

# IHIS Extraction and Analysis

## Exercise 2

**OBJECTIVE:** Gain an understanding of how the IHIS dataset is structured and how it can be leveraged to explore your research interests. This exercise will use the IHIS dataset to explore associations among BMI, poverty, health status, sleep, and frequency of exercise.

## Research Questions

Is there a relationship between hours of sleep and health status? What is the relationship between health and poverty status, controlling for physiology?

## Objectives

- Create and download an IHIS data extract
- Decompress data file and read data into SPSS
- Analyze the data using sample code
- Validate data analysis work using answer key

## IHIS Variables

- AGE: Age
- SEX: Sex
- POORYN: Above or Below Poverty threshold
- HEALTH: Health status
- BMI: Body Mass Index
- HRSLEEP: Usual hours of sleep per day
- VIG10FWK: Frequency of vigorous activity (10+min) per week

## SPSS Code to Review

Code	Purpose
compute	Creates a new variable
freq	Displays a simple tabulation and frequency of one variable
crosstabs	Displays a cross-tabulation for up to 2 variables and a control
~=	Not equal to

## Review Answer Key (page 8)

### Common Mistakes to Avoid

- 1 - Excluding cases you don't mean to. Avoid this by turning off weights and select cases after use or using the temporary command, otherwise changes in selected cases will apply to all subsequent analyses.
- 2 - Terminating commands prematurely or forgetting to end commands with a period (.) Avoid this by carefully noting the use of periods in this exercise.

## Registering with IHIS

Go to <http://www.ihis.us>, click on User Registration and Login and Apply for access. Log in if you are a registered user. If you are a first time user, enter an email address and password, then submit your user information so you can create IHIS data extracts.

### Step 1

#### Make an Extract

- Return to the homepage and click on Browse and Select Data.
- Click the Select Samples box, and check the boxes for the 2004 through 2010 samples.
- Click the Submit sample selections box. Using the drop down menu or search feature, select the following variables and add them to your data cart using the plus symbols to the left of the variable:

AGE: Age

SEX: Sex

POORYN: Above or Below Poverty threshold

HEALTH: Health status

BMI: Body Mass Index

HRSLEEP: Usual hours of sleep per day

VIG10FWK: Frequency of vigorous activity (10+min) per week

...

### Step 2

#### Request the Data

- Click the green VIEW CART button under your data cart
- Review variable selection. Note that additional variables are in your data cart. The data extract system automatically supplies variables that indicate the sample (YEAR), are needed for variance estimation (SERIAL, PERNUM), and are used for weighting the variables and years selected. Click the green Create Data Extract button.
- Review the 'Extract Request Summary' screen, describe your extract, and click Submit Extract.
- You will receive an email when the data is available to download.
- To access the page to download the data, follow the link in the email, or click on the Download or Revise Extracts link on the homepage.

## Getting the data into your statistics software

The following instructions are for SPSS. If you would like to use a different stats package, see: [https://www.ihis.us/ihis/extract\\_instructions.shtml](https://www.ihis.us/ihis/extract_instructions.shtml)

### Step 1

#### Download the Data

...

### Step 2

#### Decompress the Data

...

### Step 3

#### Read in the Data

- Go to <http://www.ihis.us/> and click on Download or Revise Extracts.
  - Right-click on the Data link next to extract you created.
  - Choose "Save Target As..." (or "Save Link As...").
  - Save into "Documents" (Documents should pop up as the default location).
  - Do the same for the SPSS link next to the Data link.
- ...
- Find the "Documents" folder under the Start menu.
  - Right click on the ".dat" file.
  - Use your decompression software to extract the .dat file.
  - Double-check that the Documents folder contains three files starting "ihis\_000...".
  - Free decompression software is available at <http://www.irnis.net/soft/wingzip/>
- ...
- Double click on the ".sps" file, which should automatically have been named "ihis\_000.....".
  - The first two lines should read:  

```
cd "."  
data list file = "ihis_000..."/
```
  - Change the first line to read: cd (location where you've been saving your files). For example:  

```
cd "C:\ Documents".
```
  - Change the second line to read:  

```
data list file = "C:\ Documents\ ihis_000...dat"/
```
  - Under the "Run" menu, select "All"; an output viewer window will open.
  - Use the Syntax Editor for the SPSS code below, highlight the code, and choose "Selection" under the Run menu.

## Analyze the Sample – Part I Group Means

### Section 1

### Analyze the Data

A) On the website, find the codes page for the HRSLEEP and HEALTH variables. What code values for HRSLEEP should be excluded to avoid skewing the average number of hours slept? How would you restrict the code values for HEALTH to eliminate unknown responses?

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B) Suppose you wanted to study the relationship between hours of sleep and health status. Determine the average reported hours of sleep per night by health status. On average, how many hours does an individual with excellent health in this sample sleep per night? \_\_\_\_\_

```
select if (hrsleep>0 & hrsleep<25 & health<7).  
means tables = hrsleep by health  
/cells mean count stddev.
```

C) Is there a noticeable trend between health status and hours of sleep using this sample? \_\_\_\_\_

D) Does the trend change for people under 60 in this sample?

---

```
select if (hrsleep>0 & hrsleep<25 & health<7 & age<60).  
means tables = hrsleep by health  
/cells mean count stddev.
```

## Analyze the Sample – Part II Weighting the Data

To get a more accurate estimation of demographic patterns from the sample, you will have to use the person weight.

### Section 1

### Weight the Data

A) Without weights, what proportion of people in this sample was below the poverty threshold in 2010? \_\_\_\_\_

```
crosstabs
/tables = year by pooryn
/cells = count row.
```

B) Using weights, what proportion of the population was below the poverty threshold in 2010? \_\_\_\_\_

```
weight by perweight.
crosstabs
/tables = year by pooryn
/cells = count row.
```

C) Using the household weight (meaning you must exclude all but the first individual from a household, i.e., select cases where PERNUM=1), what proportion of households was below the poverty threshold in 2010? \_\_\_\_\_

```
select if (pernum=1).
weight by hhweight.
crosstabs
/tables = year by pooryn
/cells = count row.
```

## Analyze the Sample – Part III Generating Variables

Generate a variable that is 0 when an individual exercises less than 3 times a week, and 1 when an individual exercises 3 or more times a week.

### Section 1

### Analyze the Data

**A)** Check the output of the do file in the Log window to find the codes for VIG10FWK. Which code means "Never"?

*Note: You'll have to exclude codes above 28 when defining when exer3 is greater than 3 times a week.*

**B)** What is the average difference in BMI for an individual in this sample who exercises at least 3 times a week compared to someone who exercises fewer than 3 times per week? \_\_\_\_\_  
*Remember to restrict the codes for BMI so unknown and missing codes are excluded.*

```
compute exer3 = 0.  
if(vig10fwk >=3 & vig10fwk<=28) exer3 = 1.  
select if (bmi>0 & bmi<99).  
means bmi by exer3.
```

**C)** What percent of more frequent exercisers report excellent health? \_\_\_\_\_ Less frequent exercisers? \_\_\_\_\_

```
select if (health<6).  
crosstabs  
/tables = health by exer3  
/cells = count column.
```

## Analyze the Sample – Part IV Graphing

Create a graph to show the mean BMI over age for males and females.

### Section 1

Analyze  
the Data

...

### Section 2

Include a  
New  
Variable

...

### Complete!

Validate  
Your  
Answers

A) How does the universe for BMI appear on this graph?

---

B) Approximately at what age does BMI peak for women? For men?

---

```
select if (BMI>0 & BMI<99).  
graph  
/line (simple) = mean(BMI) by age by sex.
```

### *Introduce the Variable (POORYN)*

C) Create a graph to show how an associated effect of poverty status on BMI differs with gender, controlling for frequent exercise. Comment on three apparent trends. \_\_\_\_\_

```
select if (BMI>0 & BMI<99 & POORYN~=9).  
graph  
/bar (grouped) = mean(BMI) by exer3 by pooryn  
/panel colvar= sex.
```

## ANSWERS: Analyze the Sample – Part I Group Means

### Section 1

### Analyze the Data

**A)** On the website, find the codes page for the HRSLEEP and HEALTH variables. What code values for HRSLEEP should be excluded to avoid skewing the average number of hours slept? How would you restrict the code values for HEALTH to eliminate unknown responses?

HRSLEEP: 00 NIU; 25 Less than 1 hour; 97 Unknown-refused; 98 Unknown-not ascertained; 99 Unknown-don't know HEALTH 7 Unknown-refused; 8 Unknown-not ascertained; 9 Unknown-don't know

**B)** Suppose you wanted to study the relationship between hours of sleep and health status. Determine the average reported hours of sleep per night by health status. On average, how many hours does an individual with excellent health in this sample sleep per night? 7.2 hours

```
select if (hrsleep>0 AND hrsleep<25).  
means tables = hrsleep by health  
/cells mean count stddev.
```

**C)** Is there a noticeable trend between health status and hours of sleep using this sample? There seems to be no trend at all, except perhaps Excellent and Poor health have slightly higher averages, which could indicate people in poor health sleep to improve and people with excellent health are associated with getting more sleep.

**D)** Does the trend change for people under 60 in this sample? When excluding the older population (perhaps with a higher incidence of poor health), better health is associated with more hours of sleep, though the differences between averages is small.

```
select if (hrsleep>0 AND hrsleep<25 AND age<60).  
means tables = hrsleep by health  
/cells mean count stddev.
```

## ANSWERS: Analyze the Sample – Part II Weighting the Data

To get a more accurate estimation of demographic patterns from the sample, you will have to utilize the person weight.

### Section 1

#### Weight the Data

A) Without weights, what proportion of people in this sample was below the poverty threshold in 2010? 16.48% of the sample

```
crosstabs
/tables = year by pooryn
/cells = count row.
```

B) Using weights, what proportion of the population was below the poverty threshold in 2010? 13.76% of the sample

```
weight by perweight.
crosstabs
/tables = year by pooryn
/cells = count row.
```

C) Using the household weight (and you must exclude all but one individual from a household), what proportion of households was below the poverty threshold in 2010? 12.91% of the sample

```
select if (pernum=1).
weight by hhweight.
crosstabs
/tables = year by pooryn
/cells = count row.
```

## Section 1

### Analyze the Data

## ANSWERS: Analyze the Sample – Part III Generating Variables

Generate a variable that is 0 when an individual exercises less than 3 times a week, and 1 when an individual exercises 3 or more times a week.

A) Check the output of the do file in the Log window to find the codes for VIG10FWK. Which code means "Never"? 95 Never

Note: You'll have to exclude codes above 28 when defining when exer3 is greater than 3 times a week.

B) What is the average difference in BMI for an individual in this sample who exercises at least 3 times a week compared to someone who exercises fewer than 3 times per week? 1.2 BMI (27.7-26.5)

Remember to restrict the codes for BMI so unknown and missing codes are excluded.

```
compute exer3 = 0.  
if(vig10fwk >=3 & vig10fwk<=28) exer3 = 1.  
select if (bmi>0 & bmi<99).  
means bmi by exer3.
```

C) What percent of more frequent exercisers report excellent health? Exercise 3+ per week: 41.37% excellent health

Less frequent exercisers? Fewer than 3 per week: 34.19% excellent health.

```
select if (health<6).  
crosstabs  
/tables = health by exer3  
/cells = count column.
```

## ANSWERS: Analyze the Sample – Part IV Graphing

Create a graph to show the mean BMI over age for males and females.

### Section 1

Analyze  
the Data

...

### Section 2

Include a  
New  
Variable

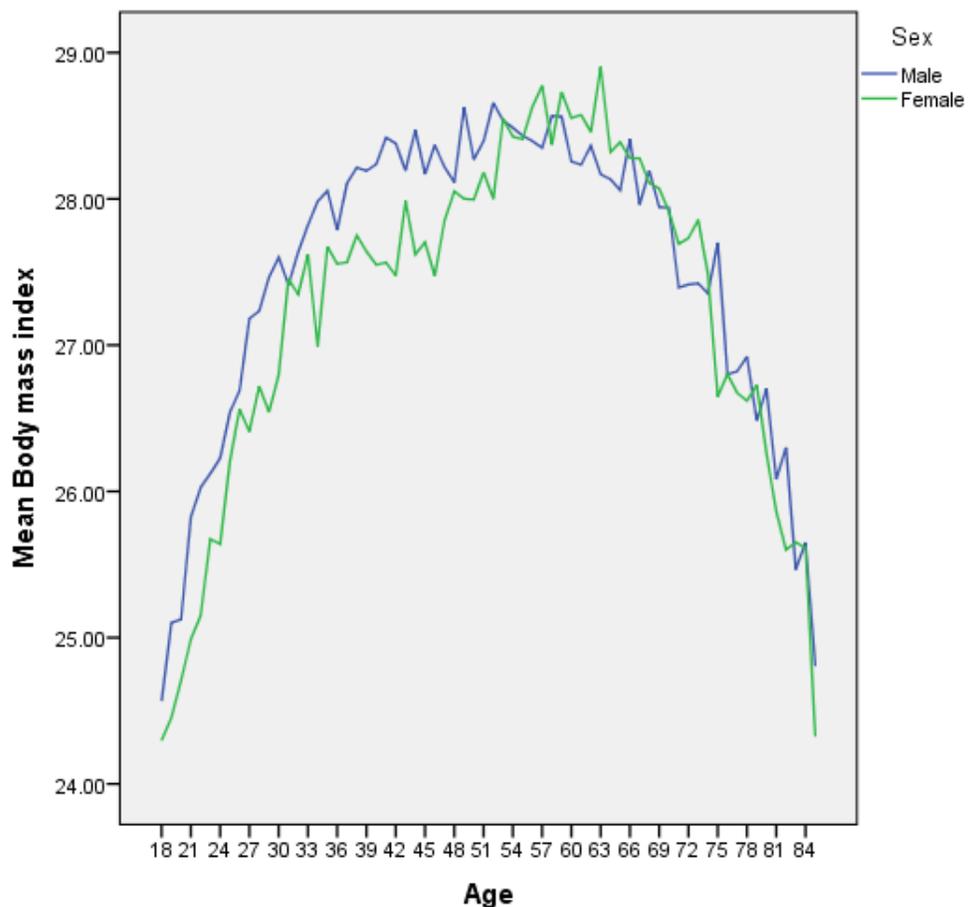
A) How does the universe for BMI appear on this graph? There appears to be no BMI for individuals below 18, because the universe for BMI is only for adults older than 18.

B) Approximately at what age does BMI peak for women? For men?  
Women: ~ 61 years old; Men: ~50 years old

```
select if (BMI>0 & BMI<99).
```

```
graph
```

```
/line (simple) = mean(BMI) by age by sex.
```



## Introduce the Variable (POORYN)

### Section 2

### Graph the Data

C) Create a graph to show how an associated effect of poverty status on BMI differs with gender, controlling for frequent exercise. Comment on three apparent trends. Hint: Select Cases: "BMI > 0 & BMI < 99 & POORYN ~ 9". Women under the poverty threshold are more likely to have a higher BMI on average whether or not they exercise. Frequent exercisers have lower BMI's on average in each category. Men under the poverty threshold seem to have a lower BMI on average controlling for exercise.

```
select if (BMI>0 & BMI<99 & POORYN~=9).
```

```
graph
```

```
/bar (grouped) = mean(BMI) by exer3 by pooryn
```

```
/panel colvar = sex.
```

