



# INSTRUCTIONS FOR THE PHYSICAL ACTIVITY (PAC) FORM

## I. General Instructions

The Physical Activity (PAC) Form is completed during the interview portion of the participant clinic visit. The interviewer must be certified and should be familiar with the Physical Activity Form and these instructions. Items on the form enclosed in brackets are instructions to the interviewer, and are not stated verbally during the interview. Skip rules are enclosed in boxes.

Greet the participant cordially and by name; this also serves to confirm that the form corresponds to the participant. Explain that the purpose of this interview is to obtain information on physical activity in the past year, including sports and leisure activities along with activity around the home and community.

## II. Detailed Instructions for Each Item

### A. SPORTS and LEISURE (Baecke)

#### References:

Baecke J, Burema J, and Frijters J. A short questionnaire for the measurement of habitual physical activity in epidemiological studies. *Am J Clin Nutr.* 1982; 36:936 –942.

Richardson MT, Ainsworth BE, Wu HC, Jacobs DR Jr., Leon AS. Ability of the Atherosclerosis Risk in Communities (ARIC)/Baecke Questionnaire to assess leisure-time physical activity. *Int J Epidemiol.* 1995; 24(4): 685-93.

Voorrips LE, Ravelli AC, Dongelmans PC, Durenberg P, Van Staveren WA. A physical activity questionnaire for the elderly. *Med Sci Sports Exerc.* 1991; 23: 974-79.

Hertogh EM, Monninkhof EM, Schouten EG, Peeters P, Schuit AJ. Validity of the Modified Baecke Questionnaire: Comparison with energy expenditure according to doubly labeled water method. *International Journal of Behavioral Nutrition and Physical Activity.* 2008; 5:30.

Opening Script: *"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."*

General Instructions for the Sports section: Note the sequencing of these questions. If a participant reports not playing sports or exercising (question 1), skip to question 18. If the response is positive, then the participant is asked to report the major activities (up to four, in order of frequency) they engage in and to indicate the hours per week and months per year they do this activity.

A code list is provided for the interviewer, listing many physical activities and a corresponding three digit code. This list is not to be shown to the participant, because we do not want to prompt recall of activities. The three digit code corresponding with a given activity is entered in the appropriate box for questions 2, 6, 10 and 14.

Some codes, such as swimming, require additional probing to determine speed – this must be done during the interview so that accurate data is collected. Please do not create new codes for activities not on this list. These activities will be assigned codes at the Coordinating Center. Here are examples of activities that may need to be prompted:

- Basketball: game or non-game
- Bicycling: <10 mph or >10 mph
- Dancing: clarify what type?

- Dancing, aerobic: low to moderate or high intensity
- Fishing: from bank/boat or in stream
- Football: game or non-game
- Frisbee: competition/games or non-game
- Golf: using cart or walking/carrying clubs
- Hiking: mountains, flat trail, or other
- Jogging: ask if <6 or >6 mph (also a running category)
- Mowing: riding mower/walk behind push mower or pushing hand mower
- Sailing: calm waters or rough waters
- Skiing: cross country or downhill
- Swimming: breast stroke, butterfly, crawl, etc.
- Walking: briskly, during work break, pleasure, or to/from work

If an activity does not fit into one of the categories on the list, code the box 499 and specify the activity in the space provided. Interviewers should be thoroughly familiar with the code list so that code 499 is used sparingly.

If the hours reported for a given activity seem excessive (questions 3, 7, 11, 15), repeat the number of hours to the participant to be certain. If the hours per week still seem excessive, attempt to determine the hours of the activity.

The follow-up question "How many months a year do you do this activity?" (questions 4, 8, 12, 16) may be confusing if the participant only recently began performing the activity. In this case, the interviewer should only record what they have done in the past year.

For item #18-23, leisure time is defined as time away from work.

*Script for Sports and Leisure (Baecke) Section (Questions 1-17): "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."*

*Q by Q: Specific instructions for the Sports and Leisure (Baecke) Section (Questions 1-17):*

1. If the respondent answers "No" go to question 18.
2. The activities reported in this question, as well as questions 6, 10 and 14, must be coded during the interview to ensure good quality data collection. Do not show the physical activity code list. There is no pop-up window for the physical activity code list.

Look at the physical activity code list; if the activity is one of those marked with a bracket ("{}"), probe for the additional information needed to accurately classify the activity. For example, if the respondent answers "bicycling", the interviewer should probe for the speed at which the respondent usually bikes. If they "swim", please probe for the stroke they do most often.

The activities begin with the most frequently performed activity, to make sure that the top four activities are provided. If, while doing the interview, you realize the participant reports activities out of order based on the past year (i.e., a second most common and then a most common), this does not need to be corrected. Please just make sure the top four activities in the past year are reported. We are not collecting sexual activity for these questions.

3. Show the pop-up window to the respondent.
4. Show the pop-up window to the respondent.
5. If the respondent answers "No" go to question 18.
6. Do not show the physical activity code list. There is no pop-up window for the physical activity code list. Probe to obtain additional information if the reported activity constitutes one of a "group" of similar activities (marked with a "{").
7. Show the pop-up window to the respondent.
8. Show the pop-up window to the respondent.
9. If the respondent answers "No" go to question 18.
10. Do not show the physical activity code list. There is no pop-up window for the physical activity code list. Probe to obtain additional information if the reported activity constitutes one of a "group" of similar activities (marked with a "{").
11. Show the pop-up window to the respondent.
12. Show the pop-up window to the respondent.
13. If the respondent answers "No" go to question 18.
14. Do not show the physical activity code list. There is no pop-up window for the physical activity code list. Probe to obtain additional information if the reported activity constitutes one of a "group" of similar activities (marked with a "{").
15. Show the pop-up window to the respondent.
16. Show the pop-up window to the respondent.
17. Indicate if the participant does more than four sports or exercises.
18. Show the pop-up window to the respondent.
19. Show the pop-up window to the respondent.
20. Show the pop-up window to the respondent. This question asks about sweating at leisure as a result of activity, not climate or temperature. If the participants say they sweat a lot because it is hot outside, try to get them to focus on sweating due to activity beyond ambient conditions.
21. Show the pop-up window to the respondent.
22. Show the pop-up window to the respondent.
23. Show the pop-up window to the respondent.

Whenever three-digit numerical code responses are required, enter the number so that the last digit appears in the rightmost box. Enter leading zeroes where necessary to fill all boxes.

### **ACTIVITIES LIST**

- 001 Archery
- 002 Aqua (water) Aerobics, swimnastics
- 003 Aerobic Exercise (this does not include aerobic dance #82 or #85)
- 004 Backpacking
- 007 Badminton
- 010 Baseball
- 013 Basketball, Game
- 016 Basketball, Non-Game
- 019 Biathlon
- 022 Bicycle Racing
- Bicycle on Rollers (refer to #350 stationary bike)
- 025 Bicycling < 10 mph (this does not include stationary bicycling or Exercycle, #350)

- 028 Bicycling  $\geq$  10 mph (this does not include stationary bicycling or Exercycle, #350)
- 031 Billiards
- 037 Bobsledding
- 040 Body Building
- 043 Bowling
- 046 Boxing
- 049 Broomball
- 052 Calisthenics (e.g., pushups, sit-ups)
- 055 Canoeing  $<$  2.6 mph
- 058 Canoeing in Competition
- 060 Carpentry/Woodworking (excludes paid job)
- 061 Car Racing
- 067 Crew
- 070 Cricket
- 073 Croquet
- 076 Crossbowing
- 079 Curling
- 082 Dancing, Aerobic (low to moderate intensity); include Jazzercise
- 085 Dancing, Aerobic (high intensity)
- 088 Dancing, Ballet
- 091 Dancing, Jazz, Modern
- 094 Dancing, Ballroom and/or Square
- Dancing, Folk (refer to #94 dancing, ballroom and/or square)
- 097 Darts
- 100 Diving
- Elliptical (refer to #498 health club class or exercise)
- 109 Equestrian Events
- 112 Fencing
- 115 Field Hockey
- 118 Figure Skating
- 121 Fishing from Bank or Boat
- 124 Fishing in Stream with Wading Boots
- 125 Floor Exercise (bending, stretching, etc., low intensity)
- 127 Football, Game
- 130 Football, Non-Game
- 133 Frisbee - Competition/Games
- 136 Frisbee - Recreational
- 139 Gardening/Yard Work
- 142 Golf - using cart
- 145 Golf - walking and carrying clubs
- 146 Gutbuster/stomach exercises
- 148 Gymnastics (beam, high bar, horse, parallel and uneven bars, rings)
- 151 Gymnastics (floor exercise, vault)
- 154 Hackey Sack
- 157 Handball
- 160 Hang Gliding
- Health Club Class or Exercise (refer to #498)
- 163 Hiking
- 166 Hiking in the Mountains
- 169 Hiking on Flat Trail
- 172 Hockey
- 175 Horseback Riding
- 178 Horseshoes/Quoits
- 181 Hunting
- 184 Hurling

187	Ice Sailing
190	Ice Skating
193	Jacket Wrestling
196	Jai-Alai
	Jazzercise (refer to #82 aerobic dance)
199	Jogging < 6 mph
202	Jogging ≥ 6 mph
205	Judo
208	Juggling
211	Jujitsu
214	Jumping Rope
217	Karate
220	Kayaking
223	Kick Boxing
226	Lacrosse
229	Lawn Bowling
232	Luge
235	Mini-trampoline
238	Motorcross
241	Mountain Climbing, Rock Climbing
244	Mowing Lawn with Riding Mower or Walking Behind Power Mower
247	Mowing Lawn Pushing Hand Mower
249	Nautilus Machine (exercise with weight machine)
250	Orienteering
253	Paddleball
255	Pilates
259	Polo
262	Power Lifting
265	Race Walking
268	Racquetball
	Rock Climbing (refer to #241 mountain climbing or rock climbing)
271	Roller Skating
274	Rowing (includes rowing machine)
277	Rugby
280	Running ≥ 6 mph
283	Running, Cross-Country
286	Sailing, calm waters
289	Sailing, rough waters
292	Scuba Diving
295	Sculling < 95 meters/minute
298	Sculling ≥ 95 meters/minute
301	Shoveling
304	Shuffleboard
310	Skateboarding
313	Ski Jumping
316	Skiing, Cross-Country (includes machine)
319	Skiing, Downhill
322	Sky Diving
325	Sledding or Tobogganing
328	Snorkeling
331	Snow Blowing/Shoveling
333	Snowmobiling/All terrain vehicle
334	Snow Shoeing
337	Soccer
340	Softball
343	Speed Skating

- Spinning or Bicycling Class, such as in a health club (refer to #350 stationary bike)
- 346 Squash
- 349 Stair Climbing (includes Stairmaster equipment)
- 350 Stationary Bike/Exercise Bike
- 352 Surfing, Board
- 355 Swim Recreational, including gentle swimming or treading water
- 356 Swimming with Implements, including flippers, kickboards, handboards, hand paddles, buoys
- 358 Swimming, Backstroke  $\leq$  35 yards/minute
- 361 Swimming, Backstroke  $>$  35 yards/minute
- 364 Swimming, Breaststroke  $\leq$  40 yards/minute
- 367 Swimming, Breaststroke  $>$  40 yards/minute
- 370 Swimming, Butterfly
- 373 Swimming, Crawl or Freestyle
- 376 Swimming, Backstroke or Elementary Backstroke
- 379 Swimming, Sidestroke  $\geq$  40 yards/minute
- 382 Synchronized Swimming
- 385 Table Tennis
- 388 Tae Kwon Do
- 391 Tai. Chi
- 394 Team Handball
- 397 Tennis
- 400 Trampoline
- 403 Trapshooting
- 404 Treadmill Walking
- 406 Unicycling
- 409 Volleyball
- 412 Walking Briskly
- 415 Walking during Work Break
- 418 Walking for Pleasure
- 421 Walking to and from Work
- Walking, Race Walking (refer to #265 race walking)
- Walking on Treadmill (refer to #404 treadmill walking)
- Water Aerobics (refer to #2 water aerobics)
- 423 Water Walking or Jogging
- 424 Water Polo
- 427 Water Skiing
- Water Zumba (refer to #2 water aerobics)
- 430 Weight Lifting
- 433 Whitewater Rafting
- 434 Wii (or other electronic game with activity)
- 436 Windsurfing
- 437 Woodcutting (splitting or chopping wood)
- 439 Wrestling
- 442 Wrist Wrestling
- 448 Yachting
- Yard Work (refer to #139 gardening)
- 451 Yoga
- Zumba (refer to #82 aerobic dance low to moderate intensity or #85 vigorous intensity)
- 498 Health Club Class or Exercise, not otherwise specified
- 499 Unspecified

Script for Leisure Questions (Questions 18-23). "Now, I'd like to ask you a few additional questions about activities that you may do during free periods of the day".

Q by Q: Specific instructions for the Sports and Leisure (Baecke) Section (Questions 18-23):

18-23. Read each question aloud. Then, read aloud the response options (Never to Very Often).

22. This question is aimed at non-exercise walking (i.e., occurring in bout durations of <10 consecutive minutes) during discretionary periods of the day. If a participant reports walking, prompt them for additional information by asking: *how long do you walk each time*. If ≥ 10 minutes, it will be included in the sports index and coded as 412 (walking briskly) or 418 (walking for pleasure), depending on the nature of the reported walking behavior. If <10 minutes, this information will be included in the leisure index.

## **B. Activities related to household and transportation**

Script for Household and Transportation Questions (Questions 24-33). "Finally, I'd like to ask you a few questions about your activity around the home and community."

24-25. Read each question aloud, including the specific activity type cues that pertain to each question. Then, read aloud the response options (Never to Always), including the descriptive prompts related to frequency of the activity that are provided for each response option.

Using #24 as an example, "Do you do the light household work, for example dusting, washing dishes, or repairing clothes? Would you say you do this "Never, or <1 time per month", "Sometimes or only when a partner or help is not available", "Mostly - sometimes assisted by partner or help", OR "Always - alone or together with help".

26-28. If the answer to questions 24 **AND** 25 are "never", skip Questions 26-28. The participant should be asked Questions 26-28 if s/he provided a response option to either Question 24 **OR** 25.

Item 26: Read the question aloud and record the response. Please record two digits for each response. For example, if the participant indicated 2, record as 02.

Item 27: Read the question aloud and each of the response options. Record the response option that reflects the number of rooms the participant reported cleaning.

If the participant responds "never do housekeeping" to Item 27, but provided a response other than "never (<once a month)" to items 24 or 25, work with participants to resolve the possibility of conflicting information. If the participant responds "never do housekeeping" to Item 27, enter '0' in question 28.

Item 28: Read the question aloud and record the response. Please record two digits for each response. For example, if the participant indicated 2, record as 02. If the participant responds "never do housekeeping" to Item 27, enter '0' in question 28.

29-33. Read each question aloud, including the recall ques provided (i.e., Question #30). For each question, read aloud the response options and record the response.

34. Read the question aloud. This question is complex and may need to be broken down into multiple parts.

If the participant struggles to answer the question as a whole the interviewer may break the question down into constituent parts and sum the total.

E.g.

- Per day, how many minutes do you walk to and from work?
- Per day, how many minutes do you walk to and from shopping?
- Per day, how many minutes do you bicycle to and from work?
- Per day, how many minutes do you bicycle to and from shopping?

*Example 1*

- Per day, how many minutes do you walk to and from work?
  - *Sample answer: 10 minutes*
- Per day, how many minutes do you walk to and from shopping?
  - *Sample answer: 10 minutes*
- Per day, how many minutes do you bicycle to and from work?
  - *Sample answer: 0 minutes*
- Per day, how many minutes do you bicycle to and from shopping?
  - *Sample answer: 10 minutes for 6 months of the year, 0 minutes for 6 months of the year. This response is seasonal so the average over the past year is 5 minutes per day.*

*Given the sample answers above ( $10+10+0+5 = 25$ ), the response should be recorded as C:  
At least 15 but not quite 30*

*Example 2:*

- Per day, how many minutes do you walk to and from work?
  - *Sample answer: 0 minutes*
- Per day, how many minutes do you walk to and from shopping?
  - *Sample answer: 35 minutes twice a week. This is equivalent to 10 minutes per day (35 minutes times two = 70 minutes per week. 70 minutes divided by seven days = 10 minutes per day)*
- Per day, how many minutes do you bicycle to and from work?
  - *Sample answer: 0*
- Per day, how many minutes do you bicycle to and from shopping?
  - *Sample answer: 0*

*Given the sample answers above ( $0+10+0+0 = 10$ ), the response should be recorded as B:  
At least 5 but not quite 15*



Less than 1

At least 1 but not quite 2

At least 2 but not quite 3

At least 3 but not quite 4

4 or more

Q 3, 7, 11, & 15

Less than 1

At least 1 but not quite 4

At least 4 but not quite 7

At least 7 but not quite 10

10 or more

Q 4, 8, 12, & 16

Never

Seldom

Sometimes

Often

Very often

Q 18, 20, 21, 22, & 23

Much less

Less

The same

More

Much more

Q 19



Never (less than once a month)

Sometimes (only when partner or help is not available)

Mostly (sometimes assisted by partner or help)

Always (alone or together with partner)

Q 24, 25

Never do housekeeping

1-6 rooms

7-9 rooms

10 or more rooms

Q 27

Never

Sometimes (1-2 times per week)

Mostly (3-5 times per week)

Always (more than 5 times per week)

Q29

I never walk stairs

1-5

6-10

More than 10

Q 30



I never go out

Car

Public transportation

Bicycle

Walking

Q 31, 33

Never or less than once a week

Once a week

Twice to four times a week

Every day

Q32