

Codebook base de datos exploratoria ESMaestras evaluación basal

La base de datos exploratoria ESMaestras es una base de datos con variables seleccionadas a partir de la evaluación basal (n=115,307).

La base de datos contiene variables socioeconómicas, clínicas, reproductivas y del estilo de vida (tabaquismo, dieta, uso de multivitamínicos). El objetivo de la base de datos no es realizar análisis para su publicación. Las variables incluidas tienen el propósito de caracterizar a la población de estudio y generar interés para el análisis de la cohorte y/o generar hipótesis basadas en la disponibilidad de los datos. Además, el uso de esta base de datos exploratoria, permite familiarizarse con las características de la población de estudio.

Para mayor información de las variables disponibles en la evaluación basal y los ciclos de seguimiento, consulte la página web de ESMaestras www.esmaestras.org, en la sección "Investigadores", apartado "Disponibilidad de datos".

VARNUM	VARIABLE NAME	LABEL	TYPE	VARIABLE LABEL
1	OBS_NUM	Observation number	numeric	
2	AGE	Age at baseline, years	numeric	
3	WEIGHT	Self-report of body weight, kg	numeric	
4	HEIGHT	Self-report of height, cm	numeric	
5	BMI	Body Mass Index, Kg/M2	numeric	
6	WAIST	Waist circumference, cm	numeric	
7	HIP	Hip circumference, cm	numeric	
8	SITE	State of residence	character	1=BAJA CALIFORNIA 2=CHIAPAS 3=CIUDAD DE MÉXICO 4=DURANGO 5=GUANAJUATO 6=HIDALGO 7=JALISCO 8=ESTADO DE MÉXICO 9=NUEVO LEÓN 10=SONORA 11=VERACRUZ 12=YUCATÁN
9	MARITALS	Marital status	character	1=SINGLE 2=FREE UNION 3=MARRIED 4=DIVORCED 5=WIDOWED
10	INDIG	Indigenous ethnicity according to whether the participant or her parents spoke an indigenous language	character	0=NO 1=YES
11	HEALTHS	Use of health services for serious illness	character	1=ISSSTE 2=IMSS 3=SECRETARIA DE SALUD 4=SEDENA 5=SEMAR 6=PRIVATE 7=OTHER
12	SES	Tertiles of low, medium and high socioeconomic status	character	1=LOW 2=MEDIUM 3=HIGH
13	SMK	Smoking status	character	1=NEVER 2=PAST 3=CURRENT SMOKER
14	MNP	Menopause status. Ceasing menstruation for at least 12 continuous months	character	0=PREMENOPAUSE 1=POSTMENOPAUSE 2=UNKNOWN
15	PARITY	Total number of pregnancies	numeric	
16	AFB	Age at first birth	numeric	
17	PMH	Post-menopausal hormone use	character	1=CURRENT USER 2=PAST USER 3=NEVER USER 4=PAST OR CURRENT
18	OC	Hormonal contraceptive use	character	0=NEVER 1=EVER
19	BFC	Duration of breast feeding	character	0=NULLIPAROUS 1=DID NOT BREASTFEED 2=<6 MONTHS 3=6-12 MONTHS 4=12-24 MONTHS 5=>24 MONTHS
20	F_HYPERTN	Family history of hypertension	character	1=YES 2=NO 3=UNKNOWN
21	F_DIAB	Family history of diabetes	character	1=YES 2=NO 3=UNKNOWN
22	F_MI	Family history of myocardial infarction	character	1=YES 2=NO 3=UNKNOWN
23	F_BREASTCA	Family history of breast cancer	character	1=YES 2=NO 3=UNKNOWN
24	HYPERTN	Self-report of medical diagnosis, under treatment or year of diagnosis for hypertension	character	0=NO 1=YES
25	DIAB	Self-report of medical diagnosis, under treatment or year of diagnosis for type 2 diabetes	character	0=NO 1=YES
26	MI	Self-report of medical diagnosis, under treatment or year of diagnosis for myocardial infarction	character	0=NO 1=YES
27	BREASTCA	Self-report of medical diagnosis, under treatment, year of diagnosis, or breast biopsy for cancer	character	0=NO 1=YES
28	HYPERCHOL	Self-report of medical diagnosis, under treatment or year of diagnosis for high cholesterol	character	0=NO 1=YES
29	LIVERD	Self-report of medical diagnosis, under treatment or year of diagnosis for liver disease or cirrhosis	character	0=NO 1=YES
30	THYRD	Self-report of medical diagnosis, under treatment or year of diagnosis for thyroid disease	character	0=NO 1=YES
31	TOTMET	Recreational and no recreational moderate and vigorous physical activity, METS/week	numeric	
32	ENER_KCAL	Calorie intake, kcals/day	numeric	
33	FV	Servings per day of fruits and vegetables	numeric	
34	DAIRY	Servings per day of whole, semi-skim and skim milk	numeric	
35	SSB	Servings per day of sugar sweetened beverages (sugary soda)	numeric	
36	RMEAT	Servings per day of red meat	numeric	
37	WHOLE_GR	Servings per day of whole grains	numeric	
38	MULTIV	Use of multivitamins in the last year	character	0=NO 1=YES