

APPENDIX V

PHYSICAL ACTIVITY QUESTIONNAIRE

**Confidential
Research
Purpose
only**

| Physical Activity | | | |
|---|--|---|--------------|
| <p>Next I am going to ask you about the time you spend doing different types of physical activity in a typical week. Please answer these questions even if you do not consider yourself to be a physically active person.</p> <p>Think first about the time you spend doing work. Think of work as the things that you have to do such as paid or unpaid work, study/training, household chores, harvesting food/crops, fishing or hunting for food, seeking employment. <i>[Insert other examples if needed]</i>. In answering the following questions 'vigorous-intensity activities' are activities that require hard physical effort and cause large increases in breathing or heart rate, 'moderate-intensity activities' are activities that require moderate physical effort and cause small increases in breathing or heart rate.</p> | | | |
| Questions | Response | | Code |
| Activity at work | | | |
| 1 | Does your work involve vigorous-intensity activity that causes large increases in breathing or heart rate like <i>[carrying or lifting heavy loads, digging or construction work]</i> for at least 10 minutes continuously? <i>[INSERT EXAMPLES] (USE SHOWCARD)</i> | Yes 1 No 2 <i>If No, go to P 4</i> | P1 |
| 2 | In a typical week, on how many days do you do vigorous-intensity activities as part of your work? | Number of days <input type="text"/> | P2 |
| 3 | How much time do you spend doing vigorous-intensity activities at work on a typical day? | Hours : minutes <input type="text"/> : <input type="text"/> hrs mins | P3 (a-b) |
| 4 | Does your work involve moderate-intensity activity that causes small increases in breathing or heart rate such as brisk walking <i>[or carrying light loads]</i> for at least 10 minutes continuously? <i>[INSERT EXAMPLES] (USE SHOWCARD)</i> | Yes 1 No 2 <i>If No, go to P 7</i> | P4 |
| 5 | In a typical week, on how many days do you do moderate-intensity activities as part of your work? | Number of days <input type="text"/> | P5 |
| 6 | How much time do you spend doing moderate-intensity activities at work on a typical day? | Hours : minutes <input type="text"/> : <input type="text"/> hrs mins | P6 (a-b) |
| Travel to and from places | | | |
| <p>The next questions exclude the physical activities at work that you have already mentioned.</p> <p>Now I would like to ask you about the usual way you travel to and from places. For example to work, for shopping, to market, to place of worship. <i>[Insert other examples if needed]</i></p> | | | |
| 7 | Do you walk or use a bicycle <i>(pedal cycle)</i> for at least 10 minutes continuously to get to and from places? | Yes 1 No 2 <i>If No, go to P 10</i> | P7 |
| 8 | In a typical week, on how many days do you walk or bicycle for at least 10 minutes continuously to get to and from places? | Number of days <input type="text"/> | P8 |
| 9 | How much time do you spend walking or bicycling for travel on a typical day? | Hours : minutes <input type="text"/> : <input type="text"/> hrs mins | P9 (a-b) |
| Recreational activities | | | |
| <p>The next questions exclude the work and transport activities that you have already mentioned.</p> <p>Now I would like to ask you about sports, fitness and recreational activities <i>(leisure)</i>, <i>[insert relevant terms]</i>.</p> | | | |
| 10 | Do you do any vigorous-intensity sports, fitness or recreational <i>(leisure)</i> activities that cause large increases in breathing or heart rate like <i>[running or football]</i> for at least 10 minutes continuously? <i>[INSERT EXAMPLES] (USE SHOWCARD)</i> | Yes 1 No 2 <i>If No, go to P 13</i> | P10 |
| 11 | In a typical week, on how many days do you do vigorous-intensity sports, fitness or recreational <i>(leisure)</i> activities? | Number of days <input type="text"/> | P11 |
| 12 | How much time do you spend doing vigorous-intensity sports, fitness or recreational activities on a typical day? | Hours : minutes <input type="text"/> : <input type="text"/> hrs mins | P12 (a-b) |

| Physical Activity (recreational activities) contd. | | |
|--|--|--------------|
| Questions | Response | Code |
| 13 Do you do any moderate-intensity sports, fitness or recreational (<i>leisure</i>) activities that causes a small increase in breathing or heart rate such as brisk walking, (cycling, swimming, volleyball) for at least 10 minutes continuously? [INSERT EXAMPLES] (USE SHOWCARD) | Yes 1 No 2 If No, go to P16 | P13 |
| 14 In a typical week, on how many days do you do moderate-intensity sports, fitness or recreational (<i>leisure</i>) activities? | Number of days <input type="text"/> | P14 |
| 15 How much time do you spend doing moderate-intensity sports, fitness or recreational (<i>leisure</i>) activities on a typical day? | Hours : minutes <input type="text"/> : <input type="text"/> hrs mins | P15 (a-b) |
| Sedentary behaviour The following question is about sitting or reclining at work, at home, getting to and from places, or with friends including time spent (sitting at a desk, sitting with friends, travelling in car, bus, train, reading, playing cards or watching television), but do not include time spent sleeping. [INSERT EXAMPLES] (USE SHOWCARD) | | |
| 16 How much time do you usually spend sitting or reclining on a typical day? | Hours : minutes <input type="text"/> : <input type="text"/> hrs min s | P16 (a-b) |