

QXQ INSTRUCTIONS FOR PHYSICAL ACTIVITY (PAC B) FORM

Revised 1/26/2009

GENERAL INSTRUCTIONS

The Physical Activity Form (Form Code PAC) is completed by a certified interviewer who understands the general instructions for completing the paper forms. ID Number, Contact Year, Last Name, and Initials are entered as on other forms. Items on the form enclosed in boxes or brackets are instructions to the interviewer, and are not stated verbally during the interview. Text in double quotes is read aloud. Skip rules are enclosed in boxes.

Some of the items in this survey refer to work/volunteer work and some refer to leisure time. The word “leisure” means different things to different people. **Leisure time for most people means free time, vacation, or time off from chores and required activities. It is time when you are not working for pay.** Leisure time could include time spent playing with a child or coaching a team as a volunteer. This definition is consistent with other physical activity surveys and the ARIC study.

A. Active Living

For each of these items, record one answer per question.

1. Read item 1 and show the participant response card 1 (RC#1). Read the response categories out loud the first time it is shown; it is not necessary to re-read a card that has been shown before unless the participant asks for (or needs) assistance. **Item 1 refers to walking/biking for transportation only.** The time is limited to the round trip time spent walking (or bicycling) to work, school, or shopping errands. It does not refer to walking or biking for recreation/leisure or done as exercise, which will be asked in the next question. To keep the responses consistent with other physical activity surveys, **include time walking to and from the car**, but don't include the time walking at work or shopping at a store or time spent walking for exercise in the mall.
2. Read item 2 and show the participant response card 2 (RC#2). **Item 2 is specific for leisure time or recreational walking.** It should not include walking at work or for transportation, such as to get to and from a store for shopping. It does include walking for exercise at a mall or in a park or the participant's neighborhood.
3. Read item 3 and continue with RC#2. **Item 3 is specific for biking during leisure or recreational time or for exercise. It includes stationary cycling** (sometimes done in classes called spinning).
4. Read item 4 and continue with RC#2. **Item 4 is also specific to leisure or recreational activity.** Sweating during work for pay or volunteer work is in a

separate item. **Try to learn how often the participant sweats due to the effort of the activity** (not because the temperature is hot). Record the participant's response even if you believe it may not be accurate.

5. Read item 5 and show the participant response card 3 (RC#3). We want to know how much time they **usually spend watching television on a daily or weekly basis**. The item 5 should not include time when the television was on but the participant was doing other activities and not watching. If necessary, ask the participant to tell you the average amount during the past year, or pick the response that seems best. Do not choose the response for a participant.

B. Occupational Activities

Items 6 to 9e refer to work activity, for pay or volunteer work. The responses do not refer to work around the house.

Record one answer per question.

6. Read item 6. If the participant did not work for pay or do volunteer work during the past year, go to the Home, Family, Yard, and Garden section and omit questions 7 through 9e.
7. Item 7 asks participants to compare themselves to others of similar age and gender. Show response card 4 (RC#4).
8. Item 8 refers to how *physically* tired the participant feels after work. Show response card 5 (RC#5).
9. Items 9a through 9e: Show RC#5). **For 9e, note that this question asks about sweating as a result of work effort, not because the temperature is hot.** Emphasize the word "exertion" when reading Item 9e.

C. Home, Family, Yard, and Garden

This section inquires about how often certain activities are performed around the home. Some of the activities described in this section could be done for pay or as volunteer work. However, we want to separate out the activity that is done for pay from activity at home not for pay in the PAC survey. **In this section, we only want activity that is not for pay and is not done as volunteer work.** These activities are familiar to everyone and asking about them can help participants feel you appreciate the kind of activities they do every day. Record only one answer for each item.

10. Read item 10 and show response card 6.

11. Read item 11 and Show response card 7. This item refers only to the time spent preparing the food, not the time that the food was cooking without any activity by the preparer.
12. Read item 12 and show response card 2.
13. Read item 13 and show response card 2.
14. Read item 14 and show response card 2. Some of these activities are seasonal so participants may mention they do a lot during part of the year and less in other times of the year. Ask participants to choose the response that best describes their “typical” activity. Do not choose responses for them.
15. Read item 15 and show response card 2.
16. Read item 16 and show response card 2.

D. Sports and Exercise

The last section inquires about participation in specific sport and exercise activities. Many respondents will indicate they did not participate in any of the activities. Show participants the SPORTS AND EXERCISE LIST to help them think about all the possible activities that we want to know about. They can also report sports and exercise not on the list (these will be entered in by the interviewer.) Participants who answer “yes” will then be asked to report up to 3 activities, in order of frequency, and to indicate how many months and how many hours of participation. Record only one answer per item.

17. Read item 17 and show the participant the SPORTS AND EXERCISE LIST. Participants should **respond “yes” if they did any activities on the list or similar activities for sports and exercise during the past year. The activity does not have to be on the list.**

If the response to item 17 is No, then go to item 28.

18. Read item 18. Show response card 8 (RC#8). The purpose of this item is to find out generally how often participants engaged in some kind of sports or exercise. This could be different kinds of exercise at different times of the year. A participant who walked for exercise every Sunday throughout the year except for a few times but didn’t do any other exercise should choose response 4. A participant who played basketball in the winter about three times a month and then played tennis during the other seasons of the year at least 1 or 2 times a week should choose response 4 or 5, depending on how much of the time he or she played tennis.
19. Read item 19a. Show the participant the SPORTS AND EXERCISE LIST to learn about the most frequent type of exercise or sports during the past year. When participants report an activity from the list, write the number code for that

- activity as the response at 19b. Encourage participants to choose an activity from the list if it is similar to their activity. (If you are familiar with an activity and are confident it is another name for one of the activities on the list, you may substitute the coded activity. Examples: if participants work out with Cybex rather than Nautilus machines, choose code 14. If participants report playing squash, substitute code 19 for racquetball.) When participants report an activity that is not on the list, describe the activity at 19c so that experts can later code it.
20. Read item 20 and show response card 9. This item refers to the months in the past year when the participant engaged in the activity recorded above. The answer to this item could be confusing to a person who just started doing an activity recently. In this case, the interviewer should try to estimate how much of the year the person would have done this activity if they had been doing it all year. For example, if s/he started lifting weights 4 months ago and did it for 3 of the 4 months, estimate $\frac{3}{4}$ of a year or 9 months.
 21. Read item 21 and show response card 10. This item requests the usual number of hours a week the participant engaged in the activity during the months when he or she was doing it during the past year. The time should not include rest time. If the reported hours seem excessive, repeat it to the participant to be certain. If the participant says he or she performed the activity for more hours a week during some seasons of the year, record an average. For example, If a participant swims 1 hour a week during June, July, and August but not at all during the rest of the year, record one hour as the response for this item, the response to item 20 is “2” and the response to item 21 is “2”.
 22. Read item 22 and show the SPORTS AND EXERCISE LIST again. This item is to record the second most frequent type of activity during the past year. Use 22a to indicate if the activity is on the list. Use 22b to write in the code for the activity. Use 22c if the activity is not included in the list of codes.
 23. Read item 23 and show response card 9. This item refers to the months in the past year when the participant engaged in the activity recorded in item 22.
 24. Read item 24 and show response card 10. This item requests the usual number of hours a week the participant engaged in the activity recorded in item 22.
 25. Read item 25 and show the SPORTS AND EXERCISE LIST AGAIN. This item is to record the third most frequent type of activity during the past year. Use 25a to indicate if the activity is on the list. Use 22b to write in the code for the activity. Use 25c if the activity is not included in the list of codes.
 26. Read item 26 and show response card 9. This item refers to the months in the past year when the participant engaged in the activity recorded in item 25.

27. Read item 27 and show response card 10. This item requests the usual number of hours a week the participant engaged in the activity recorded in item 25.
28. Read item 28 and show the participant response card 11.

E. Administrative Information

29. Enter the date that the interview information was obtained.
30. Enter the interviewer code.