Table 2. Description of measures of potentially confounding variables.

measure	levels	level 1	level 2	level 3	level 4
alcohol RCP recommended weekly limits for men and women of 21 and 14 units respectively[a]	4	non-drinker	up to half the RCP limit	more than half but not beyond the RCP limit	greater than the RCP limit
smoking	2	light, non- or ex-smokers	moderate or heavy cigarette smokers		
exercise number of episodes of 20+ minutes of moderate or vigorous activity in past 2 weeks[b]	2	none	one or more		
body shape low BMI[g] is ≤25.0 in men and ≤23.8 in women[c]; low WHR[h] is ≤0.90 in men and ≤0.80 in women.[d]	2	lean (low BMI and low WHR)	not lean		
blood pressure[e] mm Hg	3	normotensive (≤140/90)	borderline (141/91 to 159/94)	hypertensive (≥160/95)	
social class based on UK Registrar General's Social Class classifications	2	non-manual (I, II and IIIN)	manual (IIIM, IV and V)		
deprivation index[f] larger value implies greater deprivation	continuous				

[a] (Royal College of Physicians, 1995)   [b] (White *et al*, 1993)   [c] (Oshaug *et al*, 1995)   [d] (Egger, 1992)   [e] (WHO, 1978)   [f] (Duncan, *et al*, 1999)
[g] BMI (body mass index)=weight(kg)/height^2(m^2)   [h] WHR (waist-to-hip ratio)=waist(cm)/hips(cm)