



NHANES 1999-2000 Data Release
Physical Activity Section of the SP and MEC CAPI Questionnaires
(paq.XPT)
Revised September 2004

Walked or bicycled over past 30 days				
PAD020	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	1990	21.66	1990	21.66
1 : Yes	2188	23.81	4178	45.47
2 : No	4792	52.15	8970	97.63
3 : Unable to do activity	211	2.30	9181	99.92
7 : Refused	5	0.05	9186	99.98
9 : Don't know	2	0.02	9188	100.00



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# times walked or bicycled				
PAQ050Q	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	7000	76.19	7000	76.19
1	593	6.45	7593	82.64
2	459	5.00	8052	87.64
3	283	3.08	8335	90.72
4	137	1.49	8472	92.21
5	381	4.15	8853	96.35
6	59	0.64	8912	97.00
7	83	0.90	8995	97.90
8	9	0.10	9004	98.00
9	3	0.03	9007	98.03
10	54	0.59	9061	98.62
12	9	0.10	9070	98.72
13	1	0.01	9071	98.73
14	7	0.08	9078	98.80
15	29	0.32	9107	99.12
16	4	0.04	9111	99.16
17	2	0.02	9113	99.18
20	20	0.22	9133	99.40
21	1	0.01	9134	99.41
22	2	0.02	9136	99.43
25	9	0.10	9145	99.53
28	1	0.01	9146	99.54
30	37	0.40	9183	99.95
60	2	0.02	9185	99.97
75	2	0.02	9187	99.99
99999 : Don't know	1	0.01	9188	100.00



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Unit of measure (day/week/month)				
PAQ050U	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	7001	76.20	7001	76.20
1 : Day	614	6.68	7615	82.88
2 : Week	1036	11.28	8651	94.16
3 : Month	537	5.84	9188	100.00



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How long per day (minutes)				
PAD080	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	7005	76.24	7005	76.24
1	13	0.14	7018	76.38
2	7	0.08	7025	76.46
3	2	0.02	7027	76.48
4	3	0.03	7030	76.51
5	53	0.58	7083	77.09
6	1	0.01	7084	77.10
7	5	0.05	7089	77.15
8	3	0.03	7092	77.19
10	235	2.56	7327	79.75
11	1	0.01	7328	79.76
12	4	0.04	7332	79.80
13	1	0.01	7333	79.81
14	2	0.02	7335	79.83
15	237	2.58	7572	82.41
16	2	0.02	7574	82.43
18	2	0.02	7576	82.46
20	267	2.91	7843	85.36
25	27	0.29	7870	85.66
26	1	0.01	7871	85.67
30	493	5.37	8364	91.03
35	12	0.13	8376	91.16
40	46	0.50	8422	91.66
45	96	1.04	8518	92.71
50	9	0.10	8527	92.81
54	1	0.01	8528	92.82
60	368	4.01	8896	96.82
80	2	0.02	8898	96.84
90	44	0.48	8942	97.32
100	3	0.03	8945	97.36
120	140	1.52	9085	98.88
180	66	0.72	9151	99.60
240	18	0.20	9169	99.79
300	4	0.04	9173	99.84
360	7	0.08	9180	99.91
420	3	0.03	9183	99.95
480	5	0.05	9188	100.00



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Tasks around home/yard past 30 days				
PAQ100	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	3146	34.24	3146	34.24
1 : Yes	2950	32.11	6096	66.35
2 : No	2874	31.28	8970	97.63
3 : Unable to do activity	212	2.31	9182	99.93
7 : Refused	5	0.05	9187	99.99
9 : Don't know	1	0.01	9188	100.00



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# of times past 30 days				
PAD120	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	6245	67.97	6245	67.97
1	265	2.88	6510	70.85
2	332	3.61	6842	74.47
3	141	1.53	6983	76.00
4	812	8.84	7795	84.84
5	54	0.59	7849	85.43
6	24	0.26	7873	85.69
7	8	0.09	7881	85.77
8	16	0.17	7897	85.95
9	354	3.85	8251	89.80
10	26	0.28	8277	90.08
12	12	0.13	8289	90.22
13	203	2.21	8492	92.42
14	3	0.03	8495	92.46
15	38	0.41	8533	92.87
16	2	0.02	8535	92.89
17	62	0.67	8597	93.57
20	16	0.17	8613	93.74
21	53	0.58	8666	94.32
23	1	0.01	8667	94.33
24	1	0.01	8668	94.34
26	8	0.09	8676	94.43
28	1	0.01	8677	94.44
30	450	4.90	9127	99.34
39	1	0.01	9128	99.35
43	1	0.01	9129	99.36
51	1	0.01	9130	99.37
60	30	0.33	9160	99.70
90	12	0.13	9172	99.83
120	4	0.04	9176	99.87
150	2	0.02	9178	99.89
180	3	0.03	9181	99.92
210	1	0.01	9182	99.93
240	2	0.02	9184	99.96
300	4	0.04	9188	100.00



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How long each time (minutes)				
PAD160	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	6254	68.07	6254	68.07
1	16	0.17	6270	68.24
2	1	0.01	6271	68.25
3	1	0.01	6272	68.26
4	2	0.02	6274	68.28
5	5	0.05	6279	68.34
6	2	0.02	6281	68.36
8	1	0.01	6282	68.37
10	84	0.91	6366	69.29
15	151	1.64	6517	70.93
20	165	1.80	6682	72.73
25	10	0.11	6692	72.83
30	500	5.44	7192	78.28
35	3	0.03	7195	78.31
40	19	0.21	7214	78.52
45	117	1.27	7331	79.79
50	1	0.01	7332	79.80
60	765	8.33	8097	88.13
75	2	0.02	8099	88.15
80	1	0.01	8100	88.16
90	97	1.06	8197	89.21
120	586	6.38	8783	95.59
150	1	0.01	8784	95.60
180	204	2.22	8988	97.82
240	95	1.03	9083	98.86
300	38	0.41	9121	99.27
360	33	0.36	9154	99.63
420	4	0.04	9158	99.67
480	26	0.28	9184	99.96
540	1	0.01	9185	99.97
600	3	0.03	9188	100.00



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Avg level of physical activity each day				
PAQ180	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	3146	34.24	3146	34.24
1 : {you sit/he/she sits} during the day and {do/does} not walk about very much.	1574	17.13	4720	51.37
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	3119	33.95	7839	85.32
3 : {you/he/she} lift(s) light load or {have/has} to climb stairs or hills often.	969	10.55	8808	95.86
4 : {you/he/she} {do/does} heavy work or {carry/carries} heavy loads.	367	3.99	9175	99.86
7 : Refused	6	0.07	9181	99.92
9 : Don't know	7	0.08	9188	100.00



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Vigorous activity over past 30 days				
PAD200	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	1990	21.66	1990	21.66
1 : Yes	2654	28.89	4644	50.54
2 : No	4244	46.19	8888	96.73
3 : Unable to do activity	293	3.19	9181	99.92
7 : Refused	5	0.05	9186	99.98
9 : Don't know	2	0.02	9188	100.00



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Moderate activity over past 30 days				
PAD320	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	1990	21.66	1990	21.66
1 : Yes	2908	31.65	4898	53.31
2 : No	4031	43.87	8929	97.18
3 : Unable to do activity	250	2.72	9179	99.90
7 : Refused	6	0.07	9185	99.97
9 : Don't know	3	0.03	9188	100.00



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Muscle strengthening activities				
PAD440	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	1990	21.66	1990	21.66
1 : Yes	2252	24.51	4242	46.17
2 : No	4700	51.15	8942	97.32
3 : Unable to do activity	239	2.60	9181	99.92
7 : Refused	6	0.07	9187	99.99
9 : Don't know	1	0.01	9188	100.00



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Number of times past 30 days				
PAD460	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	6936	75.49	6936	75.49
1	83	0.90	7019	76.39
2	81	0.88	7100	77.27
3	55	0.60	7155	77.87
4	242	2.63	7397	80.51
5	32	0.35	7429	80.86
6	11	0.12	7440	80.98
7	23	0.25	7463	81.23
8	7	0.08	7470	81.30
9	344	3.74	7814	85.05
10	30	0.33	7844	85.37
11	1	0.01	7845	85.38
12	11	0.12	7856	85.50
13	416	4.53	8272	90.03
14	11	0.12	8283	90.15
15	47	0.51	8330	90.66
16	2	0.02	8332	90.68
17	125	1.36	8457	92.04
20	22	0.24	8479	92.28
21	236	2.57	8715	94.85
22	1	0.01	8716	94.86
24	1	0.01	8717	94.87
25	5	0.05	8722	94.93
26	19	0.21	8741	95.13
28	1	0.01	8742	95.15
30	402	4.38	9144	99.52
34	2	0.02	9146	99.54
39	2	0.02	9148	99.56
47	1	0.01	9149	99.58
60	22	0.24	9171	99.81
86	1	0.01	9172	99.83
90	8	0.09	9180	99.91
120	2	0.02	9182	99.93
129	1	0.01	9183	99.95
150	2	0.02	9185	99.97
210	2	0.02	9187	99.99
300	1	0.01	9188	100.00



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Daily hours of TV, video or computer use				
PAQ480	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	3146	34.24	3146	34.24
0 : Less than 1 hour,	657	7.15	3803	41.39
1 : 1 hour,	1000	10.88	4803	52.27
2 : 2 hours,	1583	17.23	6386	69.50
3 : 3 hours,	1107	12.05	7493	81.55
4 : 4 hours,	716	7.79	8209	89.34
5 : 5 hours or more, or	875	9.52	9084	98.87
6 : None	94	1.02	9178	99.89
77 : Refused	7	0.08	9185	99.97
99 : Don't know	3	0.03	9188	100.00



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Activity comparison last mo - last yr				
PAQ500	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	1990	21.66	1990	21.66
1 : more active	1316	14.32	3306	35.98
2 : less active, or	1406	15.30	4712	51.28
3 : About the same?	4467	48.62	9179	99.90
7 : Refused	6	0.07	9185	99.97
9 : Don't know	3	0.03	9188	100.00



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Compare activity w/others same age				
PAQ520	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	1990	21.66	1990	21.66
1 : more active	2446	26.62	4436	48.28
2 : less active, or	1266	13.78	5702	62.06
3 : About the same?	3411	37.12	9113	99.18
7 : Refused	6	0.07	9119	99.25
9 : Don't Know	69	0.75	9188	100.00



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Compare activity with 10 years ago				
PAQ540	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	5180	56.38	5180	56.38
1 : More active now,	521	5.67	5701	62.05
2 : Less active now, or	2397	26.09	8098	88.14
3 : About the same?	1082	11.78	9180	99.91
7 : Refused	5	0.05	9185	99.97
9 : Don't know	3	0.03	9188	100.00



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# time/week you play or exercise hard				
PAQ560	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	7254	78.95	7254	78.95
0	123	1.34	7377	80.29
1	80	0.87	7457	81.16
2	95	1.03	7552	82.19
3	106	1.15	7658	83.35
4	69	0.75	7727	84.10
5	240	2.61	7967	86.71
6	58	0.63	8025	87.34
7	1007	10.96	9032	98.30
8	4	0.04	9036	98.35
10	25	0.27	9061	98.62
12	3	0.03	9064	98.65
14	58	0.63	9122	99.28
15	3	0.03	9125	99.31
20	10	0.11	9135	99.42
21	22	0.24	9157	99.66
25	2	0.02	9159	99.68
28	5	0.05	9164	99.74
30	1	0.01	9165	99.75
35	2	0.02	9167	99.77
40	2	0.02	9169	99.79
45	1	0.01	9170	99.80
50	2	0.02	9172	99.83
70	4	0.04	9176	99.87
72	2	0.02	9178	99.89
77	1	0.01	9179	99.90
99999 : Don't know	9	0.10	9188	100.00



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# of hours watch TV or videos yesterday				
PAD570	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	6098	66.37	6098	66.37
0 : Less than 1 hour	469	5.10	6567	71.47
1 : 1 hour	561	6.11	7128	77.58
2 : 2 hours	780	8.49	7908	86.07
3 : 3 hours	476	5.18	8384	91.25
4 : 4 hours, or	245	2.67	8629	93.92
5 : 5 hours or more	347	3.78	8976	97.69
6 : None	196	2.13	9172	99.83
99 : Don't know	16	0.17	9188	100.00



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# hours use computer/games yesterday				
PAQ580	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	6098	66.37	6098	66.37
0 : Less than 1 hour	1065	11.59	7163	77.96
1 : 1 hour	388	4.22	7551	82.18
2 : 2 hours	186	2.02	7737	84.21
3 : 3 hours	60	0.65	7797	84.86
4 : 4 hours	24	0.26	7821	85.12
5 : 5 or more?	43	0.47	7864	85.59
6 : None	1310	14.26	9174	99.85
99 : Don't know	14	0.15	9188	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(2-11) and (B(16-150)	7979	86.84	7979	86.84
2 : MEC CAPI Questionnaire Targets (B(12-15))	1209	13.16	9188	100.00