



Physical Activity Section of the SP and MEC CAPI Questionnaire Individual Activity File
(PAQIAF.XPT)
Revised September 2004

Leisure time activity				
PADACTIV	Frequency	Percent	Cumulative Frequency	Cumulative Percent
10 : AEROBICS	333	3.59	333	3.59
11 : BASEBALL	120	1.30	453	4.89
12 : BASKETBALL	718	7.75	1171	12.64
13 : BICYCLING	684	7.38	1855	20.02
14 : BOWLING	46	0.50	1901	20.52
15 : DANCE	659	7.11	2560	27.63
16 : FISHING	36	0.39	2596	28.02
17 : FOOTBALL	283	3.05	2879	31.07
18 : GARDENING	185	2.00	3064	33.07
19 : GOLF	218	2.35	3282	35.42
20 : HIKING	169	1.82	3451	37.24
21 : HOCKEY	30	0.32	3481	37.57
22 : HUNTING	14	0.15	3495	37.72
23 : JOGGING	220	2.37	3715	40.09
24 : KAYAKING	10	0.11	3725	40.20
25 : PUSH-UPS	133	1.44	3858	41.64
26 : RACQUETBALL	30	0.32	3888	41.96
27 : ROLLERBLADING	73	0.79	3961	42.75
28 : ROWING	11	0.12	3972	42.87
29 : RUNNING	935	10.09	4907	52.96
30 : SIT-UPS	178	1.92	5085	54.88
31 : SKATING	49	0.53	5134	55.41
32 : SKIING - CROSS COUNTRY	15	0.16	5149	55.57
33 : SKIING - DOWNHILL	9	0.10	5158	55.67
34 : SOCCER	264	2.85	5422	58.52
35 : SOFTBALL	98	1.06	5520	59.57
36 : STAIR CLIMBING	122	1.32	5642	60.89
37 : STRETCHING	182	1.96	5824	62.85
38 : SWIMMING	265	2.86	6089	65.71
39 : TENNIS	89	0.96	6178	66.67
40 : TREADMILL	183	1.97	6361	68.65
41 : VOLLEYBALL	106	1.14	6467	69.79
42 : WALKING	1687	18.21	8154	88.00
43 : WEIGHT LIFTING	421	4.54	8575	92.54
44 : YARD WORK	497	5.36	9072	97.91
50 : BOXING	11	0.12	9083	98.03
51 : FRISBEE	12	0.13	9095	98.15
52 : HORSEBACK RIDING	13	0.14	9108	98.29



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PADACTIV	Frequency	Percent	Cumulative Frequency	Cumulative Percent
53 : MARTIAL ARTS	22	0.24	9130	98.53
54 : WRESTLING	24	0.26	9154	98.79
55 : YOGA	7	0.08	9161	98.87
56 : CHEERLEADING AND GYMNASTICS	20	0.22	9181	99.08
57 : CHILDREN'S GAMES (E.G. DODGEBALL, KICKBALL)	12	0.13	9193	99.21
58 : ROPE JUMPING	21	0.23	9214	99.44
59 : SKATEBOARDING	6	0.06	9220	99.50
60 : SURFING	5	0.05	9225	99.56
61 : TRAMPOLINE JUMPING	13	0.14	9238	99.70
71 : OTHER	28	0.30	9266	100.00



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Activity level				
PADLEVEL	Frequency	Percent	Cumulative Frequency	Cumulative Percent
1 : MODERATE	4086	44.10	4086	44.10
2 : VIGOROUS	5180	55.90	9266	100.00



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# of times did activity in past 30 days				
PADTIMES	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	6	0.06	6	0.06
1	655	7.07	661	7.13
2	657	7.09	1318	14.22
3	366	3.95	1684	18.17
4	1470	15.86	3154	34.04
5	232	2.50	3386	36.54
6	110	1.19	3496	37.73
7	65	0.70	3561	38.43
8	86	0.93	3647	39.36
9	1261	13.61	4908	52.97
10	142	1.53	5050	54.50
11	2	0.02	5052	54.52
12	47	0.51	5099	55.03
13	1136	12.26	6235	67.29
14	34	0.37	6269	67.66
15	149	1.61	6418	69.26
16	9	0.10	6427	69.36
17	448	4.83	6875	74.20
18	3	0.03	6878	74.23
19	1	0.01	6879	74.24
20	67	0.72	6946	74.96
21	695	7.50	7641	82.46
22	1	0.01	7642	82.47
24	3	0.03	7645	82.51
25	26	0.28	7671	82.79
26	105	1.13	7776	83.92
27	3	0.03	7779	83.95
28	3	0.03	7782	83.98
29	2	0.02	7784	84.01
30	1206	13.02	8990	97.02
34	3	0.03	8993	97.05
35	1	0.01	8994	97.06
39	1	0.01	8995	97.08
43	1	0.01	8996	97.09
51	2	0.02	8998	97.11
60	130	1.40	9128	98.51
64	5	0.05	9133	98.56
86	2	0.02	9135	98.59



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# of times did activity in past 30 days				
PADTIMES	Frequency	Percent	Cumulative Frequency	Cumulative Percent
90	52	0.56	9187	99.15
107	1	0.01	9188	99.16
120	23	0.25	9211	99.41
150	26	0.28	9237	99.69
180	9	0.10	9246	99.78
210	12	0.13	9258	99.91
270	2	0.02	9260	99.94
300	6	0.06	9266	100.00



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Average duration of activity (minutes)				
PADDURAT	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	6	0.06	6	0.06
10	738	7.96	744	8.03
11	7	0.08	751	8.10
12	22	0.24	773	8.34
13	6	0.06	779	8.41
14	2	0.02	781	8.43
15	782	8.44	1563	16.87
16	1	0.01	1564	16.88
17	3	0.03	1567	16.91
18	3	0.03	1570	16.94
19	1	0.01	1571	16.95
20	806	8.70	2377	25.65
22	2	0.02	2379	25.67
24	2	0.02	2381	25.70
25	133	1.44	2514	27.13
27	1	0.01	2515	27.14
29	1	0.01	2516	27.15
30	1882	20.31	4398	47.46
32	2	0.02	4400	47.49
35	55	0.59	4455	48.08
37	2	0.02	4457	48.10
38	2	0.02	4459	48.12
40	185	2.00	4644	50.12
42	2	0.02	4646	50.14
45	577	6.23	5223	56.37
50	34	0.37	5257	56.73
55	8	0.09	5265	56.82
60	1757	18.96	7022	75.78
65	1	0.01	7023	75.79
70	3	0.03	7026	75.83
75	13	0.14	7039	75.97
80	6	0.06	7045	76.03
90	375	4.05	7420	80.08
95	1	0.01	7421	80.09
100	3	0.03	7424	80.12
120	1065	11.49	8489	91.61
145	1	0.01	8490	91.63
150	5	0.05	8495	91.68



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Average duration of activity (minutes)				
PADDURAT	Frequency	Percent	Cumulative Frequency	Cumulative Percent
180	417	4.50	8912	96.18
210	1	0.01	8913	96.19
240	219	2.36	9132	98.55
300	78	0.84	9210	99.40
360	26	0.28	9236	99.68
420	10	0.11	9246	99.78
480	14	0.15	9260	99.94
540	2	0.02	9262	99.96
600	4	0.04	9266	100.00



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MET score for activity				
PADMETS	Frequency	Percent	Cumulative Frequency	Cumulative Percent
2.5	185	2.00	185	2.00
3	158	1.71	343	3.70
3.5	1679	18.12	2022	21.82
4	774	8.35	2796	30.17
4.5	588	6.35	3384	36.52
5	661	7.13	4045	43.65
6	1373	14.82	5418	58.47
6.5	5	0.05	5423	58.53
7	923	9.96	6346	68.49
8	1804	19.47	8150	87.96
9	23	0.25	8173	88.20
10	1093	11.80	9266	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(16-150))	6986	75.39	6986	75.39
2 : MEC CAPI Questionnaire Targets (B(12-15))	2280	24.61	9266	100.00