

**CARDIA VI
PHYSICAL ACTIVITY RECALL QUESTIONNAIRE**

F18REXDT

___ / ___ / _____
exam date

Now, I am going to ask about your physical activity some years ago.

I. Year 7 Physical Activity

1. Did participant attend Year 7 exam? **F18RYR7**

- 1 No —————▶ **GO TO PAGE 3, II. BASELINE PHYSICAL ACTIVITY**
2 Yes

We would like to know about your physical activity during the year before your CARDIA visit about 8 years ago. This was an exam that included a treadmill test and a long discussion of what you ate. That visit was in ___ / _____ (Mo/Year). You were ___ years old at that time. To help you focus on that period of time, George Bush was the President, and the Persian Gulf War began in early 1991. (OPTIONAL "LOCAL" EVENT FOR EACH CENTER.) Picture where you lived and what you were doing during the year before your CARDIA visit.

Answering the following questions will help you focus on that period of time:

BLACK OUT ALL ANSWERS IN THIS BOX PRIOR TO SCANNING.

2. Where were you living then?
_____ (city or street)

3. Did you own or rent your home, or were you living with your parents?

4. With whom were you living?
_____ (first name or relationship)

5. What was your job or most important activity then?

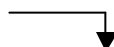
6. Were you a student attending school or college or graduate school? **F18R7STD**

- 1 No
2 Yes
9 Don't know/can't remember

7. Were you single, married, widowed, separated or living with someone in a marriage-like relationship? **F18R7MRG**

- 1 Single
- 2 Married
- 3 Widowed
- 4 Separated
- 5 Living with someone in a marriage-like relationship
- 9 Don't know/can't remember

8. Did you have any children? **F18R7CHD**

- 1 No
- 2 Yes 

8a. If YES, how many? F18R7CNO _____

It may be difficult to remember exactly what you were doing back then to answer these questions, but please do the best you can.

9. These next questions concern household activities outside of your occupation.

A1. How many months during the year before your 1992/93 CARDIA exam did you do major household chores such as cleaning the garage, car or rugs, or scrubbing floors?

F18RA1PY

_____ months

(IF MORE THAN 0 MONTHS)

A1.a. How many times per month did you do such major household chores? _____ times F18RA1PM

A2. How many months during that year (before your 1992/93 exam) did you do light household chores, including light cleaning, making beds, shopping, doing laundry, preparing meals, or washing dishes?

F18RA2PY

_____ months

(IF MORE THAN 0 MONTHS)

A2.a. How many hours per week in a typical month did you do any such light household chores? _____ hours F18RA2TW

A3. How many months during that year (before your 1992/93 exam) 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.

F18RA3PY

_____ months

(IF MORE THAN 0 MONTHS)

A3.a. How many days per week in a typical month did you do such childcare?

_____ days **F18RA3TW**

A3.b. How many hours per day in a typical day did you do such childcare?

_____ hours **F18RA3TD**

II. Baseline Physical Activity

Now I would like you to think back to the year before your first CARDIA visit, fifteen years ago. That visit was in ___ / _____ (Mo/Year). You were ___ years old at that time. To help you focus on the period of time, President Reagan was elected to his second term in 1984. (OPTIONAL "LOCAL" EVENT FOR EACH CENTER.) The first CARDIA visit included a treadmill test among other measurements. Picture where you lived and what you were doing during the year before your first CARDIA visit.

Answering the following questions will help you focus on that period of time:

BLACK OUT ALL ANSWERS IN THIS BOX PRIOR TO SCANNING.

10. Where were you living then?

_____ (city or street)

11. Did you own or rent your home, or were you living with your parents?

12. With whom were you living?

_____ (first name or relationship)

13. What was your job or most important activity then?

14. Were you a student attending school or college or graduate school? **F18RBSTD**

1 No


2 Yes

9 Don't know/can't remember

15. Were you single, married, widowed, separated or living with someone in a marriage-like relationship? **F18RBMRG**

- 1 Single
- 2 Married
- 3 Widowed
- 4 Separated
- 5 Living with someone in a marriage-like relationship
- 9 Don't know/can't remember

16. Did you have any children? **F18RBCHD**

- 1 No
- 2 Yes 

16a. If YES, how many?
F18RBCNO

Please do the best you can to remember what physical activities you were doing back then to answer these next questions.

17. SHOW PARTICIPANT CARD 1.

Compared to other people your age and sex, what number would you choose for rating your physical activity during the year before your first CARDIA exam? CHECK ONE NUMBER.

F18RPSTY

- | | | | | |
|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|
| 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 |

18. SHOW PARTICIPANT CARD 2.

Please look at this card. I'll be asking you whether you did 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 did 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 12 months before your first CARDIA exam for at least one hour total time in any month? For instance, you might have done three 20-minute sessions in the month. **F18RA1RU**

- 1 No ———▶ GO TO QUESTION B1
2 Yes

A2. How many months did you do this activity?

_____ months **F18RA2MO**

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

_____ months **F18RA3PW**

B1. Did you do vigorous racket sports during those 12 months (before your first CARDIA exam) for at least one hour total time in any month? **F18RB1RA**

- 1 No ———▶ GO TO QUESTION C1
2 Yes

B2. How many months did you do this activity?

_____ months **F18RB2MO**

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

_____ months **F18RB3PW**

C1. Did you bicycle faster than 10 miles/hour or exercise hard on an exercise bicycle during those 12 months (before your first CARDIA exam) for at least one hour total time in any month? **F18RC1BK**

- 1 No ———▶ GO TO QUESTION D1
2 Yes

C2. How many months did you do these activities?

_____ months **F18RC2MO**

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

_____ months **F18RC3PW**

D1. Did you swim during those 12 months (before your first CARDIA exam) for at least one hour total time in any month? **F18RD1SW**

1 No ———▶ GO TO QUESTION E1

2 Yes

D2. How many months did you do this activity?

_____ months **F18RD2MO**

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

_____ months **F18RD3PW**

E1. Did you do a vigorous exercise class or vigorous dancing during those 12 months (before your first CARDIA exam) for at least one hour total time in any month? **F18RE1DN**

1 No ———▶ GO TO QUESTION F1

2 Yes

E2. How many months did you do this activity?

_____ months **F18RE2MO**

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

_____ months **F18RE3PW**

F1. Did you do any vigorous job activities such as lifting, carrying, or digging during those 12 months (before your first CARDIA exam) for at least one hour total time in any month?

F18RF1LF

1 No ———▶ GO TO QUESTION G1

2 Yes

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

_____ months **F18RF2MO**

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

_____ months **F18RF3PW**

G1. Did you do any home or leisure activities such as snow shoveling, moving heavy objects, or weight lifting during those 12 months (before your first CARDIA exam) for at least one hour total time in any month? **F18RG1SH**

- 1 No —————> GO TO QUESTION H1
2 Yes

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

_____ months **F18RG2MO**

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

_____ months **F18RG3PW**

H1. Did you do other strenuous sports such as basketball, football, skating, or skiing during those 12 months (before your first CARDIA exam) for at least one hour total time in any month? **F18RH1HS**

- 1 No —————> GO TO QUESTION I1
2 Yes

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

_____ months **F18RH2MO**

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

_____ months **F18RH3PW**

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

I1. Did 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 during those 12 months (before your first CARDIA exam) for at least one hour total time in any month?

F18RI1LS

- 1 No —————> GO TO QUESTION J1
2 Yes

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

_____ months **F18RI2MO**

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

_____ months **F18RI3PW**

J1. Did you take walks or hikes or walk to work during those 12 months (before your first CARDIA exam) for at least one hour total time in any month? **F18RJ1WL**

1 No ———▶ GO TO QUESTION K1

2 Yes

J2. How many months did you do this activity?

_____ months **F18RJ2MO**

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

_____ months **F18RJ3PW**

K1. Did you bowl or play golf during those 12 months (before your first CARDIA exam) for at least one hour total time in any month? **F18RK1BW**

1 No ———▶ GO TO QUESTION L1

2 Yes

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

_____ months **F18RK2MO**

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

_____ months **F18RK3PW**

L1. Did you do home exercise or calisthenics during those 12 months (before your first CARDIA exam) for at least one hour total time in any month? **F18RL1HM**

1 No ———▶ GO TO QUESTION M1

2 Yes

L2. How many months did you do this activity?

_____ months **F18RL2MO**

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

_____ months **F18RL3PW**

M1. Did you do home maintenance or gardening, including carpentry, painting, raking, or mowing during those 12 months (before your first CARDIA exam) for at least one hour total time in any month? **F18RM1MN**

- 1 No
- 2 Yes

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

_____ months **F18RM2MO**

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

_____ months **F18RM3PW**

19. SHOW PARTICIPANT CARD 1.

Compared to other people your age and sex, how would you rate your physical activity prior to high school, or less than 14 years of age? What number would you choose from this card, where 1 is physically inactive and 5 is very active? CHECK ONE NUMBER. **F18RAPST**

- | | | | | |
|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|
| 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 |

20. Compared to other people your age and sex, what number would you choose for rating your physical activity during your high school years, that is between ages 14-18 years? CHECK ONE NUMBER. **F18RHPST**

- | | | | | |
|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|
| 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 |

21. Did you participate in any individual or team sports during high school? **F18RSPRT**

- 1 No
- 2 Yes
- 8 Don't know
- 9 No answer

21.a. If YES, for how many years?
_____ years **F18RSPTY**

F18RIVID

___ ___ ___ Interviewer ID