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.

<table>
<thead>
<tr>
<th></th>
<th>YES ............................................................... 1</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>NO .........................................................................</td>
</tr>
<tr>
<td>3</td>
<td>UNABLE TO DO ACTIVITY ..........................................</td>
</tr>
<tr>
<td>7</td>
<td>REFUSED ..................................................................</td>
</tr>
<tr>
<td>9</td>
<td>DON'T KNOW ..........................................................</td>
</tr>
</tbody>
</table>

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?

<table>
<thead>
<tr>
<th></th>
<th>ENTER NUMBER OF TIMES (PER DAY, WEEK OR MONTH)</th>
</tr>
</thead>
<tbody>
<tr>
<td>777</td>
<td>REFUSED ..........................................................</td>
</tr>
<tr>
<td>999</td>
<td>DON'T KNOW ...................................................</td>
</tr>
</tbody>
</table>

ENTER UNIT

<table>
<thead>
<tr>
<th></th>
<th>DAY ........................................................................</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>WEEK ......................................................................</td>
</tr>
<tr>
<td>3</td>
<td>MONTH ...................................................................</td>
</tr>
<tr>
<td>7</td>
<td>REFUSED ..................................................................</td>
</tr>
<tr>
<td>9</td>
<td>DON'T KNOW ..........................................................</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th></th>
<th>ENTER NUMBER (OF MINUTES OR HOURS)</th>
</tr>
</thead>
<tbody>
<tr>
<td>777</td>
<td>REFUSED ..........................................................</td>
</tr>
<tr>
<td>999</td>
<td>DON'T KNOW ...................................................</td>
</tr>
</tbody>
</table>

ENTER UNIT

<table>
<thead>
<tr>
<th></th>
<th>MINUTES ...............................................................</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>HOURS ....................................................................</td>
</tr>
<tr>
<td>7</td>
<td>REFUSED ..................................................................</td>
</tr>
<tr>
<td>9</td>
<td>DON'T KNOW ..........................................................</td>
</tr>
</tbody>
</table>
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)
Over the past 30 days, what vigorous activities did you do?

CODE ALL THAT APPLY

<table>
<thead>
<tr>
<th>Activity</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aerobics (High impact, e.g., Step, Taebo)</td>
<td>10</td>
</tr>
<tr>
<td>Basketball</td>
<td>12</td>
</tr>
<tr>
<td>Bicycling</td>
<td>13</td>
</tr>
<tr>
<td>Football</td>
<td>17</td>
</tr>
<tr>
<td>Hiking</td>
<td>20</td>
</tr>
<tr>
<td>Hockey</td>
<td>21</td>
</tr>
<tr>
<td>Jogging</td>
<td>23</td>
</tr>
<tr>
<td>Kayaking</td>
<td>24</td>
</tr>
<tr>
<td>Racquetball</td>
<td>26</td>
</tr>
<tr>
<td>Rollerblading</td>
<td>27</td>
</tr>
<tr>
<td>Rowing</td>
<td>28</td>
</tr>
<tr>
<td>Running</td>
<td>29</td>
</tr>
<tr>
<td>Skating</td>
<td>31</td>
</tr>
<tr>
<td>Skiing – Cross Country (Including Nordic Track)</td>
<td>32</td>
</tr>
<tr>
<td>Skiing – Downhill</td>
<td>33</td>
</tr>
<tr>
<td>Soccer</td>
<td>34</td>
</tr>
<tr>
<td>Stair Climbing</td>
<td>36</td>
</tr>
<tr>
<td>Swimming</td>
<td>38</td>
</tr>
<tr>
<td>Tennis</td>
<td>39</td>
</tr>
<tr>
<td>Treadmill</td>
<td>40</td>
</tr>
<tr>
<td>Volleyball</td>
<td>41</td>
</tr>
<tr>
<td>Boxing</td>
<td>50</td>
</tr>
<tr>
<td>Martial Arts (Karate, Judo)</td>
<td>53</td>
</tr>
<tr>
<td>Wrestling</td>
<td>54</td>
</tr>
<tr>
<td>Other (Specify)</td>
<td>71</td>
</tr>
<tr>
<td>Other (Specify)</td>
<td>72</td>
</tr>
<tr>
<td>Other (Specify)</td>
<td>73</td>
</tr>
<tr>
<td>Refused</td>
<td>77</td>
</tr>
<tr>
<td>Don't Know</td>
<td>99</td>
</tr>
</tbody>
</table>

**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:  

|___|___|___|
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:

|____|____|____|
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.
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)

[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.]

<table>
<thead>
<tr>
<th>ENTER NUMBER OF TIMES (PER DAY, WEEK OR MONTH)</th>
</tr>
</thead>
<tbody>
<tr>
<td>REFUSED ................................................. 777</td>
</tr>
<tr>
<td>DON'T KNOW ............................................. 999</td>
</tr>
</tbody>
</table>

ENTER UNIT

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

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

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
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

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