



Physical Activity Form

FORM CODE: PAC
VERSION A 08/24/2000

ID NUMBER:

CONTACT YEAR:

LAST NAME:

INITIALS:

“Now I’m going to ask you some questions about your physical activity during the past year. First, we would like to know about the general level of physical activity involved in your daily routine.”

A. ACTIVE LIVING

1. How many minutes a day do you usually walk and/or bicycle to and from work, school or errands?
[RC #1]Less than 5 minutes A
At least 5 but less than 15 minutes B
At least 15 but less than 30 minutes C
At least 30 but less than 45 minutes D
At least 45 minutes E

2. How many city blocks (10 city blocks is about 1 mile) do you usually walk each day to and from work or doing errands? **[RC #2]**Less than 5 blocks A
At least 5 but less than 10 blocks B
At least 10 but less than 15 blocks C
At least 15 but less than 20 blocks D
More than 20 blocks E

3. During leisure time, how often did you walk for at least 15 minutes at a time? **[RC #3]**Less than once a month A
- Once a month B
- 2-3 times a month C
- Once a week D
- More than once a week E

4. During leisure time, how often did you bike for at least 15 minutes at a time? **[RC #3]**Less than once a month A
- Once a month B
- 2-3 times a month C
- Once a week D
- More than once a week E

5. During leisure time, how often do you sweat from exertion? **[RC #3]**Less than once a month A
- Once a month B
- 2-3 times a month C
- Once a week D
- More than once a week E

6. During the past year, how often did you watch television? **[RC #4]**Less than 1 hour a week A
- At least 1 hour a week but less than 7 hours a week B
- At least 1 hour a day but less than 2 hours a day C
- At least 2 hours a day but less than 4 hours a day D
- 4 or more hours a day E

7. During a usual week in the past year, about how many times a week did you do physical exercise in your free time for at least 20 minutes without stopping, which was hard enough to make your heart rate and breathing increase a large amount?

B. OCCUPATIONAL ACTIVITIES:

“Now, some questions about your employment situation.”

8. Did you work for pay or do volunteer work during the past year? Yes Y

— No N

9. In comparison with other men (women) of your age, do you think your work (volunteer work) is physically much lighter, lighter, the same as, heavier, or much heavier? [RC #5] Much lighter A

Lighter B

The same as C

Heavier D

Much heavier E

10. After work are you physically tired? [RC #6] Never A

Seldom B

Sometimes C

Often D

Always E

11. When you are working (doing volunteer work) how often do you do each of the following?

11a. Sit: [RC #6] Never A

Seldom B

Sometimes C

Often D

Always E

11b. Stand: [RC #6]Never A
Seldom B
Sometimes C
Often D
Always E

11c. Walk: [RC #6]Never A
Seldom B
Sometimes C
Often D
Always E

11d. Lift heavy loads: [RC #6] Never A
Seldom B
Sometimes C
Often D
Always E

11e. Sweat from exertion: [RC #6] Never A
Seldom B
Sometimes C
Often D
Always E

C. HOME, FAMILY, YARD AND GARDEN

"Now, we want to know about your activities at home, not including activities you may do at your home or other people's home for pay or volunteer work."

12. During the past year (12 months) how much time did you spend caring for children under 5 years of age or for a disabled child or elderly person? **[RC #7]**Less than 1 hour per week **A**
- At least 1 but less than 20 hours per week **B**
- More than 20 hours per week **C**
-
13. During the past year (12 months) how much time did you spend preparing meals or cleaning up from meals? **[RC #8]**Less than ½ hour per day **A**
- At least ½ hour but less than 1 hour per day **B**
- At least 1 hour but less than 1 ½ hours per day **C**
- At least 1 ½ hours but less than 2 hours per day **D**
- 2 or more hours per day **E**
-
14. During the past year (12 months) how much time did you spend doing major cleaning activities such as shampooing carpets, waxing floors, washing windows or washing a car or other vehicle? **[RC #3]**Less than once a month **A**
- Once a month **B**
- 2-3 times a month **C**
- Once a week **D**
- More than once a week **E**

15. During the past year (12 months) how much time did you spend doing routine cleaning such as dusting, laundry, vacuuming, changing bed sheets or grocery shopping and pushing a cart?
[RC #3]Less than once a month A
 Once a month B
 2-3 times a month C
 Once a week D
 More than once a week E

16. During the past year (12 months) how much time did you spend doing gardening or yard work, such as mowing lawn or raking leaves?
[RC #3]Less than once a month A
 Once a month B
 2-3 times a month C
 Once a week D
 More than once a week E

17. During the past year (12 months) how much time did you spend doing heavy outdoor work such as chopping wood, tilling soil, shoveling or bailing hay? **[RC #3]**Less than once a month A
 Once a month B
 2-3 times a month C
 Once a week D
 More than once a week E

18. During the past year (12 months) how much time did you spend doing major home decoration or repair, such as plumbing, tiling, painting or building? [RC # 3]
- Less than once a month A
 - Once a month B
 - 2-3 times a month C
 - Once a week D
 - More than once a week E

D. SPORTS AND EXERCISE

"In this last section, we want to know if you were involved in any sports or exercise."

19. "During the past year did you participate in any of these activities or in any other similar activities not included on the list? [HAND RESPONDENT SPORTS AND EXERCISE LIST]
- Yes Y
 - No N
- Go to Item 31

20. How often did you play sports or exercise during the past year? [RC #9]
- Never or less than once a month A
 - Once a month B
 - 2-3 times a month C
 - Once a week D
 - More than once a week E

21. Which sport or exercise did you do most frequently? [SPECIFY ONLY ONE; REFER TO LIST]

- 21a. Is this activity on the code list?
- Yes Y
 - No N
- Go to Item 21c

21b. Code for most frequent sport or exercise:

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Go to Item 22

21c. If the activity is not coded, specify the activity :

22. How many months in the past year did you do this activity? [RC #10]Less than one month A
- 1 to 3 months B
- 4 to 6 months C
- 7 to 9 months D
- More than 9 months E

23. How many hours a week did you do this activity? [RC #11]Less than 1 hour A
- At least 1 but less than 2 hours B
- At least 2 but less than 3 hours C
- At least 3 but less than 4 hours D
- 4 or more hours E

24. What was the second most frequent sport or exercise you did? [SPECIFY ONLY ONE; REFER TO LIST]

IF NONE, GO TO ITEM 30

- 24a. Is this activity on the code list? Yes Y
- Go to Item 24c — No N

24b. Code for the second most frequent sport or exercise:

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Go to Item 25

24c. If the activity is not coded, specify the activity:

25. How many months in the past year did you do this activity? **[RC #10]**Less than one month A
- 1 to 3 months B
- 4 to 6 months C
- 7 to 9 months D
- More than 9 months E

26. How many hours a week did you do this activity? **[RC #11]**Less than 1 hour A
- At least 1 but less than 2 hours B
- At least 2 but less than 3 hours C
- At least 3 but less than 4 hours D
- 4 hours or more E

27. What was the third most frequent sport or exercise you did? **[SPECIFY ONLY ONE; REFER TO LIST]**

IF NONE, GO TO ITEM 30

- 27a. Is this activity on the code list? Yes Y
- | |
|----------------|
| Go to Item 27c |
|----------------|

 — No N

- 27b. Code for the third most frequent sport or exercise:

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- | |
|---------------|
| Go to Item 28 |
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27c. If the activity is not coded, specify the activity:

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28. How many months in the past year did you do this activity? [RC #10]Less than one month A
- 1 to 3 months B
- 4 to 6 months C
- 7 to 9 months D
- More than 9 months E

29. How many hours a week did you do this activity? [RC# 11]Less than 1 hour A
- At least 1 but less than 2 hours B
- At least 2 but less than 3 hours C
- At least 3 but less than 4 hours D
- 4 hours or more E

30. In comparison with others of your own age, do you think your recreational activity is much less, less, the same as, more, or much more? [RC # 12] Much Less A
- Less B
- Same as C
- More D
- Much more E

E. ADMINISTRATIVE INFORMATION

31. Date of data collection:

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m	m		d	d		y	y	y	y

32. Code number of person completing this form:

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