

## PHYSICAL ACTIVITY FORM

ID NUMBER: FORM CODE: P A C DATE: 2/7/2018 Version 3.0
ADMINISTRATIVE INFORMATION
0a. Completion Date: Day / Day Year Ob. Staff ID:
0c. Type of visit:
"The purpose of this interview is to obtain information on your physical activity levels during the past year including sports and leisure activities along with activity around the home and community.
A. SPORTS and LEISURE (Baecke)
"First, I will ask you about physical activities that you do for exercise, sports, or recreation. For this, I'd like you to think about activities that you do for health benefit during free periods of the day. I will ask you about activities that you do around the home and community later during the interview."
1. Do you exercise or play sports? Yes $\square_Y$ No $\square_N \rightarrow$ <b>GO TO ITEM 18</b>
2. Which sport or exercise do you do most frequently?
[Do not show list. If activity is coded, enter code and go to Item 3. If not coded, enter 499 and specify activity.]
a. Specify activity
3. How many hours a week do you do this activity?  Less than 1
4. How many months a year do you do this activity?
5. Do you do other exercises or play other sports?
Yes $\square_{Y}$ No $\square_{N} \rightarrow \mathbf{GO TO ITEM 18}$

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6. What is your second most frequent sport or exercise?
[Do not show list. If activity is coded, enter code and go to Item 7. If not coded, enter 499 and specify activity.]
a. Specify activity
7. How many hours a week do you do this activity?  Less than 1
8. How many months a year do you do this activity?
9. Do you do other exercises or play other sports?
Yes $\square_{Y}$ No $\square_{N} \rightarrow \mathbf{Go}$ to Item 18
10. What is your third most frequent sport or exercise?  [Do not show list. If activity is coded, enter code and go to Item 11. If not coded, enter 499 and specify activity.]
a. Specify activity
11. How many hours a week do you do this activity?  Less than 1
12. How many months a year do you do this activity?  Less than 1
13. Do you do other exercises or play other sports?
Yes $\square_Y$ No $\square_N \rightarrow \mathbf{Go}$ to Item 18
14. What is your fourth most frequent sport or exercise? Do not show list. If activity is coded, enter code and go to Item 15. If not coded, enter 499 and specify activity.]
a. Specify activity

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15. How many hours	s a week do you do this	activity?		
· · · · · · · · · · · · · · · · · · ·	•	<u>-</u>	<u></u>	
	t not quite 2			
	t not quite 3			
	it not quite 4			
4 01 111016		∟		
16. How many mont	ths a vear do vou do thi	s activity?		
	t not quite 4			
	t not quite 7			
	it not quite 10			
17. Do you do other	exercises or play other	spons?		
Yes □ <sub>Y</sub>	No 🔲 N			
"Now, I'd like to ask	you a few additional que	estions about activ	vities that you may do du	uring free periods of the
day".				
40. Duning lainung ti			:0	
•	• • •	· · ·	rcise?	
Very often		E		
19. In comparison w	vith others of your own a	age do you think y	our physical activity dur	ing
leisure time is				
		_		
doi: iiidia				
[Skip item 20 if this	s is an Abbreviated Cl	inic or Home visi	it; 0c=A]	
•	•			
Very often		E		
24 During lainure 4:	ma da vau watah talad	laian		
-	me, do you watch televi			
Very often		F		

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22. During leisure time, do you walk	
Never A	
Seldom B	
SometimesC	
Often D Very often E	
very often	
23. During leisure time, do you bicycle	
Never A	
Seldom B Sometimes C	
Often	
Very oftenE	
B. HOUSEHOLD AND TRANSPORTATION	
"Finally, I'd like to ask you a few questions about your activity around the home and community	<b>/</b> ."
24. Do you do the light household work? (dusting, washing dishes, repairing clothes, etc.)?	
Never ( <once a="" month)<="" td=""><td></td></once>	
Sometimes (only when partner or help is not available) B  Mostly (sometimes assisted by partner or help)	
Always (alone or together with partner)D	
rawayo (dione or togother with partner)	
25. Do you do the heavy housework? (washing floors and windows, carrying	ı
trash disposal bags, etc.)?	
Never ( <once a="" month)a<="" td=""><td></td></once>	
Sometimes (only when partner or help is not available)B	
Mostly (sometimes assisted by partner or help)	
Always (alone or together with partner)D	
[Skip items 26 - 28 if you answered "never" in items 24 and 25.]	
26. Including yourself, for how many persons do you keep house?	
27. How many rooms do you keep clean, including kitchen, bedroom, garage,	ı
cellar, bathroom etc.?	
Never do housekeeping A	
1-6 rooms B	
7-9 rooms	
10 or more rooms D	
28. If any rooms, on how many floors?	
29. Do you prepare warm meals yourself, or do you assist in preparing?	
NeverA	
Sometimes (once or twice a week) B	
Mostly (3-5 times a week) C	
Always (more than 5 times a week) D	
30. How many flights of stairs do you walk up per day? (One flight of stairs is 10 steps)	
I never walk stairs	

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	1-5B
	6-10C
	More than 10 D
31. I	f you go somewhere in your hometown, what kind of transportation do you use?
	I never go outA
	CarB
	Public transportation C Bicycle D
	WalkingE
	vvaikii ig L
32 I	How often do you go out for shopping?
JZ. I	Never or less than once a week A
	Once a weekB
	Twice to four times a week
	Every dayD
33. I	f you go out for shopping, what kind of transportation do you use?
	I never go outA
	CarB
	Public transportation C
	Bicycle D
	WalkingE
31 I	How many minutes do you walk and/or bicycle per day to and from work
(	or shopping? (If seasonal, give average over the past year)
	Less than 5
	At least 5 but not quite 15 B
	At least 30 but not quite 30
	At least 30 but not quite 45 D 45 or more