

**National Health and Nutrition Examination Survey  
Codebook for Data Release (1999-2000)**

**Physical Activity Section of the SP and MEC CAPI Questionnaires (PAQ)  
Person level data -- See PAAQUX for information about weighting**

Revised September 2004

<b>SEQN</b>	<b>Target</b>
	B(2 Yrs. to 150 Yrs.)
<b>Hard Edits</b>	<b>SAS Label</b>
	Respondent sequence number
<b>English Text:</b> Respondent sequence number.	
<b>English Instructions:</b>	

<b>PAD020</b>	<b>Target</b>
	B(12 Yrs. to 150 Yrs.)
<b>Hard Edits</b>	<b>SAS Label</b>
	Walked or bicycled over past 30 days
<b>English Text:</b> 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 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?	
<b>English Instructions:</b> CODE 'UNABLE TO DO' ONLY IF RESPONDENT VOLUNTEERS.	
<b>Codes:</b>	<b>Skip To Values:</b>
1= Yes	
2= No	PAQ100
3= Unable to do activity	PAQ100
7= Refused	PAQ100
9= Don't know	PAQ100

<b>PAQ050Q</b>	<b>Target</b>
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	B(12 Yrs. to 150 Yrs.)
<b>Hard Edits</b>	<b>SAS Label</b>
	# times walked or bicycled
<b>English Text:</b> [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?	
<b>English Instructions:</b> ENTER NUMBER OF TIMES (PER DAY, WEEK OR MONTH).	
<b>Codes:</b> 77777= Refused 99999= Don't know	<b>Skip To Values:</b>

<b>PAQ050U</b>	<b>Target</b>
	B(12 Yrs. to 150 Yrs.)
<b>Hard Edits</b>	<b>SAS Label</b>
	Unit of measure (day/week/month)
<b>English Text:</b> UNIT OF MEASURE.	
<b>English Instructions:</b> ENTER UNIT.	
<b>Codes:</b> 1= Day 2= Week 3= Month 7= Refused 9= Don't Know	<b>Skip To Values:</b>

<b>PAD080</b>	<b>Target</b>
	B(12 Yrs. to 150 Yrs.)
<b>Hard Edits</b>	<b>SAS Label</b>
	How long per day (minutes)
<b>English Text:</b> On those days when {you/SP} walked or bicycled, about how long did {you/s/he} spend altogether doing this (minutes)?	
<b>English Instructions:</b> ENTER NUMBER (OF MINUTES).	

**Codes:**

77777= Refused  
99999= Don't know

**Skip To Values:****PAQ100****Target**

B(16 Yrs. to 150 Yrs.)

**Hard Edits****SAS Label**

Tasks around home/yard past 30 days

**English Text:** 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.]

**English Instructions:** CODE 'UNABLE TO DO' ONLY IF RESPONDENT VOLUNTEERS

**Codes:**

1= Yes  
2= No  
3= Unable to do activity  
7= Refused  
9= Don't know

**Skip To Values:**

PAQ180  
PAQ180  
PAQ180  
PAQ180

**PAD120****Target**

B(16 Yrs. to 150 Yrs.)

**Hard Edits****SAS Label**

# of times past 30 days

**English Text:** [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?

**English Instructions:** ENTER NUMBER (OF TIMES past 30 days).

**Codes:**

77777= Refused  
99999= Don't know

**Skip To Values:**

<b>PAD160</b>	<b>Target</b>
	B(16 Yrs. to 150 Yrs.)
<b>Hard Edits</b>	<b>SAS Label</b>
	How long each time (minutes)
<b>English Text:</b> About how long did {you/SP} do these tasks each time (minutes)?	
<b>English Instructions:</b> IF MORE THAN 1 TASK, ASK FOR TASK DONE MOST OFTEN. ENTER NUMBER (OF MINUTES).	
<b>Codes:</b> 77777= Refused 99999= Don't know	<b>Skip To Values:</b>

<b>PAQ180</b>	<b>Target</b>
	B(16 Yrs. to 150 Yrs.)
<b>Hard Edits</b>	<b>SAS Label</b>
	Avg level of physical activity each day
<b>English Text:</b> 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.] . . .	
<b>English Instructions:</b> HAND CARD PAQ1	
<b>Codes:</b> 1= {you sit/he/she sits} during the day and {do/does} not walk about very much. 2= {you stand or walk/he/she stands or walks} about a lot during the day, but {do/does}not have to carry or lift things very often 3= {you/he/she} lift(s) light load or {have/has} to climb stairs or hills often. 4= {you/he/she} {do/does} heavy work or {carry/carries} heavy loads. 7= Refused 9= Don't know	<b>Skip To Values:</b>

<b>PAD200</b>	<b>Target</b>
	B(12 Yrs. to 150 Yrs.)

**Hard Edits****SAS Label**

Vigorous activity over past 30 days

**English Text:** 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.

**English Instructions:** CODE 'UNABLE TO DO' ONLY IF RESPONDENT VOLUNTEERS.

**Codes:**

- 1= Yes
- 2= No
- 3= Unable to do activity
- 7= Refused
- 9= Don't know

**Skip To Values:****PAD320****Target**

B(12 Yrs. to 150 Yrs.)

**Hard Edits****SAS Label**

Moderate activity over past 30 days

**English Text:** [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, and dancing .

**English Instructions:** CODE 'UNABLE TO DO' ONLY IF RESPONDENT VOLUNTEERS.

**Codes:**

- 1= Yes
- 2= No
- 3= Unable to do activity
- 7= Refused
- 9= Don't know

**Skip To Values:****PAD440****Target**

B(12 Yrs. to 150 Yrs.)

**Hard Edits****SAS Label**

Muscle strengthening activities

**English Text:** 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.

**English Instructions:** CODE 'UNABLE TO DO' ONLY IF RESPONDENT VOLUNTEERS.

**Codes:****Skip To Values:**

1= Yes

2= No

3= Unable to do activity

7= Refused

9= Don't know

PAQ480

PAQ480

PAQ480

PAQ480

**PAD460****Target**

B(12 Yrs. to 150 Yrs.)

**Hard Edits****SAS Label**

Number of times past 30 days

**English Text:** [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.]

**English Instructions:** ENTER NUMBER OF TIMES (30 days).

**Codes:****Skip To Values:**

77777= Refused

99999= Don't know

**PAQ480****Target**

B(16 Yrs. to 150 Yrs.)

**Hard Edits****SAS Label**

Daily hours of TV, video or computer use

**English Text:** 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 on a typical day sitting and watching TV or videos or using a computer outside of work? Would you say . . .

**English Instructions:**

**Codes:****Skip To Values:**

0= Less than 1 hour,  
 1= 1 hour,  
 2= 2 hours,  
 3= 3 hours,  
 4= 4 hours,  
 5= 5 hours or more, or  
 6= None  
 77= Refused  
 99= Don't know

**PAQ500****Target**

B(12 Yrs. to 150 Yrs.)

**Hard Edits****SAS Label**

Activity comparison last mo - last yr

**English Text:** 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} . . .

**English Instructions:****Codes:****Skip To Values:**

1= more active  
 2= less active, or  
 3= About the same?  
 7= Refused  
 9= Don't know

**PAQ520****Target**

B(12 Yrs. to 150 Yrs.)

**Hard Edits****SAS Label**

Compare activity w/others same age

**English Text:** (MEC Interview Version) Compared with most {boys/girls} {your/SP's} age, would you say that {you are/SP is}... (SP Interview Version) Compared with most {men/boys/women/girls} {your/SP's} age, would you say that {you are/s/he is} . . .

**English Instructions:****Codes:**

- 1= more active
- 2= less active, or
- 3= About the same?
- 7= Refused
- 9= Don't Know

**Skip To Values:****PAQ540****Target**

B(30 Yrs. to 150 Yrs.)

**Hard Edits****SAS Label**

Compare activity with 10 years ago

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

**English Instructions:****Codes:**

- 1= More active now,
- 2= Less active now, or
- 3= About the same?
- 7= Refused
- 9= Don't know

**Skip To Values:****PAQ560****Target**

B(2 Yrs. to 11 Yrs.)

**Hard Edits****SAS Label**

0 to 99

# time/week you play or exercise hard

**English Text:** 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?

**English Instructions:** IF NEVER, ENTER 0. IF LESS THAN ONCE PER WEEK, ENTER 1. ENTER NUMBER OF TIMES.

**Codes:**

- 77777= Refused
- 99999= Don't know

**Skip To Values:**



**PAD570**

**Target**

B(2 Yrs. to 15 Yrs.)

**Hard Edits**

**SAS Label**

# of hours watch TV or videos yesterday

**English Text:** 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...

**English Instructions:**

**Codes:**

**Skip To Values:**

0= Less than 1 hour

1= 1 hour

2= 2 hours

3= 3 hours

4= 4 hours, or

5= 5 hours or more

6= None

77= Refused

99= Don't know

**PAQ580**

**Target**

B(2 Yrs. to 15 Yrs.)

**Hard Edits**

**SAS Label**

# hours use computer/games yesterday

**English Text:** About how many hours did {you/SP} use a computer or play computer games yesterday? Would you say...

**English Instructions:**

**Codes:****Skip To Values:**

0= Less than 1 hour

1= 1 hour

2= 2 hours

3= 3 hours

4= 4 hours

5= 5 or more?

6= None

77= Refused

99= Don't know

**PAAQUEX****Target**

B(2 Yrs. to 150 Yrs.)

**Hard Edits****SAS Label**

Questionnaire source flag for weighting

**English Text:****English Instructions:****Codes:****Skip To Values:**

1= Sample Person Interview Questionnaire Targets (B(2-11) and (B(16-150))

2= MEC CAPI Questionnaire Targets (B(12-15))