

CARDIA ID Label

**CARDIA III
PHYSICAL ACTIVITY QUESTIONNAIRE**

___ / ___ / ___
exam date

C18PSTYR 1. (SHOW PARTICIPANT CARD 1)
Compared to other people your age and sex, what number would you choose for rating your physical activity during the past year? (CHECK ONE NUMBER)

- | | | | | |
|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|
| 1 <input type="checkbox"/> | 2 <input type="checkbox"/> | 3 <input type="checkbox"/> | 4 <input type="checkbox"/> | 5 <input type="checkbox"/> |
| Physically
Inactive | | Moderately
Active | | Very
Active |

2. (SHOW PARTICIPANT CARD 2)
Please look at this card. I'll be asking you whether you do the activities listed. Only include the time spent actually doing the activity. For example sitting by the pool does not count as time swimming; sitting in a chair lift does not count for skiing.

First, I'll ask you about vigorous activities. Vigorous activities increase your heart rate, or make you sweat doing them, or make you breathe hard or raise your body temperature. If you do an activity but not vigorously, please include it later when I ask you about other non-strenuous sports.

C18A1RUNA1. Did you jog or run in the past 12 months for at least one hour total time in any month? For instance, you might have done three 20 minutes sessions in the month.

- 1 No (SKIP TO QUESTION B1.)
2 Yes

C18A2MO A2. How many months did you do this activity?

___ months

C18A3PWKA3. How many of these months did you do this activity for at least 2 hours per week?

___ months

- C18B1RAC B1. Did you do vigorous racket sports in the past 12 months for at least one hour total time in any month?
- 1 No (SKIP TO QUESTION C1.)
- 2 Yes
- C18B2MO B2. How many months did you do this activity?
- _____ months
- C18B3PWK B3. How many of these months did you do these activities for at least 3 hours per week?
- _____ months
- C18C1BKE C1. Did you bicycle faster than 10 miles/hour or exercise hard on an exercise bicycle in the past 12 months for at least one hour total time in any month?
- 1 No (SKIP TO QUESTION D1.)
- 2 Yes
- C18C2MO C2. How many months did you do these activities?
- _____ months
- C18C3PWK C3. How many of these months did you do this activity for at least 2 hours per week?
- _____ months
- C18D1SWM D1. Did you swim in the past 12 months for at least one hour total time in any month?
- 1 No (SKIP TO QUESTION E1.)
- 2 Yes
- C18D2MO D2. How many months did you do this activity?
- _____ months
- C18D3PWK D3. How many of these months did you do this activity for at least 2 hours per week?
- _____ months

C18E1DNC E1. Did you do a vigorous exercise class or vigorous dancing in the past 12 months for at least one hour total time in any month?

1 No (SKIP TO QUESTION F1.)

2 Yes

C18E2MO E2. How many months did you do this activity?

_____ months

C18E3PWK E3. How many of these months did you do this activity for at least 3 hours per week?

_____ months

C18F1LFT F1. Did you do any vigorous job activities such as lifting, carrying, or digging in the past 12 months for at least one hour total time in any month?

1 No (SKIP TO QUESTION G1.)

2 Yes

C18F2MO F2. How many months did you do any of these activities?

_____ months

C18F3PWK F3. How many of these months were for at least 5 hours per week?

_____ months

C18G1SHV G1. Did you do any home or leisure activities such as snow shoveling, moving heavy objects, or weight lifting in the past 12 months for at least one hour total time in any month?

1 No (SKIP TO QUESTION H1.)

2 Yes

C18G2MO G2. How many months did you do any of these activities?

_____ months

C18G3PWK G3. How many of these months were for at least 3 hours per week?

_____ months

C18H1HSP H1. Did you do other strenuous sports such as basketball, football, skating, or skiing in the past 12 months for at least one hour total time in any month?

1 No (SKIP TO QUESTION I1.)

2 Yes

C18H2MO H2. How many months did you do any of these activities?

_____ months

C18H3PWK H3. How many of these months were for at least 3 hours per week?

_____ months

Now, I'd like to ask you about more leisurely activities.

C18I1LSP I1. Do you do non-strenuous sports such as softball, shooting baskets, volleyball, ping pong, or leisurely jogging, swimming, or biking which we haven't included above in the past 12 months for at least one hour total time in any month?

1 No (SKIP TO QUESTION J1.)

2 Yes

C18I2MO I2. How many months did you do any of these activities?

_____ months

C18I3PWK I3. How many of these months were for at least 3 hours per week?

_____ months

C18J1WLK J1. Did you take walks or hikes or walk to work in the past 12 months for at least one hour total time in any month?

1 No (SKIP TO QUESTION K1.)

2 Yes

C18J2MO J2. How many months did you do this activity?

_____ months

C18J3PWK J3. How many of these months were for at least 4 hours per week?

_____ months

C18K1BWL K1. Did you bowl or play golf in the past 12 months for at least one hour total time in any month?

1 No (SKIP TO QUESTION L1.)

2 Yes

C18K2MO K2. How many months did you do either of these activities?

_____ months

C18K3PWK K3. How many of these months were for at least 3 hours per week?

_____ months

C18L1HMX L1. Did you do home exercise or calisthenics in the past 12 months for at least one hour total time in any month?

1 No (SKIP TO QUESTION M1.)

2 Yes

C18L2MO L2. How many months did you do this activity?

_____ months

C18L3PWK L3. How many of these months did you do this activity for at least 3 hours per week?

_____ months

C18M1MNT M1. Did you do home maintenance or gardening, including carpentry, painting, raking, or mowing in the past 12 months for at least one hour total time in any month?

1 No

2 Yes

C18M2MO M2. How many months did you do any of these activities?

_____ months

C18M3PWK M3. How many of these months were for at least 5 hours per week?

_____ months

C18N1FLT N1. How many flights of stairs do you climb up each day?
 ___ flights per day (let 1 flight = 10 steps)

Now I would like to ask you about your physical activity related to your work over the past year.

These are the choices you have to choose from for the following questions (SHOW PARTICIPANT CARD 3) 1 - Never, 2 - Seldom, 3 - Sometimes, 4 - Often, 5 - Always. Please give me a number that best describes your physical activity related to your work.

C1801SIT 01. At work do you sit:
 (IF RESPONDENT REPLIES HE/SHE DOES NOT HAVE A JOB, HAVE HIM/HER RESPOND FOR OTHER DAILY ACTIVITY PERCEIVED AS WORK. IF NO WORK ACTIVITY ANSWER '6'.)

- 1 ___ Never
- 2 ___ Seldom
- 3 ___ Sometimes
- 4 ___ Often
- 5 ___ Always
- 6 ___ Does not work (SKIP TO QUESTION P1)

C1802STD 02. At work do you stand:

- 1 ___ Never
- 2 ___ Seldom
- 3 ___ Sometimes
- 4 ___ Often
- 5 ___ Always

C1803WLK 03. At work do you walk:

- 1 ___ Never
- 2 ___ Seldom
- 3 ___ Sometimes
- 4 ___ Often
- 5 ___ Always

C1804LFT 04. At work do you lift heavy loads: (SHOW PARTICIPANT CARD 4)

- 1 ___ Never
- 2 ___ Seldom
- 3 ___ Sometimes
- 4 ___ Often
- 5 ___ Very often

C1805TRE 05. At work are you physically tired:

- 1 ___ Never
- 2 ___ Seldom
- 3 ___ Sometimes
- 4 ___ Often
- 5 ___ Very often

O6. At work do you sweat:

- C1806SWT
- 1 Never
 - 2 Seldom
 - 3 Sometimes
 - 4 Often
 - 5 Very often

C1807WPH O7. In comparison with others of your age, do you think your work is physically: (SHOW PARTICIPANT CARD 5)

- 1 Much lighter
- 2 Lighter
- 3 As heavy
- 4 Heavier
- 5 Much heavier

Now I would like to ask you about your leisure time physical activity during the past year.

C18P1WPH P1. In comparison with others of your age, do you think your physical activity during leisure time is: (SHOW PARTICIPANT CARD 6)

- 1 Much less
- 2 Less
- 3 The same
- 4 More
- 5 Much more

These are the choices you have to choose from for the following questions (SHOW PARTICIPANT CARD 4) 1 - Never, 2 - Seldom, 3 - Sometimes, 4 - Often, 5 - Very Often. Please give me a number that best describes your physical activity related to your leisure time.

C18P2SWT P2. During leisure time do you **sweat**:

- 1 Never
- 2 Seldom
- 3 Sometimes
- 4 Often
- 5 Very often

C18P3SPT P3. During leisure time do you **play sports or exercise**:

- 1 Never
- 2 Seldom
- 3 Sometimes
- 4 Often
- 5 Very often

C18P4WTV P4. During leisure time do you watch television:

- 1 ___ Never
- 2 ___ Seldom
- 3 ___ Sometimes
- 4 ___ Often
- 5 ___ Very often

P4a. On the average, about how many hours per day do you watch television?

C18P4TV ___ hours

C18P5WLK P5. During leisure time do you walk:

- 1 ___ Never
- 2 ___ Seldom
- 3 ___ Sometimes
- 4 ___ Often
- 5 ___ Very often

C18P6BIK P6. During leisure time do you bike:

- 1 ___ Never
- 2 ___ Seldom
- 3 ___ Sometimes
- 4 ___ Often
- 5 ___ Very often

C18P7MIN P7. How many minutes do you walk and/or bike to and from work or shopping? (IF SEASONAL, GIVE AVERAGE OVER THE PAST YEAR. SHOW PARTICIPANT CARD 7.)

- 1 ___ Less than 5
- 2 ___ At least 5 but not quite 15
- 3 ___ At least 15 but not quite 30
- 4 ___ At least 30 but not quite 45
- 5 ___ 45 or more

END OF QUESTIONNAIRE

C18IVID ___ INTERVIEWER ID