

**PHYSICAL ACTIVITY AND PHYSICAL FITNESS - PAQ**

PAQ.040 The next series of questions are about physical activities that {you/SP} {have/has} done over the **past 30 days**. First I will ask about activities that are related to transportation. Then I'll ask about physical activities that {you/he/she} {do/does} at school or in {your/his/her} leisure time.

Over the **past 30 days**, {have/has} {you/SP} walked or bicycled as part of getting to and from work, or school, or to do errands?

CODE 'UNABLE TO DO' ONLY IF RESPONDENT VOLUNTEERS.

- YES ..... 1
- NO ..... 2 (PAQ.200)
- UNABLE TO DO ACTIVITY ..... 3 (PAQ.200)
- REFUSED ..... 7 (PAQ.200)
- DON'T KNOW ..... 9 (PAQ.200)

PAQ.050 [Over the **past 30 days**], how often did {you/SP} do this? [Walk or bicycle as part of getting to and from work, or school, or to do errands.]

**PROBE:** How many times per day, per week, or per month did {you/s/he} do these activities?

- |\_|\_|\_|\_|  
ENTER NUMBER (OF DAYS, WEEKS OR MONTHS)
- REFUSED ..... 777 (PAQ.200)
  - DON'T KNOW ..... 999 (PAQ.200)

ENTER UNIT

- DAY ..... 1
- WEEK ..... 2
- MONTH ..... 3
- REFUSED ..... 7 (PAQ.200)
- DON'T KNOW ..... 9 (PAQ.200)

PAQ.080 On those days when {you/SP} walked or bicycled, about how long did {you/s/he} spend altogether doing this?

- |\_|\_|\_|\_|  
ENTER NUMBER (OF MINUTES OR HOURS)
- REFUSED ..... 777
  - DON'T KNOW ..... 999

ENTER UNIT

- MINUTES ..... 1
- HOURS ..... 2
- REFUSED ..... 7
- DON'T KNOW ..... 9

PAQ.200 The next questions are about physical activities including exercise, sports, and physically active hobbies that {you/SP} may have done in {your/his/her} leisure time or at school over the **past 30 days**.

First I will ask you about **vigorous** activities that cause **heavy** sweating or **large increases** in breathing or heart rate. Then I will ask you about **moderate** activities that cause only **light** sweating or a **slight to moderate increase** in breathing or heart rate.

Over the **past 30 days**, did {you/SP} do any **vigorous** activities for **at least 10 minutes** that caused **heavy** sweating, or **large increases** in breathing or heart rate? Some examples are running, lap swimming, aerobics classes, or fast bicycling.

CODE 'UNABLE TO DO' ONLY IF RESPONDENT VOLUNTEERS

- YES ..... 1
- NO ..... 2 (PAQ.320)
- UNABLE TO DO ACTIVITY ..... 3 (PAQ.320)
- REFUSED ..... 7 (PAQ.320)
- DON'T KNOW ..... 9 (PAQ.320)

PAQ.220 [Over the **past 30 days**], what vigorous activities did {you/SP} do?

CODE ALL THAT APPLY

AEROBICS .....	10
BASEBALL .....	11
BASKETBALL .....	12
BICYCLING .....	13
BOWLING .....	14
DANCE .....	15
FISHING .....	16
FOOTBALL .....	17
GARDENING .....	18
GOLF .....	19
HIKING .....	20
HOCKEY .....	21
HUNTING .....	22
JOGGING .....	23
KAYAKING .....	24
PUSH-UPS .....	25
RACQUETBALL .....	26
ROLLERBLADING .....	27
ROWING .....	28
RUNNING .....	29
SIT-UPS .....	30
SKATING .....	31
SKIING – CROSS COUNTRY (INCLUDING NORDIC TRACK) .....	32
SKIING – DOWNHILL .....	33
SOCCER .....	34
SOFTBALL .....	35
STAIR CLIMBING .....	36
STRETCHING .....	37
SWIMMING .....	38
TENNIS .....	39
TREADMILL .....	40
VOLLEYBALL .....	41
WALKING .....	42
WEIGHT LIFTING .....	43
YARD WORK .....	44
OTHER (SPECIFY) _____	45
OTHER (SPECIFY) _____	46
OTHER (SPECIFY) _____	47
REFUSED .....	77
DON'T KNOW .....	99

**BOX 1**

**LOOP 1:**  
ASK PAQ.280 AND PAQ.300 FOR EACH ACTIVITY ENTERED  
IN PAQ.220.

PAQ.280 [Over the **past 30 days**], how often did {you/SP} {ACTIVITY}?  
**PROBE:** How many times per day, per week, or per month?

**CAP I INSTRUCTION:**

FILLS FOR ACTIVITY SHOULD BE AS FOLLOWS: 10. do aerobics, 11. play baseball, 12. play basketball, 13. bicycle, 14. bowl, 15. dance, 16. fish, 17. play football, 18. garden, 19. play golf, 20. hike, 21. play hockey, 22. hunt, 23. jog, 24. kayak, 25. do push-ups, 26. play racquetball, 27. rollerblade, 28. row, 29. run, 30. do sit-ups, 31. skate, 32. cross country ski (use the Nordic Track), 33. downhill ski, 34. play soccer, 35. play softball, 36. climb stairs, 37. stretch, 38. swim, 39. play tennis, 40. use a treadmill, 41. play volleyball, 42. walk, 43. lift weights, 44. do yard work, 45. DISPLAY ACTIVITY IN 'OTHER SPECIFY', 46. DISPLAY ACTIVITY IN 'OTHER SPECIFY', 47. DISPLAY ACTIVITY IN 'OTHER SPECIFY'.

|\_|\_|\_|

ENTER NUMBER (OF DAYS, WEEKS OR MONTHS)

REFUSED ..... 777  
DON'T KNOW ..... 999

ENTER UNIT

DAY ..... 1  
WEEK ..... 2  
MONTH ..... 3  
REFUSED ..... 7  
DON'T KNOW ..... 9

PAQ.300 [Over the **past 30 days**], on average about how long did {you/SP} {ACTIVITY} **each time**?

|\_|\_|\_|

ENTER NUMBER (OF MINUTES OR HOURS)

REFUSED ..... 777  
DON'T KNOW ..... 999

ENTER UNIT

MINUTES ..... 1  
HOURS ..... 2  
REFUSED ..... 7  
DON'T KNOW ..... 9

**BOX 2**

**END LOOP 1:**  
ASK PAQ.280 AND PAQ.300 FOR NEXT ACTIVITY.  
IF NO NEXT ACTIVITY, CONTINUE WITH PAQ.320.

PAQ.320 [Over the **past 30 days**], did {you/SP} do **moderate** activities for **at least 10 minutes** that cause only **light** sweating or a **slight to moderate increase** in breathing or heart rate? Some examples are brisk walking, bicycling for pleasure, golf, or dancing.

CODE 'UNABLE TO DO' ONLY IF RESPONDENT VOLUNTEERS

YES .....	1
NO .....	2 (PAQ.440)
UNABLE TO DO ACTIVITY .....	3 (PAQ.440)
REFUSED .....	7 (PAQ.440)
DON'T KNOW .....	9 (PAQ.440)

PAQ.340 [Over the past 30 days], what activity or activities did {you/SP} do?

CODE ALL THAT APPLY

AEROBICS .....	10
BASEBALL .....	11
BASKETBALL .....	12
BICYCLING .....	13
BOWLING .....	14
DANCE .....	15
FISHING .....	16
FOOTBALL .....	17
GARDENING .....	18
GOLF .....	19
HIKING .....	20
HOCKEY .....	21
HUNTING .....	22
JOGGING .....	23
KAYAKING .....	24
PUSH-UPS .....	25
RACQUETBALL .....	26
ROLLERBLADING .....	27
ROWING .....	28
RUNNING .....	29
SIT-UPS .....	30
SKATING .....	31
SKIING – CROSS COUNTRY (INCLUDING NORDIC TRACK) .....	32
SKIING – DOWNHILL .....	33
SOCCER .....	34
SOFTBALL .....	35
STAIR CLIMBING .....	36
STRETCHING .....	37
SWIMMING .....	38
TENNIS .....	39
TREADMILL .....	40
VOLLEYBALL .....	41
WALKING .....	42
WEIGHT LIFTING .....	43
YARD WORK .....	44
OTHER (SPECIFY) _____	45
OTHER (SPECIFY) _____	46
OTHER (SPECIFY) _____	47
REFUSED .....	77 (PAQ.440)
DON'T KNOW .....	99 (PAQ.440)

**BOX 3**

**LOOP 2:**  
ASK PAQ.400 AND PAQ.420 FOR EACH ACTIVITY ENTERED  
IN PAQ.340.

PAQ.400 [Over the **past 30 days**], how often did {you/SP} {ACTIVITY}?  
**PROBE:** How many times per day, per week, or per month?

**CAPI INSTRUCTION:**

FILLS FOR ACTIVITY SHOULD BE AS FOLLOWS: 10. do aerobics, 11. play baseball, 12. play basketball, 13. bicycle, 14. bowl, 15. dance, 16. fish, 17. play football, 18. garden, 19. play golf, 20. hike, 21. play hockey, 22. hunt, 23. jog, 24. kayak, 25. do push-ups, 26. play racquetball, 27. rollerblade, 28. row, 29. run, 30. do sit-ups, 31. skate, 32. cross country ski (use the Nordic Track), 33. downhill ski, 34. play soccer, 35. play softball, 36. climb stairs, 37. stretch, 38. swim, 39. play tennis, 40. use a treadmill, 41. play volleyball, 42. walk, 43. lift weights, 44. do yard work, 45. DISPLAY ACTIVITY IN 'OTHER SPECIFY', 46. DISPLAY ACTIVITY IN 'OTHER SPECIFY', 47. DISPLAY ACTIVITY IN 'OTHER SPECIFY'.

\_|\_|\_|\_|  
ENTER NUMBER (OF DAYS, WEEKS OR MONTHS)

REFUSED ..... 777  
DON'T KNOW ..... 999

ENTER UNIT

DAY ..... 1  
WEEK ..... 2  
MONTH ..... 3  
REFUSED ..... 7  
DON'T KNOW ..... 9

PAQ.420 [Over the **past 30 days**], on average about how long did {you/SP} {ACTIVITY} **each time**?

\_|\_|\_|\_|  
ENTER NUMBER (OF MINUTES OR HOURS)

REFUSED ..... 777  
DON'T KNOW ..... 999

ENTER UNIT

MINUTES ..... 1  
HOURS ..... 2  
REFUSED ..... 7  
DON'T KNOW ..... 9

**BOX 4**

**END LOOP 2:**  
ASK PAQ.400 AND PAQ.420 FOR NEXT ACTIVITY.  
IF NO NEXT ACTIVITY, CONTINUE WITH PAQ.440.

PAQ.440 Over the **past 30 days**, did {you/SP} do any physical activities specifically designed to **strengthen** {your/his/her} muscles such as lifting weights, push-ups or sit-ups? Include all such activities even if you have mentioned them before.

CODE 'UNABLE TO DO' ONLY IF RESPONDENT VOLUNTEERS

YES ..... 1  
 NO ..... 2 (PAQ.500)  
 UNABLE TO DO ACTIVITY ..... 3 (PAQ.500)  
 REFUSED ..... 7 (PAQ.500)  
 DON'T KNOW ..... 9 (PAQ.500)

PAQ.460 [Over the **past 30 days**], how often did {you/SP} do these physical activities? [Activities designed to strengthen {your/his/her} muscles such as lifting weights, push-ups or sit-ups.]

|\_|\_|\_|\_|  
 ENTER NUMBER (OF DAYS, WEEKS OR MONTHS)

REFUSED ..... 777  
 DON'T KNOW ..... 999

ENTER UNIT

DAY ..... 1  
 WEEK ..... 2  
 MONTH ..... 3  
 REFUSED ..... 7  
 DON'T KNOW ..... 9

PAQ.500 How does the amount of activity that you reported {for SP} for the **past 30 days** compare with {your/his/her} physical activity for the **past 12 months**? During the **past 30 days**, {were you/was s/he} ...

more active, ..... 1  
 less active, or ..... 2  
 about the same? ..... 3  
 REFUSED ..... 7  
 DON'T KNOW ..... 9

PAQ.520 Compared with most {boys/girls} {your/SP's} age, would you say that {you are/SP is} ...

more active, ..... 1  
 less active, or ..... 2  
 about the same? ..... 3  
 REFUSED ..... 7  
 DON'T KNOW ..... 9

PAQ.575 Now I will ask about TV watching and computer use.

About how many hours did {you/SP} sit and watch TV or videos yesterday? Would you say . . .

- less than 1 hour, . . . . . 0
- 1 hour, . . . . . 1
- 2 hours, . . . . . 2
- 3 hours, . . . . . 3
- 4 hours, or . . . . . 4
- 5 hours or more? . . . . . 5
- NONE . . . . . 6
- REFUSED . . . . . 7
- DON'T KNOW . . . . . 9

PAQ.580 About how many hours did {you/SP} use a computer or play computer games yesterday? Would you say.

..

- less than 1 hour, . . . . . 0
- 1 hour, . . . . . 1
- 2 hours, . . . . . 2
- 3 hours, . . . . . 3
- 4 hours, or . . . . . 4
- 5 hours or more? . . . . . 5
- NONE . . . . . 6
- REFUSED . . . . . 7
- DON'T KNOW . . . . . 9