

**PHYSICAL ACTIVITY AND PHYSICAL FITNESS – PAQ**

**Target Group: SPs 2+**

**BOX 1**

**CHECK ITEM PAQ.700:**  
 IF SP AGE 2-11 OR 16-17, GO TO PAQ706.  
 IF SP AGE <2 OR SP 12-15, GO TO NEXT SECTION.  
 IF SP AGE 18+, 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.

ERROR MESSAGE: THE NUMBER OF DAYS SHOULD BE BETWEEN 1 AND 7.

|\_|\_|  
 ENTER NUMBER OF DAYS

- REFUSED ..... 77 (PAQ.620)
- DON'T KNOW ..... 99 (PAQ.620)

PAQ.615  
Q/U

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.

SOFT 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: 0 HOURS OR  $\geq$ 24 HOURS.

HARD EDIT: <10 MINUTES.

ERROR MESSAGE: THE TIME MUST BE 10 MINUTES OR MORE OR GREATER THAN 0 HOURS 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.

ERROR MESSAGE: THE NUMBER OF DAYS SHOULD BE BETWEEN 1 AND 7.

|\_|\_|

ENTER NUMBER OF DAYS

REFUSED ..... 77 (PAQ.635)

DON'T KNOW..... 99 (PAQ.635)

PAQ.630 Q/U 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: 0 HOURS OR  $\geq$ 24 HOURS.

HARD EDIT: <10 MINUTES.

ERROR MESSAGE: THE TIME MUST BE 10 MINUTES OR MORE OR GREATER THAN 0 HOURS 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

PAQ.635 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)

PAQ.640 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.

ERROR MESSAGE: THE NUMBER OF DAYS SHOULD BE BETWEEN 1 AND 7.

|\_|\_|  
ENTER NUMBER OF DAYS

REFUSED ..... 77(PAQ.650)  
DON'T KNOW..... 99(PAQ.650)

PAQ.645 How much time {do you/does SP} spend walking or bicycling for travel on a typical day?  
Q/U

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:  $\geq$ 24 HOURS.

HARD EDIT: 0 HOURS OR <10 MINUTES.

ERROR MESSAGE: THE TIME MUST BE 10 MINUTES OR MORE OR GREATER THAN 0 HOURS 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

PAQ.650 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)

PAQ.655 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.

ERROR MESSAGE: THE NUMBER OF DAYS SHOULD BE BETWEEN 1 AND 7.

|\_|\_|

ENTER NUMBER OF DAYS

- REFUSED ..... 77 (PAQ.665)
- DON'T KNOW ..... 99 (PAQ.665)

PAQ.660 Q/U 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: 0 HOURS OR  $\geq$ 24 HOURS.

HARD EDIT: <10 MINUTES.

ERROR MESSAGE: THE TIME MUST BE 10 MINUTES OR MORE OR GREATER THAN 0 HOURS 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.

ERROR MESSAGE: THE NUMBER OF DAYS SHOULD BE BETWEEN 1 AND 7.

|\_|\_|  
ENTER NUMBER OF DAYS

REFUSED ..... 77 (PAQ.680)  
DON'T KNOW..... 99 (PAQ.680)

PAQ.675  
Q/U

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: 0 HOURS OR  $\geq$ 24 HOURS.

HARD EDIT: <10 MINUTES.

ERROR MESSAGE: THE TIME MUST BE 10 MINUTES OR MORE OR GREATER THAN 0 HOURS 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  
Q/U

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.  
ERROR MESSAGE: PLEASE VERIFY TIMES OF 18 HOURS OR MORE.

HARD EDIT: 24 HOURS OR MORE.  
ERROR MESSAGE: THE TIME SHOULD BE LESS THAN 24 HOURS.

**BOX 2**

**CHECK ITEM PAQ.720:**  
IF SP AGE 18+, GO TO NEXT SECTION.

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.

0 days ..... 0  
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

CAPI INSTRUCTION:  
IF THIS ITEM CHANGES, CHECK MEC COMPONENT.

PAQ.711

On a typical day during the school year, about how many hours {do you/does SP} usually spend playing with a smartphone or computer, watching TV or movies, or playing video games?

|\_|\_|

ENTER NUMBER OF HOURS

REFUSED ..... 77  
DON'T KNOW..... 99

SOFT EDIT: 18 HOURS OR MORE.

ERROR MESSAGE: PLEASE VERIFY TIMES OF 18 HOURS OR MORE.

HARD EDIT: 24 HOURS OR MORE.

ERROR MESSAGE: THE TIME SHOULD BE LESS THAN 24 HOURS.