

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 12-15, GO TO NEXT SECTION.
IF SP AGE 18+, CONTINUE.

PAQ.790
G/Q/U

The next questions are about physical activities such as exercise, sports, or physically active hobbies that you may do in your **leisure** time. We are interested in two types of physical activity: moderate and vigorous-intensity. Moderate-intensity activities cause moderate increases in breathing or heart rate whereas vigorous-intensity activities cause large increases in breathing or heart rate.

How often {do you/does SP} do **moderate-intensity leisure-time** physical activities?

- ENTER NUMBER OF TIMES (PER DAY,
WEEK, MONTH, OR YEAR)..... 1
- NEVER 2 (PAQ.810)
- UNABLE TO DO THIS TYPE OF ACTIVITY 3 (PAQ.810)
- REFUSED 7 (PAQ.810)
- DON'T KNOW..... 9 (PAQ.810)

- ENTER NUMBER OF TIMES (PER DAY, WEEK, MONTH, OR YEAR)
- REFUSED 777 (PAQ810)
- DON'T KNOW..... 999 (PAQ.810)

ENTER UNIT

- DAY 1
- WEEK 2
- MONTH 3
- YEAR..... 4

CAPI INSTRUCTIONS:

SOFT EDIT: > 4 PER DAY, > 28 PER WEEK, >31 PER MONTH, OR > 365 PER YEAR.

ERROR MESSAGE: PLEASE VERIFY THE QUANTITY AND UNIT.

PAQ.800
Q/U

About how long {do you/does SP} do these moderate leisure-time physical activities each time?

PROBE IF NEEDED: Moderate-intensity activities cause moderate increases in breathing or heart rate.

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ENTER NUMBER OF MINUTES OR HOURS

REFUSED 7777 (PAQ.810)

DON'T KNOW..... 9999 (PAQ.810)

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ENTER UNIT

MINUTES 1

HOURS..... 2

CAPI INSTRUCTIONS:

SOFT EDIT: > 120 MINUTES OR 2 HOURS.

ERROR MESSAGE: INTERVIEWER, YOU HAVE RECORDED THAT THE SP SPENDS MORE THAN 120 MINUTES OR 2 HOURS EACH TIME DOING MODERATE-INTENSITY ACTIVITIES. PLEASE CONFIRM WITH SP THAT OVER 120 MINUTES OR 2 HOURS IS CORRECT.

HARD EDIT: 0 MINUTES OR HOURS

HARD EDIT: 24 HOURS OR MORE.

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

PAQ.810
G/Q/U

How often {do you/does SP} do **vigorous-intensity leisure-time** physical activities?

|_|
ENTER NUMBER OF TIMES (PER DAY,
WEEK, MONTH, OR YEAR)..... 1
NEVER 2 (PAQ.680)
UNABLE TO DO THIS TYPE OF ACTIVITY 3 (PAQ.680)
REFUSED 7 (PAQ.680)
DON'T KNOW..... 9 (PAQ.680)

|_|_|_|
ENTER NUMBER OF TIMES (PER DAY, WEEK, MONTH, OR YEAR)
REFUSED.....7777 (PAQ.680)
DON'T KNOW..... 9999 (PAQ.680)

|_|
ENTER UNIT

DAY 1
WEEK 2
MONTH 3
YEAR..... 4

CAPI INSTRUCTIONS:

SOFT EDIT: > 4 PER DAY, > 28 PER WEEK, >31 PER MONTH, OR > 365 PER YEAR. ERROR
MESSAGE: PLEASE VERIFY THE QUANTITY AND UNIT.

PAQ.820
Q/U

About how long {do you/does SP} do these vigorous leisure-time physical activities each time?

PROBE IF NEEDED: Vigorous-intensity activities cause large increases in breathing or heart rate.

|_|_|_|
ENTER NUMBER OF MINUTES OR HOURS

REFUSED 7777
DON'T KNOW..... 9999

ENTER UNIT

MINUTES 1
HOURS..... 2

CAPI INSTRUCTIONS:
SOFT EDIT: > 120 MINUTES OR 2 HOURS.

ERROR MESSAGE: INTERVIEWER, YOU HAVE RECORDED THAT THE SP SPENDS MORE THAN 120 MINUTES OR 2 HOURS EACH TIME DOING VIGOROUS-INTENSITY ACTIVITIES. PLEASE CONFIRM WITH SP THAT OVER 120 MINUTES OR 2 HOURS IS CORRECT.
HARD EDIT: 0 MINUTES OR HOURS.
HARD EDIT: 24 HOURS OR MORE.
ERROR MESSAGE: THE TIME SHOULD BE LESS THAN 24 HOURS.

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

CAPI INSTRUCTIONS:
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.

HARD EDIT: 24 HOURS OR MORE A DAY FOR TOTAL TIME FOR MODERATE AND VIGOROUS ACTIVITY AND SITTING.

ERROR MESSAGE: YOU HAVE REPORTED THE SP DOES 24 HOURS OR MORE OF ACTIVITY A DAY. YOU REPORTED:

{{TOTAL TIME A DAY} A DAY/TOTAL TIME A {WEEK/MONTH} (AN AVERAGE OF {AVERAGE TIME A DAY} A DAY)} OF MODERATE PHYSICAL ACTIVITY,

{{TOTAL TIME A DAY} A DAY/TOTAL TIME A {WEEK/MONTH} (AN AVERAGE OF {AVERAGE TIME A DAY} A DAY)} OF VIGOROUS PHYSICAL ACTIVITY, AND

{{TOTAL TIME A DAY} A DAY/TOTAL TIME A {WEEK/MONTH} (AN AVERAGE OF {AVERAGE TIME A DAY} A DAY)} OF SITTING.

CONFIRM THESE AMOUNTS WITH SP AND GO BACK AND CORRECT ANY INCORRECT ENTRIES.

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/SP} spent in any kind of physical activity that increased {your/his/her/SP} heart rate and made {you/him/her/SP} 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

CAPI INSTRUCTIONS:

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.