

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

**Documentation, Codebook,
and Frequencies**

**Physical Activity Individual
Activities File**

Questionnaire

**Survey Years:
2005 to 2006**

**SAS Transport File:
PAQIAF_D.XPT**



November 2007

NHANES 2005–2006 Data Documentation

Questionnaire Section: Physical Activity Individual Activities File (PAQIAF_D)

First Published: November 2007

Last Revised: NA

Component Description

This file is the second of two files on physical activities and includes detailed information about specific leisure time activities only.

Eligible Sample

All survey participants 12 or more years of age were eligible.

Interview Setting and Mode of Administration

For respondents 12 to 15 years of age, information about specific leisure time activities was obtained during the physical examination, at the Mobile Examination Center (MEC).

For respondents 16 or more years of age, the information was obtained before the physical examination, in the home, using an interviewer-administered computer-assisted personal interviewing (CAPI) system.

Data Processing and Editing

For each reported leisure time activity, one record was created in the individual activities file. If a respondent reported no leisure time activities, there are no records in the file for that respondent. Due to the recoding of "other" leisure time activities, it is possible for a respondent to have two records for the same activity with the same level of exertion. For example, a respondent may have reported vigorous bicycling and vigorous spinning, which was recoded as bicycling.

PDACTIV: This is the numeric code for the reported activity (see Appendix 1)

PADLEVEL: This is the level of exertion reported for the activity. Activities reported as involving moderate exertion were coded 1 and vigorous were coded 2.

PADTIMES: This is the number of times the activity was done over the past 30 days. Originally reported as number of times per day, per week or per month and converted to number of times over the past 30 days.

PADDURAT: This is the average number of minutes the activity was done each time. The data was originally reported in hours or minutes and hours were converted to minutes.

PADMETS: This is the metabolic equivalent (MET) score for the activity

(see Appendix 1). They were obtained from the reference below and personal communication with the author.

Activities for which the reported duration (PADDURAT) was less than 10 minutes were excluded. PADTIMES and PADDURAT were set to missing for activities in which the total time per day was 12 hours or more. For example, if bowling was reported an average of 3 times a day over the past 30 days for an average of 4 hours each time, PADTIMES and PADDURAT were set to missing for this activity.

Analytic Notes

The PAQIAF questions for respondents 16 or more years of age were asked in the household interview. If this data is analyzed on its own or only with other household interview data, then the interview sample weights should be used. However, if the data is joined with data from the MEC, the MEC sample weights should be used.

Analysis of the PAQIAF 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 Physical Activity Codes

Code	Activity (Moderate MET Code, Vigorous MET code)
10	Aerobics (5.0, 7.0)
11	Baseball (5.0, 6.0)
12	Basketball (6.0, 8.0)
13	Bicycling (4.0, 8.0)
14	Bowling (3.0, 3.0)
15	Dance (4.5, 6.0)
16	Fishing (3.5, 6.0)
17	Football (5.0, 8.0)
18	Gardening (4.0, 5.0)
19	Golf (3.5, 4.5)
20	Hiking (6.0, 7.0)
21	Hockey (6.0, 8.0)
22	Hunting (5.0, 6.0)
23	Jogging (6.0, 7.0)
24	Kayaking (3.5, 7.0)
25	Push-ups (3.5, 8.0)
26	Racquetball (7.0, 10.0)
27	Rollerblading (6.0, 7.0)
28	Rowing (3.5, 7.0)
29	Running (7.0, 10.0)
30	Sit-ups (3.5, 8.0)
31	Skating (5.0, 7.0)
32	Skiing – cross country (7.0, 9.0)
33	Skiing – downhill (6.0, 8.0)
34	Soccer (6.0, 10.0)
35	Softball (5.0, 6.0)
36	Stair Climbing (6.0, 8.0)
37	Stretching (2.5, 2.5)
38	Swimming (6.0, 8.0)
39	Tennis (5.0, 7.0)
40	Treadmill (4.5, 7.0)
41	Volleyball (4.0, 8.0)
42	Walking (3.5, 5.0)
43	Weight Lifting (3.0, 6.0)
44	Yard Work (4.0, 6.0)
50	Boxing (6.0, 9.0)
51	Frisbee (3.0, 8.0)
52	Horseback Riding (4.0, 6.5)
53	Martial Arts (4.0, 10.0)
54	Wrestling (6.0, 8.0)
55	Yoga (2.5, 4.0)
56	Cheerleading and Gymnastics (4.0, 6.0)
57	Children's Games - Dodgeball, Kickball, etc. (5.0, 6.0)
58	Rope Jumping (8.0, 10.0)
59	Skateboarding (5.0, 6.0)
60	Surfing (3.0, 5.0)
61	Trampoline Jumping (3.5, 4.5)
71	Other (4.5, 7.0)

NCHS Locator Fields

Title: Physical Activity Individual Activities File (PAQIAF_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 Individual Activities File is the second of two files on physical activities and includes detailed information about specific leisure time activities only.

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 Individual Activities File (PAQIAF_D)**

November 2007



SEQN	Target
Hard Edits	B(12 Yrs. to 150 Yrs.)
	SAS Label
	Respondent sequence number
English Text: Respondent sequence number	
English Instructions:	

PADACTIV	Target
	B(12 Yrs. to 150 Yrs.)
Hard Edits	SAS Label
	Leisure time activity

English Text: [Over the past 30 days], what { vigorous/moderate } activities did { you/SP } do?

English Instructions: CODE ALL THAT APPLY.

Code or Value	Description	Count	Cumulative	Skip to Item
10	AEROBICS	624	624	
11	BASEBALL	160	784	
12	BASKETBALL	1122	1906	
13	BICYCLING	958	2864	
14	BOWLING	194	3058	
15	DANCE	882	3940	
16	FISHING	236	4176	
17	FOOTBALL	501	4677	
18	GARDENING	10	4687	
19	GOLF	239	4926	
20	HIKING	423	5349	
21	HOCKEY	50	5399	
22	HUNTING	64	5463	
23	JOGGING	768	6231	
24	KAYAKING	66	6297	
25	PUSH-UPS	4	6301	
26	RACQUETBALL	46	6347	
27	ROLLERBLADING	84	6431	
28	ROWING	54	6485	
29	RUNNING	1067	7552	
30	SIT-UPS	10	7562	
31	SKATING	133	7695	
32	SKIING - CROSS COUNTRY	24	7719	
33	SKIING - DOWNHILL	24	7743	
34	SOCCER	450	8193	
35	SOFTBALL	119	8312	
36	STAIR CLIMBING	381	8693	
37	STRETCHING	543	9236	
38	SWIMMING	544	9780	

Code or Value	Description	Count	Cumulative	Skip to Item
39	TENNIS	167	9947	
40	TREADMILL	591	10538	
41	VOLLEYBALL	225	10763	
42	WALKING	2087	12850	
43	WEIGHT LIFTING	649	13499	
44	YARD WORK	34	13533	
50	BOXING	92	13625	
51	FRISBEE	89	13714	
52	HORSEBACK RIDING	35	13749	
53	MARTIAL ARTS	67	13816	
54	WRESTLING	130	13946	
55	YOGA	125	14071	
56	CHEERLEADING AND GYMNASTICS	23	14094	
57	CHILDREN'S GAMES (E.G. DODGEBALL, KICKBALL)	12	14106	
58	ROPE JUMPING	11	14117	
59	SKATEBOARDING	22	14139	
60	SURFING	1	14140	
61	TRAMPOLINE JUMPING	10	14150	
71	OTHER	62	14212	
.	Missing	0	14212	

PADLEVEL	Target			
	B(12 Yrs. to 150 Yrs.)			
Hard Edits	SAS Label			
	Activity level			
English Text: Reported intensity level of activity.				
English Instructions:				
Code or Value	Description	Count	Cumulative	Skip to Item
1	MODERATE	7528	7528	
2	VIGOROUS	6684	14212	
.	Missing	0	14212	

PADTIMES	Target			
	B(12 Yrs. to 150 Yrs.)			
Hard Edits	SAS Label			
	# of times did activity in past 30 days			
English Text: [Over the past 30 days], how often did {you/SP} do {activity}?				
English Instructions:				
Code or Value	Description	Count	Cumulative	Skip to Item
1 to 300	Range of Values	14202	14202	
.	Missing	10	14212	

PADDURAT	Target			
	B(12 Yrs. to 150 Yrs.)			
Hard Edits	SAS Label			
	Average duration of activity (minutes)			
English Text: [Over the past 30 days], on average about how long did {you/SP} do {activity} each time?				
English Instructions:				
Code or Value	Description	Count	Cumulative	Skip to Item
10 to 600	Range of Values	14206	14206	
.	Missing	6	14212	

PADMETS	Target			
	B(12 Yrs. to 150 Yrs.)			
Hard Edits	SAS Label			
	MET score for activity			
English Text: Metabolic equivalent(MET) intensity level for activity.				
English Instructions:				
Code or Value	Description	Count	Cumulative	Skip to Item
2.5 to 10	Range of Values	14212	14212	
.	Missing	0	14212	

PAAQUEX		Target		
		B(12 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(16- 150))	10861	10861	
2	MEC CAPI Questionnaire Targets (B(12-15))	3351	14212	
.	Missing	0	14212	