



Add Health

The National Longitudinal Study of Adolescent to Adult Health

Wave VI Measures of Glucose Homeostasis Codebook



CAROLINA
POPULATION CENTER

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Important Note: The above acknowledgement should be included in all presentations and publications using data from Wave VI of Add Health.



Wave VI: Measures of Glucose Homeostasis

Title	Wave VI: Measures of Glucose Homeostasis
File Name	bgluaic6.sas7bdat
Case Quantity	6073
Variable Count	11



AID - PARTICIPANT IDENTIFIER

Type	Text
Constraints	Maximum Length: 8
AID	Participant Identifier

Valid	Invalid
6,073	0



H6GLUCOS - GLUCOSE (MG/DL) -W6

Type	Numeric (Double)
Measurement Unit	Numeric
H6GLUCOS	Glucose assay results (mg/dl)

			Frequency	% of total	% of valid
Missing	-9999	implausible value < 40 mg/dl	10	0.16%	
	.	missing	816	13.44%	
		Total	826	13.6%	

Valid	Invalid	Minimum	Maximum	Mean	StdDev
5,247	826	41	533	98.27425	34.55669



H6HBA1C - HEMOGLOBIN A1C (%) -W6

Type	Numeric (Double)
Measurement Unit	Numeric
H6HBA1C	HbA1c assay results (%)

			Frequency	% of total	% of valid
Missing	.	missing	886	14.59%	
		Total	886	14.59%	

Valid	Invalid	Minimum	Maximum	Mean	StdDev
5,187	886	4	15.7	5.57534	0.95461



H6FASTTM - HOURS SINCE LAST ATE -W6

Type	Numeric (Double)
Measurement Unit	Numeric
H6FASTTM	Number of hours since the last time the participant ate

			Frequency	% of total	% of valid
Missing	-9999	implausible value ≥ 24 hours or < 0 hours	52	0.86%	
	.	missing or not applicable (no blood draw)	561	9.24%	
		Total	613	10.09%	

Valid	Invalid	Minimum	Maximum	Mean	StdDev
5,460	613	0	23.86389	10.70412	5.4715

H6FASTGL - FLAG: FASTED FOR 8+ HOURS -W6

Type	Code
Measurement Unit	Numeric
H6FASTGL	FLAG indicating participant fasted for eight or more hours

			Frequency	% of total	% of valid
Valid	0	no	1,589	26.16%	29.1%
	1	yes	3,871	63.74%	70.9%
		Total	5,460	89.91%	100%
Missing	-9999	implausible value ≥ 24 hours or < 0 hours	52	0.86%	
	.	missing or not applicable (no blood draw)	561	9.24%	
		Total	613	10.09%	

Valid	Invalid	Minimum	Maximum
5,460	613	0	1

H6CFGU - CLASSIFICATION OF FASTING GLUCOSE (ADA) -W6

Type	Code
Measurement Unit	Numeric
H6CFGU	The classification of glucose concentrations among participants who were fasting (≥ 8 hours) at the time of blood collection. It was constructed based on the 2025 American Diabetes Association clinical practice recommendations for the diagnosis and classification of diabetes.

			Frequency	% of total	% of valid
Valid	1	normal - glucose is < 100 mg/dl	2,748	45.25%	52.37%
	2	Impaired Fasting Glucose (IFG)/pre-diabetes - glucose is 100-125 mg/dl	727	11.97%	13.86%
	3	diabetes - glucose is > 125 mg/dl	210	3.46%	4%
	4	non-fasting	1,509	24.85%	28.76%
	5	fasting status unknown	53	0.87%	1.01%
		Total	5,247	86.4%	100%
Missing	.	not applicable (no glucose result)	826	13.6%	

		Total	826	13.6%	
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Valid	Invalid	Minimum	Maximum
5,247	826	1	5

H6CNFGLU - CLASSIFICATION OF NON-FASTING GLUCOSE (ADA) -W6

Type	Code
Measurement Unit	Numeric
H6CNFGLU	The classification of glucose concentrations among participants who were non-fasting (< 8 hours) at the time of blood collection. It was constructed based on the 2025 American Diabetes Association clinical practice recommendations for the diagnosis and classification of diabetes.

			Frequency	% of total	% of valid
Valid	1	normal - glucose is < 200 mg/dl	1,456	23.97%	27.75%
	2	diabetes - glucose is >= 200 mg/dl	53	0.87%	1.01%
	3	Fasting	3,685	60.68%	70.23%
	4	Fasting status unknown	53	0.87%	1.01%
		Total	5,247	86.4%	100%
Missing	.	not applicable (no glucose result)	826	13.6%	
		Total	826	13.6%	

Valid	Invalid	Minimum	Maximum
5,247	826	1	4

H6CHBA1C - CLASSIFICATION OF HbA1c (ADA) -W6

Type	Code
Measurement Unit	Numeric
H6CHBA1C	The classification of HbA1c among participants was constructed without regard to fasting status at the time of blood collection based on the 2025 American Diabetes Association clinical practice recommendations for the diagnosis and classification of diabetes.

			Frequency	% of total	% of valid
Valid	1	normal - HbA1c (%) is < 5.7	3,850	63.4%	74.22%
	2	pre-diabetes - HbA1c (%) is 5.7 - 6.4	969	15.96%	18.68%
	3	diabetes - HbA1c (%) is > 6.4	368	6.06%	7.09%
		Total	5,187	85.41%	100%
Missing	.	not applicable (no HbA1c result)	886	14.59%	
		Total	886	14.59%	

Valid	Invalid	Minimum	Maximum
5,187	886	1	3

 H6CQ47B - CQ47B: EVER DX WITH HIGH BLOOD SUGAR/DIABETES -W6

Type	Code
Measurement Unit	Numeric
H6CQ47B	CQ47. Has a doctor, nurse or health care provider ever told you that you have ANY of the following? b. High blood sugar or diabetes (if female, when you were NOT pregnant)

			Frequency	% of total	% of valid
Valid	0	no	5,422	89.28%	89.31%
	1	yes	649	10.69%	10.69%
		Total	6,071	99.97%	100%
Missing	-9996	refused	2	0.03%	
		Total	2	0.03%	

Valid	Invalid	Minimum	Maximum
6,071	2	0	1

 H6C_MED - FLAG: ANTIDIABETIC MED USE -W6

Type	Code
Measurement Unit	Numeric
H6C_MED	FLAG indicating participant took an antidiabetic medication in the past 4 weeks

			Frequency	% of total	% of valid
Valid	0	no	5,414	89.15%	90.11%
	1	yes	594	9.78%	9.89%
		Total	6,008	98.93%	100%
Missing	-9994	exam stopped prior to the medication questions	44	0.72%	
	-9996	refused	9	0.15%	
	-9998	medication could not be classified	1	0.02%	
	-9999	participant reported taking prescription medication(s), but specific medication(s) not reported	11	0.18%	
		Total	65	1.07%	

Valid	Invalid	Minimum	Maximum
6,008	65	0	1

 H6DIABJC - DIABETES JOINT CLASSIFICATION -W6

Type	Code
Measurement Unit	Numeric

H6DIABJC	FLAG indicating participant has EITHER fasting glucose $\geq$ 126 mg/dl (H6CFGLU=3) OR non-fasting glucose $\geq$ 200 mg/dl (H6CNFGLU=2) OR HbA1c $\geq$ 6.5% (H6CHBA1C=3) OR a self-reported history of diabetes except during pregnancy (H6CQ47B=1) OR has taken an antidiabetic medication in the past 4 weeks (H6C_MED=1).
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			Frequency	% of total	% of valid
Valid	0	No evidence of diabetes	5,135	84.55%	84.57%
	1	Evidence of diabetes	937	15.43%	15.43%
		Total	6,072	99.98%	100%
Missing	.	missing on all components of joint classification	1	0.02%	
		Total	1	0.02%	

Valid	Invalid	Minimum	Maximum
6,072	1	0	1