

**National Health and Nutrition
Examination Survey 2005–2006**

**Documentation, Codebook,
and Frequencies**

Physical Activity

Questionnaire

**Survey Years:
2005 to 2006**

**SAS Transport File:
PAQ_D.XPT**



November 2007

NHANES 2005–2006 Data Documentation

Questionnaire Section: Physical Activity (PAQ_D)

First Published: November 2007

Last Revised: N/A

Component Description

The physical activity section (prefix PAQ) includes questions related to daily activities, leisure time activities, and sedentary activities at home.

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 to 11 and 16 or more years of age, the questions were asked before the physical examination, in the home, using the Computer-Assisted Personal Interviewing-CAPI (interviewer administered) system.

For respondents 12 to 15 years of age, the questions were asked during the physical examination, at the mobile examination center (MEC).

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_D) 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 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

Since the PAQ questions for respondents 2 to 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 to 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. The Analytic Guidelines are available on the NHANES website.

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

NCHS Locator Fields

Title: Physical Activity (PAQ_D)

Contact Number: 1-866-441-NCHS

Years of Content: 2005–2006

First Published: November 2007

Revised: NA

Access Constraints: None

Use Constraints: None

Geographic Coverage: National

Subject: The Physical Activity section includes questions related to daily activities, leisure time activities, and sedentary activities at home.

Record Source: NHANES 2005–2006

Survey Methodology: NHANES 2005–2006 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 (2005-2006)**

**Questionnaire Section:
Physical Activity (PAQ_D)**

November 2007



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

PAD020	Target
	B(12 Yrs. to 150 Yrs.)
Hard Edits	SAS Label
	Walked or bicycled over past 30 days
English Text: 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?	
English Instructions: CODE 'UNABLE TO DO' ONLY IF RESPONDENT VOLUNTEERS.	

Code or Value	Description	Count	Cumulative	Skip to Item
1	Yes	2370	2370	
2	No	4644	7014	PAQ100
3	Unable to do activity	135	7149	PAQ100
7	Refused	2	7151	PAQ100
9	Don't know	0	7151	PAQ100
.	Missing	2273	9424	

PAQ050Q		Target		
		B(12 Yrs. to 150 Yrs.)		
Hard Edits		SAS Label		
		# times walked or bicycled		
English Text: [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?				
English Instructions: ENTER NUMBER OF TIMES (PER DAY, WEEK OR MONTH).				
Code or Value	Description	Count	Cumulative	Skip to Item
1 to 100	Range of Values	2370	2370	
77777	Refused	0	2370	
99999	Don't know	0	2370	
.	Missing	7054	9424	

PAQ050U		Target		
		B(12 Yrs. to 150 Yrs.)		
Hard Edits		SAS Label		
		Unit of measure (day/week/month)		
English Text: UNIT OF MEASURE.				
English Instructions: ENTER UNIT.				
Code or Value	Description	Count	Cumulative	Skip to Item
1	Day	661	661	
2	Week	1071	1732	
3	Month	638	2370	
7	Refused	0	2370	
9	Don't Know	0	2370	
.	Missing	7054	9424	

PAD080		Target		
		B(12 Yrs. to 150 Yrs.)		
Hard Edits		SAS Label		
		How long per day (minutes)		
English Text: On those days when {you/SP} walked or bicycled, about how long did {you/s/he} spend altogether doing this (minutes)?				
English Instructions: ENTER NUMBER (OF MINUTES).				
Code or Value	Description	Count	Cumulative	Skip to Item
1 to 600	Range of Values	2363	2363	
77777	Refused	0	2363	
99999	Don't know	0	2363	
.	Missing	7061	9424	

PAQ100		Target		
		B(16 Yrs. to 150 Yrs.)		
Hard Edits		SAS Label		
		Tasks around home/yard past 30 days		
English Text: 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.]				
English Instructions: CODE 'UNABLE TO DO' ONLY IF RESPONDENT VOLUNTEERS				
Code or Value	Description	Count	Cumulative	Skip to Item
1	Yes	3637	3637	
2	No	2362	5999	PAQ180
3	Unable to do activity	138	6137	PAQ180
7	Refused	1	6138	PAQ180
9	Don't know	1	6139	PAQ180
.	Missing	3285	9424	

PAD120	Target
	B(16 Yrs. to 150 Yrs.)
Hard Edits	SAS Label
	# of times past 30 days

English Text: [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?

English Instructions: ENTER NUMBER (OF TIMES past 30 days).

Code or Value	Description	Count	Cumulative	Skip to Item
1 to 120	Range of Values	3633	3633	
77777	Refused	0	3633	
99999	Don't know	2	3635	
.	Missing	5789	9424	

PAD160	Target
	B(16 Yrs. to 150 Yrs.)
Hard Edits	SAS Label
	How long each time (minutes)

English Text: About how long did {you/SP} do these tasks each time (minutes)?

English Instructions: IF MORE THAN 1 TASK, ASK FOR TASK DONE MOST OFTEN. ENTER NUMBER (OF MINUTES).

Code or Value	Description	Count	Cumulative	Skip to Item
10 to 600	Range of Values	3624	3624	
77777	Refused	0	3624	
99999	Don't know	0	3624	
.	Missing	5800	9424	

PAQ180	Target
	B(16 Yrs. to 150 Yrs.)
Hard Edits	SAS Label
	Avg level of physical activity each day

English Text: 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.] . . .

English Instructions: HAND CARD PAQ1

Code or Value	Description	Count	Cumulative	Skip to Item
1	{you sit/he/she sits} during the day and {do/does} not walk about very much.	1399	1399	
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	3120	4519	
3	{you/he/she} lift(s) light load or {have/has} to climb stairs or hills often.	1150	5669	
4	{you/he/she} {do/does} heavy work or {carry/carries} heavy loads.	464	6133	
7	Refused	2	6135	
9	Don't know	4	6139	
.	Missing	3285	9424	

PAD200	Target
	B(12 Yrs. to 150 Yrs.)
Hard Edits	SAS Label
	Vigorous activity over past 30 days

English Text: 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.

English Instructions: CODE 'UNABLE TO DO' ONLY IF RESPONDENT VOLUNTEERS.

Code or Value	Description	Count	Cumulative	Skip to Item
1	Yes	3092	3092	
2	No	3816	6908	
3	Unable to do activity	241	7149	
7	Refused	1	7150	
9	Don't know	1	7151	
.	Missing	2273	9424	

PAD320	Target			
	B(12 Yrs. to 150 Yrs.)			
Hard Edits	SAS Label			
	Moderate activity over past 30 days			
English Text: [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 .				
English Instructions: CODE 'UNABLE TO DO' ONLY IF RESPONDENT VOLUNTEERS.				
Code or Value	Description	Count	Cumulative	Skip to Item
1	Yes	4091	4091	
2	No	2891	6982	
3	Unable to do activity	166	7148	
7	Refused	1	7149	
9	Don't know	2	7151	
.	Missing	2273	9424	

PAD440	Target			
	B(12 Yrs. to 150 Yrs.)			
Hard Edits	SAS Label			
	Muscle strengthening activities			
English Text: 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.				
English Instructions: CODE 'UNABLE TO DO' ONLY IF RESPONDENT VOLUNTEERS.				
Code or Value	Description	Count	Cumulative	Skip to Item
1	Yes	2574	2574	
2	No	4384	6958	PAQ500
3	Unable to do activity	190	7148	PAQ500
7	Refused	1	7149	PAQ500
9	Don't know	2	7151	PAQ500
.	Missing	2273	9424	

PAD460		Target		
		B(12 Yrs. to 150 Yrs.)		
Hard Edits		SAS Label		
		Number of times past 30 days		
English Text: [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.]				
English Instructions: ENTER NUMBER OF TIMES (30 days).				
Code or Value	Description	Count	Cumulative	Skip to Item
1 to 210	Range of Values	2573	2573	
777	Refused	0	2573	
999	Don't know	1	2574	
.	Missing	6850	9424	

PAQ500		Target		
		B(12 Yrs. to 150 Yrs.)		
Hard Edits		SAS Label		
		Activity comparison last mo - last yr		
English Text: 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} . . .				
English Instructions:				
Code or Value	Description	Count	Cumulative	Skip to Item
1	more active	1529	1529	
2	less active, or	1609	3138	
3	About the same?	4009	7147	
7	Refused	1	7148	
9	Don't know	3	7151	
.	Missing	2273	9424	

PAQ520	Target			
	B(12 Yrs. to 150 Yrs.)			
Hard Edits	SAS Label			
	Compare activity w/others same age			
English Text: (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} . . .				
English Instructions:				
Code or Value	Description	Count	Cumulative	Skip to Item
1	more active	2463	2463	
2	less active, or	1448	3911	
3	About the same?	3164	7075	
7	Refused	1	7076	
9	Don't Know	75	7151	
.	Missing	2273	9424	

PAQ540	Target			
	B(30 Yrs. to 150 Yrs.)			
Hard Edits	SAS Label			
	Compare activity with 10 years ago			
English Text: Compared with {yourself/himself/herself} 10 years ago, would you say that {you are/SP is} . . .				
English Instructions:				
Code or Value	Description	Count	Cumulative	Skip to Item
1	More active now,	503	503	
2	Less active now, or	2467	2970	
3	About the same?	939	3909	
7	Refused	1	3910	
9	Don't know	2	3912	
.	Missing	5512	9424	

PAQ560	Target
	B(2 Yrs. to 11 Yrs.)
Hard Edits	SAS Label
	# time/week you play or exercise hard

English Text: 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?

English Instructions: IF NEVER, ENTER 0. IF LESS THAN ONCE PER WEEK, ENTER 1. ENTER NUMBER OF TIMES.

Code or Value	Description	Count	Cumulative	Skip to Item
0 to 77	Range of Values	2192	2192	
77777	Refused	0	2192	
99999	Don't know	4	2196	
.	Missing	7228	9424	

PAD590	Target
	B(2 Yrs. to 150 Yrs.)
Hard Edits	SAS Label
	# hours watch TV or videos past 30 days

English Text: 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...

English Instructions:

Code or Value	Description	Count	Cumulative	Skip to Item
0	Less than 1 hour,	1252	1252	
1	1 hour,	1747	2999	
2	2 hours,	2556	5555	
3	3 hours,	1541	7096	
4	4 hours, or	902	7998	
5	5 hours or more?	1197	9195	
6	None	145	9340	
77	Refused	1	9341	
99	Don't know	6	9347	
.	Missing	77	9424	

PAD600	Target			
	B(2 Yrs. to 150 Yrs.)			
Hard Edits	SAS Label			
	# of hours use computer past 30 days			
English Text: 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...				
English Instructions:				
Code or Value	Description	Count	Cumulative	Skip to Item
0	Less than 1 hour	2699	2699	
1	1 hour	1437	4136	
2	2 hours	791	4927	
3	3 hours	304	5231	
4	4 hours	175	5406	
5	5 hours	236	5642	
6	None	3698	9340	
77	Refused	1	9341	
99	Don't know	6	9347	
.	Missing	77	9424	

PAAQUEX	Target			
	B(2 Yrs. to 150 Yrs.)			
Hard Edits	SAS Label			
	Questionnaire source flag for weighting			
English Text: Questionnaire source flag for weighting				
English Instructions:				
Code or Value	Description	Count	Cumulative	Skip to Item
1	Sample Person Interview Questionnaire Targets (B(2-11) and (B(16-150)	8335	8335	
2	MEC CAPI Questionnaire Targets (B(12-15)	1089	9424	
.	Missing	0	9424	