NIH-AARP physical activity questions

OMB#: ####-### EXP.DATE: ##/#####

NOTIFICATION TO RESPONDENT OF ESTIMATED BURDEN

Public reporting burden for this collection of information is estimated to average 10 minutes for this questionnaire, including the time to review instructions, search existing data sources, gather and maintain the data needed, and complete and review the collection of information. An agency may not conduct or sponsor, and a person is not required to respond to, a collection of information unless it displays a current, valid OMB control number. Send comments regarding this burden estimate or any other aspect of this collection of information, including suggestions for reducing this burden to: NIH, Project Clearance Branch, 6705 Rockledge Drive, MSC 7974, Bethesda, MD 20892-7974, ATTN:PRA (####-####).

1. During the <u>past 12 months</u>, approximately how much time per week did you participate in <u>each of the following</u> activities? (FOR <u>EACH</u> ACTIVITY MARK ONLY ONE RESPONSE.)

		AVERAGE TOTAL TIME PER WEEK									
AC	TIVITY	None	5 min	15 min	30 min	1 hr	1 hr and 30 min	2-3 hrs	4-6 hrs	7-10 hrs	More than 10 hrs
a.	Light household chores (for example, cooking, cleaning up, laundry, dusting, etc.)	0	0	0	0	0	0	0	0	0	0
b.	Moderate to vigorous household chores (for example, vacuuming, sweeping, etc.)	0	0	0	0	0	0	0	0	0	0
C.	Moderate outdoor chores (for example, weeding, raking, mowing the lawn, etc.)	0	0	0	0	0	0	0	0	0	0
d.	Vigorous outdoor chores (for example, digging, carrying lumber, snow shoveling, etc.)	0	0	0	0	0	0	0	0	0	0
e.	Home repairs (for example, painting, plumbing, replacing carpeting, etc.)	0	0	0	0	0	0	0	0	0	0
f.	Caring for children (for example, pushing a stroller, playing, lifting, etc.)	0	0	0	0	0	0	0	0	0	0
g.	Caring for another adult (for example, lifting, pushing a wheelchair, etc.)	0	0	0	0	0	0	0	0	0	0
h.	Walking for exercise	0	0	0	0	0	0	0	0	0	0
i.	Walking for other daily (but not leisure time) activities, such as shopping, getting to and from work, etc.	0	0	0	0	0	0	0	0	0	0
j.	Jogging or running	0	0	0	0	0	0	0	0	0	0
k.	Playing tennis, squash, or racquetball	0	0	0	0	0	0	0	0	0	0
l.	Playing golf	0	0	0	0	0	0	0	0	0	0
m.	Swimming laps	0	0	0	0	0	0	0	0	0	0
n.	Bicycling (including riding a stationary bike)	0	0	0	0	0	0	0	0	0	0
0.	Other aerobic exercise (for example, aerobic class, exercise machines, etc.)	0	0	0	0	0	0	0	0	0	0
p.	Weight training or lifting (include free weights and machines)	0	0	0	0	0	0	0	0	0	0

2. In a typical 24-hour period during the		AV	ERAGE N	UMBER	OF HOU	S PER DAY			
past 12 months, how many hours per day did you spend: (MARK ONLY ONE RESPONSE PER ACTIVITY.)	None	Less than 3 hours	3 to 4 hours	5 to 6 hours	7 to 8 hours	9 to 10 hours	11 to 12 hours	More than 12 hours	
Sitting watching television, video, or DVD?	0	0	0	0	0	0	0	0	
Sitting or driving in a car, bus, or train?	0	0	0	0	0	0	0	0	
Other sitting (reading, knitting, using a computer)?	0	0	0	0	0	0	0	0	
Sleeping at night or napping during the day?	0	0	0	0	0	0	0	0	

O Normal, average (2 to 2.9 miles per hour) O Brisk (3 to 3.9 miles per hour) O Very brisk, striding (4 miles per hour or faster) O Unable to walk << if participant completed the 1996 baseline questionnaire, ask the following>> Have you ever had a job that required **physically** demanding work (that is, one that required you to do very heavy labor, such as carry heavy loads, walk long distances, or dig)? O No → GO TO OUESTION 7 O Yes How many physically demanding jobs have you ever held? O 1 to 2 jobs O 3 to 5 jobs O 6 or more jobs 6. What is the total number of years that you have worked in these **physically** demanding jobs (that is, jobs that required you to do very heavy labor, such as carry heavy loads, walk long distances, or dig)? Sum the years spent in jobs counted in Question 5. O Less than 1 year O 1 to 2 years O 3 to 5 years O 6 to 9 years O 10 or more years 7. Have you ever had a job in which you walked or biked (pedaled) to work for most days of the week? O No O Yes → What was the total number of years you had job(s) in which you walked or biked to work for most days of the week? O Less than 1 year O 1 to 2 years O 3 to 5 years O 6 to 9 years

O 10 or more years

3. What is your normal walking pace?

(MARK ONLY ONE RESPONSE)

O Easy (less than 2 miles per hours)

8. Read the list of examples of light activities in the box below.

EXAMPLES OF LIGHT ACTIVITIES									
Bowling	Bowling Slow walking Fishing								
Golf (riding in a cart)	Horseshoes/croquet								
Table tennis	Light calisthenics	Light housework							
	Light gardening	-							

Think back to the ages and time listed in the table below. Mark the circles that best describe how often you participated in light activities at the ages and time listed. DO NOT INCLUDE ACTIVITIES THAT YOU REPORTED IN QUESTIONS 4-7.

How often did	HOW OFTEN (MARK ONLY ONE RESPONSE					
you participate			Weekly,			More
in light activities			but less	1-3	4-7	than 7
at the following			than 1	hrs	hrs	hrs
ages and time?			hr per	per	per	per
ages and time:	Never	Rarely	week	week	week	week
15-18 years old	0	0	0	0	0	O
19-29 years old	0	0	0	0	0	0
35-39 years old	0	0	0	0	0	0
40-49 years old	0	0	0	0	0	0
50-59 years old	0	0	0	0	0	0
In the past 10 yrs	0	0	0	0	0	0

9. Read the list of examples of moderate and vigorous activities in the box below.

ı	EXAMPLES	OUS ACTIVITIES	
	Tennis	Basketball/baseball	Fast walking
	Golf (walking)	Football/soccer	Fast dancing
	Biking	Cheerleading/drill team	Rowing
	Swimming	Handball/racquetball	Jogging/running
	Heavy gardening	Hiking/climbing	Heavy housework
	Weight lifting	mountains	-

Think back to the ages and time listed in the table below. Mark the circles that best describe how often you participated in moderate and vigorous activities at the ages and time listed. DO NOT INCLUDE ACTIVITIES THAT YOU REPORTED IN QUESTIONS 4-7.

How often did	HOW OFTEN (MARK ONLY ONE RESPONS						
you participate			NA/ Lib -				
in moderate and			Weekly,	1.0	4 7	More	
vigorous activities at the			but less than 1	1-3 hrs	4-7 hrs	than 7 hrs	
following ages			hr per	per	per	per	
and time?	Never	Rarely	week	week	week	week	
15-18 years old	0	0	0	0	0	0	
19-29 years old	0	0	0	0	0	0	
35-39 years old	0	0	0	0	0	0	
40-49 years old	0	0	0	0	0	0	
50-59 years old	0	0	0	0	0	0	
In the past 10 yrs	0	0	0	0	0	0	