

PHYSICAL ACTIVITY AND PHYSICAL FITNESS - PAQ

BOX 1A

CHECK ITEM PAQ.005:
 IF SP AGE >= 16, CONTINUE.
 OTHERWISE, GO TO BOX 6.

PAQ.020 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 {your/his/her} daily activities, and finally, about physical activities that {you do/he/she does} 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.100)
- UNABLE TO DO ACTIVITY 3 (PAQ.100)
- REFUSED 7 (PAQ.100)
- DON'T KNOW 9 (PAQ.100)

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 TIMES (PER DAY, WEEK OR MONTH)

- REFUSED 777 (PAQ.100)
- DON'T KNOW 999 (PAQ.100)

ENTER UNIT

- DAY 1
- WEEK 2
- MONTH 3
- REFUSED 7 (PAQ.100)
- DON'T KNOW 9 (PAQ.100)

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

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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.100 Over the **past 30 days**, did {you/SP} do any tasks in or around {your/his/her} home or yard for **at least 10 minutes** that required moderate or greater physical effort? By moderate physical effort I mean, tasks that caused **light** sweating or a **slight to moderate increase** in {your/his/her} heart rate or breathing. [Such as raking leaves, mowing the lawn or heavy cleaning.]

CODE 'UNABLE TO DO' ONLY IF RESPONDENT VOLUNTEERS

YES 1
NO 2 (PAQ.180)
UNABLE TO DO ACTIVITY 3 (PAQ.180)
REFUSED 7 (PAQ.180)
DON'T KNOW 9 (PAQ.180)

PAQ.120 [Over the **past 30 days**], how often did {you/SP} do **these tasks** in or around {your/his/her} home or yard, that is tasks requiring at least moderate effort? [Such as raking leaves, mowing the lawn or heavy cleaning] **PROBE:** How many times per day, per week, or per month did {you/s/he} do these activities?

|_|_|_|_|

ENTER NUMBER OF TIMES (PER DAY, WEEK OR MONTH)

REFUSED 777 (PAQ.180)
DON'T KNOW 999 (PAQ.180)

ENTER UNIT

DAY 1
WEEK 2
MONTH 3
REFUSED 7 (PAQ.180)
DON'T KNOW 9 (PAQ.180)

PAQ.160 About how long did {you/SP} do these tasks **each time**?

IF MORE THAN 1 TASK, ASK FOR TASK DONE MOST OFTEN

|_|_|_|_|

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.180 Please tell me which of these four sentences **best** describes {your/SP's} usual daily activities? [Daily activities may include {your/his/her} work, housework if {you are/s/he is} a homemaker, going to and attending classes if {you are/s/he is} a student, and what {you/s/he} normally {do/does} throughout a typical day if {you are/he/she is} a retiree or unemployed.] . . .

HAND CARD PAQ1

{You sit/He/She sits} during the day and
{do/does} not walk about very much; 1
{You stand or walk/He/She stands or walks}
about quite a lot during the day, but
{do/does} not have to carry or lift
things very often; 2
{You lift or carry/He/She lifts or carries} light
loads, or {have/has} to climb stairs or
hills often; or 3
{You do/He/She does} heavy work or {carry/
carries} heavy loads. 4
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 1B

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?

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. 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 TIMES (PER DAY, WEEK OR MONTH)

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 (INCLUDE
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. 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 TIMES (PER DAY, WEEK OR MONTH)

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.480)
- UNABLE TO DO ACTIVITY 3 (PAQ.480)
- REFUSED 7 (PAQ.480)
- DON'T KNOW 9 (PAQ.480)

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 TIMES (PER DAY, WEEK OR MONTH)

- REFUSED 777
- DON'T KNOW 999

ENTER UNIT

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

PAQ.480 Now I will ask about TV watching or computer use.

Over the **past 30 days**, on a **typical day** how much time altogether did {you/SP} spend sitting and watching TV or videos or using a computer **outside of work**? Would you say . . .

- less than 1 hour, 0
- 1 hour, 1
- 2 hours, 2
- 3 hours, 3
- 4 hours, 4
- 5 hours or more, or 5
- {you do/s/he does} not watch TV or videos
 or use a computer outside of work? 6
- 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**? Over the **past 30 days**, {were you/was he/she} . . .

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

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

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

BOX 5

CHECK ITEM PAQ.530:
 IF SP AGE >= 30, CONTINUE WITH PAQ.540.
 OTHERWISE, GO TO BOX 6.

PAQ.540 Compared with {yourself/himself/herself} **10 years ago**, would you say that {you are/SP is} . . .

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

BOX 6

CHECK ITEM PAQ.550:
 IF SP AGE = 2-11, CONTINUE.
 OTHERWISE, GO TO END OF SECTION.

PAQ.560 Now I'd like to ask you some questions about {SP's} activities.

How many times per week {does SP} play or exercise enough to make {him/her} **sweat** and **breathe hard**?

IF NEVER, ENTER 0
IF LESS THAN ONCE PER WEEK, ENTER 1

|_|_|
ENTER NUMBER OF TIMES

- REFUSED 77
- DON'T KNOW 99

PAQ.575 About how many hours did {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 {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