

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.205)
- UNABLE TO DO ACTIVITY..... 3 (PAQ.205)
- REFUSED 7 (PAQ.205)
- DON'T KNOW 9 (PAQ.205)

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.205)
 - DON'T KNOW 999 (PAQ.205)

ENTER UNIT

- DAY 1
- WEEK 2
- MONTH 3
- REFUSED 7 (PAQ.205)
- DON'T KNOW 9 (PAQ.205)

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.205 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. Here are some other examples of these types of activities. Please do not include house work or yard work that you have already told me about.

HAND CARD PAQ2

CODE 'UNABLE TO DO' ONLY IF RESPONDENT VOLUNTEERS

- YES 1
- NO 2 (PAQ.325)
- UNABLE TO DO ACTIVITY..... 3 (PAQ.325)
- REFUSED 7 (PAQ.325)
- DON'T KNOW 9 (PAQ.325)

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

CODE ALL THAT APPLY

AEROBICS (HIGH IMPACT, E.G., STEP, TAEBO).....	10
BASKETBALL.....	12
BICYCLING	13
FOOTBALL.....	17
HIKING	20
HOCKEY	21
JOGGING	23
KAYAKING	24
RACQUETBALL	26
ROLLERBLADING	27
ROWING	28
RUNNING.....	29
SKATING.....	31
SKIING – CROSS COUNTRY (INCLUDING NORDIC TRACK).....	32
SKIING – DOWNHILL	33
SOCCER	34
STAIR CLIMBING.....	36
SWIMMING	38
TENNIS	39
TREADMILL	40
VOLLEYBALL.....	41
BOXING	50
MARTIAL ARTS (KARATE, JUDO).....	53
WRESTLING	54
OTHER (SPECIFY) _____... 71	71
OTHER (SPECIFY) _____... 72	72
OTHER (SPECIFY) _____... 73	73
REFUSED	77 (PAQ.325)
DON'T KNOW	99 (PAQ.325)

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?

CAPI INSTRUCTION:

FILLS FOR ACTIVITY SHOULD BE AS FOLLOWS: 10. do aerobics, 12. play basketball, 13. bicycle, 17. play football, 20. hike, 21. play hockey, 23. jog, 24. kayak, 26. play racquetball, 27. rollerblade, 28. row, 29. run, 31. skate, 32. cross country ski (use the Nordic Track), 33. downhill ski, 34. play soccer, 36. climb stairs, 38. swim, 39. play tennis, 40. use a treadmill, 41. play volleyball, 50. box, 53. practice martial arts, 54. wrestle, 71. DISPLAY ACTIVITY IN 'OTHER SPECIFY', 72. DISPLAY ACTIVITY IN 'OTHER SPECIFY', 73. 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.325.

PAQ.325 [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. Here are some other examples of these types of activities. Please do not include house work or yard work that you have already told me about.

HAND CARD PAQ3

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 **moderate** activity or activities did {you/SP} do?

CODE ALL THAT APPLY

AEROBICS (LOW IMPACT).....	10
BASEBALL	11
BASKETBALL.....	12
BICYCLING	13
BOWLING	14
DANCE.....	15
FISHING.....	16
FOOTBALL.....	17
GOLF.....	19
HIKING	20
HOCKEY	21
HUNTING	22
JOGGING.....	23
KAYAKING	24
ROLLERBLADING	27
ROWING	28
SKATING.....	31
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
FRISBEE	51
HORSEBACK RIDING	52
MARTIAL ARTS (KARATE, JUDO).....	53
YOGA.....	55
OTHER (SPECIFY) _____...	71
OTHER (SPECIFY) _____...	72
OTHER (SPECIFY) _____...	73
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, 19. play golf, 20. hike, 21. play hockey, 22. hunt, 23. jog, 24. kayak, 27. rollerblade, 28. row, 31. skate, 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, 51. play frisbee, 52. horseback ride, 53. practice martial arts, 55. do yoga, 71. DISPLAY ACTIVITY IN 'OTHER SPECIFY', 72. DISPLAY ACTIVITY IN 'OTHER SPECIFY', 73. DISPLAY ACTIVITY IN 'OTHER SPECIFY'.

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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**?

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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

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 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.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.590 Over the **past 30 days**, on average how many hours per day did {you/SP} sit and watch TV or videos **{outside of work}**? Would you say . . .

CAPI INSTRUCTION:

IF SP AGE >= 16, DISPLAY “**{outside of work}**?” IN THE QUESTION AND “{you do/s/he does} not watch TV or videos or use a computer outside of work?” FOR OPTION “6”.

OTHERWISE, DO NOT DISPLAY “**{outside of work}**?” IN THE QUESTION AND DISPLAY “{NONE}” FOR OPTION “6”.

- 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?/NONE} 6
- REFUSED 7
- DON'T KNOW 9

PAQ.600 Over the **past 30 days**, on average how many hours per day did {you/SP} use a computer or play computer games **{outside of work}**? Would you say . . .

CAPI INSTRUCTION:

IF SP AGE >= 16, DISPLAY “**{outside of work}**?” IN THE QUESTION AND “{you do/s/he does} not watch TV or videos or use a computer outside of work?” FOR OPTION “6”.

OTHERWISE, DO NOT DISPLAY “**{outside of work}**?” IN THE QUESTION AND DISPLAY “{NONE}” FOR OPTION “6”.

- 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?/NONE} 6
- REFUSED 7
- DON'T KNOW 9