

CodeBook

Kardiovize Brno 2030 – cohort 65+ years

Parental study

The Kardiovize is an ongoing multidisciplinary epidemiological project with a random sample of 25–64 years-old residents of the city of Brno, stratified by sex and gender, designed as a prospective study. The goal includes assessing the prevalence, determinants, outcomes and trends of cardiovascular diseases in urban population of the Czech Republic. The project was planned into three successive phases. The parental cohort is phase two of this project.

Parental study is focusing on the prevalence of the major CVD risk factors in the elderly participants. Participants were enrolling based on the relationship (parents or the foster parents of the participants) with the baseline cohort (phase 1).

The recruitment and examination were completed between 2018 and 2019. The examination of the participants were split to two days.

This document describes the content, structure and layout of a data collection. It contains information intended to be complete and self-explanatory for each variable in a data file. It comprises all your requested data, ordered and categorized.

Processed:

Mgr. Tereza Dračková

Ing. Jana Hrušková

Bc Anna Pospíšilová

Reviewed:

MUDr. Šárka Kunzová, Ph.D.

MUDr. Mária Skladaná

Ing. Juraj Jakubík

Mgr. Jana Jarešová

Mgr. Anna Polcrová

Mgr. Iulia Pavlovska

Approved:

Juan Pablo Gonzalez Rivas, MD.

Date:

Signature:

Date:

Signature:

Date:

Signature:

Revision history

| Version | Date | Revision | Signature |
|----------------|-------------|---|------------------|
| 1.1. | 02.05.2024 | Calculated variables subchapters added | VK |
| 1.2. | 04.11.2024 | Correction of the number of available samples | VK |
| 1.3. | 18.12.2024 | Correction of calculation of Calculated variables | VK |

Content

| | |
|---|-----------|
| Revision history | 3 |
| 1. Questionnaires | 6 |
| 1. Demographic data..... | 6 |
| 2. Personal history | 7 |
| 3. General health status | 10 |
| 4. Medication..... | 12 |
| 5. Medication ATC..... | 16 |
| 6. Questions for women..... | 17 |
| 7. Depression and anxiety..... | 18 |
| 8. Sleep | 19 |
| 9. IPAQ short form..... | 21 |
| 10. Family history..... | 24 |
| 11. Health – teeth, sight, hearing | 26 |
| 12. Smoking and alcohol | 28 |
| 13. Social life and environment..... | 31 |
| 14. Socioeconomic status | 33 |
| 15. Nutrition | 37 |
| 16. Cogstate | 45 |
| 17. Montreal Cognitive Assessment..... | 47 |
| 18. Self-report..... | 50 |
| 19. Meal times from 24-hours recall | 53 |
| 20. Meal times from 3 days recall | 54 |
| 21. NutriPro..... | 55 |
| 22. Edmonton Frail Scale | 58 |
| 2. Examinations | 60 |
| 1. BpTRU | 60 |
| 2. InBody | 61 |
| 3. Anthropometric measurement | 68 |
| 4. Vasera..... | 69 |
| 5. Doppler-ultrasound..... | 71 |
| 6. Smokerlyzer..... | 72 |
| 7. Age reader | 73 |
| 8. Handgrip..... | 74 |
| 9. Functional performance..... | 75 |
| 10. Laboratory | 76 |
| 11. Samples | 77 |
| 12. Echocardiography | 78 |
| 13. Carotid ultrasound | 83 |

| | |
|---|-----------|
| 3. Results from analyses | 89 |
| 1. Lipidomic Analysis | 89 |
| 2. HBM4U | 98 |
| 4. Calculated variables | 99 |
| 1. Cardiovascular Health Index | 99 |
| 2. Diabetes Mellitus..... | 101 |
| 3. Hypertension | 102 |
| 4. Variables Calculated Based on Kardiovize Definitions | 103 |

1. Questionnaires

1. Demographic data

274 complete case reports are available.

| Variable name | Question | Values | Type of data |
|---------------|----------------------------------|---|--------------|
| sex | Gender | 1, Man 2, Woman | Basic |
| d_vzdelani | Highest level of education | 1, unfinished primary school 2, primary school 3, high vocational school (without graduation) 4, high school with graduation 5, higher vocational school 6, university | Basic |
| se_35 | Current economic status | 1, employee 2, private entrepreneur 3, free profession (artist, performer, etc.) 4, farmer 5, working pensioner 6, pensioner 7, housewife 8, unemployed | Basic |
| d_rod_stav | Family status | 1, Single 2, Married 3, Partnership 4, Divorced 5, Widowed | Basic |
| d_deti | Number of participants' children | text (number) | Basic |

2. Personal history

274 complete case reports are available. The methodology was based on MONICA study

References: <http://www.thl.fi/publications/monica/>

| Variable name | Question | Values | Type of data |
|---------------|---|---|--------------|
| age | Age at time of visit. | text (number) | Basic |
| oa_zdr_stav | Over the last 12 months, would you say your health has been | 1, Excellent 2, Very good 3, Good 4, Fair 5, Poor | Basic |
| dep_1 | Are you often feeling sad or depressed? | 1, No 2, Yes | Basic |
| | Have any of the following diseases ever been diagnosed in you by a doctor and have you ever been hospitalized for: | | |
| oa_ichs | Angina pectoris/ ischemic heart | 1, Yes, diagnosed and hospitalized | Basic |
| oa_infarkt | Heart attack | 2, Yes, diagnosed, never hospitalized | Basic |
| oa_perkut | Percutaneous coronary intervention | 3, No or do not know | Basic |
| oa_graft | Coronary artery bypass grafting | | Basic |
| os_srdecni | Cardiac failure | | Basic |
| oa_hypertenze | Hypertension (high blood pressure) | | Basic |
| oa_mrtvice | Stroke | | Basic |
| oa_cho | Chronic respiratory disease | | Basic |
| oa_nador | Cancer | | Basic |
| oa_vred | Stomach ulcer or duodenal ulcer disease | | Basic |
| oa_jatra | Liver and gallbladder disease | | Basic |

| | | | |
|-------------------|--|--|-------|
| oa_ledviny | Kidney stones | | Basic |
| oa_chrd | Chronic kidney disease | | Basic |
| oa_hyperure | Hyperuricemia (gout) | | Basic |
| oa_astma | Asthma | | Basic |
| oa_atopy | Atopic eczema | | Basic |
| oa_senna | Hay fever | | Basic |
| oa_alergie_jina | Another allergy | | Basic |
| oa_pater | Disease of spine or joints | | Basic |
| oa_neuro | Neurological disease | | Basic |
| oa_hypooth | Hypothyroidism (decreased thyroid function) | | Basic |
| oa_hyperhy | Hyperthyroidism | | Basic |
| oa_diabetes1 | Diabetes I | | Basic |
| oa_diabetes2 | Diabetes II | | Basic |
| vek_oa_infarkt | Age at first heart attack/acute myocardial infarction | text (number, Min: 0, Max: 120) | Basic |
| vek_oa_mrtvice | Age of first stroke | text (number, Min: 0, Max: 120) | Basic |
| vek_oa_ap | Age of ischemic heart disease | text (number, Min: 0, Max: 120) | Basic |
| oa_nador_spec | Please specify type of cancer | text | Basic |
| oa_neuro_spec | Please specify type of neurological disease | text | Basic |
| oa_vysok_tlak | Have you ever been told by a doctor that you have high blood pressure? | 1, No 2, Yes | Basic |
| oa_vt_medikace | If yes, have you been taking drugs for high blood pressure in the last 2 weeks? | 1, No 2, Yes 3, Do not know | Basic |
| oa_diabetes | Have you ever been told by a doctor that you have diabetes or increased fasting glycaemia? | 1, No 2, Yes | Basic |
| oa_diabetes_vek | If yes, at what age were you diagnosed? | text (number, Min: 1, Max: 150) | Basic |
| oa_diabetes_lecba | How are you treated? | 1, Only by diet 2, By diet and insulin 3, By diet and pills 4, Pills and insulin 5, No treatment | Basic |

| | | | |
|----------------------|--|---|-------|
| oa_cholesterol | Have you ever been told by a doctor that you have high blood cholesterol or other blood lipids – e.g. LDL-cholesterol, non-HDL-cholesterol, triglycerides? | 1, No 2, Yes | Basic |
| oa_cholesterol_lecba | If yes, how are you treated? | 1, Only by diet 2, By diet and pills 3, Pills only 4, No treatment | Basic |
| oa_ostatni | Are you under long-term treatment or medical care for any medical condition, except for high blood pressure, high cholesterol or diabetes? | 1, No 2, Yes | Basic |
| oa_ostatni_spec | If yes, please, give details | text | Basic |

3. General health status

274 complete case reports are available. The methodology was based on HAPIEE study.

References: Prof. Mgr. Hynek Pikhart, Ph.D., M.Sc. HAPIEE study

| Variable name | Question | Values | Type of data |
|--------------------|--|--|--------------|
| oa_vyska | What is your height in cm? | text (number, Min: 50, Max: 300) | Basic |
| oa_hmotnost | What is your weight in kg | text (number, Min: 30, Max: 300) | Basic |
| na_hmotnost_2_1 | Have you recently lost weight such that your clothing become looser in the last 12 months? | 1, No 2, Yes | Basic |
| oa_12_m_uraz | In the past 12 months have you been injured or have you had an accident serious enough to contact a doctor? | 1, No 2, Yes | Basic |
| oa_12_m_uraz_kolik | How many times? | text (integer, Min: 1, Max: 99) | Basic |
| oa_12_m_uraz_spec | Please, specify kind of injury or accident. | text | Basic |
| oa_hospital | In the last year, how many times have you been hospitalized? | text (integer, Min: 0, Max: 99) | Basic |
| oa_pad | In the last month, have you had any fall including a slip or trip in which you lost your balance and landed on the floor or ground or lower level? | 1, No 2, Yes | Basic |
| oa_febrile | In the last two weeks, did you have a febrile condition? | 1, No 2, Yes | Basic |
| oa_kontinence | Do you have a problem with urine leakage? | 1, No 2, Yes | Basic |
| oa_omezeni | During last 6 months, how much did your health limit your ability in common daily activities? | 1, Limited a lot 2, Limited a little 3, Not limited | Basic |
| | Does your current health limit your ability in these activities? If so, how much? | | |
| oa_omez_1 | Vigorous activities, such as running, lifting heavy objects, participating in strenuous sports | 1, Yes, limited a lot 2, Yes, limited a little 3, No, not limited at all | Basic |
| oa_omez_2 | Moderate activities, such as moving a table, pushing a vacuum cleaner | | Basic |
| oa_omez_3 | Lifting or carrying bag of groceries | | Basic |
| oa_omez_4 | Climbing several floors up the stairs | | Basic |
| oa_omez_5 | Climbing one floor up the stairs | | Basic |

| | | | |
|----------------|--|-----------------|----------|
| oa_omez_6 | Bending, kneeling or stooping | | Basic |
| oa_omez_7 | Walking two kilometres | | Basic |
| oa_omez_8 | Walking one kilometre | | Basic |
| oa_omez_9 | Walking one hundred meters | | Basic |
| oa_omez_10 | Bathing and dressing yourself | | Basic |
| | Do you need help with following activities? | | |
| oa_pomoc_1 | Food preparation | 1, Yes 0, No | Basic |
| oa_pomoc_2 | Shopping | | Basic |
| oa_pomoc_3 | Transport | | Basic |
| oa_pomoc_4 | Making calls, keeping your home | | Basic |
| oa_pomoc_5 | Laundry service | | Basic |
| oa_pomoc_6 | Managing finances | | Basic |
| oa_pomoc_7 | Taking medicine | | Basic |
| oa_pomoc_skore | Total score | Calculation | Advanced |

4. Medication

This section covers questions regarding using medicines.

274 complete case reports are available of which 31 do not take any medication.

| Variable name | Question | Values | Type of data |
|--------------------------|---------------------------------|-----------------|--------------|
| med_pravidel | Are you taking any medications? | 1, No 2, Yes | Basic |
| med_pravidel_nazev_1 | Name of drug | text | Basic |
| med_pravidel_davkovani_1 | Dosage | text | Basic |
| med_pravidel_indikace_1 | Indication | text | Basic |
| med_dalsi | Add another medication? | 1, No 2, Yes | Basic |
| med_pravidel_nazev_2 | Name of drug | text | Basic |
| med_pravidel_davkovani_2 | Dosage | text | Basic |
| med_pravidel_indikace_2 | Indication | Text | Basic |
| med_dalsi_2 | Add another medication? | 1, No 2, Yes | Basic |
| med_pravidel_nazev_3 | Name of drug | text | Basic |
| med_pravidel_davkovani_3 | Dosage | text | Basic |
| med_pravidel_indikace_3 | Indication | text | Basic |
| med_dalsi_3 | Add another medication? | 1, No 2, Yes | Basic |
| med_pravidel_nazev_4 | Name of drug | text | Basic |
| med_pravidel_davkovani_4 | Dosage | text | Basic |
| med_pravidel_indikace_4 | Indication | text | Basic |
| med_dalsi_4 | Add another medication? | 1, No 2, Yes | Basic |
| med_pravidel_nazev_5 | Name of drug | text | Basic |
| med_pravidel_davkovani_5 | Dosage | text | Basic |
| med_pravidel_indikace_5 | Indication | text | Basic |

| | | | |
|---------------------------|-------------------------------|-----------------|-------|
| med_dalsi_5 | Add another medication? | 1, No 2, Yes | Basic |
| med_pravidel_nazev_6 | Name of drug | text | Basic |
| med_pravidel_davkovani_6 | Dosage | text | Basic |
| med_pravidel_indikace_6 | Indication | text | Basic |
| med_dalsi_6 | Add another medication? | 1, No 2, Yes | Basic |
| med_pravidel_nazev_7 | Name of drug | text | Basic |
| med_pravidel_davkovani_7 | Dosage | text | Basic |
| med_pravidel_indikace_7 | Indication | text | Basic |
| med_dalsi_7 | Add another medication? | 1, No 2, Yes | Basic |
| med_pravidel_nazev_8 | Name of drug | text | Basic |
| med_pravidel_davkovani_8 | Dosage | text | Basic |
| med_pravidel_indikace_8 | Indication | text | Basic |
| med_dalsi_8 | Add another medication? | 1, No 2, Yes | Basic |
| med_pravidel_nazev_9 | Name of drug | text | Basic |
| med_pravidel_davkovani_9 | Dosage | text | Basic |
| med_pravidel_indikace_9 | Indication | text | Basic |
| med_dalsi_9 | Add another medication? | 1, No 2, Yes | Basic |
| med_pravidel_nazev_10 | Name of drug | text | Basic |
| med_pravidel_davkovan_10 | Dosage | text | Basic |
| med_pravidel_indikace_10 | Indication | text | Basic |
| med_dalsi_10 | Add another medication? | 1, No 2, Yes | Basic |
| med_pravidel_nazev_11 | Name of drug | text | Basic |
| med_pravidel_davkovani_11 | Dosage | text | Basic |
| med_pravidel_indikace_11 | Indication | text | Basic |
| med_dalsi_11 | Add another medication? | 1, No 2, Yes | Basic |
| med_dalsi_box | What other drugs do you take? | text (notes) | Basic |

| | | | |
|-------------------|--|--|-------|
| med_edmonton_1 | Do you take five or more medicines regularly? | 1, No 2, Yes | Basic |
| med_edmonton_2 | Do you forget to take your prescription medications sometimes? | 1, No 2, Yes | Basic |
| med_hypolipid | Hypolipidemics (fat reducing drugs): | 1, None 2, Fibrates 3, HMG-CoA reductase inhibitors (statins) 4, Resins 5, Nicotinic acid 6, Other (Ezetimib) 7, Unclear | Basic |
| med_antithromb | Antithrombotics, anticoagulants: | 1, None 2, Acetylsalicylic acid (Godasal, Anopyrin, Aspirin) 3, Ticlopidin (Ipaton, Tagren) 4, Clopidogrel (Trombex, Clorogen) 5, Rivaroxaban (Xarelto) 6, Warfarin, Lawarin 7, Dabigatran (Pradaxa) 8, Low molecular weight heparins (Clexane, Fraciparine, Fragmin, Zibor) 9, Indobufen (Ibustrin) 10, Other 11, Unclear | Basic |
| med_diuretika | Diuretics: | 1, None 2, Loop diuretics 3, Thiazide 4, Potassium-sparing 5, Other 6, Unclear | Basic |
| med_betab_vasodil | Alpha- or beta-blockers, calcium channel blockers, other vasodilators: | 1, None 2, Beta- blockers 3, Alpha- blockers 4, Calcium-channel blockers 5, Angiotensin converting enzyme inhibitors 6, Sartans 7, Renin inhibitors (aliskiren) | Basic |

| | | | |
|----------------------------|---|--|-------|
| | | 8, Imidazol central inhibitors 9, Unclear | |
| med_betablok | Using beta-adrenergic blockers since | text (date_dmy) | Basic |
| med_alfablok | Using alpha-adrenergic blockers since | text (date_dmy) | Basic |
| med_blok_kalci_kanal | Using calcium-channel blockers since | text (date_dmy) | Basic |
| med_inhibitory | Using angiotensin converting enzyme inhibitors since | text (date_dmy) | Basic |
| med_sartany | Using sartans since | text (date_dmy) | Basic |
| med_inhinitory_reninu | Using renin inhibitors (aliskiren) since | text (date_dmy) | Basic |
| med_central_inhibit | Using imidazoline central inhibitors since | text (date_dmy) | Basic |
| medikace_jine | Do you take any other medicines? | 1, No 2, Yes | Basic |
| med_jine | If yes, please choose: | 1, Insulin 2, Per oral antidiabetic drugs 3, Nitroglycerin products 4, Thyroid gland hormones 5, Corticoids 6, Xanthine oxidase inhibitors (Milurit) 7, Immunosuppressants 8, Other 9, Unclear | Basic |
| med_jine_spec | Please specify other | text, | Basic |
| med_dopluky | Do you take any food supplements, vitamins or mineral supplements (such as calcium, zinc or magnesium)? | 1, Yes, regularly (at least 3 times per week) 2, Yes, irregularly (less than 3 times per week) 3, No | Basic |
| med_dopluky_preparaty | If yes, what do they include? | 1, Vitamin C, E, A, carotene 2, Vitamin D 3, Omega-3-acids 4, Antioxidants 5, Calcium 6, Iodine 7, Other 8, Unclear | Basic |
| med_dopluky_preparaty_spec | Please specify other | text | Basic |

5. Medication ATC

Individual used medicines are classified into ATC groups according to SÚKL: http://www.sukl.cz/modules/medication/atc_tree.php?current=V243 complete case reports are available.

| Variable name | Question | Values | Type of data |
|----------------------|------------------------------------|--------------------|---------------------|
| medname | Name of the medicines in ATC group | sql (autocomplete) | Basic |

6. Questions for women

178 complete case reports are available (only women). The methodology was based on HAPIEE study.

References: Prof. Mgr. Hynek Pikhart, Ph.D., M.Sc, HAPIEE study

| Variable name | Question | Values | Type of data |
|------------------|---|---|--------------|
| oz_menstruace | How old were you when the period started? | text | Basic |
| oz_menstruace_3 | How old were you when the period stopped? | text (number, Min: 10, Max: 150) | Basic |
| oz_menstruace_4 | What was the cause of the menopause? | 1, Natural menopause 2, Gynaecological operation | Basic |
| oz_antikoncepce | Have you ever used hormonal contraception? | 1, No, never 2, Yes, but I do not use it any longer 3, Yes and I still use it | Basic |
| oz_hormon | Have you ever had hormonal replacement therapy? (medication used for alleviation of climacteric symptoms) | 1, No 2, Yes | Basic |
| oz_hormon_2 | If yes, are you still taking hormonal replacement therapy? | 1, No 2, Yes | Basic |
| oz_tehotenstvi | How many times were you pregnant? | text (number, Min: 0, Max: 100) | Basic |
| oz_tehotenstvi_2 | How many children did you have? | text (number, Min: 0, Max: 100) | Basic |

7. Depression and anxiety

This section includes CES-D (short form) and GAD scale (short form) questionnaires. 274 complete case reports are available.

The CES-D questionnaire is from HAPIEE study from Center for Epidemiologic studies Depression scale. This questionnaire was used for ranking a depression. The GAD scale questionnaire is taken over from Generalized anxiety disorder scale short form GAD-2 and it was used for rating an anxiety.

References: Prof. Mgr. Hynek Pikhart, Ph.D., M.Sc HAPIEE study, <https://www.sciencedirect.com/science/article/abs/pii/S1064748113001164>

| Variable name | Question | Values | Type of data |
|---------------|---|--|--------------|
| | During last week: | | |
| dep_2_1 | I felt depressed | 1, Less than one day | Basic |
| dep_2_2 | I felt that everything I did was an effort | 2, 1-2 days | |
| dep_2_3 | My sleep was restless | 3, 3-4 days | |
| dep_2_4 | I was happy | 4, 5-7 days | |
| dep_2_5 | I felt lonely | | |
| dep_2_6 | People were unfriendly | | |
| dep_2_7 | I enjoyed life | | |
| dep_2_8 | I felt sad | | |
| dep_2_9 | I felt people dislike me | | |
| dep_2_10 | I could not get going (I felt that it was difficult to start any activity.) | | |
| dep_score | Total score | Calculation | Advanced |
| dep_3_1 | Over the last 2 weeks I was feeling nervous, anxious, or on edge | 1, Not at all 2, Several days 3, Over half the days 4, Nearly every day | Basic |
| dep_3_2 | Over the last 2 weeks I was not being able to stop or control worrying | 1, Not at all 2, Several days 3, Over half the days 4, Nearly every day | Basic |
| dep_gad_score | Total score | Calculation | Advanced |

8. Sleep

Czech version of the Pittsburgh Sleep Quality Index – PSQI was used for this section. The Pittsburgh Sleep Quality Index (PSQI) is an effective instrument used to measure the quality and patterns of sleep in the older adult. It differentiates “poor” from “good” sleep by measuring seven domains. 274 complete case reports are available.

References: *Buysse DJ, Reynolds CF, Monk TH, Berman SR, Kupfer DJ: Psychiatry Research, 28:193-213, 1989*

| Variable name | Question | Values | Type of data |
|---------------|---|---------------------------------|--------------|
| | During the last month: | | |
| pscii_1 | When have you usually gone to bed? | text (time) | Basic |
| pscii_15 | When have you gone to bed in the bed last night? | text (time) | Basic |
| pscii_2 | How long (in minutes) has it usually take you to fall asleep each night? | text (number) | Basic |
| pscii_3 | When have you usually gotten up in the morning? | text (time) | Basic |
| pscii_16 | What time did you wake up yesterday? | text (time) | Basic |
| pscii_4 | How many hours of actual sleep did you get at night? (This may be different than the number of hours you spend in bed.) | text (number, Min: 0, Max: 100) | Basic |
| psci_extra | Do you sleep during the day? | 1, No 2, Yes | Basic |
| psci_extra_2 | If yes, how much sleep you have during the day on average? (minutes) | Text (number) | Basic |
| | During the last month, how often have you had trouble sleeping because you... | | |
| pscii_5 | Cannot get to sleep within 30 minutes | 1, Not during the last month | Basic |
| pscii_6 | Wake up in the middle of the night or early morning | 2, Less than once a week | Basic |
| pscii_7 | Have to get up to use the bathroom | 3, Once or twice a week | Basic |
| pscii_8 | Cannot breathe comfortably | 4, Three or more times a week | Basic |
| pscii_9 | Cough or snore loudly | | Basic |
| pscii_10 | Feel too cold | | Basic |
| pscii_11 | Feel too hot | | Basic |
| pscii_12 | Had bad dreams | | Basic |
| pscii_13 | Have pain | | Basic |

| | | | |
|--------------------|---|--|----------|
| pscii_14 | Other reason | 1, No 2, Yes | Basic |
| pscii_14_spec | Please, specify other | text | Basic |
| pscii_14_frekvence | How often you had trouble sleeping because of this other reason? | 1, Not during the past month 2, Less than once a week 3, Once or twice a week 4, Three or more times a week | Basic |
| pscii_18 | During the last month, how would you rate your sleep quality overall? | 1, Very good 2, Fairly good 3, Fairly bad 4, Very bad | Basic |
| pscii_19 | During the last month, how often have you taken medicine (prescribed or over the counter") to help you sleep? | 1, Not during the past month 2, Less than once a week 3, Once or twice a week 4, Three or more times a week | Basic |
| pscii_20 | During the last month, how often have you had trouble staying awake while driving, eating meals, or engaging in social activity | 1, Not during the past month 2, Less than once a week 3, Once or twice a week 4, Three or more times a week | Basic |
| pscii_21 | During the last month, how much of a problem has it been for you to keep up enough enthusiasm to get things done? | 1, No problem at all 2, Only a slight problem 3, Somewhat of a problem 4, A very big problem | Basic |
| psqi_global | Global PSQI Score | calculation | Advanced |

9. IPAQ short form

The questionnaire maps physical activity and sessions in the last 7 days in these ascertained physical activities:

1/ Vigorous physical activity are activities which are characterized by severe physical exertion and breathing (significantly faster and heavier breathing than normal).

Only activities longer than 10 minutes are listed in the questionnaire.

2/ Moderate physical activity is characterized by physical exertion in which you breathe a little more than normal.

3/ Walking – this category also includes walking at work and at home, traveling (walking) by walking from place to place, but also other walking, performed exclusively for recreation, sport, exercise or leisure.

4/ Sitting – this category includes time spent sitting at work, at home, doing homework, and during leisure. It is also the time spent sitting at the table, visiting friends, reading, or sitting or lying down while watching TV.

274 complete case reports are available.

References: 4 Pate RR, Pratt M, Blair SN, Haskell WL, Macera CA, Bouchard C et al. Physical activity and public health. A recommendation from the Centres for Disease Control and Prevention and the American College of Sports Medicine. Journal of American

| Variable name | Question | Values | Type of data |
|---------------|---|--------------------------------|--------------|
| ipaq_1 | During the last 7 days, on how many days did you do vigorous physical activities like heavy lifting, digging, aerobics, or fast bicycling? | text (number, Min: 0, Max: 30) | Basic |
| ipaq_2 | How much time did you usually spend doing vigorous physical activities on one of those days? (hours per day) | text (number, Min: 0, Max: 24) | Basic |
| ipaq_2_1 | How much time did you usually spend doing vigorous physical activities on one of those days? (minutes per day) | text (number, Min: 0, Max: 60) | Basic |
| ipaq_3 | During the last 7 days, on how many days did you do moderate physical activities like carrying light loads, bicycling at a regular pace, or doubles tennis? Do not include walking. | text (number, Min: 0, Max: 30) | Basic |
| ipaq_4 | How much time did you usually spend doing moderate physical activities on one of those days? (hours per day) | text (number, Min: 0, Max: 24) | Basic |

| | | | |
|-------------------|--|--------------------------------|----------|
| ipaq_4_1 | How much time did you usually spend doing moderate physical activities on one of those days? (minutes per day) | text (number, Min: 0, Max: 60) | Basic |
| ipaq_5 | During the last 7 days, on how many days did you walk for at least 10 minutes at a time? | text (number, Min: 0, Max: 30) | Basic |
| ipaq_6 | How much time did you usually spend walking on one of those days? (hours per day) | text (number, Min: 0, Max: 24) | Basic |
| ipaq_6_1 | How much time did you usually spend walking on one of those days? (minutes per day) | text (number, Min: 0, Max: 60) | Basic |
| ipaq_7 | During the last 7 days, how much time did you spend sitting on a week day? (hours per day) | text (number, Min: 0, Max: 24) | Basic |
| ipaq_7_1 | During the last 7 days, how much time did you spend sitting on a week day? (minutes per day) | text (number, Min: 0, Max: 60) | Basic |
| ipaq_total | Total Physical Activity Score | Calculation | Advanced |
| ipaq_cat | <u>IPAQ category of Physical Activity:</u> 1 – Low Physical Activity 2 – Moderate Physical Activity 3 – High Physical Activity 0 – Missing value | Calculation | Advanced |
| ipaq_cat_2 | <u>IPAQ TRUNCATED category of Physical Activity:</u> 1 – Low Physical Activity - truncated 2 – Moderate Physical Activity - truncated 3 – High Physical Activity – truncated 0 – Missing value | Calculation | Advanced |
| zs_cinnost_let0 | How many hours during a typical week in summer, except when at work, do you engage in physically demanding activities, such as housework, gardening, and maintenance of the house (DIY) etc? | text (number, Min: 0, Max: 99) | Basic |
| zs_cinnost_zima | How many hours during a typical week in winter, except when at work, do you engage in physically demanding activities, such as housework, gardening, and maintenance of the house (DIY) etc? | text (number, Min: 0, Max: 99) | Basic |
| zs_cinnost_2_let0 | How many hours during a typical week in summer do you engage in sports, games or hiking? | text (number, Min: 0, Max: 99) | Basic |

zs_cinnost_2_zima

. How many hours during a typical week in winter do you engage in sports, games or hiking?

text (number, Min: 0, Max: 99)

Basic

10. Family history

This section covers questions about family members of the participant.

274 complete case reports are available.

| Variable name | Question | Values | Type of data |
|---------------|---|-----------------------------------|--------------|
| | Did any of your parents or siblings suffer from any of the following diseases? | | |
| ra_sch | Heart attacks | 1, No 2, Yes 3, Do not know | Basic |
| ra_sch_2 | Did any heart attack occur before the age of 60? | 1, No 2, Yes 3, Do not know | Basic |
| ra_mm | Stroke | 1, No 2, Yes 3, Do not know | Basic |
| ra_mm_2 | Did any stroke occur before the age of 60? | 1, No 2, Yes 3, Do not know | Basic |
| ra_cukrovka | Diabetes | 1, No 2, Yes 3, Do not know | Basic |
| ra_cukrovka_2 | Did any diabetes occur before the age of 60? | 1, No 2, Yes 3, Do not know | Basic |
| ra_nador | Cancer | 1, No 2, Yes 3, Do not know | Basic |
| ra_nador_2 | Did any cancer occur before the age of 60? | 1, No 2, Yes 3, Do not know | Basic |
| ra_vt | Hypertension | 1, No 2, Yes 3, Do not know | Basic |

| | | | |
|--------------|--|-----------------------------------|-------|
| ra_vt_2 | Did any hypertension occur before the age of 60? | 1, No 2, Yes 3, Do not know | Basic |
| ra_alergie | Allergy | 1, No 2, Yes 3, Do not know | Basic |
| ra_alergie_2 | Did any allergy occur before the age of 60? | 1, No 2, Yes 3, Do not know | Basic |

11. Health – teeth, sight, hearing

274 complete case reports are available. The methodology was based on HAPIEE study.

References: Prof. Mgr. Hynek Pikhart, Ph.D., M.Sc HAPIEE study

| Variable name | Question | Values | Type of data |
|---------------|---|---|--------------|
| zs_dentaln | Over the past 12 months, would you say your dental health (mouth, teeth and/or dentures) has been: | 1, Very good 2, Good 3, Average 4, Poor 5, Very poor | Basic |
| zs_zrak_3 | Do you usually wear glasses or contact lenses? | 1, Yes, reading only 2, Yes, distance only 3, Yes, reading and distance 4, No | Basic |
| zs_zrak | How good is your eyesight for seeing things at a distance, like recognizing a friend across the street (with glasses or contact lens if usually worn)? Would you say it is: | 1, Very good 2, Good 3, Average 4, Poor 5, Very poor 6, Blind 7, Do not know 8, Refuse to answer | Basic |
| zs_zrak_2 | How good is your eyesight for seeing things up close, like reading ordinary newspaper print (with glasses or contact lens if usually worn)? Would you say it is: | 1, Very good 2, Good 3, Average 4, Poor 5, Very poor 6, Blind 7, Do not know 8, Refuse to answer | Basic |

| | | | |
|------------|---|---|-------|
| zs_sluch | How good is your hearing? Is your hearing (with a hearing aid if usually worn): | 1, Very good 2, Good 3, Average 4, Poor 5, Very poor 6, Blind 7, Do not know 8, Refuse to answer | Basic |
| zs_sluch_2 | Do you find it difficult to follow a conversation if there is background noise, such as TV, radio or children playing (with a hearing aid if usually worn)? | 1, Yes, a lot 2, Yes, a little 3, No, not at all | Basic |

12. Smoking and alcohol

This section includes one question from Fagerström tolerance questionnaire (FTQ), questions from Kardiovize Baseline study and questions from HAPIEE study. For social feedback for alcohol consumption were used questions from HAPPIE study. 274 complete case reports are available.

References: HAPIEE: Prof. Mgr. Hynek Pikhart, Ph.D., M. Sc; FTQ: Payne, T. J., Smith, P. O., McCracken, L. M., McSherry, W. C., & Antony, M. M. (1994). Assessing nicotine dependence: A comparison of the Fagerström Tolerance Questionnaire (FTQ) with the Fagerström Test for Nicotine Dependence (FTND) in a clinical sample. Addictive behaviours, 19(3), 307-317.

| Variable name | Question | Values | Type of data |
|---------------|---|--|--------------|
| k_s_1 | Do you smoke regular cigarettes (not including e-cigarettes)? | 1, Yes, regularly, at least one cigarette a day on average 2, Yes, occasionally, less than one cigarette a day 3, No, I smoked in the past but I stopped 4, No, I have never smoked | Basic |
| k_s_3 | How old were you when you started smoking? | text (integer, Min: 1, Max: 99) | Basic |
| k_s_4 | How old were you when you stopped smoking? | text (integer, Min: 1, Max: 99) | Basic |
| k_ecigareta | Do you smoke e-cigarettes? | 1, Yes, regularly, at least one cigarette a day on average 2, Yes, occasionally, less than one cigarette a day 3, No, I smoked in the past but I stopped 4, No, I have never smoked | Basic |
| k_ft_1 | How soon after waking up do you have first cigarette? | 1, Less than 5 minutes 2, 6-30 minutes 3, 31-60 minutes 4, After 60 minutes | Basic |
| k_zanechani_1 | Have you ever made a serious attempt to stop smoking that had lasted at least one day (24 hours)? | 1, No 2, Yes | Basic |
| k_zanechani_2 | How many times | text (integer, Min: 1, Max: 99) | Basic |
| k_zanechani_3 | How many quit attempts lasted longer than 5 days? | text (integer, Min: 0, Max: 99), | Basic |
| k_otv_1 | Have you ever used nicotine replacement therapy (patch, gum, spray and others)? | 1, No 2, Yes | Basic |
| k_otv_2 | Do you currently use nicotine replacement therapy? | 1, No 2, Yes | Basic |
| k_otv_spec | If yes, please specify | text | Basic |

| | | | |
|-----------------|---|---|-------|
| k_pasiv | During the last month, were you exposed to cigarette smoke (from others) at: | 1, Nowhere 2, Home 3, Workplace 4, Restaurant 5, Other | Basic |
| | How often were you exposed at: | | |
| k_pasiv_doma | Home | 1, 1-3 times per month 2, Once per week | Basic |
| k_pasiv_prac | Workplace | 3, 2-4 times per week 4, 5-6 times per week | Basic |
| k_pasiv_restaur | Restaurant | 5, Once per day 6, 2-3 times per day | Basic |
| k_pasiv_ostatni | Other | 7, 4-5 times per day 8, 6 times per day | Basic |
| alk_1 | How much beer do you usually drink during a week? Please specify the number of 0.5l glasses of beer. | text (number, Min: 0, Max: 999) | Basic |
| alk_2 | How much wine do you usually drink during a week? Please specify the number of 2dcl glasses of wine. | text (number, Min: 0, Max: 999) | Basic |
| alk_3 | How much spirits do you usually drink during a week? Please specify the number of 4cl glasses of spirits. | text (number, Min: 0, Max: 999) | Basic |
| alk_4 | How often did you drink alcohol during the last 12 months? | 1, Every day or almost every day 2, About 2-4 times per week 3, About once a week 4, About 1-3 times a month 5, Less than once a month 6, Never in the past year | Basic |
| alk_5 | Were you used to drink alcohol more frequently than in the last 12 months? | 1, No 2, Yes | Basic |
| alk_5_1 | If yes, in which year did you reduce alcohol consumption? (at what age) | text (integer, Min: 1, Max: 99), | Basic |
| alk_5_2 | What was the reason to reduce alcohol consumption? | 1, Health reasons 2, Other reasons | Basic |
| alk_6 | If you have never drank alcohol, what was a reason? | 1, Health reasons 2, Other reasons | Basic |

| | | | |
|--------|---|-----------------|-------|
| alk_7 | In the last 12 months, have you ever felt you should cut down on your drinking? | 1, No 2, Yes | Basic |
| alk_8 | In the last 12 months, have people ever annoyed you by criticizing your drinking? | 1, No 2, Yes | Basic |
| alk_9 | In the last 12 months have you ever felt bad or guilty about your drinking? | 1, No 2, Yes | Basic |
| alk_10 | In the last 12 months have you ever had a drink first thing in the morning to steady your nerves or to get rid of a hangover? | 1, No 2, Yes | Basic |

13. Social life and environment

This section covers questions about the participant's social life and environment. The questionnaire was created with regard to the Czech lifestyle.

274 complete case reports are available.

| Variable name | Question | Values | Type of data |
|---------------|---|---|--------------|
| dep_4 | Are you a member of a club or an organization (sports clubs, churches, political parties, cultural associations etc.) | 1, No 2, Yes | Basic |
| dep_4_1 | If yes, how often do you take part in common activities? | 1, Several times a week 2, About once a week 3, About once a month 4, Several times a year 5, Never or almost never | Basic |
| dep_10 | Are you participating in educational activities (Third age University, seminars, workshops)? | 1, No 2, Yes | Basic |
| dep_5 | When you need help, can you count on someone who is willing and able to meet your needs? | 1, Always 2, Sometimes 3, Never | Basic |
| dep_6 | Who do you trust in and rely on when you are faced with difficult situations? | 4, Friends 5, Family and relatives 6, Employer 7, State 8, Private/Commercial companies 9, Public organizations and trade unions 10, Charities, church 11, Doctor or another medical worker 12, Yourself 13, No-one 14, Other | Basic |
| dep_6_1 | Please, specify other | text | Basic |
| dep_7 | How often are you in contact with your relatives who do not live in your household? | 1, Several times a week 2, About once a week 3, Several times a month 4, About once a month 5, Less than once a month | Basic |

| | | | |
|------------|---|---|-------|
| dep_8 | How often are you in contact with friends? | 6, I do not have relatives / no relatives outside my household 1, Several times a week 2, About once a week 3, Several times a month 4, About once a month 5, Less than once a month 6, I do not have friends | Basic |
| dep_9 | In what kind of household do you live? | 1, I live alone 2, I live with other people – flatmate/spouse/partner 3, I live at my daughter's/son's 4, I live in retirement home 5, Other | Basic |
| dep_9_1 | Is your household in multigenerational coexistence (separate households) | 1, No 2, Yes | Basic |
| zu_zvire | Do you have any pet /animal at home? | 1, None 2, Dog 3, Cat 4, Other | Basic |
| su_zvire_1 | Please, specify other | text | Basic |
| zu_pes | In a typical week for how many days do you go out for a walk with your dog (for at least 10 min walk) | text (integer, Min: 0, Max: 99) | Basic |

14. Socioeconomic status

This part is combine from multiple questionnaires. The first questionnaire deals with the care of other people, in the second questionnaire we are asking about household equipment. Third part referring about current economic situation of the participants and the last part is about perception of age.

274 complete case reports are available.

References: Prof. Mgr. Hynek Pikhart, Ph.D., M.Sc HAPIEE study, EHIS - <https://ec.europa.eu/eurostat/web/microdata/european-health-interview-survey>

| Variable name | Question | Values | Type of data |
|---------------|--|---|--------------|
| se_20 | Do you provide care or assistance to one or more persons suffering from some age problem, chronic health condition or infirmity, at least once a week? | 1, No 2, Yes | Basic |
| se_21 | Is this person or are these people | 1, Members of your family 2, Someone else (not members of your family) | Basic |
| se_37 | How often? (number of times in a typical week) | text | Basic |
| se_22 | How many rooms does your house/flat have (excluding kitchen and bathrooms)? | text (integer, Min: 1, Max: 50) | Basic |
| se_23 | How many adults (18 years or older) live in your house/flat? | text (integer, Min: 1, Max: 50) | Basic |
| se_24 | How many children (under 18 years old) live in your house/flat? | text (integer, Min: 0, Max: 50) | Basic |
| | Which of the following do you have in your household? | | |
| se_25 | Washing machine | 1, Yes | Basic |
| se_26 | Dishwasher | 2, No, I cannot afford it | Basic |
| se_27 | Car | 3, No, I do not want it | Basic |
| se_28 | Cottage (for holidays / weekends etc.) | | Basic |
| se_29 | Paid TV channels | | Basic |
| se_31 | Cell phone/phone | | Basic |
| se_30 | Cell phone with internet | | Basic |
| se_31_1 | Computer with internet | | Basic |
| se_32 | How often in the last 5 years have you had holidays abroad? | text (integer, Min: 0, Max: 99) | Basic |
| se_33 | How often in the last 5 years have you travelled by airplane (except for work travels)? | text (integer, Min: 0, Max: 99) | Basic |

| | | | |
|---------|---|---|-------|
| se_34_0 | What is your total monthly income | text (integer, Min: 0, Max: 999999) | Basic |
| se_34 | What is total household monthly income (after taxation)? | 1, Less than 11 500 2, 11 500 - 15 000 3, 30 000 – 45 000 4, 45 000 – 60 000 5, 60 000 - 75 000 6, 75 000 – 90 000 7, More than 90 000 8, Refuse to answer | Basic |
| se_41 | What is / was your position at your main job (the job you have been doing for most of your life)? | 1, Higher managerial post or director 2, Manager/supervisor/foreman, more than 25 subordinates 3, Manager/supervisor/foreman, 5-25 subordinates 4, Manager/supervisor/foreman, less than 5 subordinates 5, Employee, without subordinates 6, Self-employed (25+ employees) 7, Self-employed (1-24 employees) 8, Self-employed (no employees) | Basic |
| se_36 | What was your main life-time occupation? | text | Basic |
| se_42 | Which of these is the best describe for your work in your main job? | 1, Less physically demanding work: You spend most of your time sitting (such as in an office) 2, More physically demanding work: You spend most of your time standing or walking. However, the way you spend your time does not require intense physical effort (e.g. shop assistant, hairdresser, security guard etc.). 3, Physical work: This involves some physical effort including handling of heavy objects and use of tools (e.g. plumber, cleaner, nurse, sports instructor, electrician, carpenter etc.) 4, Manual: This involves very vigorous physical activity including handling of very heavy objects (e.g. docker, miner, bricklayer, construction worker etc.) | Basic |
| se_38 | Are you still economically active (do you still work)? | 1, No 2, Yes | Basic |

| | | | |
|---------|---|--|-------|
| se_39 | If yes, what is your current occupation? | text | Basic |
| se_40 | How many hours do you spend at work in a typical week? | text (integer, Min: 1, Max: 99) | Basic |
| se_43 | Have you ever worked at night? | 1, No 2, Yes | Basic |
| se_62 | If yes, what kind of work it was? | 1, Daily work with occasional night shifts 2, Night shifts (at least 4 hours of working time, work between 22:00 and 6:00 in the morning) 3, Work on shifts (two, three shifts, morning/afternoon/night or day/night shift)? | Basic |
| se_44 | For how many years did you work like that? | text (integer) | Basic |
| se_45 | What is/was size of the company you work at? | 1, I work alone 2, 1-5 other people 3, 6-24 other people 4, 25-49 other people 5, 50-499 other people 6, 500+ other people | Basic |
| se_46 | Have you ever been unemployed? | 1, No 2, Yes, for less than 3 months 3, Yes, for 3 months to 1 year 4, Yes, for more than 1 year | Basic |
| se_47 | If you have no work and not retired, are you looking for a job? | 1, Yes 2, No, I do not believe I'd find a job 3, No, I do not want to work 4, No, I am too ill to work 5, No, other reason | Basic |
| se_47_1 | Please, specify other | text (notes) | Basic |
| se_48 | How would you rate the current financial situation of your household? | 1, Managed very well 2, Managed quite well 3, Making ends meet 4, Sometimes having financial difficulties 5, Do not managed very well 6, Having serious financial difficulties | Basic |
| se_50 | We would also like you to tell us at what age you consider middle age to end? | text (integer, Min: 1, Max: 199) | Basic |
| se_49 | Please could you tell us at what age you consider old age to start? | text (integer, Min: 1, Max: 199) | Basic |

se_51

Taking all things together, would you say you are

- 1, Very happy
- 2, Quite happy
- 3, Not very happy
- 4, Unhappy

Basic

15. Nutrition

This part of the questionnaire consists of the two parts: Dietary assessment and Dietary intake (Food frequency questionnaire).

274 complete cases reports are available.

Reference: Food Frequency Questionnaire; Recetox, Mgr. Bc. Tomáš Průša

Reference: Rest of the questionnaire is based on the Baseline Nutrition questionnaire

| Variable name | Question | Values | Type of data |
|------------------|--|--|--------------|
| na_pocet_jidel | How many meals do you usually have in one day? | 1, 1 2, 2 3, 3 4, 4 5, 5 6, 6 and more | Basic |
| na_prvni_jidlo | At what time do you usually have your first meal of the day? | text (time) | Basic |
| na_posledn_jidlo | At what time do you usually have your last meal of the day? | text (time) | Basic |
| na_dieta | Are you on a diet? | 1, No 2, Yes, I was instructed by a doctor 3, Yes, I decided to follow the diet by myself | Basic |
| na_dieta_1 | How do you follow this diet? | 1, Fully 2, Partially (I follow only some features of this diet) 3, Sometimes (not all the time, only some days/ some time periods) 4, I do not | Basic |
| na_dieta_druh | What kind of diet do you follow? | 1, Healthy diet 2, Diet for stomach and liver disease 3, Low cholesterol for dyslipidaemia 4, Slimming 5, Diabetic 6, Gluten-free 7, Lactose intolerance 8, Casein (=milk protein) intolerance 9, Diet for atopic eczema 10, Other food allergy | Basic |

| | | | |
|---------------------|--|--|-------|
| | | 11, Warfarin 12, Increased level of urine acid 13, Vegetarian (vegan) 14, Diet related to a religion or an alternative way of life 15, Other | |
| na_dieta_druh_spec | Please, specify other | text | Basic |
| na_zdr_vyziva | Do you think you eat healthy? | 1, Yes 2, Partially 3, Sometimes 4, No 5, Do not know | Basic |
| na_dieta_omez | Do you limit yourself in eating? | 1, No 2, Yes | Basic |
| na_dieta_druh_omez | If yes, what do you limit in your diet | 1, Animal protein (milk) 2, Fat, fatty foods 3, Sugar, honey, sweets 4, Carbohydrates (white flour, pastry) 5, Carbohydrates (side dish) 6, Salt, salty food and meal 7, Processed good: sausages, sweets, canned food 8, Alcohol 9, Sugary drinks | Basic |
| na_zarazeni | Do you include something to your diet? | 1, No 2, Yes | Basic |
| na_dieta_druh_zaraz | If yes, what is it? | 1, More fruits and vegetables, smoothie, juice, dried fruit 2, Whole meal products, pastry, cereals, porridge 3, Nuts, legumes, seeds 4, Plant based milk, plant alternatives to dairy products 5, Healthy sweets 6, Green food: Aloe vera, barley | Basic |
| na_chut | Do you have a good appetite? | 1, Normal 2, Increased (eat more than usual) 3, Reduced (eat less than usual) 4, Anorexia (no appetite at all) | Basic |
| na_chut_1 | For how long have you suffered from this change of appetite? | 1, Acute 2, Last 3 months | Basic |

| | | | |
|--------------------|--|---|-------|
| na_zizen | Do you feel that your thirst is diminishing? | 3, Chronic (more than 3 months) 1, No 2, Yes | Basic |
| na_tekutiny_prijem | What is usually your daily fluid intake? Amount in ml. in 24 hours. | Text (number) | Basic |
| na_prijem_teutin | Total daily fluid intake reported in 24-hour Recall? (will be fill in according to 24-hour Recall) | Text (number) | Basic |
| na_potize | Do you suffer from some health problems or a disease that affect your food intake? | 1, No 2, Yes | Basic |
| na_potize_1 | If yes, for how long have you had these health problems? | 1, Acute 2, Last 3 months 3, Chronic (more than 3 months) | Basic |
| na_potize_3 | What is the character of/reason for these problems? | 1, Oral cavity status (cancer, aphtha) 2, Chewing difficulties (dental condition, dental replacement) 3, Swallowing difficulties 4, Digestion difficulties (dyspepsia, chronic diseases) 5, Difficulties emptying the bowel (diarrhoea, constipation) 6, Pain affecting food intake for a short time (e.g. Teeth pain) 7, Pain affecting food intake in long-term (chronic pain) 8, Due to medications use 9, Due to a mental condition (e.g. Depression, stress) 10, Due to oncological illness and/or treatment 11, Other | Basic |
| na_potize_4 | Please, specify other | text | Basic |
| na_hmotnost | Has your body weight changed in the last year? | 1, No = stable 2, Weight fluctuations = lost weight, gained weight and return to the original weight 3, Yes, weight gain 4, Yes, weight loss | Basic |
| na_hmotnost_1 | What is your weight gain in kg | text (number) | Basic |
| na_hmotnost_2 | What is your weight loss in kg | text (number) | Basic |
| na_hmotnost_3 | Is this weight loss a result of intended weight reduction? | 1, No 2, Yes | Basic |

| | | | |
|-----------------|---|--|-------|
| na_hm_aktual | How do you feel about your current body weight? | 1, Normal 2, Increased (compared to recommendations) 3, Reduced (compared to recommendations) | Basic |
| na_hm_aktual_1 | What do you think about your actual weight? | 1, I know my weight is not optimal it bothers me 2, I know my weight is not optimal but I do not mind | Basic |
| | How often do you eat: | | |
| na_recetox_1 | White bread | 1, 5 and more times per day | Basic |
| na_recetox_2 | White rolls and other white baked goods. | 2, 3-4 times per day 3, 1-2 times per day | Basic |
| na_recetox_3 | Dark bread and rolls. | 4, 5-6 time per week | Basic |
| na_recetox_4 | Rolled oats, semolina, wheat millet, muesli, cornflakes, porridge | 5, 2-4 times per week 6, Once a week | Basic |
| na_recetox_5 | Pies | 7, 1-3 times per month | Basic |
| na_recetox_6 | Cakes and other desserts | 8, Less than once a month | Basic |
| na_recetox_7 | Salted bakery products | 9, Never | Basic |
| na_recetox_8 | Butter | | Basic |
| na_recetox_9 | Margarine | | Basic |
| na_recetox_10 | Lard | | Basic |
| na_recetox_11 | Cottage cheese | | Basic |
| na_recetox_12 | Cream spread, cream cheese, "Lučina" | | Basic |
| na_recetox_13 | Processed cheese | | Basic |
| na_recetox_14 | Pâté | | Basic |
| na_recetox_15 | Honey | | Basic |
| na_recetox_16 | Jam, marmalade | | Basic |
| na_recetox_17 | Chocolate spread | | Basic |
| na_recetox_77 | Cow's milk | | Basic |
| na_recetox_78 | Plant milk | | Basic |
| na_recetox_79 | Dairy products - yoghurt based (do not include cheese and cream dairy products) | | Basic |
| na_recetox_18 | Cheese with a fat content of up to 30% | | Basic |
| na_recetox_19 | Cheese with a fat content more than 30% | | Basic |
| na_recetox_20 | Blue cheese and ripening cheese | | Basic |
| na_recetox_21_1 | Ham | | Basic |

| | | |
|---------------|---|-------|
| na_recetox_21 | Soft salami (e.g. ham salami, Gothaj salami, Debrecen Roast and other) | Basic |
| na_recetox_22 | Hard salami (e.g. Vysočina, Herkules, Poličan, Paprikáš, Uherský salami, Lovecký salami and others) | Basic |
| na_recetox_23 | Soft and hard sausages | Basic |
| na_recetox_24 | Pig-slaughtering specialties | Basic |
| na_recetox_26 | Poultry | Basic |
| na_recetox_27 | Pork | Basic |
| na_recetox_28 | Beef and veal | Basic |
| na_recetox_29 | Offal | Basic |
| na_recetox_30 | Other types of meat | Basic |
| na_recetox_31 | Freshwater fish (fresh, frozen) | Basic |
| na_recetox_32 | Sea fish and seafood (fresh, frozen) | Basic |
| na_recetox_33 | Smoked, canned and marinated fish | Basic |
| na_recetox_34 | Potatoes boiled or mashed | Basic |
| na_recetox_35 | French fries | Basic |
| na_recetox_36 | Pasta | Basic |
| na_recetox_37 | Rice | Basic |
| na_recetox_38 | Dumplings | Basic |
| na_recetox_39 | Apples and pears | Basic |
| na_recetox_40 | Plums | Basic |
| na_recetox_41 | Peaches, nectarines and apricots | Basic |
| na_recetox_42 | Grapes | Basic |
| na_recetox_43 | Strawberries | Basic |
| na_recetox_44 | Berries | Basic |
| na_recetox_45 | Citrus fruits | Basic |
| na_recetox_46 | Bananas | Basic |
| na_recetox_47 | Pineapple | Basic |
| na_recetox_48 | Kiwi | Basic |
| na_recetox_49 | Tomatoes | Basic |
| na_recetox_50 | Cucumbers | Basic |

| | | | |
|---------------|---|-----------------|-------|
| na_recetox_51 | Melon | | Basic |
| na_recetox_52 | Peppers | | Basic |
| na_recetox_53 | Cabbage, kale, Brussels sprouts, broccoli, cauliflower, spinach | | Basic |
| na_recetox_54 | Green salads - lettuce, butter head, iceberg lettuce, wild rocket, etc. | | Basic |
| na_recetox_55 | Carrot | | Basic |
| na_recetox_56 | Legume without soybeans | | Basic |
| na_recetox_57 | Soybeans and soy-based foods | | Basic |
| na_recetox_58 | Mushrooms | | Basic |
| na_recetox_59 | Unsalted nuts and seeds | | Basic |
| na_recetox_60 | Salted roasted nuts | | Basic |
| na_recetox_61 | Sugar (adding sugar-based sweeteners to drinks e.g. coffee, tea) | | Basic |
| na_recetox_62 | Chocolate, chocolate bars | | Basic |
| na_recetox_63 | Ice cream, popsicle | | Basic |
| na_recetox_64 | Biscuits, wafers and gingerbread | | Basic |
| na_recetox_65 | Instant soup, noodles and pasta | | Basic |
| na_recetox_66 | Chips, sticks and pretzels | | Basic |
| na_recetox_67 | Water | | Basic |
| na_recetox_68 | Water with syrup | | Basic |
| na_recetox_69 | Soft drinks without cola drinks (not includes soft drinks with artificial | | Basic |
| na_recetox_70 | Cola drinks | | Basic |
| na_recetox_71 | Energy drinks | | Basic |
| na_recetox_72 | Juice, nectar, squash | | Basic |
| na_recetox_73 | Black and green tea | | Basic |
| na_recetox_74 | Fruit and herbal tea | | Basic |
| na_recetox_75 | Coffee | | Basic |
| na_recetox_76 | Decaffeinated coffee and coffee substitute | | Basic |
| na_recetox_80 | Do you regularly eat any other food? | 1, No 2, Yes | Basic |

| | | | |
|---------------|---|---|-------|
| na_recetox_81 | Please specify the other food | text | Basic |
| na_dalsi_1 | How often do you eat this food? | 1, 5 and more times per day 2, 3-4 times per day 3, 1-2 times per day 4, 5-6 time per week 5, 2-4 times per week 6, Once a week 7, 1-3 times per month 8, Less than once a month 9, Never | Basic |
| na_recetox_82 | Do you regularly eat any other food? | 1, No 2, Yes | Basic |
| na_recetox_83 | Please specify the other food | text | Basic |
| na_dalsi_2 | How often do you eat this food? | 1, 5 and more times per day 2, 3-4 times per day 3, 1-2 times per day 4, 5-6 time per week 5, 2-4 times per week 6, Once a week 7, 1-3 times per month 8, Less than once a month 9, Never | Basic |
| na_recetox_84 | Do you regularly eat any other food? | 1, No 2, Yes | Basic |
| na_recetox_85 | Please specify the other food | text | Basic |
| oa_dalsi_3 | How often do you eat this food? | 1, 5 and more times per day 2, 3-4 times per day 3, 1-2 times per day 4, 5-6 time per week 5, 2-4 times per week 6, Once a week 7, 1-3 times per month 8, Less than once a month 9, Never | Basic |
| na_24_rec | Has your previous day food intake been influenced by today's visit to Kardiovize? | 1, No 2, Yes | Basic |

| | | | |
|---------------|--|---|-------|
| na_24_rec_1 | If yes, please specify how | Text | Basic |
| na_3d_recal_2 | Has the 24-hour recall been made? | 1, No 2, Yes 3, Yes, the record is not adequately filled in | Basic |
| na_3d_recal | Did a proband filled with a 3-day diet record? | 1, No 2, Yes 3, Yes, the record is not adequately filled in | Basic |

16. Cogstate

The CogState “Brief Battery” was used for this questionnaire. 222 complete cases reports are available.

References: <https://www.cogstate.com/>

| Variable name | Question | Values | Type of data |
|---------------|--|------------------------------------|--------------|
| cog_hand | Dominant hand | 1, Right 2, Left | Basic |
| cog_date | Date of test | text (date, dmy) | Basic |
| cog_time | Time of test | text (time) | Basic |
| cog_lmn_idn | Speed of performance; mean of the log ₁₀ transformed reaction times for correct responses (Identification Task) | text (number, Min: 2, Max: 5) | Basic |
| cog_lmn_det | Speed of performance; mean of the log ₁₀ transformed reaction times for correct responses (Detection Task) | text (number, Min: 2, Max: 5) | Basic |
| cog_lmn_onb | Speed of performance; mean of the log ₁₀ transformed reaction times for correct responses (One Back Memory) | text (number, Min: 2, Max: 5) | Basic |
| cog_acc_onb | Accuracy of performance; arcsine transformation of the proportion of correct responses (One Back Memory) | text (number, Min: 0, Max: 1.5708) | Basic |
| cog_acc_ocl | Accuracy of performance; arcsine transformation of the proportion of correct responses (One Card Learning) | text (number, Min: 0, Max: 1.5708) | Basic |
| cog_acc_idn | Accuracy of performance; arcsine transformation of the proportion of correct responses (Identification Task) | text (number; Min: 0, Max: 1.5708) | Advanced |
| cog_cor_idn | Number of correct responses (Identification Task) | text (number; Min: 0, Max: ∞) | Advanced |
| cog_err_idn | Number of errors (Identification Task) | text (number; Min: 0, Max: ∞) | Advanced |
| cog_sti_idn | Number of stimuli (Identification Task) | text (number; Min: 1, Max: ∞) | Advanced |
| cog_lsd_idn | Consistency of performance; standard deviation of the log ₁₀ transformed reaction times for correct responses (Identification Task) | text (number; Min: 0.01, Max: ∞) | Advanced |
| cog_acc_det | Accuracy of performance; arcsine transformation of the proportion of correct responses (Detection Task) | text (number, Min: 0, Max: 1.5708) | Advanced |
| cog_cor_det | Number of correct responses (Detection Task) | text (number; Min: 0, Max: ∞) | Advanced |
| cog_err_det | Number of errors (Detection Task) | text (number; Min: 0, Max: ∞) | Advanced |
| cog_sti_det | Number of stimuli (Detection Task) | text (number; Min: 1, Max: ∞) | Advanced |

| | | | |
|-------------|--|----------------------------------|----------|
| cog_ksd_det | Consistency of performance; standard deviation of the log ₁₀ transformed reaction times for correct responses (Detection Task) | text (number; Min: 0.01, Max: ∞) | Advanced |
| cog_lmn_ocl | Speed of performance; mean of the log ₁₀ transformed reaction times for correct responses (One Card Learning) | text (number, Min: 2, Max: 5) | Advanced |
| cog_cor_ocl | Number of correct responses (One Card Learning) | text (number; Min:0, Max: ∞) | Advanced |
| cog_err_ocl | Number of errors (One Card Learning) | text (number; Min: 0, Max: ∞) | Advanced |
| cog_sti_ocl | Number of stimuli (One Card Learning) | text (number; Min: 1, Max: ∞) | Advanced |
| cog_ksd_ocl | Consistency of performance; standard deviation of the log ₁₀ transformed reaction times for correct responses (One Card Learning) | text (number; Min: 0.01, Max: ∞) | Advanced |
| cog_cor_onb | Number of correct responses (One Back Memory) | text (number; Min:0, Max: ∞) | Advanced |
| cog_err_onb | Number of errors (One Back Memory) | text (number; Min: 0, Max: ∞) | Advanced |
| cog_sti_onb | Number of stimuli (One Back Memory) | text (number; Min: 1, Max: ∞) | Advanced |
| cog_ksd_onb | Consistency of performance; standard deviation of the log ₁₀ transformed reaction times for correct responses (One Back Memory) | text (number; Min: 0.01, Max: ∞) | Advanced |
| cog_notes | Notes | text (notes) | Basic |

17. Montreal Cognitive Assessment

The Montreal Cognitive Assessment (MoCA) Test was validated in the setting of mild cognitive impairment (MCI), and has been subsequently adopted in numerous clinical settings. The sensitivity of the MoCA for detecting MCI is 90%, compared to 18% for other leading cognitive screening tools such as the MMSE.

240 complete cases reports are available.

References: <https://www.mocatest.org/>

| Variable name | Question | Values | Type of data |
|-----------------------|--|-----------------|--------------|
| mt_mereni | Has this test been performed? | 1, No 2, Yes | Basic |
| | Spatial orientation / dexterity | | |
| mt_trail | Connect points in right order | text (number) | Basic |
| mt_cube | Copy the cube from picture | text (number) | Basic |
| mt_clock_contour | Draw the clock and record 11 hours and 10 minutes: contours | text (number) | Basic |
| mt_clock_numbers | Draw the clock and record 11 hours and 10 minutes: numbers | text (number) | Basic |
| mt_clock_hands | Draw the clock and record 11 hours and 10 minutes: clock hands | text (number) | Basic |
| | Name the animal | | |
| mt_animal_1 | Lion | text (number) | Basic |
| mt_animal_2 | Rhino | text (number) | Basic |
| mt_animal_3 | Camel | text (number) | Basic |
| | Attention | | |
| mt_att_fwd_rpt | Repeat the numbers: forward | text (number) | Basic |
| mt_att_bwd_rpt | Repeat the numbers: backward | text (number) | Basic |
| mt_att_list | Knock when you hear the A in the line of the letters. | text (number) | Basic |
| mt_att_substraction_1 | Set of readings 7 from 100: first subtraction 93 | text (number) | Basic |
| mt_att_substraction_2 | Set of readings 7 from 100: second subtraction 86 | text (number) | Basic |
| mt_att_substraction_3 | Set of readings 7 from 100: third subtraction 79 | text (number) | Basic |
| mt_att_substraction_4 | Set of readings 7 from 100: fourth subtraction 72 | text (number) | Basic |
| mt_att_substraction_5 | Set of readings 7 from 100: fifth subtraction 65 | text (number) | Basic |

| | | | |
|------------------|---|---|-------|
| | Speech | | |
| mt_lng_repeat_1 | Repeat the first sentence. | text (number) | Basic |
| mt_lng_repeat_2 | Repeat the second sentence. | text (number) | Basic |
| mt_lng_fluency | Tell the most words beginning with K in the one minute. | text (number) | Basic |
| | Abstraction | | |
| mt_abstraction_1 | The similarity between words: train – bicycle | text (number) | Basic |
| mt_abstraction_2 | The similarity between words: watch - rulers | text (number) | Basic |
| | Memory: later equipment of words | | |
| mt_recall_1 | Equipping word after 5 minutes: face | text (number) | Basic |
| mt_recall_2 | Equipping word after 5 minutes: velvet | text (number) | Basic |
| mt_recall_3 | Equipping word after 5 minutes: church | text (number) | Basic |
| mt_recall_4 | Equipping word after 5 minutes: daisy | text (number) | Basic |
| mt_recall_5 | Equipping word after 5 minutes: red | text (number) | Basic |
| | Orientation | | |
| mt_orientation_1 | Specify today's date | text (number) | Basic |
| mt_orientation_2 | Specify month | text (number) | Basic |
| mt_orientation_3 | Specify year | text (number) | Basic |
| mt_orientation_4 | Specify day | text (number) | Basic |
| mt_orientation_5 | Specify place | text (number) | Basic |
| mt_orientation_6 | Specify city | text (number) | Basic |
| | Additional questions | | |
| mt_edu | Education (number of years) | 1, Less than 12 years 2, 12 and more years | Basic |
| mt_edu_celkem | Education (total number of years) | text (integer) | Basic |
| mt_hod_1 | Did the respondent have a hearing or vision problem that affected the test? | 1, No 2, Yes 3, Test could not be performed | Basic |
| mt_hod_2 | If yes, please specify the problem | text | Basic |
| mt_hod_3 | Did the respondent have any other problem that affected the course of the test? | 1, No 2, Yes 3, Test could not be performed | Basic |
| mt_hod_4 | If yes, please specify the problem | text | Basic |

| | | | |
|------------------|--|---|-------|
| mt_hod_5 | Was the test affected by an event? | 1, No 2, Yes | Basic |
| mt_hod_6 | If yes, please specify the problem | text | Basic |
| mt_hod_7 | What was the respondent's response to cognitive tests? | 1, Significantly negative 2, Rather negative 3, Neutral 4, Rather positive 5, Significantly positive | Basic |
| mt_hod_8 | What was the degree of cooperation of the respondent? | 1, Refused some or all of the tests 2, Was reluctant, reluctant to cooperate 3, Was highly motivated to cooperate | Basic |
| mt_hod_9 | Are you generally satisfied with the reliability of the results (scores of individual tests) | 1, No 2, Yes | Basic |
| | Evaluation | | |
| recall_only_main | Specifies, whether data for MIS are available; 0 = only main short-term memory info is available, 1 = info for main STM and memory index score (MIS) are available | text | Basic |
| moca_ef | MoCA executive functions | calculation | Basic |
| moca_vsa | MoCA visuospatial abilities | calculation | Basic |
| moca_lng | MoCA language | calculation | Basic |
| moca_actwm | MoCA attention, concentration, working memory | calculation | Basic |
| moca_to | MoCA temporal orientation | calculation | Basic |
| moca_so | MoCA spatial orientation | calculation | Basic |
| moca_stm_main | MoCA short-term memory main score | calculation | Basic |
| moca_stm_mis | MoCA MIS Memory Index Score (missing value if only data for STM main score are available) | calculation | Basic |
| moca_total | MoCA total score without adjustment for education | calculation | Basic |
| moca_total_all | MoCA total score with adjustment for education | calculation | Basic |

18. Self-report

This part consists of several related parts. Those parts are Dental Problems, Contact with people, CASP questionnaire (short version), evaluation of the place of residence, Perceived Control Questionnaire, Lack of finance and Free Time Activities. All these parts were put together to one report. 273 complete cases reports are available.

References: Prof. Mgr. Hynek Pikhart, Ph.D., M.Sc HAPIIE study, UCLA LONELINESS SCALE (only 3 questions were used), CASP-19 from HAPIEE study (only 12 questions), questionnaire was modify by Narine Movsisian

| Variable name | Question | Values | Type of data |
|---------------|--|----------------------|--------------|
| | Over the past 12 months, how much have these difficulties and problems with your dental health (mouth, teeth and/or false teeth/dentures) affected your daily life? | | |
| dz_1 | Difficulty eating food | 1, A lot | Basic |
| dz_2 | Difficulty speaking clearly | 2, Moderately | Basic |
| dz_3 | Difficulty cleaning teeth and/or dentures | 3, A little | Basic |
| dz_4 | Difficulty relaxing (including sleeping) | 4, Not at all | Basic |
| dz_5 | Problems smiling, laughing and showing teeth without embarrassment | | Basic |
| dz_6 | Problems with emotional instability, for example becoming more easily upset than usual | | Basic |
| dz_7 | Problems enjoying the contact of other people, such as relatives, friends or neighbours | | Basic |
| | Loneliness questions | 1, Hardly ever/never | Basic |
| dep_10_1 | How often do you feel a lack of companionship? | 2, Sometimes | Basic |
| dep_10_2 | How often do you feel left out? | 3, Often | Basic |
| dep_10_3 | How often do you feel isolated from others? | | Basic |
| | We would like to know how often, if at all, you think they apply to you | | |
| dep_11_1 | My age prevents me from doing the things I would like to | 1, Often | Basic |
| dep_11_2 | I feel that what happens to me is out of my control | 2, Sometimes | Basic |
| dep_11_3 | I feel left out | 3, Rarely | Basic |
| dep_11_4 | I can do what I want to do | 4, Never | Basic |
| dep_11_5 | Family responsibilities prevent me from doing what | | Basic |

| | | | |
|---|---|------------------------|-------|
| dep_11_6 | Lack of money stops me from doing the things I want to do | | Basic |
| dep_11_7 | I look forward to each day | | Basic |
| dep_11_8 | I feel that my life has a meaning | | Basic |
| dep_11_9 | I look back on my life with a sense of happiness | | Basic |
| dep_11_10 | I feel full of energy these days | | Basic |
| dep_11_11 | I feel that my life is full of opportunities | | Basic |
| dep_11_12 | I feel that the future looks good for me | | Basic |
| We would like to ask about your area of residence and other people | | | |
| se_1 | Do you feel safe in the area of your residence during the day? | 1, Always | Basic |
| se_2 | Do you feel safe in the area of your residence at night? | 2, Mostly | Basic |
| se_3 | Would your neighbours help you if you need it? | 3, Sometimes | Basic |
| se_4 | Is there trust among people in your residence? | 4, Rarely | Basic |
| se_5 | Do you think that you can trust people? | 5, Never | Basic |
| How much do you agree or disagree with the following statements? | | | |
| se_6 | At home, I feel I have control over what happens in most situations | 1, Strongly disagree | Basic |
| se_7 | Keeping healthy depends on things that I can do | 2, Moderately disagree | Basic |
| se_8 | There are certain things I can do for myself to reduce the risk of a heart attack | 3, Slightly disagree | Basic |
| se_9 | There are certain things I can do for myself to reduce the risk of getting cancer | 4, Slightly agree | Basic |
| se_10 | I feel that what happens in my life is often determined by factors beyond my control | 5, Moderately agree | Basic |
| se_11 | Over the next 5-10 years I expect to have many more positive than negative experiences | 6, Strongly agree | Basic |
| se_12 | I often have the feeling that I am being treated unfairly | | Basic |
| se_13 | In the past ten years my life has been full of changes without my knowing what will happen next | | Basic |
| se_14 | I very often have the feeling that there's little meaning in the things I do in my daily life | | Basic |
| se_15 | I sometimes feel as if I have done all there is to do in life | | Basic |
| se_16 | I gave up trying to make big improvements or changes in my life a long time ago | | Basic |
| se_17 | How often does it happen that you do not have enough money for food that you or the members of your household would need? | 1, Always 2, Often | Basic |

| | | | |
|---------|--|--|-------|
| | | 3, Sometimes 4, Rarely 5, Never | |
| se_18 | How often do you not have enough money for clothes and shoes that you or the members of your household would need? | 1, Always 2, Often 3, Sometimes 4, Rarely 5, Never | Basic |
| se_19 | How often do you have trouble paying your bills (such as rent, electricity, heating)? | 1, Always 2, Often 3, Sometimes 4, Rarely 5, Never | Basic |
| | In the last month, how often did you do the following activities? | | |
| se_52 | Watch TV/videos | 1, Never | Basic |
| se_53 | Browse Internet via computer, tablet or cell phone | 2, Less than monthly | Basic |
| se_62_3 | Use cell phone for communication you | 3, Once a month | Basic |
| se_54 | Read, do crossword puzzles, play cards or board games | 4, Once a week | Basic |
| se_55 | Socialize with friends or family (indoor/outdoor) | 5, 2-4 days per week | Basic |
| se_56 | Play or listening to music, doing craftwork | 6, Daily/5-6 days per week | Basic |
| se_57 | Sports (sport games, tennis, golf, swimming, bicycling, skiing, bowling, etc.) and gym (exercises, aerobics, yoga, Pilates, dancing) | | Basic |
| se_58 | Walk as a leisure activity | | Basic |
| se_59 | Housework | | Basic |
| se_62_2 | Driving a car | | Basic |
| se_60 | Babysitting | | Basic |
| se_61 | Visit cinema/culture events | | Basic |
| se_62_1 | Other activity | | Basic |

19. Meal times from 24-hours recall

A 24-hour diet recall is a dietary assessment tool that consists of a structured interview in which participants are asked to recall all food and drink they have consumed in the previous 24 hours. 140 complete case reports are available.

| Variable name | Question | Values | Type of data |
|-------------------------|------------------------------|-----------------|--------------|
| nutri_24_no | Number of daily meals | text (integer) | Basic |
| nutri_24_wakeup_time | Time of waking up | text (time) | Basic |
| nutri_24_breakfast | Breakfast | 1, Yes 2, No | Basic |
| nutri_24_breakfast_time | Breakfast time | text (time) | Basic |
| nutri_24_snack | Morning snack | 1, Yes 2, No | Basic |
| nutri_24_snack_time | Morning snack time | text (time) | Basic |
| nutri_24_lunch | Lunch | 1, Yes 2, No | Basic |
| nutri_24_lunch_time | Lunch time | text (time) | Basic |
| nutri_24_snack2 | Afternoon snack | 1, Yes 2, No | Basic |
| nutri_24_snack2_time | Afternoon snack time | text (time) | Basic |
| nutri_24_dinner | Dinner | 1, Yes 2, No | Basic |
| nutri_24_dinner_time | Dinner time | text (time) | Basic |
| nutri_24_dinner2 | Second dinner | 1, Yes 2, No | Basic |
| nutri_24_dinner2_time | Second dinner time | text (time) | Basic |
| nutri_24_bed_time | Sleep time | text (time) | Basic |
| nutri_24_daysleep | Sleeping during the day | 1, Yes 2, No | Basic |
| nutri_24_daysleep_time | Sleeping during the day time | text (time) | Basic |
| nutri_24_notes | Notes | text | Basic |

20. Meal times from 3 days recall

Following questions were filled three times for three separate days. One of these days had to be a weekend day. Diet recall is a dietary assessment tool that consists of a structured interview in which participants are asked to recall all food and drink they have consumed in the specific time. 100 complete case reports are available.

| Variable name | Question | Values | Type of data |
|-------------------------|--------------------------------------|----------------------|--------------|
| nutria_3d_day | Day (which of the filled three days) | 1, 1 2, 2 3, 3 | Basic |
| nutria_3d_weekend | Is it this day a weekend day? | 1, Yes 2, No | Basic |
| nutri_3d_no | Number of daily meals | text (integer) | Basic |
| nutri_3d_wakeup_time | Time of waking up | text (time) | Basic |
| nutri_3d_breakfast | Breakfast | 1, Yes 2, No | Basic |
| nutri_3d_breakfast_time | Breakfast time | text (time) | Basic |
| nutri_3d_snack | Morning snack | 1, Yes 2, No | Basic |
| nutri_3d_snack_time | Morning snack time | text (time) | Basic |
| nutri_3d_lunch | Lunch | 1, Yes 2, No | Basic |
| nutri_3d_lunch_time | Lunch time | text (time) | Basic |
| nutri_3d_snack2 | Afternoon snack | 1, Yes 2, No | Basic |
| nutri_3d_snack2_time | Afternoon snack time | text (time) | Basic |
| nutri_3d_dinner | Dinner | 1, Yes 2, No | Basic |
| nutri_3d_dinner_time | Dinner time | text (time) | Basic |
| nutri_3d_dinner2 | Second dinner | 1, Yes 2, No | Basic |
| nutri_3d_dinner2_time | Second dinner time | text (time) | Basic |
| nutri_3d_bed_time | Sleep time | text (time) | Basic |
| nutri_3d_daysleep | Sleeping during the day | 1, Yes 2, No | Basic |
| nutri_3d_daysleep_time | Sleeping during the day time | text (time) | Basic |
| nutri_3d_notes | Notes | notes | Basic |

21. NutriPro

In this section are variables which are calculated from 24-hours recall by NutriPro software. 265 complete cases reports are available.

Reference: <https://nutripro.cz/>

| Variable name | Question | Values | Type of data |
|---------------------|--------------------------|---------------------|--------------|
| nutripro_cev | Total energy expenditure | text (number), [kJ] | Basic |
| nutripro_energy | Energy | text (number), [kJ] | Basic |
| nutripro_prot | Proteins | text (number), [g] | Basic |
| nutripro_lipids | Lipids | text (number), [g] | Basic |
| nutripro_carbohyd | Carbohydrates | text (number), [g] | Basic |
| nutripro_sugar | Sugar | text (number), [g] | Basic |
| nutripro_chol | Cholesterol | text (number), [mg] | Basic |
| nutripro_fiber | Fiber | text (number), [g] | Basic |
| nutripro_na | Sodium | text (number), [mg] | Basic |
| nutripro_k | Potassium | text (number), [mg] | Basic |
| nutripro_p | Phosphor | text (number), [mg] | Basic |
| nutripro_fe | Iron | text (number), [mg] | Basic |
| nutripro_vitc | Vitamin C | text (number), [mg] | Basic |
| nutripro_fenylal | Phenylalanine | text (number), [g] | Basic |
| nutripro_satfatacid | Saturated fatty acids | text (number), [g] | Basic |
| nutripro_glyk_ind | Glycaemic index | text (number), [-] | Basic |
| nutripro_polyol | Polyols | text (number), [g] | Basic |
| nutripro_popel_celk | Complete ash | text (number), [g] | Basic |
| nutripro_sucrose | Sucrose | text (number), [g] | Basic |
| nutripro_glucose | Glucose | text (number), [g] | Basic |
| nutripro_fruct | Fructose | text (number), [g] | Basic |
| nutripro_lact | Lactose | text (number), [g] | Basic |
| nutripro_malt | Maltose | text (number), [g] | Basic |
| nutripro_ethan | Alcohol - ethanol | text (number), [g] | Basic |
| nutripro_oxal_acid | Oxalic acid | text (number), [g] | Basic |

| | | | |
|---------------------|-------------------------------------|---------------------|-------|
| nutripro_water | Water | text (number), [g] | Basic |
| nutripro_manit | Mannitol | text (number), [g] | Basic |
| nutripro_sorb | Sorbitol | text (number), [g] | Basic |
| nutripro_kofein | Caffeine | text (number), [mg] | Basic |
| nutripro_theobrom | Theobromine | text (number), [mg] | Basic |
| nutripro_galakt | Galactose | text (number), [g] | Basic |
| nutripro_rafin | Raffinose | text (number), [g] | Basic |
| nutripro_stach | Stachyose | text (number), [g] | Basic |
| nutripro_mg | Magnesium | text (number), [mg] | Basic |
| nutripro_zn | Zinc | text (number), [mg] | Basic |
| nutripro_cu | Copper | text (number), [mg] | Basic |
| nutripro_mn | Manganese | text (number), [mg] | Basic |
| nutripro_se | Selenium | text (number), [μg] | Basic |
| nutripro_vita | Retinol (Vitamin A) | text (number), [μg] | Basic |
| nutripro_betacar | Beta carotene | text (number), [μg] | Basic |
| nutripro_alfatokof | Alfa tocopherol | text (number), [mg] | Basic |
| nutripro_vitd_iu | Vitamin D | text (number), [UI] | Basic |
| nutripro_vitd_mg | Vitamin D | text (number), [μg] | Basic |
| nutripro_thiam | Thiamine (Vitamin B1) | text (number), [mg] | Basic |
| nutripro_ribof | Riboflavin (Vitamin B2) | text (number), [mg] | Basic |
| nutripro_niac_pref | Niacin, nicotinic acid (preformed) | text (number), [mg] | Basic |
| nutripro_niac_tot | Niacin (Total equivalent) | text (number), [NE] | Basic |
| nutripro_panto_acid | Pantothenic acid | text (number), [mg] | Basic |
| nutripro_pyrid | Pyridoxin (Vitamin B6) | text (number), [mg] | Basic |
| nutripro_folac | Folacin, folate naturally occurring | text (number), [μg] | Basic |
| nutripro_vitb12 | Vitamin B12 | text (number), [μg] | Basic |
| nutripro_vitk | Vitamin K | text (number), [μg] | Basic |
| nutripro_folic_acid | Folic acid | text (number), [μg] | Basic |
| nutripro_trypt | Tryptophan | text (number), [g] | Basic |
| nutripro_threo | Threonine | text (number), [g] | Basic |

| | | | |
|---------------------------|---|---------------------|-------|
| nutripro_isol | Isoleucine | text (number), [g] | Basic |
| nutripro_leuc | Leucine | text (number), [g] | Basic |
| nutripro_lysine | Lysine | text (number), [g] | Basic |
| nutripro_methio | Methionine | text (number), [g] | Basic |
| nutripro_cystin | Cystine | text (number), [g] | Basic |
| nutripro_tyros | Tyrosine | text (number), [g] | Basic |
| nutripro_valin | Valine | text (number), [g] | Basic |
| nutripro_argin | Arginine | text (number), [g] | Basic |
| nutripro_histid | Histidine | text (number), [g] | Basic |
| nutripro_alan | Alanine | text (number), [g] | Basic |
| nutripro_aspar_acid | Aspartic acid | text (number), [g] | Basic |
| nutripro_glut_acid | Glutamic acid | text (number), [g] | Basic |
| nutripro_glyc | Glycine | text (number), [g] | Basic |
| nutripro_prol | Proline | text (number), [g] | Basic |
| nutripro_serin | Serine | text (number), [g] | Basic |
| nutripro_aspar | Aspartame | text (number), [mg] | Basic |
| nutripro_transfatac_total | Total trans fatty acids | text (number), [g] | Basic |
| nutripro_plant_stre_total | Total plant sterols | text (number), [mg] | Basic |
| nutripro_monofatac_total | Total monounsaturated fatty acids | text (number), [g] | Basic |
| nutripro_polyfatac_total | Total polyunsaturated fatty acids | text (number), [g] | Basic |
| nutripro_monosach_total | Total monosaccharides | text (number), [g] | Basic |
| nutripro_disach_total | Total disaccharides | text (number), [g] | Basic |
| nutripro_chol_total | Total choline | text (number), [mg] | Basic |
| nutripro_monofatac_omega3 | Total monounsaturated fatty acids omega 3 | text (number), [-] | Basic |
| nutripro_polyfatac_omega6 | Total polyunsaturated fatty acids omega 6 | text (number), [-] | Basic |

22. Edmonton Frail Scale

The Edmonton Frail Scale (EFS) was developed as a practical tool to be used by health care providers without specialized geriatrics training. The EFS assesses 9 domains: cognition, general health status, functional independence, social support, medication use, nutrition, mood, continence, and functional performance.

Scoring:

0-5 = Not frail; 6-7 = Vulnerable; 8-9 = Mild frailty; 10-11 = Moderate Frailty; 12-17 = Severe Frailty

236 complete cases are available.

Reference: https://qxmd.com/calculate/calculator_595/edmonton-frail-scale, <https://edmontonfrailscale.org/>

| Variable name | Question | Values | Type of data |
|------------------|--|---|--------------|
| esf_cognition | Please imagine that this pre-drawn circle is a clock. I would like you to place the numbers in the correct positions then place the hands to indicate a time of 'ten after eleven'. | 0, No errors 1, Minor spacing errors 2, Other errors | Basic |
| esf_hospitalized | In the past year, how many times have you been hospitalized? | 0, none 1, 1 – 2 times 2, more than 2 times | Basic |
| esf_health | In general, how would you describe your health? | 0, Excellent, very good, good 1, Fair 2, Poor | Basic |
| esf_func_ind | With how many of the following activities do you require help? (meal preparation, shopping, transportation, telephone or housekeeping, laundry, managing money, taking medications) | 0, 0-1 activities 1, 2-4 activities 2, 5-7 activities | Basic |
| esf_social_sup | When you need help, can you count on someone who is willing and able to meet your needs? | 0, Always 1, Sometimes 2, Never | Basic |
| esf_med_reg | Do you use five or more different prescription medications on a regular basis: | 0, No 1, Yes | Basic |
| esf_med_forgot | At times, do you forget to take your prescription medications? | 0, No 1, Yes | Basic |
| esf_nutri | Have you recently lost weight such that your clothing has become looser? | 0, No 1, Yes | Basic |
| esf_mood | Do you often feel sad or depressed? | 0, No 1, Yes | Basic |

| | | | |
|------------------|--|--|----------|
| esf_continance | Do you have a problem with losing control of urine when you don't want to? | 0, No 1, Yes | Basic |
| esf_func_perform | I would like you to sit in this chair with your back and arms resting. Then, when I say GO, please stand up and walk at a safe and comfortable pace to the mark on the floor (approximately 3 meters away), return to the chair and sit down | 0, 0-10 seconds 1, 11-20 seconds 2, > 20 seconds or participant unwilling or requires assistance | Basic |
| esf_score | Total Edmonton Frail Scale Score | test (number) | Advanced |

2. Examinations

1. BpTRU

BpTRU is an automatic oscillometric non-invasive blood pressure measuring device. 274 complete case reports are available of which 44 were performed control measurement.

| Variable name | Parameter | Explanatory notes | Values | Type of data |
|-----------------|---|--------------------------------|---|--------------|
| bptru_sys_1 | Systolic blood pressure 1. measurement | | text (integer, Min: 30, Max: 300), [mmHg] | Advanced |
| bptru_dia_1 | Diastolic blood pressure 1. measurement | | text (integer, Min: 10, Max: 200), [mmHg] | Advanced |
| bptru_puls_1 | Pulse blood pressure 1. measurement | | text (integer, Min: 10, Max: 200), [bpm] | Advanced |
| bptru_sys_2 | Systolic blood pressure 2. measurement | | text (integer, Min: 30, Max: 300), [mmHg] | Advanced |
| bptru_dia_2 | Diastolic blood pressure 2. measurement | | text (integer, Min: 10, Max: 200), [mmHg] | Advanced |
| bptru_puls_2 | Pulse blood pressure 2. measurement | | text (integer, Min: 10, Max: 200), [bpm] | Advanced |
| bptru_sys_3 | Systolic blood pressure 3. measurement | | text (integer, Min: 30, Max: 300), [mmHg] | Advanced |
| bptru_dia_3 | Diastolic blood pressure 3. measurement | | text (integer, Min: 10, Max: 200), [mmHg] | Advanced |
| bptru_puls_3 | Pulse blood pressure 3. measurement | | text (integer, Min: 10, Max: 200), [bpm] | Advanced |
| bptru_sys_4 | Systolic blood pressure 4. measurement | | text (integer, Min: 30, Max: 300), [mmHg] | Advanced |
| bptru_dia_4 | Diastolic blood pressure 4. measurement | | text (integer, Min: 10, Max: 200), [mmHg] | Advanced |
| bptru_puls_4 | Pulse blood pressure 4. measurement | | text (integer, Min: 10, Max: 200), [bpm] | Advanced |
| bptru_sys_5 | Systolic blood pressure 5. measurement | | text (integer, Min: 30, Max: 300), [mmHg] | Advanced |
| bptru_dia_5 | Diastolic blood pressure 5. measurement | | text (integer, Min: 10, Max: 200), [mmHg] | Advanced |
| bptru_puls_5 | Pulse blood pressure 5. measurement | | text (integer, Min: 10, Max: 200), [bpm] | Advanced |
| bptru_sys_prum | Systolic blood pressure average | 1. and 5. measurement excluded | calculation, [mmHg] | Basic |
| bptru_dia_prum | Diastolic blood pressure average | 1. and 5. measurement excluded | calculation, [mmHg] | Basic |
| bptru_puls_prum | Pulse blood pressure average | 1. and 5. measurement excluded | calculation, [bpm] | Basic |
| bptru_poznamka | BpTRU control measurement | | text (BP systolic / BP diastolic), [mmHg] | Basic |

2. InBody

Segment multi-frequency bioelectric impedance direct analysis, DMS-BIA method (InBody 370; BIOSPACE Co., Ltd., Korea). Impedance: 15 impedance measurements using 3 different frequencies (5kHz, 50kHz, 250kHz) on each of the 5 segments (right arm, left arm, torso, right leg, left leg).

258 complete cases reports are available.

| Variable name | Parameter | Explanatory notes | Values | Type of data |
|------------------------|-----------------------------|---|------------------------|--------------|
| ib_vyska | Height | | text (number), [cm] | Basic |
| ib_pohlavi | Gender | | text | Basic |
| ib_vek | Age | | text (number), [year] | Basic |
| ib_norma_vahy | Target Weight | InBody private formula. Ideal calculated weight. | text (number), [kg] | Advanced |
| ib_kontrola_vahy | Weight Control | InBody formula. Weight control= ideal BMI*height ² . | text (number), [kg] | Advanced |
| ib_kontrola_tuku | Fat Control | InBody private formula. Fat control = Calculation of the fat which needs to be reduce/gain. | text (number), [kg] | Advanced |
| ib_kontrola_svalstva | Muscle Control | InBody private formula. Muscle control=Calculation of the muscle which needs to be reduce/gain. | text (number), [kg] | Advanced |
| ib_zhodnoc_kondice | Fitness Score | InBody formula. Fitness score= (0.54987 * weight) + (0.01279 * SMM) - (1.85422 * BFM) + 75.67391. | text (number), [point] | Advanced |
| ib_zakl_metabol_mira | Basal Metabolic Rate | InBody formula. Basal metabolic rate (BMR)= 21.6 x FFM(Kg)+370. For accurate value needs to be adjusted by Activity. Normal ranges can be exported. | text (number), [kcal] | Advanced |
| ib_min_kalor_potreba | Min. BMR | InBody private formula. | text (number), [kcal] | Advanced |
| ib_max_kalor_potreba | Max. BMR | InBody private formula. | text (number), [kcal] | Advanced |
| ib_mineral_v_kost | Bone Mineral Content | InBody biomepedance result. Total weight of bone minerals (BMC). Normal ranges can be exported. | text (number), [kg] | Basic |
| ib_min_mineral_v_kost | Min. Bone Mineral Content | InBody private formula. | text (number), [kg] | Advanced |
| ib_max_mineral_v_kost | Max. Bone Mineral Content | InBody private formula. | text (number), [kg] | Advanced |
| ib_norm_mineral_v_kost | Target Bone Mineral Content | InBody private formula. | text (number), [kg] | Advanced |

| | | | | |
|------------------------|---------------------------|---|-----------------------------------|----------|
| ib_telni_bunky | Body Cell Mass | InBody private formula. Total weight of all cell elements in the body (BCM). Normal range can be exported. | text (number), [kg] | Basic |
| ib_min_bunec_hmoty | Min. Body Cell Mass | InBody private formula. | text (number), [kg] | Advanced |
| ib_max_teles_bunek | Max. Body Cell Mass | InBody private formula. | text (number), [kg] | Advanced |
| ib_norm_bunec_hmoty | Target Body Cell Mass | InBody private formula. | text (number), [kg] | Advanced |
| ib_stupen_obezy | Obesity Degree | InBody formula. Obesity degree (OD) = (Current weight/Standard weight) * 100. Normal ranges can be export. | text (number), [%] | Advanced |
| ib_min_stupen_obezy | Min. Obesity Degree | InBody formula minOD = 90 % OD. The value always 90. | text (number), [%] | Advanced |
| ib_max_stupen_obezy | Max. Obesity Degree | InBody formula maxOD = 110 % of OD. The value always 110. | text (number), [%] | Advanced |
| ib_oblast_utrob_tuk | Visceral Fat Area | InBody bioimpedance result. Normal cut off is 100 cm ² for normal area. | text (number), [cm ²] | Basic |
| ib_such_sval_hmota | Dry Lean Mass | InBody formula. Dry lean mass (DLM)=Weight-TBW-BFM. Dry lean mass represents weight of the protein and mineral content in the body. No normal ranges. | text (number), [kg] | Basic |
| ib_hmotnost | Weight | InBody formula. Weight = TBW + Protein Mass + Mineral Mass + TFM. Normal ranges can be export. | text (number), [kg] | Basic |
| ib_min_hmotnost | Min. Weight | InBody formula. Weight min= 85% of Target weight. | text (number), [kg] | Advanced |
| ib_max_hmotnost | Max. Weight | InBody formula. Weight max= 115% of Target weight. | text (number), [kg] | Advanced |
| ib_koster_svalstvo | Skeletal Muscle Mass | InBody bioimpedance result. Skeletal muscle mass (SMM). Normal range can be exported. | text (number), [kg] | Basic |
| ib_min_koster_svalstvo | Min. Skeletal Muscle Mass | InBody formula. SMM min= 90% of Muscle control. | text (number), [kg] | Advanced |
| ib_max_koster_svalstvo | Max. Skeletal Muscle Mass | InBody formula. SMM max= 110% of Muscle control. | text (number), [kg] | Advanced |
| ib_bfm | Body Fat Mass | InBody private formula. | text (number), [kg] | Advanced |
| ib_min_bfm | Min. Body Fat Mass | InBody formula. BFM= 80subcutaneous+visceral fat. Normal ranges can be exported. | text (number), [kg] | Basic |

| | | | | |
|---------------------------|--|---|-------------------------------------|----------|
| ib_max_bfm | Max. Body Fat Mass | InBody formula. BFM min for = 80% of target BFF. Target BFM for women= 23%, for men= 15 % | text (number), [kg] | Advanced |
| ib_tuk_v_tele | Percent Body Fat | InBody formula. Percent body fat (PBF)= BFM/weight * 100. Normal range can be exported. | text (number), [%] | Basic |
| ib_min_tuk_v_tele | Min. Percent Body Fat | InBody formula. PBF min for women= 18%, for men= 10%. | text (number), [%] | Advanced |
| ib_max_tuk_v_tele | Max. Percent Body Fat | InBody formula. PBF min for women= 28%, for men= 20%. | text (number), [%] | Advanced |
| ib_stupen_brisni_obez | Abdominal Obesity Degree | InBody formula. TBF for women= 23%, for men=15%. | text (number), [-] | Advanced |
| ib_min_stupen_brisni_obez | Min. Abdominal Obesity Degree | InBody formula. Abdominal obesity degree (AOD)= (Current weight/norm weight) *100. Normal ranges can be exported. | text (number), [-] | Basic |
| ib_max_stupen_brisni_obez | Max. Abdominal Obesity Degree | InBody formula. AOD min= 90% of AOD. | text (number), [-] | Advanced |
| ib_bmi | Body Mass Index | InBody formula. AOD max= 120% of AOD. | text (number), [kg/m ²] | Advanced |
| ib_bmi_min | Min. BMI | InBody formula. AOD target for women = 22%, for men =21,5%. | text (number), [kg/m ²] | Advanced |
| ib_bmi_max | Max. BMI | Official formula for BMI. Normal ranges can be exported. | text (number), [kg/m ²] | Basic |
| ib_bmi_norm | Target BMI | InBody formula. BMI min= 18,5. | text (number), [-] | Advanced |
| ib_vaha_vs_norma | Current Weight Compared to Target Weight in Percentage | InBody formula. BMI min= 25 | text (number), [%] | Advanced |
| ib_norma_ks | Target Skeletal Muscle Mass | Individual calculation of ideal range based on gender and age. | text (number), [kg] | Advanced |
| ib_tpbf | Target Percent Body Fat | Individual calculation of normal range based on gender and age. | text (number), [%] | Advanced |
| ib_norm_bricho | Target Abdominal Obesity Degree | Individual calculation of ideal range based on gender and age. | text (number), [-] | Advanced |
| ib_sval_hm_pr | Right Arm Lean Mass | InBody bioimpedance result. Lean body mass (LBM) of the right arm. | text (number), [kg] | Basic |
| ib_sval_hm_pr_proc | Lean Mass of Right Arm in Percentage | Lean body mass of the right arm in %. | text (number), [%] | Basic |
| ib_sval_hm_pr_norm | Target Lean Mass of Right Arm in Percentage | InBody private formula. | text (number), [%] | Advanced |
| ib_sval_hm_lr | Left Arm Lean Mass | InBody bioimpedance result. Lean body mass (LBM) of the left arm. | text (number), [kg] | Basic |

| | | | | |
|-------------------------|---|--|---------------------|----------|
| ib_sval_hm_lr_proc | Lean Mass of Left Arm in Percentage | Lean body mass of the left arm in %. | text (number), [%] | Basic |
| ib_sval_hm_lr_norm | Target Lean Mass of Left Arm in Percentage | InBody private formula. | text (number), [%] | Advanced |
| ib_sval_trup | Trunk Lean Mass | InBody bioimpedance result. Lean body mass (LBM) of the trunk. | text (number), [kg] | Basic |
| ib_sval_trup_proc | Lean Mass of Trunk in Percentage | Lean body mass of the trunk in %. | text (number), [%] | Basic |
| ib_sval_trup_proc_norm | Target Lean Mass of Trunk in Percentage | InBody private formula. | text (number), [%] | Advanced |
| ib_sval_hm_pn | Right Leg Lean Mass | InBody bioimpedance result. Lean body mass (LBM) of the right leg. | text (number), [kg] | Basic |
| ib_sval_hm_pn_proc | Lean Mass of Right Leg in Percentage | Lean body mass of the right leg in %. | text (number), [%] | Basic |
| ib_sval_hm_pn_proc_norm | Target Lean Mass of Right Leg in Percentage | InBody private formula. | text (number), [%] | Advanced |
| ib_sval_hm_ln | Left Leg Lean Mass | InBody bioimpedance result. Lean body mass (LBM) of the left leg. | text (number), [kg] | Basic |
| ib_sval_hm_ln_proc | Lean Mass of Left Leg in Percentage | Lean body mass of the left leg in %. | text (number), [%] | Basic |
| ib_sval_hm_ln_proc_norm | Target Lean Mass of Left Leg in Percentage | InBody private formula. | text (number), [%] | Advanced |
| ib_intracel_voda | Intracellular Water Mass | InBody bioimpedance result. Intracellular water mass (ICW) Normal ranges can be exported. | text (number), [l] | Basic |
| ib_min_intracel_voda | Min. Intracellular Water Mass | InBody private formula. | text (number), [l] | Advanced |
| ib_max_intracel_voda | Max. Intracellular Water Mass | InBody private formula. | text (number), [l] | Advanced |
| ib_nedmer_vody_v_tele | Extracellular Water Mass | InBody bioimpedance result. Extracellular water mass (ECW). Normal ranges can be exported. | text (number), [l] | Basic |
| ib_min_extracel_vody | Min. Extracellular Water Mass | InBody private formula. | text (number), [l] | Advanced |
| ib_max_extracel_vody | Max. Extracellular Water Mass | InBody private formula. | text (number), [l] | Advanced |
| ib_mnoztvi_protein | Protein Mass | InBody bioimpedance result. Normal ranges can be exported. | text (number), [kg] | Basic |
| ib_min_mnoztvi_protein | Min. Protein Mass | InBody private formula. | text (number), [kg] | Advanced |
| ib_max_mnoztvi_protein | Max. Protein Mass | InBody private formula. | text (number), [kg] | Advanced |
| ib_mineral | Mineral Mass | InBody bioimpedance result. Normal ranges can be exported. | text (number), [kg] | Basic |

| | | | | |
|-------------------------------|---------------------------------|--|---------------------|----------|
| ib_min_mineral | Min. Mineral Mass | InBody private formula. | text (number), [kg] | Advanced |
| ib_max_mineral | Max. Mineral Mass | InBody private formula. | text (number), [kg] | Advanced |
| ib_tuk_v_tele_tk | Fat Mass | For interpretation ask for manual. Normal range can be export. | text (number), [kg] | Basic |
| ib_min_tuk_v_tele_tk | Min. Fat Mass | Individual calculation of normal range based on gender and age. | text (number), [kg] | Advanced |
| ib_max_tuk_v_tele_tk | Max. Fat Mass | Individual calculation of normal range based on gender and age. | text (number), [kg] | Advanced |
| ib_celkova_voda_v_tele | Total Body Water Mass | InBody formula. Total body water mass (TBW)= ECW+ICW. | text (number), [l] | Basic |
| ib_koster_svalstvo_tk | Skeletal Lean Mass | InBody formula. Skeletal lean mass (SLM)= Total body water (TBW)+Proteins+ non-osseus minerals. | text (number), [kg] | Basic |
| ib_cista_hmotnost | Fat Free Mass | InBody formula. Fat free mass (FFM)= SLM + osseus minerals. | text (number), [kg] | Basic |
| ib_norm_voda_v_tele | Target Intracellular Water Mass | InBody private formula. | text (number), [l] | Advanced |
| ib_norm_extracel_vody | Target Extracellular Water Mass | InBody private formula. | text (number), [l] | Advanced |
| ib_norm_voda_v_tele_tk | Target Total Body Water Mass | InBody private formula. | text (number), [l] | Advanced |
| ib_norm_mnoztvi_protein | Target Protein Mass | InBody private formula. | text (number), [kg] | Advanced |
| ib_norm_mineral | Target Mineral Mass | InBody private formula. | text (number), [kg] | Advanced |
| ib_tuk_v_tele_proc_tk | Percentual Fat Mass | Individual calculation or ideal Fats. | text (number), [kg] | Advanced |
| ib_edema_index_1 | Edema Index 1 | InBody formula. retention of the body water (Edema). Edema index 1= ECW/TBW. Normal InBody range is 0,360-0,390. | text, [-] | Basic |
| ib_edema2 | Edema Index 2 | InBody formula. Retention of the body fluid. Edema index 2 = ECF/TBF. Normal InBody range is 0,310-0,350. | text, [-] | Basic |
| ib_edema_index_1_of_right_arm | Edema Index 1 of Right Arm | InBody formula. Edema index 1 (right arm) = ECW/TBW of right arm segment. No normal ranges. | text, [-] | Advanced |
| ib_edema_index_1_of_left_arm | Edema Index 1 of Left Arm | InBody formula. Edema index 1 (left arm) = ECW/TBW of left arm segment. No normal ranges. | text, [-] | Advanced |
| ib_trunk_edema1 | Trunk Edema Index 1 | InBody formula. Edema index 1 (trunk)= ECW/TBW of left trunk segment. No normal ranges. | text, [-] | Advanced |

| | | | | |
|-------------------------------|----------------------------|---|------------|----------|
| ib_edema_index_1_of_right_leg | Edema Index 1 of Right Leg | InBody formula. Edema index 1 (right leg) = ECW/TBW of right leg segment. No normal ranges. | text, [-] | Advanced |
| ib_edema_index_1_of_left_leg | Edema Index 1 of Left Leg | InBody formula. Edema index 1 (left leg) = ECW/TBW of left leg segment. No normal ranges. | text, [-] | Advanced |
| ib_edema_index_2_of_right_arm | Edema Index 2 of Right Arm | InBody formula Edema index 2 (right arm) = ECF/TBF in the right arm segment. No normal ranges. | text, [-] | Advanced |
| ib_edema_index_2_of_left_arm | Edema Index 2 of Left Arm | InBody formula. Edema index 2 (left arm) = ECF/TBF. in the left arm segment. No normal ranges. | text, [-] | Advanced |
| ib_edema_index_2_of_trunk | Edema Index 2 of Trunk | InBody formula. Edema index 2 (trunk) = ECF/TBF. in the trunk segment. No normal ranges. | text, [-] | Advanced |
| ib_edema_index_2_of_left_leg | Edema Index 2 of Left Leg | InBody formula. Edema index 2 (left leg) = ECF/TBF. in the left arm segment. No normal ranges. | text, [-] | Advanced |
| ib_edema_index_2_of_right_leg | Edema Index 2 of Right Leg | InBody formula. Edema index 2 (right leg) = ECF/TBF. in the right leg segment. No normal ranges. | text, [-] | Advanced |
| ib_neck_circumference | Neck Circumference | InBody bioimpedance result. Based on the ascertained and measuring the part just below the larynx. . No normal ranges. | text, [cm] | Basic |
| ib_chest_circumference | Chest Circumference | InBody bioimpedance result. Based on the ascertained and measuring the width of the chest. No normal ranges. | text, [cm] | Basic |
| ib_abdomen_circumference | Abdomen Circumference | InBody bioimpedance result. Based on the ascertained and measuring the navel line. No normal ranges. | text, [cm] | Basic |
| ib_hip_circumference | Hip Circumference | InBody bioimpedance result. Based on the ascertained and measuring protruding part of the hip. No normal ranges. | text, [cm] | Basic |
| ib_right_arm_circumference | Right Arm Circumference | InBody bioimpedance result. Based on the ascertained and measuring from the acromion to the 1/2 point of the elbow. No normal ranges. | text, [cm] | Basic |

| | | | | |
|------------------------------|---------------------------|---|------------|----------|
| b_left_arm_circumference | Left Arm Circumference | InBody bioimpedance result. Based on the ascertained and measuring from the acromion to the 1/2 point of the elbow. No normal ranges. | text, [cm] | Basic |
| ib_left_thigh_circumference | Left Thigh Circumference | InBody bioimpedance result. Based on the ascertained and measuring the point from the parallel line of the navel to the 2/3 point of the knee bone. No normal ranges. | text, [cm] | Basic |
| ib_right_thigh_circumference | Right Thigh Circumference | InBody bioimpedance result. Based on the ascertained and measuring the point from the parallel line of the navel to the 2/3 point of the knee bone. No normal ranges. | text, [cm] | Basic |
| ib_amc | AMC | InBody bioimpedance result. Circumference of the left upper arm. No normal ranges. | text, [cm] | Advanced |

3. Anthropometric measurement

All anthropometric and body composition measurements were performed by trained medical staff. All subjects wore only underwear, without shoes. Height was measured using a professional SECA stadiometer, with the head held in the Frankfort horizontal plane. (recorded measurement accuracy: the value rounded to the nearest 1.0 cm) Weight was determined using a calibrated, professional high precision SECA floor scale. (recorded measurement accuracy: to the nearest 1.0 kg). Waist circumference was measured at a level midway between the lower rib margin and the iliac crest at the end of expiration using a flexible, non-elastic scale (recorded measurement accuracy: the value rounded to the nearest 1.0 cm), hip circumference was measured as the maximum circumference over the buttocks (recorded measurement accuracy: the value rounded to the nearest 1.0 cm). 274 complete cases reports are available.

| Variable name | Parameter | Explanatory notes | Values | Type of data |
|------------------|---------------------------|--|---|--------------|
| vyska | Height | | text (number, Min: 140, Max: 210), [cm] | Basic |
| vaha | Weight | | text (number, Min: 40, Max: 150), [kg] | Basic |
| obvod_krku | Neck circumference | Ascertained by measuring the part just below the larynx. Measured manually. | text (number, Min: 10, Max: 200), [cm] | Basic |
| obvod_prava_paze | Right arm circumference | Ascertained by measuring from the acromion to the 1/2 point of the elbow. Measured manually. | text (number, Min: 15, Max: 50), [cm] | Basic |
| obvod_pasu | Waist circumference | Circumference in the most protruding part of the waist. Measured manually. | text (number, Min: 58, Max: 170), [cm] | Basic |
| obvod_boku | Hip circumference | Circumference in the most protruding part of the hip. Measured manually. | text (number, Min: 58, Max: 170), [cm] | Basic |
| obvod_stehna | Right thigh circumference | Ascertained by measuring from the parallel line of the navel to the 2/3 point of the knee bone. Measured manually. | text (number, Min: 40, Max: 90), [cm] | Basic |

4. Vasera

Vasera is a diagnostic device measuring the condition of the vascular system and performing atherosclerosis screening. It is a suitable tool for monitoring the effectiveness of treatment. It determines the biological age of blood vessels. 265 complete cases reports are available.

| Variable name | Parameter | Values | Type of data |
|---------------|---|-----------------------|--------------|
| weight | Weight | text (number) | Basic |
| bmi | BMI | text (number) | Basic |
| tod | Date of measurement | text (date, dmy) | Basic |
| rb_sys | Right Brachial Systolic Blood Pressure | text (number), [mmHg] | Basic |
| b_dia | Right Brachial Diastolic Blood Pressure | text (number), [mmHg] | Basic |
| rb_mean | Right Brachial Mean Blood Pressure | text (number), [mmHg] | Basic |
| rb_pp | Right Brachial Pulse Pressure | text (number), [mmHg] | Basic |
| lb_sys | Left Brachial Systolic Blood Pressure | text (number), [mmHg] | Basic |
| lb_dia | Left Brachial Diastolic Blood Pressure | text (number), [mmHg] | Basic |
| lb_mean | Left Brachial Mean Pressure | text (number), [mmHg] | Basic |
| lb_pp | Left Brachial Pulse Pressure | text (number), [mmHg] | Basic |
| ra_sys | Right Ankle Systolic Blood Pressure | text (number), [mmHg] | Basic |
| ra_dia | Right Ankle Diastolic Blood Pressure | text (number), [mmHg] | Basic |
| ra_mean | Right Ankle Mean Pressure | text (number), [mmHg] | Basic |
| ra_pp | Right Ankle Pulse Pressure | text (number), [mmHg] | Basic |
| la_sys | Left Ankle Systolic Blood Pressure | text (number), [mmHg] | Basic |
| la_dia | Left Ankle Diastolic Blood Pressure | text (number), [mmHg] | Basic |
| la_mean | Left Ankle Mean Pressure | text (number), [mmHg] | Basic |
| la_pp | Left Ankle Pulse Pressure | text (number), [mmHg] | Basic |
| r_abi | Right ABI | text (number), [-] | Advanced |
| l_abi | Left ABI | text (number), [-] | Advanced |
| hr | Heart rate | text (number), [bpm] | Advanced |
| pep | Pre-ejection Period | text (number), [m·s] | Advanced |
| et | Ejection Time | text (number), [m·s] | Advanced |
| pepet | Ratio of PEP/ET | text (number), [-] | Advanced |

| | | | |
|--------------------|--|-----------------------|----------|
| rb_ai | Augmentation Index of Right Brachial Artery | text (number), [-] | Advanced |
| lb_ai | Augmentation Index of Left Brachial Artery | text (number), [-] | Advanced |
| rb_ut | Upstroke Time of Right Brachial Artery | text (number), [m·s] | Advanced |
| lb_ut | Upstroke Time of Left Brachial Artery | text (number), [m·s] | Advanced |
| ra_ut | Upstroke Time of Right Ankle Artery | text (number), [m·s] | Advanced |
| la_ut | Upstroke Time of Left Ankle Artery | text (number), [m·s] | Advanced |
| rb_map | %Mean Arterial Pressure of Right Brachial Artery | text (number), [mmHg] | Basic |
| lb_map | %Mean Arterial Pressure of Left Brachial Artery | text (number), [mmHg] | Basic |
| ra_map | %Mean Arterial Pressure of Right Ankle | text (number), [mmHg] | Basic |
| la_map | %Mean Arterial Pressure of Left Ankle | text (number), [mmHg] | Basic |
| r_tb | Propagation time from heart to right Brachial Artery | text (number), [m·s] | Advanced |
| l_tb | Propagation time from heart to left Brachial Artery | text (number), [m·s] | Advanced |
| r_tba | Propagation time from Brachial Artery to right Ankle | text (number), [m·s] | Advanced |
| l_tba | Propagation time from Brachial Artery to left Ankle | text (number), [m·s] | Advanced |
| r_cavi | Right side CAVI | text (number), [-] | Basic |
| l_cavi | Left side CAVI | text (number), [-] | Basic |
| estimatedager_cavi | Estimated Age calculated from R-CAVI | text (number), [year] | Advanced |
| estimatedagel_cavi | Estimated Age calculated from L-CAVI | text (number), [year] | Advanced |
| vasera_sys | Systolic blood pressure | text (number), [mmHg] | Basic |
| vasera_dia | Diastolic blood pressure | text (number), [mmHg] | Basic |
| vasera_notes | Notes | text (notes) | Basic |

5. Doppler-ultrasound

Ultrasonically measured right and left ankle systolic blood pressure (tibial systolic blood pressure). Measured to 2 mmHg (millimetres of mercury).

269 complete cases reports are available.

| Variable name | Parameter | Values | Type of data |
|---------------|---------------------------------------|---------------------------------|--------------|
| uz_sys_tk_pk | Systolic pressure of the right ankle | text (number, Min: 1, Max: 400) | Basic |
| uz_sys_tk_lk | Diastolic pressure of the right ankle | text (number, Min: 1, Max: 400) | Basic |

6. Smokerlyzer

The Smokerlyzer monitors non-invasively measure the amount of CO on a smoker's breath with an accuracy of 1 ppm.

273 complete case reports are available.

| Variable name | Parameter | Values | Type of data |
|---------------|----------------|--|--------------|
| smokelyzer_2 | Measured value | text (integer, Min: 0, Max: 99), [ppm] | Basic |

7. Age reader

The AGE Reader is a non-invasive monitoring device that uses ultra-violet light to excite autofluorescence in human skin tissue. The autofluorescence is from the level of Advanced Glycation End products (AGEs). The measurement of AGEs provides an immediate cardiovascular risk prediction in 12 seconds.

271 complete cases reports are available.

| Variable name | Parameter | Values | Type of data |
|---------------|----------------|---------------|--------------|
| ar_2 | Measured value | text (number) | Basic |

8. Handgrip

Jamar handgrip measures the maximum isometric strength of the hand and forearm muscles. Also, can be used for define a general rule people with strong hands tend to be strong elsewhere, so this test is often used as a general test of strength.

271 complete cases reports are available.

| Variable name | Parameter | Values | Type of data |
|---------------------|---------------------------|--|--------------|
| handgrip_lateralita | Laterality | 1, Right-handed 2, Left-handed 3, No definite laterality | Basic |
| handgrip_dominan | Dominant hand | 1, Right 2, Left | Basic |
| handgrip_p_1 | Right hand 1. measurement | text (number, Min: 0, Max: 300), [kg] | Basic |
| handgrip_1_1 | Left hand 1. measurement | text (number, Min: 0, Max: 300), [kg] | Basic |
| handgrip_p_2 | Right hand 2. measurement | text (number, Min: 0, Max: 300), [kg]; | Basic |
| handgrip_1_2 | Left hand 2. measurement | text (number, Min: 0, Max: 300), [kg] | Basic |
| handgrip_p_3 | Right hand 3. measurement | text (number, Min: 0, Max: 300), [kg] | Basic |
| handgrip_1_3 | Left hand 3. measurement | text (number, Min: 0, Max: 300), [kg] | Basic |

9. Functional performance

Measurement of the time taken by a proband to travel a specified distance (approx. 6 meters) in a safe and comfortable step. The test is part of the Edmonton frail scale (EFS). Time is measured by stopwatch.

273 complete cases reports are available.

| Variable name | Parameter | Values | Type of data |
|------------------|---|--|--------------|
| oa_nezavislost | I would like you to sit in the chair with your back and arms resting. Then when I say Go, please stand up and walk at a safe and comfortable pace to the mark on the floor (approximately 3 m away, return to the chair and sit down) | 1, 0-10 seconds 2, 11-20 seconds 3, >20 seconds, or participants unwilling or requires assistance. | Basic |
| oa_nezavislost_2 | Walk time | text (time in seconds) | Basic |

10. Laboratory

274 complete cases reports are available.

| Variable name | Parameter | Reference range | Values | Type of data |
|---------------|-------------------------------------|--------------------------------------|---|--------------|
| | Blood | | | |
| lab_1 | Glycated haemoglobin HbA1c | 20 – 42 43 – 53 (diabetic) | text (number), [mmol/mol] | Basic |
| lab_2 | Glycaemia (Glucose) | 3.9 – 5.6 | text (number), [mmol/l] | Basic |
| lab_3 | Urea | 2.8 – 8.1 | text (number), [mmol/l] | Basic |
| lab_4 | Creatinine from blood | 59 – 104 (men) 45 – 84 (women) | text (number), [mmol/l] | Basic |
| lab_5 | Glom. filtration estimation CKD-EPI | > 1.0 (age 18 – 150) | text (number), [ml/s/1.73m ²] | Basic |
| lab_6 | Total cholesterol | 2.9 – 5.0 | text (number), [mmol/l] | Basic |
| lab_7 | Triglycerides | 0.45- 1.70 | text (number), [mmol/l] | Basic |
| lab_8 | HDL cholesterol | 1.0 – 2.1 (men) 1.2 – 2.7 (women) | text (number), [mmol/l] | Basic |
| lab_9 | LDL cholesterol | 1.2 – 3.0 | text (number), [mmol/l] | Basic |
| lab_10 | non-HDL cholesterol | 1:0 – 3.8 | text (number), [mmol/l] | Basic |
| lab_11 | Apo-lipoprotein A1 | 1.0 – 1.7 (men) 1.1 – 1.9 (women) | text (number), [g/l] | Basic |
| lab_18 | Apo-lipoprotein B | 0.5 – 1.0 | text (number), [g/l] | Basic |
| | Proteins | | | |
| lab_12 | CRP | 0.0 – 5.0 | text (number), [mg/l] | Basic |
| | Urine | | | |
| lab_13 | Total proteins | 0 – 150 | text (number), [mg/l] | Basic |
| lab_14 | Albuminuria | 0 – 30 | text (number), [mg/l] | Basic |
| lab_15 | ACR | 0.0 – 2.5 (men) 0.0 – 3.5 (women) | text (number), [mg/mmol] | Basic |
| lab_16 | Creatinine from urine | | text (number), [mmol/l] | Basic |
| lab_17 | The fractional excretion of water | 1.0 – 2.0 | text (number), [%] | Basic |

11. Samples

| Sample type | Question | Number of participants (with unused samples) | Number of participants (with residues) | Average volume per one sample | Unit |
|-------------|--|---|---|-------------------------------|------|
| Serum | For how many participants we have a serum sample? | 253 | 213 | 1.5 ± 0.3 | ml |
| Plasma | For how many participants we have a plasma sample? | 254 | 0 | 1.5 ± 0.3 | ml |
| DNA | For how many participants we have a DNA sample? | 253 | 0 | 500 | ul |

12. Echocardiography

234 cases reports are available, exact numbers of each echocardiography variable are below the table.

| Variable name | Parameter | Values | Type of data |
|-----------------------|---|-----------------------------------|--------------|
| echo | Was the measurement performed? | 1, Yes 2, No | Basic |
| echo_1 | If not, please, state why | text | Basic |
| echo_hr | Heart rate (HR) | text (number) | Basic |
| echo_ivsd | Intraventricular septum – end diastole | text (number), [cm] | Basic |
| echo_lvidd | Left ventricle diameter – end diastole | text (number), [cm] | Basic |
| echo_edv_teich | End diastolic volume in PLAX (Teichholz formula) | calculation, [ml] | Advanced |
| echo_lvpwd | Left ventricle posterior wall diameter – end diastole | text (number), [cm] | Basic |
| echo_lvd_mass | Left ventricle end diastolic Mass | calculation, [g] | Advanced |
| echo_lvd_mass_index | Left ventricle end diastolic Mass index | calculation, [g/m ²] | Advanced |
| echo_lvd_mass_ase | Left ventricle end diastolic Mass (ASE formula) | calculation, [g] | Advanced |
| echo_lvd_mass_ind_ase | Left ventricle end diastolic Mass index (ASE formula) | calculation, [g/m ²] | Advanced |
| echo_ivss | Intraventricular septum – end-systole | text(number), [cm] | Advanced |
| echo_ivs_thck | Intraventricular septum thickness | calculation, [%] | Advanced |
| echo_lvids | Left ventricle diameter – end systole | text (number), [cm] | Basic |
| echo_esv_teich | End systolic volume in PLAX (Teichholz formula) | calculation, [%] | Advanced |
| echo_ef_teich | Ejection fraction in PLAX (Teichholz formula) | text (number), [%] | Basic |
| echo_esv_cube | End systolic volume in PLAX (Cube formula) | calculation, [ml] | Advanced |
| echo_ef_cube | Ejection fraction in PLAX (Cube formula) | calculation, [%] | Advanced |
| echo_fs | Fraction shortening | calculation, [%] | Advanced |
| echo_sv_teich | Stroke volume in PLAX (Teichholz formula) | calculation, [ml] | Advanced |
| echo_si_teich | Stroke Index in PLAX (Teichholz formula) | calculation, [ml/m ²] | Advanced |
| echo_sv_cube | Stroke volume in PLAX (Cube formula) | calculation, [ml] | Advanced |
| echo_si_cube | Stroke index in PLAX (Cube formula) | calculation, [ml/m ²] | Advanced |
| echo_lvpws | Left ventricle posterior wall diameter - end systolic | text(number), [cm] | Advanced |
| echo_lvpw_thck | Left ventricle posterior wall thickness | calculation, [%] | Advanced |
| echo_lvs_mass | Left ventricle end systolic mass | calculation[g] | Advanced |

| | | | |
|-----------------------|---|------------------------------------|----------|
| echo_lvs_mass_index | Left ventricle end systolic mass index | calculation, [g/m ²] | Advanced |
| echo_lvs_mass_ase | Left ventricle end systolic mass (ASE formula) | calculation, [g] | Advanced |
| echo_lvs_mass_ind_ase | Left ventricle end systolic mass index (ASE formula) | calculation, [g/m ²] | Advanced |
| echo_lvot_diam | Left ventricle outflow tract diameter - mid systolic | text (number), [cm] | Basic |
| echo_la_diam | Left ventricle diameter | text (number), [cm] | Basic |
| echo_ao_asc | Ascending aorta diameter | text (number), [cm] | Basic |
| echo_av_diam | Aortic valve diameter | text (number), [cm] | Basic |
| echo_rvidd | Right ventricle diameter – end diastole | text (number), [cm] | Basic |
| echo_rvot_diam | Right ventricle outflow track diameter - mid systolic | text (number), [cm] | Advanced |
| echo_ivc | Vena cava inferior | text (number), [mm] | Basic |
| echo_ao_diam_svals | Aortic Valsalva sinus diameter | text (number), [cm] | Basic |
| echo_mapse | Mitral annular plane systolic excursion | text (number), [cm] | Basic |
| echo_tapse | Tricuspid annular plane systolic excursion | text (number), [cm] | Basic |
| echo_mv_e_vel | Mitral valve early diastolic flow | text (number), [m/s] | Advanced |
| echo_mv_dect | Mitral valve deceleration time | text (number), [m/s] | Advanced |
| echo_mv_declope | Mitral valve flow deceleration | text (number), [m/s ²] | Advanced |
| echo_mv_a_vel | Mitral Valve Deceleration Time | text (number), [m/s] | Advanced |
| echo_mv_ea_ratio | Mitral Valve E-Peak to A-Peak Ratio | text (number), [-] | Basic |
| echo_e | Peak myocardial velocity during early diastole - Mi septal | text (number), [m/s] | Advanced |
| echo_ee | Ratio early diastolic ow/ early diastolic peak velocity – Mi septal | text (number), [-] | Basic |
| echo_a | Peak myocardial velocity during late diastole - Mi septal | text (number), [m/s] | Advanced |
| echo_s | Systolic myocardial velocity - Mi septal | text (number), [m/s] | Advanced |
| echo_lat_e | Peak myocardial velocity during early diastole - Mi lateral | text (number), [m/s] | Advanced |
| echo_lat_a | Peak myocardial velocity during late diastole - Mi lateral | text (number), [m/s] | Advanced |
| echo_lat_s | Systolic myocardial velocity - Mi lateral | text (number), [m/s] | Advanced |
| echo_tri_e | Peak myocardial velocity during early diastole - Tri lateral | text (number), [m/s] | Advanced |
| echo_tri_a | Peak myocardial velocity during late diastole - Tri lateral | text (number), [m/s] | Advanced |
| echo_tri_s | Systolic myocardial velocity - Tri lateral | text (number), [m/s] | Advanced |
| echo_lvot_vmax | Left ventricle outflow tract peak velocity | text (number), [m/s] | Basic |
| echo_lvot_vmean | Left ventricle outflow tract mean velocity | text (number), [m/s] | Advanced |

| | | | |
|------------------|---|---|----------|
| echo_lvot_maxpg | Left ventricle outflow tract peak pressure gradient | text (number), [mmHg] | Basic |
| echo_lvot_meanpg | Left ventricle outflow tract mean pressure gradient | text (number), [mmHg] | Advanced |
| echo_lvot_envti | Left ventricle outflow tract envelope time | text (number), [m·s] | Advanced |
| echo_lvot_vti | Left ventricle outflow tract velocity time integral | text (number), [cm] | Advanced |
| echo_lsvv_dopp | Left ventricle Strove volume doppler | calculation, [ml] | Advanced |
| echo_lvsi_dopp | Left ventricle Strove index doppler | calculation, [ml/m ²] | Advanced |
| echo_lvco_dopp | Left ventricle Cordiac output doppler | calculation, [l/min] | Advanced |
| echo_lvci_dopp | Left ventricle cardiac index doppler | calculation, [l/minm ²] | Advanced |
| echo_av_vmax | Aortic valve peak velocity | text (number), [m/s] | Basic |
| echo_av_vmean | Aortic valve mean velocity | text (number), [m/s] | Advanced |
| echo_av_maxpg | Aortic valve peak pressure gradient | text (number), [mmHg] | Basic |
| echo_av_meanpg | Aortic valve mean pressure gradient | text (number), [mmHg] | Advanced |
| echo_av_vti | Aortic valve velocity time integral | calculation, [cm] | Advanced |
| echo_av_sv | Aortic valve stroke volume | calculation, [ml] | Advanced |
| echo_av_si | Aortic valve stroke index | calculation, [ml/m ²] | Advanced |
| echo_av_co | Aortic valve cardiac output | calculation, [l/min] | Advanced |
| echo_av_ci | Aortic valve cardiac index | calculation, [l/minm ²] | Advanced |
| echo_ava_vmax | AV Area by Continuity Equation by Peak V | calculation, [cm ²] | Advanced |
| echo_ava_vti | AV Area by Continuity Equation VTI | calculation, [cm ²] | Advanced |
| echo_avai_vti | AV Area index by Continuity Equation VTI | calculation, [cm ² /m ²] | Advanced |
| echo_avai_vmax | AV Area index by Continuity Equation by Peak V | calculation, [cm ² /m ²] | Advanced |
| echo_pv_vmax | Pulmonic valve peak velocity | text (number), [m/s] | Advanced |
| echo_pv_maxpg | Pulmonic valve peak pressure gradient | text (number), [mmHg] | Advanced |
| echo_pv_acct | Pulmonic valve acceleration time | text (number), [m·s] | Advanced |
| echo_pv_accslope | Pulmonic Valve Acceleration Time | text (number), [m/s ²] | Advanced |
| echo_tr_vmax | Tricuspid regurgitation peak velocity | text (number), [m/s] | Basic |
| echo_tr_maxpg | Tricuspid regurgitation peak pressure gradient | text (number), [mmHg] | Basic |
| echo_rr | R-R interval | calculation, [m·s] | Advanced |
| echo_rap | Right atrium pressure | calculation, [mmHg] | Advanced |
| echo_rvsp | Right Ventricle Systolic Pressure | calculation, [mmHg] | Advanced |

| | | | |
|--------------------|---|-------------------|----------|
| echo_lvld_a4c | Left Ventricular Length end diastole in 4ch projection | calculation, [cm] | Advanced |
| echo_lvedv_mod_a4c | Left ventricle end diastole volume by Method of Discs in 4Ch projection | calculation, [ml] | Advanced |
| echo_lvls_a4c | Left Ventricular Length end diastole in 4ch projection | calculation, [cm] | Advanced |
| echo_lvesv_mod_a4c | Left ventricle end systole volume by Method of Discs in 4Ch projection | calculation, [ml] | Advanced |
| echo_lvef_mod_a4c | Left ventricle ejection fraction by Method of Discs in 4Ch projection | calculation, [%] | Advanced |
| echo_sv_mod_a4c | Stroke volume by method of discs in 4ch projection | calculation, [ml] | Advanced |
| echo_lvld_a2c | Left Ventricular Length end diastole in 2ch projection | calculation, [cm] | Advanced |
| echo_lvedv_mod_a2c | Left ventricle end diastole volume by Method of Discs in 2Ch projection | calculation, [ml] | Advanced |
| echo_lvls_a2c | Left Ventricular Length end systole in 2ch projection | calculation, [cm] | Advanced |
| echo_lvesv_mod_a2c | Left ventricle end systole volume by Method of Discs in 2Ch projection | calculation, [ml] | Advanced |
| echo_lvef_mod_a2c | Left ventricle ejection fraction by Method of Discs in 2Ch projection | calculation, [%] | Advanced |
| echo_sv_mod_a2c | Stroke volume by method of discs in 2ch projection | calculation, [ml] | Advanced |
| echo_ef_biplane | Ejection fraction biplane (4CH and 2CH projection) | calculation, [%] | Advanced |
| echo_lvedv_mod_bp | Left ventricle end diastole volume by Method of Discs - biplane | calculation, [ml] | Advanced |
| echo_lvesv_mod_bp | Left ventricle end systole volume by Method of Discs - biplane | calculation, [ml] | Advanced |
| echo_notes | Notes | text | Basic |

SUPPLEMENTARY TABLE FOR ECHOCARDIOGRAPHY VARIABLES

In this table are the exact numbers of cases for each echocardiography variables.

| | | | | | | |
|----------|---------------------|--------------------|-----------------------|--------------------|--------------------|------------------|
| Variable | echo_hr | echo_ivsd | echo_lvidd | echo_edv_teich | echo_lvpwd | echo_lvd_mass |
| N | 234 | 234 | 234 | 234 | 234 | 234 |
| Variable | echo_lvd_mass_index | echo_lvd_mass_ase | echo_lvd_mass_ind_ase | echo_ivss | echo_ivs_thck | echo_lvids |
| N | 234 | 230 | 229 | 233 | 234 | 234 |
| Variable | echo_esv_teich | echo_ef_teich | echo_esv_cube | echo_ef_cube | echo_fs | echo_sv_teich |
| N | 234 | 234 | 234 | 234 | 234 | 234 |
| Variable | echo_si_teich | echo_sv_cube | echo_si_cube | echo_lvpws | echo_lvpw_thck | echo_lvs_mass |
| N | 234 | 229 | 229 | 229 | 229 | 229 |
| Variable | echo_lvs_mass_index | echo_lvs_mass_ase | echo_lvs_mass_ind_ase | echo_lvot_diam | echo_la_diam | echo_ao_asc |
| N | 229 | 229 | 229 | 234 | 234 | 214 |
| Variable | echo_av_diam | echo_rvidd | echo_rvot_diam | echo_ivc | echo_ao_diam_svals | echo_mapse |
| N | 227 | 231 | 205 | 221 | 222 | 205 |
| Variable | echo_tapse | echo_mv_e_vel | echo_mv_dect | echo_mv_decslope | echo_mv_a_vel | echo_mv_ea_ratio |
| N | 197 | 231 | 229 | 228 | 228 | 229 |
| Variable | echo_e | echo_ee | echo_a | echo_s | echo_lat_e | echo_lat_a |
| N | 222 | 217 | 216 | 221 | 222 | 218 |
| Variable | echo_lat_s | echo_tri_e | echo_tri_a | echo_tri_s | echo_lvot_vmax | echo_lvot_vmean |
| N | 222 | 221 | 217 | 221 | 234 | 234 |
| Variable | echo_lvot_maxpg | echo_lvot_meanpg | echo_lvot_envti | echo_lvot_vti | echo_lvsv_dopp | echo_lvsi_dopp |
| N | 234 | 234 | 234 | 234 | 233 | 233 |
| Variable | echo_lvco_dopp | echo_lvci_dopp | echo_av_vmax | echo_av_vmean | echo_av_maxpg | echo_av_meanpg |
| N | 231 | 231 | 233 | 233 | 233 | 233 |
| Variable | echo_av_vti | echo_av_sv | echo_av_si | echo_av_co | echo_av_ci | echo_ava_vmax |
| N | 233 | 70 | 70 | 69 | 69 | 233 |
| Variable | echo_ava_vti | echo_avai_vti | echo_avai_vmax | echo_pv_vmax | echo_pv_maxpg | echo_pv_acct |
| N | 233 | 233 | 233 | 233 | 233 | 81 |
| Variable | echo_pv_accslope | echo_tr_vmax | echo_tr_maxpg | echo_rr | echo_rap | echo_rvsp |
| N | 81 | 234 | 234 | 231 | 217 | 214 |
| Variable | echo_lvld_a4c | echo_lvedv_mod_a4c | echo_lvls_a4c | echo_lvesv_mod_a4c | echo_lvef_mod_a4c | echo_sv_mod_a4c |
| N | 173 | 173 | 173 | 173 | 173 | 173 |
| Variable | echo_lvld_a2c | echo_lvedv_mod_a2c | echo_lvls_a2c | echo_lvesv_mod_a2c | echo_lvef_mod_a2c | echo_sv_mod_a2c |
| N | 163 | 163 | 163 | 163 | 163 | 163 |
| Variable | echo_ef_biplane | echo_lvedv_mod_bp | echo_lvesv_mod_bp | | | |
| N | 163 | 163 | 163 | | | |

13. Carotid ultrasound

232 case reports are available, 188 of it are filled completely.

| Variable name | Parameter | Explanatory notes | Values | Type of data |
|---------------------|---|--|---------------------|--------------|
| ultrasound | Was the measurement performed? | | 1, Yes 2, No | Basic |
| ultrasound_1 | If not, please, state why | | text | Basic |
| u_rt_mid_cca_ps | Peak systolic flow Right ACC in mid area | ACC a-carotis communis | calculation, [%] | |
| u_rt_mid_cca_ed | End diastolic flow Right ACC in mid area | ACC a-carotis communis | calculation, [cm/s] | |
| u_rt_mid_cca_md | Minimum diastolic Velocity of Right ACC in mid area | ACC a-carotis communis | calculation, [cm/s] | |
| u_rt_mid_cca_tamax | Time Averaged Maximum Velocity (Trace Method) of Right ACC in mid area | ACC a-carotis communis | calculation, [cm/s] | |
| u_rt_mid_cca_pi | Pulsatility Index of Right ACC in mid area | $PI=(V_{max}-V_{diastole})/TAMAX,$ ACC a-carotis communis | calculation, [cm/s] | |
| u_rt_mid_cca_ri | Resistivity Index of Right ACC in mid area | $RI=(V_{max}-V_{diastole}) / V_{max},$ ACC a-carotis communis | calculation, [-] | |
| u_lt_mid_cca_ps | Peak systolic flow Left ACC in mid area | ACC a-carotis communis | calculation, [-] | |
| u_lt_mid_cca_ed | End diastolic flow Left ACC in mid area | ACC a-carotis communis | calculation, [cm/s] | |
| u_lt_mid_cca_md | Minimum diastolic Velocity of Left ACC in mid area | ACC a-carotis communis | calculation, [cm/s] | |
| u_lt_mid_cca_tamax | Time Averaged Maximum Velocity (Trace Method) of Left ACC in mid area | ACC a-carotis communis | calculation, [cm/s] | |
| u_lt_mid_cca_pi | Pulsatility Index of Left ACC in mid area | $PI=(V_{max}-V_{diastole}) /TAMAX,$ ACC a-carotis communis | calculation, [cm/s] | |
| u_lt_mid_cca_ri | Resistivity Index of Left ACC in mid area | $RI=(V_{max}-V_{diastole}) / V_{max},$ ACC a-carotis communis | calculation, [-] | |
| u_rt_dist_cca_ps | Peak systolic flow Right ACC in Dist area | ACC a-carotis communis | calculation, [-] | |
| u_rt_dist_cca_ed | End diastolic flow Right ACC in Dist area | ACC a-carotis communis | calculation, [cm/s] | |
| u_rt_dist_cca_md | Minimum diastolic Velocity of Right ACC in Dist area | ACC a-carotis communis | calculation, [cm/s] | |
| u_rt_dist_cca_tamax | Time Averaged Maximum Velocity (Trace Method) of Right ACC in Dist area | ACC a-carotis communis | calculation, [cm/s] | |
| u_rt_dist_cca_pi | Pulsatility Index of Right ACC in Dist area | $PI=(V_{max}-V_{diastole}) /TAMAX,$ ACC a-carotis communis | calculation, [cm/s] | |

| | | | | |
|---------------------|--|--|---------------------|--|
| u_rt_dist_cca_ri | Resistivity Index of Right ACC in Dist area | $RI=(V_{\max}-V_{\text{diastole}}) / V_{\max}$, ACC a-carotis communis | calculation, [-] | |
| u_lt_dist_cca_ps | Peak systolic flow Left ACC in Dist area | ACC a-carotis communis | calculation, [-] | |
| u_lt_dist_cca_ed | End diastolic flow Left ACC in Dist area | ACC a-carotis communis | calculation, [cm/s] | |
| u_lt_dist_cca_md | Minimum diastolic Velocity of Left ACC in Dist area | ACC a-carotis communis | calculation, [cm/s] | |
| u_lt_dist_cca_tamax | Time Averaged Maximum Velocity (Trace Method) of Left ACC in Dist area | ACC a-carotis communis | calculation, [cm/s] | |
| u_lt_dist_cca_pi | Pulsatility Index of Left ACC in Dist area | $PI=(V_{\max}-V_{\text{diastole}}) / TAMAX$, ACC a-carotis communis | calculation, [cm/s] | |
| u_lt_dist_cca_ri | Resistivity Index of Left ACC in Dist area | $RI=(V_{\max}-V_{\text{diastole}}) / V_{\max}$, ACC a-carotis communis | calculation, [cm/s] | |
| u_rt_bulb_ps | Peak systolic flow Right Bulb | Bulb – Bulbus of a. Carotis comunnis | calculation, [cm/s] | |
| u_rt_bulb_ed | End diastolic flow Right Bulb | Bulb – Bulbus of a. Carotis comunnis | calculation, [cm/s] | |
| u_lt_bulb_ps | Peak systolic flow in Left Bulb | Bulb – Bulbus of a. Carotis comunnis | calculation, [cm/s] | |
| u_lt_bulb_ed | End diastolic flow in Left Bulb | Bulb – Bulbus of a. Carotis comunnis | calculation, [cm/s] | |
| u_rt_cfa_ps | Peak systolic flow in Right CFA | CFA - A.femoralis communis | calculation, [cm/s] | |
| u_rt_cfa_ed | End diastolic flow in Right CFA | CFA - A.femoralis communis | calculation, [cm/s] | |
| u_lt_cfa_ps | Peak systolic flow in Left CFA | CFA - A.femoralis communis | calculation, [cm/s] | |
| u_lt_cfa_ed | End diastolic flow in Left CFA | CFA - A.femoralis communis | calculation, [cm/s] | |
| u_rt_dfa_ps | Peak systolic flow in Right DFA | DFA - A.femoralis profunda | calculation, [cm/s] | |
| u_rt_dfa_ed | End diastolic flow in Right DFA | DFA - A.femoralis profunda | calculation, [cm/s] | |
| u_lt_dfa_ps | Peak systolic flow in Left DFA | DFA - A.femoralis profunda | calculation, [cm/s] | |
| u_lt_dfa_ed | End diastolic flow in Left DFA | DFA - A.femoralis profunda | calculation, [cm/s] | |
| u_rt_sfa_ps | Peak systolic flow in Right SFA | SFA - A.femoralis superficialis | calculation, [cm/s] | |
| u_rt_sfa_ed | End diastolic flow in Right SFA | SFA - A.femoralis superficialis | calculation, [cm/s] | |
| u_lt_sfa_ps | Peak systolic flow in Left SFA | SFA - A.femoralis superficialis | calculation, [cm/s] | |
| u_lt_sfa_ed | Peak systolic flow Right ACC in mid area | ACC a-carotis communis | calculation, [cm/s] | |

| | | | | |
|--------------|--|------------------------------|-------------------|--|
| u_rt_cca_bp | Number of ROI points included in IMT measurement in Dist area of Right CCA | ROI – region of interest | measured, [-] | |
| u_rt_cca_avg | Averaged IMT thickness in Dist area of Right CCA | IMT – intima media thickness | calculation, [mm] | |
| u_rt_cca_sd | Standard deviation of IMT measurement in Dist area of Right CCA | IMT – intima media thickness | calculation, [mm] | |
| u_rt_cca_pts | Number of ROI points included in IMT measurement in Dist area of Left CCA | ROI – region of interest | measured, [-] | |
| u_lt_cca_bp | Averaged IMT thickness in Dist area of Left CCA | IMT – intima media thickness | calculation, [mm] | |
| u_lt_cca_avg | Standard deviation of IMT measurement in Dist area of Left CCA | IMT – intima media thickness | calculation, [mm] | |
| u_lt_cca_sd | Number of ROI points included in IMT measurement in Dist area of Right CFA | ROI – region of interest | measured, [-] | |
| u_lt_cca_pts | Averaged IMT thickness in Dist area of Right CFA | IMT – intima media thickness | calculation, [mm] | |
| u_rt_cfa_bp | Standard deviation of IMT measurement in Dist area of Right CFA | IMT – intima media thickness | calculation, [mm] | |
| u_rt_cfa_avg | Number of ROI points included in IMT measurement in Prox area of Right SFA | ROI – region of interest | measured, [-] | |
| u_rt_cfa_sd | Averaged IMT thickness in Prox area of Right SFA | IMT – intima media thickness | calculation, [mm] | |
| u_rt_cfa_pts | Standard deviation of IMT measurement in Prox area of Right SFA | IMT – intima media thickness | calculation, [mm] | |
| u_lt_cfa_bp | Number of ROI points included in IMT measurement in Dist area of Left CFA | ROI – region of interest | measured, [-] | |
| u_lt_cfa_avg | Averaged IMT thickness in Dist area of Left CFA | IMT – intima media thickness | calculation, [mm] | |
| u_lt_cfa_sd | Standard deviation of IMT measurement in Dist area of Left CFA | IMT – intima media thickness | calculation, [mm] | |
| u_lt_cfa_pts | Number of ROI points included in IMT measurement in Prox area of Left SFA | ROI – region of interest | measured, [-] | |

Next two chapters are still in process and the data from these chapters will be available later.

BVI scener

| Variable name | Parameter | Explanatory notes | Values | Type of data |
|---------------|-----------|-------------------|--------|--------------|
|---------------|-----------|-------------------|--------|--------------|

EKG

| Variable name | Parameter | Values | Type of data |
|---------------|--------------------------------|-----------------|--------------|
| ekg | Was the measurement performed? | 1, Yes 2, No | Basic |
| ekg_1 | If not, please, state why | text | |
| ekg_date | Date of examination | Date | |
| ekg_avg_rr | Average Respiratory Rate | numeric | |
| ekg_vent_rate | Vent rate | numeric | |
| ekg_num_qrs | Num QRS | numeric | |
| ekg_p_dur | P duration | numeric | |
| ekg_pr_dur | PR duration | numeric | |
| ekg_qrs_dur | QRS duration | numeric | |
| ekg_qt | QT | numeric | |
| ekg_qtc | QTC | numeric | |
| ekg_qtb | QTB | numeric | |
| ekg_qtf | QTF | numeric | |
| ekg_pax | P axis | numeric | |
| ekg_qrsax | QRS axis | numeric | |
| ekg_tax | T axis | numeric | |
| ekg_unit_mv | Units per mv | numeric | |
| ekg_dur | Duration | numeric | |
| ekg_sample_fr | Sample frequency | numeric | |
| ekg_text1 | Automatic Mortara evaluation 1 | text | |
| ekg_reason1 | Reason why 1 | text | |
| ekg_text2 | Automatic Mortara evaluation 2 | text | |
| ekg_reason2 | Reason why 2 | text | |
| ekg_text3 | Automatic Mortara evaluation 3 | text | |
| ekg_reason3 | Reason why 3 | text | |
| ekg_text4 | Automatic Mortara evaluation 4 | text | |
| ekg_reason4 | Reason why 4 | text | |

3. Results from analyses

In this chapter are variables from analyses that were performed with the Kardioviz Data.

The name of the analysis, the name of the researcher, and any outputs of the project (if are available) are given for each analysis.

1. Lipidomic Analysis

Irma Magaly Rivas Serna, April 2020

Lipidomic analysis were performed in the Relative values (mass spectrometry response of each individual lipid was used and converted to percentage) and in the Absolute values (A standard curve was run and values are expressed as concentration/volume of serum blood (mol/L)).

212 complete cases reports are available.

NOMENCLATURE:

SM = Spingomyelin, CER = Ceramide, LPE = Lysophosphatidylethanolamine, LPC = Lysophosphatidylcholine, PC = Phosphatidylcholine, PE = Phosphatidylethanolamine

| Variable name | Parameter | Explanatory notes | Values | Type of data |
|-------------------|---------------------------------------|-------------------|-----------------------------------|--------------|
| | Absolute values | | | |
| lipid_check | Was the Lipidomic analysis performed? | | 1, Yes 2, No | Basic |
| lip_abs_cer_1 | CER (d18:1/16:0) | | text (number) [μmol] | Advanced |
| lip_abs_cer_2 | CER (d18:1/18:0) | | text (number) [μmol] | Advanced |
| lip_abs_cer_3 | CER (d18:1/24:0) | | text (number) [μmol] | Advanced |
| lip_abs_cer_4 | CER (d18:1/24:1) | | text (number) [μmol] | Advanced |
| lip_abs_cer_total | TOTAL SUM OF CER | | text (number) [μmol] | Advanced |
| lip_abs_sm_1 | SM (d18:1/14:0) | | text (number) [μmol] | Advanced |
| lip_abs_sm_2 | SM (d18:1/16:0) | | text (number) [μmol] | Advanced |
| lip_abs_sm_3 | SM (d18:1/18:0) | | text (number) [μmol] | Advanced |
| lip_abs_sm_4 | SM (d18:1/18:1) | | text (number) [μmol] | Advanced |
| lip_abs_sm_5 | SM (d18:1/20:0) | | text (number) [μmol] | Advanced |
| lip_abs_sm_6 | SM (d18:1/20:1) | | text (number) [μmol] | Advanced |
| lip_abs_sm_7 | SM (d18:1/22:1) | | text (number) [μmol] | Advanced |

| | | | | |
|-------------------|------------------|--|-----------------------------------|----------|
| lip_abs_sm_8 | SM (d18:1/24:0) | | text (number) [μmol] | Advanced |
| lip_abs_sm_9 | SM (d18:1/24:1) | | text (number) [μmol] | Advanced |
| lip_abs_sm_10 | SM (d18:1/26:1) | | text (number) [μmol] | Advanced |
| lip_abs_sm_total | TOTAL SUM OF SM | | text (number) [μmol] | Advanced |
| lip_abs_lpe_1 | LPE (16:0) | | text (number) [μmol] | Advanced |
| lip_abs_lpe_2 | LPE (16:1) | | text (number) [μmol] | Advanced |
| lip_abs_lpe_3 | LPE (18:0) | | text (number) [μmol] | Advanced |
| lip_abs_lpe_4 | LPE (18:1) | | text (number) [μmol] | Advanced |
| lip_abs_lpe_5 | LPE (18:2) | | text (number) [μmol] | Advanced |
| lip_abs_lpe_6 | LPE (18:3) | | text (number) [μmol] | Advanced |
| lip_abs_lpe_7 | LPE (20:0) | | text (number) [μmol] | Advanced |
| lip_abs_lpe_8 | LPE (20:1) | | text (number) [μmol] | Advanced |
| lip_abs_lpe_9 | LPE (20:2) | | text (number) [μmol] | Advanced |
| lip_abs_lpe_10 | LPE (20:3) | | text (number) [μmol] | Advanced |
| lip_abs_lpe_11 | LPE (20:4) | | text (number) [μmol] | Advanced |
| lip_abs_lpe_12 | LPE (20:5) | | text (number) [μmol] | Advanced |
| lip_abs_lpe_13 | LPE (22:4) | | text (number) [μmol] | Advanced |
| lip_abs_lpe_14 | LPE (22:5) | | text (number) [μmol] | Advanced |
| lip_abs_lpe_15 | LPE (22:6) | | text (number) [μmol] | Advanced |
| lip_abs_lpe_total | TOTAL SUM OF LPE | | text (number) [μmol] | Advanced |
| lip_abs_lpc_1 | LPC (14:0) | | text (number) [μmol] | Advanced |
| lip_abs_lpc_2 | LPC (16:0) | | text (number) [μmol] | Advanced |
| lip_abs_lpc_3 | LPC (16:1) | | text (number) [μmol] | Advanced |
| lip_abs_lpc_4 | LPC (18:0) | | text (number) [μmol] | Advanced |
| lip_abs_lpc_5 | LPC (18:1) | | text (number) [μmol] | Advanced |
| lip_abs_lpc_6 | LPC (18:2) | | text (number) [μmol] | Advanced |
| lip_abs_lpc_7 | LPC (18:3) | | text (number) [μmol] | Advanced |
| lip_abs_lpc_8 | LPC (20:0) | | text (number) [μmol] | Advanced |
| lip_abs_lpc_9 | LPC (20:1) | | text (number) [μmol] | Advanced |
| lip_abs_lpc_10 | LPC (20:2) | | text (number) [μmol] | Advanced |

| | | | | |
|-------------------|------------------|--|-----------------------------------|----------|
| lip_abs_lpc_11 | LPC (20:3) | | text (number) [μmol] | Advanced |
| lip_abs_lpc_12 | LPC (20:4) | | text (number) [μmol] | Advanced |
| lip_abs_lpc_13 | LPC (20:5) | | text (number) [μmol] | Advanced |
| lip_abs_lpc_14 | LPC (22:4) | | text (number) [μmol] | Advanced |
| lip_abs_lpc_15 | LPC (22:5) | | text (number) [μmol] | Advanced |
| lip_abs_lpc_16 | LPC (22:6) | | text (number) [μmol] | Advanced |
| lip_abs_lpc_17 | LPC (22:0) | | text (number) [μmol] | Advanced |
| lip_abs_lpc_total | TOTAL SUM OF LPC | | text (number) [μmol] | Advanced |
| lip_abs_pc_1 | PC (14:1/14:1) | | text (number) [μmol] | Advanced |
| lip_abs_pc_2 | PC (16:0/14:0) | | text (number) [μmol] | Advanced |
| lip_abs_pc_3 | PC (16:0/16:1) | | text (number) [μmol] | Advanced |
| lip_abs_pc_4 | PC (16:0/18:0) | | text (number) [μmol] | Advanced |
| lip_abs_pc_5 | PC (16:0/18:1) | | text (number) [μmol] | Advanced |
| lip_abs_pc_6 | PC (16:0/18:2) | | text (number) [μmol] | Advanced |
| lip_abs_pc_7 | PC (16:0/20:2) | | text (number) [μmol] | Advanced |
| lip_abs_pc_8 | PC (16:0/20:5) | | text (number) [μmol] | Advanced |
| lip_abs_pc_9 | PC (16:0/22:4) | | text (number) [μmol] | Advanced |
| lip_abs_pc_10 | PC (16:1/18:2) | | text (number) [μmol] | Advanced |
| lip_abs_pc_11 | PC (18:0/14:0) | | text (number) [μmol] | Advanced |
| lip_abs_pc_12 | PC (18:0/18:0) | | text (number) [μmol] | Advanced |
| lip_abs_pc_13 | PC (18:0/20:0) | | text (number) [μmol] | Advanced |
| lip_abs_pc_14 | PC (18:0/20:1) | | text (number) [μmol] | Advanced |
| lip_abs_pc_15 | PC (18:0/20:2) | | text (number) [μmol] | Advanced |
| lip_abs_pc_16 | PC (18:0/20:3) | | text (number) [μmol] | Advanced |
| lip_abs_pc_17 | PC (18:0/20:5) | | text (number) [μmol] | Advanced |
| lip_abs_pc_18 | PC (18:0/22:4) | | text (number) [μmol] | Advanced |
| lip_abs_pc_19 | PC (18:1/18:2) | | text (number) [μmol] | Advanced |
| lip_abs_pc_20 | PC (18:1/18:3) | | text (number) [μmol] | Advanced |
| lip_abs_pc_21 | PC (18:1/20:5) | | text (number) [μmol] | Advanced |
| lip_abs_pc_22 | PC (18:1/22:4) | | text (number) [μmol] | Advanced |

| | | | | |
|------------------|-----------------|--|-----------------------------------|----------|
| lip_abs_pc_23 | PC (18:1/22:5) | | text (number) [μmol] | Advanced |
| lip_abs_pc_24 | PC (18:2/20:5) | | text (number) [μmol] | Advanced |
| lip_abs_pc_25 | PC (18:2/22:5) | | text (number) [μmol] | Advanced |
| lip_abs_pc_26 | PC (18:2/22:6) | | text (number) [μmol] | Advanced |
| lip_abs_pc_27 | PC (20:0/20:1) | | text (number) [μmol] | Advanced |
| lip_abs_pc_28 | PC (20:0/20:2) | | text (number) [μmol] | Advanced |
| lip_abs_pc_29 | PC (20:0/20:3) | | text (number) [μmol] | Advanced |
| lip_abs_pc_30 | PC (20:0/22:4) | | text (number) [μmol] | Advanced |
| lip_abs_pc_31 | PC (20:0/22:5) | | text (number) [μmol] | Advanced |
| lip_abs_pc_32 | PC (20:0/22:6) | | text (number) [μmol] | Advanced |
| lip_abs_pc_total | TOTAL SUM OF PC | | text (number) [μmol] | Advanced |
| lip_abs_pe_1 | PE (16:0/16:0) | | text (number) [μmol] | Advanced |
| lip_abs_pe_2 | PE (16:0/16:1) | | text (number) [μmol] | Advanced |
| lip_abs_pe_3 | PE (16:0/18:1) | | text (number) [μmol] | Advanced |
| lip_abs_pe_4 | PE (16:0/18:2) | | text (number) [μmol] | Advanced |
| lip_abs_pe_5 | PE (16:0/20:1) | | text (number) [μmol] | Advanced |
| lip_abs_pe_6 | PE (16:0/20:2) | | text (number) [μmol] | Advanced |
| lip_abs_pe_7 | PE (16:0/20:3) | | text (number) [μmol] | Advanced |
| lip_abs_pe_8 | PE (18:0/16:0) | | text (number) [μmol] | Advanced |
| lip_abs_pe_9 | PE (18:0/18:0) | | text (number) [μmol] | Advanced |
| lip_abs_pe_10 | PE (18:0/18:2) | | text (number) [μmol] | Advanced |
| lip_abs_pe_11 | PE (18:0/20:5) | | text (number) [μmol] | Advanced |
| lip_abs_pe_12 | PE (18:0/22:4) | | text (number) [μmol] | Advanced |
| lip_abs_pe_13 | PE (18:1/20:1) | | text (number) [μmol] | Advanced |
| lip_abs_pe_14 | PE (18:1/22:4) | | text (number) [μmol] | Advanced |
| lip_abs_pe_15 | PE (18:1/22:6) | | text (number) [μmol] | Advanced |
| lip_abs_pe_16 | PE (18:2/16:1) | | text (number) [μmol] | Advanced |
| lip_abs_pe_17 | PE (18:2/18:2) | | text (number) [μmol] | Advanced |
| lip_abs_pe_18 | PE (18:2/18:3) | | text (number) [μmol] | Advanced |
| lip_abs_pe_19 | PE (18:2/20:1) | | text (number) [μmol] | Advanced |

| | | | | |
|-------------------|-----------------------|-------------|-----------------------------------|----------|
| lip_abs_pe_20 | PE (18:2/20:2) | | text (number) [μmol] | Advanced |
| lip_abs_pe_21 | PE (18:2/20:4) | | text (number) [μmol] | Advanced |
| lip_abs_pe_22 | PE (18:2/20:5) | | text (number) [μmol] | Advanced |
| lip_abs_pe_23 | PE (18:2/22:6) | | text (number) [μmol] | Advanced |
| lip_abs_pe_total | TOTAL SUM OF PE | | text (number) [μmol] | Advanced |
| | Relative value | | | |
| lip_rel_sm_1 | SM (d18:1/14:0) | | text (number) | Advanced |
| lip_rel_sm_2 | SM (d18:1/16:0) | | text (number) | Advanced |
| lip_rel_sm_3 | SM (d18:1/18:0) | | text (number) | Advanced |
| lip_rel_sm_4 | SM (d18:1/18:1) | | text (number) | Advanced |
| lip_rel_sm_5 | SM (d18:1/20:0) | | text (number) | Advanced |
| lip_rel_sm_6 | SM (d18:1/20:1) | | text (number) | Advanced |
| lip_rel_sm_7 | SM (d18:1/22:1) | | text (number) | Advanced |
| lip_rel_sm_8 | SM (d18:1/24:0) | | text (number) | Advanced |
| lip_rel_sm_9 | SM (d18:1/24:1) | | text (number) | Advanced |
| lip_rel_sm_10 | SM (d18:1/26:1) | | text (number) | Advanced |
| lip_rel_sm_total | SM TOTAL | 100% of SM | text (number) | Advanced |
| lip_rel_cer_1 | CER (d18:1/14:0) | | text (number) | Advanced |
| lip_rel_cer_2 | CER (d18:1/16:0) | | text (number) | Advanced |
| lip_rel_cer_3 | CER (d18:1/18:0) | | text (number) | Advanced |
| lip_rel_cer_4 | CER (d18:1/20:0) | | text (number) | Advanced |
| lip_rel_cer_5 | CER (d18:1/20:1) | | text (number) | Advanced |
| lip_rel_cer_6 | CER (d18:1/22:0) | | text (number) | Advanced |
| lip_rel_cer_7 | CER (d18:1/22:1) | | text (number) | Advanced |
| lip_rel_cer_8 | CER (d18:1/24:0) | | text (number) | Advanced |
| lip_rel_cer_9 | CER (d18:1/24:1) | | text (number) | Advanced |
| lip_rel_cer_10 | CER (d18:1/26:0) | | text (number) | Advanced |
| lip_rel_cer_11 | CER (d18:1/26:1) | | text (number) | Advanced |
| lip_rel_cer_total | CER TOTAL | 100% of CER | text (number) | Advanced |
| lip_rel_lpe_1 | LPE (16:0) | | text (number) | Advanced |

| | | | | |
|-------------------|------------|-------------|---------------|----------|
| lip_rel_lpe_2 | LPE (16:1) | | text (number) | Advanced |
| lip_rel_lpe_3 | LPE (18:0) | | text (number) | Advanced |
| lip_rel_lpe_4 | LPE (18:1) | | text (number) | Advanced |
| lip_rel_lpe_5 | LPE (18:2) | | text (number) | Advanced |
| lip_rel_lpe_6 | LPE (18:3) | | text (number) | Advanced |
| lip_rel_lpe_7 | LPE (20:0) | | text (number) | Advanced |
| lip_rel_lpe_8 | LPE (20:1) | | text (number) | Advanced |
| lip_rel_lpe_9 | LPE (20:2) | | text (number) | Advanced |
| lip_rel_lpe_10 | LPE (20:3) | | text (number) | Advanced |
| lip_rel_lpe_11 | LPE (20:4) | | text (number) | Advanced |
| lip_rel_lpe_12 | LPE (20:5) | | text (number) | Advanced |
| lip_rel_lpe_13 | LPE (22:4) | | text (number) | Advanced |
| lip_rel_lpe_14 | LPE (22:5) | | text (number) | Advanced |
| lip_rel_lpe_15 | LPE (22:6) | | text (number) | Advanced |
| lip_rel_lpe_total | LPE TOTAL | 100% of LPE | text (number) | Advanced |
| lip_rel_lpc_1 | LPC (14:0) | | text (number) | Advanced |
| lip_rel_lpc_2 | LPC (16:0) | | text (number) | Advanced |
| lip_rel_lpc_3 | LPC (16:1) | | text (number) | Advanced |
| lip_rel_lpc_4 | LPC (18:0) | | text (number) | Advanced |
| lip_rel_lpc_5 | LPC (18:1) | | text (number) | Advanced |
| lip_rel_lpc_6 | LPC (18:2) | | text (number) | Advanced |
| lip_rel_lpc_7 | LPC (18:3) | | text (number) | Advanced |
| lip_rel_lpc_8 | LPC (20:0) | | text (number) | Advanced |
| lip_rel_lpc_9 | LPC (20:1) | | text (number) | Advanced |
| lip_rel_lpc_10 | LPC (20:2) | | text (number) | Advanced |
| lip_rel_lpc_11 | LPC (20:3) | | text (number) | Advanced |
| lip_rel_lpc_12 | LPC (20:4) | | text (number) | Advanced |
| lip_rel_lpc_13 | LPC (20:5) | | text (number) | Advanced |
| lip_rel_lpc_14 | LPC (22:4) | | text (number) | Advanced |
| lip_rel_lpc_15 | LPC (22:5) | | text (number) | Advanced |

| | | | | |
|-------------------|----------------|-------------|---------------|----------|
| lip_rel_lpc_16 | LPC (22:6) | | text (number) | Advanced |
| lip_rel_lpc_17 | LPC (22:0) | | text (number) | Advanced |
| lip_rel_lpc_total | LPC TOTAL | 100% of LPC | text (number) | Advanced |
| lip_rel_pc_1 | PC (14:1/14:1) | | text (number) | Advanced |
| lip_rel_pc_2 | PC (16:0/14:0) | | text (number) | Advanced |
| lip_rel_pc_3 | PC (16:0/16:1) | | text (number) | Advanced |
| lip_rel_pc_4 | PC (16:0/18:0) | | text (number) | Advanced |
| lip_rel_pc_5 | PC (16:0/18:1) | | text (number) | Advanced |
| lip_rel_pc_6 | PC (16:0/18:2) | | text (number) | Advanced |
| lip_rel_pc_7 | PC (16:0/20:2) | | text (number) | Advanced |
| lip_rel_pc_8 | PC (16:0/20:5) | | text (number) | Advanced |
| lip_rel_pc_9 | PC (16:0/22:4) | | text (number) | Advanced |
| lip_rel_pc_10 | PC (16:1/18:2) | | text (number) | Advanced |
| lip_rel_pc_11 | PC (18:0/14:0) | | text (number) | Advanced |
| lip_rel_pc_12 | PC (18:0/18:0) | | text (number) | Advanced |
| lip_rel_pc_13 | PC (18:0/20:0) | | text (number) | Advanced |
| lip_rel_pc_14 | PC (18:0/20:1) | | text (number) | Advanced |
| lip_rel_pc_15 | PC (18:0/20:2) | | text (number) | Advanced |
| lip_rel_pc_16 | PC (18:0/20:3) | | text (number) | Advanced |
| lip_rel_pc_17 | PC (18:0/20:5) | | text (number) | Advanced |
| lip_rel_pc_18 | PC (18:0/22:4) | | text (number) | Advanced |
| lip_rel_pc_19 | PC (18:1/18:2) | | text (number) | Advanced |
| lip_rel_pc_20 | PC (18:1/18:3) | | text (number) | Advanced |
| lip_rel_pc_21 | PC (18:1/20:5) | | text (number) | Advanced |
| lip_rel_pc_22 | PC (18:1/22:4) | | text (number) | Advanced |
| lip_rel_pc_23 | PC (18:1/22:5) | | text (number) | Advanced |
| lip_rel_pc_24 | PC (18:2/20:5) | | text (number) | Advanced |
| lip_rel_pc_25 | PC (18:2/22:5) | | text (number) | Advanced |
| lip_rel_pc_26 | PC (18:2/22:6) | | text (number) | Advanced |
| lip_rel_pc_27 | PC (20:0/20:1) | | text (number) | Advanced |

| | | | | |
|------------------|----------------|------------|---------------|----------|
| lip_rel_pc_28 | PC (20:0/20:2) | | text (number) | Advanced |
| lip_rel_pc_29 | PC (20:0/20:3) | | text (number) | Advanced |
| lip_rel_pc_30 | PC (20:0/22:4) | | text (number) | Advanced |
| lip_rel_pc_31 | PC (20:0/22:5) | | text (number) | Advanced |
| lip_rel_pc_32 | PC (20:0/22:6) | | text (number) | Advanced |
| lip_rel_pc_total | PC TOTAL | 100% of PC | text (number) | Advanced |
| lip_rel_pe_1 | PE (16:0/16:0) | | text (number) | Advanced |
| lip_rel_pe_2 | PE (16:0/16:1) | | text (number) | Advanced |
| lip_rel_pe_3 | PE (16:0/18:1) | | text (number) | Advanced |
| lip_rel_pe_4 | PE (16:0/18:2) | | text (number) | Advanced |
| lip_rel_pe_5 | PE (16:0/20:1) | | text (number) | Advanced |
| lip_rel_pe_6 | PE (16:0/20:2) | | text (number) | Advanced |
| lip_rel_pe_7 | PE (16:0/20:3) | | text (number) | Advanced |
| lip_rel_pe_8 | PE (18:0/16:0) | | text (number) | Advanced |
| lip_rel_pe_9 | PE (18:0/18:0) | | text (number) | Advanced |
| lip_rel_pe_10 | PE (18:0/18:2) | | text (number) | Advanced |
| lip_rel_pe_11 | PE (18:0/20:5) | | text (number) | Advanced |
| lip_rel_pe_12 | PE (18:0/22:4) | | text (number) | Advanced |
| lip_rel_pe_13 | PE (18:1/20:1) | | text (number) | Advanced |
| lip_rel_pe_14 | PE (18:1/22:4) | | text (number) | Advanced |
| lip_rel_pe_15 | PE (18:1/22:6) | | text (number) | Advanced |
| lip_rel_pe_16 | PE (18:2/16:1) | | text (number) | Advanced |
| lip_rel_pe_17 | PE (18:2/18:2) | | text (number) | Advanced |
| lip_rel_pe_18 | PE (18:2/18:3) | | text (number) | Advanced |
| lip_rel_pe_19 | PE (18:2/20:1) | | text (number) | Advanced |
| lip_rel_pe_20 | PE (18:2/20:2) | | text (number) | Advanced |
| lip_rel_pe_21 | PE (18:2/20:4) | | text (number) | Advanced |
| lip_rel_pe_22 | PE (18:2/20:5) | | text (number) | Advanced |
| lip_rel_pe_23 | PE (18:2/22:6) | | text (number) | Advanced |
| lip_rel_pe_total | PE TOTAL | 100% of PE | text (number) | Advanced |

| | | | | |
|-------------------|-------------------------------|---|------------------------|----------|
| lip_rel_total_sm | TOTAL SM = | Percentage of SM from the total amount | text (number) | Advanced |
| lip_rel_total_cer | TOTAL CER | Percentage of CER from the total amount | text (number) | Advanced |
| lip_rel_total_lpe | TOTAL LPE | Percentage of LPE from the total amount | text (number) | Advanced |
| lip_rel_total_lpc | TOTAL LPC | Percentage of LPC from the total amount | text (number) | Advanced |
| lip_rel_total_pc | TOTAL PC | Percentage of PC from the total amount | text (number) | Advanced |
| lip_rel_total_pe | TOTAL PE | Percentage of PE from the total amount | text (number) | Advanced |
| lip_rel_total_all | TOTAL | Total amount | text (number) | Advanced |
| | Ceramides Ratio | | | |
| lip_cer_ratio_1 | CER (d18:1/16:0)/(d18:1/24:0) | | text (number) | Advanced |
| lip_cer_ratio_2 | CER (d18:1/18:0)/(d18:1/24:0) | | text (number) | Advanced |
| lip_cer_ratio_3 | CER (d18:1/24:1)/(d18:1/24:0) | | text (number) | Advanced |
| lip_cer_ratio_4 | CER (d18:1/14:0) | | text (number) [nmol/l] | Advanced |
| lip_cer_ratio_5 | CER (d18:1/20:0) | | text (number) [nmol/l] | Advanced |
| lip_cer_ratio_6 | CER (d18:1/20:1) | | text (number) [nmol/l] | Advanced |
| lip_cer_ratio_7 | CER (d18:1/22:0) | | text (number) [nmol/l] | Advanced |
| lip_cer_ratio_8 | CER (d18:1/22:1) | | text (number) [nmol/l] | Advanced |
| lip_cer_ratio_9 | CER (d18:1/26:0) | | text (number) [nmol/l] | Advanced |
| lip_cer_ratio_10 | CER (d18:1/26:1) | | text (number) [nmol/l] | Advanced |

2. HBM4U

Dr. Geraldo Neto

212 complete cases are available.

| Variable name | Parameter | LOD (ng/ml) | LOQ (ng/ml) | Values | Unit | Type of data |
|---------------|-----------|-------------|-------------|---------------|--------|--------------|
| pfpa | PFPA | 0.01 | 0.04 | text (number) | [ug/l] | Advanced |
| pfhxa | PFHxA | 0.01 | 0.04 | text (number) | [ug/l] | Advanced |
| pfhpa | PFHpA | 0.01 | 0.03 | text (number) | [ug/l] | Advanced |
| pfoa | PFOA | 0.02 | 0.07 | text (number) | [ug/l] | Advanced |
| pfna | PFNA | 0.004 | 0.012 | text (number) | [ug/l] | Advanced |
| pfda | PFDA | 0.004 | 0.01 | text (number) | [ug/l] | Advanced |
| pfunda | PFUnDA | 0.004 | 0.012 | text (number) | [ug/l] | Advanced |
| pfdoda | PFDoDA | 0.005 | 0.016 | text (number) | [ug/l] | Advanced |
| pfbs | PFBS | 0.01 | 0.016 | text (number) | [ug/l] | Advanced |
| pfhxs | PFHxS | 0.004 | 0.014 | text (number) | [ug/l] | Advanced |
| pfhps | PFHpS | 0.005 | 0.04 | text (number) | [ug/l] | Advanced |
| pfos | PFOS | 0.03 | 0.014 | text (number) | [ug/l] | Advanced |

4. Calculated variables

This chapter contains the variables calculated by the definitions.

1. Cardiovascular Health Index

Table 1. Definition of cardiovascular health metrics.

| Metric | Definition |
|--------------------|--|
| Body mass index | Ideal $<25 \text{ kg/m}^2$ Intermediate $25\text{--}29.9 \text{ kg/m}^2$ Poor $\geq 30 \text{ kg/m}^2$ |
| Physical activity | Ideal $\geq 150 \text{ min/week moderate, } \geq 75 \text{ min/week vigorous or } \geq 150 \text{ min/week moderate + vigorous}$ Intermediate $1\text{--}149 \text{ min/ week moderate or } 1\text{--}74 \text{ min/week vigorous or } 1\text{--}149 \text{ min/week moderate + vigorous}$ Poor None |
| Smoking status | Ideal Never or quit $>12 \text{ months}$ Intermediate Former $\leq 12 \text{ months}$ Poor Current |
| Healthy diet score | Ideal 4–5 Components Intermediate 2–3 Components Poor 0–1 Component Components defined as <ul style="list-style-type: none"> • $\geq 4.5 \text{ cups/day}$ of fruits and vegetables: approximated as $\geq 4.5 \text{ servings/day}$ • $\geq 2 \text{ 3.5 oz servings/week}$ of fish • $\geq 3 \text{ 1 oz. servings/day}$ of whole grains: approximated as $\geq 3 \text{ servings/day}$ • $< 1500 \text{ mg/day}$ of sodium a day • $\leq 450 \text{ kcal or } 36 \text{ oz/week}$ of sweets/sugar sweetened beverages |
| Blood pressure | Ideal SBP <120 and DBP $<80 \text{ mmHg}$, without medication or physician diagnosis of hypertension Intermediate SBP $120\text{--}139$ or DBP $80\text{--}89 \text{ mmHg}$, or treated to $<120/ <80 \text{ mmHg}$ Poor SBP ≥ 140 or DBP $\geq 90 \text{ mmHg}$ |
| Total cholesterol | Ideal $<5.17 \text{ mmol/l}$, not on lipid lowering prescription medications Intermediate $5.17\text{--}6.18 \text{ mmol/l}$, or treated to $<5.17 \text{ mmol/l}$ Poor $\geq 6.19 \text{ mmol/l}$ |
| Glucose | Ideal $<5.55 \text{ mmol/l}$, not on glucose-lowering medication or having a diagnosis of diabetes Intermediate $5.55\text{--}6.94 \text{ mmol/l}$, or treated to $<5.55 \text{ mmol/l}$ Poor $\geq 6.95 \text{ mmol/l}$ |

SBP: systolic blood pressure; DBP: diastolic blood pressure.

1 oz represents approximately 28.4 g.

262 complete cases reports are available.

| Variable name | Parameter | Explanatory notes | Values | Type of data |
|-----------------|--|---|---------------------------------|--------------|
| cvh_smoke | Healthy metric Smoking score | Ideal = 1 Intermediate = 0.5 Poor = 0 | text (number) | Advanced |
| cvh_bmi_2 | Body Mass Index category | Ideal = 1 Intermediate = 0.5 Poor = 0 | text (number) | Advanced |
| cvh_pa | Physical activity | Ideal = 1 Intermediate = 0.5 Poor = 0 | text (number) | Advanced |
| cvh_fast_ser_gl | Fasting serum glucose | Ideal = 1 Intermediate = 0.5 Poor = 0 | text (number) | Advanced |
| cvh_tot_chol | Total cholesterol | Ideal = 1 Intermediate = 0.5 Poor = 0 | text (number) | Advanced |
| cvh_bp | Blood pressure | Ideal = 1 Intermediate = 0.5 Poor = 0 | text (number) | Advanced |
| cvh_hds | Healthy diet score | Ideal = 1 Intermediate = 0.5 Poor = 0 | text (number) | Advanced |
| | Cardiovascular health index | | | |
| cvh_total | TOTAL CVH index score | Sum of all healthy metrics | text (number), Min = 0, Max = 7 | Advanced |

2. Diabetes Mellitus

| Variable name | Parameter | Definition | Values |
|----------------|--|--|-------------------------|
| calc_diabetes2 | Prediabetes <i>ADA criteria (2021), ESC guidelines (2023)</i> | <ol style="list-style-type: none"> 1. FPG 100 mg/dL (5.6 mmol/L) to 125 mg/dL (6.9 mmol/L) (IFG) AND 2. Without medication AND 3. Exclude diabetes | 1, present 0, absent |
| calc_diabetes | Diabetes Mellitus | <ol style="list-style-type: none"> 1. FPG ≥ 126 mg/dL (glucose ≥ 7.0 mmol/L). Fasting is defined as no caloric intake for at least 8 h. OR 2. self-report of diabetes OR 3. using antidiabetic drugs or insulin | 1, present 0, absent |
| calc_diabetes3 | Diabetes Mellitus - controlled | <ol style="list-style-type: none"> 1. Personal history of diabetes AND 2. Fasting blood glucose lower than 130 mg/dL (7.0 mmol) | 1, present 0, absent |
| calc_cvd_dm | Cardiovascular Disease for Diabetes | <ol style="list-style-type: none"> 1. Self-report of Angina pectoris/ ischemic heart OR 2. Self-report of Stroke OR 3. Self-report of Heart attack OR 4. Self-report of Percutaneous coronary intervention OR 5. Self-report of Coronary artery bypass grafting OR 6. Self-report of Peripheral arterial disease OR 7. Presence of Chronic Kidney disease defined as eGRF < 60 ml/min/173m² (1 ml/s/173m²) OR 8. Microalbuminuria defined as ACR ≥ 30 mg albumine/g creatinine (3.39 mg/mmol) | 1, present 0, absent |

3. Hypertension

| Variable name | Parameter | Definition | Values |
|------------------------|--|---|-------------------------|
| calc_hyper | Hypertension | <ol style="list-style-type: none"> Office SBP values ≥ 140 mmHg OR diastolic BP (DBP) values ≥ 90 mmHg OR self-reported previous diagnosis of hypertension OR using prescribed medicine to lower blood pressure. | 1, present 0, absent |
| calc_hyper_treat | Hypertension – treated | <ol style="list-style-type: none"> the response “yes” to the question, Have you used antihypertensive drugs during the last two weeks?" OR using prescribed medicine to lower blood pressure | 1, present 0, absent |
| calc_hyper_aware | Hypertension - aware | <ol style="list-style-type: none"> Self-reported previous diagnosis of hypertension, OR ” We assumed that all those who were “treated” were also “aware” | 1, present 0, absent |
| calc_hyper_treat_cont | Hypertension – treated and controlled | <ol style="list-style-type: none"> “Treated” AND Having mean systolic BP < 140 mm Hg per the office BP measurement AND Diastolic BP < 90 mmHg per the office BP measurement | 1, present 0, absent |
| calc_hyper_treat_cont2 | Hypertension – treated and controlled (130/80) | <ol style="list-style-type: none"> “Treated” AND Having mean systolic BP < 130 mm Hg per the office BP measurement AND Diastolic BP < 80 mmHg per the office BP measurement | 1, present 0, absent |

4. Variables Calculated Based on Kardioviz Definitions

| Variable name | Parameter | Definition | Values |
|---------------|---|--|---|
| calc_smoke | Smoking category | <ol style="list-style-type: none"> 1. <u>Current smoker</u>: Smoking daily, less than daily or occasionally OR having stop smoking less than year ago 2. <u>Past smoker</u>: Having stopped smoking at least a year ago 3. <u>Never smoker</u>: Smoked less than 100 cigarettes in a lifetime | 0, Missing values 1, Current smoker 2, Past smoker 3, Never smoker |
| calc_physcat | Physical Activity category | <ol style="list-style-type: none"> 1. Definition according to official guideline: https://ugc.futurelearn.com/uploads/files/bc/c5/bcc53b14-ec1e-4d90-88e3-1568682f32ae/IPAQ_PDF.pdf | 0, Missing values 1, Low physical activity 2, Moderate physical activity 3, High physical activity |
| calc_ph_isch | Personal History of Ischaemic heart disease | <ol style="list-style-type: none"> 1. Self-report of Angina pectoris/ ischemic heart OR 2. Self-report of Heart attack OR 3. Self-report of Percutaneous coronary intervention OR 4. Self-report of Coronary artery bypass grafting) | 0, Absent 1, Present |
| calc_pad | Personal History of Peripheral arterial disease | <ol style="list-style-type: none"> 1. Self-report of Peripheral arterial disease | 0, Absent 1, Present |
| calc_ph_cvd | Personal history of CVD: | <ol style="list-style-type: none"> 1. Self-report of Angina pectoris/ ischemic heart OR 2. Self-report of Stroke OR 3. Self-report of Heart attack OR 4. Self-report of Percutaneous coronary intervention OR 5. Self-report of Coronary artery bypass grafting OR 6. Self-report of Cardiac failure OR 7. Self-report of Peripheral arterial disease | 0, Absent 1, Present |
| calc_kidney | Laboratory markers of kidney function impairment for CVD risk assessment: | <ol style="list-style-type: none"> 1. Estimation of glomerular filtration eGFR (CKD-EPI) < 60 ml/min/173m² (1 ml/s/173m²) OR 2. Albumin/Creatinine ratio (ACR) >= 30 mg/g (3.39 mg/mmol) | 0, Absent 1, Present |

| | | | |
|-------------|---|---|-------------------------|
| calc_ao | Abdominal Obesity | <ol style="list-style-type: none"> 1. Waist circumference \geq 94 cm in men 2. Waist circumference \geq80 cm in women | 0, Absent 1, Present |
| calc_ao_hr | Abdominal Obesity - high risk | <ol style="list-style-type: none"> 1. Waist circumference \geq 102 cm in men 2. Waist circumference \geq88 cm in women | 0, Absent 1, Present |
| calc_metsyn | <p>Metabolic syndrom defined by IDF 2009</p> <p>https://www.uptodate.com/contents/search?search=metabolic%20syndrome</p> | <p>Simultaneous presence of 3 or more of the metabolic syndrome components below:</p> <ol style="list-style-type: none"> 1. <u>High TG</u>: TG level \geq1.7 mmol/l OR treatment with fibrates or nicotine acid 2. <u>Low HDL-cholesterol</u>: low HDL level (<1 mmol/l in men and <1.3 mmol/l in women OR treatment with fibrates or nicotine acid 3. <u>Dysglycemia</u>: previously diagnosed diabetes mellitus OR treatment of elevated glucose OR fasting plasma glucose \geq5.6 mmol/l 4. <u>High Blood Pressure</u>: systolic BP \geq130 mmHg OR diastolic BP \geq85 mmHg OR treatment of elevated BP | 0, Absent 1, Present |