

National Health and Nutrition Examination Survey

August 2021-August 2023 Data Documentation, Codebook, and Frequencies

Physical Activity - Youth (PAQY_L)

Data File: PAQY_L.xpt

First Published: September 2024

Last Revised: NA

Component Description

The youth section of the Physical Activity questionnaire (variable name prefix PAQ) provides respondent-level interview data on physical activities.

Eligible Sample

Participants aged 2 to 17 years and over were eligible.

Interview Setting and Mode of Administration

The questionnaire was asked by trained interviewers using the Computer Assisted Personal Interview (CAPI) system for persons 2 to 11 and 16 to 17 years of age. For respondents aged 12 to 15 years of age, the questionnaire was self-administered at the Mobile Examination Center (MEC) using the Audio Computer-Assisted Self-Interview (ACASI) system. The questionnaire and information about the interview procedures are available on the [NHANES website](#).

Quality Assurance & Quality Control

The CAPI system is programmed with built-in consistency checks to reduce data entry errors. CAPI also uses online help screens to assist interviewers in defining key terms used in the questionnaire.

Data Processing and Editing

The data were reviewed for completeness, consistency, and illogical values.

Analytic Notes

Since the questionnaire was asked during the household interview for respondents 2 to 11 and 16 or more years, the interview sample weights should be used in their analysis. However, if the data is merged with data from the MEC, the MEC sample weights should be used. Analysis of the questionnaire for participants aged 12 to 15 should use the MEC sample weights as the questionnaire was asked in the MEC. Please refer to the [Analytic Guidelines](#) and the [NHANES Tutorials](#) for the use of sample weights and other analytic issues.

Codebook and Frequencies

SEQN - Respondent sequence number

Variable Name: SEQN
SAS Label: Respondent sequence number
English Text: Respondent sequence number.
Target: Both males and females 2 YEARS - 17 YEARS

PAQ706 - Days physically active at least 60 min.

Variable Name:

PAQ706

SAS Label:

Days physically active at least 60 min.

English Text:

I'd like to ask you some questions about {your/SP's} activities. During the past 7 days, on how many days {were you/was SP} physically active for a total of at least 60 minutes per day? Add up all the time {you/he/she} spent in any kind of physical activity that increased {your/his/her} heart rate and made {you/him/her} breathe hard some of the time.

Target:

Both males and females 2 YEARS - 17 YEARS

| Code or Value | Value Description | Count | Cumulative | Skip to Item |
|---------------|-------------------|-------|------------|--------------|
| 0 | 0 days | 204 | 204 | |
| 1 | 1 day | 103 | 307 | |
| 2 | 2 days | 184 | 491 | |
| 3 | 3 days | 258 | 749 | |
| 4 | 4 days | 282 | 1031 | |
| 5 | 5 days | 551 | 1582 | |
| 6 | 6 days | 246 | 1828 | |
| 7 | 7 days | 1201 | 3029 | |
| 77 | Refused | 2 | 3031 | |
| 99 | Don't know | 10 | 3041 | |
| . | Missing | 68 | 3109 | |

PAQ711 - Hours per day TV/ videos watched?

Variable Name: PAQ711

SAS Label: Hours per day TV/ videos watched?

English Text: On a typical day during the school year, about how many hours {do you/does SP} usually spend playing with a smartphone or computer, watching TV or movies, or playing video games?

English Instructions: ENTER NUMBER OF HOURS SOFT EDIT: 18 HOURS OR MORE. ERROR MESSAGE: PLEASE VERIFY TIMES OF 18 HOURS OR MORE. HARD EDIT: 24 HOURS OR MORE. ERROR MESSAGE: THE TIME SHOULD BE LESS THAN 24 HOURS.

Target: Both males and females 2 YEARS - 17 YEARS

Hard Edits: 0 to 8

| Code or Value | Value Description | Count | Cumulative | Skip to Item |
|---------------|-------------------|-------|------------|--------------|
| 0 to 8 | Range of Values | 2915 | 2915 | |
| 9 | 9 or more hours | 110 | 3025 | |
| 77 | Refused | 2 | 3027 | |
| 99 | Don't know | 14 | 3041 | |
| . | Missing | 68 | 3109 | |

