PHYSICAL ACTIVITY

A. ACTIVITY QUESTIONNAIRE - LEISURE PHYSICAL ACTIVITIES

ID number: [Blank]

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

   a) during the past year   [Blank] hrs/wk  PA1A

   b) during the past week   [Blank] hrs/wk  PA1B

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.

   ACTIVITY CODES:

   Running for exercise .02  PA2  Racquetball/Handball .11  PA11  Hiking through Mts .20  PA20
   Swimming (laps) .03  PA3  Horseback riding .12  PA12  Rodeo .21  PA21
   Bicycling .04  PA4  Hunting .13  PA13  Other .22  PA22
   Softball/Baseball .05  PA5  Fishing .14  PA14  Other .23  PA23
   Volleyball .06  PA6  Non-Indian Dancing .15  PA15  Tennis .24  PA24
   Bowling .07  PA7  Gardening or Yardwork .16  PA16  Golf .25  PA25
   Basketball .08  PA8  Weight lifting .17  PA17  Canoeing .26  PA26
   Skating (roller or ice) .09  PA9  Calisthenics .18  PA18  Indian Dancing .27  PA26A
   Football/Soccer .10  PA10  Walking for exercise .19  PA19

   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 CODE</th>
<th>PAST YEAR</th>
<th>PAST WEEK</th>
</tr>
</thead>
<tbody>
<tr>
<td></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>
<td>PA46</td>
<td>PA47</td>
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<tr>
<td>PA51</td>
<td>PA52</td>
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<td>PA57</td>
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<td>PA69</td>
<td>PA70</td>
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<td>PA75</td>
<td>PA76</td>
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<td>PA82</td>
<td>PA83</td>
</tr>
<tr>
<td>PA87</td>
<td>PA88</td>
<td>PA89</td>
</tr>
</tbody>
</table>

Strong Heart Study  8/28/89  Page 1
B. 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)?

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Hours/Week</th>
</tr>
</thead>
<tbody>
<tr>
<td>12-18</td>
<td>hrs/wk</td>
</tr>
<tr>
<td>19-34</td>
<td>hrs/wk</td>
</tr>
<tr>
<td>35-49</td>
<td>hrs/wk</td>
</tr>
<tr>
<td>50-64</td>
<td>hrs/wk</td>
</tr>
<tr>
<td>65-74</td>
<td>hrs/wk</td>
</tr>
</tbody>
</table>

PA93  PA94  PA95  PA96  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:

**JOB ACTIVITIES**

Was most of this time spent in light activities such as sitting? If yes, enter total # in light activity category. If no, determine how it was spent.

<table>
<thead>
<tr>
<th>Job Title</th>
<th>Code#</th>
<th>Walk or bike to work?</th>
<th>JOB SCHEDULE: (average of past yr)</th>
<th>Light</th>
<th>Mod</th>
<th>Hard</th>
</tr>
</thead>
<tbody>
<tr>
<td>PA99</td>
<td>PAI00</td>
<td></td>
<td>PAI01 PAI02 PAI03</td>
<td>PAI04</td>
<td>PAI05</td>
<td>PAI06</td>
</tr>
<tr>
<td>PAI07</td>
<td>PAI08</td>
<td></td>
<td>PAI09 PAI10 PAI11</td>
<td>PAI12</td>
<td>PAI13</td>
<td>PAI14</td>
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<tr>
<td>PAI15</td>
<td>PAI16</td>
<td></td>
<td>PAI17 PAI18 PAI19</td>
<td>PAI20</td>
<td>PAI21</td>
<td>PAI22</td>
</tr>
<tr>
<td>PAI23</td>
<td>PAI24</td>
<td></td>
<td>PAI25 PAI26 PAI27</td>
<td>PAI28</td>
<td>PAI29</td>
<td>PAI30</td>
</tr>
</tbody>
</table>

*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). If no, skip to Question 7.

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

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

JOE CODES #

Not Employed:          Employed (or volunteer):
1. Student             6. Professional and technical workers
2. Homemaker           7. Managers, officials, & proprietors
3. Retired             8. Clerical workers
5. Unemployed          10. Craftsmen 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

C. 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)

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

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)

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

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

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

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?
    b) walking across a small room without resting?
    c) walking for 10 minutes without resting?

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)
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)