APPENDIX 25

PHYSICAL ACTIVITY
ACTIVITY QUESTIONNAIRE - LEISURE PHYSICAL ACTIVITIES

ID number: ____________

1) In general, about how many HOURS per WEEK did you regularly participate in sports and other strenuous physical activities (excluding time spent walking)?

   a) during the past year
      hrs/wk PA1A
      blank

   b) during the past week
      hrs/wk PA1B
      blank

2) a) Identify all activities done more than 10 times in your lifetime, not including time spent in school physical education classes: Circle all the activities you have participated.

   Enter 1 for activities circled

   ACTIVITY CODES:

   Running for exercise .02 PA2   Football/Soccer . . . . . .10 PA10   Calisthenics . . . . . .18 PA18
   Swimming (laps) . . . . . .03 PA3   Racquetball/Handball . . . .11 PA11   Walking for exercise . . .19 PA19
   Bicycling . . . . . . . . . . . .04 PA4   Horseback riding . . . . . .12 PA12   Hiking through Mts . . . .20 PA20
   Softball/Baseball . . .05 PA5   Hunting . . . . . . . . . . . .13 PA13   Rodeo . . . . . . . . . . . .21 PA21
   Volleyball . . . . . . . . . . . .06 PA6   Fishing . . . . . . . . . . . .14 PA14   Other . . . . . . . . . . . .22 PA22
   Bowling . . . . . . . . . . . .07 PA7   Dancing/Indian Dancing . . . . . .15 PA15   Other . . . . . . . . . . . .23 PA23
   Basketball . . . . . . . . . . . .08 PA8   Gardening or Yardwork . . . . . .16 PA16   Tennis . . . . . . . . . . . .24 PA24
   Skating (roller or ice) .09 PA9   Weight lifting . . . . . . . . . . . .17 PA17   Golf . . . . . . . . . . . .25 PA25
   Canoeing . . . . . . . . . . . .       . . . . . .26 PA26

   b) List all activities done over the PAST YEAR along with the AVERAGE amount of time spent in each activity:

<table>
<thead>
<tr>
<th>ACTIVITY</th>
<th>PAST YEAR</th>
<th>PAST WEEK</th>
</tr>
</thead>
<tbody>
<tr>
<td>CODE</td>
<td>#mos</td>
<td>#times/wk</td>
</tr>
<tr>
<td>PA27</td>
<td>PA28</td>
<td>PA29</td>
</tr>
<tr>
<td>PA33</td>
<td>PA34</td>
<td>PA35</td>
</tr>
<tr>
<td>PA39</td>
<td>PA40</td>
<td>PA41</td>
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<tr>
<td>PA45</td>
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<td>PA51</td>
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<td>PA87</td>
<td>PA88</td>
<td>PA89</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

   # hours
   PA32
   PA38
   PA44
   PA50
   PA56
   PA62
   PA68
   PA74
   PA80
   PA86
   PA92
ACTIVITY QUESTIONNAIRE - OCCUPATIONAL ACTIVITY

3) In general, about how many HOURS per WEEK did you regularly participate in sports and other strenuous physical activities (excluding walking and time spent in school physical education classes)?

- age 12-18: hrs/wk PA93
- age 19-34: hrs/wk PA94
- age 35-49: hrs/wk PA95
- age 50-64: hrs/wk PA96
- age 65-74: hrs/wk PA97

4) Over the past year, have you had a job that required physically demanding work? (1=yes, 2=no) □ PA98

5) List all jobs held over the past year for more than one month. Account for all 12 months:

```plaintext
<table>
<thead>
<tr>
<th>Job Title*</th>
<th>Job Code#</th>
<th>Walk or bike to work?</th>
<th>JOB SCHEDULE: (average of past yr)</th>
<th>JOB ACTIVITIES</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>min/day</td>
<td>mos/yr da/wk hr/day</td>
<td>Light</td>
</tr>
<tr>
<td>PA99</td>
<td>PA100</td>
<td>PA101</td>
<td>PA102 PA103</td>
<td>PA104</td>
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<tr>
<td>PA107</td>
<td>PA108</td>
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<td>PA118 PA119</td>
<td>PA120</td>
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<tr>
<td>PA123</td>
<td>PA124</td>
<td>PA125</td>
<td>PA126 PA127</td>
<td>PA128</td>
</tr>
</tbody>
</table>
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*if unemployed/retired/housewife during all or part of the past year, list as such and probe for job activities of a normal 8 hour day.

**LIGHT ACTIVITIES**
(includes all sitting activities)

**MODERATE ACTIVITIES**
(includes most indoor activity)

**HARD ACTIVITIES**
(heavy industrial work outdoor construction, heavy farming)

- Sitting
- Standing still w/o heavy lifting
- Light cleaning-ironing, cooking, washing, dusting
- Driving a tractor, harvester
- Slow, leisure walking
- Carrying light loads
- Continuous walking
- Heavy cleaning-mopping, sweeping, scrubbing, scraping
- Gardening-planting, weeding
- Painting, plastering
- Plumbing, Welding
- Electrical Work
- Carrying moderate to heavy loads
- Heavy construction
- Farming, hoeing, digging, mowing
- Digging ditches
- Chopping (ax)
- Sawing
- Shoveling
6) Have you EVER had a job for longer than one year that required physically demanding work? (1=yes, 2=no)
   □ PA131

   If yes, how many physically active jobs have you ever held?
   □ □ PA132

   What is the TOTAL number of YEARS that you have worked in these physically demanding jobs? (Sum of years)
   □ □ PA133

   **JOB CODES #**

   **Not Employed:**
   1. Student
   2. Homemaker
   3. Retired
   4. Disabled
   5. Unemployed

   **Employed (or volunteer):**
   6. Professional and technical workers
   7. Managers, officials, & proprietors
   8. Clerical workers
   9. Sales-worker
   10. Craftsman and foreman
   11. Machine/equipment operator
   12. Non-farm laborers
   13. Private household workers
   14. Service workers except private household
   15. Farmers and farm managers
   16. Farm laborers and foreman
   17. Armed Services

   **ACTIVITY QUESTIONNAIRE - GENERAL QUESTIONS**

7) Did you ever compete in an individual or team sport (not including any time spent in sports performed during school physical education classes)? (1=yes, 2=no)
   □ PA134

   If yes, how many total YEARS did you participate in sport teams?
   □ □ PA135

8) Have you ever spent any time confined to a bed or chair for greater than one month as a result of an injury or an illness? (1=yes, 2=no)
   □ PA136

   If yes, how old were you when you first became confined to bed/chair?
   □ □ PA137

   How many MONTHS did confinement to a bed or chair last?
   □ □ PA138

9) In general, about how many HOURS per DAY did you spend watching television?
   During this past year
   □ □ PA139

   past week
   □ □ PA140

10) Do you have difficulty doing any of the following activities: (1=yes, 2=no)
   a) getting in or out of a bed or chair?
   □ PA141

   b) walking across a small room without resting?
   □ PA142

   c) walking for 10 minutes without resting?
   □ PA143

11) Approximately how many HOURS per WEEK do you spend doing moderately vigorous or vigorous housework such as sweeping, vacuuming, scrubbing, chopping wood, etc.
   (Do NOT include cooking or dusting)
   □ □ □ PA144
12. During a typical day (including time spent both at work and at home), how many HOURS do you usually spend,

(a) sleeping at night?

(b) napping during the day?

(c) walking?

(d) carry/lifting moderate or heavy loads (including children)?

Interviewer code number

Reliable Test? (1=yes, 0=no)