BOX 1

CHECK ITEM PAQ.700:
IF SP AGE 2-11, GO TO PAQ706.
IF SP AGE <2 OR SP 12-15, GO TO NEXT SECTION.
IF SP AGE 16+, CONTINUE.

PAQ.605 Next I am going to ask you about the time (you spend/SP spends) doing different types of physical activity in a typical week.

Think first about the time (you spend/he spends/she spends) doing work. Think of work as the things that (you have/he has/she has) to do such as paid or unpaid work, household chores, and yard work.

Does (your/SP’s) work involve vigorous-intensity activity that causes large increases in breathing or heart rate like carrying or lifting heavy loads, digging or construction work for at least 10 minutes continuously?

YES......................................................... 1
NO ....................................................... 2 (PAQ.620)
REFUSED.............................................. 7 (PAQ.620)
DON'T KNOW........................................... 9 (PAQ.620)

PAQ.610 In a typical week, on how many days (do you/does SP) do vigorous-intensity activities as part of (your/his/her) work?

PROBE IF NEEDED: Vigorous-intensity activity causes large increases in breathing or heart rate and is done for at least 10 minutes continuously.

INTERVIEWER: REMEMBER, WE ARE ONLY ASKING ABOUT WORK AND CHORES IN THIS QUESTION.

HARD EDIT: 1-7.

[| | ]
Enter number of days

REFUSED.............................................. 77 (PAQ.620)
DON'T KNOW........................................... 99 (PAQ.620)
PAQ.615 How much time (do you/does SP) spend doing vigorous-intensity activities at work on a typical day?

PROBE IF NEEDED: Think about a typical day when (you do/he does/she does) vigorous-intensity activities during (your/his/her) work.

PROBE IF NEEDED: Vigorous-intensity activity causes large increases in breathing or heart rate and is done for at least 10 minutes continuously.

INTERVIEWER: REMEMBER, WE ARE ONLY ASKING ABOUT WORK AND CHORES.

SOFTWARE EDIT: >4 HOURS.
ERROR MESSAGE: INTERVIEWER, YOU HAVE RECORDED THAT THE SP SPENDS MORE THAN 4 HOURS DOING VIGOROUS-INTENSITY ACTIVITIES AT WORK ON A TYPICAL DAY. PLEASE CONFIRM WITH SP THAT OVER 4 HOURS IS CORRECT.

HARD EDIT: >24 HOURS.
HARD EDIT: <10 MINUTES.
ERROR MESSAGE: THE TIME SHOULD BE 10 MINUTES OR MORE, BUT LESS THAN 24 HOURS.

|___|___|___|
ENTER NUMBER OF MINUTES OR HOURS

REFUSED............................ 7777 (PAQ.620)
DON'T KNOW........................... 9999 (PAQ.620)

ENTER UNIT

MINUTES............................ 1
HOURS............................... 2

PAQ.620 Does (your/SP’s) work involve moderate-intensity activity that causes small increases in breathing or heart rate such as brisk walking or carrying light loads for at least 10 minutes continuously?

YES........................................ 1
NO ........................................ 2 (PAQ.635)
REFUSED............................ 7 (PAQ.635)
DON'T KNOW.......................... 9 (PAQ.635)

PAQ.625 In a typical week, on how many days (do you/does SP) do moderate-intensity activities as part of (your/his/her) work?

PROBE IF NEEDED: Moderate-intensity activity causes small increases in breathing or heart rate and is done for at least 10 minutes continuously.

INTERVIEWER: REMEMBER, WE ARE ONLY ASKING ABOUT WORK AND CHORES.

HARD EDIT: 1-7.

|___|___|___|
ENTER NUMBER OF DAYS

REFUSED............................ 77 (PAQ.635)
DON'T KNOW.......................... 99 (PAQ.635)
How much time (do you/does SP) spend doing moderate-intensity activities at work on a typical day?

PROBE IF NEEDED: Think about a typical day when (you do/he does/she does) moderate-intensity activities during (your/his/her) work.

PROBE IF NEEDED: Moderate-intensity activity causes small increases in breathing or heart rate and is done for at least 10 minutes continuously.

INTERVIEWER: REMEMBER, WE ARE ONLY ASKING ABOUT WORK AND CHORES.

SOFT EDIT: >4 HOURS.
ERROR MESSAGE: INTERVIEWER, YOU HAVE RECORDED THAT THE SP SPENDS MORE THAN 4 HOURS DOING MODERATE-INTENSITY ACTIVITIES AT WORK ON A TYPICAL DAY. PLEASE CONFIRM WITH SP THAT OVER 4 HOURS IS CORRECT.

HARD EDIT: >24 HOURS.
HARD EDIT: <10 MINUTES.
ERROR MESSAGE: THE TIME SHOULD BE 10 MINUTES OR MORE, BUT LESS THAN 24 HOURS.

|___|___|___|
ENTER NUMBER OF MINUTES OR HOURS

REFUSED......................... 7777 (PAQ.635)
DON'T KNOW...................... 9999 (PAQ.635)

|___|
ENTER UNIT

MINUTES......................... 1
HOURS............................ 2

The next questions exclude the physical activities at work that you have already mentioned. Now I would like to ask you about the usual way (you travel/SP travels) to and from places. For example to work, for shopping, to school.

In a typical week (do you/does SP) walk or use a bicycle for at least 10 minutes continuously to get to and from places?

YES................................. 1
NO ................................................ 2 (PAQ.650)
REFUSED.............................. 7 (PAQ.650)
DON'T KNOW.......................... 9 (PAQ.650)

In a typical week, on how many days (do you/does SP) walk or bicycle for at least 10 minutes continuously to get to and from places?

HARD EDIT: 1-7.

|___|___|
ENTER NUMBER OF DAYS

REFUSED.......................... 77(PAQ.650)
DON'T KNOW........................ 99(PAQ.650)
How much time (do you/does SP) spend walking or bicycling for travel on a typical day?

PROBE IF NEEDED: Think about a typical day when (you walk or bicycle/SP walks or bicycles) for travel.

SOFT EDIT: >4 HOURS.
ERROR MESSAGE: INTERVIEWER, YOU HAVE RECORDED THAT THE SP SPENDS MORE THAN 4 HOURS WALKING OR BICYCLING TO GET TO AND FROM PLACES ON A TYPICAL DAY. PLEASE CONFIRM WITH SP THAT OVER 4 HOURS IS CORRECT.

HARD EDIT: >24 HOURS.
HARD EDIT: <10 MINUTES.
ERROR MESSAGE: THE TIME SHOULD BE 10 MINUTES OR MORE, BUT LESS THAN 24 HOURS.

|___|___|___|
ENTER NUMBER OF MINUTES OR HOURS

REFUSED..............................................  7777 (PAQ.650)
DON'T KNOW.......................................  9999 (PAQ.650)

|___|
ENTER UNIT

MINUTES.............................................  1
HOURS...............................................  2

The next questions exclude the work and transportation activities that you have already mentioned. Now I would like to ask you about sports, fitness and recreational activities.

In a typical week (do you/does SP) do any vigorous-intensity sports, fitness, or recreational activities that cause large increases in breathing or heart rate like running or basketball for at least 10 minutes continuously?

YES..................................................  1
NO ..................................................  2 (PAQ.665)
REFUSED..........................................  7 (PAQ.665)
DON'T KNOW.....................................  9 (PAQ.665)

In a typical week, on how many days (do you/does SP) do vigorous-intensity sports, fitness or recreational activities?

PROBE IF NEEDED: Vigorous-intensity activity causes large increases in breathing or heart rate and is done for at least 10 minutes continuously.

HARD EDIT: 1-7.

|___|___|___|
ENTER NUMBER OF DAYS

REFUSED..............................................  77 (PAQ.665)
DON'T KNOW.......................................  99 (PAQ.665)
PAQ.660 How much time {do you/does SP} spend doing vigorous-intensity sports, fitness or recreational activities on a typical day?

PROBE IF NEEDED: Think about a typical day when {you do/SP does} vigorous-intensity sports, fitness or recreational activities.

SOFT EDIT: >4 HOURS.
ERROR MESSAGE: INTERVIEWER, YOU HAVE RECORDED THAT THE SP SPENDS MORE THAN 4 HOURS DOING VIGOROUS-INTENSITY RECREATIONAL ACTIVITIES ON A TYPICAL DAY. PLEASE CONFIRM WITH SP THAT OVER 4 HOURS IS CORRECT.

HARD EDIT: >24 HOURS.
HARD EDIT: <10 MINUTES.
ERROR MESSAGE: THE TIME SHOULD BE 10 MINUTES OR MORE, BUT LESS THAN 24 HOURS.

|___|___|___|
ENTER NUMBER OF MINUTES OR HOURS

REFUSED............................................ 7777 (PAQ.665)
DON'T KNOW..................................... 9999 (PAQ.665)

|___|
ENTER UNIT

MINUTES.............................................. 1
HOURS.................................................. 2

PAQ.665 In a typical week {do you/does SP} do any moderate-intensity sports, fitness, or recreational activities that cause a small increase in breathing or heart rate such as brisk walking, bicycling, swimming, or golf for at least 10 minutes continuously?

YES.................................................... 1
NO ..................................................... 2 (PAQ.680)
REFUSED............................................. 7 (PAQ.680)
DON'T KNOW...................................... 9 (PAQ.680)

PAQ.670 In a typical week, on how many days {do you/does SP} do moderate-intensity sports, fitness or recreational activities?

PROBE IF NEEDED: Moderate-intensity sports, fitness or recreational activities cause small increases in breathing or heart rate and is done for at least 10 minutes continuously.

HARD EDIT: 1-7.

|___|___|___|
ENTER NUMBER OF DAYS

REFUSED............................................ 77 (PAQ.680)
DON'T KNOW...................................... 99 (PAQ.680)
PAQ.675 How much time {do you/does SP} spend doing moderate-intensity sports, fitness or recreational activities on a typical day?

PROBE IF NEEDED: Think about a typical day when {you do/SP does} moderate-intensity sports, fitness or recreational activities.

PROBE IF NEEDED: Moderate-intensity sports, fitness or recreational activities cause small increases in breathing or heart rate and is done for at least 10 minutes continuously.

SOFT EDIT: >4 HOURS.
ERROR MESSAGE: INTERVIEWER, YOU HAVE RECORDED THAT THE SP SPENDS MORE THAN 4 HOURS DOING MODERATE-INTENSITY RECREATIONAL ACTIVITIES ON A TYPICAL DAY. PLEASE CONFIRM WITH SP THAT OVER 4 HOURS IS CORRECT.

HARD EDIT: >24 HOURS.
HARD EDIT: <10 MINUTES.
ERROR MESSAGE: THE TIME SHOULD BE 10 MINUTES OR MORE, BUT LESS THAN 24 HOURS.

|___|___|___|
ENTER NUMBER OF MINUTES OR HOURS

REFUSED............................................. 7777 (PAQ.680)
DON'T KNOW........................................ 9999 (PAQ.680)

|___|
ENTER UNIT

MINUTES............................................. 1
HOURS............................................... 2

PAQ.680 The following question is about sitting at work, at home, getting to and from places, or with friends, including time spent sitting at a desk, traveling in a car or bus, reading, playing cards, watching television, or using a computer. Do not include time spent sleeping.

How much time {do you/does SP} usually spend sitting on a typical day?

|___|___|___|
ENTER NUMBER OF MINUTES OR HOURS

REFUSED............................................. 7777 (BOX 2)
DON'T KNOW........................................ 9999 (BOX 2)

|___|
ENTER UNIT

MINUTES............................................. 1
HOURS............................................... 2

SOFT EDIT: 18 HOURS OR MORE AND LESS THAN 3 HOURS.
ERROR MESSAGE: PLEASE VERIFY TIMES OF 18 HOURS OR MORE OR LESS THAN 3 HOURS.

HARD EDIT: 24 HOURS OR MORE.
ERROR MESSAGE: THE TIME SHOULD BE LESS THAN 24 HOURS.
**CHECK ITEM PAQ.720:**
IF SP AGE 16+, GO TO PAQ.710.

**PAQ.706** Now I'd like to ask you some questions about (your/SP's) activities.

During the **past 7 days**, on how many days **were you/was SP** physically active for a total of **at least 60 minutes per day**? Add up all the time **you/he/she** spent in any kind of physical activity that increased **your/his/her** heart rate and made **you/him/her** breathe hard some of the time.

<table>
<thead>
<tr>
<th>Days</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>2</td>
<td>2</td>
</tr>
<tr>
<td>3</td>
<td>3</td>
</tr>
<tr>
<td>4</td>
<td>4</td>
</tr>
<tr>
<td>5</td>
<td>5</td>
</tr>
<tr>
<td>6</td>
<td>6</td>
</tr>
<tr>
<td>7</td>
<td>7</td>
</tr>
<tr>
<td>REFUSED</td>
<td>77</td>
</tr>
<tr>
<td>DON'T KNOW</td>
<td>99</td>
</tr>
</tbody>
</table>

**PAQ.710** Now I will ask you first about TV watching and then about computer use.

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

<table>
<thead>
<tr>
<th>Hours</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>less than 1 hour</td>
<td>0</td>
</tr>
<tr>
<td>1 hour</td>
<td>1</td>
</tr>
<tr>
<td>2 hours</td>
<td>2</td>
</tr>
<tr>
<td>3 hours</td>
<td>3</td>
</tr>
<tr>
<td>4 hours</td>
<td>4</td>
</tr>
<tr>
<td>5 hours or more, or</td>
<td>5</td>
</tr>
<tr>
<td>(You do/SP does) not watch TV or videos</td>
<td>8</td>
</tr>
<tr>
<td>REFUSED</td>
<td>77</td>
</tr>
<tr>
<td>DON'T KNOW</td>
<td>99</td>
</tr>
</tbody>
</table>

**CAPI INSTRUCTION:**
ERROR MESSAGE: PLEASE VERIFY PAQ.710 TIME (TV WATCHING) SHOULD NOT BE MORE THAN PAQ.680 (TIME SITTING).
PAQ.715  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 or school?  Include Playstation, Nintendo DS, or other portable video games. Would you say . . . 

<table>
<thead>
<tr>
<th>Hours</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>less than 1 hour</td>
<td>0</td>
</tr>
<tr>
<td>1 hour</td>
<td>1</td>
</tr>
<tr>
<td>2 hours</td>
<td>2</td>
</tr>
<tr>
<td>3 hours</td>
<td>3</td>
</tr>
<tr>
<td>4 hours</td>
<td>4</td>
</tr>
<tr>
<td>5 hours or more</td>
<td>5</td>
</tr>
</tbody>
</table>

(You do/SP does) not use a computer outside of work or school | 8 |

REFUSED | 77 |

DON’T KNOW | 99 |

HELP SCREEN:
If the SP watches T.V. or video at the same time as working on the computer, count this time as watching T.V. or video.

<table>
<thead>
<tr>
<th>BOX 2b</th>
</tr>
</thead>
</table>

CHECK ITEM PAQ.718:
IF 3-11, CONTINUE.
ELSE, GO TO END OF SECTION.

PAQ.722  For the next questions, think about the sports, lessons, or physical activities {you/SP} may have done during the **past 7 days**? {Please do not include things {you/he/she} did during the school day like PE or gym class.}

Did {you/SP} do any physical activities during the **past 7 days**?

<table>
<thead>
<tr>
<th>Activity</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>YES</td>
<td>1</td>
</tr>
<tr>
<td>NO</td>
<td>2 (BOX 3)</td>
</tr>
<tr>
<td>REFUSED</td>
<td>7 (BOX 3)</td>
</tr>
<tr>
<td>DON'T KNOW</td>
<td>9 (BOX 3)</td>
</tr>
</tbody>
</table>

CAPI INSTRUCTION: IF SP AGE IS 3-4 YEARS OLD, DO NOT DISPLAY  {Please do not include things {you/he/she} did during the school day like PE or gym class.}
PAQ.724 What physical activities did {you/SP} do during the past 7 days? Don’t include activities {you/SP} did during gym or PE.

[PROBE: Did {you/he/she} do any other physical activities?]

CODE ALL THAT APPLY

AEROBICS/WEIGHT TRAINING/GYM/EXERCISE.................................................. 1
BASEBALL/SOFTBALL/CATCH/PITCHING .................................................. 2
BASKETBALL..................................................................................... 3
BIKE RIDING/DIRT BIKING/MOUNTAIN BIKING.................................................. 4
CHEERLEADING .............................................................................. 5
DANCE ................................................................................................. 6
FIELD HOCKEY/STREET HOCKEY/ROLLER HOCKEY ................................. 7
FOOTBALL ......................................................................................... 8
FRISBEE/ULTIMATE FRISBEE ............................................................ 29
GOLF .................................................................................................. 9
GYMNASTICS/TUMBLING................................................................. 10
HIKING ................................................................................................. 11
ICE HOCKEY ...................................................................................... 12
ICE SKATING ...................................................................................... 13
JUMPING ROPE .................................................................................. 14
LACROSSE ......................................................................................... 15
MARTIAL ARTS (KARATE/TAE KWON DO/JUDO, ETC.)................................. 16
PLAYING GAMES (PROBE: WERE YOU PHYSICALLY ACTIVE? IF NO, DON’T COUNT)................................................................. 17
BACKYARD/PLAYGROUND GAMES AND ACTIVITIES............................... 30
ROLLER BLADING/ROLLER SKATING .................................................. 18
RUNNING/JOGGING ............................................................................ 19
SCOOTER RIDING (PROBE: DOES IT HAVE A MOTOR? IF YES, DON’T COUNT)................................................................. 20
SKATEBOARDING ............................................................................. 21
SOCCER ................................................................................................. 22
SWIMMING ......................................................................................... 23
TENNIS ................................................................................................. 24
TRACK & FIELD ....................................................................................... 25
TRAMPOLINE ......................................................................................... 31
VOLLEYBALL ......................................................................................... 26
WALKING ................................................................................................. 27
WRESTLING ........................................................................................... 28
OTHER (SPECIFY) .................................................................................. 91
REFUSED ................................................................................................. 77
DON’T KNOW ......................................................................................... 99

BOX 3

CHECK ITEM PAQ.726:
IF SP AGE 3-4, GO TO END OF SECTION.
IF SP AGE 5-11, CONTINUE.
During the past 7 days, on how many days did you play active video games such as Wii Sports, Wii Fit, Xbox 360, Xbox Kinect, Playstation 3, or Dance, Dance Revolution?

0 days ............................................................ 0 (PAQ.755)
1 day .............................................................. 1
2 days ............................................................ 2
3 days ............................................................ 3
4 days ............................................................ 4
5 days ............................................................ 5
6 days ............................................................ 6
7 days ............................................................ 7
REFUSED ...................................................... 77
DON'T KNOW ................................................ 99

On average, for how long did you play these active video games?

Q/U
|___|___|___|
ENTER NUMBER (OF MINUTES OR HOURS)

REFUSED................................................... 7777 (PAQ.755)
DON'T KNOW ............................................. 9999 (PAQ.755)

ENTER UNIT

MINUTES....................................................... 1
HOURS.......................................................... 2

The following are activities that may be done before, during, or after school other than during PE or gym class/recess. If you are not currently in school, think about your activities when you were last in school. Do you participate in school sports or physical activity clubs?

CAPI INSTRUCTION: IF SP AGE 5-11, DISPLAY (recess)

YES............................................................ 1
NO ............................................................. 2 (PAQ.762)
REFUSED...................................................... 7 (PAQ.762)
DON'T KNOW.............................................. 9 (PAQ.762)
PAQ.759 In what school sports or physical activity clubs (do you/does SP) participate?

CODE ALL THAT APPLY

HAND CARD PAQ1

BASEBALL/SOFTBALL.................................  1
BASKETBALL............................................  2
BOCCE BALL..........................................  3
CHEERLEADING....................................  4
DANCE ..............................................  17
FOOTBALL............................................  5
FRISBEE/ULTIMATE FRISBEE ..................  18
GOLF...................................................  6
GYMNASTICS.......................................  7
HOCKEY..............................................  8
LACROSSE..........................................  9
RUNNING............................................  19
SOCCER............................................. 10
SWIMMING/DIVING................................... 11
TENNIS................................................ 12
TRACK AND FIELD............................... 13
TRAMPOLINE......................................... 20
VOLLEYBALL.......................................... 14
WRESTLING......................................... 15
OTHER (SPECIFY)____________________  16
REFUSED............................................  77
DON'T KNOW......................................  99

PAQ.762 (Do you/Does SP) have recess during school days?

YES.......................................................  1
NO ......................................................  2 (PAQ.750)
REFUSED............................................  7 (PAQ.750)
DON'T KNOW......................................  9 (PAQ.750)

PAQ.764 How often (do you/does SP) have recess?

1 day a week.......................................  1
2 days a week......................................  2
3 days a week......................................  3
4 days a week, or..................................  4
Every day..........................................  5
REFUSED............................................  7
DON'T KNOW......................................  9

PAQ.766 On average, how long is the recess period?

LESS THAN 10 MINUTES ......................  1
10-15 MINUTES ..................................  2
16-30 MINUTES ..................................  3
MORE THAN 30 MINUTES ....................  4
REFUSED............................................  7
DON'T KNOW......................................  9
I am going to read a statement and I want you to let me know if you strongly agree, agree, neither agree nor disagree, disagree or strongly disagree with the statement. (I enjoy participating in PE or gym class.)

CAPI INSTRUCTION: IF SP AGE 5-11, DISPLAY { {SP} enjoys participating in recess}

HAND CARD PAQ2

STRONGLY AGREE........................................ 1
AGREE ...................................................... 2
NEITHER AGREE NOR DISAGREE ........ 3
DISAGREE .................................................. 4
STRONGLY DISAGREE.............................. 5
REFUSED................................................. 7
DON'T KNOW............................................ 9

In the past year, did {you/SP} receive a Physical Fitness Test award, such as a President’s Challenge or Fitnessgram award?

YES........................................................... 1
NO ............................................................ 2 (END OF SECTION)
REFUSED.................................................... 7 (END OF SECTION)
DON'T KNOW.............................................. 9 (END OF SECTION)

What Physical Fitness Test award did {you/SP} receive?

PROBE IF NEEDED: Examples of physical fitness test awards are the FITNESSGRAM and the PRESIDENT’S CHALLENGE. CODE ALL THAT APPLY.

Fitnessgram.............................................. 1
President’s Challenge.............................. 2
OTHER (SPECIFY)____________________ 3
REFUSED................................................. 7
DON’T KNOW............................................ 9