

ANNOATATED PHYSICAL ACTIVITY AND PHYSICAL FITNESS (PAQ)

*The next series of questions are about physical activities that you have done over the **past 30 days**. First I will ask about activities that are related to transportation. Then I'll ask about daily activities, and finally, about physical activities during leisure time.*

PAQ.020. Over the **past 30 days**, have you walked or bicycled as part of getting to and from work, or school, or to do errands?

PAQ020 FMT_YES_NO_PAQ.

| | |
|-----------------------|-----------------------------|
| Yes | 1 |
| No | 2 (Skip to PAQ.030) |
| Unable to do activity | 3 (Skip to PAQ.030) |
| Refused | 77 (Skip to PAQ.030) |
| Don't Know | 99 (Skip to PAQ.030) |

PAQ.025. Over the past 30 days, **how often** did you bike or walk to work, school or to do errands? (How many days per week, or per month did you do these activities?)

|_|_|

PAQ025_N FMT_NUMCAT.
 PAQ025_U FMT_FREQ.

Enter number of days per week or month

| | |
|------------|-----------------------------|
| Refused | 77 (Skip to PAQ.030) |
| Don't Know | 99 (Skip to PAQ.030) |

Enter Unit

| | |
|-------|---|
| Week | 1 |
| Month | 2 |

PAQ.026. On those days when you walked or bicycled, about **how long** did you spend altogether doing this?

|_|_|_|

PAQ026_N FMT_NUMCAT.
 PAQ026_U FMT_FREQ_MIN_HRS.

Enter number of minutes or hours

| | |
|------------|-----|
| Refused | 777 |
| Don't Know | 999 |

Enter Unit

| | |
|---------|---|
| Minutes | 1 |
| Hours | 2 |

ANNOATATED PHYSICAL ACTIVITY AND PHYSICAL FITNESS (PAQ)

PAQ.030. Over the **past 30 days**, did you do any tasks in or around your home or yard for **at least 10 minutes** that required moderate or greater physical effort? By moderate physical effort I mean, tasks that caused **light** sweating or a **slight to moderate increase** in your heart rate or breathing, such as raking leaves, shoveling snow, mowing the lawn or heavy cleaning.

PAQ030 FMT_YES_NO_PAQ.
 Yes 1
 No 2 **(Skip to PAQ.060)**
 Unable to do activity 3 **(Skip to PAQ.060)**
 Refused 77 **(Skip to PAQ.060)**
 Don't Know 99 **(Skip to PAQ.060)**

PAQ.040. Over the **past 30 days**, how often did you do tasks in or around the home or yard that required at least moderate effort, such as raking leaves, shoveling snow, mowing the lawn or heavy cleaning? (How many days per week, or per month did you do these activities?)

|_|_|

PAQ040_N FMT_NUMCAT.
 PAQ040_U FMT_FREQ.

Enter number of days per week or month
 Refused 77 **(Skip to PAQ.0670)**
 Don't Know 99 **(Skip to PAQ.0670)**
 Enter Unit
 Week 1
 Month 2

PAQ.050. About how long did you do these tasks **each time**? (If more than one task, ask for task done most often.)

|_|_|_|

PAQ050_N FMT_NUMCAT.
 PAQ050_U FMT_FREQ_MIN_HRS.

Enter number of minutes or hours
 Refused 777
 Don't Know 999
Enter Unit
 Minutes 1
 Hours 2

ANNOATATED PHYSICAL ACTIVITY AND PHYSICAL FITNESS (PAQ)

PAQ.060. Please tell me which of these four sentences **best** describes your usual daily activities? (This could include work, housework, attending classes or other daily activities.) **[HAND CARD]**

| | | | |
|--------|--------------|--|----|
| PAQ060 | FMT_PAQ060_. | Sit during the day and don't walk about very much | 1 |
| | | Stand or walk about quite a lot during the day, but do not have to carry or lift things very often | 2 |
| | | Lift or carry light loads, or climb stairs/hills often | 3 |
| | | Do heavy work or carry heavy loads | 4 |
| | | Refused | 77 |
| | | Don't Know | 99 |

*The next questions are about physical activities including exercise, sports, and physically active hobbies that you may have done during leisure time or at school over the **past 30 days**. First I will ask you about **vigorous** activities that cause **heavy** sweating or **large increases** in breathing or heart rate. Then I will ask you about **moderate** activities that cause only **light** sweating or a **slight to moderate increase** in breathing or heart rate.*

PAQ.070. Over the past 30 days, did you do any **VIGOROUS** activities for at least 10 minutes that caused heavy sweating, or large increases in breathing or heart rate? Some examples are running, lap swimming, aerobics classes, or fast bicycling. Here are some other examples of these types of activities. Please do not include house work or yard work that you have already told me about. **[HAND CARD WITH LIST OF ACTIVITIES LISTED IN PAQ.071]**

| | | | |
|--------|-----------------|-----------------------|-----------------------------|
| PAQ070 | FMT_YES_NO_PAQ. | Yes | 1 |
| | | No | 2 (Skip to PAQ.080) |
| | | Unable to do activity | 3 (Skip to PAQ.080) |
| | | Refused | 77 (Skip to PAQ.080) |
| | | Don't Know | 99 (Skip to PAQ.080) |

PAQ.071a-z. Over the **past 30 days**, what **VIGOROUS** activities did you do? **[ENTER ALL THAT APPLY]**

| | | | |
|---------------|----|-----------------------|----|
| Aerobics | 10 | Soccer | 34 |
| Basketball | 12 | Stair Climbing | 36 |
| Bicycling | 13 | Swimming | 38 |
| Football | 17 | Tennis | 39 |
| Hiking | 20 | Treadmill | 40 |
| Hockey | 21 | Volleyball | 41 |
| Jogging | 23 | Boxing | 50 |
| Kayaking | 24 | Martial Arts | 53 |
| Racquetball | 26 | Wrestling | 54 |
| Rollerblading | 27 | Other (Specify) _____ | 71 |

ANNOATATED PHYSICAL ACTIVITY AND PHYSICAL FITNESS (PAQ)

| | | | |
|---|----|-----------------------|-------------------------------|
| Rowing | 28 | Other (Specify) _____ | 72 |
| Running | 29 | Other (Specify) _____ | 73 |
| Skating | 31 | Refused | 77 (Skip to PAQ.080) |
| Skiing (Cross-Country/ Nordic Track) | 32 | Don't Know | 99 (Skip to PAQ.080) |
| Skiing (Downhill) | 33 | | |

- 1st RESPONSE PAQ071_A FMT_071_.
- 2nd RESPONSE PAQ071_B FMT_071_.
- 3rd RESPONSE PAQ071_C FMT_071_.
- 4th RESPONSE PAQ071_D FMT_071_.
- 5th RESPONSE PAQ071_E FMT_071_.
- 6th RESPONSE PAQ071_F FMT_071_.
- 7th RESPONSE PAQ071_G FMT_071_.
- 8th RESPONSE PAQ071_H FMT_071_.
- 9th RESPONSE PAQ071_I FMT_071_.
- 10th RESPONSE PAQ071_J FMT_071_.
- 11th RESPONSE PAQ071_K FMT_071_.
- 12th RESPONSE PAQ071_L FMT_071_.
- 13th RESPONSE PAQ071_M FMT_071_.
- 14th RESPONSE PAQ071_N FMT_071_.
- 15th RESPONSE PAQ071_O FMT_071_.
- 16th RESPONSE PAQ071_P FMT_071_.
- 17th RESPONSE PAQ071_Q FMT_071_.
- 18th RESPONSE PAQ071_R FMT_071_.
- 19th RESPONSE PAQ071_S FMT_071_.
- 20th RESPONSE PAQ071_T FMT_071_.
- 21th RESPONSE PAQ071_U FMT_071_.
- 22th RESPONSE PAQ071_V FMT_071_.
- 23th RESPONSE PAQ071_W FMT_071_.
- 24th RESPONSE PAQ071_X FMT_071_.

PAQ.075a-z. Over the **past 30 days, how often** did you do {ACTIVITY}? (How many days per week, or per month?)

____|____|

Enter number of days per week or month

Refused 77

Don't Know 99

Enter Unit

Week 1

Month 2

ANNOATATED PHYSICAL ACTIVITY AND PHYSICAL FITNESS (PAQ)

| | | |
|-------------------------------|-------------|-------------|
| NAME OF ACTIVITY | PAQ075_10 | \$FMT_CHAR. |
| NUMBER OF DAYS PER WEEK/MONTH | PAQ075_10_N | FMT_NUMCAT. |
| WEEKS/MONTH UNIT | PAQ075_10_U | FMT_FREQ. |

PAQ.076a-z. Over the **past 30 days**, on average about **how long** did you do {ACTIVITY} **each time?**

|_|_|_|_|

Enter number of minutes or hours

Refused 777

Don't Know 999

Enter Unit

Minutes 1

Hours 2

| | | |
|-------------------------|-------------|-------------------|
| NUMBER PER TIME MIN/HRS | PAQ076_10_N | FMT_NUMCAT. |
| MIN/HRS UNIT | PAQ076_10_U | FMT_FREQ_MIN_HRS. |

[Repeat PAQ.075 and PAQ.076 for each Activity listed in PAQ.071]

| | |
|-------------|-------------------|
| PAQ075_12 | \$FMT_CHAR. |
| PAQ075_12_N | FMT_NUMCAT. |
| PAQ075_12_U | FMT_FREQ. |
| PAQ076_12_N | FMT_NUMCAT. |
| PAQ076_12_U | FMT_FREQ_MIN_HRS. |
| PAQ075_13 | \$FMT_CHAR. |
| PAQ075_13_N | FMT_NUMCAT. |
| PAQ075_13_U | FMT_FREQ. |
| PAQ076_13_N | FMT_NUMCAT. |
| PAQ076_13_U | FMT_FREQ_MIN_HRS. |
| PAQ075_17 | \$FMT_CHAR. |
| PAQ075_17_N | FMT_NUMCAT. |
| PAQ075_17_U | FMT_FREQ. |
| PAQ076_17_N | FMT_NUMCAT. |
| PAQ076_17_U | FMT_FREQ_MIN_HRS. |
| PAQ075_20 | \$FMT_CHAR. |
| PAQ075_20_N | FMT_NUMCAT. |
| PAQ075_20_U | FMT_FREQ. |
| PAQ076_20_N | FMT_NUMCAT. |
| PAQ076_20_U | FMT_FREQ_MIN_HRS. |
| PAQ075_21 | \$FMT_CHAR. |
| PAQ075_21_N | FMT_NUMCAT. |
| PAQ075_21_U | FMT_FREQ. |

ANNOATATED PHYSICAL ACTIVITY AND PHYSICAL FITNESS (PAQ)

| | |
|-------------|-------------------|
| PAQ076_21_N | FMT_NUMCAT. |
| PAQ076_21_U | FMT_FREQ_MIN_HRS. |
| PAQ075_23 | \$FMT_CHAR. |
| PAQ075_23_N | FMT_NUMCAT. |
| PAQ075_23_U | FMT_FREQ. |
| PAQ076_23_N | FMT_NUMCAT. |
| PAQ076_23_U | FMT_FREQ_MIN_HRS. |
| PAQ075_24 | \$FMT_CHAR. |
| PAQ075_24_N | FMT_NUMCAT. |
| PAQ075_24_U | FMT_FREQ. |
| PAQ076_24_N | FMT_NUMCAT. |
| PAQ076_24_U | FMT_FREQ_MIN_HRS. |
| PAQ075_26 | \$FMT_CHAR. |
| PAQ075_26_N | FMT_NUMCAT. |
| PAQ075_26_U | FMT_FREQ. |
| PAQ076_26_N | FMT_NUMCAT. |
| PAQ076_26_U | FMT_FREQ_MIN_HRS. |
| PAQ075_27 | \$FMT_CHAR. |
| PAQ075_27_N | FMT_NUMCAT. |
| PAQ075_27_U | FMT_FREQ. |
| PAQ076_27_N | FMT_NUMCAT. |
| PAQ076_27_U | FMT_FREQ_MIN_HRS. |
| PAQ075_28 | \$FMT_CHAR. |
| PAQ075_28_N | FMT_NUMCAT. |
| PAQ075_28_U | FMT_FREQ. |
| PAQ076_28_N | FMT_NUMCAT. |
| PAQ076_28_U | FMT_FREQ_MIN_HRS. |
| PAQ075_29 | \$FMT_CHAR. |
| PAQ075_29_N | FMT_NUMCAT. |
| PAQ075_29_U | FMT_FREQ. |
| PAQ076_29_N | FMT_NUMCAT. |
| PAQ076_29_U | FMT_FREQ_MIN_HRS. |
| PAQ075_31 | \$FMT_CHAR. |
| PAQ075_31_N | FMT_NUMCAT. |
| PAQ075_31_U | FMT_FREQ. |
| PAQ076_31_N | FMT_NUMCAT. |
| PAQ076_31_U | FMT_FREQ_MIN_HRS. |
| PAQ075_32 | \$FMT_CHAR. |
| PAQ075_32_N | FMT_NUMCAT. |
| PAQ075_32_U | FMT_FREQ. |
| PAQ076_32_N | FMT_NUMCAT. |

ANNOATATED PHYSICAL ACTIVITY AND PHYSICAL FITNESS (PAQ)

| | |
|-------------|-------------------|
| PAQ076_32_U | FMT_FREQ_MIN_HRS. |
| PAQ075_33 | \$FMT_CHAR. |
| PAQ075_33_N | FMT_NUMCAT. |
| PAQ075_33_U | FMT_FREQ. |
| PAQ076_33_N | FMT_NUMCAT. |
| PAQ076_33_U | FMT_FREQ_MIN_HRS. |
| PAQ075_34 | \$FMT_CHAR. |
| PAQ075_34_N | FMT_NUMCAT. |
| PAQ075_34_U | FMT_FREQ. |
| PAQ076_34_N | FMT_NUMCAT. |
| PAQ076_34_U | FMT_FREQ_MIN_HRS. |
| PAQ075_36 | \$FMT_CHAR. |
| PAQ075_36_N | FMT_NUMCAT. |
| PAQ075_36_U | FMT_FREQ. |
| PAQ076_36_N | FMT_NUMCAT. |
| PAQ076_36_U | FMT_FREQ_MIN_HRS. |
| PAQ075_38 | \$FMT_CHAR. |
| PAQ075_38_N | FMT_NUMCAT. |
| PAQ075_38_U | FMT_FREQ. |
| PAQ076_38_N | FMT_NUMCAT. |
| PAQ076_38_U | FMT_FREQ_MIN_HRS. |
| PAQ075_39 | \$FMT_CHAR. |
| PAQ075_39_N | FMT_NUMCAT. |
| PAQ075_39_U | FMT_FREQ. |
| PAQ076_39_N | FMT_NUMCAT. |
| PAQ076_39_U | FMT_FREQ_MIN_HRS. |
| PAQ075_40 | \$FMT_CHAR. |
| PAQ075_40_N | FMT_NUMCAT. |
| PAQ075_40_U | FMT_FREQ. |
| PAQ076_40_N | FMT_NUMCAT. |
| PAQ076_40_U | FMT_FREQ_MIN_HRS. |
| PAQ075_41 | \$FMT_CHAR. |
| PAQ075_41_N | FMT_NUMCAT. |
| PAQ075_41_U | FMT_FREQ. |
| PAQ076_41_N | FMT_NUMCAT. |
| PAQ076_41_U | FMT_FREQ_MIN_HRS. |
| PAQ075_50 | \$FMT_CHAR. |
| PAQ075_50_N | FMT_NUMCAT. |
| PAQ075_50_U | FMT_FREQ. |
| PAQ076_50_N | FMT_NUMCAT. |
| PAQ076_50_U | FMT_FREQ_MIN_HRS. |

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PAQ075_53 \$FMT_CHAR.
 PAQ075_53_N FMT_NUMCAT.
 PAQ075_53_U FMT_FREQ.
 PAQ076_53_N FMT_NUMCAT.
 PAQ076_53_U FMT_FREQ_MIN_HRS.
 PAQ075_54 \$FMT_CHAR.
 PAQ075_54_N FMT_NUMCAT.
 PAQ075_54_U FMT_FREQ.
 PAQ076_54_N FMT_NUMCAT.
 PAQ076_54_U FMT_FREQ_MIN_HRS.
 PAQ075_71 \$FMT_CHAR.
 PAQ075_71_N FMT_NUMCAT.
 PAQ075_71_U FMT_FREQ.
 PAQ076_71_N FMT_NUMCAT.
 PAQ076_71_U FMT_FREQ_MIN_HRS.
 PAQ075_72 \$FMT_CHAR.
 PAQ075_72_N FMT_NUMCAT.
 PAQ075_72_U FMT_FREQ.
 PAQ076_72_N FMT_NUMCAT.
 PAQ076_72_U FMT_FREQ_MIN_HRS.
 PAQ075_73 \$FMT_CHAR.
 PAQ075_73_N FMT_NUMCAT.
 PAQ075_73_U FMT_FREQ.
 PAQ076_73_N FMT_NUMCAT.
 PAQ076_73_U FMT_FREQ_MIN_HRS.

PAQ.080. Over the past 30 days, did you do **MODERATE** activities for **at least 10 minutes** that caused only **light** sweating or a **slight to moderate increase** in breathing or heart rate? Some examples are brisk walking, bicycling for pleasure, golf, or dancing. Here are some other examples of these types of activities. Please do not include house work or yard work that you have already told me about. **[HAND CARD WITH LIST OF ACTIVITIES LISTED IN PAQ.081]**

- Yes 1
- No 2 **(Skip to PAQ.090)**
- Unable To Do Activity 3 **(Skip to PAQ.090)**
- Refused. 77 **(Skip to PAQ.090)**
- Don't Know 99 **(Skip to PAQ.090)**

PAQ080 FMT_YES_NO_PAQ.

PAQ.081a-z. Over the past 30 days, what **moderate** activity or activities did you do? **[ENTER ALL THAT APPLY]**

| | | | |
|-----------------------|----|-----------|----|
| Aerobics (Low Impact) | 10 | Bicycling | 13 |
| Baseball | 11 | Bowling | 14 |
| Basketball | 12 | Dancing | 15 |

ANNOATATED PHYSICAL ACTIVITY AND PHYSICAL FITNESS (PAQ)

| | | | |
|-------------------|----|------------------------|--------------------------|
| Fishing | 16 | Swimming | 38 |
| Football | 17 | Tennis | 39 |
| Golf | 19 | Treadmill | 40 |
| Hiking | 20 | Volleyball | 41 |
| Hockey | 21 | Walking | 42 |
| Hunting | 22 | Weight Lifting | 43 |
| Jogging | 23 | Frisbee | 51 |
| Kayaking | 24 | Horseback Riding | 52 |
| Rollerblading | 27 | Martial Arts | 53 |
| Rowing | 28 | Yoga | 55 |
| Skating | 31 | Other (Specify: _____) | 71 |
| Skiing – Downhill | 33 | Other (Specify: _____) | 72 |
| Soccer | 34 | Other (Specify: _____) | 73 |
| Softball | 35 | Refused. 77 | (Skip to PAQ.090) |
| Stair Climbing | 36 | Don't Know 99 | (Skip to PAQ.090) |
| Stretching | 37 | | |

- 1st RESPONSE PAQ081_A FMT_081_.
- 2nd RESPONSE PAQ081_B FMT_081_.
- 3rd RESPONSE PAQ081_C FMT_081_.
- 4th RESPONSE PAQ081_D FMT_081_.
- 5th RESPONSE PAQ081_E FMT_081_.
- 6th RESPONSE PAQ081_F FMT_081_.
- 7th RESPONSE PAQ081_G FMT_081_.
- 8th RESPONSE PAQ081_H FMT_081_.
- 9th RESPONSE PAQ081_I FMT_081_.
- 10th RESPONSE PAQ081_J FMT_081_.
- 11th RESPONSE PAQ081_K FMT_081_.
- 12th RESPONSE PAQ081_L FMT_081_.
- 13th RESPONSE PAQ081_M FMT_081_.
- 14th RESPONSE PAQ081_N FMT_081_.
- 15th RESPONSE PAQ081_O FMT_081_.
- 16th RESPONSE PAQ081_P FMT_081_.
- 17th RESPONSE PAQ081_Q FMT_081_.
- 18th RESPONSE PAQ081_R FMT_081_.
- 19th RESPONSE PAQ081_S FMT_081_.
- 20th RESPONSE PAQ081_T FMT_081_.
- 21th RESPONSE PAQ081_U FMT_081_.
- 22th RESPONSE PAQ081_V FMT_081_.
- 23th RESPONSE PAQ081_W FMT_081_.
- 24th RESPONSE PAQ081_X FMT_081_.

ANNOATATED PHYSICAL ACTIVITY AND PHYSICAL FITNESS (PAQ)

PAQ.085a-z. Over the **past 30 days**, **how often** did you do {ACTIVITY}? (How many days per week, or per month?)

|_|_|_|
 Enter number of days per week or month
 Refused 77
 Don't Know 99
Enter Unit
 Week 1
 Month 2

NAME OF ACTIVITY PAQ085_10 \$FMT_CHAR.
 NUMBER OF DAYS PER WEEK/MONTH PAQ085_10_N FMT_NUMCAT.
 WEEKS/MONTH UNIT PAQ085_10_U FMT_FREQ.

PAQ.086a-z. Over the **past 30 days**, on average about **how long** did you do {ACTIVITY} **each time**?

|_|_|_|_|
 Enter number of minutes or hours
 Refused 777
 Don't Know 999
Enter Unit
 Minutes 1
 Hours 2

NUMBER PER TIME MIN/HRS PAQ086_10_N FMT_NUMCAT.
 MIN/HRS UNIT PAQ086_10_U FMT_FREQ_MIN_HRS.

[Repeat PAQ.085 and PAQ.086 each Activity listed in PAQ.081]

PAQ085_11 \$FMT_CHAR.
 PAQ085_11_N FMT_NUMCAT.
 PAQ085_11_U FMT_FREQ.
 PAQ086_11_N FMT_NUMCAT.
 PAQ086_11_U FMT_FREQ_MIN_HRS.
 PAQ085_12 \$FMT_CHAR.
 PAQ085_12_N FMT_NUMCAT.
 PAQ085_12_U FMT_FREQ.
 PAQ086_12_N FMT_NUMCAT.
 PAQ086_12_U FMT_FREQ_MIN_HRS.
 PAQ085_13 \$FMT_CHAR.
 PAQ085_13_N FMT_NUMCAT.
 PAQ085_13_U FMT_FREQ.
 PAQ086_13_N FMT_NUMCAT.
 PAQ086_13_U FMT_FREQ_MIN_HRS.
 PAQ085_14 \$FMT_CHAR.
 PAQ085_14_N FMT_NUMCAT.

ANNOATATED PHYSICAL ACTIVITY AND PHYSICAL FITNESS (PAQ)

| | |
|-------------|-------------------|
| PAQ085_14_U | FMT_FREQ. |
| PAQ086_14_N | FMT_NUMCAT. |
| PAQ086_14_U | FMT_FREQ_MIN_HRS. |
| PAQ085_15 | \$FMT_CHAR. |
| PAQ085_15_N | FMT_NUMCAT. |
| PAQ085_15_U | FMT_FREQ. |
| PAQ086_15_N | FMT_NUMCAT. |
| PAQ086_15_U | FMT_FREQ_MIN_HRS. |
| PAQ085_16 | \$FMT_CHAR. |
| PAQ085_16_N | FMT_NUMCAT. |
| PAQ085_16_U | FMT_FREQ. |
| PAQ086_16_N | FMT_NUMCAT. |
| PAQ086_16_U | FMT_FREQ_MIN_HRS. |
| PAQ085_17 | \$FMT_CHAR. |
| PAQ085_17_N | FMT_NUMCAT. |
| PAQ085_17_U | FMT_FREQ. |
| PAQ086_17_N | FMT_NUMCAT. |
| PAQ086_17_U | FMT_FREQ_MIN_HRS. |
| PAQ085_19 | \$FMT_CHAR. |
| PAQ085_19_N | FMT_NUMCAT. |
| PAQ085_19_U | FMT_FREQ. |
| PAQ086_19_N | FMT_NUMCAT. |
| PAQ086_19_U | FMT_FREQ_MIN_HRS. |
| PAQ085_20 | \$FMT_CHAR. |
| PAQ085_20_N | FMT_NUMCAT. |
| PAQ085_20_U | FMT_FREQ. |
| PAQ086_20_N | FMT_NUMCAT. |
| PAQ086_20_U | FMT_FREQ_MIN_HRS. |
| PAQ085_21 | \$FMT_CHAR. |
| PAQ085_21_N | FMT_NUMCAT. |
| PAQ085_21_U | FMT_FREQ. |
| PAQ086_21_N | FMT_NUMCAT. |
| PAQ086_21_U | FMT_FREQ_MIN_HRS. |
| PAQ085_22 | \$FMT_CHAR. |
| PAQ085_22_N | FMT_NUMCAT. |
| PAQ085_22_U | FMT_FREQ. |
| PAQ086_22_N | FMT_NUMCAT. |
| PAQ086_22_U | FMT_FREQ_MIN_HRS. |
| PAQ085_23 | \$FMT_CHAR. |
| PAQ085_23_N | FMT_NUMCAT. |
| PAQ085_23_U | FMT_FREQ. |

ANNOATATED PHYSICAL ACTIVITY AND PHYSICAL FITNESS (PAQ)

| | |
|-------------|-------------------|
| PAQ086_23_N | FMT_NUMCAT. |
| PAQ086_23_U | FMT_FREQ_MIN_HRS. |
| PAQ085_27 | \$FMT_CHAR. |
| PAQ085_27_N | FMT_NUMCAT. |
| PAQ085_27_U | FMT_FREQ. |
| PAQ086_27_N | FMT_NUMCAT. |
| PAQ086_27_U | FMT_FREQ_MIN_HRS. |
| PAQ085_28 | \$FMT_CHAR. |
| PAQ085_28_N | FMT_NUMCAT. |
| PAQ085_28_U | FMT_FREQ. |
| PAQ086_28_N | FMT_NUMCAT. |
| PAQ086_28_U | FMT_FREQ_MIN_HRS. |
| PAQ085_31 | \$FMT_CHAR. |
| PAQ085_31_N | FMT_NUMCAT. |
| PAQ085_31_U | FMT_FREQ. |
| PAQ086_31_N | FMT_NUMCAT. |
| PAQ086_31_U | FMT_FREQ_MIN_HRS. |
| PAQ085_34 | \$FMT_CHAR. |
| PAQ085_34_N | FMT_NUMCAT. |
| PAQ085_34_U | FMT_FREQ. |
| PAQ086_34_N | FMT_NUMCAT. |
| PAQ086_34_U | FMT_FREQ_MIN_HRS. |
| PAQ085_35 | \$FMT_CHAR. |
| PAQ085_35_N | FMT_NUMCAT. |
| PAQ085_35_U | FMT_FREQ. |
| PAQ086_35_N | FMT_NUMCAT. |
| PAQ086_35_U | FMT_FREQ_MIN_HRS. |
| PAQ085_36 | \$FMT_CHAR. |
| PAQ085_36_N | FMT_NUMCAT. |
| PAQ085_36_U | FMT_FREQ. |
| PAQ086_36_N | FMT_NUMCAT. |
| PAQ086_36_U | FMT_FREQ_MIN_HRS. |
| PAQ085_37 | \$FMT_CHAR. |
| PAQ085_37_N | FMT_NUMCAT. |
| PAQ085_37_U | FMT_FREQ. |
| PAQ086_37_N | FMT_NUMCAT. |
| PAQ086_37_U | FMT_FREQ_MIN_HRS. |
| PAQ085_38 | \$FMT_CHAR. |
| PAQ085_38_N | FMT_NUMCAT. |
| PAQ085_38_U | FMT_FREQ. |
| PAQ086_38_N | FMT_NUMCAT. |

ANNOATATED PHYSICAL ACTIVITY AND PHYSICAL FITNESS (PAQ)

| | |
|-------------|-------------------|
| PAQ086_38_U | FMT_FREQ_MIN_HRS. |
| PAQ085_39 | \$FMT_CHAR. |
| PAQ085_39_N | FMT_NUMCAT. |
| PAQ085_39_U | FMT_FREQ. |
| PAQ086_39_N | FMT_NUMCAT. |
| PAQ086_39_U | FMT_FREQ_MIN_HRS. |
| PAQ085_40 | \$FMT_CHAR. |
| PAQ085_40_N | FMT_NUMCAT. |
| PAQ085_40_U | FMT_FREQ. |
| PAQ086_40_N | FMT_NUMCAT. |
| PAQ086_40_U | FMT_FREQ_MIN_HRS. |
| PAQ085_41 | \$FMT_CHAR. |
| PAQ085_41_N | FMT_NUMCAT. |
| PAQ085_41_U | FMT_FREQ. |
| PAQ086_41_N | FMT_NUMCAT. |
| PAQ086_41_U | FMT_FREQ_MIN_HRS. |
| PAQ085_42 | \$FMT_CHAR. |
| PAQ085_42_N | FMT_NUMCAT. |
| PAQ085_42_U | FMT_FREQ. |
| PAQ086_42_N | FMT_NUMCAT. |
| PAQ086_42_U | FMT_FREQ_MIN_HRS. |
| PAQ085_43 | \$FMT_CHAR. |
| PAQ085_43_N | FMT_NUMCAT. |
| PAQ085_43_U | FMT_FREQ. |
| PAQ086_43_N | FMT_NUMCAT. |
| PAQ086_43_U | FMT_FREQ_MIN_HRS. |
| PAQ085_51 | \$FMT_CHAR. |
| PAQ085_51_N | FMT_NUMCAT. |
| PAQ085_51_U | FMT_FREQ. |
| PAQ086_51_N | FMT_NUMCAT. |
| PAQ086_51_U | FMT_FREQ_MIN_HRS. |
| PAQ085_52 | \$FMT_CHAR. |
| PAQ085_52_N | FMT_NUMCAT. |
| PAQ085_52_U | FMT_FREQ. |
| PAQ086_52_N | FMT_NUMCAT. |
| PAQ086_52_U | FMT_FREQ_MIN_HRS. |
| PAQ085_53 | \$FMT_CHAR. |
| PAQ085_53_N | FMT_NUMCAT. |
| PAQ085_53_U | FMT_FREQ. |
| PAQ086_53_N | FMT_NUMCAT. |
| PAQ086_53_U | FMT_FREQ_MIN_HRS. |

ANNOATATED PHYSICAL ACTIVITY AND PHYSICAL FITNESS (PAQ)

PAQ085_SS \$FMT_CHAR.
 PAQ085_SS_N FMT_NUMCAT.
 PAQ085_SS_U FMT_FREQ.
 PAQ086_SS_N FMT_NUMCAT.
 PAQ086_SS_U FMT_FREQ_MIN_HRS.
 PAQ085_71 \$FMT_CHAR.
 PAQ085_71_N FMT_NUMCAT.
 PAQ085_71_U FMT_FREQ.
 PAQ086_71_N FMT_NUMCAT.
 PAQ086_71_U FMT_FREQ_MIN_HRS.
 PAQ085_72 \$FMT_CHAR.
 PAQ085_72_N FMT_NUMCAT.
 PAQ085_72_U FMT_FREQ.
 PAQ086_72_N FMT_NUMCAT.
 PAQ086_72_U FMT_FREQ_MIN_HRS.
 PAQ085_73 \$FMT_CHAR.
 PAQ085_73_N FMT_NUMCAT.
 PAQ085_73_U FMT_FREQ.
 PAQ086_73_N FMT_NUMCAT.
 PAQ086_73_U FMT_FREQ_MIN_HRS.

PAQ.090. Over the **past 30 days**, did you do any physical activities specifically designed to **strengthen** your muscles such as lifting weights, push-ups or sit-ups? Include all such activities even if you have mentioned them before.

PAQ090 FMT_YES_NO_PAQ.
 Yes 1
 No 2 **(Skip to PAQ.100)**
 Unable to do activity 3 **(Skip to PAQ.100)**
 Refused 77 **(Skip to PAQ.100)**
 Don't Know 99 **(Skip to PAQ.100)**

PAQ.095. Over the **past 30 days**, how often did you do these strengthening physicalactivities? (How many times per week, or per month?)

| | |
|--|--|
| | |
|--|--|

PAQ095_N FMT_NUMCAT.
 PAQ095_U FMT_FREQ.

Enter number of times per week or month
 Refused 77

ANNOATATED PHYSICAL ACTIVITY AND PHYSICAL FITNESS (PAQ)

| | |
|-------------------|----|
| Don't Know | 99 |
| <u>Enter Unit</u> | |
| Week | 1 |
| Month | 2 |

PAQ.100. How does the amount of activity that you reported for the **past 30 days** compare with your physical activity for the **past 12 months**? Over the **past 30 days**, were you...?

PAQ100 FMT_PAQ100_.

| | |
|----------------|----|
| More active | 1 |
| Less active | 2 |
| About the same | 3 |
| Refused | 77 |
| Don't Know | 99 |

PAQ.110 Compared with most {men/women} your age, would you say that you are...?

PAQ110 FMT_PAQ100_.

| | |
|----------------|----|
| More active | 1 |
| Less active | 2 |
| About the same | 3 |
| Refused | 77 |
| Don't Know | 99 |

PAQ.120. **[Asked only of those 30 or older]** Compared with yourself **10 years ago**, would you say that you are...?

PAQ120 FMT_PAQ100_.

| | |
|----------------|----|
| More active | 1 |
| Less active | 2 |
| About the same | 3 |
| Refused | 77 |
| Don't Know | 99 |

Now I will ask you about TV watching and computer use outside of your regular work hours.

PAQ.130. Over the **past 30 days**, on average how many hours per day did you sit and watch TV or videos (outside of work)? Would you say...?

PAQ130 FMT_PAQ130_.

| | |
|------------------|---|
| Less than 1 hour | 0 |
| 1 hour | 1 |
| 2 hours | 2 |
| 3 hours | 3 |
| 4 hours | 4 |

ANNOATATED PHYSICAL ACTIVITY AND PHYSICAL FITNESS (PAQ)

| | |
|------------------------------------|----|
| 5 hours or more | 5 |
| None (Does not watch TV or videos) | 8 |
| Refused | 77 |
| Don't Know | 99 |

PAQ.140. Over the **past 30 days**, on average how many hours per day did you use a computer or play computer games (outside of work)? Would you say...?

PAQ140

FMT_PAQ130_.

| | |
|---|----|
| Less than 1 hour | 0 |
| 1 hour | 1 |
| 2 hours | 2 |
| 3 hours | 3 |
| 4 hours | 4 |
| 5 hours or more | 5 |
| None (Does not use a computer outside work) | 8 |
| Refused | 77 |
| Don't Know | 99 |

END TIME OF IN HOME INTERVIEWS: _____