

## Adult Physical Activity Questions

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ASK ALL AGED 16+

### Intro

Now I'd like to ask you some questions about things that you have done that involve physical activity. This may be things that you have done at work, college or in your leisure time.

INTERVIEWER: PRESS 1 AND <ENTER> TO CONTINUE

1..1

### Work

First of all, in the last 4 weeks, that is since (*date of interview - 4 weeks*), did you do any paid or unpaid work either as an employee or as self employed?

Please include any voluntary work or part time work you may have done.

- 1 Yes
- 2 No

**IF Work = Yes THEN**

#### WrkDays

On how many days did you work in the last 4 weeks?

INTERVIEWER: PLEASE INCLUDE ANY PAID OR UNPAID OVERTIME.

INCLUDE ALL JOBS IF MORE THAN ONE. INCLUDE ALL DAYS RESPONDENT WORKED EVEN IF THEY WERE NOT FULL WORKING DAYS.

Range: 0..28

#### WrkAct2

SHOWCARD I

Looking at showcard I, which of these did you do whilst working? Please include any work you did on weekends.

CODE ALL THAT APPLY

- 1 Sitting down or standing up
- 2 Walking at work (e.g. door to door sales, hospital nurse work)
- 3 Climbing stairs or ladders
- 4 Lifting, carrying or moving heavy loads

**IF WrkAct2 = Sit THEN**

#### WrkAct3H

On an average work day in the last four weeks, how much time did you usually spend sitting down or standing up?

INTERVIEWER: IF RESPONDENT WAS ON HOLIDAY OR UNABLE TO WORK ON ANY DAYS IN THE LAST FOUR WEEKS, ASK THEM TO REPORT THE AVERAGE NUMBER OF HOURS ON THOSE DAYS THEY WORKED.

RECORD HOURS SPENT BELOW. ENTER 0 IF LESS THAN 1 HOUR. RECORD MINUTES AT NEXT QUESTION.

Range: 0..12

#### WrkAct3M

(On an average work day, how much time did you usually spend sitting down or standing up?)

ENTER NUMBER OF MINUTES. IF AN EXACT HOUR, ENTER 0 FOR MINUTES  
:0..59  
**ENDIF**

**IF WorkAct2 = walk**

**WrkAct4H**

On an average work day in the last four weeks, how much time did you usually spend walking at work (e.g. door to door sales, hospital nurse work)?

INTERVIEWER: IF RESPONDENT WAS ON HOLIDAY OR UNABLE TO WORK ON ANY DAYS IN THE LAST FOUR WEEKS, ASK THEM TO REPORT THE AVERAGE NUMBER OF HOURS ON THOSE DAYS THEY WORKED.

RECORD HOURS SPENT BELOW. ENTER 0 IF LESS THAN 1 HOUR. RECORD MINUTES AT NEXT QUESTION.

: 0..12

**WrkAct4M**

(On an average work day in the last four weeks, how much time did you usually spend walking at work e.g. door to door sales, hospital nurse work)?

INTERVIEWER: IF RESPONDENT WAS ON HOLIDAY OR UNABLE TO WORK ON ANY DAYS IN THE LAST FOUR WEEKS, ASK THEM TO REPORT THE AVERAGE NUMBER OF HOURS ON THOSE DAYS THEY WORKED.

ENTER NUMBER OF MINUTES. IF AN EXACT HOUR, ENTER 0 FOR MINUTES

: 0..59

**ENDIF**

**IF WorkAct2 = climb**

**WrkAct5H**

On an average work day in the last four weeks, how much time did you usually spend climbing stairs or ladders?

INTERVIEWER: IF RESPONDENT WAS ON HOLIDAY OR UNABLE TO WORK ON ANY DAYS IN THE LAST FOUR WEEKS, ASK THEM TO REPORT THE AVERAGE NUMBER OF HOURS ON THOSE DAYS THEY WORKED.

RECORD HOURS SPENT BELOW. ENTER 0 IF LESS THAN 1 HOUR. RECORD MINUTES AT NEXT QUESTION.

: 0..12

**WrkAct5M**

(On an average work day, how much time did you usually climbing stairs or ladders?)

ENTER NUMBER OF MINUTES. IF AN EXACT HOUR, ENTER 0 FOR MINUTES

: 0..59

**ENDIF**

**IF WorkAct2 = lift**

**WrkAct6H**

On an average work day in the last four weeks, how much time did you usually spend lifting, carrying or moving heavy loads?

INTERVIEWER: IF RESPONDENT WAS ON HOLIDAY OR UNABLE TO WORK ON ANY DAYS IN THE LAST FOUR WEEKS, ASK THEM TO REPORT THE AVERAGE NUMBER OF HOURS ON THOSE DAYS THEY WORKED.

RECORD HOURS SPENT BELOW. ENTER 0 IF LESS THAN 1 HOUR. RECORD MINUTES AT NEXT QUESTION.

: 0..12

### **WrkAct6M**

(On an average work day, how much time did you lifting, carrying or moving heavy loads?)

ENTER NUMBER OF MINUTES. IF AN EXACT HOUR, ENTER 0 FOR MINUTES

: 0..59

**ENDIF**

### **Active**

Thinking about your job in general would you say that you are ...READ OUT...

1 ...very physically active,

2 ...fairly physically active,

3 ...not very physically active,

4 ...or, not at all physically active in your job?

**ENDIF**

**ASK ALL AGE 16+**

### **Housewrk**

I'd like you to think about all the physical activities you have done in the last few weeks (*when you were not doing your (paid) job*). Have you done any housework in the past four weeks, that is from (*date of interview - 4 weeks*) up to yesterday?

1 Yes

2 No

**IF Housewrk = Yes THEN**

### **HWrkList**

SHOW CARD J

Have you done any housework listed on this card?

1 Yes

2 No

### **HevyHWrk**

SHOW CARD K

Some kinds of housework are heavier than others. This card gives some examples of heavy housework. It does not include everything, these are just examples. Was any of the housework you did in the last four weeks this kind of heavy housework?

1 Yes

2 No

**IF HevyHWrk = Yes THEN**

### **HeavyDay**

During the past four weeks on how many days have you done this kind of heavy housework?

Range: 1..28

**IF HeavyDay IN [1..28] THEN**

**HrsHHW**

On the days you did heavy housework, how long did you usually spend?  
RECORD HOURS SPENT BELOW. ENTER 0 IF LESS THAN 1 HOUR. RECORD  
MINUTES AT NEXT QUESTION

Range: 0..12

**MinHHW**

RECORD MINUTES SPENT ON HEAVY HOUSEWORK.

Range: 0..59

**ENDIF**

**ENDIF**

**ENDIF**

**ASK ALL AGE 16+**

**Garden**

Have you done any gardening, DIY or building work in the past four weeks, that is since  
(date of interview - 4 weeks)?

- 1 Yes
- 2 No

**IF Garden = Yes THEN**

**GardList**

SHOW CARD L

Have you done any gardening, DIY or building work listed on this card?

- 1 Yes
- 2 No

**ManWork**

SHOW CARD M

Have you done any gardening, DIY or building work from this other card, or any similar  
heavy manual work?

- 1 Yes
- 2 No

**IF ManWork = Yes THEN**

**ManDays**

During the past 4 weeks on how many days have you done this kind of heavy manual  
gardening or DIY?

Range :1..28

**HrsDIY**

On the days you did heavy manual gardening or DIY, how long did you usually  
spend?

ENTER HOURS SPENT BELOW. ENTER 0 IF LESS THAN 1 HOUR.RECORD  
MINUTES AT NEXT QUESTION.

Range :0..12

**MinDIY**

RECORD MINUTES SPENT ON GARDENING OR DIY.

Range :0..59

**ENDIF**  
**ENDIF**

**ASK ALL AGE 16+**

**Wlk5it**

I'd like you to think about all the walking you have done in the past four weeks either locally or away from here. Please include any country walks, walking to and from work or college and any other walks that you have done.

In the past four weeks, that is since (*date of interview - 4 weeks*), have you done a continuous walk that lasted at least 5 minutes?

- 1 Yes
- 2 No
- 3 Can't walk at all

**IF Wlk5Int = Yes THEN**

**Wlk10M**

In the past four weeks, have you done a continuous walk that lasted at least 10 minutes? (That is since (*date of interview - 4 weeks*)).

- 1 Yes
- 2 No

**IF Wlk10M = Yes THEN**

**DayWlk**

During the past four weeks, on how many days did you do a walk of at least 10 minutes? (That is since (*date of interview - 4 weeks*)).

Range: 1..28

**Day1Wlk**

On (*any of those days*) did you do more than one walk lasting at least 10 minutes?

- 1 Yes, more than one walk of 10+ mins (on at least one day)
- 2 No, only one walk of 10+ mins a day

**IF (DayWlk in [2..28]) AND (Day1Wlk = Yes) THEN**

**Day2Wlk**

On how many days in the last four weeks did you do more than one walk that lasted at least 10 minutes?

Range: 1..28

**ENDIF**

**HrsWlk**

How long did you usually spend walking each time you did a walk for 10 minutes or more?

IF VERY DIFFERENT LENGTHS, PROBE FOR MOST REGULAR. ENTER HOURS SPENT BELOW. ENTER 0 IF LESS THAN 1 HOUR.RECORD MINUTES AT NEXT QUESTION.

Range: 0..12

**MinWlk**

RECORD MINUTES SPENT WALKING.

Range: 0..59

**IF Day1Wlk = 1 and TotTim = 10-14 THEN**

**WLK30 MIN**

On how many days in the last four weeks did you spend 30 minutes or more walking (this could be made up of more than one walk)?

Range 1..28

**ENDIF**

**ENDIF**

**WalkPace**

Which of the following best describes your usual walking pace ...READ OUT...

- 1 ...a slow pace,
- 2 ...a steady average pace,
- 3 ...a fairly brisk pace,
- 4 ...or, a fast pace - at least 4 miles per hour?
- 5 (none of these)

**ENDIF**

**ASK ALL AGE 16+**

**ActPhy**

SHOW CARD N

Can you tell me if you have done any activities on this card during the last 4 weeks, which is since (*date of interview - 4 weeks*)? Please include teaching, coaching, training and practice sessions.

- 1 Yes
- 2 No

**IF ActPhy = Yes THEN**

**WhtAct**

SHOW CARD N

Which have you done in the last four weeks?

PROBE: Any others?

CODE ALL THAT APPLY.

- 1 Swimming
- 2 Cycling
- 3 Workout at a gym/Exercise bike/Weight training
- 4 Aerobics/Keep fit/Gymnastics/ Dance for fitness
- 5 Any other type of dancing
- 6 Running/Jogging
- 7 Football/Rubgy
- 8 Badminton/tennis
- 9 Squash
- 10 Exercises (e.g. press-up, sit-ups).

**FOR i = 1 TO 6 DO**

**Records up to 6 additional sports**

**OActQ[i]**

Have you done any other sport or exercise not listed on the card ?

- 1 Yes
- 2 No

**IF (OActQ = Yes) THEN**

**COthAct**

**INTERVIEWER: Record brief details of the (*first/second/third/fourth/fifth/sixth*) other sport exercise activity.**

**Type in the first few letters of the sport to enter coding frame.**

**Type 'other' if the sport is not listed. Type 'xxx' (for not listed/don't know) if unable to code.**

**On exiting coding frame press <Enter> to move to next question.**

Note: records up to 6 activities.

**END IF**

**END IF**

**END DO**

Note: ActVar is a combination of WhtAct and OactQ. ActVar = 1 to 10 comes from WhtAct = 1 to 10. ActVar = 11-16 comes from OactQ = 11-16.

**FOR ActVar = 1 TO 16 DO**

**IF ((ActVar in [1..10]) AND (ActVar IN WhtAct)) OR ((ActVar in [11..16]) AND (OActQ[ActVar] = Yes)) THEN**

**DayExc**

Can you tell me on how many separate days you did (*name of activity*) for at least 10 minutes a time during the past four weeks, that is since (*date of interview - 4 weeks*)?

**IF ONLY DONE FOR LESS THAN 10 MINUTES ENTER 0.**

Range: 0..28

**IF DayExc in [1..28] THEN**

**ExcHrs**

How much time did you usually spend doing (*name of activity*) on each day? Only count times you did it for at least 10 minutes.

**RECORD HOURS SPENT BELOW. ENTER 0 IF LESS THAN 1 HOUR. RECORD MINUTES AT NEXT QUESTION.**

Range: 0..12

**ExcMin**

**RECORD MINUTES HERE.**

Range: :0..59

**ExcSwT**

During the past four weeks, was the effort of (*name of activity*) usually enough to make you out of breath or sweaty?

- 1 Yes
- 2 No

**ENDIF**

Note: repeated for each activity named in WhtAct.

**IF WhtAct = 1, 3 OR 4 THEN**

**Intro**

Now, I'd like to ask you some further questions about some of the things you have done in the last four weeks. This may include some of the things you have just told me about, but we are interested to know what different types of activities people regularly take part in.

**ENDIF**

**IF WhtAct=1 THEN**

**Swim**

You said that you did some swimming. What was it that you did mainly; swimming as a family or social activity OR swimming laps or lengths?

CODE ONE ONLY. IF RESPONDENT SAYS BOTH, PROBE FOR THE ACTIVITY THAT THEY DID MOST OFTEN.

- 1 Swimming as a social or family activity
- 2 Swimming laps or lengths

**ENDIF**

**IF WhtAct = 3 THEN**

**Workout**

SHOW CARD O

You mentioned workout at a gym / exercise bike / weight training. What did you do specifically?

CODE ALL THAT APPLY

- 1 Strength work out at a gym using machines or free weights
- 2 Exercise bike
- 3 Spinning classes
- 4 Stepping machines, rowing machines or cross trainer
- 5 Treadmill running

**FOR Workout = 1 to 5, i = 1 to 5 DO**

**Day2Exc(i)**

Can you tell me on how many separate days you did (*name of activity*) for at least 10 minutes a time during the past four weeks, that is since since (*date of interview - 4 weeks*)?

IF ONLY DONE FOR LESS THAN 10 MINUTES ENTER 0.

Range: 0..28

**IF Day2Exc(i) in [1..28] THEN**

**Exc2Hrs(i)**

How much time did you usually spend doing (*name of activity*) on each day?

Only count times you did it for at least 10 minutes.

RECORD HOURS SPENT BELOW. ENTER 0 IF LESS THAN 1 HOUR.

RECORD MINUTES AT NEXT QUESTION.

Range: 0..12

**Exc2Min(i)**



RECORD MINUTES HERE.

Range: :0..59

**Exc2SwT(i)**

During the past four weeks, was the effort of (*name of activity*) usually enough to make you out of breath or sweaty?

- 1 Yes
- 2 No

ENDIF

ENDDO

ENDIF

**IF WhTAct = 4 THEN**

**KeepFit**

SHOW CARD P

You said that you did some Aerobics/Keep fit/Gymnastics/ Dance for fitness. What was that specifically?

CODE ALL THAT APPLY

- 1 Aerobics/keep fit classes
- 2 Fitness dancing
- 3 Aqua Aerobics
- 4 Gymnastics
- 5 circuit training

**FOR Keepfit = 1 to 5, i = 1 to 5 DO**

**Day3Exc(i)**

Can you tell me on how many separate days you did (*name of activity*) for at least 10 minutes a time during the past four weeks, that is since (*date of interview - 4 weeks*)?

IF ONLY DONE FOR LESS THAN 10 MINUTES ENTER 0.

Range: 0..28

**IF Day3Exc(i) in [1..28] THEN**

**Exc3Hrs(i)**

How much time did you usually spend doing (*name of activity*) on each day?

Only count times you did it for at least 10 minutes.

RECORD HOURS SPENT BELOW. ENTER 0 IF LESS THAN 1 HOUR. RECORD MINUTES AT NEXT QUESTION.

Range: 0..12

**Exc3Min(i)**

RECORD MINUTES HERE.

Range: :0..59

**Exc3SwT(i)**

During the past four weeks, was the effort of (*name of activity*) usually enough to make you out of breath or sweaty?

- 1 Yes
- 2 No

ENDIF

ENDDO

ENDIF

**IntroSit**

Now I'd like to ask you some questions about time that you might have spent sitting down. For these questions, I'd like you to think about what you have done in the last four

weeks, that is since *(date of interview - 4 weeks) (when you were not doing your (paid) job)*.

INTERVIEWER: PRESS 1 AND ENTER TO CONTINUE

:1..1

**TVWkHr**

In the last 4 weeks, how much time did you spend sitting down watching TV (including DVDs and videos) on an average weekday (that is Monday to Friday)?

RECORD HOURS SPENT BELOW. ENTER 0 IF LESS THAN 1 HOUR. RECORD MINUTES AT NEXT QUESTION.

Range: 0..12

**TVWkMin**

RECORD MINUTES HERE.

Range: :0..59

**WkSit2H**

In the last four weeks, how much time did you spend sitting down doing any other activity on an average weekday (that is Monday to Friday)? Please do not include time spent doing these activities while at work.

INTERVIEWER: EXAMPLES OF THESE ACTIVITIES INCLUDE READING, EATING A MEAL/SNACK, STUDYING, DRAWING, USING A COMPUTER, PLAYING VIDEO GAMES.

RECORD HOURS SPENT BELOW. ENTER 0 IF LESS THAN 1 HOUR. RECORD MINUTES AT NEXT QUESTION"

Range: 0..12

**WkSit2H**

RECORD MINUTES HERE.

Range: :0..59

**WESit1H**

In the last four weeks, how much time did you spend watching TV (including watching DVDs and videos) on an average weekend day (that is Saturday and Sunday)?

INTERVIEWER: RECORD HOURS SPENT BELOW. ENTER 0 IF LESS THAN 1 HOUR. RECORD MINUTES AT NEXT QUESTION.

Range: 0..12

**WESit1M**

RECORD MINUTES HERE.

Range: 0..59

**WESit2H**

In the last 4 weeks, how much time did you spend sitting down doing any other activity on an average weekend day (that is Saturday and Sunday)? Please do not include time spent doing these activities while at work.

INTERVIEWER: EXAMPLES OF THESE ACTIVITIES INCLUDE READING, STUDYING, DRAWING, USING A COMPUTER, PLAYING VIDEO GAMES.

RECORD HOURS SPENT BELOW. ENTER 0 IF LESS THAN 1 HOUR. RECORD MINUTES AT NEXT QUESTION.

Range: 0..12

### **WESit2M**

RECORD MINUTES HERE.

Range: 0..59

### **Usual**

Compared with the amount of activity that you usually do both at work and in your free time would you say that in the last four weeks you were...READ OUT...

- 1 ...more active than usual,
- 2 less active than usual,
- 3 Or, about the same as usual?