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 OR SP 12-15, GO TO NEXT SECTION.
IF SP AGE 16+, GO TO PAQ.605.

PAQ.706 Now I'd like to ask you some questions about {SP's} activities.

During the **past 7 days**, on how many days was {SP} physically active for a total of **at least 60 minutes per day**? Add up all the time {SP} spent in any kind of physical activity that increased {his/her} heart rate and made {him/her} breathe hard some of the time.

0 days............................................................  0
1 day............................................................  1
2 days............................................................  2
3 days............................................................  3
4 days............................................................  4
5 days............................................................  5
6 days............................................................  6
7 days............................................................  7
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
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.

Next I am going to ask you about the time (you spend/SP spends) doing different types of physical activity in a typical week.

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, household chores, and yard work.

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)

In a typical week, on how many days (do you/does SP) do vigorous-intensity activities as part of (your/his/her) work?

PROBE IF NEEDED: Vigorous-intensity activity causes large increases in breathing or heart rate and is done for at least 10 minutes continuously.

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?

PROBE IF NEEDED: Think about a typical day when you do vigorous-intensity activities during your work.

PROBE IF NEEDED: Vigorous-intensity activity causes large increases in breathing or heart rate and is done for at **least 10 minutes continuously**.

SOFT EDIT: >4 HOURS. SOFT EDIT WORDING: INTERVIEWER, YOU HAVE RECORDED THAT THE SP SPENDS MORE THAN 4 HOURS DOING VIGOROUS-INTENSITY ACTIVITIES AT WORK ON A TYPICAL DAY. PLEASE CONFIRM WITH SP THAT OVER 4 HOURS IS CORRECT.

SOFT EDIT: >4 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?

PROBE IF NEEDED: Moderate-intensity activity causes small increases in breathing or heart rate and is done for at **least 10 minutes continuously**.

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?

PROBE IF NEEDED: Think about a typical day when you do moderate-intensity activities during your work.

PROBE IF NEEDED: Moderate-intensity activity causes small increases in breathing or heart rate and is done for at least 10 minutes continuously.

SOFT EDIT: >4 HOURS. SOFT EDIT WORDING: INTERVIEWER, YOU HAVE RECORDED THAT THE SP SPENDS MORE THAN 4 HOURS DOING MODERATE-INTENSITY ACTIVITIES AT WORK ON A TYPICAL DAY. PLEASE CONFIRM WITH SP THAT OVER 4 HOURS IS CORRECT.

SOFT EDIT: >4 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?

PROBE IF NEEDED: Think about a typical day when you walk or bicycle for travel.

SOFT EDIT: >4 HOURS. SOFT EDIT WORDING: INTERVIEWER, YOU HAVE RECORDED THAT THE SP SPENDS MORE THAN 4 HOURS WALKING OR BICYCLING TO GET TO AND FROM PLACES ON A TYPICAL DAY. PLEASE CONFIRM WITH SP THAT OVER 4 HOURS IS CORRECT.

SOFT EDIT: >4 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?

PROBE IF NEEDED: Vigorous-intensity activity causes large increases in breathing or heart rate and is done for at least 10 minutes continuously.

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 on a typical day?

PROBE IF NEEDED: Think about a typical day when you do vigorous-intensity sports, fitness or recreational activities.

SOFT EDIT: >4 HOURS. SOFT EDIT WORDING: INTERVIEWER, YOU HAVE RECORDED THAT THE SP SPENDS MORE THAN 4 HOURS DOING VIGOROUS-INTENSITY RECREATIONAL ACTIVITIES ON A TYPICAL DAY. PLEASE CONFIRM WITH SP THAT OVER 4 HOURS IS CORRECT.

SOFT EDIT: >4 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?

PROBE IF NEEDED: Moderate-intensity sports, fitness or recreational activities cause small increases in breathing or heart rate and is done for **at least 10 minutes continuously**.

HARD EDIT: 1-7.

|___|___|
ENTER NUMBER OF DAYS

REFUSED .................................................. 77 (PAQ.680)
DON'T KNOW ............................................. 99 (PAQ.680)
How much time (do you/does SP) spend doing **moderate-intensity** sports, fitness or recreational activities on a typical day?

**PROBE IF NEEDED:** Think about a typical day when you do moderate-intensity sports, fitness or recreational activities.

**PROBE IF NEEDED:** Moderate-intensity sports, fitness or recreational activities cause small increases in breathing or heart rate and is done for at least **10 minutes continuously**.

**SOFT EDIT:** >4 HOURS. **SOFT EDIT WORDING:** INTERVIEWER, YOU HAVE RECORDED THAT THE SP SPENDS MORE THAN 4 HOURS DOING MODERATE-INTENSITY RECREATIONAL ACTIVITIES ON A TYPICAL DAY. PLEASE CONFIRM WITH SP THAT OVER 4 HOURS IS CORRECT.

**SOFT EDIT:** >4 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

The following question is about sitting at work, at home, getting to and from places, or with friends, including time spent sitting at a desk, traveling in a car or bus, 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 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 PAQ1

WORE A MASK.............................................  10
SPENT LESS TIME OUTDOORS .....................  11
AVOIED 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