Adult Physical Activity Questions on the National Health Interview Survey

1975 -2012

Questions on adult physical activity and exercise that have been asked on the National Health Interview Survey over the course of its history are shown here in their original format. The NHIS dates back to 1957, however, physical activity questions were first included in 1975. The full questionnaires from which these questions were extracted are available from the "Guide for Data Users" on the Adult Physical Activity Information website: <u>http://www.cdc.gov/nchs/nhis/physical_activity/pa_guide.htm</u>.

1975 NHIS Physical Fitness Supplement (20 years and over)

	J.S. Public Health Service would like to know how r one or more popular sports.	nany adults participate in some	e form of exercise,	R3	1. □ Not SP or SP under 19 (NP) 2. □ SP 19+ callback required (NP) 3. □ SP 19+ available (41-43)
41.	Do you do any of these exercises on a regular basis – If "Yes," circle appropriate letter in person's column.	A. Ride a bicycle? B. Do calisthenics? C. Jog? D. Lift weights?	E. Swim? F. Walk for exercise? G. Do you do any other exercise on a regular basis?	41.	1A 2B 3C 4D 5E 6F G (<i>Specify</i>) O □ None
42.a	During the past 12 months, have you Participated in (any of these sports) – If "Yes," circle appropriate number in person's column and ask b and c.	1. Basketball? 2. Bowling? 3. Football? 4. Golf? 5. Gymnastics? 6. Handball? 7. Soccer? 8. Softball? 9. Baseball?	10. Swimming? 11. Tennis? 12. Track and field? 13. Volleyball? 14. Wrestling? 15. Any other sport?	42a.	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 (Specify)
b.	Did you participate in—as a member of an orga If "Yes," circle appropriate number in person's c		months?	b.	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 (Specify)
c.	Did you participate in any—tournaments either member of a team during the past 12 months? If "Yes," circle appropriate number in person's c			c.	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 (Specify)
43.	Would you say that you are physically more acti	ve, less active or about as activ	ve as other persons your age?	43.	1 More 2 Less 3 Same

1977 NHIS Health Habits (H1) Supplement (20 years and over)

9.	Would you say that you are physically more active, less active or about as active as other	9.	1 🗆 More active 🛛 Other –
	persons your age?		2 □ Less active Specify 🖄
			3 🗆 Same

1983 NHIS Alcohol/Health Practices Supplement (18 years and over)

4.		say that you are physically more active, less active, or ctive as other persons your age?	10.
	1	□ More active	
	2	Less active	
	3	Same	
ĺ	8	Other (Specify)	

1984 NHIS Supplement on Aging (55 years and over)

	11 0		
	Section T. H	EALTH OPINIONS	
4a.	Compared to other people your age, would you say you are physically more active, less active, or about as active?	1 More active 2 Less active 3 About as active (5)	31
b.	Is that (a lot more or a little more active/a lot less or a little less active)?	1 Lot more 3 Lot less 2 Little more 4 Little less	32
5a.	Compared to your own level of physical activity 1 year ago, would you say you are now more active, less active, or about the same as you were then?	1	33
b.	Is that (a lot more or a little more active/a lot less or a little less active)?	1 Lot more 3 Lot less 2 Little more 4 Little less	34
6.	How much control do you think YOU have over your future health? Would you say you have a great deal of control, some, very little, or none at all?	1	35
7.	Do you feel that you get as much exercise as you need, or less than you need?	1 □ As much as needed 2 □ Less than needed	36
8.	Do you follow a REGULAR routine of physical exercise?	1 🗆 Yes 2 🗋 No	37
9.	How often do you walk a mile or more at a time, without resting? (Note: One mile equals 8–12 blocks.) Probe if necessary: About how many days a week is that?	1 Every day 4 1 day a week 2 4-6 days a week 5 Less than 1 day a week 3 2-3 days a week 0 Never	38

1985 NHIS Health Promotion and Disease Prevention Supplement

		RT 72
Section N.	GENERAL HEALTH HABITS	
Hand Card N1 or read responses for telephone interview.		16
5. In your opinion which of these are the TWO best ways to lose weight?	 Don't eat at bedtime Eat fewer calories Take diet pills Increase physical activity Eat NO fat Eat grapefruit with each meal 	17

8. Have you increased your physical activity to lose weight?	20
1 🗆 Yes 2 🗔 No	

	Section P.	HIGH BLOOD PRES	SURE -	 Continued 			
		a. Diet to lose weight	?	b. Cut down on salt or sodium in your diet?		c. Exercise?	
8.	Because of your hypertension or high blood pressure, has a doctor or other health professional EVER advised you to –	1 □ Yes (9) 2 □ No (8b)	22	1 🗌 Yes (9) 2 🗌 No (8c)	23	1 🗆 Yes (9) 2 🗆 No (11)	24
9.	Have you EVER followed this advice?	1 □ Yes (10) 2 □ No (8b)	25	1 🗌 Yes (10) 2 🗌 No (8c)	26	1 🗌 Yes (10) 2 🗌 No (11)	27
10.	Are you NOW following this advice?	1 □ Yes] <i>(8b)</i> 2 □ No∫	28	1 □ Yes〕 (8c) 2 □ No∫	29	1 □ Yes] (11) 2 □ No∫	30

	Section R. F	EXERCISE	3–4
R1		1 □ SP is physically handicapped (<i>Describe in footnotes, THEN 1</i>) 2 □ Other (2)	5
	respondent: ext questions are about physical exercise. Hand calendar.		6
1a. In th Mon	the past 2 weeks (outlined on that calendar), beginning Iday <u>(date)</u> and ending this past Sunday (<u>date)</u> , have you e any exercises, sports, or physically active hobbies?	1 □ Yes 2 □ No (<i>3, page 13</i>)	
	at were they? ecord on next page, THEN 1c.		
c. Anyt	thing else?	 □ Yes (Reask 1b and c) □ No (2b) 	

1985 NHIS Health Promotion and Disease Prevention Supplement—Con.

vote — ASK ALL OF 2a		h -1				Continued				
	BEFORE GOING TO 2	b–d.	Note: ASK 2b-d FOF		TY MAR					
Read to respondent: The			b. How many times in			c. On the average, about how		d. What usually hap		
about physical exercise. In the past 2 weeks (out			past 2 weeks did y	ou		many minutes did you		rate or breathing		
beginning Monday, (date		7	(play/go/do)			actually spend (activity in		2a)? Did you hav		
Sunday, (date), have you			(activity in 2a)?			2a) on each occasion?		or large increase, or no increase at a in your heart rate or breathing?		
following exercises, spor								in your neart rate	e or preatnin	ıRı
active hobbies) —	YES NO			:	8–9		10-12	1 🗆 Small 3	3 🗆 Large	13
(1) Walking for exerc	ise? 1 🗌 2 🗌		(1)	Times		Minutes		2 Moderate 4	-	
Refer to	906	14								
R2	1 SP is 75+ (23									
NZ	8 🗆 Other (2)	/								
		45			C 47		40.20	1		1 24
(a)		15	(2)		6–17		18-20		3 🗆 Large	21
(2) Jogging or runn	ing? 1 □ 2 □		(2)	Times		Minutes		2 🗆 Moderate 4	I 🗆 None	
		22		2	3-24		25-27	1 Small 3	3 🗆 Large	28
(3) Hiking?	1 🗆 2 🗆		(3)	Times		Minutes	-	2 🗆 Moderate 4	l 🗆 None	
		29		3	0-31		32-34	1 Small 3	3 🗆 Large	35
(4) Cordoning or us	vrdwork2 1 🗆 2	23	(4)	Times	0-31	Minutes	32-34	2 Moderate 4	0	
(4) Gardening or ya			(4)	Times		Williutes		Z 🗆 Woderate 4		
		36		3	7–38		39-41	1 🗆 Small 3	3 🗆 Large	42
(5) Aerobics or aer	obic 1 🗆 2 🗆		(5)	Times		Minutes		2 🗆 Moderate 4	l 🗆 None	
dancing?										
		43		4	4–45		46-48	1 Small 3	3 🗆 Large	49
(6) Other dancing?	1 🗆 2 🗆		(6)			Minutes		2 🗆 Moderate 4	0	
		50	+ · ·		1_52		E2 F7		B 🗆 Large	T =-
(7) Collect		50	(7)		1-52	· · ·	53-55			56
(7) Calisthenics or g	general 1 🗆 2 🗆		(7)	rimes		Minutes		2 🗆 Moderate 4	I I None	
exercise?										
		57		5	8–59		60-62	1 Small 3	3 🗆 Large	63
(8) Golf?	1 🗆 2 🗆	-	(8)	Times		Minutes		2 🗆 Moderate 4	l 🗆 None	
		64			F 66		67.00	1 Small 3		T =/
(0) Tanai 3		64	(0)		5-66	· · ·	67–69		B 🗆 Large	70
(9) Tennis?	1 🗆 2 🗆	-	(9)	imes		Minutes		2 🗆 Moderate 4) INONE	
		71		7	2–73		74–76	1 Small 3	3 🗆 Large	77
(10) Bowling?	1 🗆 2 🗆		(10)	Times		Minutes		2 🗆 Moderate 4	🛙 🗆 None	
		78		7	9-80		81-83	1 Small 3	B 🗆 Large	84
(11) Biking?	1 🗆 2 🗆	70	(11)		5 00	Minutes	01 05	2 Moderate 4		
(II) Diking:	1 🗆 2		(11)							
		85			6-87		88-90		3 🗆 Large	91
(12) Swimming or w	ater 1 🗆 2 🗆		(12)	Times		Minutes		2 🗆 Moderate 4	i 🗆 None	
exercises?										
		92		9	3-94		95-97	1 Small 3	3 🗆 Large	98
(13) Yoga?	1 🗆 2 🗆		(13)	Times		Minutes		2 🗆 Moderate 4	I 🗆 None	
		0777								
Rafer to	□ SP is 65–74 (23)	RT77 3–4	1							
	 Other (14) 	5								
0					7.0		0.44	1 Small 3		1 41
(6	(4.4)		7–8		9–11		3 🗆 Large	12
(14) Weight lifting o	r training? 1 🗆 2🗆		(14)	Times		Minutes	-	2 🗆 Moderate 4		
		13		1/	4–15		16-18	1 Small 3	3 🗆 Large	19
(15) Basketball?	1 🗆 2 🗆		(15)	Times		Minutes		2 🗆 Moderate 4	🛙 🗆 None	
		20		2	1-22		23-25	1 Small 3	3 🗆 Large	26
400	ball? 1 🗆 2		(16)	Times		Minutes		2 Moderate 4	0	
(16) Basehall or coff			(10)						1 None	
(16) Baseball or soft				· · · · ·		Windtes				T
		27			8–29		30-32	1 🗆 Small 3	B 🗆 Large	33
(16) Baseball or soft (17) Football?	1 🗆 2 🗆	27	(17)	Zi Times	8–29	Minutes	30-32		B 🗆 Large	33
		27	(17)	Times	8-29		30-32 37-39	1 🗆 Small 3 2 🗆 Moderate 4	B 🗆 Large	
(17) Football?				Times 3				1 □ Small 3 2 □ Moderate 4 1 □ Small 3	B □ Large I □ None B □ Large	
	1 🗆 2 🗆	34	(17)	Times 3	5–36	Minutes	37–39	1 Small 3 2 Moderate 4 1 Small 3 2 Moderate 4	B 🗆 Large I 🗆 None B 🗆 Large I 🗆 None	40
(17) Football? (18) Soccer?	1 🗆 2 🗆		(18)	Times 3		Minutes		1 Small 3 2 Moderate 4 1 Small 3 2 Moderate 4 1 Small 3 1 Small 3	B 🗆 Large I 🗆 None B 🗆 Large I 🗆 None B 🗆 Large	40
(17) Football?	1 🗆 2 🗆	34		Times 3	5–36	Minutes	37–39	1 Small 3 2 Moderate 4 1 Small 4	B Large I None B Large I None B Large I None	33 40 47
(17) Football? (18) Soccer?	1 🗆 2 🗆	34	(18)	Times 31	5–36	Minutes	37–39	1 Small 3 2 Moderate 4 1 Small 3	3 □ Large 4 □ None	40
(17) Football? (18) Soccer?	1 [] 2[] 1 [] 2[] 1 [] 2[]	34 41	(18)	Times 31	5-36 2-43	Minutes	37–39 44–46	1 Small 3 2 Moderate 4 1 Small 4	3 □ Large 4 □ None	40
(17) Football? (18) Soccer? (19) Volleyball?	1 [] 2[] 1 [] 2[] 1 [] 2[]	34 41	(18)	Times 33 Times 42 Times 42	5-36 2-43	Minutes	37-39 44-46 51-53	1 Small 3 2 Moderate 4 1 Small 3	3 □ Large 4 □ None	40
 (17) Football? (18) Soccer? (19) Volleyball? (20) Handball, racqu 	1 [] 2[] 1 [] 2[] 1 [] 2[]	34 41	(18)	Times 3: Times 4: Times 4: Times 4: Times	5-36 2-43	Minutes	37–39 44–46	1 Small 3 2 Moderate 4	3 □ Large 4 □ None	40
 (17) Football? (18) Soccer? (19) Volleyball? (20) Handball, racqu 	1 [] 2[] 1 [] 2[] 1 [] 2[]	<u>34</u> 41 48	(18)	Times 3: Times 4: Times 4: Times 4: Times	2-43 9-50	Minutes	37-39 44-46 51-53	1 Small 3 2 Moderate 4	B Large I None I Large I None I Large I None I Large I None I None I Large I None I Large I None	40
 (17) Football? (18) Soccer? (19) Volleyball? (20) Handball, racquor squash? 	1 2 2 1 2 1 2 1 2 1 2 1 2 1 2 1 2 1 2 1 2 1 2 1 2 1 2 1 2 1 2 1 2 1 2 1 2 1 2 1 2 1 1 2 1 1 2 1 1 2 1 1 2 1 1 2 1 1 2 1 1 2 1 1 2 1 1 2 1 1 2 1 1 1 2 1	34 41 48 55	(18) (19) (20)	Times	5–36 2–43 9–50 6–57	Minutes Minutes Minutes Minutes Minutes	37-39 44-46 51-53 58-60	1 Small 3 2 Moderate 4	8 Large 4 None 3 Large 4 None 3 Large 4 None 3 Large 4 None 3 Large 4 None	
 (17) Football? (18) Soccer? (19) Volleyball? (20) Handball, racqu or squash? (21) Skating? 	1 2 2 1 2 1 2 1 2 1 2 1 2 1 2 1 2 1 1 2 1 1 2 1 1 2 1 1 2 1 1 2 1 1 2 1 1 2 1 1 2 1 1 2 1 1 2 1	<u>34</u> 41 48	(18) (19) (20) (21)	Times	2-43 9-50	Minutes Minutes Minutes Minutes Minutes Minutes	37-39 44-46 51-53	1 Small 3 2 Moderate 4 1 Small 3 1 Small 3 1 Small 3	3 Large 4 None	40
 (17) Football? (18) Soccer? (19) Volleyball? (20) Handball, racquor squash? 	1 2 2 1 2 1 2 1 2 1 2 1 2 1 2 1 2 1 2 1 2 1 2 1 2 1 2 1 2 1 2 1 2 1 2 1 2 1 2 1 2 1 1 2 1 1 2 1 1 2 1 1 2 1 1 2 1 1 2 1 1 2 1 1 2 1 1 2 1 1 2 1 1 1 2 1	34 41 48 55	(18) (19) (20)	Times	5–36 2–43 9–50 6–57	Minutes Minutes Minutes Minutes Minutes	37-39 44-46 51-53 58-60	1 Small 3 2 Moderate 4	3 Large 4 None	40
 (17) Football? (18) Soccer? (19) Volleyball? (20) Handball, racquor squash? (21) Skating? (22) Skiling? 	1 □ 2□ 1 □ 2□	34 41 48 55 62	(18) (19) (20) (21)	Times	5–36 2–43 9–50 6–57	Minutes Minutes Minutes Minutes Minutes Minutes	37-39 44-46 51-53 58-60	1 Small 3 2 Moderate 4 1 Small 3 1 Small 3 1 Small 3	3 Large 4 None	40
 (17) Football? (18) Soccer? (19) Volleyball? (20) Handball, racqu or squash? (21) Skating? (22) Skiing? (23) Have you done 	1 2 2 1 2 1 2 1 2 1 2 1 2 1 2 1 2	34 41 48 55 62 , sports, or	(18) (19) (20) (21)	Times	5–36 2–43 9–50 6–57	Minutes Minutes Minutes Minutes Minutes Minutes	37-39 44-46 51-53 58-60	1 Small 3 2 Moderate 4 1 Small 3 1 Small 3 1 Small 3	3 Large 4 None	40
 (17) Football? (18) Soccer? (19) Volleyball? (20) Handball, racquor squash? (21) Skating? (22) Skiing? (23) Have you done physically active 	1 2 1 2 1 2 1 2 1 2 1 2 1 2 1 2	34 41 48 55 62 , sports, or 2 weeks	(18) (19) (20) (21)	Times 33 Times 44 Times 44 Times 54 Times 54	5–36 2–43 9–50 6–57	Minutes Minutes Minutes Minutes Minutes Minutes	37-39 44-46 51-53 58-60	1 Small 3 2 Moderate 4 1 Small 3 1 Small 3 1 Small 3	3 Large 4 None	40
 (17) Football? (18) Soccer? (19) Volleyball? (20) Handball, racquor squash? (21) Skating? (22) Skiing? (23) Have you done physically active 	1 2 2 1 2 1 2 1 2 1 2 1 2 1 2 1 2	34 41 48 55 62 , sports, or 2 weeks	(18) (19) (20) (21)	Times 33 Times 44 Times 44 Times 54 Times 54	5–36 2–43 9–50 6–57	Minutes Minutes Minutes Minutes Minutes Minutes	37-39 44-46 51-53 58-60	1 Small 3 2 Moderate 4 1 Small 3 1 Small 3 1 Small 3	3 Large 4 None	40
 (17) Football? (18) Soccer? (19) Volleyball? (20) Handball, racqu or squash? (21) Skating? (22) Skiing? (22) Skiing? (23) Have you done physically active (that I haven't r 	1 2 1 2 1 2 netball, 1 2 1 2 1 2 1 2 1 2 1 2 1 2 1 2 1 2 any (other) exercises hobbies in the past nentioned)? Anything	34 41 48 55 62 , sports, or 2 weeks g else?	(18) (19) (20) (21)	_ Times 32 _ Times 42 _ Times 42 _ Times 54 _ Times 56 _ Times 66	5-36 2-43 9-50 6-57 3-64	Minutes Minutes Minutes Minutes Minutes Minutes	37-39 44-46 51-53 58-60 65-67	1 Small 3 2 Moderate 4	3 Large 4 None 5 Large 4 None	
 (17) Football? (18) Soccer? (19) Volleyball? (20) Handball, racquor squash? (21) Skating? (22) Skiing? (23) Have you done physically active 	1 2 1 2 1 2 netball, 1 2 1 2 1 2 1 2 1 2 1 2 1 2 1 2 1 2 any (other) exercises hobbies in the past nentioned)? Anything	34 41 48 55 62 , sports, or 2 weeks	(18) (19) (20) (21)	_ Times 32 _ Times 42 _ Times 42 _ Times 54 _ Times 56 _ Times 66	5–36 2–43 9–50 6–57	Minutes Minutes Minutes Minutes Minutes Minutes	37-39 44-46 51-53 58-60	1 Small 3 2 Moderate 4 1 Small 3	3 Large 4 None	40
 (17) Football? (18) Soccer? (19) Volleyball? (20) Handball, racqu or squash? (21) Skating? (22) Skiing? (22) Skiing? (23) Have you done physically active (that I haven't r 	1 2 1 2 1 2 netball, 1 2 1 2 1 2 1 2 1 2 1 2 1 2 1 2 1 2 any (other) exercises hobbies in the past nentioned)? Anything	34 41 48 55 62 , sports, or 2 weeks g else?	(18) (19) (20) (21) (22)	_ Times 3! _ Times 4: _ Times 4! _ Times 5! _ Times 5! _ Times 6: _ Times 6: _ Times 7:	5-36 2-43 9-50 6-57 3-64	Minutes Minutes Minutes Minutes Minutes Minutes Minutes	37-39 44-46 51-53 58-60 65-67	1 Small 3 2 Moderate 4	3 Large 4 None	
 (17) Football? (18) Soccer? (19) Volleyball? (20) Handball, racqu or squash? (21) Skating? (22) Skiing? (22) Skiing? (23) Have you done physically active (that I haven't r 	1 2 1 2 1 2 netball, 1 2 1 2 1 2 1 2 1 2 1 2 1 2 1 2 1 2 any (other) exercises hobbies in the past nentioned)? Anything	34 41 48 55 62 , sports, or 2 weeks g else? 69–70	(18) (19) (20) (21)	Times 4: Times 4: Times 4: Times 4: Times 5: Times 6: Times 7: Times 7: Times 7:	5-36 2-43 9-50 6-57 3-64 1-72	Minutes Minutes Minutes Minutes Minutes Minutes	37-39 44-46 51-53 58-60 65-67 73-75	1 Small 3 2 Moderate 4	3 Large 4 None	
 (17) Football? (18) Soccer? (19) Volleyball? (20) Handball, racqu or squash? (21) Skating? (22) Skiing? (22) Skiing? (23) Have you done physically active (that I haven't r 	1 2 1 2 1 2 netball, 1 2 1 2 1 2 1 2 1 2 1 2 1 2 1 2 1 2 any (other) exercises hobbies in the past nentioned)? Anything	34 41 48 55 62 , sports, or 2 weeks g else?	(18) (19) (20) (21) (22)	Times 4: Times 4: Times 4: Times 4: Times 5: Times 6: Times 7: Times 7: Times 7:	5-36 2-43 9-50 6-57 3-64	Minutes Minutes Minutes Minutes Minutes Minutes Minutes	37-39 44-46 51-53 58-60 65-67	1 Small 3 2 Moderate 4 1 Small 3 1 Small 3 <t< td=""><td>3 Large 4 None 3 Large 4 None</td><td></td></t<>	3 Large 4 None 3 Large 4 None	
 (17) Football? (18) Soccer? (19) Volleyball? (20) Handball, racqu or squash? (21) Skating? (22) Skiing? (22) Skiing? (23) Have you done physically active (that I haven't r 	1 2 1 2 1 2 netball, 1 2 1 2 1 2 1 2 1 2 1 2 1 2 1 2 1 2 any (other) exercises hobbies in the past nentioned)? Anything	34 41 48 55 62 , sports, or 2 weeks g else? 69–70	(18) (19) (20) (21) (22)	Times 4: Times 4: Times 4: Times 4: Times 5: Times 6: Times 7: Times 7: Times 7:	5-36 2-43 9-50 6-57 3-64 1-72	Minutes Minutes Minutes Minutes Minutes Minutes Minutes	37-39 44-46 51-53 58-60 65-67 73-75	1 Small 3 2 Moderate 4	3 Large 4 None 3 Large 4 None	

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	Section R. EX	ERCISE — Continued	
3. Do you e	exercise or play sports regularly?	1	85
4. For how sports re	long have you exercised or played gularly?	I Days 2 Weeks 3 Months 4 Years	86–88
	ou say that you are physically more active, less r about as active as other persons your age?	1 □ More active 2 □ Less active 3 □ About as active (R4) 4 □ Other (Specify)	89
b. Is that (a	lot more or a little more/a lot less or a little less) active?	1 A lot more 2 A little more 3 A lot less 4 A little less	90
R4	Refer to "Wa/Wb" boxes in C1 on HIS-1.	1	91
	ch hard physical work is required on your job? ou say a great deal, a moderate amount, a little, ,	1 Great deal 2 Moderate amount 3 Alittle (7) 4 None	92
	w many hours per day do you perform hard physical your job?	Hours (7)	93–94
	ch hard physical work is required in your main daily Would you say a great deal, a moderate amount, a none?	1 Great deal 2 Moderate amount 3 A little 4 None	95
	ow many hours per day do you perform hard physical your main daily activity?	Hours	96–97
These ne	respondent: xt questions are about strengthening the heart s through exercise.	Days	98
	ny days a week do you think a person should exercise then the heart and lungs?	8 □ Other (<i>Specify</i>) 9 □ DK	
exercise	many minutes do you think a person should on EACH occasion so that the heart and lungs gthened?	Minutes	99–101
Hand car	rd R1		102
c. (During t think a p	hose <u>(number in 7b)</u> minutes), how fast do you reson's heart rate and breathing should be to en the heart and lungs?		
Do you t	hink that the heart and breathing rate should be —		
	no faster than usual, a little faster than usual, a lot faster but talking is possible so fast that talking is not possible?	1 □ No faster than usual 2 □ A little faster than usual 3 □ A lot faster but talking is possible 4 □ So fast that talking is not possible 9 □ K	
FOOTNOTES			

1988 NHIS Occupational Health Supplement

(18 years and over, ever employed)

	Section N1 — WOF	RK HISTORY — Continued	
CHECK ITEM 7		1 Entry in Check Item 58 (Transcribe entries) Employer (10) 8 All others (Transcribe Entries from 4c and e) Occupation (10)	72
<u>Check In</u> 10a. Did you	ext questions are about your job as a <u>(occupation in</u> em 7) for <u>(employer in Check Item7).</u> r job require you to do REPEATED STRENUOUS AL ACTIVITIES such as lifting, pushing or pulling bjects?	1 □ Yes 2 □ No (11)	73
	a typical work day, how many minutes or hours eer did you spend doing STRENUOUS PHYSICAL IES?	Number 1 I Minutes	74–76
11a. Did this or reac	job require you to do REPEATED bending, twisting ing?	1 □ Yes 2 □ No (12)	77
	a typical work day, how many minutes or hours her did you spend bending, twisting or reaching?	Number 1 I Minutes	78–80
	job require you to BEND or TWIST your hands s MANY TIMES AN HOUR?	1 □ Yes 2 □ No (13)	81
altoget	a typical work day, how many minutes or hours er did you spend bending or twisting your r wrists?	Number 2 🗆 Hours	82–84
	job, did you work with hand-held or hand-operated g tools or machinery?	1 □ Yes 2 □ No (14)	85
altoget	a typical work day, how many minutes or hours eer did you spend working with hand-held or perated vibrating machinery?	Number 1 🗆 Minutes	86-88

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	Section Q —	- GENERAL HEALTH HABITS	
		Sample Person Number	
	Hand Card Q1. Read categories if telephone interview.		7815
5.	In your opinion which of these are the TWO best ways to lose weight?	1 Don't eat at bedtime 2 Eat fewer calories 3 Take diet pills 4 Increase physical activity 5 Eat NO fat 6 Eat grapefruit with each meal 9 DK 0 None of these	
8.	Have you increased your physical activity to lose weight?	1	7819

			Section V	V — EXERCISE	
		on HIS-1.	1	8604	
ITEM Mark from observation or previous information.		vious information.	1 SP is physically handicapped (Describe in footnotes, THEN 1) S Other (2)	8605	
	These	next questions are about physic	al exercise. Hand calendar.		8606
1a. In the past 2 weeks (outlined on that calendar), beginning Monday (<u>date)</u> and ending this past Sunday (<u>date)</u> , have you done any exercises, sports, or physically active hobbies?				1 □ Yes 2 □ No (3 on page 19)	
b. What were they? Record on next page, THEN 1c.					
с.	Anyth	ing else?	1 □ Yes (<i>Reask 1b and c</i>) 2 □ No (2b)		

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		COING TO 2h d		ection W. EX					
These next que exercise. Hara exercise. Hara In the past 2 beginning Ma Sunday, (date following exercise)	weeks (outlined on the onday, (<u>date)</u> , and end <u>e)</u> , have you done any ercises, sports, or phys	ysical at calendar), ling this past (of the ically	b. How many past 2 week (play/go/do (activity in 2	times in the ‹s did you ›)	_	RKED "YES" IN 2a. c. On the average, about how many minutes did you actually spend <u>factivity in</u> <u>2a</u>) on each occasion?	000-	d. What usually happened t rate or breathing when yu <u>2a)?</u> Did you have a smal or large increase, or no in in your heart rate or breat	ou <u>(activity ir</u> l, moderate, crease at all thing?
active hobbie (1) Walkii	es) — YE ng for exercise? 1		(1)	Times	8608	Minutes	8610	1 Small 3 Larg	
ITEM W2	Refer to age. 1 🗆	SP is 75+ (23) Other (2)		(miles					-
(2) Joggin	ng or running?	1 🗆 2 🗆	(2)	Times	8616	Minutes	8618	1 Small 3 Larg 2 Moderate 4 None	2
(3) Hiking	;?	1 🗆 2 🗆	(3)	Times	8623	Minutes	8625	1 Small 3 Larg	2
(4) Garde	ning or yard work	? 1□2□	(4)	Times	8630	Minutes	8632	1 Small 3 Larg	2
(5) Aerob dancir	ics or aerobic ng?	1 🗆 2 🗆	(5)	Times	8637	Minutes	8639	1 Small 3 Larg 2 Moderate 4 None	
(6) Other	dancing?	1 🗆 2 🗆	(6)	Times	8644	Minutes	8646	1 □ Small 3 □ Larg 2 □ Moderate 4 □ None	9
(7) Calistł exerci	nenics or general se?	1 🗆 2 🗆	(7)	Times	8651	Minutes	8653	1 Small 3 Larg 2 Moderate 4 Non	
(8) Golf?		1 🗆 2 🗆	(8)	Times	8658	Minutes	8660	1 Small 3 Larg 2 Moderate 4 None	5
(9) Tennis	\$?	1 🗆 2 🗆	(9)	Times	8665	Minutes	8667	1 Small 3 Larg	2
(10) Bowlii	ng?	1 🗆 2 🗆	(10)	Times	8672	Minutes	8674 8681	1 Small 3 Larg 2 Moderate 4 None 1 Small 3 Larg	2
(11) Biking	?	1 🗆 2 🗆	(11)	Times	8686	Minutes	8688	2 Moderate 4 None 1 Small 3 Larg	2
(12) Swimı exerci	ming or water ses?	1 🗆 2 🗆	(12)	Times		Minutes		2 🗌 Moderate 4 🗌 Non	5
(13) Yoga?		1 🗆 2 🗆	(13)	Times	8693	Minutes	8695	1 Small 3 Larg 2 Moderate 4 None	
ITEM W3	Refer to age. 1								
(14) Weigh	nt lifting or training	;?1 🗆 2 🗆	(14)	Times	8707	Minutes	8709	1 Small 3 Larg	2
(15) Baske	tball?	1 🗆 2 🗆	(15)	Times	8714	Minutes	8716	1 Small 3 Larg 2 Moderate 4 None	2
(16) Baseb	all or softball?	1 🗆 2 🗆	(16)	Times	8721	Minutes	8723	1 Small 3 Larg	2
(17) Footb	all?	1 🗆 2 🗆	(17)	Times	8728	Minutes	8730 8737	1 Small 3 Larg 2 Moderate 4 None 1 Small 3 Larg	2
(18) Socce	r?	1 🗆 2 🗆	(18)	Times	8742	Minutes	8744	2 Moderate 4 None 1 Small 3 Larg	2
(19) Volley	/ball?	1 🗆 2 🗆	(19)	Times	8749	Minutes	8751	2 Moderate 4 Non 1 Small 3 Larg	2
(20) Handb or squ	oall, racquetball, Iash?	1 🗆 2 🗆	(20)	Times		Minutes		2 🗌 Moderate 4 🗌 Non	2
(21) Skatin	g?	1 🗆 2 🗆	(21)	Times	8756 8763	Minutes	8758 8765	1 Small 3 Larg 2 Moderate 4 None 1 Small 3 Larg	5
(22) Skiing	?	1 🗆 2 🗆	(22)	Times	0705	Minutes	5705	2 Moderate 4 Non	
physic		er) exercises, sports, o s in the past 2 weeks d)?	pr						
Yes—W Anything e	/hat were they? else?	□ No	(23)	Times	8771	Minutes	8773	1 Small 3 Larg 2 Moderate 4 None	
			(8779		8781	1	
			(23)	Times		Minutes			

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Section W	EXERCISE — Continued	
3. Do you exercise or play sports regularly?	1	8785
4. For how long have you exercised or played sports regularly?	1 Days 2 Weeks 3 Months 4 Years	8786
5a. Would you say that you are physically more active, less active, or about as active as other persons your age?	1 More active 2 Less active 3 About as active (W4) 4 Other	8789
b. Is that (a lot more or a little more/a lot less or a little less) active?	1 A lot more 2 A little more 3 A lot less 4 A little less	8790
ITEM Refer to "Wa/Wb" boxes in C1 on HIS-1. W4	1	
6a. How much hard physical work is required on your job? Would you say a great deal, a moderate amount, a little, or none?	1 Great deal 2 Moderate amount 3 A little (7) 4 None	8792
b. About how many hours per day do you perform hard physical work on your job?	Hours (7)	8793
c. How much hard physical work is required in your main daily activity? Would you say a great deal, a moderate amount, a little, or none?	1 Great deal 2 Moderate amount 3 A little (7) 4 None (7)	8795
d. About how many hours per day do you perform hard physical work in your main daily activity?	Hours	8796
These next questions are about strengthening the heart and lungs through exercise.	0 Double No days (Section X) Days a week	8798
7a. How many days a week do you think a person should exercise to strengthen the heart and lungs?	8 Other 9 DK or refused	
b. For how many minutes do you think a person should exercise on EACH occasion so that the heart and lungs are strengthened?	Minutes	8799
Hand card W		8702
c. (During those (<u>number in 7b)</u> minutes), how fast do you think a person's heart rate and breathing should be to strengthen the heart and lungs?		
Do you think that the heart and breathing rate should be $-$		
no faster than usual, a little faster than usual, a lot faster but talking is possible so fast that talking is not possible?	 No faster than usual A little faster than usual a lot faster but talking is possible So fast that talking is not possible DK 	

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			RT 77			
	Section G — NUTRITION					
	Hand Card G1. Read each category if telephone interview.					
3.	Are you currently doing any of these things to control	01 I Joined a weight loss program	7–8			
	your weight?	02 Eating fewer calories	9–10			
		03 🔲 Eating special products, such as canned	11-12			
		or powdered food supplements				
	Mark each that applies.	04 🗌 Exercising more	13-14			
		05 Fasting for 24 hours or longer	15-16			
		06 🗌 Skipping meals	17-18			
		07 🗌 Taking diet pills	19-20			
		08 🗌 Taking laxatives	21-22			
		09 Taking water pills or diuretics	23-24			
		10 🗆 Vomiting	25-26			
		98 Something else Specify	27-28			
		00 🗆 Nothing	29-30			

			RT 79
	Section I— OCCUPAT	IONAL SAFETY AND HEALTH	3–4
	Hand Card I4. Read each category if telephone interview.		30–31
10a	. Which of these exercise programs are made available	01 🗆 Walking group	32–33
	to you by your employer?	02 🛛 Jogging/Running group	34–35
		03 🗆 Biking/Cycling group	36-37
	Mark each that applies.	04 🗆 Aerobics classes	38-39
		05 🗆 Swimming classes	40-41
		06 🔲 Non-aerobic exercise classes	42-43
		07 🗌 Weight lifting classes	44-45
		08 D Fully paid membership in health/fitness club	46-47
		09 🗌 Partially paid membership in health/fitness club	48-49
		10 Physical activity or exercise competitions	50-51
		98 🗆 Other — Specify	
		00 🗆 No programs	52-53
		99 🗆 DK	54–55
	Hand Card I5. Read each category if telephone interview.		56–57
b.	Which of these exercise facilities are made available to you	01 Gymnasium/Exercise room	58-59
	by your employer, on the premises?	02 🗆 Weight lifting equipment	60-61
		03 🗆 Exercise equipment	62-63
	Mark each that applies.	04 🛛 Walking/Jogging path	64-65
		05 Parcours/Fitness trails	66-67
		06 🗆 Bike path	68-69
		07 🗆 Bike racks	70-71
		08 🗆 Swimming pool	72-73
		09 🗆 Showers	74-75
		10 🗆 Lockers	76-77
		98 🗆 Other — Specify	
		00 🗆 No facilities	78–79
		99 🗆 DK	80-81

				RT 83			
	Section M — PHYSICAL ACTIVITY AND FITNESS						
The	se next (questions are about physical exercise.					
ITEM Mark from observation or previous information.		Mark from observation or previous information.	1 SP is physically handicapped (Describe in footnotes, THEN 1) 8 Other (2)	5			
1a.	 Hand calendar. 1a. In the past 2 weeks (outlined on that calendar), beginning Monday (<u>date)</u> and ending this past Sunday (<u>date)</u>, have you done any exercises, sports, or physically active hobbies? 		1 □ Yes (1b) 1 □ No 2 □ DK (3 on page 40)	6			
b.		were they? d on next page, THEN 1c.					
c.	Anyth	ing else?	1 □ Yes (Reask 1b and c) 2 □ No (2b)				

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			b. How many times in the		c. On the average, about		d. What usually happened to your h
Hand calendar. a. In the past 2 weeks (outlined on that cal beginning Monday, (<u>date</u>), and ending th Sunday, (<u>date</u>), have you done any (of th following exercises, sports, or physically	nis past Ie		b. How many times in the past 2 weeks did you (play/go/do) (activity in 2a)?		c. On the average, about how many minutes did you actually spend (activity in 2a) on each time?		d. What usually happened to your h rate or breathing when you (activ in 2a)? Did you have a small, moderate, or large increase, or n increase at all in your heart rate of breathing?
active hobbies) —	YES NO	7		8–9		10-12	1 Small 3 Large
(1) Walking for exercise?	1 🗆 2 🗆		(1)Times	-	Minutes		2 Moderate 0 No inc. 9
(2) Gardening or yard work?	1 🗆 2 🗆	14	(2) Times	15–16	Minutes	17–19	1 □ Small 3 □ Large 2 □ Moderate 0 □ No inc. 9 □
(2) Gardening of yard work?		21	(2) Times	22-23	Williutes	24–26	
(3) Stretching exercises?	1 🗆 2 🗆	21	(3) Times	22-23	Minutes (Next activity)	24-20	
., .		27	.,	28-29		30-32	1 🗆 Small 3 🗆 Large
(4) Weightlifting or other exercis	es		(4) Times		Minutes		2 🗆 Moderate 0 🗆 No inc. 9 🗆
to increase muscle strength?	1 🗆 2 🗆						
		34		35-36		37–39	1 🗆 Small 3 🗆 Large
(5) Jogging or running?	1 🗆 2 🗆	-	(5) Times	-	Minutes	-	2 🗆 Moderate 0 🗆 No inc. 9 🗆
(6) Aprohics or aprohis dansing?	1 🗆 2 🗆	41	(6) Timor	42-43	Minutos	44-46	1 □ Small 3 □ Large 2 □ Moderate 0 □ No inc. 9 □
(6) Aerobics or aerobic dancing?	1 LI Z LI	48	(6) Times	49-50	Minutes	51-53	1 🗆 Small 3 🗆 Large
(7) Riding a bicycle or	1 🗆 2 🗆	40	(7) Times	49-30	Minutes	31-33	2 Moderate 0 No inc. 9
exercise bike?							
		55		56-57		58-60	1 Gmall 3 GLarge
(8) Stair climbing?	1 🗆 2 🗆		(8) Times		Minutes	a=	2 Moderate 0 No inc. 9
(9) Swimming for exercise?	1 🗆 2 🗆	62	(9) Times	63–64	Minutes	65–67	1 □ Small 3 □ Large 2 □ Moderate 0 □ No inc. 9 □
(J) Swimming for exercise:	1 . 2 .	69	(5) miles	70-71	windles	72-74	1 Small 3 Large
(10) Playing tennis?	1 🗆 2 🗆	05	(10) Times	70-71	Minutes	72-74	2 Moderate 0 No inc. 9
		76		77–78			
(11) Bowling?	1 🗆 2 🗆		(11) Times				
		79		80-81			
(12) Playing golf?	1 🗆 2 🗆	T	(12) Times	- T		T	
(13) Playing baseball or softball?	1 🗆 2 🗆	82	(13) Times	83-84	Minutes	85-87	1 □ Small 3 □ Large 2 □ Moderate 0 □ No inc. 9 □
(15) Flaying baseball of softball?	1 2	89	(13) miles	90-91	windles	92-94	1 Small 3 Large
(14) Handball, racquetball, or squash?	1 🗆 2 🗆		(14) Times	30 31	Minutes	52 54	2 Moderate 0 No inc. 9
		96		97–98			
(15) Skiing? □Yes ♣ □ No (1)			(a) T imes (
(a) Downhill?	1 🗆 2 🗆	00	(a) Times (Next activity)	100 101		102 104	1
		99	(b) Times	100-101		102–104	1 □ Small 3 □ Large 1 2 □ Moderate 0 □ No inc. 9 □
(b) Cross-country?	1 🗆 2 🗆	106	(b) Times	407 400			
		RT 84	(c) Times	107-108			
(c) Water?	1 🗆 2 🗆	3-4		6-7		8-10	
		5]		1	- 10	1 🗆 Small 3 🗆 Large
(16) Playing basketball?	1 🗆 2 🗆		(16) Times		Minutes		2
		12		13-14		15-17	1 Small 3 Large
(17) Playing volleyball?	1 🗆 2 🗆		(17) Times		Minutes	aa a -	2 Moderate 0 No inc. 9
(18) Playing soccer?	1 🗆 2 🗆	19	(18) Times	20-21	Minutes	22–24	1 □ Small 3 □ Large 2 □ Moderate 0 □ No inc. 9 □
(/·	4	26	<u>,</u> mics	27–28		29-31	1 Small 3 Large
(19) Playing football?	1 🗆 2 🗆		(19) Times		Minutes	01	2 Moderate 0 No inc. 9
(20) Have you done any (other) e physically active hobbies in t							
1 🗆 Yes—What were they?	2 🗆 No	33	1				
Anything else? If listed activity, mark "Yes" for that otherwise, specify &							
ourier while, specify V		34–35	1	36-37	1	38–40	1 🗆 Small 3 🗆 Large
		<u> </u>	(20) Times	·	Minutes		2 Moderate 0 No inc. 9
Anything else? 1 Ye	s 2 🗆 No	42		45-46		47-49	1
		43-44					2 🗆 Moderate 0 🗆 No inc. 9 🗆
		L	(20) Times		Minutes		

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(18 years and over) [Monitored progress toward Healthy People 2000 National Health Objectives]

				S	ection I	M — PHYSICAL A		AND FITNESS — Contir	nued		
ITE M		Refer to Section about last routi		on page 36		1 🗆 Less than 1 ye 8 🗆 Other <i>(Sectio</i>					51
profe exerc	essional r cise or ph	st routine check-up, ecommend that you ysical activity? this was to begin or	BEGIN or CONT	or other health INUE to do any	ו y type of	2 Yes, to CONT	4 No (Section N)				
				RT 94	Ask 4b,	c, and d for each activity	marked "Ye	s" in 4a.			
did th recon to do	ne doctor nmend ti	exercise or physical or other health pro nat you (BEGIN (or) (ories.	fessional CONTINUE)	3-4	did th healt to (pl	b. How many times per week did the doctor or other health professional tell you to (play/go/do) (activity in 4a)?		c. How many minutes did the doctor or other health professional tell you to spend (playing/going/doing) (activity in 4a) each time that you do it?		Hand card M1. Read all categories if telephone interview. Mark all that appl d. Which of these ways, if any, did the d or other health professional recomme check how hard you should exercise?	
(1)	Aerobio	cs or aerobic dan	YES NO ce?1	5	(1)	Times 97 🗆 No rec.	6–7	Minutes 997 🗆 No rec.	8–10	0 □ No rec. 4 □ Distance/ 1 □ Heart Speed 2 □ Breath 5 □ Talk	11–17
(2)	Riding	a bicycle or	1 🗆 2 🗆	18	(2)	Times	19–20	Minutes	21-23	3 □ Sweat 5 □ Other 0 □ No rec. 4 □ Distance/ 1 □ Heart Speed	24–30
	exercis			31		97 🗆 No rec.	32-33	997 🗆 No rec.	34–36	2 □ Breath 5 □ Talk 3 □ Sweat 5 □ Other 0 □ No rec. 4 □ Distance/	37-43
(3)	Jogging	g or running?	1 🗆 2 🗆		(3)	Times 97 🗆 No rec.		Minutes 997 □ No rec.		1 Heart Speed 2 Breath 5 Talk 3 Sweat 5 Other	
• • •		ning laps or exercises?	1 🗆 2 🗆	44	(4)	Times 97 □ No rec.	45-46	Minutes 997 🗆 No rec.	47–49	0 No rec. 4 Distance/ 1 Heart Speed 2 Breath 5 Talk 3 Sweat 5 Other	50-56
(5)	Walkin	g?	1 🗆 2 🗆	57	(5)	Times 97 🗆 No rec.	58–59	Minutes 997 □ No rec.	60–62	0 No rec. 4 Distance/ 1 Heart Speed 2 Breath 5 Talk 3 Sweat 5 Other	63–69
	Other a exercis	aerobic type e?	1 🗆 2 🗆	70	(6)	Times 97 🗌 No rec.	71-72	Minutes 997 □ No rec.	73–75	0 No rec. 4 Distance/ 1 Heart Speed 2 Breath 5 Talk 3 Sweat 5 Other	76–82
		es to increase strength?	1 🗆 2 🗆	83	(7)	Times 97 🗌 No rec.	84–85	Minutes 997 □ No rec.	86–88		
		ing exercises?	1 🗆 2 🗆	89	(8)	Times 97 🗆 No rec.	90–91	Minutes (# 997 🗆 No rec.			
(9)	Other ·	— Specify 🗸	1 🗆 2 🗆	95	(9)	Times 97 🗆 No rec.	98–99	Minutes 997 □ No rec.	100–102	0 No rec. 4 Distance/ 1 Heart Speed 2 Breath 5 Talk 3 Sweat 5 Other	103–109
Notes				96–97							

1993 NHIS Year 2000 Objectives Supplement (18 years and over)

[Monitored progress toward Healthy People 2000 National Health Objectives]

	YD — OCCUPATIONAL S	AFETY AND HEALTH — (Continued)	
HAN	ID CARD T4. Read each category if telephone interview.		
6a.	Which of these exercise programs are made available to	01 🗆 Walking group	19-20
	you by your employer?	02 🔲 Jogging/Running group	21-22
		03 🔲 Biking/Cycling group	23-24
	Anything else?	04 🔲 Aerobics classes	25-26
	Mark (X) each that applies.	05 🔲 Swimming classes	27-28
		06 🔲 Non-aerobic exercise classes	29-30
		07 🗌 Weight lifting classes	31–32
		08 Fully paid membership in health/fitness club	33-34
		09 D Partially paid membership in health/fitness club	35-36
		10 D Physical activity or exercise competition	37–38
		98 □ Other — Specify &	39–40
		00 O No programs	41-42
		99 🗆 DK	43-44
HAN	ID CARD T5. Read each category if telephone interview.		
b.	Which of these exercise facilities are made available to	01 Gymnasium/Exercise room	45-46
	you by your employer, on the premises?	02 🔲 Weight lifting equipment	47-48
		03 🗆 Exercise equipment	49-50
	Anything else?	04 🔲 Walking/Jogging path	51-52
	Mark (X) each that applies.	05 Parcours/Fitness trails	53-54
		06 🔲 Bike path	55-56
		07 🔲 Bike racks	57-58
		08 🔲 Swimming pool	59-60
		09 🗆 Showers	61–62
		10 🗆 Lockers	63-64
		98 □ Other — Specify &	65–66
		00 🗌 No facilities	67–68
		99 🗆 DK	69–70

					RT 80
	YG — CLINICAL AND PR	EVENTIV	E SERV	ICES	3–4
3.	During this last check-up, were you asked about — a. Your diet and eating habits? b. The amount of physical activity or exercise you get?	Yes 1 🗆 1 🗆	No 2 🗆 2 🗆	DK 9 🗆 9	8

1994 NHIS Year 2000 Objectives Supplement (18 years and over)

[Monitored progress toward Healthy People 2000 National Health Objectives]

	IPATIONAL SAFETY AND HEALTH	
HAND CARD YC4. Read categories if telephone interview.		
7a. In the past year, which of these exercise facilities, if any,	01 🗌 Gymnasium/Exercise room	48-49
were made available to you by your employer?	02 🛛 Weight lifting equipment	50-51
	03 🗌 Exercise equipment	52-53
(Anything else?)	04 🔲 Walking/Jogging path	54-55
Mark (X) each that applies.	05 Parcours/Fitness trails	56-57
	06 🔲 Bike path	58-59
	07	60-61
	08 Swimming pool	62-63
	09 G Showers	64-65
	10 🗆 Lockers	66-67
	11 □ Other — Specify 4	68-69
		_
	99 🗆 DK	70-71
	00 🗌 No facilities (8)	72-73
HAND CARD YC4. Read categories marked in 7a if telephone interviev	w.	
b. In the past year, which of these facilities did you use?	01 🔲 Gymnasium/Exercise room	74-75
	02 🛛 Weight lifting equipment	76-77
(Anything else?)	03 Exercise equipment	78-79
		80-81
Mark (X) each that applies.	0, 00 01	
	05 Parcours/Fitness trails	82-83
	06 Bike path	84-85
	07 🔲 Bike racks	86-87
	08 Swimming pool	88-89
	09 🗆 Showers	90-91
	10 🗆 Lockers	92-93
	11 \Box Other – Specify \mathcal{J}	94-95
	99 DK	96-97
	00 🗆 None	98-99
	oo 🗆 None	98-99
HAND CARD YC5. Read categories if telephone interview.		
Ba. In the past year, which of these exercise programs, if any,	01 🗆 Walking group	5-6
	00 1	
were made available to you on the premises by your employ		7-8
	03 🔲 Biking/Cycling group	9–10
(Anything else?)	04 🔲 Aerobics classes	11-12
Mark (X) each that applies.	05 🗆 Swimming classes	13-14
	06 🔲 Non-aerobic exercise classes	15-16
	07 🗆 Weight lifting classes	17-18
	5 5	19-20
	09 Partially paid membership in health/fitness club	21–22
	10 Physical activity or exercise competition	23-24
	11 □ Other — Specify 4	25-26
	99 🗆 DK	27-28
	00 🗌 No programs <i>(9)</i>	29-30
REFER TO CARD YC5. Read categories marked in 8a if telephone inter	niew	
 In the past year, which of these programs did you participate 		31-32
b. In the past year, which of these programs du you participate		-
	02 Jogging/Running group	33-34
Anything else?	03 🔲 Biking/Cycling group	35-36
Mark (X) each that applies.	04 Aerobics classes	37-38
	05 Swimming classes	39-40
	06 🔲 Non-aerobic exercise classes	41-42
	07 Weight lifting classes	43-44
	08 Eully paid membership in health/fitness club	45-46
	09 Dertially paid membership in health/fitness club	47-48
	10 Physical activity or exercise competition	49-50
	11 □ Other — Specify 4	51-52
Part D — HEAF	RT DISEASE AND STROKE	3-4
 During this last check-up, were you asked about — 	Yes No DK	
a. Your diet and eating habits?		26
b. The amount of physical activity or exercise you get?		27
	Part F — FAMILY	
Thinking only of the family members 10 or over who live with you, in the past month, have you had any discussions about	out — Yes No DK	
	out — Yes No DK	60
with you, in the past month, have you had any discussions ab	out — Yes No DK	60

1994 NHIS Disability Follow-back Survey —Adult's Questionnaire

(DFS-2) (70 years and over, with a disability)

		RT 92
Section M — HEALTH O	3–4	
Reminder — If SP is less that	n 70 years old, skip to Section O on page 87.	· · · ·
READ TO RESPONDENT — Now I'd like to ask your personal		
opinions about health related matters.		
3. Compared to your own level of physical activity 1 year ago,		7
would you say you are now more active, less active, or	1 More active	
about the same as you were then?	2 🗌 Less active	
	3 🗆 About the same	
Mark (X) only one.	9 🗆 DK	
4. Do you follow a REGULAR routine of physical exercise?		0
4. Do you follow a REGOLAR fourne of physical exercise:	1 🗆 Yes	0
	$3 \square DK$	
	5 🗆 DK	

1994 NHIS Disability Follow-back Survey — Supplement on Aging

(DFS-3) (70 years and over, without a disability)

			RT 41		
	Section K — HEALTH OPINIONS AND BEHAVIORS				
REA	AD TO RESPONDENT — Now I'd like to ask your personal				
opi	nions about health related matters.				
3.	Compared to your own level of physical activity 1 year ago,		7		
	would you say you are now more active, less active, or	1 🗆 More active			
	about the same as you were then?	2 🗆 Less active			
		3 🗌 About the same			
	Mark (X) only one.	9 🗆 DK			
4.	Do you follow a REGULAR routine of physical exercise?		8		
	bo you follow a nedozak fourne of physical excitese.	1 🗆 Yes			
		2 🗆 No			
		3 🗆 DK			

1995 NHIS Year 2000 Objectives Supplement (18 years and over)

[Monitored progress toward Healthy People 2000 National Health Objectives]

			RT 94
	Part B—	NUTRITION	3–4
	HAND CARD YB1. Read categories if telephone interview.		
2.	Are you currently doing any of these things to control your	01 🛛 Joined a weight loss program	6-7
	weight?	02 Eating fewer calories	8–9
		03 🔲 Eating special products such as canned	10-11
	Mark (X) all that applies.	or powdered food supplements	<u>.</u>
		04 Exercising more	12-13
		05 🗆 Eating less fat	14-15
		06 🗆 Skipping meals	16-1
		07 🗆 Taking diet pills	18-1
		08 Taking laxatives	20-2
		09 Taking water pills or diuretics	22-2
		10 🗆 Vomiting	24-2
		11 Fasting for 24 hours or longer	26-2
		98 □ Something else — Specify &	28-2
		00 🗆 Nothing	30-3
	Part B —	NUTRITION — Continued	
Ba.	In the past 12 months, did you participate in an exercise		48
	class or exercise program?	1 [] Yes (8b)	
		2	
) .	Where was the exercise class given — at a senior center,		49
	hospital, or some other place?	1 Senior center	
	If multiple classes, probe for the location of the most recent.	2 Hospital 3 Other place	
		9 DK	
	Mark (X) only one.		

				RT 95			
	Part E — PHYSICAL ACTIVITY AND FITNESS						
The	These next questions are about physical exercise.						
ITEM E1		Mark from observation or previous information.	 SP is physically handicapped. (Describe in notes, THEN 1) Other 	5			
1a.	HAND CALENDAR. 1a. In the past 2 weeks (outlined on that calendar), beginning Monday (<u>date)</u> and ending this past Sunday (<u>date)</u> , have you done any exercises, sports, or physically active hobbies?		1 □ Yes (1b) 1 □ No (3 on page 58) 2 □ DK	6			
b.	b. What were they? Record in 2a on page 57, THEN 1c.						
с.	Anyth	ing else?	 Yes (Reask 1b and c) No (Mark "No" for all remaining activities in 2a, then go to 2b) 				

1995 NHIS Year 2000 Objectives Supplement---Con. (18 years and over)

[Monitored progress toward Healthy People 2000 National Health Objectives]

NOTE: ASK ALL OF 2a BEFORE GOI						ESS — Continued			
	ING TO 2b–d.			(2b-d FOR EACH AC	CTIVITY MARK				
HAND CALENDAR.	calendar)			ny times in the eeks did you		c. On the average, about how many minutes did you actually spend		d. What usually happened to y rate or breathing when you [did/went] (activity in 2a)?	i
beginning Monday, (<u>date</u>), and ending Sunday, (<u>date</u>), have YOU done any (of following exercises, sports, or physical	g this past of the		(activity)	<u>in 2a)?</u>		(doing) <u>(activity in 2a)</u> each time?		have a small, moderate, or increase, or no increase at a heart rate or breathing?	large
active hobbies) —	YES NO	7	ł		8–9		10-12	1 Small 3 Large	13
(1) Walking for exercise?	1 🗆 2 🗆	L	(1)	Times		Minutes		2 🗆 Moderate 0 🗆 No inc.	9 🗆 DK
		14			15-16		17–19	1 🗆 Small 🛛 3 🗆 Large	20
(2) Gardening or yard work?	1 🗆 2 🗆		(2)	Times		Minutes		2 \Box Moderate 0 \Box No inc.	9 🗆 DK
		21			22–23		24–26		
(3) Stretching exercises?	1 🗆 2 🗆		(3)	Times		Minutes (Next activity)			
		27			28–29		30-32	1 🗆 Small 3 🗆 Large	33
(4) Weightlifting or other exerc			(4)	Times		Minutes		2 \Box Moderate 0 \Box No inc.	9 🗆 DK
to increase muscle strength	1 □ 2□								
(F) Is set as a marked 2	1 - 2-	34	(5)	T ime	35–36	A discussion	37–39	1 Small 3 Large	40
(5) Jogging or running?	1 🗆 2 🗆		(5)	Times		Minutes		2 Moderate 0 No inc.	-
(6) Aerobics or aerobic dancing	7 1 □ 2 □	41	(6)	Times	42-43	Minutes	44–46	1 □ Small 3 □ Large 2 □ Moderate 0 □ No inc.	47
(e) Acrosics of acrosic uditeling	,,	48	(0)		49-50		51-53	1	54
(7) Riding a bicycle or	1 🗆 2 🗆	+0	(7)	Times	-9-30	Minutes	31-33	2 🗆 Moderate 0 🗆 No inc.	-
exercise bike?			. ,						
		55	j		56-57		58-60	1 🗆 Small 🛛 3 🗆 Large	61
(8) Stair climbing for exercise?	1 🗆 2 🗆		(8)	Times		Minutes		2 🗆 Moderate 0 🗆 No inc.	9 🗆 DK
		62			63–64		65–67	1 🗆 Small 3 🗆 Large	68
(9) Swimming for exercise?	1 🗆 2 🗆		(9)	Times		Minutes		2 \Box Moderate 0 \Box No inc.	9 🗆 DK
		69			70-71		72-74	1 🗆 Small 3 🗆 Large	75
(10) Playing tennis?	1 🗆 2 🗆		(10)	Times	r	Minutes		2 Moderate 0 No inc.	9 🗆 DK
		76			77–78				
(11) Playing golf?	1 🗆 2 🗆		(11)	Times					
(12) Bowling?	1 🗆 2 🗆	79	(12)	Times	80-81				
(12) Bowning:	1 🗆 2	07	(12)	nines	02.04		01 07		00
(13) Playing baseball or softball?	? 1 □ 2□	82	(13)	Times	83-84	Minutes	85–87	1 □ Small 3 □ Large 2 □ Moderate 0 □ No inc.	88 9 □ DK
(10). 10).10 20002011 01 00102011		89	(10)		90-91		92-94	1 Small 3 Large	95
(14) Playing handball, racquetba	all, 1 🗆 2🗆	05	(14)	Times	50 51	Minutes	52 51	2 □ Moderate 0 □ No inc.	
or squash?									
		96			97–98				
(15) Skiing? □Yes ↓ □ No ((16)								
(a) Downhill?	1 🗆 2 🗆		(a)	Times (Next activity)					
		99					102-104		
		33			100-101		102 104	1 🗆 Small 🛛 3 🗆 Large	105
(b) Cross-country?	1 🗆 2 🗆		(b)	_ Times	100-101		102 104	1 □ Small 3 □ Large 2 □ Moderate 0 □ No inc.	
(b) Cross-country?	1 🗆 2	106	(b)	_ Times	107-108		102 104		
(b) Cross-country? (c) Water?	1 🗆 2 🗆		(b) (c)	_ Times _ Times			102 104		
		106 RT 96 3-4					8-10	2 🗆 Moderate 0 🗆 No inc.	
(c) Water?	1 🗆 2	106 RT 96	(c)	_ Times	107–108	Minutes		2	9 🗆 DK
		106 RT 96 3-4 5			107–108 6–7	Minutes	8–10	2	9 🗆 DK 11 9 🗆 DK
(c) Water? (16) Playing basketball?	1 🗆 2	106 RT 96 3-4	(c) (16)	Times	107–108			2	9 🗆 DK 11 9 🗆 DK 18
(c) Water?	1 🗆 2 🗆	106 RT 96 3-4 5 12	(c)	Times	<u>107–108</u> <u>6–7</u> <u>13–14</u>	Minutes	8-10	2	9 □ DK 11 9 □ DK 18 9 □ DK
(c) Water? (16) Playing basketball?	1 🗆 2 🗆	106 RT 96 3-4 5	(c) (16)	Times	107–108 6–7		8–10	2	9 🗆 DK 11 9 🗆 DK 18
(c) Water? (16) Playing basketball? (17) Playing volleyball?	1 . 2 1 . 2 1 . 2	106 RT 96 3-4 5 12	(c) (16) (17)	_ Times Times Times	<u>107–108</u> <u>6–7</u> <u>13–14</u>	Minutes	8-10	2 Moderate 0 No inc. 1 Small 3 Large 2 Moderate0 No inc. 1 Small 3 Large 2 Moderate0 No inc. 1 Small 3 Large 2 Moderate 0 No inc. 1 Small 3 Large	9 □ DK 11 9 □ DK 18 9 □ DK 25
(c) Water? (16) Playing basketball? (17) Playing volleyball?	1 . 2 1 . 2 1 . 2	106 RT 96 3-4 5 12 19	(c) (16) (17)	_ Times Times Times	107-108 6-7 13-14 20-21	Minutes	8-10 15-17 22-24	2 Moderate 0 No inc. 1 Small 3 Large 2 Moderate0 No inc. 1 Small 3 Large 2 Moderate0 No inc. 1 Small 3 Large 2 Moderate 0 No inc. 1 Small 3 Large 2 Moderate 0 No inc.	9 DK 9 DK 9 DK 18 9 DK 25 9 DK 32
 (c) Water? (16) Playing basketball? (17) Playing volleyball? (18) Playing soccer? (19) Playing football? 	1 2 2 1 1 2 2 1 1 2 2 1 1 2 2 1 1 2 2 1 1 1 2 2 1 1 1 2 2 1 1 1 2 2 1 1 1 2 2 1 1 1 2 1 1 1 2 1 1 1 2 1 1 1 2 1 1 1 2 1 1 1 2 1 1 1 2 1 1 1 2 1 1 1 1 2 1 1 1 1 2 1 1 1 1 2 1 1 1 1 1 2 1	106 RT 96 <u>3-4</u> 5 12 19 26	(c) (16) (17) (18)	_ Times Times Times Times	107-108 6-7 13-14 20-21	Minutes	8-10 15-17 22-24	2 Moderate 0 No inc. 1 Small 3 Large 2 Moderate0 No inc. 1 Small 3 Large 2 Moderate 0 No inc. 1 Small 3 Large 2 Moderate 0 No inc. 1 Small 3 Large 2 Moderate 0 No inc.	9 DK 9 DK 9 DK 18 9 DK 25 9 DK 32
 (c) Water? (16) Playing basketball? (17) Playing volleyball? (18) Playing soccer? 	1 2 2 1 2 2 1 2 2 1 2 2 1 2 2 1 2 2 1 2 2 1 2 2 1 2 2 1 2 2 1 2 2 1 2 2 1 2 2 1 2 2 1 2 2 2 1 2	106 RT 96 3-4 5 12 19 26	(c) (16) (17) (18)	_ Times Times Times Times	107-108 6-7 13-14 20-21	Minutes	8-10 15-17 22-24	2 Moderate 0 No inc. 1 Small 3 Large 2 Moderate0 No inc. 1 Small 3 Large 2 Moderate 0 No inc. 1 Small 3 Large 2 Moderate 0 No inc. 1 Small 3 Large 2 Moderate 0 No inc.	9 DK 9 DK 9 DK 18 9 DK 25 9 DK 32
(c) Water? (16) Playing basketball? (17) Playing volleyball? (18) Playing soccer? (19) Playing football? (20) Have you done any (other) physically active hobbies in	1 2 2 1 2 2 1 2 2 1 2 2 1 2 2 1 2 2 1 2 2 1 2 2 1 2 2 1 2 2 1 2 2 1 2 2 1 2 2 1 2 2 1 2 2 2 1 2	106 RT 96 3-4 5 12 19 26	(c) (16) (17) (18)	_ Times Times Times Times	107-108 6-7 13-14 20-21	Minutes	8-10 15-17 22-24	2 Moderate 0 No inc. 1 Small 3 Large 2 Moderate0 No inc. 1 Small 3 Large 2 Moderate 0 No inc. 1 Small 3 Large 2 Moderate 0 No inc. 1 Small 3 Large 2 Moderate 0 No inc.	9 DK 9 DK 9 DK 18 9 DK 25 9 DK 32
 (c) Water? (16) Playing basketball? (17) Playing volleyball? (18) Playing soccer? (19) Playing football? (20) Have you done any (other) 	1 2 1 2 1 2 1 2 1 2 1 2 1 2 1 2	106 RT 96 3-4 5 12 19 26 is, or eks?	(c) (16) (17) (18)	_ Times Times Times Times	107-108 6-7 13-14 20-21	Minutes	8-10 15-17 22-24	2 Moderate 0 No inc. 1 Small 3 Large 2 Moderate0 No inc. 1 Small 3 Large 2 Moderate 0 No inc. 1 Small 3 Large 2 Moderate 0 No inc. 1 Small 3 Large 2 Moderate 0 No inc.	9 DK 9 DK 9 DK 18 9 DK 25 9 DK 32
 (c) Water? (16) Playing basketball? (17) Playing volleyball? (18) Playing soccer? (19) Playing football? (20) Have you done any (other) physically active hobbies in 1 Yes — What were they? Anything else? If activity listed above, mark "Yes" 	1 2 2 1	106 RT 96 3-4 5 12 19 26 is, or eks?	(c) (16) (17) (18)	_ Times Times Times Times	107-108 6-7 13-14 20-21	Minutes	8-10 15-17 22-24	2 Moderate 0 No inc. 1 Small 3 Large 2 Moderate0 No inc. 1 Small 3 Large 2 Moderate 0 No inc. 1 Small 3 Large 2 Moderate 0 No inc. 1 Small 3 Large 2 Moderate 0 No inc.	9 DK 9 DK 9 DK 11 9 DK 18 9 DK 25 9 DK 32
 (c) Water? (16) Playing basketball? (17) Playing volleyball? (18) Playing soccer? (19) Playing football? (20) Have you done any (other) physically active hobbies in 1	1 2 2 1	106 RT 96 3-4 5 12 19 26 is, or eks? 33	(c) (16) (17) (18)	_ Times Times Times Times	107-108 6-7 13-14 20-21 27-28	Minutes	8-10 15-17 22-24 29-31	2 Moderate 0 No inc. 1 Small 3 Large 2 Moderate0 No inc. 1 Small 3 Large 2 Moderate 0 No inc. 1 Small 3 Large 2 Moderate 0 No inc. 1 Small 3 Large 2 Moderate 0 No inc.	9 DK 11 9 DK 18 9 DK 25 9 DK 32 9 DK
 (c) Water? (16) Playing basketball? (17) Playing volleyball? (18) Playing soccer? (19) Playing football? (20) Have you done any (other) physically active hobbies in 1 □ Yes—What were they? Anything else? If activity listed above, mark "Yes" otherwise, specify & 	1 2 2 1	106 RT 96 3-4 5 12 19 26 is, or eks?	(c) (16) (17) (18) (19)	_ TimesTimesTimesTimesTimes	107-108 6-7 13-14 20-21	Minutes	8-10 15-17 22-24	2 Moderate 0 No inc. 1 Small 3 Large 2 Moderate0 No inc. 1 Small 3 Large 2 Moderate 0 No inc.	9 DK 11 9 DK 18 9 DK 25 9 DK 32 9 DK 41
 (c) Water? (16) Playing basketball? (17) Playing volleyball? (18) Playing soccer? (19) Playing football? (20) Have you done any (other) physically active hobbies in 1 Yes — What were they? Anything else? If activity listed above, mark "Yes" 	1 2 2 1	106 RT 96 3-4 5 12 19 26 s, or eks? 33 34-35	(c) (16) (17) (18)	_ Times Times Times Times	107-108 6-7 13-14 20-21 27-28 36-37	Minutes	8-10 15-17 22-24 29-31 38-40	2 Moderate 0 No inc. 1 Small 3 Large 2 Moderate0 No inc. 1 Small 3 Large 2 Moderate 0 No inc. 1 Small 3 Large 2 Moderate 0 No inc. 1 Small 3 Large 2 Moderate 0 No inc.	9 DK 11 9 DK 18 9 DK 25 9 DK 32 9 DK 41 9 DK
 (c) Water? (16) Playing basketball? (17) Playing volleyball? (18) Playing soccer? (19) Playing football? (20) Have you done any (other) physically active hobbies in 1 □ Yes—What were they? Anything else? If activity listed above, mark "Yes" otherwise, specify <i>J</i> 	1 2 2 1	106 RT 96 3-4 5 12 19 26 is, or eks? 33	(c) (16) (17) (18) (19)	_ TimesTimesTimesTimesTimes	107-108 6-7 13-14 20-21 27-28	Minutes	8-10 15-17 22-24 29-31	2 Moderate 0 No inc. 1 Small 3 Large 2 Moderate0 No inc. 1 Small 3 Large 2 Moderate 0 No inc.	9 DK 11 9 DK 18 9 DK 25 9 DK 32 9 DK 9 DK 41 9 DK 50
 (c) Water? (16) Playing basketball? (17) Playing volleyball? (18) Playing soccer? (19) Playing football? (20) Have you done any (other) physically active hobbies in 1 □ Yes—What were they? Anything else? If activity listed above, mark "Yes" otherwise, specify <i>J</i> 	1 2 2 1	106 RT 96 3-4 5 12 19 26 s, or eks? 33 34-35 42	(c) (16) (17) (18) (19)	_ TimesTimesTimesTimesTimes	107-108 6-7 13-14 20-21 27-28 36-37	Minutes	8-10 15-17 22-24 29-31 38-40	2 Moderate 0 No inc. 1 Small 3 Large 2 Moderate0 No inc. 1 Small 3 Large 2 Moderate 0 No inc.	9 DK 11 9 DK 18 9 DK 25 9 DK 32 9 DK 9 DK 41 9 DK 50

1997-Forward NHIS Sample Adult Core - Adult Health Behaviors (AHB) (18 years and over)

The next questions are about physical activities (exercise, sports, physically active hobbies...) that you may do in your LEISURE time.

AHB.090	How often do you do VIGOROUS activities for AT LEAST 10 MINUTES that cause HEAVY sweating or LARGE increases in breathing or heart rate?				
	[] NUMBER OF TIMES				
	(000) Never	(996) Unable to do this type of activity			
	(001-995) 1-995 times	(997) Refused			
		(999) DK			
	[] TIME PERIOD				
	(0) Never (AHB.100)	(6) Unable to do this activity (AHB.110)			
	(1) Day (AHB.100)	(7) Refused (AHB.100)			
	(2) Week (AHB.100)	(9) DK (AHB.100)			
	(3) Month (AHB.100)				
	(4) Year (AHB.100)				
AHB.100	About how long do you do the	se vigorous activities each time?			
	[] NUMBER				
) Refused (999) DK			
	(001 / 10) 1 / 10 (001	(000) =			
	[] TIME PERIOD				
	(1) Minutes (AHB.110)	(7) Refused (AHB.110)			
	(2) Hours (AHB.110)	(9) DK (AHB.108)			
AHB.108	Each time you do these vigoro minutes? [1997-2003]	us activities, do you do them 20 minutes or more, or less than 20			
	(1) Less than 20 minutes	(7) Refused			
	(2) 20 Minutes or more	(9) Don't know			
	()				
AHB.110	-	R MODERATE activities for AT LEAST 10 MINUTES that cause ONLY MODERATE increase in breathing or heart rate?			
	[] NUMBER OF TIMES per				
	(000) Never	(996) Unable to do this type activity			
	(001-995) 1-995	(997) Refused			
		(999) DK			
	[] TIME PERIOD				
	(0) Never (AHB.130)	(6) Unable to do this type activity (AHB.130)			
	(1) Day (AHB.120)	(7) Refused (ABH.130)			
	(2) Week (AHB.120)	(9) DK (AHB.130)			
	(3) Month (AHB.120)				
	(4) Year (AHB.120)				

1997-Forward NHIS Sample Adult Core - Adult Health Behaviors (AHB)---Con. (18 years and over)

AHB.120	About how long do you do these light or moderate activities each time?						
	[] NUMBER (001-995) 1-995	(997) Refused	(999) DK				
	[] TIME PERIOD (1) Minutes (AHB.130) (2) Hours (AHB.130)	(7) Refused (AHB.130) (9) DK (AHB.128)					
AHB.128	Each time you do these light or moderate activities, do you do them 20 minutes or more, or less than 20 minutes? [1997-2003]						
	(1) Less than 20 minutes(2) 20 Minutes or more	(7) Refused (9) DK					
AHB.130	How often do you do physical activ as lifting weights or doing calisther them before.)		to STRENGTHEN your muscles such ities even if you have mentioned				
	[] NUMBER OF TIMES per						
	(000) Never	(996) Unable to do this ty	pe activity				
	(001-995) 1-995	(997) Refused (999) DK					
	[] TIME PERIOD						
	(0) Never	(6) Unable to do this type	activity				
	(1) Day	(7) Refused					
	(2) Week	(9) DK					
	(3) Month						
	(4) Year						

1997-2003 NHIS Family Core - Injury (FIJ) [All ages]

	Questions were asked for all injury episodes occurring professional was consulted. Only response categories direct	•
FIJ.200	What {were/was} {you/subject's name} doing when	the injury happened?
	(6) Sports (organized team or individual sport such a(7) Leisure activity (excluding sports)	as running, biking, skating)
FIJ.220	Where (were/was} {you/subject's name} when the ir	njury happened?
	(9) Sport facility, athletic field or playground(12) Park/recreation area (fields, bike or jog path)	(13) River/lake/stream/ocean (14) Swimming pool

1998 NHIS Year 2000 Objectives Supplement (18 years and over)

[Monitored progress toward Healthy People 2000 National Health Objectives]

These questions were identical in content to the 1995 Year 2000 Objectives Supplement [although the format was converted to accommodate computer-assisted personal interviewing.] The 1998 questions are not repeated here.

2000 NHIS Sample Adult Cancer Supplement (18 years and over)

NAD.010 These next questions are about physical activity.

Do you usually walk or bike to work, school, or to do errands?(1) Yes(7) Refused(2) No(9) Don't know(3) Unable to walk or bike

NAD.020 Which one of the following BEST describes your usual daily activities related to moving around? Do NOT include exercises, sports, or physically active hobbies done in your leisure time.

HELP: DAILY activities may include work, housework if you are a homemaker, going to and attending classes if you are a student, and what you normally do throughout a typical day if you are retired or unemployed.

LEISURE activities include exercises, sports, or physically active hobbies that you do in your leisure time.

- FR: IF RESPONDENT IS BEDRIDDEN, ENTER '1'.
- FR: READ IF NECESSARY: Pick the one you do MOST often.

Do you (READ CATEGORIES BELOW)...

(1) SIT during MOST of the day?

- (2) STAND during MOST of the day?
- (3) WALK AROUND MOST of the day?
- (7) Refused
- (9) Don't know

NAD.030		Which one of the following BEST describes your usual daily activities related to lifting or carrying things? Do NOT include activities done in your leisure time.				
HEL	LP:	DAILY activities may include work, housework if you are a homemaker, going to and attending classes if you are a student, and what you normally do throughout a typical day if you are retired or unemployed. LEISURE activities include exercises, sports, or physically active hobbies that you do in your leisure time.				
	FR:	READ IF NECESSARY: Pick the one you do MOST often.				
		Do you (READ CATEGORIES 1-4 BELOW). 1) NOT lift or carry things very often? 2) LIFT or carry LIGHT loads? 3) LIFT or carry MODERATE loads? 4) LIFT or carry HEAVY loads? 5) Unable to lift or carry loads?				
NAD.040		Outside of work, how/How} many hours do you spend per day during the WEEKDAYS sitting? 00-24) 0-24 hours per day (97) Refused (99) Don't know				
NAD.050		Outside of work, how/How} many hours do you spend per day during the WEEKEND sitting? R: READ IF NECESSARY: nclude watching television or videos, working on the computer, playing video games, using the nternet, knitting, sewing, reading, fishing, taking long drives, watching ball games or doing other sitting activities. Weekend means any days off, not necessarily Saturday and Sunday.				
	FR:	PERSON IS BEDRIDDEN, INCLUDE ONLY WAKING HOURS LYING DOWN.				
		00-24) 0-24 hours per day (97) Refused (99) Don't know				
NAD.060		During the PAST 12 MONTHS, did a doctor or other health professional RECOMMEND that you BEGIN or CONTINUE to do any type of exercise or physical activity?				
		1) Yes(7) Refused2) No(9) Don't know3) Did not see a doctor in the PAST 12 MONTHS				

2001 NHIS Sample Adult Core (AHB) [supplemental questions]

(18 years and over) [Monitored progress toward Healthy People 2010 National Health Objectives]

AHB.130.010 How often do you do physical activities designed to STRETCH your muscles such as yoga, or exercises like bending side-to-side, toe touches, and leg stretches?

FR: IF NECESSARY, PROMPT WITH: HOW MANY TIMES PER DAY, PER WEEK, PER MONTH, OR PER YEAR DO YOU DO THESE ACTIVITIES

 [] NUMBER:

 (000)
 Never (AHB.140)
 (997) Refused (AHB.140)

 (001-995) 1-995
 (999) Don't know (AHB.140)

 (996)
 Unable to do this type activity (AHB.140)

] TIME PERIOD:(0) Never(4) Year(1) Day(6) Unable to do this activity(2) Week(7) Refused(3) Month(9) Don't know

AHB.130.020 About how long do you do these stretching activities each time?

[] NUMBER: (001-995) 1-995	(997) Refused	(999) Don't know
[] TIME PERIOD: (1) Minutes (2) Hours		(7) Refused (9) Don't know

2002 NHIS Sample Adult Core (ACN) [supplemental question]

(18 years and over)

ACN.290.020 Has a doctor or other health professional EVER suggested physical activity or exercise to help your arthritis or joint symptoms?

(1) Yes (2) No (7) Refused (9) Don't know

2002 NHIS Sample Adult Alternative Health Supplement (18 years and

over)

ALT.292 Have you EVER practiced any of the following types of exercise for your own health or treatment? Please say yes or no to each one. {Yoga, Tai Chi , Qi Chong}

(1) Yes (2) No (7) Refused (9) Don't know

2002 NHIS Sample Adult Alternative Health Supplement_Con.

(18 years and over)

ALT.294 DURING THE PAST 12 MONTHS, did you practice... {Yoga, Tai Chi , Qi Chong} (1) Yes (2) No (7) Refused (9) Don't know

2003 NHIS Sample Adult Core (ACN) [supplement question] (18 years and over)

ACN.290.020 Has a doctor or other health professional EVER suggested physical activity or exercise to help your arthritis or joint symptoms?

(1) Yes (2) No (7) Refused (9) Don't know

2003 NHIS Sample Adult Heart Disease and Stroke Supplement

(18 years and over)

PAF.080	Because of your high blood pressure, has a doctor or other health professional EVER advis to exercise?			
	(1) Yes (PAF.090) (2) No (PAF.110)	(7) Refused (PAF.110) (9) Don't Know (PAF.110)		
PAF.090	Did you EVER follow this advice?			
	(1) Yes (PAF.100) (2) No (PAF.110)	(7) Refused (PAF.110) (9) Don't Know (PAF.110)		
PAF.100	Are you NOW following this advice?			
	(1) Yes (2) No	(7) Refused (9) Don't Know		

2004-Forward NHIS Family Core – Injury [FIJ] (All ages)

Questions were asked for all injury episodes occurring in the past 3 months for which a medical professional was consulted. Only response categories directly relevant to physical activity are shown.

FIJ.150_00.000 What activity [were you/was subject] involved in at the time of the [injury]?

- (06) Sports and exercise
- (07) Leisure activity (excluding sports)
- FIJ.160_00.000 What {were/was} {you/subject's name} when the [injury] happened?
 - (10) Sport facility, athletic field, or playground
 - (13) Park or recreation area (include bike or jog path)
 - (14) River, lake, stream, or ocean

2005 NHIS Sample Adult Cancer Supplement (18 years and over)

The next questions are about walking. First I will ask about walking for transportation, that is, walking to get some place. PLEASE INCLUDE ALL WALKS THAT INVOLVED AN ERRAND OR TO GET SOME PLACE. I will ask you separately about walking for other reasons like relaxation or exercise.

NAD.010_00.000	During the PAST SE MINUTES? (1) Yes		valk to get to some place that took you AT LE (7) Refused	EAST 10
	(2) No(3) Unable to walk	(S	(9) Don't know	
NAD.011_00.000	•		DW MANY DAYS did you walk for at least t such as work, school, a store, or restaurar	
	(01-07) 1-7 da	ys (97) Refus	sed (99) Don't know	
NAD.012_01.000		spend on one of thos	o get from place to place on that day?/ How n ose days walking to get from place to place?] (999) Don't know	nuch
	TIME PERIOD (1) Minutes (2) Hours	(7) Refused (9) Don't know		
NAD.013_00.000	SEVEN DAYS, DID	YOU WALK FOR AT L not include any walkir (7	ation, exercise, or to walk the dog. During the LEAST TEN MINUTES AT A TIME for any o ing that you already told me about. (7) Refused (9) Don't know	

NAD.014_00.000	During the past seven days, on how many days did you walk for at least ten minutes at a time for fun, relaxation, exercise or to walk the dog?				
NAD.015_01.000	-	-	(99) Don't know g on that day for FUN, RELAXATION, OR EXERC on one of those days walking for FUN, RELAX		
	NUMBER (001-995) 1-995	(997) Refused	(999) Don't know		
	TIME PERIOD (1) Minutes (2) Hours	(7) Refused (9) Don't know			
NAD.020_00.000	around? Do NOT inclu time. * Read if necessa	ude exercises, spo	ribes your usual daily activities related to mov orts, or physically active hobbies done in your you do MOST often er '1'		
	Do you (read categor (1) SIT during MOST (2) STAND during MG (3) WALK AROUND M (7) Refused (9) Don't know	of the day OST of the day			
NAD.030_00.000	carrying things? Do N	IOT include activit	ribes your usual daily activities related to liftin ities done in your leisure time. you do MOST often.	ig or	
	Do you (read categor (1) NOT lift or carry t (2) LIFT or carry LIGH (3) LIFT or carry MOE (4) LIFT or carry HEA (5) Unable to lift or c	hings very often T loads DERATE loads VY loads	(6) Other (7) Refused (9) Don't know		
NAD.040_00.000	*Read if necessa playing video gar drives, watching	ry: Include watch nes, using the Inte ball games or doin	you spend per day during the WEEKDAYS sitti ning television or videos, working on the comp cernet, knitting, sewing, reading, fishing, takin ing other sitting activities. nly waking hours lying down	outer,	
	(00) None (01-24) 1-24 hou	ırs	(97) Refused (99) Don't know		

2005 NHIS Sample Adult Cancer Supplement---Con. (18 years and over)

NAD.050_00.000	{Outside of work} How many hours do you spend per day during the WEEKEND sitting?			
	*Read if necessary: Include watching television or videos, working on the computer, playing video games, using the Internet, knitting, sewing, reading, fishing, taking long drives, watching ball games or doing other sitting activities.			
	*If person is bedridden, include only waking hours lying down			
	(00) None (01-24) 1-24 hours	(97) Refused (99) Don't know		
NAD.060_00.000	During the PAST 12 MONTHS, did a doctor or other health professional RECOMMEND you BEGIN or CONTINUE to do any type of exercise or physical activity?			
	(1) Yes(2) No(3) Did not see a doctor in the 	(7) Refused (9) Don't know PAST 12 MONTHS		

2008 NHIS Sample Adult Core – Adult Heart Disease Supplement (18 years and over)

Question ID:	PAF.080_00.000	Instrument Variable Name:	EXERC Ques	stionnaireFileName: Sample Adult	
QuestionText:	Because of your	r high blood pressure, has a do	octor or other heat	Ith professional EVER advised you to exercise?	
1	Yes				
2	No				
7	Refused				
9	Don't know				
UniverseText: Sample adults 18+ who were ever told they had high blood pressure that was not related to pregnancy or Ref/DK if high blood pressure was pregnancy related					
SkipInstructi	ons: <1> [goto	o EXERCEV] <2,R,D> [goto	HBPALC]		
Question ID:	PAF.090_00.000	Instrument Variable Name:	EXERCEV	QuestionnaireFileName: Sample Adult	
QuestionText:	Did you EVER	follow this advice?			
1	Yes				
2	No				
7	Refused				
9	Don't know				
UniverseText:	Sample adults 18-	+ who were advised to exercise	e because of high	a blood pressure	
SkipInstruction	ns: <1> [goto	o EXERCNW] <2,R,D> [goto	HBPALC]		

2008 NHIS Sample Adult Core - Adult Balance and Dizziness Supplement

(18 years and over, with dizziness or balance problems)

Question ID:	BAL.260_00.00 Instrument Variable Name: BTRET QuestionnaireFileName: Sample Adult
QuestionText:	Have you ever taken or tried anything to treat your (Fill: most bothersome or only feeling) such as physical therapy, certain exercises, avoiding certain foods, taking medicines, surgery, or wearing magnets or wristbands?
1	Yes
2 7	No Refused
9	Don't know
UniverseText	Sample adults 18+ who have had symptoms of dizziness or at least one balance problem
SkipInstructio	ons: <1> [goto BTRET_01] <2, R, D> [goto BSTAT]
Question ID:	BAL.320_04.00 Instrument Variable Name: BCHNG_04 QuestionnaireFileName: Sample Adult
QuestionText:	* Read if necessary. Have your dizziness or balance problems caused you to change or cut back on any of the following activities? Please say yes or no to each.
	Exercising or taking walks
	* If respondent is unable to do this activity for reasons OTHER than dizziness or balance, Enter '2' Examples include respondents who are in a wheelchair, are deaf, blind, don't have a driver's license, etc.
1	Yes
2 7	No Refused
9	Don't know
UniverseText	Sample adults 18+ whose dizziness or balance problems prevent them from doing things
SkipInstructio	ons: <1, 2, R,D> [goto BCHNG_05]
Question ID:	BAL.320_05.00 Instrument Variable Name: BCHNG_05 QuestionnaireFileName: Sample Adult
QuestionText:	* Read if necessary. Have your dizziness or balance problems caused you to change or cut back on any of the following activities? Please say yes or no to each.
	Standing or being on your feet for 30 minutes or longer
	* If respondent is unable to do this activity for reasons OTHER than dizziness or balance, Enter '2' Examples include respondents who are in a wheelchair, are deaf, blind, don't have a driver's license, etc.
1	Yes
2	No
7 9	Refused Don't know
UniverseText	
SkipInstructio	ons: <1, 2, R,D> [goto BCHNG_06]

2008 NHIS Sample Adult Core - Adult Balance and Dizziness Supplement---Con. (18 years and over, with dizziness or balance problems)

Question ID:	BAL.320_06.00 Instrument Variable Name: BCHNG_06 QuestionnaireFileName: Sample Adult						
QuestionText:	* Read if necessary. Have your dizziness or balance problems caused you to change or cut back on any of the following activities? Please say yes or no to each.						
	Walking down a flight of stairs						
	* If respondent is unable to do this activity for reasons OTHER than dizziness or balance, Enter '2'						
	Examples include respondents who are in a wheelchair, are deaf, blind, don't have a driver's license, etc.						
1 2	Yes No						
7 9	Refused Don't know						
UniverseText: SkipInstructio							
Question ID:	BAL.320_07.00 Instrument Variable Name: BCHNG_07 QuestionnaireFileName: Sample Adult						
QuestionText:	* Read if necessary. Have your dizziness or balance problems caused you to change or cut back on any of the following activities? Please say yes or no to each.						
	Walking or climbing up 10 steps without resting						
	* If respondent is unable to do this activity for reasons OTHER than dizziness or balance, Enter '2' Examples include respondents who are in a wheelchair, are deaf, blind, don't have a driver's license, etc.						
1 2	Yes No						
7	Refused						
9 UniverseText: SkipInstructio							
SKIPHISUUCU	JIS. < 1, 2, K , D > [gold D C111(O _06]						
Question ID:	BAL.270_01.00 Instrument Variable Name: BTRET_01 QuestionnaireFileName: Sample Adult						
QuestionText:	What treatments have you tried? Please say yes or no to each.						
	Exercises or physical therapy						
	* Do not include Tai Chi, Yoga, or Qi Gong.						
1	Yes						
2 7	No Refused						
9	Don't know						
UniverseText: SkipInstruction	Sample adults 18+ who have been treated for symptoms of dizziness or a balance problem s: <1, 2, R,D> [goto BTRET_02]						

2008 NHIS Sample Adult Core - Adult Balance and Dizziness Supplement---Con. (18 years and over, with dizziness or balance problems)

Question ID:	BAL.270_12.00	Instrument Variable Name:	BTRET_12	QuestionnaireFileName: Sample Adult
QuestionText:	* Read if nece	ssary. What treatments have y	ou tried? Please	e say yes or no to each.
	Tai Chi, Yo	ga, or Qi Gong		
1	Yes			
2	No			
7	Refused			
9	Don't know			
UniverseText:	Sample	adults 18+ who have been trea	ated for sympton	ns of dizziness or a balance problem
SkipInstructio	ns: <1, 2, H	R,D> [goto BTRET_13]		

2009 NHIS Sample Adult Core (ACN) [supplemental question]

(18 years and over, with arthritis symptoms)

Question ID: Adult	ACN.290_00.02	Instrument Variable Name:	ARTHPH	QuestionnaireFileName:	Sample
QuestionText:	Has a doctor o joint sympton	-	'ER suggested phys	ical activity or exercise to help you	r arthritis or
1	Yes				
2	No				
7	Refused				
9	Don't know				
UniverseText:	1	adults GE 18 years who have myalgia, or any symptoms of	5	had arthritis, rheumatoid arthritis, ffness in or around a joint	gout, lupus,
SkipInstructio	ns: <1,2,R,	D> [goto ARTHCLS]			

Question ID:	NAD.010_00.000	Instrument Variable Name:	AD11A	Questionnaire FileName: Sample Adult			
QuestionText:		ons are about walking for transp xation or exercise.	ortation. I w	vill ask you separately about walking for other			
	During the past	During the past 7 days, did you walk to get some place that took you at least 10 minutes?					
1 2 3 7 9	Yes No Unable to walk Refused Don't know	:					
9 UniverseText:		dults 18+					
SkipInstructio	ns: <1> [got <2,R,D>	o AD12A] [goto AD14A] o SITWDAY]					
Question ID:	NAD.011_00.000	Instrument Variable Name:	AD12A	Questionnaire FileName: Sample Adult			
QuestionText:	In the past 7 day	vs, how many times did you do t	that?				
	*Read if necess	ary: Walk for at least 10 minute	s to get som	e place.			
01-94 97 99	1-94 times Refused Don't know	Refused					
UniverseText:	Sample a	dults 18+ who have walked for	transportatio	on in the past 7 days			
SkipInstructio		goto AD13ANO] oto AD14A]					
Question ID: QuestionText:	NAD.012_01.000 1 of 2	Instrument Variable Name:	AD13AN	O Questionnaire FileName: Sample Adult			
-	[Fill1: How lon	g did that walk take?/ Fill2: On a	average, hov	w long did those walks take?]			
	* Enter number	for length of walk for transporta	ation.				
001-995 997 999	1-995 Refused Don't know						
UniverseText:	Sample a	dults 18+ who have walked for	transportatio	on at least once in the past week			
SkipInstructio	[If AD13	goto AD13ATP] ANO= 'R', 'D' store 'R', 'D' in A oto AD14A]	D13ATP]				

Question ID:	NAD.01	2_02.000	Instrument Variable Name:	AD13ATP	Questionnaire FileName: Sample Adult	
QuestionText:	2 of 2	2				
	* Ent	ter time peri	od for length of walking for tra	nsportation.		
1 2 7 9	Min Hou Refu Don	rs				
UniverseText	: Sam	•	8+ who have walked for transp art of this two-part question	ortation at leas	t once in the past week and gave a number for	
SkipInstructi	ons:	If AD13A	NO gt <24> and AD13ATP eq	<2> [goto ER]	R1_AD13ATP]	
		(IF AD13. [goto ERR2_ Al	-	q <1>) or (if .	AD13ANO gt <2> and AD13ATP eq <2>)	
			[goto AD14A] and NO= 'R', 'D' store 'R', 'D' in AI	D13ATP		
Question ID:	NAD.01	3_00.000	Instrument Variable Name:	AD14A Qu	estionnaire FileName: Sample Adult	
QuestionText: walk for at	Some	etimes you r	nay walk for fun, relaxation, ex	ercise, or to w	alk the dog. During the past 7 days, did you	
want for at	least	10 minutes	for any of these reasons? Pleas	se do not incluc	le walking for transportation.	
1 2 7 9						
UniverseText	:	Sample ad	ults 18+ who are able to walk			
		<1> [goto <2,R,D> [AD15A] goto SITWDAY]			
Question ID:	NAD.01	4_00.000	Instrument Variable Name:	AD15A	QuestionnaireFileName: Sample Adult	
QuestionText:	In the	e past 7 days	s, how many times did you do t	hat?		
01-94 97 99	Refu	times ised 't know				
UniverseText	t :	Sample ad	ults 18+ who have walked for	leisure in the p	ast 7 days	
SkipInstructi	ons:		oto AD16ANO] oto SITWDAY]			

Question ID:	NAD.015_01.0	0 Instrument Variable Name:	AD16ANO	QuestionnaireFileName: Sample Adult				
QuestionText:	1 of 2							
	[Fill1: How	ong did that walk take?/ Fill2: Or	n average, how lo	ong did those walks take?]				
	* Enter num	er for length of walk for fun, rela	axation, or exerci	ise.				
001-995 997 999	1-995 Refused Don't know	Refused						
UniverseText	t: Samp	e Adults 18+ who have walked for	or leisure at least	once in the past week.				
SkipInstructi		5>[goto AD16ATP] ·[goto SITWDAY] and [If AD16	ANO= 'R', 'D' sto	ore 'R', 'D' in AD16ATP]				
Question ID: NAD.015_02.000 Instrument Variable Name: AD16ATP QuestionnaireFileName: Sample Adult								
QuestionText:	2 of 2							
	* Enter time	period for length of walking for f	un, relaxation, o	r exercise.				
1 2 7 9	Minutes Hours Refused Don't know							
UniverseText	t: Samp	e adults 18+ who have walked fo	r leisure at least	once in the past week and gave a number for the				
first	part o	part of this two-part question						
SkipInstructi	ions: If AD	If AD16ANO gt <24> and AD16ATP eq <2> [goto ERR1_ AD16ATP]						
[t -	(IF A	D16ANO gt <90> and AD16ATP	eq <1>) or (if .	AD16ANO gt <2> and AD16ATP eq <2>)				
[goto	ERR2	_AD16ATP]						
	<1,2,1	,D>[goto SITWDAY]; [If AD16	ANO= 'R', 'D' st	ore 'R', 'D' in AD16ATP]				

Question ID:	NAD.040_00.000 Instrument Variable Name: SITWDAY QuestionnaireFileName: Sample Adult						
QuestionText:	[Fill1:Outside of work, how/ Fill2: How] many hours do you spend per day during the WEEKDAYS sitting?						
	*Read if necessary: Include watching television or videos, working on the computer, playing video games, using the Internet, knitting, sewing, reading, fishing, taking long drives, watching ball games or doing other sitting activities.						
00 01-24 97 99	None 1-24 hours Refused Don't know						
UniverseText	t: Sample adults 18+						
SkipInstructi	ions: <0-24,R,D> [goto SITWEND]						
Question ID:	NAD.050_00.000 Instrument Variable Name: SITWEND QuestionnaireFileName: Sample Adult						
QuestionText:	[Fill1: Outside of work, how / Fill2: How] many hours do you spend per day during the WEEKEND sitting?						
	*Read if necessary: Include watching television or videos, working on the computer, playing video games, using the Internet, knitting, sewing, reading, fishing, taking long drives, watching ball games or doing other sitting activities. Weekend means any days off, not necessarily Saturday and Sunday.						
	*If person is bedridden, include only waking hours lying down.						
00 01-24 97 99	None 1-24 hours Refused Don't know						
UniverseText	Sample adults 18+						
SkipInstructi	ions: <0-24,R,D> if AMDLONG eq <1,2,R,D> [goto MDEXER]; else if AMDLONG eq <0,3,4,5> [goto next section]						
Question ID:	NAD.060_00.000 Instrument Variable Name: MDEXER QuestionnaireFileName: Sample Adult						
QuestionText:	DURING THE PAST 12 MONTHS, did a doctor or other health professional RECOMMEND that you BEGIN or CONTINUE to do any type of exercise or physical activity?						
1	Yes						
2 3	No Did not see a doctor in the PAST 12 MONTHS						
7	Refused						
9	Don't know						
UniverseText	Sample adults 18+ who have seen a doctor or other health professional in the PAST 12 MONTHS						
SkipInstructi	ions: <1-3,R,D> [goto next section]						

2011 NHIS Sample Adult Core (AHB) [supplemental questions]

(18 years and over)

Question ID:	AHB.135_00.01	Instrument Variable Name:	DISHFAC	QuestionnaireFileName: Sample Adult				
QuestionText:	community red	The next questions are about health clubs, wellness programs or fitness facilities, such as the YMCA, community recreation programs, and employer fitness programs. If you wanted to use one, is there a health club, wellness program or fitness facility in your area that meets your needs?						
1	Yes							
2	No							
7	Refused							
9	Don't know							
UniverseText	: Sample	adults 18+						
SkipInstructi		> [goto ALC1YR] to DISHFL02]						
Question ID:	AHB.136_01.01	Instrument Variable Name:	DISHFL02	QuestionnaireFileName: Sample Adult				
QuestionText:		e barriers limit or prevent you ir needs? I am going to read a		ealth club, wellness program, or fitness facility yes or no to each one.				
	Cost is too l	iigh.						
1	Yes							
2	No							
7	Refused							
9	Don't know							
UniverseText	t: Sample adults 18+ who do not have a health club, wellness program or fitness facility in their area that meets their needs, if they wanted to use one							
SkipInstructi	ons: <1,2,R,	D> [goto DISHFL03]						
Question ID:	AHB.136_02.0	2 Instrument Variable Nam	e: DISHFL(3 QuestionnaireFileName: Sample Adult				
QuestionText:	* Read if nece	ssary.						
that meets	Do any of thes	Do any of these barriers limit or prevent you from using a health club, wellness program, or fitness facility						
that moots	your needs?	your needs?						
	Lack of staf	f or instructors who understand	l your needs.					
1	Yes							
2	No							
7	Refused							
9	Don't know							
UniverseText	1	s 18+ who do not have a health eds, if they wanted to use one	club, wellness	program or fitness facility in their area that meets				
SkipInstructi	ons: <1,2,R,	D> [goto DISHFL04]						

2011 NHIS Sample Adult Core (AHB) [supplemental questions]---Con. (18 years and over)

Question ID:	AHB.136_03.03 Instrument Variable Name: DISHFL04 QuestionnaireFileName: Sample Adult							
QuestionText:	* Read if necessary.							
	Do any of these barriers limit or prevent you from using a health club, wellness program, or fitness facility that meets your needs?							
	Lack of exercise equipment that meets your needs.							
1 2 7 9	Yes No Refused Don't know							
UniverseText: meets	: Sample adults 18+ who do not have a health club, wellness program or fitness facility in their area that							
meets	their needs, if they wanted to use one							
SkipInstructio	ons: <1,2,R,D> [goto DISHFL05]							
Question ID:	AHB.136_04.04 Instrument Variable Name: DISHFL05 QuestionnaireFileName: Sample Adult							
QuestionText:	* Read if necessary.							
	Do any of these barriers limit or prevent you from using a health club, wellness program, or fitness facility that meets your needs?							
	Difficulty getting into or moving around the building.							
1 2 7 9	Yes No Refused Don't know							
UniverseText:	: Sample adults 18+ who do not have a health club, wellness program or fitness facility in their area that meets their needs, if they wanted to use one	;						
SkipInstructio	ons: <1,2,R,D> [goto DISHFL06]							

2011 NHIS Sample Adult Core (AHB) [supplemental questions]---Con. (18 years and over)

Question ID:	AHB.136_05.05	Instrument Variable Name:	DISHFL06	QuestionnaireFileName:	Sample Adult	
QuestionText:	QuestionText: * Read if necessary.					
	Do any of thes that meets you	e barriers limit or prevent you r needs?	from using a hea	lth club, wellness program	, or fitness facility	
	Inadequate	transportation.				
1 2 7 9	Yes No Refused Don't know					
UniverseText: Sample adults 18+ who do not have a health club, wellness program or fitness facility in their area that me their needs, if they wanted to use one					h their area that meets	
SkipInstructions: <1,2,D,R> [goto DISHFL07]						
Question ID:	AHB.136_06.06	Instrument Variable Nar	ne: DISHFL07	QuestionnaireFileName:	Sample Adult	
QuestionText: * Read if necessary.						
	•	any of these barriers limit or prevent you from using a health club, wellness program, or fitness facility t meets your needs?				
	Some other	barrier.				
1 2 7 9	Yes No Refused Don't know					
UniverseTex	t: Sample	adults 18+ who do not have a	health club, well	ness program or fitness fact	ility in their area that	
meets	their ne	their needs, if they wanted to use one				
SkipInstruct	ions: <1,2,R,	D> [goto ALC1YR]				

2012 Complementary and Alternative Medicine Supplement

(18 years and over)

Question ID:	ALT.401_00.000 Instrument Variable Name: YTQE_YOG QuestionnaireFileName: Adult CAM				
QuestionText:	?[F1]				
	Have you EVER practiced any of the following? Please say yes or no to each.				
	Yoga?				
1 2 7 9	Yes No Refused Don't know				
UniverseText:	Sample adults 18+				
SkipInstructions: <1,2,R,D> [goto YTQE_TAI]					
Question ID: Al	T.404_00.000 Instrument Variable Name: YTQU_YOG QuestionnaireFileName: Adult CAM				
QuestionText: ? [F1]					
	DURING THE PAST 12 MONTHS, did you practice Yoga for yourself?				
1 2 7 9	Yes No Refused Don't know				
UniverseText:	Sample adults 18+ who have ever used Yoga				
SkipInstruction	<1,2,R,D> If YTQE_TAI=1 [goto YTQU_TAI] else if YTQE_TAI =2 and YTQE_QIG=1 [goto YTQU_QIG] <1> If (YTQE_TAI and YTQE_QIG)=2 [goto YTQ_BTHY] Else <2,R,D> and (YTQE_TAI and YTQE_QIG) in (2,R,D) [goto DITE_VEG]				
Question ID: ALT.405_00.000 Instrument Variable Name: YTQU_TAI QuestionnaireFileName: Adult CAM					
QuestionText:	? [F1]				
	DURING THE PAST 12 MONTHS, did you practice Tai Chi for yourself?				
1 2 7 9	Yes No Refused Don't know				
UniverseText:	Sample adults 18+ who have ever used Tai Chi				
SkipInstruction	<1,2,R,D> if YTQE_QIG=1 [goto YTQU_QIG]; else if (YTQE_QIG=2 and YTQU_YOG=1) [goto YTQ_BTHY]; else if (YTQU_YOG and YTQU_TAI and YTQE_QIG) in (2,R,D) [goto DITE_VEG] <1> if (YTQE_QIG and YTQU_YOG)=2 [goto YTQ_BTHT]				