

**Appendix 1: Core Questions on Physical Activity in EPIC Baseline  
Questionnaires**

1. Work

We would like to know the type and amount of physical activity involved in your work. Please check what the best corresponds with your present occupation from the following four possibilities:

- Sedentary occupation \_\_\_\_  
You spend most of your time sitting (such as in an office)
- Standing occupation \_\_\_\_  
You spend most of your time standing and walking. However, your work does not require intense physical effort (e.g. shop assistant, hairdresser, guard, etc.)
- Manual work \_\_\_\_  
This involves some physical effort including handling of heavy objects and use of tools (e.g. plumber, electrician, carpenter, etc.)
- Heavy manual work \_\_\_\_  
This implies very vigorous physical activity including handling of very heavy objects (e.g. docker, miner, bricklayer, construction worker, etc.)

2. In a typical week during the past year, how many hours did you spend per week on each of the following activities:

- walking, including walking to work, shopping and leisure time  
in summer \_\_\_\_ hours per week  
in winter \_\_\_\_ hours per week
- cycling, including cycling to work, shopping and leisure time  
in summer \_\_\_\_ hours per week  
in winter \_\_\_\_ hours per week
- gardening  
in summer \_\_\_\_ hours per week  
in winter \_\_\_\_ hours per week
- do-it-yourself activities at home  
\_\_\_\_ hours per week

- physical exercise such as fitness, aerobics, swimming, jogging, tennis, etc.

in summer \_\_\_\_ hours per week

in winter \_\_\_\_ hours per week

- housework, such as cleaning, washing, cooking, child care, etc.

\_\_\_\_ hours per week

3. In a typical week during the past year, did you engage in any of these activities vigorously enough to cause sweating or faster heartbeat?

No \_\_\_ Yes \_\_\_

If yes, for how many hours per week in total did you perform vigorous activity?

\_\_\_\_ hours per week

4. In a typical week during the past year, how many flights of stairs did you climb per day?

\_\_\_ floors per day