

## INTERNATIONAL PHYSICAL ACTIVITY QUESTIONNAIRE (August 2002)

### SHORT LAST 7 DAYS SELF-ADMINISTERED FORMAT

We are interested in finding out about the kinds of physical activities that people do as part of their everyday lives. The questions will ask you about the time you spent being physically active in the **last 7 days**. Please answer each question even if you do not consider yourself to be an active person. Please think about the activities you do at work, as part of your work around the house or garden, to get from place to place, and in your spare time for recreation, exercise or sport.

Think about all the **vigorous** activities that you did in the **last 7 days**. **Vigorous** physical activities refer to activities that take hard physical effort and make you breathe much harder than normal. Think *only* about those physical activities that you did for at least 10 minutes at a time.

1. During the **last 7 days**, on how many days did you do **vigorous** physical activities like heavy lifting, digging, aerobics, or fast bicycling?

\_\_\_\_\_ **days per week**

No vigorous physical activities → **Skip to question 3**

2. How much time did you usually spend doing **vigorous** physical activities on one of those days?

\_\_\_\_\_ **hours per day**

\_\_\_\_\_ **minutes per day**

Don't know/Not sure

Think about all the **moderate** activities that you did in the **last 7 days**. **Moderate** activities refer to activities that take moderate physical effort and make you breathe somewhat harder than normal. Think *only* about those physical activities that you did for at least 10 minutes at a time.

3. During the **last 7 days**, on how many days did you do **moderate** physical activities like carrying light loads, bicycling at a regular pace, or doubles tennis? Do not include walking.

\_\_\_\_\_ **days per week**

No moderate physical activities → **Skip to question 5**

4. How much time did you usually spend doing **moderate** physical activities on one of those days?

\_\_\_\_\_ **hours per day**

\_\_\_\_\_ **minutes per day**

Don't know/Not sure

Think about the time you spent **walking** in the **last 7 days**. This includes at work and at home, walking to travel from place to place, and any other walking that you might do solely for recreation, sport, exercise, or leisure.

5. During the **last 7 days**, on how many days did you **walk** for at least 10 minutes at a time?

\_\_\_\_\_ **days per week**

No walking → **Skip to question 7**

6. How much time did you usually spend **walking** on one of those days?

\_\_\_\_\_ **hours per day**

\_\_\_\_\_ **minutes per day**

Don't know/Not sure

The last question is about the time you spent **sitting** on weekdays during the **last 7 days**. Include time spent at work, at home, while doing course work and during leisure time. This may include time spent sitting at a desk, visiting friends, reading, or sitting or lying down to watch television.

7. During the **last 7 days**, how much time did you spend **sitting** on a **week day**?

\_\_\_\_\_ **hours per day**

\_\_\_\_\_ **minutes per day**

Don't know/Not sure

Finally, I'd like you to think about any **Sport** that you have done in the **last 7 days**. By **Sport** we mean any competitive or non-competitive sporting activity, including sessions of deliberate exercise such as running or jogging. Think only about those sports or exercises that you did for at least 10 minutes at a time.

8. During the last 7 days, on how many days did you take part in any **sport**?

\_\_\_\_\_ **days per week**

No sport     ***Skip to end***     **→**

9. How much time did you usually spend doing sport on one of those days?

\_\_\_\_\_ **hours per day**

\_\_\_\_\_ **minutes per day**

Don't know/Not sure

**This is the end of the questionnaire, thank you for participating.**

## Annex 2

# INTERNATIONAL PHYSICAL ACTIVITY QUESTIONNAIRE (August 2002)

## SHORT LAST 7 DAYS TELEPHONE FORMAT

**READ:** I am going to ask you about the time you spent being physically active in the last 7 days. Please answer each question even if you do not consider yourself to be an active person. Think about the activities you do at work, as part of your work around the house or garden, to get from place to place, and in your spare time for recreation, exercise or sport.

**READ:** Now, think about all the *vigorous* activities which take *hard physical effort* that you did in the last 7 days. Vigorous activities make you breathe much harder than normal and may include heavy lifting, digging, aerobics, or fast bicycling. Think only about those physical activities that you did for at least 10 minutes at a time.

1. During the **last 7 days**, on how many days did you do **vigorous** physical activities?
- \_\_\_\_\_ Days per week [VDAY; Range 0-7, 8,9]
8. Don't Know/Not Sure
9. Refused

**[Interviewer clarification:** Think only about those physical activities that you do for at least 10 minutes at a time.]

**[Interviewer note:** If respondent answers zero, refuses or does not know, skip to Question 3]

2. How much time did you usually spend doing **vigorous** physical activities on one of those days?
- \_\_ \_\_ Hours per day [VDHRS; Range: 0-16]
- \_\_ \_\_ \_\_ Minutes per day [VDMIN; Range: 0-960, 998, 999]
998. Don't Know/Not Sure
999. Refused

**[Interviewer clarification:** Think only about those physical activities you do for at least 10 minutes at a time.]

**[Interviewer probe:** An average time for one of the days on which you do vigorous activity is being sought. If the respondent can't answer because the pattern of time spent varies widely from day to day, ask: "How much time in total would you spend **over the last 7 days** doing vigorous physical activities?"

\_\_\_ Hours per week [VWHRS; Range: 0-112]  
\_\_\_ \_\_\_ \_\_\_ Minutes per week [VWMIN; Range: 0-6720, 9998, 9999]

9998. Don't Know/Not Sure  
9999. Refused

**READ: Now think about activities which take *moderate physical effort* that you did in the last 7 days. Moderate physical activities make you breathe somewhat harder than normal and may include carrying light loads, bicycling at a regular pace, or doubles tennis. Do not include walking. Again, think about only those physical activities that you did for at least 10 minutes at a time.**

3. During the **last 7 days**, on how many days did you do **moderate** physical activities?

\_\_\_ Days per week [MDAY; Range: 0-7, 8, 9]  
8. Don't Know/Not Sure  
9. Refused

**[Interviewer clarification:** Think only about those physical activities that you do for at least 10 minutes at a time]

**[Interviewer Note:** *If respondent answers zero*, refuses or does not know, skip to Question 5]

4. How much time did you usually spend doing **moderate** physical activities on one of those days?

\_\_\_ \_\_\_ Hours per day [MDHRS; Range: 0-16]  
\_\_\_ \_\_\_ \_\_\_ Minutes per day [MDMIN; Range: 0-960, 998, 999]  
998. Don't Know/Not Sure  
999. Refused

**[Interviewer clarification:** Think only about those physical activities that you do for at least 10 minutes at a time.]

**[Interviewer probe:** An average time for one of the days on which you do moderate activity is being sought. If the respondent can't answer because the pattern of time spent varies widely from day to day, or includes time spent in multiple jobs, ask: "What is the total amount of time you spent over the **last 7 days** doing moderate physical activities?"

\_\_\_ \_\_\_ \_\_\_ Hours per week [MWHRS; Range: 0-112]  
\_\_\_ \_\_\_ \_\_\_ Minutes per week [MWMIN; Range: 0-6720, 9998, 9999]  
9998. Don't Know/Not Sure  
9999. Refused

**READ: Now think about the time you spent walking in the last 7 days. This includes at work and at home, walking to travel from place to place, and any other walking that you might do solely for recreation, sport, exercise, or leisure.**

5. During the **last 7 days**, on how many days did you **walk** for at least 10 minutes at a time?  
 \_\_\_\_ Days per week [WDAY; Range: 0-7, 8, 9]
8. Don't Know/Not Sure
9. Refused

**[Interviewer clarification:** Think only about the walking that you do for at least 10 minutes at a time.]

**[Interviewer Note:** *If respondent answers zero*, refuses or does not know, skip to Question 7]

6. How much time did you usually spend **walking** on one of those days?  
 \_\_\_\_ Hours per day [WDHRS; Range: 0-16]  
 \_\_\_\_ Minutes per day [WDMIN; Range: 0-960, 998, 999]
998. Don't Know/Not Sure
999. Refused

**[Interviewer probe:** An average time for one of the days on which you walk is being sought. If the respondent can't answer because the pattern of time spent varies widely from day to day, ask: "What is the total amount of time you spent walking over **the last 7 days?**"

- \_\_\_\_ Hours per week [WWHRS; Range: 0-112]  
 \_\_\_\_ Minutes per week [WWMIN; Range: 0-6720, 9998, 9999]
9998. Don't Know/Not Sure
9999. Refused

**READ: Now think about the time you spent sitting on week days during the last 7 days. Include time spent at work, at home, while doing course work, and during leisure time. This may include time spent sitting at a desk, visiting friends, reading or sitting or lying down to watch television.**

7. During the last 7 days, how much time did you usually spend **sitting** on a **week day**?  
 \_\_\_\_ Hours per weekday [SDHRS; 0-16]  
 \_\_\_\_ Minutes per weekday [SDMIN; Range: 0-960, 998, 999]
998. Don't Know/Not Sure
999. Refused

**[Interviewer clarification:** Include time spent lying down (awake) as well as sitting]

**[Interviewer probe:** An average time per day spent sitting is being sought. If the respondent can't answer because the pattern of time spent varies widely from day to day, ask: "What is the total amount of time you spent *sitting* last **Wednesday?**"

- \_\_\_\_ Hours on Wednesday [SWHRS; Range 0-16]  
 \_\_\_\_ Minutes on Wednesday [SWMIN; Range: 0-960, 998, 999]
998. Don't Know/Not Sure

999. Refused

**READ: Finally, I'd like you to think about any Sport that you have done in the last 7 days. By Sport we mean any competitive or non-competitive sporting activity, including sessions of deliberate exercise such as running or jogging. Think only about those sports or exercises that you did for at least 10 minutes at a time.**

8. During the **last 7 days**, on how many days did you take part in **sport** for at least 10 minutes at a time?

\_\_\_\_\_ Days per week [WDAY; Range: 0-7, 8, 9]

8. Don't Know/Not Sure

9. Refused

**[Interviewer clarification:** Think only about the sport that you do for at least 10 minutes at a time.]

**[Interviewer Note:** *If respondent answers zero*, refuses or does not know, skip to Question 7]

9. How much time did you usually spend taking part in **sport** on one of those days?

\_\_\_ \_\_\_ Hours per day [WDHRS; Range: 0-16]

\_\_\_ \_\_\_ \_\_\_ Minutes per day [WDMIN; Range: 0-960, 998, 999]

998. Don't Know/Not Sure

999. Refused

**[Interviewer probe:** An average time for one of the days on which you take part in sport is being sought. If the respondent can't answer because the pattern of time spent varies widely from day to day, ask: "What is the total amount of time you spent taking part in sport over **the last 7 days?**"

\_\_\_ \_\_\_ \_\_\_ Hours per week [WWHRS; Range: 0-112]

\_\_\_ \_\_\_ \_\_\_ \_\_\_ Minutes per week [WWMIN; Range: 0-6720, 9998, 9999]

9998. Don't Know/Not Sure

9999. Refused

**This is the end of the questionnaire, thank you for participating.**