



**NHANES 2001-2002 Data Release**  
**Physical Activity Section of the SP and MEC CAPI Questionnaires**  
**(Paq\_b.XPT)**  
**September 2004**

Walked or bicycled over past 30 days				
PAD020	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	2308	22.87	2308	22.87
1 : Yes	2263	22.42	4571	45.28
2 : No	5278	52.29	9849	97.57
3 : Unable to do activity	238	2.36	10087	99.93
7 : Refused	5	0.05	10092	99.98
9 : Don't know	2	0.02	10094	100.00



Physical Activity Section of the SP and MEC CAPI Questionnaires  
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September 2004

# times walked or bicycled				
PAQ050Q	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	7831	77.58	7831	77.58
1	602	5.96	8433	83.54
2	481	4.77	8914	88.31
3	280	2.77	9194	91.08
4	134	1.33	9328	92.41
5	371	3.68	9699	96.09
6	47	0.47	9746	96.55
7	86	0.85	9832	97.40
8	19	0.19	9851	97.59
9	3	0.03	9854	97.62
10	59	0.58	9913	98.21
12	10	0.10	9923	98.31
13	3	0.03	9926	98.34
14	7	0.07	9933	98.40
15	32	0.32	9965	98.72
16	5	0.05	9970	98.77
17	2	0.02	9972	98.79
18	3	0.03	9975	98.82
19	3	0.03	9978	98.85
20	39	0.39	10017	99.24
21	2	0.02	10019	99.26
23	1	0.01	10020	99.27
24	1	0.01	10021	99.28
25	11	0.11	10032	99.39
26	1	0.01	10033	99.40
27	2	0.02	10035	99.42
28	1	0.01	10036	99.43
30	50	0.50	10086	99.92
34	1	0.01	10087	99.93
35	1	0.01	10088	99.94
41	1	0.01	10089	99.95
50	1	0.01	10090	99.96
56	1	0.01	10091	99.97
60	1	0.01	10092	99.98
100	1	0.01	10093	99.99
99999 : Don't know	1	0.01	10094	100.00



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Unit of measure (day/week/month)				
PAQ050U	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	7832	77.59	7832	77.59
1 : Day	499	4.94	8331	82.53
2 : Week	1050	10.40	9381	92.94
3 : Month	713	7.06	10094	100.00



Physical Activity Section of the SP and MEC CAPI Questionnaires  
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How long per day (minutes)				
PAD080	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	7835	77.62	7835	77.62
1	5	0.05	7840	77.67
2	4	0.04	7844	77.71
3	6	0.06	7850	77.77
4	1	0.01	7851	77.78
5	79	0.78	7930	78.56
6	6	0.06	7936	78.62
7	3	0.03	7939	78.65
8	4	0.04	7943	78.69
10	265	2.63	8208	81.32
12	5	0.05	8213	81.37
13	1	0.01	8214	81.38
14	2	0.02	8216	81.39
15	269	2.66	8485	84.06
17	2	0.02	8487	84.08
20	292	2.89	8779	86.97
25	33	0.33	8812	87.30
30	547	5.42	9359	92.72
35	12	0.12	9371	92.84
40	59	0.58	9430	93.42
45	115	1.14	9545	94.56
50	7	0.07	9552	94.63
60	322	3.19	9874	97.82
75	4	0.04	9878	97.86
90	39	0.39	9917	98.25
100	1	0.01	9918	98.26
105	1	0.01	9919	98.27
120	101	1.00	10020	99.27
180	52	0.52	10072	99.78
240	10	0.10	10082	99.88
300	8	0.08	10090	99.96
360	1	0.01	10091	99.97
480	2	0.02	10093	99.99
600	1	0.01	10094	100.00



Physical Activity Section of the SP and MEC CAPI Questionnaires  
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Tasks around home/yard past 30 days				
PAQ100	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	3464	34.32	3464	34.32
1 : Yes	3493	34.60	6957	68.92
2 : No	2918	28.91	9875	97.83
3 : Unable to do activity	212	2.10	10087	99.93
7 : Refused	4	0.04	10091	99.97
9 : Don't know	3	0.03	10094	100.00



Physical Activity Section of the SP and MEC CAPI Questionnaires  
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# of times past 30 days				
PAD120	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	6605	65.43	6605	65.43
1	336	3.33	6941	68.76
2	425	4.21	7366	72.97
3	194	1.92	7560	74.90
4	951	9.42	8511	84.32
5	83	0.82	8594	85.14
6	50	0.50	8644	85.64
7	21	0.21	8665	85.84
8	29	0.29	8694	86.13
9	455	4.51	9149	90.64
10	64	0.63	9213	91.27
12	15	0.15	9228	91.42
13	223	2.21	9451	93.63
14	4	0.04	9455	93.67
15	37	0.37	9492	94.04
16	2	0.02	9494	94.06
17	75	0.74	9569	94.80
18	1	0.01	9570	94.81
19	1	0.01	9571	94.82
20	20	0.20	9591	95.02
21	51	0.51	9642	95.52
24	1	0.01	9643	95.53
25	4	0.04	9647	95.57
26	14	0.14	9661	95.71
28	1	0.01	9662	95.72
30	394	3.90	10056	99.62
34	1	0.01	10057	99.63
43	1	0.01	10058	99.64
60	19	0.19	10077	99.83
90	7	0.07	10084	99.90
120	5	0.05	10089	99.95
150	1	0.01	10090	99.96
300	1	0.01	10091	99.97
99999 : Don't know	3	0.03	10094	100.00



Physical Activity Section of the SP and MEC CAPI Questionnaires  
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How long each time (minutes)				
PAD160	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	6612	65.50	6612	65.50
1	10	0.10	6622	65.60
2	5	0.05	6627	65.65
3	2	0.02	6629	65.67
5	4	0.04	6633	65.71
7	1	0.01	6634	65.72
10	94	0.93	6728	66.65
13	2	0.02	6730	66.67
15	174	1.72	6904	68.40
20	206	2.04	7110	70.44
25	15	0.15	7125	70.59
30	631	6.25	7756	76.84
35	11	0.11	7767	76.95
40	37	0.37	7804	77.31
45	166	1.64	7970	78.96
50	7	0.07	7977	79.03
60	993	9.84	8970	88.86
70	1	0.01	8971	88.87
75	8	0.08	8979	88.95
90	124	1.23	9103	90.18
100	1	0.01	9104	90.19
105	1	0.01	9105	90.20
120	587	5.82	9692	96.02
150	3	0.03	9695	96.05
165	1	0.01	9696	96.06
180	200	1.98	9896	98.04
240	92	0.91	9988	98.95
300	39	0.39	10027	99.34
360	30	0.30	10057	99.63
420	4	0.04	10061	99.67
480	29	0.29	10090	99.96
600	4	0.04	10094	100.00



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Avg level of physical activity each day				
PAQ180	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	3464	34.32	3464	34.32
1 : {you sit/he/she sits} during the day and {do/does} not walk about very much.	1696	16.80	5160	51.12
2 : {you stand or walk/he/she stands or walks} about a lot during the day, but {do/does}not have to carry or lift things very often	3428	33.96	8588	85.08
3 : {you/he/she} lift(s) light load or {have/has} to climb stairs or hills often.	1080	10.70	9668	95.78
4 : {you/he/she} {do/does} heavy work or {carry/carries} heavy loads.	417	4.13	10085	99.91
7 : Refused	4	0.04	10089	99.95
9 : Don't know	5	0.05	10094	100.00





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Vigorous activity over past 30 days				
PAD200	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	2308	22.87	2308	22.87
1 : Yes	3187	31.57	5495	54.44
2 : No	4280	42.40	9775	96.84
3 : Unable to do activity	313	3.10	10088	99.94
7 : Refused	4	0.04	10092	99.98
9 : Don't know	2	0.02	10094	100.00



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Moderate activity over past 30 days				
PAD320	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	2310	22.88	2310	22.88
1 : Yes	3738	37.03	6048	59.92
2 : No	3801	37.66	9849	97.57
3 : Unable to do activity	237	2.35	10086	99.92
7 : Refused	5	0.05	10091	99.97
9 : Don't know	3	0.03	10094	100.00



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Muscle strengthening activities				
PAD440	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	2310	22.88	2310	22.88
1 : Yes	2636	26.11	4946	49.00
2 : No	4909	48.63	9855	97.63
3 : Unable to do activity	234	2.32	10089	99.95
7 : Refused	4	0.04	10093	99.99
9 : Don't know	1	0.01	10094	100.00



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Number of times past 30 days				
PAD460	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	7459	73.90	7459	73.90
1	95	0.94	7554	74.84
2	107	1.06	7661	75.90
3	75	0.74	7736	76.64
4	269	2.66	8005	79.30
5	49	0.49	8054	79.79
6	24	0.24	8078	80.03
7	13	0.13	8091	80.16
8	28	0.28	8119	80.43
9	364	3.61	8483	84.04
10	60	0.59	8543	84.63
11	1	0.01	8544	84.64
12	17	0.17	8561	84.81
13	501	4.96	9062	89.78
14	9	0.09	9071	89.87
15	81	0.80	9152	90.67
16	5	0.05	9157	90.72
17	152	1.51	9309	92.22
20	32	0.32	9341	92.54
21	229	2.27	9570	94.81
22	1	0.01	9571	94.82
23	1	0.01	9572	94.83
25	8	0.08	9580	94.91
26	29	0.29	9609	95.20
30	428	4.24	10037	99.44
34	1	0.01	10038	99.45
35	1	0.01	10039	99.46
39	1	0.01	10040	99.47
43	3	0.03	10043	99.49
59	1	0.01	10044	99.50
60	25	0.25	10069	99.75
64	1	0.01	10070	99.76
67	1	0.01	10071	99.77
69	1	0.01	10072	99.78
71	1	0.01	10073	99.79
86	3	0.03	10076	99.82
90	10	0.10	10086	99.92
120	5	0.05	10091	99.97



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Number of times past 30 days				
PAD460	Frequency	Percent	Cumulative Frequency	Cumulative Percent
150	2	0.02	10093	99.99
210	1	0.01	10094	100.00



**Physical Activity Section of the SP and MEC CAPI Questionnaires  
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Daily hours of TV, video or computer use				
PAD480	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	3470	34.38	3470	34.38
0 : Less than 1 hour,	734	7.27	4204	41.65
1 : 1 hour,	977	9.68	5181	51.33
2 : 2 hours,	1640	16.25	6821	67.57
3 : 3 hours,	1145	11.34	7966	78.92
4 : 4 hours,	725	7.18	8691	86.10
5 : 5 hours or more, or	1272	12.60	9963	98.70
6 : None	123	1.22	10086	99.92
77 : Refused	3	0.03	10089	99.95
99 : Don't know	5	0.05	10094	100.00



**Physical Activity Section of the SP and MEC CAPI Questionnaires  
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Activity comparison last mo - last yr				
PAQ500	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	2310	22.88	2310	22.88
1 : more active	1399	13.86	3709	36.74
2 : less active, or	1598	15.83	5307	52.58
3 : About the same?	4779	47.34	10086	99.92
7 : Refused	4	0.04	10090	99.96
9 : Don't know	4	0.04	10094	100.00



**Physical Activity Section of the SP and MEC CAPI Questionnaires  
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Compare activity w/others same age				
PAQ520	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	2310	22.88	2310	22.88
1 : more active	2629	26.05	4939	48.93
2 : less active, or	1481	14.67	6420	63.60
3 : About the same?	3561	35.28	9981	98.88
7 : Refused	5	0.05	9986	98.93
9 : Don't Know	108	1.07	10094	100.00





**Physical Activity Section of the SP and MEC CAPI Questionnaires  
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Compare activity with 10 years ago				
PAQ540	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	5705	56.52	5705	56.52
1 : More active now,	525	5.20	6230	61.72
2 : Less active now, or	2731	27.06	8961	88.78
3 : About the same?	1123	11.13	10084	99.90
7 : Refused	4	0.04	10088	99.94
9 : Don't know	6	0.06	10094	100.00



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# time/week you play or exercise hard				
PAQ560	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	7865	77.92	7865	77.92
0	98	0.97	7963	78.89
1	70	0.69	8033	79.58
2	108	1.07	8141	80.65
3	109	1.08	8250	81.73
4	89	0.88	8339	82.61
5	319	3.16	8658	85.77
6	63	0.62	8721	86.40
7	1195	11.84	9916	98.24
8	10	0.10	9926	98.34
9	1	0.01	9927	98.35
10	46	0.46	9973	98.80
12	9	0.09	9982	98.89
13	1	0.01	9983	98.90
14	46	0.46	10029	99.36
15	6	0.06	10035	99.42
17	1	0.01	10036	99.43
18	1	0.01	10037	99.44
20	16	0.16	10053	99.59
21	17	0.17	10070	99.76
28	5	0.05	10075	99.81
30	3	0.03	10078	99.84
35	4	0.04	10082	99.88
70	1	0.01	10083	99.89
77	1	0.01	10084	99.90
99999 : Don't know	10	0.10	10094	100.00



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# hours watch TV or videos past 30 days				
PAD590	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	6711	66.49	6711	66.49
0 : Less than 1 hour,	347	3.44	7058	69.92
1 : 1 hour,	694	6.88	7752	76.80
2 : 2 hours,	967	9.58	8719	86.38
3 : 3 hours,	588	5.83	9307	92.20
4 : 4 hours, or	310	3.07	9617	95.27
5 : 5 hours or more?	404	4.00	10021	99.28
6 : None	64	0.63	10085	99.91
99 : Don't know	9	0.09	10094	100.00



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# of hours use computer past 30 days				
PAD600	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	6711	66.49	6711	66.49
0 : Less than 1 hour	1098	10.88	7809	77.36
1 : 1 hour	743	7.36	8552	84.72
2 : 2 hours	374	3.71	8926	88.43
3 : 3 hours	139	1.38	9065	89.81
4 : 4 hours	64	0.63	9129	90.44
5 : 5 hours	63	0.62	9192	91.06
6 : None	893	8.85	10085	99.91
99 : Don't know	9	0.09	10094	100.00



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Questionnaire source flag for weighting

PAAQUX	Frequency	Percent	Cumulative Frequency	Cumulative Percent
1 : Sample Person Interview Questionnaire Targets (B(2-11) and (B(16-150)	8863	87.80	8863	87.80
2 : MEC CAPI Questionnaire Targets (B(12-15)	1231	12.20	10094	100.00