

## Physical Activity and Physical Fitness (PAQ)

PAQ200pre Next I am going to ask you about the time you spend doing different types of physical activity in a typical week.

Think first about the time you spend doing work. Think of work as the things that you have to do such as paid or unpaid work, household chores, and yard work.

**INTERVIEWER: HIT ENTER TO CONTINUE**

PAQ200 Does your 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**?

PAQ200 FMT\_YES\_NO.

<1> YES

<2> NO (Skip to PAQ215)

<d> DON'T KNOW (Skip to PAQ215)

<r> REFUSED (Skip to PAQ215)

PAQ205 In a typical week, on how many days do you do **vigorous**-intensity activities as part of 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**.)

(**INTERVIEWER: REMEMBER, WE ARE ONLY ASKING ABOUT WORK AND CHORES IN THIS QUESTION.**)

PAQ205 FMT\_QD1A.

<1-7> ENTER NUMBER OF DAYS

<d> DON'T KNOW (Skip to PAQ215)

<r> REFUSED (Skip to PAQ215)

PAQ210 How much time do you 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**.)

(**INTERVIEWER: REMEMBER, WE ARE ONLY ASKING ABOUT WORK AND CHORES.**)

PAQ210\_N FMT\_NUMCAT.

PAQ210\_U FMT\_FREQ\_MIN\_HRS.

<1-1440> ENTER NUMBER

## Physical Activity and Physical Fitness (PAQ)

<d> DON'T KNOW  
<r> REFUSED

### ENTER UNIT

<1> MINUTES  
<2> HOURS

**[PROGRAMMER: IF >24 hours or <10 MINUTES DISPLAY THIS MESSAGE:**

**INTERVIEWER THE TIME SHOULD BE 10 MINUTES OR MORE, BUT LESS THAN 24 HOURS.**

**<1> BACK UP AND FIX**

**<2> CONTINUE**

**[PROGRAMMER: IF >4 hours GO TO PAQ210err]**

PAQ210err **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.

<1>THIS IS INCORRECT, GO BACK TO PAQ210  
<2> THIS IS CORRECT, CONTINUE TO NEXT QUESTION

PAQ215 Does your 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**?

**PAQ215 FMT\_YES\_NO.**

<1> YES  
<2> NO **(Skip to PAQ230pre)**  
  
<d> DON'T KNOW **(Skip to PAQ230pre)**  
<r> REFUSED **(Skip to PAQ230pre)**

### Physical Activity and Physical Fitness (PAQ)

PAQ220 In a typical week, on how many days do you do **moderate**-intensity activities as part of 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.**)

**(INTERVIEWER: REMEMBER, WE ARE ONLY ASKING ABOUT WORK AND CHORES.)** PAQ220 FMT\_QD1A.

<1-7> DAYS

<d> DON'T KNOW **(Skip to PAQ230pre)**

<r> REFUSED **(Skip to PAQ230pre)**

PAQ225 How much time do you 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.**)

**(INTERVIEWER: REMEMBER, WE ARE ONLY ASKING ABOUT WORK AND CHORES.)** PAQ225\_N FMT\_NUMCAT.  
PAQ225\_U FMT\_FREQ\_MIN\_HRS.

<1-1440> ENTER NUMBER

<d> DON'T KNOW

<r> REFUSED

**ENTER UNIT**

<1> MINUTES

<2> HOURS

**[PROGRAMMER: IF >24 hours or <10 MINUTES DISPLAY THIS MESSAGE:**

**THE TIME SHOULD BE 10 MINUTES OR MORE, BUT LESS THAN 24 HOURS.**

**<1> BACK UP AND FIX**

**<2> CONTINUE**

## Physical Activity and Physical Fitness (PAQ)

**[PROGRAMMER: IF >4 hours GO TO PAQ225err]**

PAQ225err **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.

<1>THIS IS INCORRECT, GO BACK TO PAQ225

<2> THIS IS CORRECT, CONTINUE TO NEXT QUESTION

PAQ230pre 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 to and from places. For example to work, for shopping, to school.

**INTERVIEWER: HIT ENTER TO CONTINUE**

PAQ230 In a typical week do you walk or use a bicycle for **at least 10 minutes continuously** to get to and from places? **PAQ230 FMT\_YES\_NO.**

<1> YES

<2> NO **(Skip to PAQ245pre)**

<d> DON'T KNOW **(Skip to PAQ245pre)**

<r> REFUSED **(Skip to PAQ245pre)**

PAQ235 In a typical week, on how many days do you walk or bicycle for **at least 10 minutes continuously** to get to and from places? **PAQ235 FMT\_QD1A.**

<1-7> DAYS

<d> DON'T KNOW **(Skip to PAQ245pre)**

<r> REFUSED **(Skip to PAQ245pre)**

PAQ240 How much time do you 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.)

**PAQ240\_N FMT\_NUMCAT.**

**PAQ240\_U FMT\_FREQ\_MIN\_HRS.**

<1-1440> ENTER NUMBER

<d> DON'T KNOW

<r> REFUSED

## Physical Activity and Physical Fitness (PAQ)

### ENTER UNIT

- <1> MINUTES  
<2> HOURS

**[PROGRAMMER: IF >24 hours or <10 MINUTES DISPLAY THIS MESSAGE:**

**THE TIME SHOULD BE 10 MINUTES OR MORE, BUT LESS THAN 24 HOURS.**

**<1> BACK UP AND FIX**

**<2> CONTINUE**

**[PROGRAMMER: IF >4 hours GO TO PAQ240err]**

PAQ240err **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.

- <1>THIS IS INCORRECT, GO BACK TO PAQ240  
<2> THIS IS CORRECT, CONTINUE TO NEXT QUESTION

PAQ245pre 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.

**INTERVIEWER: HIT ENTER TO CONTINUE**

PAQ245 In a typical week do you 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?**

- |     | PAQ245     | FMT_YES_NO.      |
|-----|------------|------------------|
| <1> | YES        |                  |
| <2> | NO         | (Skip to PAQ260) |
| <d> | DON'T KNOW | (Skip to PAQ260) |
| <r> | REFUSED    | (Skip to PAQ260) |

### Physical Activity and Physical Fitness (PAQ)

PAQ250 In a typical week, on how many days do you 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.**)

**PAQ250 FMT\_QD1A.**

<1-7> DAYS

<d> DON'T KNOW **(Skip to PAQ260)**

<r> REFUSED **(Skip to PAQ260)**

PAQ255 How much time do you 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.)

**(PROBE IF NEEDED:** Vigorous-intensity sports, fitness or recreational activities cause large increases in breathing or heart rate and is done for at **least 10 minutes continuously.**)

**PAQ255\_N**

**FMT\_NUMCAT.**

**PAQ255\_U**

**FMT\_FREQ\_MIN\_HRS.**

<1-1440> ENTER NUMBER

<d> DON'T KNOW

<r> REFUSED

**ENTER UNIT**

<1> MINUTES

<2> HOURS

**[PROGRAMMER: IF >24 hours or <10 MINUTES DISPLAY THIS MESSAGE:**

**THE TIME SHOULD BE 10 MINUTES OR MORE, BUT LESS THAN 24 HOURS.**

**[PROGRAMMER: IF >4 hours GO TO PAQ255err]**

PAQ255err **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.

### Physical Activity and Physical Fitness (PAQ)

<1> THIS IS INCORRECT, GO BACK TO PAQ255  
 <2> THIS IS CORRECT, CONTINUE TO NEXT QUESTION

PAQ260 In a typical week do you 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**?

PAQ260 FMT\_YES\_NO.

<1> YES  
 <2> NO (Skip to PAQ275pre)  
 <d> DON'T KNOW (Skip to PAQ275pre)  
 <r> REFUSED (Skip to PAQ275pre)

PAQ265 In a typical week, on how many days do 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**.

PAQ260 FMT\_QD1A.

<1-7> ENTER NUMBER OF DAYS  
 <d> DON'T KNOW (Skip to PAQ275pre)  
 <r> REFUSED (Skip to PAQ275pre)

PAQ270 How much time do you 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**.)

PAQ270\_N FMT\_NUMCAT.  
 PAQ270\_U FMT\_FREQ\_MIN\_HRS.

<1-1440> ENTER NUMBER  
 <d> DON'T KNOW  
 <r> REFUSED

#### ENTER UNIT

<1> MINUTES  
 <2> HOURS

## Physical Activity and Physical Fitness (PAQ)

**[PROGRAMMER: IF >24 hours or <10 MINUTES DISPLAY THIS MESSAGE:**

**THE TIME SHOULD BE 10 MINUTES OR MORE, BUT LESS THAN 24 HOURS.**

**[PROGRAMMER: IF >4 hours GO TO PAQ270err]**

PAQ270err **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.

<1>THIS IS INCORRECT, GO BACK TO PAQ270

<2> THIS IS CORRECT, CONTINUE TO NEXT QUESTION

PAQ275pre 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.

**INTERVIEWER: HIT ENTER TO CONTINUE**

PAQ275 How much time do you usually spend sitting on a typical day?

PAQ275_N	FMT_NUMCAT.
PAQ275_U	FMT_FREQ_MIN_HRS.

<1-1440> ENTER NUMBER

<d> DON'T KNOW

<r> REFUSED

**ENTER UNIT**

<1> MINUTES

<2> HOURS



## Physical Activity and Physical Fitness (PAQ)

**[PROGRAMMER: IF 18 hours or more OR less than 8 hours DISPLAY THIS MESSAGE:**

**PLEASE VERIFY TIMES OF 18 HOURS OR MORE OR LESS THAN 8 HOURS.**

HIT ENTER TO CONTINUE

**[PROGRAMMER: IF 24 hours or more DISPLAY THIS MESSAGE: ]**

**THE TIME SHOULD BE LESS THAN 24 HOURS.**

PAQ120\_R2 **[Asked only of those 28 or older]** Compared with yourself **10 years ago**, would you say that you are more active, less active, or about the same?

**PAQ120\_R2 FMT\_PAQ100\_.**

<1> MORE ACTIVE  
<2> LESS ACTIVE  
<3> ABOUT THE SAME

<d> DON'T KNOW  
<r> REFUSED

PAQ130pre Now I will ask you about TV watching and computer use outside of your regular work hours.

**INTERVIEWER: HIT ENTER TO CONTINUE**

PAQ130 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 less than 1 hour, 1 hour, 2 hours, 3 hours, 4 hours, 5 or more hours, or none because you do not watch TV or videos?

**PAQ130 FMT\_PAQ130\_.**

<0> LESS THAN 1 HOUR  
<1> 1 HOUR  
<2> 2 HOURS  
<3> 3 HOURS  
<4> 4 HOURS  
<5> 5 HOURS OR MORE  
<6> NONE--DOES NOT WATCH TV OR VIDEOS

<d> DON'T KNOW  
<r> REFUSED

PAQ140 Over the **past 30 days**, on average how many hours per day did you use a computer or play computer games outside of work?

**Physical Activity and Physical Fitness (PAQ)**

Would you say less than 1 hour, 1 hour, 2 hours, 3 hours, 4 hours, 5 or more hours, or none because you do not use a computer outside of work?

**PAQ140** **FMT\_PAQ130\_.**

- <0> LESS THAN 1 HOUR
- <1> 1 HOUR
- <2> 2 HOURS
- <3> 3 HOURS
- <4> 4 HOURS
- <5> 5 HOURS OR MORE
- <6> NONE—DOES NOT USE COMPUTER OUTSIDE OF WORK
  
- <d> DON'T KNOW
- <r> REFUSED