

**NHANES 1999–2000 Public Data Release
Physical Activity (PAQ)
Revised September 2004
Household Questionnaire and MEC Interview**

Description of Section

The physical activity questionnaire (PAQ) section includes an extensive array of questions related to daily activities, leisure-time activities, and sedentary activities at home. Some of the PAQ questions administered during NHANES 1999–2000 were used in previous NHANES questionnaires or were asked in other federal surveys.

Interview Settings

For respondents 2–11 and 16 or more years of age, the questions were asked in the household interview. For respondents 12–15 years of age, the questions were asked as part of the Mobile Examination Center (MEC) interview.

Mode of Administration

In-person

Eligible Sample and Exclusion Criteria

All survey participants 2 or more years of age were eligible. Proxy respondents answered the questions for 2–11 year olds. The questions asked varied by age group. The target group in the codebook indicates which age groups were asked which questions.

Data Processing and Editing

The data was split into two files. The first is described here and includes general information about daily activities, leisure-time activities, and sedentary activities. The second (PAQIAF) includes more detailed information about specific leisure-time activities for respondents 12 or more years of age. The two files can be linked by using the sequence number (SEQN) provided.

Respondents who answered yes to vigorous activities (PAD200), but did not give at least one vigorous activity or reported a duration of less than 10 minutes, were recoded to no. The same was done for moderate activities (PAD320).

The number of times in the past 30 days that the respondent did moderately active tasks around the house or yard (PAD120) and muscle strengthening activities (PAD460) were originally reported as number of times per day, per week, or per month and were converted to number of times over the past 30 days. The average duration of the tasks around the house or yard (PAD160) was originally reported in hours or minutes and was converted to minutes. There were a few instances in which the duration per day of tasks around the home or yard was 12 hours or more for the 30-day period. In these

instances, PAD120 and PAD160 were set to missing. Users should carefully inspect the data for other values they may consider too high.

Analytic Notes

Since the PAQ questions for respondents 2–11 and 16 or more years of age were asked in the home interview, the interview sample weights may be used in their analysis. However, if the data is joined with data from the MEC, the MEC sample weights should be used. Analysis of the PAQ questions for 12–15 year olds should use the MEC sample weights, as the questions were asked in the MEC.

Suggested metabolic equivalent (MET) scores for the activities listed in this file are included in Appendix 1. They were obtained from the reference below and personal communication with the author.

References

Ainsworth BE, Haskell WL, Whitt MC, et al. Compendium of physical activities: an update of activity codes and MET intensities. *Med Sci Sports Exerc.* 2000;32(9):S498–S516.

Appendix 1. Suggested MET Scores

PAD020: Walked or bicycled over past 30 days to get to/from work, etc.....	4.0
PAQ100: Tasks in or around home or yard past 30 days.....	4.5
PAQ180: Average level of physical activity each day	
(1 - Mainly sit).....	1.4
(2 - Walk a lot).....	1.5
(3 - Carry light loads).....	1.6
(4 - Carry heavy loads).....	1.8
PAD440: Muscle strengthening activities.....	4.0
PAD480: Daily hours of TV, video or computer use.....	1.2
PAQ560: Number of times per week play or exercise hard.....	7.0
PAD570: Number of hours watch TV or videos yesterday.....	1.0
PAQ580: Number of hours used computer yesterday.....	1.5