy expenditure (Puyau, Adolph et al., 2004). The vigorous intensity cut-point used for adults (3,962 cpm) was obtained from a calibration study conducted internally at Statistics Canada (publication under peer review; Colley and Tremblay, 2010).

Note: The SAS code used to derive this variable is available on request.

48) AMSDMB6 – Bouts of moderate physical activity – Day 6 (minutes per day)

Variable name: AMSDMB6

Description: Time spent in bouts of moderate physical activity is derived using an intensity cut-point and is theoretically equivalent to > 3 and < 6 METs. The metabolic equivalent (MET) is a value of metabolic energy cost expressed as a multiple of the resting metabolic rate. For example, an activity of 4 METs requires four times the amount of energy as compared to when the body is at rest. The number of minutes that were accumulated above the moderate cut-point and below the vigorous cut-point in bouts were counted as moderate physical activity (bouts) and summed for each valid day.

For children, moderate physical activity was counted as a bout if a minimum of 4 out of 5 consecutive minutes were above the moderate cut-point and below the vigorous cut-point. For adults, moderate physical activity was counted as a bout if a minimum of 8 out of 10 consecutive minutes were above the moderate cut-point and below the vigorous cut-point.

The moderate cut-point used for children (1,500 cpm) was obtained from a calibration study that related Actical counts to measured energy expenditure (Puyau, Adolph et al., 2004). The moderate intensity cut-point used for adults (1,535 cpm) was obtained from a calibration study conducted internally at Statistics Canada (publication under peer review; Colley and Tremblay, 2010).

The vigorous cut-point used for children (6,500 cpm) was obtained from a calibration study that related Actical counts to measured energy expenditure (Puyau, Adolph et al., 2004). The vigorous intensity cut-point used for adults (3,962 cpm) was obtained from a calibration study conducted internally at Statistics Canada (publication under peer review; Colley and Tremblay, 2010).

Note: The SAS code used to derive this variable is available on request.

49) AMSDMB7 – Bouts of moderate physical activity – Day 7 (minutes per day)

Variable name: AMSDMB7

Description: Time spent in bouts of moderate physical activity is derived using an intensity cut-point and is theoretically equivalent to > 3 and < 6 METs. The metabolic equivalent (MET) is a value of metabolic energy cost expressed as a multiple of the resting metabolic rate. For example, an activity of 4 METs requires four times the amount of energy as compared to when the body is at rest. The number of minutes that were accumulated above the moderate cut-point and below the vigorous cut-point in bouts were counted as moderate physical activity (bouts) and summed for each valid day.

For children, moderate physical activity was counted as a bout if a minimum of 4 out of 5 consecutive minutes were above the moderate cut-point and below the vigorous cut-point. For adults, moderate physical activity was counted as a bout if a minimum of 8 out of 10 consecutive minutes were above the moderate cut-point and below the vigorous cut-point.

The moderate cut-point used for children (1,500 cpm) was obtained from a calibration study that related Actical counts to measured energy expenditure (Puyau, Adolph et al., 2004). The moderate intensity cut-point used for adults (1,535 cpm) was obtained from a calibration study conducted internally at Statistics Canada (publication under peer review; Colley and Tremblay, 2010).

The vigorous cut-point used for children (6,500 cpm) was obtained from a calibration study that related Actical counts to measured energy expenditure (Puyau, Adolph et al., 2004). The vigorous intensity cut-point used for adults (3,962 cpm) was obtained from a calibration study conducted internally at Statistics Canada (publication under peer review; Colley and Tremblay, 2010).

Note: The SAS code used to derive this variable is available on request.

50) AMSDMVA1 – Total moderate-to-vigorous physical activity – Day 1 (minutes per day)

Variable name: AMSDMVA1

Description: Time spent in moderate-to-vigorous physical activity is derived using an intensity cut-point and is theoretically equivalent to > 3 METs. The metabolic equivalent (MET) is a value of metabolic energy cost expressed as a multiple of the resting metabolic rate. For example, an activity of 4 METs requires four times the amount of energy as compared to when the body is at rest. The number of minutes that were accumulated above the moderate cut-point were counted as moderate-to-vigorous physical activity and summed across all valid days. Note: There was no bout requirement in this summation of moderate-to-vigorous physical activity. In other words, all minutes above the cut-point were counted.

Note: The SAS code used to derive this variable is available on request.

51) AMSDMVA2 – Total moderate-to-vigorous physical activity – Day 2 (minutes per day)

Variable name: AMSDMVA2

Description: Time spent in moderate-to-vigorous physical activity is derived using an intensity cut-point and is theoretically equivalent to > 3 METs. The metabolic equivalent (MET) is a value of metabolic energy cost expressed as a multiple of the resting metabolic rate. For example, an activity of 4 METs requires four times the amount of energy as compared to when the body is at rest. The number of minutes that were accumulated above the moderate cut-point were counted as moderate-to-vigorous physical activity and summed across all valid days. Note: There was no bout requirement in this summation of moderate-to-vigorous physical activity. In other words, all minutes above the cut-point were counted.

Note: The SAS code used to derive this variable is available on request.

52) AMSDMVA3 – Total moderate-to-vigorous physical activity – Day 3 (minutes per day)

Variable name: AMSDMVA3

Description: Time spent in moderate-to-vigorous physical activity is derived using an intensity cut-point and is theoretically equivalent to > 3 METs. The metabolic equivalent (MET) is a value of metabolic energy cost expressed as a multiple of the resting metabolic rate. For example, an activity of 4 METs requires four times the amount of energy as compared to when the body is at rest. The number of minutes that were accumulated above the moderate cut-point were counted as moderate-to-vigorous physical activity and summed across all valid days. Note: There was no bout requirement in this summation of moderate-to-vigorous physical activity. In other words, all minutes above the cut-point were counted.

Note: The SAS code used to derive this variable is available on request.

53) AMSDMVA4 – Total moderate-to-vigorous physical activity – Day 4 (minutes per day)

Variable name: AMSDMVA4

Description: Time spent in moderate-to-vigorous physical activity is derived using an intensity cut-point and is theoretically equivalent to > 3 METs. The metabolic equivalent (MET) is a value of metabolic energy cost expressed as a multiple of the resting metabolic rate. For example, an activity of 4 METs requires four times the amount of energy as compared to when the body is at rest. The number of minutes that were accumulated above the moderate cut-point were counted as moderate-to-vigorous physical activity and summed across all valid days. Note: There was no bout requirement in this summation of moderate-to-vigorous physical activity. In other words, all minutes above the cut-point were counted.

Note: The SAS code used to derive this variable is available on request.

54) AMSDMVA5 – Total moderate-to-vigorous physical activity – Day 5 (minutes per day)

Variable name: AMSDMVA5

Description: Time spent in moderate-to-vigorous physical activity is derived using an intensity cut-point and is theoretically equivalent to > 3 METs. The metabolic equivalent (MET) is a value of metabolic energy cost expressed as a multiple of the resting metabolic rate. For example, an activity of 4 METs requires four times the amount of energy as compared to when the body is at rest. The number of minutes that were accumulated above the moderate cut-point were counted as moderate-to-vigorous physical activity and summed across all valid days. Note: There was no bout requirement in this summation of moderate-to-vigorous physical activity. In other words, all minutes above the cut-point were counted.

Note: The SAS code used to derive this variable is available on request.

55) AMSDMVA6 – Total moderate-to-vigorous physical activity – Day 6 (minutes per day)

Variable name: AMSDMVA6

Description: Time spent in moderate-to-vigorous physical activity is derived using an intensity cut-point and is theoretically equivalent to > 3 METs. The metabolic equivalent (MET) is a value of metabolic energy cost expressed as a multiple of the resting metabolic rate. For example, an activity of 4 METs requires four times the amount of energy as compared to when the body is at rest. The number of minutes that were accumulated above the moderate cut-point were counted as moderate-to-vigorous physical activity and summed across all valid days. Note: There was no bout requirement in this summation of moderate-to-vigorous physical activity. In other words, all minutes above the cut-point were counted.

Note: The SAS code used to derive this variable is available on request.

56) AMSDMVA7 – Total moderate-to-vigorous physical activity – Day 7 (minutes per day)

Variable name: AMSDMVA7

Description: Time spent in moderate-to-vigorous physical activity is derived using an intensity cut-point and is theoretically equivalent to > 3 METs. The metabolic equivalent (MET) is a value of metabolic energy cost expressed as a multiple of the resting metabolic rate. For example, an activity of 4 METs requires four times the amount of energy as compared to when the body is at rest. The number of minutes that were accumulated above the moderate cut-point were counted as moderate-to-vigorous physical activity and summed across all valid days. Note: There was no bout requirement in this summation of moderate-to-vigorous physical activity. In other words, all minutes above the cut-point were counted.

Note: The SAS code used to derive this variable is available on request.

57) AMSDMVB1 – Bouts of moderate-to-vigorous physical activity – Day 1 (minutes per day)

Variable name: AMSDMVB1

Description: Time spent in bouts of moderate-to-vigorous physical activity is derived using an intensity cut-point and is theoretically equivalent to > 3 METs (i.e., counts both moderate and vigorous physical activity together). The metabolic equivalent (MET) is a value of metabolic energy cost expressed as a multiple of the resting metabolic rate. For example, an activity of 4 METs requires four times the amount of energy as compared to when the body is at rest. The number of minutes that were accumulated above the moderate cut-point in bouts were counted as moderate-to-vigorous physical activity (bouts) and summed for each valid day.

For children, moderate-to-vigorous physical activity was counted as a bout if a minimum of 4 out of 5 consecutive minutes were above the moderate-to-vigorous cut-point. For adults, moderate-to-vigorous physical activity was counted as a bout if a minimum of 8 out of 10 consecutive minutes were above the moderate-to-vigorous cut-point.

The moderate cut-point used for children (1,500 cpm) was obtained from a calibration study that related Actical counts to measured energy expenditure (Puyau, Adolph et al., 2004). The moderate intensity cut-point used for adults (1,535 cpm) was obtained from a calibration study conducted internally at Statistics Canada (publication under peer review; Colley and Tremblay, 2010).

Note: The SAS code used to derive this variable is available on request.

58) AMSDMVB2 – Bouts of moderate-to-vigorous physical activity – Day 2 (minutes per day)

Variable name: AMSDMVB2

Description: Time spent in bouts of moderate-to-vigorous physical activity is derived using an intensity cut-point and is theoretically equivalent to > 3 METs (i.e., counts both moderate and vigorous physical activity together). The metabolic equivalent (MET) is a value of metabolic energy cost expressed as a multiple of the resting metabolic rate. For example, an activity of 4 METs requires four times the amount of energy as compared to when the body is at rest. The number of minutes that were accumulated above the moderate cut-point in bouts were counted as moderate-to-vigorous physical activity (bouts) and summed for each valid day.

For children, moderate-to-vigorous physical activity was counted as a bout if a minimum of 4 out of 5 consecutive minutes were above the moderate-to-vigorous cut-point. For adults, moderate-to-vigorous physical activity was counted as a bout if a minimum of 8 out of 10 consecutive minutes were above the moderate-to-vigorous cut-point.

The moderate cut-point used for children (1,500 cpm) was obtained from a calibration study that related Actical counts to measured energy expenditure (Puyau, Adolph et al., 2004). The moderate intensity cut-point used for adults (1,535 cpm) was obtained from a calibration study conducted internally at Statistics Canada (publication under peer review; Colley and Tremblay, 2010).

Note: The SAS code used to derive this variable is available on request.

59) AMSDMVB3 – Bouts of moderate-to-vigorous physical activity – Day 3 (minutes per day)

Variable name: AMSDMVB3

Description: Time spent in bouts of moderate-to-vigorous physical activity is derived using an intensity cut-point and is theoretically equivalent to > 3 METs (i.e., counts both moderate and vigorous physical activity together). The metabolic equivalent (MET) is a value of metabolic energy cost expressed as a multiple of the resting metabolic rate. For example, an activity of 4 METs requires four times the amount of energy as compared to when the body is at rest. The number of minutes that were accumulated above the moderate cut-point in bouts were counted as moderate-to-vigorous physical activity (bouts) and summed for each valid day.

For children, moderate-to-vigorous physical activity was counted as a bout if a minimum of 4 out of 5 consecutive minutes were above the moderate-to-vigorous cut-point. For adults, moderate-to-vigorous physical activity was counted as a bout if a minimum of 8 out of 10 consecutive minutes were above the moderate-to-vigorous cut-point.

The moderate cut-point used for children (1,500 cpm) was obtained from a calibration study that related Actical counts to measured energy expenditure (Puyau, Adolph et al., 2004). The moderate intensity cut-point used for adults (1,535 cpm) was obtained from a calibration study conducted internally at Statistics Canada (publication under peer review; Colley and Tremblay, 2010).

Note: The SAS code used to derive this variable is available on request.

60) AMSDMVB4 – Bouts of moderate-to-vigorous physical activity – Day 4 (minutes per day)

Variable name: AMSDMVB4

Description: Time spent in bouts of moderate-to-vigorous physical activity is derived using an intensity cut-point and is theoretically equivalent to > 3 METs (i.e., counts both moderate and vigorous physical activity together). The metabolic equivalent (MET) is a value of metabolic energy cost expressed as a multiple of the resting metabolic rate. For example, an activity of 4 METs requires four times the amount of energy as compared to when the body is at rest. The number of minutes that were accumulated above the moderate cut-point in bouts were counted as moderate-to-vigorous physical activity (bouts) and summed for each valid day.

For children, moderate-to-vigorous physical activity was counted as a bout if a minimum of 4 out of 5 consecutive minutes were above the moderate-to-vigorous cut-point. For adults, moderate-to-vigorous physical activity was counted as a bout if a minimum of 8 out of 10 consecutive minutes were above the moderate-to-vigorous cut-point.

The moderate cut-point used for children (1,500 cpm) was obtained from a calibration study that related Actical counts to measured energy expenditure (Puyau, Adolph et al., 2004). The moderate intensity cut-point used for adults (1,535 cpm) was obtained from a calibration study conducted internally at Statistics Canada (publication under peer review; Colley and Tremblay, 2010).

Note: The SAS code used to derive this variable is available on request.

61) AMSDMVB5 – Bouts of moderate-to-vigorous physical activity – Day 5 (minutes per day)

Variable name: AMSDMVB5

Description: Time spent in bouts of moderate-to-vigorous physical activity is derived using an intensity cut-point and is theoretically equivalent to > 3 METs (i.e., counts both moderate and vigorous physical activity together). The metabolic equivalent (MET) is a value of metabolic energy cost expressed as a multiple of the resting metabolic rate. For example, an activity of 4 METs requires four times the amount of energy as compared to when the body is at rest. The number of minutes that were accumulated above the moderate cut-point in bouts were counted as moderate-to-vigorous physical activity (bouts) and summed for each valid day.

For children, moderate-to-vigorous physical activity was counted as a bout if a minimum of 4 out of 5 consecutive minutes were above the moderate-to-vigorous cut-point. For adults, moderate-to-vigorous physical activity was counted as a bout if a minimum of 8 out of 10 consecutive minutes were above the moderate-to-vigorous cut-point.

The moderate cut-point used for children (1,500 cpm) was obtained from a calibration study that related Actical counts to measured energy expenditure (Puyau, Adolph et al., 2004). The moderate intensity cut-point used for adults (1,535 cpm) was obtained from a calibration study conducted internally at Statistics Canada (publication under peer review; Colley and Tremblay, 2010).

Note: The SAS code used to derive this variable is available on request.

62) AMSDMVB6 – Bouts of moderate-to-vigorous physical activity – Day 6 (minutes per day)

Variable name: AMSDMVB6

Description: Time spent in bouts of moderate-to-vigorous physical activity is derived using an intensity cut-point and is theoretically equivalent to > 3 METs (i.e., counts both moderate and vigorous physical activity together). The metabolic equivalent (MET) is a value of metabolic energy cost expressed as a multiple of the resting metabolic rate. For example, an activity of 4 METs requires four times the amount of energy as compared to when the body is at rest. The number of minutes that were accumulated above the moderate cut-point in bouts were counted as moderate-to-vigorous physical activity (bouts) and summed for each valid day.

For children, moderate-to-vigorous physical activity was counted as a bout if a minimum of 4 out of 5 consecutive minutes were above the moderate-to-vigorous cut-point. For adults, moderate-to-vigorous physical activity was counted as a bout if a minimum of 8 out of 10 consecutive minutes were above the moderate-to-vigorous cut-point.

The moderate cut-point used for children (1,500 cpm) was obtained from a calibration study that related Actical counts to measured energy expenditure (Puyau, Adolph et al., 2004). The moderate intensity cut-point used for adults (1,535 cpm) was obtained from a calibration study conducted internally at Statistics Canada (publication under peer review; Colley and Tremblay, 2010).

Note: The SAS code used to derive this variable is available on request.

63) AMSDMVB7 – Bouts of moderate-to-vigorous physical activity – Day 7 (minutes per day)

Variable name: AMSDMVB7

Description: Time spent in bouts of moderate-to-vigorous physical activity is derived using an intensity cut-point and is theoretically equivalent to > 3 METs (i.e., counts both moderate and vigorous physical activity together). The metabolic equivalent (MET) is a value of metabolic energy cost expressed as a multiple of the resting metabolic rate. For example, an activity of 4 METs requires four times the amount of energy as compared to when the body is at rest. The number of minutes that were accumulated above the moderate cut-point in bouts were counted as moderate-to-vigorous physical activity (bouts) and summed for each valid day.

For children, moderate-to-vigorous physical activity was counted as a bout if a minimum of 4 out of 5 consecutive minutes were above the moderate-to-vigorous cut-point. For adults, moderate-to-vigorous physical activity was counted as a bout if a minimum of 8 out of 10 consecutive minutes were above the moderate-to-vigorous cut-point.

The moderate cut-point used for children (1,500 cpm) was obtained from a calibration study that related Actical counts to measured energy expenditure (Puyau, Adolph et al., 2004). The moderate intensity cut-point used for adults (1,535 cpm) was obtained from a calibration study conducted internally at Statistics Canada (publication under peer review; Colley and Tremblay, 2010).

Note: The SAS code used to derive this variable is available on request.

64) AMSDSA1 – Total sedentary time – Day 1 (minutes per day)

Variable name: AMSDSA1

Description: Total sedentary time is derived using an intensity cut-point and is theoretically equivalent to < 2 METs. The metabolic equivalent (MET) is a value of metabolic energy cost expressed as a multiple of the resting metabolic rate. For example, an activity of 4 METs requires four times the amount of energy as compared to when the body is at rest. The number of minutes where counts were greater than zero but less than the sedentary cut-point (100 cpm) were counted as sedentary and summed for each valid day.

The cut-point to differentiate between inactivity and sedentary time was based on a preliminary examination of CHMS data which used low step counts as a way of determining an appropriate count value to associate with sedentary behaviour (Wong, Colley et al., In Press; Journal of Physical Activity and Health).

Note: The SAS code used to derive this variable is available on request.

65) AMSDSA2 – Total sedentary time – Day 2 (minutes per day)

Variable name: AMSDSA2

Description: Total sedentary time is derived using an intensity cut-point and is theoretically equivalent to < 2 METs. The metabolic equivalent (MET) is a value of metabolic energy cost expressed as a multiple of the resting metabolic rate. For example, an activity of 4 METs requires four times the amount of energy as compared to when the body is at rest. The number of minutes where counts were greater than zero but less than the sedentary cut-point (100 cpm) were counted as sedentary and summed for each valid day.

The cut-point to differentiate between inactivity and sedentary time was based on a preliminary examination of CHMS data which used low step counts as a way of determining an appropriate count value to associate with sedentary behaviour (Wong, Colley et al., In Press; Journal of Physical Activity and Health).

Note: The SAS code used to derive this variable is available on request.

66) AMSDSA3 – Total sedentary time – Day 3 (minutes per day)

Variable name: AMSDSA3

Description: Total sedentary time is derived using an intensity cut-point and is theoretically equivalent to < 2 METs. The metabolic equivalent (MET) is a value of metabolic energy cost expressed as a multiple of the resting metabolic rate. For example, an activity of 4 METs requires four times the amount of energy as compared to when the body is at rest. The number of minutes where counts were greater than zero but less than the sedentary cut-point (100 cpm) were counted as sedentary and summed for each valid day.

The cut-point to differentiate between inactivity and sedentary time was based on a preliminary examination of CHMS data which used low step counts as a way of determining an appropriate count value to associate with sedentary behaviour (Wong, Colley et al., In Press; Journal of Physical Activity and Health).

Note: The SAS code used to derive this variable is available on request.

67) AMSDSA4 – Total sedentary time – Day 4 (minutes per day)

Variable name: AMSDSA4

Description: Total sedentary time is derived using an intensity cut-point and is theoretically equivalent to < 2 METs. The metabolic equivalent (MET) is a value of metabolic energy cost expressed as a multiple of the resting metabolic rate. For example, an activity of 4 METs requires four times the amount of energy as compared to when the body is at rest. The number of minutes where counts were greater than zero but less than the sedentary cut-point (100 cpm) were counted as sedentary and summed for each valid day.

The cut-point to differentiate between inactivity and sedentary time was based on a preliminary examination of CHMS data which used low step counts as a way of determining an appropriate count value to associate with sedentary behaviour (Wong, Colley et al., In Press; Journal of Physical Activity and Health).

Note: The SAS code used to derive this variable is available on request.

68) AMSDSA5 – Total sedentary time – Day 5 (minutes per day)

Variable name: AMSDSA5

Description: Total sedentary time is derived using an intensity cut-point and is theoretically equivalent to < 2 METs. The metabolic equivalent (MET) is a value of metabolic energy cost expressed as a multiple of the resting metabolic rate. For example, an activity of 4 METs requires four times the amount of energy as compared to when the body is at rest. The number of minutes where counts were greater than zero but less than the sedentary cut-point (100 cpm) were counted as sedentary and summed for each valid day.

The cut-point to differentiate between inactivity and sedentary time was based on a preliminary examination of CHMS data which used low step counts as a way of determining an appropriate count value to associate with sedentary behaviour (Wong, Colley et al., In Press; Journal of Physical Activity and Health).

Note: The SAS code used to derive this variable is available on request.

69) AMSDSA6 – Total sedentary time – Day 6 (minutes per day)

Variable name: AMSDSA6

Description: Total sedentary time is derived using an intensity cut-point and is theoretically equivalent to < 2 METs. The metabolic equivalent (MET) is a value of metabolic energy cost expressed as a multiple of the resting metabolic rate. For example, an activity of 4 METs requires four times the amount of energy as compared to when the body is at rest. The number of minutes where counts were greater than zero but less than the sedentary cut-point (100 cpm) were counted as sedentary and summed for each valid day.

The cut-point to differentiate between inactivity and sedentary time was based on a preliminary examination of CHMS data which used low step counts as a way of determining an appropriate count value to associate with sedentary behaviour (Wong, Colley et al., In Press; Journal of Physical Activity and Health).

Note: The SAS code used to derive this variable is available on request.

70) AMSDSA7 – Total sedentary time – Day 7 (minutes per day)

Variable name: AMSDSA7

Description: Total sedentary time is derived using an intensity cut-point and is theoretically equivalent to < 2 METs. The metabolic equivalent (MET) is a value of metabolic energy cost expressed as a multiple of the resting metabolic rate. For example, an activity of 4 METs requires four times the amount of energy as compared to when the body is at rest. The number of minutes where counts were greater than zero but less than the sedentary cut-point (100 cpm) were counted as sedentary and summed for each valid day.

The cut-point to differentiate between inactivity and sedentary time was based on a preliminary examination of CHMS data which used low step counts as a way of determining an appropriate count value to associate with sedentary behaviour (Wong, Colley et al., In Press; Journal of Physical Activity and Health).

Note: The SAS code used to derive this variable is available on request.

71) AMSDSST1 – Total steps – Day 1 (steps per day)

Variable name: AMSDSST1

Description: Total steps were calculated as a sum of all steps in a valid day across all valid days. Total steps is the only derived variable that comes from the step count function of the Actical. All other derived variables come from the count function. The step count is derived solely from the vertical vector of the omnidirectional accelerometer. Total steps is important for comparison to physical activity guidelines (e.g., 10,000 steps per day for adults and 16,500 steps per day for children).

Note: The SAS code used to derive this variable is available on request.

72) AMSDSST2 – Total steps – Day 2 (steps per day)

Variable name: AMSDSST2

Description: Total steps were calculated as a sum of all steps in a valid day across all valid days. Total steps is the only derived variable that comes from the step count function of the Actical. All other derived variables come from the count function. The step count is derived solely from the vertical vector of the omnidirectional accelerometer. Total steps is important for comparison to physical activity guidelines (e.g., 10,000 steps per day for adults and 16,500 steps per day for children).

Note: The SAS code used to derive this variable is available on request.

73) AMSDSST3 – Total steps – Day 3 (steps per day)

Variable name: AMSDSST3

Description: Total steps were calculated as a sum of all steps in a valid day across all valid days. Total steps is the only derived variable that comes from the step count function of the Actical. All other derived variables come from the count function. The step count is derived solely from the vertical vector of the omnidirectional accelerometer. Total steps is important for comparison to physical activity guidelines (e.g., 10,000 steps per day for adults and 16,500 steps per day for children).

Note: The SAS code used to derive this variable is available on request.

74) AMSDSST4 – Total steps – Day 4 (steps per day)

Variable name: AMSDSST4

Description: Total steps were calculated as a sum of all steps in a valid day across all valid days. Total steps is the only derived variable that comes from the step count function of the Actical. All other derived variables come from the count function. The step count is derived solely from the vertical vector of the omnidirectional accelerometer. Total steps is important for comparison to physical activity guidelines (e.g., 10,000 steps per day for adults and 16,500 steps per day for children).

Note: The SAS code used to derive this variable is available on request.

75) AMSDSST5 – Total steps – Day 5 (steps per day)

Variable name: AMSDSST5

Description: Total steps were calculated as a sum of all steps in a valid day across all valid days. Total steps is the only derived variable that comes from the step count function of the Actical. All other derived variables come from the count function. The step count is derived solely from the vertical vector of the omnidirectional accelerometer. Total steps is important for comparison to physical activity guidelines (e.g., 10,000 steps per day for adults and 16,500 steps per day for children).

Note: The SAS code used to derive this variable is available on request.

76) AMSDSST6 – Total steps – Day 6 (steps per day)

Variable name: AMSDSST6

Description: Total steps were calculated as a sum of all steps in a valid day across all valid days. Total steps is the only derived variable that comes from the step count function of the Actical. All other derived variables come from the count function. The step count is derived solely from the vertical vector of the omnidirectional accelerometer. Total steps is important for comparison to physical activity guidelines (e.g., 10,000 steps per day for adults and 16,500 steps per day for children).

Note: The SAS code used to derive this variable is available on request.

77) AMSDSST7 – Total steps – Day 7 (steps per day)

Variable name: AMSDSST7

Description: Total steps were calculated as a sum of all steps in a valid day across all valid days. Total steps is the only derived variable that comes from the step count function of the Actical. All other derived variables come from the count function. The step count is derived solely from the vertical vector of the omnidirectional accelerometer. Total steps is important for comparison to physical activity guidelines (e.g., 10,000 steps per day for adults and 16,500 steps per day for children).

Note: The SAS code used to derive this variable is available on request.

78) AMSDTCT1 – Total counts – Day 1 (counts per day)

Variable name: AMSDTCT1

Description: Total counts were calculated as a sum of all counts in a valid day across all valid days. Total counts per day evaluate the raw data provided by the accelerometer without imposition of external criteria (e.g., cut-points) other than determination of wear and nonwear time.

Note: The SAS code used to derive this variable is available on request.

79) AMSDTCT2 – Total counts – Day 2 (counts per day)

Variable name: AMSDTCT2

Description: Total counts were calculated as a sum of all counts in a valid day across all valid days. Total counts per day evaluate the raw data provided by the accelerometer without imposition of external criteria (e.g., cut-points) other than determination of wear and nonwear time.

Note: The SAS code used to derive this variable is available on request.

80) AMSDTCT3 – Total counts – Day 3 (counts per day)

Variable name: AMSDTCT3

Description: Total counts were calculated as a sum of all counts in a valid day across all valid days. Total counts per day evaluate the raw data provided by the accelerometer without imposition of external criteria (e.g., cut-points) other than determination of wear and nonwear time.

Note: The SAS code used to derive this variable is available on request.

81) AMSDTCT4 – Total counts – Day 4 (counts per day)

Variable name: AMSDTCT4

Description: Total counts were calculated as a sum of all counts in a valid day across all valid days. Total counts per day evaluate the raw data provided by the accelerometer without imposition of external criteria (e.g., cut-points) other than determination of wear and nonwear time.

Note: The SAS code used to derive this variable is available on request.

82) AMSDTCT5 – Total counts – Day 5 (counts per day)

Variable name: AMSDTCT5

Description: Total counts were calculated as a sum of all counts in a valid day across all valid days. Total counts per day evaluate the raw data provided by the accelerometer without imposition of external criteria (e.g., cut-points) other than determination of wear and nonwear time.

Note: The SAS code used to derive this variable is available on request.

83) AMSDTCT6 – Total counts – Day 6 (counts per day)

Variable name: AMSDTCT6

Description: Total counts were calculated as a sum of all counts in a valid day across all valid days. Total counts per day evaluate the raw data provided by the accelerometer without imposition of external criteria (e.g., cut-points) other than determination of wear and nonwear time.

Note: The SAS code used to derive this variable is available on request.

84) AMSDTCT7 – Total counts – Day 7 (counts per day)

Variable name: AMSDTCT7

Description: Total counts were calculated as a sum of all counts in a valid day across all valid days. Total counts per day evaluate the raw data provided by the accelerometer without imposition of external criteria (e.g., cut-points) other than determination of wear and nonwear time.

Note: The SAS code used to derive this variable is available on request.

85) AMSDVA1 – Total vigorous physical activity – Day 1 (minutes per day)

Variable name: AMSDVA1

Description: Time spent in vigorous physical activity is derived using an intensity cut-point and is theoretically equivalent to > 6 METs. The metabolic equivalent (MET) is a value of metabolic energy cost expressed as a multiple of the resting metabolic rate. For example, an activity of 4 METs requires four times the amount of energy as compared to when the body is at rest. The number of minutes that were accumulated above the vigorous cut-point were counted as vigorous physical activity and summed across all valid days. Note: There was no bout requirement in this summation of vigorous physical activity. In other words, all minutes above the cut-point were counted.

Note: The SAS code used to derive this variable is available on request.

86) AMSDVA2 – Total vigorous physical activity – Day 2 (minutes per day)

Variable name: AMSDVA2

Description: Time spent in vigorous physical activity is derived using an intensity cut-point and is theoretically equivalent to > 6 METs. The metabolic equivalent (MET) is a value of metabolic energy cost expressed as a multiple of the resting metabolic rate. For example, an activity of 4 METs requires four times the amount of energy as compared to when the body is at rest. The number of minutes that were accumulated above the vigorous cut-point were counted as vigorous physical activity and summed across all valid days. Note: There was no bout requirement in this summation of vigorous physical activity. In other words, all minutes above the cut-point were counted.

Note: The SAS code used to derive this variable is available on request.

87) AMSDVA3 – Total vigorous physical activity – Day 3 (minutes per day)

Variable name: AMSDVA3

Description: Time spent in vigorous physical activity is derived using an intensity cut-point and is theoretically equivalent to > 6 METs. The metabolic equivalent (MET) is a value of metabolic energy cost expressed as a multiple of the resting metabolic rate. For example, an activity of 4 METs requires four times the amount of energy as compared to when the body is at rest. The number of minutes that were accumulated above the vigorous cut-point were counted as vigorous physical activity and summed across all valid days. Note: There was no bout requirement in this summation of vigorous physical activity. In other words, all minutes above the cut-point were counted.

Note: The SAS code used to derive this variable is available on request.

88) AMSDVA4 – Total vigorous physical activity – Day 4 (minutes per day)

Variable name: AMSDVA4

Description: Time spent in vigorous physical activity is derived using an intensity cut-point and is theoretically equivalent to > 6 METs. The metabolic equivalent (MET) is a value of metabolic energy cost expressed as a multiple of the resting metabolic rate. For example, an activity of 4 METs requires four times the amount of energy as compared to when the body is at rest. The number of minutes that were accumulated above the vigorous cut-point were counted as vigorous physical activity and summed across all valid days. Note: There was no bout requirement in this summation of vigorous physical activity. In other words, all minutes above the cut-point were counted.

Note: The SAS code used to derive this variable is available on request.

89) AMSDVA5 – Total vigorous physical activity – Day 5 (minutes per day)

Variable name: AMSDVA5

Description: Time spent in vigorous physical activity is derived using an intensity cut-point and is theoretically equivalent to > 6 METs. The metabolic equivalent (MET) is a value of metabolic energy cost expressed as a multiple of the resting metabolic rate. For example, an activity of 4 METs requires four times the amount of energy as compared to when the body is at rest. The number of minutes that were accumulated above the vigorous cut-point were counted as vigorous physical activity and summed across all valid days. Note: There was no bout requirement in this summation of vigorous physical activity. In other words, all minutes above the cut-point were counted.

Note: The SAS code used to derive this variable is available on request.

90) AMSDVA6 – Total vigorous physical activity – Day 6 (minutes per day)

Variable name: AMSDVA6

Description: Time spent in vigorous physical activity is derived using an intensity cut-point and is theoretically equivalent to > 6 METs. The metabolic equivalent (MET) is a value of metabolic energy cost expressed as a multiple of the resting metabolic rate. For example, an activity of 4 METs requires four times the amount of energy as compared to when the body is at rest. The number of minutes that were accumulated above the vigorous cut-point were counted as vigorous physical activity and summed across all valid days. Note: There was no bout requirement in this summation of vigorous physical activity. In other words, all minutes above the cut-point were counted.

Note: The SAS code used to derive this variable is available on request.

91) AMSDVA7 – Total vigorous physical activity – Day 7 (minutes per day)

Variable name: AMSDVA7

Description: Time spent in vigorous physical activity is derived using an intensity cut-point and is theoretically equivalent to > 6 METs. The metabolic equivalent (MET) is a value of metabolic energy cost expressed as a multiple of the resting metabolic rate. For example, an activity of 4 METs requires four times the amount of energy as compared to when the body is at rest. The number of minutes that were accumulated above the vigorous cut-point were counted as vigorous physical activity and summed across all valid days. Note: There was no bout requirement in this summation of vigorous physical activity. In other words, all minutes above the cut-point were counted.

Note: The SAS code used to derive this variable is available on request.

92) AMSDVB1 – Bouts of vigorous physical activity – Day 1 (minutes per day)

Variable name: AMSDVB1

Description: Time spent in bouts of vigorous physical activity is derived using an intensity cut-point and is theoretically equivalent to > 6 METs. The metabolic equivalent (MET) is a value of metabolic energy cost expressed as a multiple of the resting metabolic rate. For example, an activity of 4 METs requires four times the amount of energy as compared to when the body is at rest. The number of minutes that were accumulated above the vigorous cut-point in bouts were counted as vigorous physical activity (bouts) and summed for each valid day.

For children, vigorous physical activity was counted as a bout if a minimum of 4 out of 5 consecutive minutes were above the vigorous cut-point. For adults, vigorous physical activity was counted as a bout if a minimum of 8 out of 10 consecutive minutes were above the vigorous cut-point.

The vigorous cut-point used for children (6,500 cpm) was obtained from a calibration study that related Actical counts to measured energy expenditure (Puyau, Adolph et al., 2004). The vigorous intensity cut-point used for adults (3,962 cpm) was obtained from a calibration study conducted internally at Statistics Canada (publication under peer review; Colley and Tremblay, 2010).

Note: The SAS code used to derive this variable is available on request.

93) AMSDVB2 – Bouts of vigorous physical activity – Day 2 (minutes per day)

Variable name: AMSDVB2

Description: Time spent in bouts of vigorous physical activity is derived using an intensity cut-point and is theoretically equivalent to > 6 METs. The metabolic equivalent (MET) is a value of metabolic energy cost expressed as a multiple of the resting metabolic rate. For example, an activity of 4 METs requires four times the amount of energy as compared to when the body is at rest. The number of minutes that were accumulated above the vigorous cut-point in bouts were counted as vigorous physical activity (bouts) and summed for each valid day.

For children, vigorous physical activity was counted as a bout if a minimum of 4 out of 5 consecutive minutes were above the vigorous cut-point. For adults, vigorous physical activity was counted as a bout if a minimum of 8 out of 10 consecutive minutes were above the vigorous cut-point.

The vigorous cut-point used for children (6,500 cpm) was obtained from a calibration study that related Actical counts to measured energy expenditure (Puyau, Adolph et al., 2004). The vigorous intensity cut-point used for adults (3,962 cpm) was obtained from a calibration study conducted internally at Statistics Canada (publication under peer review; Colley and Tremblay, 2010).

Note: The SAS code used to derive this variable is available on request.

94) AMSDVB3 – Bouts of vigorous physical activity – Day 3 (minutes per day)

Variable name: AMSDVB3

Description: Time spent in bouts of vigorous physical activity is derived using an intensity cut-point and is theoretically equivalent to > 6 METs. The metabolic equivalent (MET) is a value of metabolic energy cost expressed as a multiple of the resting metabolic rate. For example, an activity of 4 METs requires four times the amount of energy as compared to when the body is at rest. The number of minutes that were accumulated above the vigorous cut-point in bouts were counted as vigorous physical activity (bouts) and summed for each valid day.

For children, vigorous physical activity was counted as a bout if a minimum of 4 out of 5 consecutive minutes were above the vigorous cut-point. For adults, vigorous physical activity was counted as a bout if a minimum of 8 out of 10 consecutive minutes were above the vigorous cut-point.

The vigorous cut-point used for children (6,500 cpm) was obtained from a calibration study that related Actical counts to measured energy expenditure (Puyau, Adolph et al., 2004). The vigorous intensity cut-point used for adults (3,962 cpm) was obtained from a calibration study conducted internally at Statistics Canada (publication under peer review; Colley and Tremblay, 2010).

Note: The SAS code used to derive this variable is available on request.

95) AMSDVB4 – Bouts of vigorous physical activity – Day 4 (minutes per day)

Variable name: AMSDVB4

Description: Time spent in bouts of vigorous physical activity is derived using an intensity cut-point and is theoretically equivalent to > 6 METs. The metabolic equivalent (MET) is a value of metabolic energy cost expressed as a multiple of the resting metabolic rate. For example, an activity of 4 METs requires four times the amount of energy as compared to when the body is at rest. The number of minutes that were accumulated above the vigorous cut-point in bouts were counted as vigorous physical activity (bouts) and summed for each valid day.

For children, vigorous physical activity was counted as a bout if a minimum of 4 out of 5 consecutive minutes were above the vigorous cut-point. For adults, vigorous physical activity was counted as a bout if a minimum of 8 out of 10 consecutive minutes were above the vigorous cut-point.

The vigorous cut-point used for children (6,500 cpm) was obtained from a calibration study that related Actical counts to measured energy expenditure (Puyau, Adolph et al., 2004). The vigorous intensity cut-point used for adults (3,962 cpm) was obtained from a calibration study conducted internally at Statistics Canada (publication under peer review; Colley and Tremblay, 2010).

Note: The SAS code used to derive this variable is available on request.

96) AMSDVB5 – Bouts of vigorous physical activity – Day 5 (minutes per day)

Variable name: AMSDVB5

Description: Time spent in bouts of vigorous physical activity is derived using an intensity cut-point and is theoretically equivalent to > 6 METs. The metabolic equivalent (MET) is a value of metabolic energy cost expressed as a multiple of the resting metabolic rate. For example, an activity of 4 METs requires four times the amount of energy as compared to when the body is at rest. The number of minutes that were accumulated above the vigorous cut-point in bouts were counted as vigorous physical activity (bouts) and summed for each valid day.

For children, vigorous physical activity was counted as a bout if a minimum of 4 out of 5 consecutive minutes were above the vigorous cut-point. For adults, vigorous physical activity was counted as a bout if a minimum of 8 out of 10 consecutive minutes were above the vigorous cut-point.

The vigorous cut-point used for children (6,500 cpm) was obtained from a calibration study that related Actical counts to measured energy expenditure (Puyau, Adolph et al., 2004). The vigorous intensity cut-point used for adults (3,962 cpm) was obtained from a calibration study conducted internally at Statistics Canada (publication under peer review; Colley and Tremblay, 2010).

Note: The SAS code used to derive this variable is available on request.

97) AMSDVB6 – Bouts of vigorous physical activity – Day 6 (minutes per day)

Variable name: AMSDVB6

Description: Time spent in bouts of vigorous physical activity is derived using an intensity cut-point and is theoretically equivalent to > 6 METs. The metabolic equivalent (MET) is a value of metabolic energy cost expressed as a multiple of the resting metabolic rate. For example, an activity of 4 METs requires four times the amount of energy as compared to when the body is at rest. The number of minutes that were accumulated above the vigorous cut-point in bouts were counted as vigorous physical activity (bouts) and summed for each valid day.

For children, vigorous physical activity was counted as a bout if a minimum of 4 out of 5 consecutive minutes were above the vigorous cut-point. For adults, vigorous physical activity was counted as a bout if a minimum of 8 out of 10 consecutive minutes were above the vigorous cut-point.

The vigorous cut-point used for children (6,500 cpm) was obtained from a calibration study that related Actical counts to measured energy expenditure (Puyau, Adolph et al., 2004). The vigorous intensity cut-point used for adults (3,962 cpm) was obtained from a calibration study conducted internally at Statistics Canada (publication under peer review; Colley and Tremblay, 2010).

Note: The SAS code used to derive this variable is available on request.

98) AMSDVB7 – Bouts of vigorous physical activity – Day 7 (minutes per day)

Variable name: AMSDVB7

Description: Time spent in bouts of vigorous physical activity is derived using an intensity cut-point and is theoretically equivalent to > 6 METs. The metabolic equivalent (MET) is a value of metabolic energy cost expressed as a multiple of the resting metabolic rate. For example, an activity of 4 METs requires four times the amount of energy as compared to when the body is at rest. The number of minutes that were accumulated above the vigorous cut-point in bouts were counted as vigorous physical activity (bouts) and summed for each valid day.

For children, vigorous physical activity was counted as a bout if a minimum of 4 out of 5 consecutive minutes were above the vigorous cut-point. For adults, vigorous physical activity was counted as a bout if a minimum of 8 out of 10 consecutive minutes were above the vigorous cut-point.

The vigorous cut-point used for children (6,500 cpm) was obtained from a calibration study that related Actical counts to measured energy expenditure (Puyau, Adolph et al., 2004). The vigorous intensity cut-point used for adults (3,962 cpm) was obtained from a calibration study conducted internally at Statistics Canada (publication under peer review; Colley and Tremblay, 2010).

Note: The SAS code used to derive this variable is available on request.