

**PHYSICAL ACTIVITY AND PHYSICAL FITNESS – PAQ**

**Target Group: SPs 2+**

**BOX 1**

**CHECK ITEM PAQ.700:**  
 IF SP AGE 2-11, CONTINUE.  
 IF SP AGE <2, GO TO NEXT SECTION.  
 IF SP AGE 12+, GO TO PAQ.605.

PAQ.705 Now I'd like to ask you some questions about {SP's} activities.

How many times per week does {SP} play or exercise enough to make {him/her} **sweat and breathe hard**?

IF NEVER, ENTER 0

IF LESS THAN ONCE PER WEEK, ENTER 1

|\_|\_|  
 ENTER NUMBER OF TIMES

REFUSED ..... 77  
 DON'T KNOW ..... 99

PAQ.710 Now I will ask you about TV watching and computer use.

Over the **past 30 days**, on average how many hours per day did {SP} sit and watch TV or videos? Would you say . . .

less than 1 hour, ..... 0  
 1 hour, ..... 1  
 2 hours, ..... 2  
 3 hours, ..... 3  
 4 hours, or ..... 4  
 5 hours or more, or ..... 5  
 none, {SP} does not watch TV or  
 videos ..... 8  
 REFUSED ..... 77  
 DON'T KNOW ..... 99

PAQ.715 Over the **past 30 days**, on average how many hours per day did {SP} use a computer or play computer games outside of school? Would you say . . .

- less than 1 hour, ..... 0
- 1 hour, ..... 1
- 2 hours, ..... 2
- 3 hours, ..... 3
- 4 hours, or ..... 4
- 5 hours or more, or ..... 5
- {SP} does not use a computer  
outside of school ..... 8
- REFUSED ..... 77
- DON'T KNOW ..... 99

**BOX 2**

**CHECK ITEM PAQ.720:**  
 IF SP AGE 2-11, GO TO END OF SECTION.  
 OTHERWISE, CONTINUE.

PAQ.605 Next I am going to ask you about the time {you spend/SP spends} doing different types of physical activity in a typical week. Please answer these questions even if {you do not consider yourself/SP does not consider himself/herself} to be a physically active person.

Think first about the time {you spend/SP spends} doing work. Think of work as the things that {you have/SP has} to do such as paid or unpaid work, studying or training, household chores, and yard work. In answering the following questions, 'vigorous-intensity activities' are activities that require hard physical effort and cause large increases in breathing or heart rate, and 'moderate-intensity activities' are activities that require moderate physical effort and cause small increases in breathing or heart rate.

Does {your/SP's} work involve vigorous-intensity activity that causes large increases in breathing or heart rate like carrying or lifting heavy loads, digging or construction work for **at least 10 minutes continuously**?

- YES ..... 1
- NO ..... 2 (PAQ.620)
- REFUSED ..... 7 (PAQ.620)
- DON'T KNOW ..... 9 (PAQ.620)

PAQ.610 In a typical week, on how many days {do you/does SP} do **vigorous-intensity** activities as part of your work?

HARD EDIT: 1-7.

ENTER NUMBER OF DAYS

- REFUSED ..... 77 (PAQ.620)
- DON'T KNOW ..... 99 (PAQ.620)

PAQ.615 How much time {do you/does SP} spend doing **vigorous-intensity** activities at work on a typical day?  
Q/U

SOFT EDIT: >11 HOURS.  
HARD EDIT: >24 HOURS.  
HARD EDIT: <10 MINUTES.

|\_|\_|\_|

ENTER NUMBER OF MINUTES OR HOURS

REFUSED ..... 777  
DON'T KNOW ..... 999

ENTER UNIT

MINUTES ..... 1  
HOURS ..... 2  
REFUSED ..... 7  
DON'T KNOW ..... 9

PAQ.620 Does {your/SP's} work involve **moderate-intensity** activity that causes small increases in breathing or heart rate such as brisk walking or carrying light loads for **at least 10 minutes continuously**?

YES ..... 1  
NO ..... 2 (PAQ.635)  
REFUSED ..... 7 (PAQ.635)  
DON'T KNOW ..... 9 (PAQ.635)

PAQ.625 In a typical week, on how many days {do you/does SP} do moderate-intensity activities as part of {your/his/her} work?

HARD EDIT: 1-7.

|\_|\_|

ENTER NUMBER OF DAYS

REFUSED ..... 77 (PAQ.635)  
DON'T KNOW ..... 99 (PAQ.635)

PAQ.630 How much time {do you/does SP} spend doing **moderate-intensity** activities at work on a typical day?  
Q/U

SOFT EDIT: >11 HOURS.  
HARD EDIT: >24 HOURS.  
HARD EDIT: <10 MINUTES.

|\_|\_|\_|

ENTER NUMBER OF MINUTES OR HOURS

REFUSED ..... 777  
DON'T KNOW ..... 999

ENTER UNIT

MINUTES ..... 1  
HOURS ..... 2  
REFUSED ..... 7  
DON'T KNOW ..... 9

PAQ.635 The next questions exclude the physical activity of work that you have already mentioned. Now I would like to ask you about the usual way {you travel/SP travels} to and from places. For example to work, for shopping, to school.

{Do you/Does SP} walk or use a bicycle for **at least 10 minutes continuously** to get to and from places?

YES ..... 1  
NO ..... 2 (PAQ.650)  
REFUSED ..... 7 (PAQ.650)  
DON'T KNOW ..... 9 (PAQ.650)

PAQ.640 In a typical week, on how many days {do you/does SP} walk or bicycle for **at least 10 minutes continuously** to get to and from places?

HARD EDIT: 1-7.

|\_|\_|

ENTER NUMBER OF DAYS

REFUSED ..... 77(PAQ.650)  
DON'T KNOW ..... 99(PAQ.650)

PAQ.645 How much time {do you/does SP} spend walking or bicycling for travel on a typical day?  
Q/U

SOFT EDIT: >11 HOURS.  
HARD EDIT: >24 HOURS.  
HARD EDIT: <10 MINUTES.

|\_|\_|\_|

ENTER NUMBER OF MINUTES OR HOURS

REFUSED ..... 777  
DON'T KNOW ..... 999

ENTER UNIT

MINUTES ..... 1  
HOURS ..... 2  
REFUSED ..... 7  
DON'T KNOW ..... 9

PAQ.650 The next questions exclude the work and transportation activities that you have already mentioned. Now I would like to ask you about sports, fitness and recreational activities.

{Do you/Does SP} do any vigorous-intensity sports, fitness, or recreational activities that cause large increases in breathing or heart rate like running or basketball for **at least 10 minutes continuously**?

YES ..... 1  
NO ..... 2 (PAQ.665)  
REFUSED ..... 7 (PAQ.665)  
DON'T KNOW ..... 9 (PAQ.665)

PAQ.655 In a typical week, on how many days {do you/does SP} do **vigorous-intensity** sports, fitness or recreational activities?

HARD EDIT: 1-7.

|\_|\_|

ENTER NUMBER OF DAYS

REFUSED ..... 77 (PAQ.665)  
DON'T KNOW ..... 99 (PAQ.665)

PAQ.660 How much time {do you/does SP} spend doing **vigorous-intensity** sports, fitness or recreational activities  
Q/U on a typical day?

SOFT EDIT: >11 HOURS.  
HARD EDIT: >24 HOURS.  
HARD EDIT: <10 MINUTES.

|\_|\_|\_|

ENTER NUMBER OF MINUTES OR HOURS

REFUSED ..... 777  
DON'T KNOW ..... 999

ENTER UNIT

MINUTES ..... 1  
HOURS ..... 2  
REFUSED ..... 7  
DON'T KNOW ..... 9

PAQ.665 {Do you/Does SP} do any **moderate-intensity** sports, fitness, or recreational activities that cause a small  
increase in breathing or heart rate such as brisk walking, bicycling, swimming, or golf for **at least 10 minutes**  
**continuously**?

YES ..... 1  
NO ..... 2 (PAQ.680)  
REFUSED ..... 7 (PAQ.680)  
DON'T KNOW ..... 9 (PAQ.680)

PAQ.670 In a typical week, on how many days {do you/does SP} do **moderate-intensity** sports, fitness or recreational  
activities?

HARD EDIT: 1-7.

|\_|\_|

ENTER NUMBER OF DAYS

REFUSED ..... 77 (PAQ.680)  
DON'T KNOW ..... 99 (PAQ.680)

PAQ.675      How much time {do you/does SP} spend doing **moderate-intensity** sports, fitness or recreational activities  
Q/U            on a typical day?

SOFT EDIT: >11 HOURS.  
HARD EDIT: >24 HOURS.  
HARD EDIT: <10 MINUTES.

|\_|\_|\_|

ENTER NUMBER OF MINUTES OR HOURS

REFUSED ..... 777  
DON'T KNOW ..... 999

ENTER UNIT

MINUTES ..... 1  
HOURS ..... 2  
REFUSED ..... 7  
DON'T KNOW ..... 9

PAQ.680      The following question is about sitting or reclining at work, at home, or at school. Include time spent sitting  
Q/U            at a desk, sitting with friends, traveling in a car, bus, or train, reading, playing cards, watching television, or  
                 using a computer. Do not include time spent sleeping. How much time {do you/does SP} usually spend  
                 sitting or reclining on a typical day?

SOFT EDIT: >17 HOURS.  
HARD EDIT: >24 HOURS.

|\_|\_|\_|

ENTER NUMBER OF MINUTES OR HOURS

REFUSED ..... 777  
DON'T KNOW ..... 999

ENTER UNIT

MINUTES ..... 1  
HOURS ..... 2  
REFUSED ..... 7  
DON'T KNOW ..... 9

PAQ.685      During the past 12 months, when {you thought/SP thought} or {were/was} informed air quality was bad, {did  
                 you/did SP} do anything differently?

YES ..... 1  
NO ..... 2 (END OF SECTION)  
SP NEVER THOUGHT/NOT INFORMED  
    BAD AIR QUALITY ..... 3 (END OF SECTION)  
REFUSED ..... 7 (END OF SECTION)  
DON'T KNOW ..... 9 (END OF SECTION)

PAQ.690 Which of these {did you/did SP} do differently?

INTERVIEWER: CODE ALL THAT APPLY.

HAND CARD 07PAQ1

WORE A MASK.....	10
SPENT LESS TIME OUTDOORS .....	11
AVOIDED ROADS THAT HAVE HEAVY TRAFFIC .....	12
DID LESS STRENUOUS ACTIVITIES .....	13
TOOK MEDICATION.....	14
CLOSED WINDOWS OF YOUR HOUSE.....	15
DROVE MY CAR LESS.....	16
CANCELED OUTDOOR ACTIVITIES .....	17
EXERCISED INDOORS INSTEAD OF OUTSIDE.....	18
USED BUSES, TRAINS, OR SUBWAYS .....	19
OTHER (SPECIFY)_____	71
REFUSED .....	77
DON'T KNOW .....	99