

**PHYSICAL ACTIVITY FORM INSTRUCTIONS (PAC)
VERSION A, 02/22/2001**

I. SPECIFIC INSTRUCTIONS

The Physical Activity Form (PAC) is included in the Home Induction Interview and collects data regarding activities of active living, occupational, home and sports/exercise over the past 12 months. Interviewers must be certified and familiar with and understand the "General Instructions for Completing Paper Forms," prior to completing this form. ID, Contact, Year and Name are completed as described in that document. Initiate the form by reading the script at the beginning of the form as printed.

II SPECIFIC INSTRUCTIONS

A. Active Living

These items assess the participant's general level of activity in getting to and from work, or during leisure time. Certify with the participant that these activities do not include work-related duties. Some of these items refer to work/volunteer work and some refer to leisure time. If participant becomes confused about this, repeat the question. Remind the participant that all activities refer to the past 12 months.

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

Show the participant Response Card 1. Read the response categories out loud the first time it is shown; it is not necessary to reread a card that has been shown before unless the participant asks for (or needs) assistance. This item refers only to walking or biking associated with going to and from work or school, or doing errands not associated with routine work activities. It does not refer to walking or biking for recreation/leisure, nor does it refer to walking or biking done as part of the work day which will be requested in a later item.

Show the participant Response Card 2. Like Item 1, this item also does not refer to walking for recreation.

Show the participant Response Card 3. This item is specific for leisure time or recreational walking. It should not include walking at work or doing shopping.

Continue with Response Card 3. This item is specific for leisure time or recreational biking.

Continue with Response Card 3. This item is specific to leisure or recreational activity. If the participant says s/he sweats due to heat and humidity, try to get her/him to focus on whether s/he sweats due to the effort of the activity.

Show the participant Response Card 4. The response should be an average amount during the past year.

This item does not have a Response Card. We want the participant's estimate of a the number of times in a "usual" week that s/he did exercise for at least 20 minutes without stopping which was hard enough to make heart rate and breathing increase a large amount. For many participants, this will be "0."

B. Occupational Activities

Record one answer per question.

If the participant did not work for pay or do volunteer work during the past year, omit questions 9 through 11e. The interviewer should be aware that particularly for some older, retired, individuals, volunteer activity may be an important stimulus for physical activity. In addition, both male and female participants may be involved in active volunteer tasks for their church or community.]

Show Response Card 5 and record response. This item discusses the participant's perception of the precise demands of their work compared with others their age. Assure the respondent there are no right or wrong answers as needed.

Show Response Card 6 and record response. This item discusses how fatigued is the respondent at the end of the normal workday.

: Show Response Card 6. These items assess the frequency of sitting, standing, walking, lifting or sweating from exertion during the workday. For 11e, note that this question asks about sweating as a result of activity, not background temperature. If the participants say they sweat a lot because it is hot outside, try to get them to focus on sweat due to activity and not ambient conditions.

C. Home, Family, Yard and Garden

This section inquires about how often certain activities are performed around the home. All activities refer to an average over the past 12 months. Some of these could be done for pay or as volunteer work, but 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 understand and appreciate the kind of activities they do every day. Record only one answer for each item.

Show Response Card 7. This item assesses time spent in child or older care activities.

Show Response Card 8. This item assesses time spent in meal preparation and cleaning.

Show Response Card 3. This item assesses time spent in having house or vehicle cleaning activities.

Show Response Card 3. This item assesses time spent in routine house cleaning or shopping activities.

Show Response Card 3. This item assesses time spent in gardening or yard work.

Show Response Card 3. This item assesses time spent in home decorating or repair.

Show Response Card 3.

D. Sports and Exercise

The last section inquires about participation in specific sport and exercise activities, again for only the past 12 months. Many respondents will indicate they did not participate in any of the activities. If the response is "NO," go to item 30 to complete the survey. Record only one answer per item.

(19) Hand the participant the SPORTS AND EXERCISE LIST. Record whether the respondent participated in days the activities listed. If the response to item 20 is "NO," go to item 3 to complete the survey. Show Response Card 9 and record frequency of exercise.

(21) This item is indented to gather information on up to three activities, in order of frequency, and to indicate how many months and how many hours of participation for each.

(21a.) Indicate if the most frequent sport or exercise activity is on the list.

(21b.) Write the 3-digit code for the activity in the boxes using the Sports and Exercise test and leading zeroes as needed.

(21c.) If the most frequent sport or exercise activity reported by the participant does not seem to match any of those listed, then print the

name of the activity or description clearly in the boxes provided. Show Response Card 11 to get the frequency of the activity.

(22) Show Response Card 10 to get the amount of time spent in this activity. 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.

(23) Show Response Card 11 to get the hours per week that this activity is performed. The time should not include rest time. If the reported hours seem excessive, repeat it to the participant to be certain. If the activity is performed for more hours a week during some seasons of the year, record an average over the months that the activity is performed. 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.

24a. Give the participant the SPORT AND EXERCISE LIST. Determine if there is a second activity, if not, go to item 30 to complete the survey.

(24b.) Write the 3-digit code for the second most frequent sport or exercise activity in the boxes.

(24c.) See instructions for 21.C. above.

(25) See instructions for 22 above.

(26) See instructions for 23 above.

(27) See instructions for Item 21 above. If there is no third most frequent sport activity, go to Item 30 to complete the survey.

(28) See instructions for Item 22 above.

(29) See instructions for Item 23 above.

(30) Show Response Card 12. This item assesses the participant's perception of her or his recreational activity in comparison with others of the same age. Reassure the participant there are no right or wrong answers as needed.

E. Administrative Information

(31) Enter the date that the interview information was obtained.

(32) Enter the code of the person computing this form.

F. Coding and Scoring

The ACTIVE LIVING INDEX is calculated as the sum of [Q1, Q3, Q4, (6-Q6)] divided by 4.

The OCCUPATIONAL INDEX is calculated as the sum of [Q9, Q10, (6-Q11a), Q11b-e, occupational intensity code]/8. The occupational intensity code comes from the physical demands of the occupation of 1=low, 3=medium, and 5=high from the Department of Labor Occupational Codes.

The HOME, FAMILY, YARD, AND GARDEN index will be calculated as the sum of [Q12, Q13, Q14, Q15, Q16, Q17, Q18]/7.

The SPORT INDEX calculation requires several steps. We will use the method described by Ainsworth, Sternfield, et al.

1. First, each of the activities reported by the participant must be scored by intensity as < 4 METs/4-6 METs/>6 METs. This is done by computer matching the code number for the activity with intensity values for each code.
2. Then the months per year must be converted to a proportion of the year (0.5-1.3-2.5-3.5-4.5). This is also done by computer.

Months per Year	Proportion
<1	0.5
1-3	1.3
4-6	2.5
7-9	3.5
>9	4.5

3. The time for each activity is then converted to a proportion:

Time, Hours per Week	Proportion
<1	0.04
At least 1 but < 2	0.17
At least 2 but < 3	0.42
At least 3 but < 4	0.67
4 or more	0.92

4. The simple sport score is calculated multiplying intensity by proportion by time for each specified activity and summing over number of activities (Q22, Q25, Q28).
5. If no activities were specified, the sum will be 0.

6. The simple sport score will take the value of 1-2-3-4-5 corresponding to the scores of 0/0.01-4/4-8/8-12/12.
7. The index can now be calculated as the sum of [Q30, simple sport score]/4.