

**Attachment E:**  
**ODPHP Physical Activity Guidelines, 2<sup>nd</sup> Edition**  
**Phone Screener for Professional Focus Groups**

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**Submitted to:**

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Hello, I'm [RECRUITER FIRST AND LAST NAME] and I'm calling from CommunicateHealth. We are an independent consumer research organization. We are not selling or promoting any product or service. I am calling you because you expressed interested in participating in a focus group about the best way to communicate about the second edition of the Physical Activity Guidelines.

This is a study funded by the U.S. Department of Health and Human Services. You will receive a payment of \$100 for your participation. We would like to hear your opinion. The discussion group will last about an hour. My questions will only take a couple of minutes.

Does this sound like something you would be interested in?

- Yes
- No → **TERMINATE**

Great. Let's find out if you qualify. I have a few questions to ask you. At some point, I may end the questions if you do not meet the requirements for the group. This has nothing to do with you; we simply want to include a variety of people in each discussion group. Is it OK if I ask you a few questions?

- Yes
- No → **TERMINATE**

Before we begin, I'd like to let you know that all information you provide will be private. Your help is voluntary, and you do not have to answer every question. If you would rather not answer a question, let me know and you can skip it. You can stop at any time.

1. What best describes your professional role?

- Primary care provider
- Occupational therapist
- Physical therapist
- Personal trainer
- Exercise physiologist
- Other, please specify: \_\_\_\_\_

2. In your professional role, do you regularly communicate with patients or clients about physical activity?

- Yes

\_\_\_\_\_ No → **TERMINATE**

3. How many years have you practiced in your field?

- \_\_\_\_\_ 5 years or less
- \_\_\_\_\_ 6 to 10 years
- \_\_\_\_\_ 11 to 15 years
- \_\_\_\_\_ 16 years or more

4. What is your gender?

- \_\_\_\_\_ Male
- \_\_\_\_\_ Female
- \_\_\_\_\_ Other
- \_\_\_\_\_ Choose not to answer

5. Which category best describes your race/ethnicity?

- \_\_\_\_\_ White
- \_\_\_\_\_ Black or African American
- \_\_\_\_\_ American Indian or Alaska Native
- \_\_\_\_\_ Asian or Pacific Islander
- \_\_\_\_\_ Hispanic or Latino
- \_\_\_\_\_ Other

6. What state do you live and work in?

\_\_\_\_\_

7. How often do you get 150 minutes (2 hours and 30 minutes) each week of moderate-intensity aerobic physical activity (like brisk walking or tennis)?

- \_\_\_\_\_ Never
- \_\_\_\_\_ Rarely
- \_\_\_\_\_ Sometimes
- \_\_\_\_\_ Often
- \_\_\_\_\_ Always

8. How often do you get 75 minutes (1 hour and 15 minutes) each week of vigorous-intensity aerobic physical activity (like jogging or swimming laps)?

- \_\_\_\_\_ Never
- \_\_\_\_\_ Rarely
- \_\_\_\_\_ Sometimes
- \_\_\_\_\_ Often
- \_\_\_\_\_ Always

**[Recruit a mix of participants]**