

**ANNOTATED PHYSICAL ACTIVITY AND PHYSICAL FITNESS (PAQ)**

*The next series of questions are about physical activities that you have done over the **past 30 days**. First I will ask about activities that are related to transportation. Then I'll ask about daily activities, and finally, about physical activities during leisure time.*

PAQ.020. Over the **past 30 days**, have you walked or bicycled as part of getting to and from work, or school, or to do errands?

PAQ020 FMT\_YES\_NO\_PAQ.

Yes	1
No	2 <b>(Skip to PAQ.030)</b>
Unable to do activity	3 <b>(Skip to PAQ.030)</b>
Refused	77 <b>(Skip to PAQ.030)</b>
Don't Know	99 <b>(Skip to PAQ.030)</b>

PAQ.025. Over the past 30 days, **how often** did you bike or walk to work, school or to do errands? (How many days per week, or per month did you do these activities?)

|\_|\_|\_|

PAQ025\_N FMT\_NUMCAT.

PAQ025\_U FMT\_FREQ.

Enter number of days per week or month

Refused	77 <b>(Skip to PAQ.030)</b>
Don't Know	99 <b>(Skip to PAQ.030)</b>

Enter Unit

Week	1
Month	2

PAQ.026. On those days when you walked or bicycled, about **how long** did you spend altogether doing this?

|\_|\_|\_|\_|

PAQ026\_N FMT\_NUMCAT.

PAQ026\_U FMT\_FREQ\_MIN\_HRS.

Enter number of minutes or hours

Refused	777
Don't Know	999

Enter Unit

Minutes	1
Hours	2

**ANNOTATED PHYSICAL ACTIVITY AND PHYSICAL FITNESS (PAQ)**

PAQ.030. Over the **past 30 days**, did you do any tasks in or around your home or yard for **at least 10 minutes** that required moderate or greater physical effort? By moderate physical effort I mean, tasks that caused **light** sweating or a **slight to moderate increase** in your heart rate or breathing, such as raking leaves, shoveling snow, mowing the lawn or heavy cleaning.

PAQ030

FMT\_YES\_NO\_PAQ.

Yes	1
No	2 <b>(Skip to PAQ.060)</b>
Unable to do activity	3 <b>(Skip to PAQ.060)</b>
Refused	77 <b>(Skip to PAQ.060)</b>
Don't Know	99 <b>(Skip to PAQ.060)</b>

PAQ.040. Over the **past 30 days**, how often did you do tasks in or around the home or yard that required at least moderate effort, such as raking leaves, shoveling snow, mowing the lawn or heavy cleaning? (How many days per week, or per month did you do these activities?)

|\_|\_|\_|

PAQ040\_N

FMT\_NUMCAT.

PAQ040\_U

FMT\_FREQ.

Enter number of days per week or month

Refused	77 <b>(Skip to PAQ.060)</b>
Don't Know	99 <b>(Skip to PAQ.060)</b>

Enter Unit

Week	1
Month	2

PAQ.050. About how long did you do these tasks **each time**? (If more than one task, ask for task done most often.)

|\_|\_|\_|\_|

PAQ050\_N

FMT\_NUMCAT.

PAQ050\_U

FMT\_FREQ\_MIN\_HRS.

Enter number of minutes or hours

Refused	777
Don't Know	999

Enter Unit

Minutes	1
Hours	2

**ANNOTATED PHYSICAL ACTIVITY AND PHYSICAL FITNESS (PAQ)**

PAQ.060. Please tell me which of these four sentences **best** describes your usual daily activities? (This could include work, housework, attending classes or other daily activities.) **[HAND CARD]**

PAQ060

FMT\_PAQ060\_.

Sit during the day and don't walk about very much	1
Stand or walk about quite a lot during the day, but do not have to carry or lift things very often	2
Lift or carry light loads, or climb stairs/hills often	3
Do heavy work or carry heavy loads	4
Refused	77
Don't Know	99

*The next questions are about physical activities including exercise, sports, and physically active hobbies that you may have done during leisure time or at school over the **past 30 days**. First I will ask you about **vigorous** activities that cause **heavy** sweating or **large increases** in breathing or heart rate. Then I will ask you about **moderate** activities that cause only **light** sweating or a **slight to moderate increase** in breathing or heart rate.*

PAQ.070. Over the past 30 days, did you do any **VIGOROUS** activities for at least 10 minutes that caused heavy sweating, or large increases in breathing or heart rate? Some examples are running, lap swimming, aerobics classes, or fast bicycling. Here are some other examples of these types of activities. Please do not include house work or yard work that you have already told me about. **[HAND CARD WITH LIST OF ACTIVITIES LISTED IN PAQ.071]**

PAQ070

FMT\_YES\_NO\_PAQ.

Yes	1
No	2 <b>(Skip to PAQ.080)</b>
Unable to do activity	3 <b>(Skip to PAQ.080)</b>
Refused	77 <b>(Skip to PAQ.080)</b>
Don't Know	99 <b>(Skip to PAQ.080)</b>

PAQ.071a-z. Over the **past 30 days**, what **VIGOROUS** activities did you do? **[ENTER ALL THAT APPLY]**

Aerobics	10	Soccer	34
Basketball	12	Stair Climbing	36
Bicycling	13	Swimming	38
Football	17	Tennis	39
Hiking	20	Treadmill	40
Hockey	21	Volleyball	41
Jogging	23	Boxing	50
Kayaking	24	Martial Arts	53
Racquetball	26	Wrestling	54
Rollerblading	27	Other (Specify) _____	71

**ANNOTATED PHYSICAL ACTIVITY AND PHYSICAL FITNESS (PAQ)**

Rowing	28	Other (Specify) _____	72
Running	29	Other (Specify) _____	73
Skating	31	Refused	77 (Skip to PAQ.080)
Skiing (Cross-Country/ Nordic Track)	32	Don't Know	99 (Skip to PAQ.080)
Skiing (Downhill)	33		

1<sup>st</sup> RESPONSE PAQ071\_A FMT\_071\_.  
 2<sup>nd</sup> RESPONSE PAQ071\_B FMT\_071\_.  
 3<sup>rd</sup> RESPONSE PAQ071\_C FMT\_071\_.  
 4<sup>th</sup> RESPONSE PAQ071\_D FMT\_071\_.  
 5<sup>th</sup> RESPONSE PAQ071\_E FMT\_071\_.  
 6<sup>th</sup> RESPONSE PAQ071\_F FMT\_071\_.  
 7<sup>th</sup> RESPONSE PAQ071\_G FMT\_071\_.  
 8<sup>th</sup> RESPONSE PAQ071\_H FMT\_071\_.  
 9<sup>th</sup> RESPONSE PAQ071\_I FMT\_071\_.  
 10<sup>th</sup> RESPONSE PAQ071\_J FMT\_071\_.  
 11<sup>th</sup> RESPONSE PAQ071\_K FMT\_071\_.  
 12<sup>th</sup> RESPONSE PAQ071\_L FMT\_071\_.  
 13<sup>th</sup> RESPONSE PAQ071\_M FMT\_071\_.  
 14<sup>th</sup> RESPONSE PAQ071\_N FMT\_071\_.  
 15<sup>th</sup> RESPONSE PAQ071\_O FMT\_071\_.  
 16<sup>th</sup> RESPONSE PAQ071\_P FMT\_071\_.  
 17<sup>th</sup> RESPONSE PAQ071\_Q FMT\_071\_.  
 18<sup>th</sup> RESPONSE PAQ071\_R FMT\_071\_.  
 19<sup>th</sup> RESPONSE PAQ071\_S FMT\_071\_.  
 20<sup>th</sup> RESPONSE PAQ071\_T FMT\_071\_.  
 21<sup>th</sup> RESPONSE PAQ071\_U FMT\_071\_.  
 22<sup>th</sup> RESPONSE PAQ071\_V FMT\_071\_.  
 23<sup>th</sup> RESPONSE PAQ071\_W FMT\_071\_.  
 24<sup>th</sup> RESPONSE PAQ071\_X FMT\_071\_.

PAQ.075a-z. Over the **past 30 days, how often** did you do {ACTIVITY}? (How many days per week, or per month?)

\_\_\_\_|\_\_\_\_|

Enter number of days per week or month

Refused 77

Don't Know 99

Enter Unit

Week 1

Month 2

**ANNOTATED PHYSICAL ACTIVITY AND PHYSICAL FITNESS (PAQ)**

NAME OF ACTIVITY	PAQ075_10	\$FMT_CHAR.
NUMBER OF DAYS PER WEEK/MONTH	PAQ075_10_N	FMT_NUMCAT.
WEEKS/MONTH UNIT	PAQ075_10_U	FMT_FREQ.

PAQ.076a-z. Over the **past 30 days**, on average about **how long** did you do {ACTIVITY} **each time**?

|\_|\_|\_|\_|

Enter number of minutes or hours

Refused 777

Don't Know 999

Enter Unit

Minutes 1

Hours 2

NUMBER PER TIME MIN/HRS	PAQ076_10_N	FMT_NUMCAT.
MIN/HRS UNIT	PAQ076_10_U	FMT_FREQ_MIN_HRS.

**[Repeat PAQ.075 and PAQ.076 for each Activity listed in PAQ.071]**

PAQ075_12	\$FMT_CHAR.
PAQ075_12_N	FMT_NUMCAT.
PAQ075_12_U	FMT_FREQ.
PAQ076_12_N	FMT_NUMCAT.
PAQ076_12_U	FMT_FREQ_MIN_HRS.
PAQ075_13	\$FMT_CHAR.
PAQ075_13_N	FMT_NUMCAT.
PAQ075_13_U	FMT_FREQ.
PAQ076_13_N	FMT_NUMCAT.
PAQ076_13_U	FMT_FREQ_MIN_HRS.
PAQ075_17	\$FMT_CHAR.
PAQ075_17_N	FMT_NUMCAT.
PAQ075_17_U	FMT_FREQ.
PAQ076_17_N	FMT_NUMCAT.
PAQ076_17_U	FMT_FREQ_MIN_HRS.
PAQ075_20	\$FMT_CHAR.
PAQ075_20_N	FMT_NUMCAT.
PAQ075_20_U	FMT_FREQ.
PAQ076_20_N	FMT_NUMCAT.
PAQ076_20_U	FMT_FREQ_MIN_HRS.
PAQ075_21	\$FMT_CHAR.
PAQ075_21_N	FMT_NUMCAT.
PAQ075_21_U	FMT_FREQ.

**ANNOTATED PHYSICAL ACTIVITY AND PHYSICAL FITNESS (PAQ)**

PAQ076_21_N	FMT_NUMCAT.
PAQ076_21_U	FMT_FREQ_MIN_HRS.
PAQ075_23	\$FMT_CHAR.
PAQ075_23_N	FMT_NUMCAT.
PAQ075_23_U	FMT_FREQ.
PAQ076_23_N	FMT_NUMCAT.
PAQ076_23_U	FMT_FREQ_MIN_HRS.
PAQ075_24	\$FMT_CHAR.
PAQ075_24_N	FMT_NUMCAT.
PAQ075_24_U	FMT_FREQ.
PAQ076_24_N	FMT_NUMCAT.
PAQ076_24_U	FMT_FREQ_MIN_HRS.
PAQ075_26	\$FMT_CHAR.
PAQ075_26_N	FMT_NUMCAT.
PAQ075_26_U	FMT_FREQ.
PAQ076_26_N	FMT_NUMCAT.
PAQ076_26_U	FMT_FREQ_MIN_HRS.
PAQ075_27	\$FMT_CHAR.
PAQ075_27_N	FMT_NUMCAT.
PAQ075_27_U	FMT_FREQ.
PAQ076_27_N	FMT_NUMCAT.
PAQ076_27_U	FMT_FREQ_MIN_HRS.
PAQ075_28	\$FMT_CHAR.
PAQ075_28_N	FMT_NUMCAT.
PAQ075_28_U	FMT_FREQ.
PAQ076_28_N	FMT_NUMCAT.
PAQ076_28_U	FMT_FREQ_MIN_HRS.
PAQ075_29	\$FMT_CHAR.
PAQ075_29_N	FMT_NUMCAT.
PAQ075_29_U	FMT_FREQ.
PAQ076_29_N	FMT_NUMCAT.
PAQ076_29_U	FMT_FREQ_MIN_HRS.
PAQ075_31	\$FMT_CHAR.
PAQ075_31_N	FMT_NUMCAT.
PAQ075_31_U	FMT_FREQ.
PAQ076_31_N	FMT_NUMCAT.
PAQ076_31_U	FMT_FREQ_MIN_HRS.
PAQ075_32	\$FMT_CHAR.
PAQ075_32_N	FMT_NUMCAT.
PAQ075_32_U	FMT_FREQ.
PAQ076_32_N	FMT_NUMCAT.

**ANNOTATED PHYSICAL ACTIVITY AND PHYSICAL FITNESS (PAQ)**

PAQ076_32_U	FMT_FREQ_MIN_HRS.
PAQ075_33	\$FMT_CHAR.
PAQ075_33_N	FMT_NUMCAT.
PAQ075_33_U	FMT_FREQ.
PAQ076_33_N	FMT_NUMCAT.
PAQ076_33_U	FMT_FREQ_MIN_HRS.
PAQ075_34	\$FMT_CHAR.
PAQ075_34_N	FMT_NUMCAT.
PAQ075_34_U	FMT_FREQ.
PAQ076_34_N	FMT_NUMCAT.
PAQ076_34_U	FMT_FREQ_MIN_HRS.
PAQ075_36	\$FMT_CHAR.
PAQ075_36_N	FMT_NUMCAT.
PAQ075_36_U	FMT_FREQ.
PAQ076_36_N	FMT_NUMCAT.
PAQ076_36_U	FMT_FREQ_MIN_HRS.
PAQ075_38	\$FMT_CHAR.
PAQ075_38_N	FMT_NUMCAT.
PAQ075_38_U	FMT_FREQ.
PAQ076_38_N	FMT_NUMCAT.
PAQ076_38_U	FMT_FREQ_MIN_HRS.
PAQ075_39	\$FMT_CHAR.
PAQ075_39_N	FMT_NUMCAT.
PAQ075_39_U	FMT_FREQ.
PAQ076_39_N	FMT_NUMCAT.
PAQ076_39_U	FMT_FREQ_MIN_HRS.
PAQ075_40	\$FMT_CHAR.
PAQ075_40_N	FMT_NUMCAT.
PAQ075_40_U	FMT_FREQ.
PAQ076_40_N	FMT_NUMCAT.
PAQ076_40_U	FMT_FREQ_MIN_HRS.
PAQ075_41	\$FMT_CHAR.
PAQ075_41_N	FMT_NUMCAT.
PAQ075_41_U	FMT_FREQ.
PAQ076_41_N	FMT_NUMCAT.
PAQ076_41_U	FMT_FREQ_MIN_HRS.
PAQ075_50	\$FMT_CHAR.
PAQ075_50_N	FMT_NUMCAT.
PAQ075_50_U	FMT_FREQ.
PAQ076_50_N	FMT_NUMCAT.
PAQ076_50_U	FMT_FREQ_MIN_HRS.

**ANNOTATED PHYSICAL ACTIVITY AND PHYSICAL FITNESS (PAQ)**

PAQ075\_53 \$FMT\_CHAR.  
 PAQ075\_53\_N FMT\_NUMCAT.  
 PAQ075\_53\_U FMT\_FREQ.  
 PAQ076\_53\_N FMT\_NUMCAT.  
 PAQ076\_53\_U FMT\_FREQ\_MIN\_HRS.  
 PAQ075\_54 \$FMT\_CHAR.  
 PAQ075\_54\_N FMT\_NUMCAT.  
 PAQ075\_54\_U FMT\_FREQ.  
 PAQ076\_54\_N FMT\_NUMCAT.  
 PAQ076\_54\_U FMT\_FREQ\_MIN\_HRS.  
 PAQ075\_71 \$FMT\_CHAR.  
 PAQ075\_71\_N FMT\_NUMCAT.  
 PAQ075\_71\_U FMT\_FREQ.  
 PAQ076\_71\_N FMT\_NUMCAT.  
 PAQ076\_71\_U FMT\_FREQ\_MIN\_HRS.  
 PAQ075\_72 \$FMT\_CHAR.  
 PAQ075\_72\_N FMT\_NUMCAT.  
 PAQ075\_72\_U FMT\_FREQ.  
 PAQ076\_72\_N FMT\_NUMCAT.  
 PAQ076\_72\_U FMT\_FREQ\_MIN\_HRS.  
 PAQ075\_73 \$FMT\_CHAR.  
 PAQ075\_73\_N FMT\_NUMCAT.  
 PAQ075\_73\_U FMT\_FREQ.  
 PAQ076\_73\_N FMT\_NUMCAT.  
 PAQ076\_73\_U FMT\_FREQ\_MIN\_HRS.

PAQ.080. Over the past 30 days, did you do **MODERATE** activities for **at least 10 minutes** that caused only **light** sweating or a **slight to moderate increase** in breathing or heart rate? Some examples are brisk walking, bicycling for pleasure, golf, or dancing. Here are some other examples of these types of activities. Please do not include house work or yard work that you have already told me about. **[HAND CARD WITH LIST OF ACTIVITIES LISTED IN PAQ.081]**

Yes	1
No	2 <b>(Skip to PAQ.090)</b>
Unable To Do Activity	3 <b>(Skip to PAQ.090)</b>
Refused.	77 <b>(Skip to PAQ.090)</b>
Don't Know	99 <b>(Skip to PAQ.090)</b>

PAQ080 FMT\_YES\_NO\_PAQ.

PAQ.081a-z. Over the past 30 days, what **moderate** activity or activities did you do? **[ENTER ALL THAT APPLY]**

Aerobics (Low Impact)	10	Bicycling	13
Baseball	11	Bowling	14
Basketball	12	Dancing	15



**ANNOTATED PHYSICAL ACTIVITY AND PHYSICAL FITNESS (PAQ)**

Fishing	16	Swimming	38
Football	17	Tennis	39
Golf	19	Treadmill	40
Hiking	20	Volleyball	41
Hockey	21	Walking	42
Hunting	22	Weight Lifting	43
Jogging	23	Frisbee	51
Kayaking	24	Horseback Riding	52
Rollerblading	27	Martial Arts	53
Rowing	28	Yoga	55
Skating	31	Other (Specify: _____)	71
Skiing – Downhill	33	Other (Specify: _____)	72
Soccer	34	Other (Specify: _____)	73
Softball	35	Refused. 77	<b>(Skip to PAQ.090)</b>
Stair Climbing	36	Don't Know 99	<b>(Skip to PAQ.090)</b>
Stretching	37		

1<sup>st</sup> RESPONSE PAQ081\_A FMT\_081\_.  
 2<sup>nd</sup> RESPONSE PAQ081\_B FMT\_081\_.  
 3<sup>rd</sup> RESPONSE PAQ081\_C FMT\_081\_.  
 4<sup>th</sup> RESPONSE PAQ081\_D FMT\_081\_.  
 5<sup>th</sup> RESPONSE PAQ081\_E FMT\_081\_.  
 6<sup>th</sup> RESPONSE PAQ081\_F FMT\_081\_.  
 7<sup>th</sup> RESPONSE PAQ081\_G FMT\_081\_.  
 8<sup>th</sup> RESPONSE PAQ081\_H FMT\_081\_.  
 9<sup>th</sup> RESPONSE PAQ081\_I FMT\_081\_.  
 10<sup>th</sup> RESPONSE PAQ081\_J FMT\_081\_.  
 11<sup>th</sup> RESPONSE PAQ081\_K FMT\_081\_.  
 12<sup>th</sup> RESPONSE PAQ081\_L FMT\_081\_.  
 13<sup>th</sup> RESPONSE PAQ081\_M FMT\_081\_.  
 14<sup>th</sup> RESPONSE PAQ081\_N FMT\_081\_.  
 15<sup>th</sup> RESPONSE PAQ081\_O FMT\_081\_.  
 16<sup>th</sup> RESPONSE PAQ081\_P FMT\_081\_.  
 17<sup>th</sup> RESPONSE PAQ081\_Q FMT\_081\_.  
 18<sup>th</sup> RESPONSE PAQ081\_R FMT\_081\_.  
 19<sup>th</sup> RESPONSE PAQ081\_S FMT\_081\_.  
 20<sup>th</sup> RESPONSE PAQ081\_T FMT\_081\_.  
 21<sup>th</sup> RESPONSE PAQ081\_U FMT\_081\_.  
 22<sup>th</sup> RESPONSE PAQ081\_V FMT\_081\_.  
 23<sup>th</sup> RESPONSE PAQ081\_W FMT\_081\_.  
 24<sup>th</sup> RESPONSE PAQ081\_X FMT\_081\_.

**ANNOTATED PHYSICAL ACTIVITY AND PHYSICAL FITNESS (PAQ)**

PAQ.085a-z. Over the **past 30 days**, **how often** did you do {ACTIVITY}? (How many days per week, or per month?)

|\_|\_|\_|

Enter number of days per week or month

Refused 77

Don't Know 99

Enter Unit

Week 1

Month 2

NAME OF ACTIVITY	PAQ085_10	\$FMT_CHAR.
NUMBER OF DAYS PER WEEK/MONTH	PAQ085_10_N	FMT_NUMCAT.
WEEKS/MONTH UNIT	PAQ085_10_U	FMT_FREQ.

PAQ.086a-z. Over the **past 30 days**, on average about **how long** did you do {ACTIVITY} **each time**?

|\_|\_|\_|

Enter number of minutes or hours

Refused 777

Don't Know 999

Enter Unit

Minutes 1

Hours 2

NUMBER PER TIME MIN/HRS	PAQ086_10_N	FMT_NUMCAT.
MIN/HRS UNIT	PAQ086_10_U	FMT_FREQ_MIN_HRS.

**[Repeat PAQ.085 and PAQ.086 each Activity listed in PAQ.081]**

PAQ085_11	\$FMT_CHAR.
PAQ085_11_N	FMT_NUMCAT.
PAQ085_11_U	FMT_FREQ.
PAQ086_11_N	FMT_NUMCAT.
PAQ086_11_U	FMT_FREQ_MIN_HRS.
PAQ085_12	\$FMT_CHAR.
PAQ085_12_N	FMT_NUMCAT.
PAQ085_12_U	FMT_FREQ.
PAQ086_12_N	FMT_NUMCAT.
PAQ086_12_U	FMT_FREQ_MIN_HRS.
PAQ085_13	\$FMT_CHAR.
PAQ085_13_N	FMT_NUMCAT.
PAQ085_13_U	FMT_FREQ.
PAQ086_13_N	FMT_NUMCAT.
PAQ086_13_U	FMT_FREQ_MIN_HRS.
PAQ085_14	\$FMT_CHAR.
PAQ085_14_N	FMT_NUMCAT.

**ANNOTATED PHYSICAL ACTIVITY AND PHYSICAL FITNESS (PAQ)**

PAQ085_14_U	FMT_FREQ.
PAQ086_14_N	FMT_NUMCAT.
PAQ086_14_U	FMT_FREQ_MIN_HRS.
PAQ085_15	\$FMT_CHAR.
PAQ085_15_N	FMT_NUMCAT.
PAQ085_15_U	FMT_FREQ.
PAQ086_15_N	FMT_NUMCAT.
PAQ086_15_U	FMT_FREQ_MIN_HRS.
PAQ085_16	\$FMT_CHAR.
PAQ085_16_N	FMT_NUMCAT.
PAQ085_16_U	FMT_FREQ.
PAQ086_16_N	FMT_NUMCAT.
PAQ086_16_U	FMT_FREQ_MIN_HRS.
PAQ085_17	\$FMT_CHAR.
PAQ085_17_N	FMT_NUMCAT.
PAQ085_17_U	FMT_FREQ.
PAQ086_17_N	FMT_NUMCAT.
PAQ086_17_U	FMT_FREQ_MIN_HRS.
PAQ085_19	\$FMT_CHAR.
PAQ085_19_N	FMT_NUMCAT.
PAQ085_19_U	FMT_FREQ.
PAQ086_19_N	FMT_NUMCAT.
PAQ086_19_U	FMT_FREQ_MIN_HRS.
PAQ085_20	\$FMT_CHAR.
PAQ085_20_N	FMT_NUMCAT.
PAQ085_20_U	FMT_FREQ.
PAQ086_20_N	FMT_NUMCAT.
PAQ086_20_U	FMT_FREQ_MIN_HRS.
PAQ085_21	\$FMT_CHAR.
PAQ085_21_N	FMT_NUMCAT.
PAQ085_21_U	FMT_FREQ.
PAQ086_21_N	FMT_NUMCAT.
PAQ086_21_U	FMT_FREQ_MIN_HRS.
PAQ085_22	\$FMT_CHAR.
PAQ085_22_N	FMT_NUMCAT.
PAQ085_22_U	FMT_FREQ.
PAQ086_22_N	FMT_NUMCAT.
PAQ086_22_U	FMT_FREQ_MIN_HRS.
PAQ085_23	\$FMT_CHAR.
PAQ085_23_N	FMT_NUMCAT.
PAQ085_23_U	FMT_FREQ.

**ANNOTATED PHYSICAL ACTIVITY AND PHYSICAL FITNESS (PAQ)**

PAQ086_23_N	FMT_NUMCAT.
PAQ086_23_U	FMT_FREQ_MIN_HRS.
PAQ085_27	\$FMT_CHAR.
PAQ085_27_N	FMT_NUMCAT.
PAQ085_27_U	FMT_FREQ.
PAQ086_27_N	FMT_NUMCAT.
PAQ086_27_U	FMT_FREQ_MIN_HRS.
PAQ085_28	\$FMT_CHAR.
PAQ085_28_N	FMT_NUMCAT.
PAQ085_28_U	FMT_FREQ.
PAQ086_28_N	FMT_NUMCAT.
PAQ086_28_U	FMT_FREQ_MIN_HRS.
PAQ085_31	\$FMT_CHAR.
PAQ085_31_N	FMT_NUMCAT.
PAQ085_31_U	FMT_FREQ.
PAQ086_31_N	FMT_NUMCAT.
PAQ086_31_U	FMT_FREQ_MIN_HRS.
PAQ085_34	\$FMT_CHAR.
PAQ085_34_N	FMT_NUMCAT.
PAQ085_34_U	FMT_FREQ.
PAQ086_34_N	FMT_NUMCAT.
PAQ086_34_U	FMT_FREQ_MIN_HRS.
PAQ085_35	\$FMT_CHAR.
PAQ085_35_N	FMT_NUMCAT.
PAQ085_35_U	FMT_FREQ.
PAQ086_35_N	FMT_NUMCAT.
PAQ086_35_U	FMT_FREQ_MIN_HRS.
PAQ085_36	\$FMT_CHAR.
PAQ085_36_N	FMT_NUMCAT.
PAQ085_36_U	FMT_FREQ.
PAQ086_36_N	FMT_NUMCAT.
PAQ086_36_U	FMT_FREQ_MIN_HRS.
PAQ085_37	\$FMT_CHAR.
PAQ085_37_N	FMT_NUMCAT.
PAQ085_37_U	FMT_FREQ.
PAQ086_37_N	FMT_NUMCAT.
PAQ086_37_U	FMT_FREQ_MIN_HRS.
PAQ085_38	\$FMT_CHAR.
PAQ085_38_N	FMT_NUMCAT.
PAQ085_38_U	FMT_FREQ.
PAQ086_38_N	FMT_NUMCAT.

**ANNOTATED PHYSICAL ACTIVITY AND PHYSICAL FITNESS (PAQ)**

PAQ086_38_U	FMT_FREQ_MIN_HRS.
PAQ085_39	\$FMT_CHAR.
PAQ085_39_N	FMT_NUMCAT.
PAQ085_39_U	FMT_FREQ.
PAQ086_39_N	FMT_NUMCAT.
PAQ086_39_U	FMT_FREQ_MIN_HRS.
PAQ085_40	\$FMT_CHAR.
PAQ085_40_N	FMT_NUMCAT.
PAQ085_40_U	FMT_FREQ.
PAQ086_40_N	FMT_NUMCAT.
PAQ086_40_U	FMT_FREQ_MIN_HRS.
PAQ085_41	\$FMT_CHAR.
PAQ085_41_N	FMT_NUMCAT.
PAQ085_41_U	FMT_FREQ.
PAQ086_41_N	FMT_NUMCAT.
PAQ086_41_U	FMT_FREQ_MIN_HRS.
PAQ085_42	\$FMT_CHAR.
PAQ085_42_N	FMT_NUMCAT.
PAQ085_42_U	FMT_FREQ.
PAQ086_42_N	FMT_NUMCAT.
PAQ086_42_U	FMT_FREQ_MIN_HRS.
PAQ085_43	\$FMT_CHAR.
PAQ085_43_N	FMT_NUMCAT.
PAQ085_43_U	FMT_FREQ.
PAQ086_43_N	FMT_NUMCAT.
PAQ086_43_U	FMT_FREQ_MIN_HRS.
PAQ085_51	\$FMT_CHAR.
PAQ085_51_N	FMT_NUMCAT.
PAQ085_51_U	FMT_FREQ.
PAQ086_51_N	FMT_NUMCAT.
PAQ086_51_U	FMT_FREQ_MIN_HRS.
PAQ085_52	\$FMT_CHAR.
PAQ085_52_N	FMT_NUMCAT.
PAQ085_52_U	FMT_FREQ.
PAQ086_52_N	FMT_NUMCAT.
PAQ086_52_U	FMT_FREQ_MIN_HRS.
PAQ085_53	\$FMT_CHAR.
PAQ085_53_N	FMT_NUMCAT.
PAQ085_53_U	FMT_FREQ.
PAQ086_53_N	FMT_NUMCAT.
PAQ086_53_U	FMT_FREQ_MIN_HRS.

**ANNOTATED PHYSICAL ACTIVITY AND PHYSICAL FITNESS (PAQ)**

PAQ085\_SS \$FMT\_CHAR.  
 PAQ085\_SS\_N FMT\_NUMCAT.  
 PAQ085\_SS\_U FMT\_FREQ.  
 PAQ086\_SS\_N FMT\_NUMCAT.  
 PAQ086\_SS\_U FMT\_FREQ\_MIN\_HRS.  
 PAQ085\_71 \$FMT\_CHAR.  
 PAQ085\_71\_N FMT\_NUMCAT.  
 PAQ085\_71\_U FMT\_FREQ.  
 PAQ086\_71\_N FMT\_NUMCAT.  
 PAQ086\_71\_U FMT\_FREQ\_MIN\_HRS.  
 PAQ085\_72 \$FMT\_CHAR.  
 PAQ085\_72\_N FMT\_NUMCAT.  
 PAQ085\_72\_U FMT\_FREQ.  
 PAQ086\_72\_N FMT\_NUMCAT.  
 PAQ086\_72\_U FMT\_FREQ\_MIN\_HRS.  
 PAQ085\_73 \$FMT\_CHAR.  
 PAQ085\_73\_N FMT\_NUMCAT.  
 PAQ085\_73\_U FMT\_FREQ.  
 PAQ086\_73\_N FMT\_NUMCAT.  
 PAQ086\_73\_U FMT\_FREQ\_MIN\_HRS.

PAQ.090. Over the **past 30 days**, did you do any physical activities specifically designed to **strengthen** your muscles such as lifting weights, push-ups or sit-ups? Include all such activities even if you have mentioned them before.

PAQ090 FMT\_YES\_NO\_PAQ.

Yes	1
No	2 <b>(Skip to PAQ.100)</b>
Unable to do activity	3 <b>(Skip to PAQ.100)</b>
Refused	77 <b>(Skip to PAQ.100)</b>
Don't Know	99 <b>(Skip to PAQ.100)</b>

PAQ.095. Over the **past 30 days**, how often did you do these strengthening physicalactivities? (How many times per week, or per month?)

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PAQ095\_N FMT\_NUMCAT.  
 PAQ095\_U FMT\_FREQ.

Enter number of times per week or month  
 Refused 77

**ANNOTATED PHYSICAL ACTIVITY AND PHYSICAL FITNESS (PAQ)**

Don't Know	99
<u>Enter Unit</u>	
Week	1
Month	2

PAQ.100. How does the amount of activity that you reported for the **past 30 days** compare with your physical activity for the **past 12 months**? Over the **past 30 days**, were you...?

PAQ100 FMT\_PAQ100\_.

More active	1
Less active	2
About the same	3
Refused	77
Don't Know	99

PAQ.110 Compared with most {men/women} your age, would you say that you are...?

PAQ110 FMT\_PAQ100\_.

More active	1
Less active	2
About the same	3
Refused	77
Don't Know	99

PAQ.120. **[Asked only of those 30 or older]** Compared with yourself **10 years ago**, would you say that you are...?

PAQ120 FMT\_PAQ100\_.

More active	1
Less active	2
About the same	3
Refused	77
Don't Know	99

*Now I will ask you about TV watching and computer use outside of your regular work hours.*

PAQ.130. Over the **past 30 days**, on average how many hours per day did you sit and watch TV or videos (outside of work)? Would you say...?

PAQ130 FMT\_PAQ130\_.

Less than 1 hour	0
1 hour	1
2 hours	2
3 hours	3
4 hours	4

**ANNOTATED PHYSICAL ACTIVITY AND PHYSICAL FITNESS (PAQ)**

5 hours or more	5
None (Does not watch TV or videos)	8
Refused	77
Don't Know	99

PAQ.140. Over the **past 30 days**, on average how many hours per day did you use a computer or play computer games (outside of work)? Would you say...?

PAQ140

FMT\_PAQ130\_.

Less than 1 hour	0
1 hour	1
2 hours	2
3 hours	3
4 hours	4
5 hours or more	5
None (Does not use a computer outside work)	8
Refused	77
Don't Know	99

**END TIME OF IN HOME INTERVIEWS:** \_\_\_\_\_