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.

[___ | ___]
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.

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 ≥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.

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<td>REFUSED ................................................. 7777 (PAQ.620)</td>
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<td>DON'T KNOW ............................................ 9999 (PAQ.620)</td>
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<td>HOURS ................................................................ 2</td>
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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**?

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<td>NO ..................................................................... 2 (PAQ.635)</td>
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<td>REFUSED ........................................................ 7 (PAQ.635)</td>
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<td>DON'T KNOW .................................................. 9 (PAQ.635)</td>
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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.

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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.

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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: 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.

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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: 0 HOURS OR ≥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.

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Enter number of minutes or hours

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

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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: 0 HOURS OR ≥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
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)

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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.

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?

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ENTER NUMBER OF HOURS

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