

CARDIA IV  
PHYSICAL ACTIVITY QUESTIONNAIRE

\_\_\_ / \_\_\_ / \_\_\_  
exam date

1. (SHOW PARTICIPANT CARD 1)  
D18PSTYR 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<br>Inactive     |                            | Moderately<br>Active       |                            | Very<br>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.

A1. Did you jog or run in the past 12 months for at least one  
D18A1RUN 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

A2. How many months did you do this activity?  
D18A2MO

\_\_\_ months

A3. How many of these months did you do this activity for at  
D18A3PWK least 2 hours per week?

\_\_\_ months

B1. Did you do vigorous racket sports in the past 12 months for  
D18B1RAC at least one hour total time in any month?

1  No (SKIP TO QUESTION C1.)

2  Yes

B2. How many months did you do this activity?  
D18B2MO

\_\_\_\_\_ months

B3. How many of these months did you do these activities for at  
D18B3PWK least 3 hours per week?

\_\_\_\_\_ months

C1. Did you bicycle faster than 10 miles/hour or exercise hard  
D18C1BKE 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

C2. How many months did you do these activities?  
D18C2MO

\_\_\_\_\_ months

C3. How many of these months did you do this activity for at  
D18C3PWK least 2 hours per week?

\_\_\_\_\_ months

D1. Did you swim in the past 12 months for at least one hour  
D18D1SWM total time in any month?

1  No (SKIP TO QUESTION E1.)

2  Yes

D2. How many months did you do this activity?  
D18D2MO

\_\_\_\_\_ months

D3. How many of these months did you do this activity for at  
D18D3PWK least 2 hours per week?

\_\_\_\_\_ months

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?  
D18E1DNC

1  No (SKIP TO QUESTION F1.)

2  Yes

E2. How many months did you do this activity?  
D18E2MO

\_\_\_\_\_ months

E3. How many of these months did you do this activity for at least 3 hours per week?  
D18E3PWK

\_\_\_\_\_ months

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?  
D18F1LFT

1  No (SKIP TO QUESTION G1.)

2  Yes

F2. How many months did you do any of these activities?  
D18F2MO

\_\_\_\_\_ months

F3. How many of these months were for at least 5 hours per week?  
D18F3PWK

\_\_\_\_\_ months

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?  
D18G1SHV

1  No (SKIP TO QUESTION H1.)

2  Yes

G2. How many months did you do any of these activities?  
D18G2MO

\_\_\_\_\_ months

G3. How many of these months were for at least 3 hours per week?  
D18G3PWK

\_\_\_\_\_ months

H1. Did you do other strenuous sports such as basketball,  
D18H1HSP 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

H2. How many months did you do any of these activities?  
D18H2MO

\_\_\_\_\_ months

H3. How many of these months were for at least 3 hours per week?  
D18H3PWK

\_\_\_\_\_ months

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

I1. Do you do non-strenuous sports such as softball, shooting  
D18I1LSP 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

I2. How many months did you do any of these activities?  
D18I2MO

\_\_\_\_\_ months

I3. How many of these months were for at least 3 hours per week?  
D18I3PWK

\_\_\_\_\_ months

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?

D18J1WLK 1  No (SKIP TO QUESTION K1.)

2  Yes

J2. How many months did you do this activity?

D18J2MO \_\_\_\_\_ months

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

D18J3PWK \_\_\_\_\_ months

K1. Did you bowl or play golf in the past 12 months for at least one hour total time in any month?  
D18K1BWL

1  No (SKIP TO QUESTION L1.)

2  Yes

K2. How many months did you do either of these activities?  
D18K2MO  
\_\_\_\_\_ months

K3. How many of these months were for at least 3 hours per week?  
D18K3PWK  
\_\_\_\_\_ months

L1. Did you do home exercise or calisthenics in the past 12 months for at least one hour total time in any month?  
D18L1HMX

1  No (SKIP TO QUESTION M1.)

2  Yes

L2. How many months did you do this activity?  
D18L2MO  
\_\_\_\_\_ months

L3. How many of these months did you do this activity for at least 3 hours per week?  
D18L3PWK  
\_\_\_\_\_ months

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?  
D18M1MNT

1  No

2  Yes

M2. How many months did you do any of these activities?  
D18M2MO  
\_\_\_\_\_ months

M3. How many of these months were for at least 5 hours per week?  
D18M3PWK  
\_\_\_\_\_ months

N1. How many flights of stairs do you climb up each day?  
 D18N1FLT  
 \_\_\_ flights per day (let 1 flight = 10 steps)

The next questions concern household activities outside of your occupation.

Q1. How many months in the past year did you do major household chores such as cleaning the garage, car or rugs, or scrubbing floors?  
 D18Q1PYR

\_\_\_ months (IF MORE THAN 0 MONTHS)

D18Q1PM0

Q1a. How many times per month did you do such major household chores?  
 \_\_\_ times

Q2. How many months in the past year did you do light household chores, including light cleaning, making beds, shopping, doing laundry, preparing meals, or washing dishes?  
 D18Q2PYR

\_\_\_ months (IF MORE THAN 0 MONTHS)

D18Q2PWK

Q2a. How many hours per week in a typical month did you do any such light household chores?  
 \_\_\_ hours

Q3. How many months in the past year did you take care of a child 10 years of age or less? Taking care of a child includes activities such as feeding, dressing, bathing, playing and carrying.  
 D18Q3PYR

\_\_\_ months (IF MORE THAN 0 MONTHS)

D18Q3PWK

D18Q3PDY

Q3a. How many days per week in a typical month did you do such child care?  
 \_\_\_ days  
 Q3b. How many hours per day in a typical day did you do such child care?  
 \_\_\_ hours

D18IVID  
 \_\_\_ INTERVIEWER ID