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KAISER PHYSICAL ACTIVITY SURVEY

SECTION I. HOUSEHOLD AND FAMILY CARE ACTIVITIES

First, we want to know about your activities at home, not including activities you may do at your home or other people's home for pay. During the past year (12 months back from today), how much time did you spend...

- | | | |
|-----|---|-----------|
| 1. | Caring for a child or children under 2 years of age
(None or <1 hour a week/ \geq 1 hour but <20 hours a week/ \geq 20 hours a week) | 1-3-5 |
| 2. | Caring for a child or children between 2 and 5 years of age
(None or <1 hour a week/ \geq 1 hour but <20 hours a week/ \geq 20 hours a week) | 1-3-5 |
| 3. | Caring for a disabled child or elderly person (only count time actually spent in feeding, dressing, moving, etc.)
(None or <1 hour a week/ \geq 1 hour but <20 hours a week/ \geq 20 hours a week) | 1-3-5 |
| 4. | Preparing meals or cleaning up meals on weekdays?
(None or <1/2 hour a day/ \geq 1/2 hour but <1 hour a week/ \geq 1 hour but <1 1/2 hours a day/
\geq 1 1/2 hours but < 2 hours a day/ \geq 2 hours a day) | 1-2-3-4-5 |
| 5. | Preparing meals or cleaning up meals on weekends?
(None or <1/2 hour a day/ \geq 1/2 hour but <1 hour a week/ \geq 1 hour but <1 1/2 hours a day/
\geq 1 1/2 hours but < 2 hours a day/ \geq 2 hours a day) | 1-2-3-4-5 |
| 6. | Doing major cleaning, such as shampooing carpets, waxing floors, or washing walls or windows?
(Never or less than once a month/Once a month/2-3 times a month/Once a week/More than once a week) | 1-2-3-4-5 |
| 7. | Doing routine cleaning such as dusting, laundry, vacuuming, or changing linens?
(Never or less than once a month/Once a month/2-3 times a month/Once a week/More than once a week) | 1-2-3-4-5 |
| 8. | Going grocery shopping and pushing a shopping cart?
(Never or less than once a month/Once a month/2-3 times a month/Once a week/More than once a week) | 1-2-3-4-5 |
| 9. | Doing gardening or yard work, such as moving lawn or raking leaves?
(Never or less than once a month/Once a month/2-3 times a month/Once a week/More than once a week) | 1-2-3-4-5 |
| 10. | Doing heavy outdoor work, such as chopping wood, tilling soil, shovelling snow, or baling hay?
(Never or less than once a month/Once a month/2-3 times a month/Once a week/More than once a week) | 1-2-3-4-5 |
| 11. | Doing major home decoration or repair, such as plumbing, tiling, painting or building?
(Never or less than once a month/Once a month/2-3 times a month/Once a week/More than once a week) | 1-2-3-4-5 |

Household/caregiving Index = $\sum(q4-q11, \text{caregiving subindex})/9$; caregiving subindex = 1 if q1, q2, and q3 = 1; 3 if q1, q2, or q3 = 3; 5 if q1, q2 or q3 = 5)

SECTION II. OCCUPATIONAL ACTIVITIES [Study investigators to decide if this section is to be completed by individuals working part-time as well as full-time.]

Now, some questions about your employment situation.

12. What is your occupation? (if more than one job, describe your occupation for the job with the most hours worked per week)

13. What is the name of your employer, business or company?

14. What kind of business or industry is this? (For example, hospital, newspaper publishing, mail order house, auto engine manufacturing, etc.)

15. What are your most important specific activities or duties? (For example, selling cars, keeping account books, etc.)

1. _____
2. _____
3. _____

16. Which best describes your current occupation

(Employee of a private company, business or individual for wages, salary, or commissions/Employee of Federal government/Employee of state or local government/Self employed in own business, professional practice or farm/Working without pay in home, family business or farm)

17. In comparison with other women of your age, do you think your work is physically... 1-2-3-4-5
(Much lighter/Lighter/The same as/Heavier/Much heavier)

18. After work, are you physically tired... 1-2-3-4-5
(Never/Seldom/Sometimes/Often/Always)

19. When you are working at your current occupation, how often do you do each of the following: 1-2-3-4-5
(Never/Seldom/Sometimes/Often/Always, for each item)

- a. Sit
- b. Stand
- c. Walk
- d. Lift heavy loads
- e. Sweat from exertion

Occupational Index = $\sum(q17, q18, q19b-e, (6-q19a), \text{occupational intensity code})/8$; occupational intensity code comes from Questions 12-16 which are used to code occupation according to Department of Labor Occupational Codes; intensity code of 1 = low, 3 = medium, and 5 = high is then assigned to occupational code depending on physical demands of occupation

SECTION III. ACTIVE LIVING HABITS

This next section asks about the general level of physical activity involved in your daily routine during the past year.

20. How many minutes a day do you usually walk and/or bicycle to and from work, school or errands? 1-2-3-4-5
($<5/\geq 5$ but $<15/\geq 15$ but $<30/\geq 30$ but $<45/\geq 45$)
21. Did you watch television? 1-2-3-4-5
(<1 hour a week/ ≥ 1 hour a week but <1 hour a day/ ≥ 1 hour a day but <2 hours a day/
 ≥ 2 hours a day but < 4 hours a day/ ≥ 4 hours a day)
22. Did you walk (for at least 15 minutes at a time)? 1-2-3-4-5
(Never or less than once a month/Once a month/2-3 times a month/Once a week/More than once a week)
23. Did you bike (for at least 15 minutes at a time)? 1-2-3-4-5
(Never or less than once a month/Once a month/2-3 times a month/Once a week/More than once a week)

$$\text{Active Living Index} = \sum(q_{20}, q_2, q_{23}, (6-q_{21}))/4$$

SECTION IV. PARTICIPATION IN SPORTS AND EXERCISE

Finally, we want to ask you about your participation in sports and exercise during the past year.

24. In comparison with other women of your own age, do you think your recreational physical activity is... 1-2-3-4-5
(Much less/Less/Same as/More/Much more)
25. Did you play sports or exercise? 1-2-3-4-5
(Never or less than once a month/Once a month/2-3 times a month/Once a week/More than once a week)
26. Did you sweat from exertion during sports or exercise? 1-2-3-4-5
(Never or less than once a month/Once a month/2-3 times a month/Once a week/More than once a week)
- [Provide list of specific sports and exercises relevant to study population for reference in answering following questions]
27. During the past year, did you participate in any other similar activities not included in the list?
(yes/no)
28. Which sport or exercise did you do most frequently? (Specify only one) _____ Intensity: 0.76-1.26-1.76
(code specified activity as <4 METs/4-6 METs/ >6 METs)
29. How many months in this past year did you do this activity? Proportion: 0.04-0.17-0.42-0.67-0.92
($<1/1-3/4-6/7-9/>9$)
30. How many hours a week did you usually do this activity? Time: 0.5-1.5-2.5-3.5-4.5
($<1/\geq 1$ but $<2/\geq 2$ but $<3/\geq 3$ but $<4/\geq 4$)

31. Did you do any other exercise or play any other sport in this past year?
(yes/no)

[If yes, respondent continues with following questions]

32. What was the second most frequent sport or exercise you did? (Specify only one) _____ Intensity: 0.76-1.26-1.76
(code specified activity as <4METs/4-6 METs/>6 METs)
33. How many months in this past year did you do this activity? Proportion: 0.04-0.17-0.42-0.67-0.92
(<1/1-3/4-6/7-9/>9)
34. How many hours a week did you usually do this activity? Time: 0.5-1.5-2.5-3.5-4.5
(<1/≥1 but <2/≥2 but <3/≥3 but <4/≥4)

35. Did you do any other exercise or play any other sport in this past year?
(yes/no)

[If yes, respondent continues with following questions]

36. What was the third most frequent sport or exercise you did? (Specify only one) _____ Intensity: 0.76-1.26-1.76
(code specified activity as <4METs/4-6 METs/>6 METs)
37. How many months in this past year did you do this activity? Proportion: 0.04-0.17-0.42-0.67-0.92
(<1/1-3/4-6/7-9/>9)
38. How many hours a week did you usually do this activity? Time: 0.5-1.5-2.5-3.5-4.5
(<1/≥1 but <2/≥2 but <3/≥3 but <4/≥4)

Sports and Exercise Index: $\sum(q24-26, \text{simple sport score})/4$; simple sport score is calculated by multiplying intensity by proportion by time for each specified activity and summing over number of activities (q28, q32 and q36); if no activities are specified, the sum will be 0; simple sport score will take on value of 1-2-3-4-5 corresponding to scores of 0/0,01-<4/4-<8/8-<12/≥12.

NOTE: The numbers in the right-hand column are the numerical values to be assigned to respective response categories specified in the parentheses below each question.