

PHYSICAL ACTIVITY AND PHYSICAL FITNESS – PAQ
Target Group: SPs 2+

BOX 1

CHECK ITEM PAQ.700:
 IF SP AGE 2-11, CONTINUE.
 IF SP AGE <2 OR SP 12-15, GO TO NEXT SECTION.
 IF SP AGE 16+, GO TO PAQ.605.

PAQ.706 Now I'd like to ask you some questions about {SP's} activities.

During the **past 7 days**, on how many days was {SP} physically active for a total of **at least 60 minutes per day**? Add up all the time {SP} spent in any kind of physical activity that increased {his/her} heart rate and made {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

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

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

- less than 1 hour, 0
- 1 hour, 1
- 2 hours, 2
- 3 hours, 3
- 4 hours, or 4
- 5 hours or more, or 5
- none, {SP} does not watch TV or
videos 8
- REFUSED 77
- DON'T KNOW 99

PAQ.715 Over the **past 30 days**, on average how many hours per day did {SP} use a computer or play computer games outside of school? Would you say . . .

- less than 1 hour, 0
- 1 hour, 1
- 2 hours, 2
- 3 hours, 3
- 4 hours, or 4
- 5 hours or more, or 5
- {SP} does not use a computer
outside of school..... 8
- REFUSED 77
- DON'T KNOW 99

BOX 2

CHECK ITEM PAQ.720:
IF SP AGE 2-11, GO TO END OF SECTION.
OTHERWISE, 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/SP spends} doing work. Think of work as the things that {you have/SP 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**.

HARD EDIT: 1-7.

|_|_|
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 vigorous-intensity activities during your work.

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

SOFT EDIT: >4 HOURS. SOFT EDIT WORDING: 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.

SOFT EDIT: >4 HOURS.
HARD EDIT: >24 HOURS.
HARD EDIT: <10 MINUTES.

|_|_|_|

ENTER NUMBER OF MINUTES OR HOURS

REFUSED 777
DON'T KNOW 999

ENTER UNIT

MINUTES 1
HOURS 2
REFUSED 7
DON'T KNOW 9

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**.

HARD EDIT: 1-7.

|_|_|

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 moderate-intensity activities during your work.

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

SOFT EDIT: >4 HOURS. SOFT EDIT WORDING: 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.

SOFT EDIT: >4 HOURS.
HARD EDIT: >24 HOURS.
HARD EDIT: <10 MINUTES.

|_|_|_|

ENTER NUMBER OF MINUTES OR HOURS

REFUSED 777
DON'T KNOW 999

ENTER UNIT

MINUTES 1
HOURS 2
REFUSED 7
DON'T KNOW 9

PAQ.635

The next questions exclude the physical activity of 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.

{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.

|_|_|

ENTER NUMBER OF DAYS

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

PAQ.645
Q/U

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 for travel.

SOFT EDIT: >4 HOURS. SOFT EDIT WORDING: 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.

SOFT EDIT: >4 HOURS.
HARD EDIT: >24 HOURS.
HARD EDIT: <10 MINUTES.

|_|_|_|

ENTER NUMBER OF MINUTES OR HOURS

REFUSED 777
DON'T KNOW 999

ENTER UNIT

MINUTES 1
HOURS 2
REFUSED 7
DON'T KNOW 9

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.

{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.

|_|_|

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 vigorous-intensity sports, fitness or recreational activities.

SOFT EDIT: >4 HOURS. SOFT EDIT WORDING: 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.

SOFT EDIT: >4 HOURS.
HARD EDIT: >24 HOURS.
HARD EDIT: <10 MINUTES.

|_|_|_|

ENTER NUMBER OF MINUTES OR HOURS

REFUSED 777
DON'T KNOW 999

ENTER UNIT

MINUTES 1
HOURS 2
REFUSED 7
DON'T KNOW 9

PAQ.665 {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.

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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 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. SOFT EDIT WORDING: 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.

SOFT EDIT: >4 HOURS.
HARD EDIT: >24 HOURS.
HARD EDIT: <10 MINUTES.

|_|_|_|

ENTER NUMBER OF MINUTES OR HOURS

REFUSED 777
DON'T KNOW 999

ENTER UNIT

MINUTES 1
HOURS 2
REFUSED 7
DON'T KNOW 9

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?

SOFT EDIT: >17 HOURS.
HARD EDIT: >24 HOURS.

|_|_|_|

ENTER NUMBER OF MINUTES OR HOURS

REFUSED 777
DON'T KNOW 999

ENTER UNIT

MINUTES 1
HOURS 2
REFUSED 7
DON'T KNOW 9

PAQ.685 During the past 12 months, when {you thought/SP thought} or {were/was} informed air quality was bad, {did you/did SP} do anything differently?

- YES 1
- NO 2 (END OF SECTION)
- SP NEVER THOUGHT/NOT INFORMED
- BAD AIR QUALITY 3 (END OF SECTION)
- REFUSED 7 (END OF SECTION)
- DON'T KNOW 9 (END OF SECTION)

PAQ.690 Which of these {did you/did SP} do differently?

INTERVIEWER: CODE ALL THAT APPLY.

HAND CARD PAQ1

- WORE A MASK..... 10
- SPENT LESS TIME OUTDOORS 11
- AVOIDED ROADS THAT HAVE HEAVY TRAFFIC 12
- DID LESS STRENUOUS ACTIVITIES 13
- TOOK MEDICATION..... 14
- CLOSED WINDOWS OF YOUR HOUSE..... 15
- DROVE MY CAR LESS..... 16
- CANCELED OUTDOOR ACTIVITIES 17
- EXERCISED INDOORS INSTEAD OF OUTSIDE..... 18
- USED BUSES, TRAINS, OR SUBWAYS 19
- OTHER (SPECIFY)_____ 71
- REFUSED 77
- DON'T KNOW 99