

Physical Activity Questions from the Framingham Study

INSTRUCTIONS

In this excerpt from the Framingham Study, the interviewer asks the individual about the average hours of participation in sleep, rest, occupational, and extracurricular activities over a typical 24-h period. The intensity of the activity is also inquired about according to the categories shown on the questionnaire form.

CALCULATIONS

The physical activity index composite score is calculated by summing the number of hours spent in each activity intensity level and multiplying by a respective weight factor derived from the estimated oxygen consumption requirement for each intensity level. The five different intensity level weights are shown in the example below.

EXAMPLE

These hypothetical data are from a laborer who reported the following activities:

8 h of sleep:	$8 \text{ h} \times 1.0 = 8.0$
8 h sedentary behavior:	$8 \text{ h} \times 1.1 = 8.8$
2 h of slight activity:	$2 \text{ h} \times 1.5 = 3.0$
3 h of moderate activity:	$3 \text{ h} \times 2.4 = 7.2$
3 h of heavy activity:	$3 \text{ h} \times 5.0 = \underline{15.0}$

Physical activity index score = 42.0

Note: A person who reported sleeping and resting for 24 h would have an index score of 24.0

Framingham Physical Activity Index

Rest

Average hours of sleep _____

Added rest _____

Job

What do you do? _____

Average hours per day _____

Sedentary _____

Slight activity _____

Moderate activity _____

Heavy activity _____

Extracurricular activities

Average hours per day _____

Sedentary _____

Slight activity _____

Moderate activity _____

Heavy activity _____

Summary scores calculated by examiner

Average hours per day _____

Sedentary _____

Slight activity _____

Moderate activity _____

Heavy activity _____

Opinion of examiner

+ Examiner thinks physical condition is consistent with patient's estimate of activity

- Examiner thinks physical condition is not consistent with patient's estimate of activity