

# National Health and Nutrition Examination Survey 2003-2004

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## Documentation, Codebook, and Frequencies

SP Questionnaire Component:  
Physical Activity Questionnaire  
Data

Survey Years:  
2003 to 2004

SAS Export File:  
PAQ\_C.XPT



November 2005

# NHANES 2003–2004 Data Documentation

Questionnaire Section: Household/MEC Interviews      Physical Activity (PAQ\_C)

Years of Coverage: 2003–2004

First Published: November 2005

Last Revised: N/A

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## Component Description

The PAQ section includes an extensive array of questions related to daily activities, leisure time activities, and sedentary activities at home. Some of the PAQ questions administered during NHANES 2001–2001 were used in previous NHANES questionnaires or were asked in other federal surveys.

## Eligible Sample

All survey participants 2 or more years of age were eligible. Proxy respondents answered the questions for 2–11 year olds. The questions asked varied by age group. The target group in the codebook indicates which age groups were asked which questions.

## Interview Setting and Mode of Administration

For respondents 2–11 and 16 or more years of age, the questions were asked in the household interview. For respondents 12–15 years of age, the questions were asked as part of the Mobile Examination Center (MEC) interview.

## Data Processing and Editing

The data was split into two files. The first is described here and includes general information about daily activities, leisure time activities, and sedentary activities. The second (PAQIAF\_C) includes more detailed information about specific leisure time activities for respondents 12 or more years of age. Sequence number is provided on both files for linking.

Respondents who answered yes to vigorous activities (PAQ200), but did not give at least one vigorous activity or reported a duration of less than 10 minutes, were recoded to no. The same was done for moderate activities (PAQ340).

The number of times in the past 30 days that the respondent did moderately active tasks around the house or yard (PAD120) and muscle strengthening activities (PAD460) were originally reported as number of times per day, per week, or per month and converted to number of times over the past 30 days. The average duration of the tasks around the house or yard (PAD160) was originally reported in hours or minutes and converted to minutes. There were a few instances in which the duration per day of tasks around the home or yard was 12 hours or more for the 30-day period. In these instances, PAD120 and PAD160 were set to missing. Users should carefully inspect the data for other values they may consider too high.

## Analytic Notes

Because the PAQ questions for respondents 2–11 and 16 or more years of age were asked in the home interview, the interview sample weights may be used in their analysis. However, if the data is joined with data from the MEC, the MEC sample weights should be used. Analysis of the PAQ questions for 12–15 year olds should use the MEC sample weights as the questions were asked in the MEC.

Suggested metabolic equivalent (MET) scores for the activities listed in this file are included in Appendix 1. They were obtained from the reference below and personal communication with the author.

Please refer to the **Analytic Guidelines** for further details on the use of sample weights and other analytic issues at [http://www.cdc.gov/nchs/about/major/nhanes/nhanes2003-2004/analytical\\_guidelines.htm](http://www.cdc.gov/nchs/about/major/nhanes/nhanes2003-2004/analytical_guidelines.htm)

The PAQ data are publicly available at [www.cdc.gov/nchs/nhanes.htm](http://www.cdc.gov/nchs/nhanes.htm).

## References

Ainsworth BE, Haskell WL, Whitt MC, et al. Compendium of physical activities: an update of activity codes and MET intensities. *Med Sci Sports Exerc.* 32(9):S498–S516, 2000.

## Appendix 1. Suggested MET Scores

PAD020: Walked or bicycled over past 30 days to get to/from work, etc.	4.0
PAQ100: Tasks in or around home or yard past 30 days.	4.5
PAQ180: Average level of physical activity each day	(1 - Mainly sit) 1.4
	(2 - Walk a lot) 1.5
	(3 - Carry light loads) 1.6
	(4 - Carry heavy loads) 1.8
PAD440: Muscle strengthening activities	4.0
PAQ560: Number of times per week play or exercise hard	7.0
PAD590: Average number of hours watch TV or videos over past 30 days	1.0
PAD600: Average number of hours used computer over past 30 days	1.5

## Locator Record

**Title:** Physical Activity

**Contact Number:** 1-866-441-NCHS

**Years of Content:** 2003–2004

**First Published:** November 2005

**Revised:** 2005

**Access Constraints:** None

**Use Constraints:** None

**Geographic Coverage:** National

**Subject:** Physical activity

**Record Source:** NHANES 2003–2004

**Survey Methodology:** NHANES 2003–2004 is a stratified multistage probability sample of the civilian non-institutionalized population of the U.S.

**Medium:** NHANES Web site; SAS transport files

**National Health and Nutrition Examination Survey  
Codebook for Data Production (2003-2004)**

**Physical Activity Section of the SP and MEC CAPI  
Questionnaires (PAQ\_C)**

**Person level data -- See PAAQUEx for information  
about weighting**

November 2005



<b>SEQN</b>	<b>Target</b>
	B(2 Yrs. to 150 Yrs.)
<b>Hard Edits</b>	<b>SAS Label</b>
	Respondent sequence number
<b>English Text:</b> Respondent sequence number.	
<b>English Instructions:</b>	

<b>PAD020</b>	<b>Target</b>		
	B(12 Yrs. to 150 Yrs.)		
<b>Hard Edits</b>	<b>SAS Label</b>		
	Walked or bicycled over past 30 days		
<b>English Text:</b> The next series of questions are about physical activities that {you/SP} {have/has} done over the past 30 days. First I will ask about activities that are related to transportation. Then I'll ask about physical activities that {you/he/she} do at school or in {your/his/her} leisure time. Over the past 30 days, {have/has} {you/SP} walked or bicycled as part of getting to and from work, or school, or to do errands?			
<b>English Instructions:</b> CODE 'UNABLE TO DO' ONLY IF RESPONDENT VOLUNTEERS.			
<b>Code or Value</b>	<b>Description</b>	<b>Count</b>	<b>Skip to Item</b>
1	Yes	2318	
2	No	4716	PAQ100
3	Unable to do activity	207	PAQ100
7	Refused	1	PAQ100
9	Don't know	0	PAQ100
.	Missing	2036	

<b>PAQ050Q</b>	<b>Target</b>		
	B(12 Yrs. to 150 Yrs.)		
<b>Hard Edits</b>	<b>SAS Label</b>		
	# times walked or bicycled		
<b>English Text:</b> [Over the past 30 days], how often did {you/SP} do this? [Walk or bicycle as part of getting to and from work, or school, or to do errands.] PROBE: How many times per day, per week, or per month did {you/s/he} do these activities?			
<b>English Instructions:</b> ENTER NUMBER OF TIMES (PER DAY, WEEK OR MONTH).			
<b>Code or Value</b>	<b>Description</b>	<b>Count</b>	<b>Skip to Item</b>
1 to 124	Range of Values	2318	
77777	Refused	0	
99999	Don't know	0	
.	Missing	6960	

<b>PAQ050U</b>	<b>Target</b>		
	B(12 Yrs. to 150 Yrs.)		
<b>Hard Edits</b>	<b>SAS Label</b>		
	Unit of measure (day/week/month)		
<b>English Text:</b> UNIT OF MEASURE.			
<b>English Instructions:</b> ENTER UNIT.			
<b>Code or Value</b>	<b>Description</b>	<b>Count</b>	<b>Skip to Item</b>
1	Day	627	
2	Week	1018	
3	Month	673	
7	Refused	0	
9	Don't Know	0	
.	Missing	6960	

<b>PAD080</b>	<b>Target</b>		
	B(12 Yrs. to 150 Yrs.)		
<b>Hard Edits</b>	<b>SAS Label</b>		
	How long per day (minutes)		
<b>English Text:</b> On those days when {you/SP} walked or bicycled, about how long did {you/s/he} spend altogether doing this (minutes)?			
<b>English Instructions:</b> ENTER NUMBER (OF MINUTES).			
<b>Code or Value</b>	<b>Description</b>	<b>Count</b>	<b>Skip to Item</b>
1 to 600	Range of Values	2310	
77777	Refused	0	
99999	Don't know	0	
.	Missing	6968	

<b>PAQ100</b>	<b>Target</b>		
	B(16 Yrs. to 150 Yrs.)		
<b>Hard Edits</b>	<b>SAS Label</b>		
	Tasks around home/yard past 30 days		
<p><b>English Text:</b> Over the past 30 days, did {you/SP} do any tasks in or around {your/his/her} home or yard for at least 10 minutes that required moderate or greater physical effort? By moderate physical effort I mean, tasks that caused light sweating or a slight to moderate increase in {your/his/her} heart rate or breathing. [Such as raking leaves, mowing the lawn or heavy cleaning.]</p>			
<p><b>English Instructions:</b> CODE 'UNABLE TO DO' ONLY IF RESPONDENT VOLUNTEERS</p>			
<b>Code or Value</b>	<b>Description</b>	<b>Count</b>	<b>Skip to Item</b>
1	Yes	3455	
2	No	2561	PAQ180
3	Unable to do activity	194	PAQ180
7	Refused	1	PAQ180
9	Don't know	2	PAQ180
.	Missing	3065	

<b>PAD120</b>	<b>Target</b>		
	B(16 Yrs. to 150 Yrs.)		
<b>Hard Edits</b>	<b>SAS Label</b>		
	# of times past 30 days		
<b>English Text:</b> [Over the past 30 days], how often did {you/SP} do these tasks in or around {your/his/her} home or yard, that is tasks requiring at least moderate effort? [Such as raking leaves, mowing the lawn or heavy cleaning.] PROBE: How many times per day, per week, or per month did {you/s/he} do these activities?			
<b>English Instructions:</b> ENTER NUMBER (OF TIMES past 30 days).			
<b>Code or Value</b>	<b>Description</b>	<b>Count</b>	<b>Skip to Item</b>
1 to 300	Range of Values	3447	
77777	Refused	0	
99999	Don't know	3	
.	Missing	5828	

<b>PAD160</b>	<b>Target</b>		
	B(16 Yrs. to 150 Yrs.)		
<b>Hard Edits</b>	<b>SAS Label</b>		
	How long each time (minutes)		
<b>English Text:</b> About how long did {you/SP} do these tasks each time (minutes)?			
<b>English Instructions:</b> IF MORE THAN 1 TASK, ASK FOR TASK DONE MOST OFTEN. ENTER NUMBER (OF MINUTES).			
<b>Code or Value</b>	<b>Description</b>	<b>Count</b>	<b>Skip to Item</b>
1 to 600	Range of Values	3443	
77777	Refused	0	
99999	Don't know	0	
.	Missing	5835	

<b>PAQ180</b>	<b>Target</b>		
	B(16 Yrs. to 150 Yrs.)		
<b>Hard Edits</b>	<b>SAS Label</b>		
	Avg level of physical activity each day		
<p><b>English Text:</b> Please tell me which of these four sentences best describes {your/SP's} usual daily activities? [Daily activities may include {your/his/her} work, housework if {you are/s/he is} a homemaker, going to and attending classes if {you are/s/he is} a student, and what {you/s/he} normally {do/does} throughout a typical day if {you are/he/she is} a retiree or unemployed.] . . .</p>			
<b>English Instructions:</b> HAND CARD PAQ1			
<b>Code or Value</b>	<b>Description</b>	<b>Count</b>	<b>Skip to Item</b>
1	{you sit/he/she sits} during the day and {do/does} not walk about very much.	1554	
2	{you stand or walk/he/she stands or walks} about a lot during the day, but {do/does}not have to carry or lift things very often	3188	
3	{you/he/she} lift(s) light load or {have/has} to climb stairs or hills often.	1030	
4	{you/he/she} {do/does} heavy work or {carry/carries} heavy loads.	436	
7	Refused	1	
9	Don't know	4	
.	Missing	3065	

<b>PAD200</b>	<b>Target</b>		
	B(12 Yrs. to 150 Yrs.)		
<b>Hard Edits</b>	<b>SAS Label</b>		
	Vigorous activity over past 30 days		
<p><b>English Text:</b> The next questions are about physical activities including exercise, sports, and physically active hobbies that {you/SP} may have done in {your/his/her} leisure time or at school over the past 30 days. First I will ask you about vigorous activities that cause heavy sweating or large increases in breathing or heart rate. Then I will ask you about moderate activities that cause only light sweating or a slight to moderate increase in breathing or heart rate. Over the past 30 days, did {you/SP} do any vigorous activities for at least 10 minutes that caused heavy sweating, or large increases in breathing or heart rate? Some examples are running, lap swimming, aerobics classes or fast bicycling.</p>			
<p><b>English Instructions:</b> CODE 'UNABLE TO DO' ONLY IF RESPONDENT VOLUNTEERS.</p>			
<b>Code or Value</b>	<b>Description</b>	<b>Count</b>	<b>Skip to Item</b>
1	Yes	2759	
2	No	4158	
3	Unable to do activity	324	
7	Refused	1	
9	Don't know	0	
.	Missing	2036	

<b>PAD320</b>	<b>Target</b>		
	B(12 Yrs. to 150 Yrs.)		
<b>Hard Edits</b>	<b>SAS Label</b>		
	Moderate activity over past 30 days		
<b>English Text:</b> [Over the past 30 days], did {you/SP} do moderate activities for at least 10 minutes that cause only light sweating or a slight to moderate increase in breathing or heart rate? Some examples are brisk walking, bicycling for pleasure, golf, and dancing .			
<b>English Instructions:</b> CODE 'UNABLE TO DO' ONLY IF RESPONDENT VOLUNTEERS.			
<b>Code or Value</b>	<b>Description</b>	<b>Count</b>	<b>Skip to Item</b>
1	Yes	4035	
2	No	2967	
3	Unable to do activity	236	
7	Refused	1	
9	Don't know	1	
.	Missing	2038	

<b>PAD440</b>	<b>Target</b>		
	B(12 Yrs. to 150 Yrs.)		
<b>Hard Edits</b>	<b>SAS Label</b>		
	Muscle strengthening activities		
<b>English Text:</b> Over the past 30 days, did {you/SP} do any physical activities specifically designed to strengthen {your/his/her} muscles such as lifting weights, push-ups or sit-ups? Include all such activities even if you have mentioned them before.			
<b>English Instructions:</b> CODE 'UNABLE TO DO' ONLY IF RESPONDENT VOLUNTEERS.			
<b>Code or Value</b>	<b>Description</b>	<b>Count</b>	<b>Skip to Item</b>
1	Yes	2569	
2	No	4458	PAQ500
3	Unable to do activity	211	PAQ500
7	Refused	1	PAQ500
9	Don't know	0	PAQ500
.	Missing	2039	

<b>PAD460</b>	<b>Target</b>		
	B(12 Yrs. to 150 Yrs.)		
<b>Hard Edits</b>	<b>SAS Label</b>		
	Number of times past 30 days		
<b>English Text:</b> [Over the past 30 days], how often did {you/SP} do these physical activities? [Activities designed to strengthen {your/his/her} muscles such as lifting weights, push-ups or sit-ups.]			
<b>English Instructions:</b> ENTER NUMBER OF TIMES (30 days).			
<b>Code or Value</b>	<b>Description</b>	<b>Count</b>	<b>Skip to Item</b>
1 to 300	Range of Values	2567	
777	Refused	0	
999	Don't know	2	
.	Missing	6709	

<b>PAQ500</b>	<b>Target</b>		
	B(12 Yrs. to 150 Yrs.)		
<b>Hard Edits</b>	<b>SAS Label</b>		
	Activity comparison last mo - last yr		
<b>English Text:</b> How does the amount of activity that you reported {for SP} for the past 30 days compare with {your/his/her} physical activity for the past 12 months? Over the past 30 days, {were you/was he/she} . . .			
<b>English Instructions:</b>			
<b>Code or Value</b>	<b>Description</b>	<b>Count</b>	<b>Skip to Item</b>
1	more active	1499	
2	less active, or	1569	
3	About the same?	4164	
7	Refused	1	
9	Don't know	5	
.	Missing	2040	

<b>PAQ520</b>	<b>Target</b>		
	B(12 Yrs. to 150 Yrs.)		
<b>Hard Edits</b>	<b>SAS Label</b>		
	Compare activity w/others same age		
<b>English Text:</b> (MEC Interview Version) Compared with most {boys/girls} {your/SP's} age, would you say that {you are/SP is}... (SP Interview Version) Compared with most {men/boys/women/girls} {your/SP's} age, would you say that {you are/s/he is} . . .			
<b>English Instructions:</b>			
<b>Code or Value</b>	<b>Description</b>	<b>Count</b>	<b>Skip to Item</b>
1	more active	2532	
2	less active, or	1351	
3	About the same?	3279	
7	Refused	2	
9	Don't Know	74	
.	Missing	2040	

<b>PAQ540</b>	<b>Target</b>		
	B(30 Yrs. to 150 Yrs.)		
<b>Hard Edits</b>	<b>SAS Label</b>		
	Compare activity with 10 years ago		
<b>English Text:</b> Compared with {yourself/himself/herself} 10 years ago, would you say that {you are/SP is} . . .			
<b>English Instructions:</b>			
<b>Code or Value</b>	<b>Description</b>	<b>Count</b>	<b>Skip to Item</b>
1	More active now,	485	
2	Less active now, or	2675	
3	About the same?	966	
7	Refused	1	
9	Don't know	3	
.	Missing	5148	

<b>PAQ560</b>	<b>Target</b>		
	B(2 Yrs. to 11 Yrs.)		
<b>Hard Edits</b>	<b>SAS Label</b>		
	# time/week you play or exercise hard		
<b>English Text:</b> Now I'd like to ask you some questions about {SP's} activities. How many times per week {does SP} play or exercise enough to make {him/her} sweat and breathe hard?			
<b>English Instructions:</b> IF NEVER, ENTER 0. IF LESS THAN ONCE PER WEEK, ENTER 1. ENTER NUMBER OF TIMES.			
<b>Code or Value</b>	<b>Description</b>	<b>Count</b>	<b>Skip to Item</b>
0 to 77	Range of Values	1953	
77777	Refused	0	
99999	Don't know	6	
.	Missing	7319	

<b>PAD590</b>	<b>Target</b>		
	B(2 Yrs. to 150 Yrs.)		
<b>Hard Edits</b>	<b>SAS Label</b>		
	# hours watch TV or videos past 30 days		
<b>English Text:</b> Over the past 30 days, on average about how many hours per day did {you/SP} sit and watch TV or videos? Would you say...			
<b>English Instructions:</b>			
Code or Value	Description	Count	Skip to Item
0	Less than 1 hour,	1122	
1	1 hour,	1528	
2	2 hours,	2478	
3	3 hours,	1593	
4	4 hours, or	901	
5	5 hours or more?	1441	
6	None	131	
77	Refused	1	
99	Don't know	2	
.	Missing	81	

<b>PAD600</b>	<b>Target</b>		
	B(2 Yrs. to 150 Yrs.)		
<b>Hard Edits</b>	<b>SAS Label</b>		
	# of hours use computer past 30 days		
<b>English Text:</b> Over the past 30 days, on average about how many hours per day did {you/SP} use a computer or play computer games? Would you say...			
<b>English Instructions:</b>			
Code or Value	Description	Count	Skip to Item
0	Less than 1 hour	2481	
1	1 hour	1339	
2	2 hours	728	
3	3 hours	337	
4	4 hours	146	
5	5 hours	225	
6	None	3936	
77	Refused	1	
99	Don't know	4	
.	Missing	81	

<b>PAAQUEx</b>	<b>Target</b>		
	B(2 Yrs. to 150 Yrs.)		
<b>Hard Edits</b>	<b>SAS Label</b>		
	Questionnaire source flag for weighting		
<b>English Text:</b> Questionnaire source flag for weighting			
<b>English Instructions:</b>			
<b>Code or Value</b>	<b>Description</b>	<b>Count</b>	<b>Skip to Item</b>
1	Sample Person Interview Questionnaire Targets (B(2-11) and (B(16-150)	8173	
2	MEC CAPI Questionnaire Targets (B(12-15)	1105	
.	Missing	0	