# WEB MATERIAL

## Age- and Sex-Specific Criterion Validity of the Health Survey for England Physical Activity and Sedentary Behaviour Assessment Questionnaire Against Accelerometry

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**Web Table 1.** Characteristics of Participants With Complete Accelerometer and Questionnaire Data, Stratified by Age and Body Mass Index, Health Survey for England, 2008[a]

| | **Age Group** | | | | | | |
|---|---|---|---|---|---|---|---|
| | **16–44 years** (*n* = 760) | | **45–64 years** (*n* = 821) | | **65+ years** (*n* = 594) | | ***P* Value**[a] |
| | **%** | **Mean (SD)** | **%** | **Mean (SD)** | **%** | **Mean (SD)** | |
| Male sex | 45.0 | | 45.0 | | 47.3 | | 0.622 |
| Current smoker | 28.7 | | 18.9 | | 9.4 | | <0.001 |
| Manual occupation | 33.6 | | 38.4 | | 45.3 | | <0.001 |
| Long-standing illness | 31.2 | | 50.2 | | 69.4 | | <0.001 |
| Very physically active at work[b] | 22.1 | | 19.9 | | 18.5 | | 0.563 |
| Body mass index, kg/m$^2$ | | 26.2 (5.1) | | 28.4 (5.1) | | 28.0 (4.8) | <0.001 |
| Accelerometer wear time (minutes/day)[c] | | 830.3 (72.5) | | 852.7 (71.0) | | 817.9 (73.9) | <0.001 |
| | **Body Mass Index (kg/m$^2$)** | | | | | | |
| | **18.5–24.9** (*n* = 628) | | **25.0–29.9** (*n* = 805) | | **≥30** (*n* = 529) | | ***P* Value**[a] |
| | **%** | **Mean (SD)** | **%** | **Mean (SD)** | **%** | **Mean (SD)** | |
| Male sex | 38.1 | | 52.4 | | 45.8 | | <0.001 |
| Current smoker | 25.0 | | 18.1 | | 15.7 | | <0.001 |
| Manual occupation | 34.2 | | 38.3 | | 44.7 | | 0.002 |
| Long-standing illness | 40.0 | | 46.8 | | 57.1 | | <0.001 |
| Very physically active at work[b] | 20.5 | | 21.9 | | 19.1 | | 0.650 |
| Body mass index, kg/m$^2$ | | 22.6 (1.7) | | 27.3 (1.4) | | 34.2 (3.9) | <0.001 |
| Accelerometer wear time (minutes/day)[c] | | 832.7 (71.8) | | 840.5 (73.3) | | 835.4 (74.4) | 0.127 |

Abbreviation: SD, standard deviation.

[a] *P* values calculated from the $\chi^2$ test (categorical variables) and analysis of variance (continuous variables) for comparison between age/ body mass index groups.

[b] Participants aged 16–74 who worked in last four weeks (age group: 16–44, *n* = 606; 45–64, *n* = 574; 65+, *n* = 65; body mass index: 18.5–24.9 kg/m$^2$, *n* = 395; 25.0–29.9 kg/m$^2$, *n* = 474; ≥30.0 kg/m$^2$, *n* = 272).

[c] Average accelerometer wear time per day where nonwear was defined by intervals of at least 60 minutes of zero activity counts with allowance for up to two consecutive minutes of 1–100 cpm.

**Web Table 2.** Characteristics of Participants Completing a Full Interview and With Complete Accelerometer and Questionnaire Data, Health Survey for England, 2008[a]

| | Full Interview (*n* = 15,054) | | Analytic Sample (*n* = 2,175) | |
|---|---|---|---|---|
| | % | Mean (SD) | % | Mean (SD) |
| Male sex | 44.8 | | 45.6 | |
| Current smoker | 21.1 | | 19.7 | |
| Manual occupation | 39.8 | | 38.7 | |
| Long-standing illness | 45.3 | | 48.8 | |
| Very physically active at work[b] | 22.5 | | 20.9 | |
| Age, years | | 49.0 (18.8) | | 52.2 (17.8) |
| Body mass index, kg/m$^2$ | | 27.2 (5.2) | | 27.5 (5.1) |

Abbreviation: SD, standard deviation.

[a] No statistical tests performed due to overlapping samples.

[b] Participants aged 16–74 who worked in last four weeks (*n* = 8,574 full interview; *n* = 1,245 analytical sample).

**Web Table 3.** Outline of the Different Versions of the Physical Activity Questionnaire, Health Survey for England, 1991 to 2008[a]

| Physical Activity Domain | 1991–1994 | 1997–1998, 2006 | 1999–2004 | 2008 |
|---|---|---|---|---|
| *Heavy domestic (heavy housework and heavy gardening/manual/building/DIY)* | | | | |
| Frequency[b] | ✓ | ✓ | ✓ | ✓ |
| Duration | | ✓ | | ✓ |
| Intensity | | | | ✓ |
| Lower limit for duration (minutes) | None | 15 | 30 | 10 |
| Perceived level | | | | |
| *Walking* | | | | |
| Frequency[b] | ✓ | ✓[c] | ✓ | ✓ |
| Duration | | ✓ | ✓ | ✓ |
| Intensity | ✓ | ✓ | ✓ | ✓ |
| Lower limit for duration (minutes) | 20 | 15 | 30 | 10 |
| Perceived level | | | | |
| *Sports and exercise* | | | | |
| Frequency[b] | ✓ | ✓ | ✓ | ✓ |
| Duration | ✓ | ✓ | ✓ | ✓ |
| Intensity | ✓ | ✓ | ✓ | ✓ |
| Lower limit for duration (minutes) | None | 15 | 15 | 10 |
| Perceived level | | | | |
| *Occupational activity* | | | | |
| Frequency[b] | | | | ✓[d] |
| Duration | | | | ✓ |
| Intensity | | | | |
| Lower limit for duration (minutes) | | | | |
| Perceived level[e] | ✓ | ✓ | ✓ | ✓ |

Abbreviation: DIY, do-it-yourself.

[a] Version 1 in 1991–1993; version 2 in 1997–1998 and 2006; version 3 in 1999, 2003, and 2004. The latest version, used in 2008, is a slight alteration of version 2 that contains additional questions on occupational activity.

[b] 1991–1994: occasions of participation; 1997–2008: days of participation.

[c] A question probing on second walking session on the same day was included.

[d] Walking at work; climbing stairs or ladders; lifting, carrying or moving heavy loads.

[e] A single question on overall activity levels at work.

**Web Table 4.** Absolute Differences in Median Minutes/Day Derived From the Physical Activity and Sedentary Behaviour Assessment Questionnaire (PASBAQ) and Accelerometer Data Stratified by Age – Physical Activity and Sedentary Behavior Variables, Health Survey for England, 2008

| PASBAQ Variable | Median (IQR) | Accelerometer Variable | Median (IQR) | Difference[a] | *P* Value[b] |
|---|---|---|---|---|---|
| | | *16–44 years (n = 760)* | | | |
| Total physical activity | 66.1 (141.9) | Total physical activity[c] | 264.3 (109.1) | –198.2 | <0.001 |
| VPA | 4.3 (51.4) | VPA[d] | 0.0 (1.5) | 4.3 | <0.001 |
| MVPA[e] | 21.4 (45.8) | MVPA[d] | 30.9 (29.0) | –9.5 | <0.001 |
| MVPA[e] | 21.4 (45.8) | $MVPA^{d}_{10\text{-min bouts}}$ | 7.6 (17.4) | 13.9 | <0.001 |
| MVPA[f] | 18.8 (44.2) | MVPA[d] | 30.9 (29.0) | –12.2 | <0.001 |
| MVPA[f] | 18.8 (44.2) | $MVPA^{d}_{10\text{-min bouts}}$ | 7.6 (17.4) | 11.2 | <0.001 |
| Heavy domestic | 0.7 (3.7) | LRMPA[d] | 71.5 (44.4) | –70.8 | <0.001 |
| Total sedentary | 406.1 (226.4) | <50 cpm | 438.4 (138.4) | –32.3 | <0.001 |
| Total sedentary | 406.1 (226.4) | <100 cpm | 493.6 (132.2) | –87.6 | <0.001 |
| Total sedentary | 406.1 (226.4) | <200 cpm | 558.9 (126.0) | –152.8 | <0.001 |
| | | *45–64 years (n = 821)* | | | |
| Total physical activity | 72.9 (173.2) | Total physical activity[c] | 262.0 (113.6) | –189.1 | <0.001 |
| VPA | 0.0 (4.3) | VPA[d] | 0.0 (0.1) | 0.0 | <0.001 |
| MVPA[e] | 9.2 (33.9) | MVPA[d] | 23.9 (29.0) | –14.6 | <0.001 |
| MVPA[e] | 9.2 (33.9) | $MVPA^{d}_{10\text{-min bouts}}$ | 4.6 (13.7) | 4.6 | <0.001 |
| MVPA[f] | 6.4 (34.3) | MVPA[d] | 23.9 (29.0) | –17.4 | <0.001 |
| MVPA[f] | 6.4 (34.3) | $MVPA^{d}_{10\text{-min bouts}}$ | 4.6 (13.7) | 1.9 | <0.001 |
| Heavy domestic | 1.2 (4.9) | LRMPA[d] | 72.0 (50.6) | –70.8 | <0.001 |
| Total sedentary | 387.1 (207.9) | <50 cpm | 460.6 (120.4) | –73.4 | <0.001 |
| Total sedentary | 387.1 (207.9) | <100 cpm | 514.4 (122.4) | –127.3 | <0.001 |
| Total sedentary | 387.1 (207.9) | <200 cpm | 582.1 (114.0) | –195.0 | <0.001 |
| | | *65+ years (n = 594)* | | | |
| Total physical activity | 51.2 (140.7) | Total physical activity[c] | 198.2 (117.6) | –147.1 | <0.001 |
| VPA | 0.0 (0.0) | VPA[d] | 0.0 (0.0) | 0.0 | <0.001 |
| MVPA[e] | 2.4 (16.7) | MVPA[d] | 8.6 (18.4) | –6.2 | <0.001 |
| MVPA[e] | 2.4 (16.7) | $MVPA^{d}_{10\text{-min bouts}}$ | 0.0 (5.9) | 2.4 | <0.001 |
| MVPA[f] | 0.0 (10.7) | MVPA[d] | 8.6 (18.4) | –8.6 | <0.001 |

*(Table continues)*

| | | | | | |
|---|---|---|---|---|---|
| MVPA[f] | 0.0 (10.7) | MVPA[d] $_{10\text{-min bouts}}$ | 0.0 (5.9) | 0.0 | 0.059 |
| Heavy domestic | 0.6 (2.8) | LRMPA[d] | 40.8 (43.7) | –40.2 | <0.001 |
| Total sedentary | 360.0 (167.1) | <50 cpm | 501.5 (102.1) | –141.5 | <0.001 |
| Total sedentary | 360.0 (167.1) | <100 cpm | 551.7 (105.1) | –191.7 | <0.001 |
| Total sedentary | 360.0 (167.1) | <200 cpm | 614.6 (106.6) | –254.6 | <0.001 |

Abbreviations: cpm, counts per minute; IQR, interquartile range; LRMPA, lower-range moderate-intensity physical activity; MVPA, moderate-to-vigorous physical activity; PA, physical activity; VPA, vigorous physical activity.

[a] Difference between PASBAQ and accelerometer-assessed median estimates.

[b] *P* value for the difference between PASBAQ and accelerometer estimates according to the Wilcoxon signed-rank test.

[c] Average daily time spent ≥200 cpm.

[d] Accelerometer cutoff points to quantify time in intensity band: VPA, ≥5,999 cpm; MVPA, ≥2,020 cpm; LRMPA 760–2,019 cpm.

[e] MVPA calculations include heavy domestic activity.

[f] MVPA calculations exclude heavy domestic activity

**Web Table 5.** Absolute Differences in Median Minutes/Day Derived From the Physical Activity and Sedentary Behaviour Assessment Questionnaire (PASBAQ) and Accelerometer Data Stratified by Body Mass Index – Physical Activity and Sedentary Behavior Variables, Health Survey for England, 2008

| PASBAQ Variable | Median (IQR) | Accelerometer Variable | Median (IQR) | Difference[a] | *P* Value[b] |
|---|---|---|---|---|---|
| | | *BMI 18.5–24.9 kg/m$^2$ (n = 628)* | | | |
| Total physical activity | 66.4 (145.1) | Total physical activity[c] | 256.8 (117.4) | –190.4 | <0.001 |
| VPA | 0.0 (34.3) | VPA[d] | 0.0 (1.0) | 0.0 | <0.001 |
| MVPA[e] | 14.7 (43.6) | MVPA[d] | 27.0 (30.6) | –12.3 | <0.001 |
| MVPA[e] | 14.7 (43.6) | MVPA[d]$_{\text{10-min bouts}}$ | 7.0 (18.6) | 7.7 | <0.001 |
| MVPA[f] | 11.0 (42.9) | MVPA[d] | 27.0 (30.6) | –16.0 | <0.001 |
| MVPA[f] | 11.0 (42.9) | MVPA[d]$_{\text{10-min bouts}}$ | 7.0 (18.6) | 4.0 | <0.001 |
| Heavy domestic | 0.6 (3.1) | LRMPA[d] | 65.5 (45.9) | –64.9 | <0.001 |
| Total sedentary | 375.0 (214.3) | <50 cpm | 449.3 (128.8) | –74.3 | <0.001 |
| Total sedentary | 375.0 (214.3) | <100 cpm | 506.0 (126.8) | –131.0 | <0.001 |
| Total sedentary | 375.0 (214.3) | <200 cpm | 574.4 (125.1) | –199.4 | <0.001 |
| | | *BMI 25.0–29.9 kg/m$^2$ (n = 805)* | | | |
| Total physical activity | 73.6 (171.4) | Total physical activity[c] | 255.9 (111.6) | –182.3 | <0.001 |
| VPA | 0.0 (17.1) | VPA[d] | 0.0 (0.2) | 0.0 | <0.001 |
| MVPA[e] | 13.2 (39.0) | MVPA[d] | 23.7 (30.1) | –10.5 | <0.001 |
| MVPA[e] | 13.2 (39.0) | MVPA[d]$_{\text{10-min bouts}}$ | 4.7 (14.0) | 8.5 | <0.001 |
| MVPA[f] | 8.6 (38.6) | MVPA[d] | 23.7 (30.1) | –15.1 | <0.001 |
| MVPA[f] | 8.6 (38.6) | MVPA[d]$_{\text{10-min bouts}}$ | 4.7 (14.0) | 3.9 | <0.001 |
| Heavy domestic | 1.2 (5.5) | LRMPA[d] | 68.4 (47.3) | –67.2 | <0.001 |
| Total sedentary | 385.7 (210.0) | <50 cpm | 460.6 (121.5) | –74.9 | <0.001 |
| Total sedentary | 385.7 (210.0) | <100 cpm | 512.8 (125.7) | –127.1 | <0.001 |
| Total sedentary | 385.7 (210.0) | <200 cpm | 580.1 (120.4) | –194.4 | <0.001 |
| | | *BMI ≥30.0 kg/m$^2$ (n = 529)* | | | |
| Total physical activity | 51.4 (145.0) | Total physical activity[c] | 231.4 (110.0) | –180.0 | <0.001 |
| VPA | 0.0 (0.0) | VPA[d] | 0.0 (0.0) | 0.0 | <0.001 |
| MVPA[e] | 4.9 (17.6) | MVPA[d] | 15.3 (23.4) | –10.4 | <0.001 |
| MVPA[e] | 4.9 (17.6) | MVPA[d]$_{\text{10-min bouts}}$ | 1.7 (8.3) | 3.2 | <0.001 |
| MVPA[f] | 0.0 (15.7) | MVPA[d] | 15.3 (23.4) | –15.3 | <0.001 |
| MVPA[f] | 0.0 (15.7) | MVPA[d]$_{\text{10-min bouts}}$ | 1.7 (8.3) | –1.7 | <0.001 |

*(Table continues)*

| | | | | | |
|---|---|---|---|---|---|
| Heavy domestic | 0.7 (3.2) | LRMPA[d] | 59.2 (52.1) | –58.5 | <0.001 |
| Total sedentary | 402.9 (201.4) | <50 cpm | 485.3 (121.4) | –82.5 | <0.001 |
| Total sedentary | 402.9 (201.4) | <100 cpm | 536.6 (118.0) | –133.7 | <0.001 |
| Total sedentary | 402.9 (201.4) | <200 cpm | 601.2 (115.0) | –198.3 | <0.001 |

Abbreviations: cpm, counts per minute; IQR, interquartile range; LRMPA, lower-range moderate-intensity physical activity; MVPA, moderate-to-vigorous physical activity; PA, physical activity; VPA, vigorous physical activity.

[a] Difference between PASBAQ and accelerometer-assessed median estimates.

[b] *P* value for the difference between PASBAQ and accelerometer estimates according to the Wilcoxon signed-rank test.

[c] Average daily time spent ≥200 cpm.

[d] Accelerometer cutoff points to quantify time in intensity band: VPA, ≥5,999 cpm; MVPA, ≥2,020 cpm; LRMPA, 760–2,019 cpm.

[e] MVPA calculations include heavy domestic activity.

[f] MVPA calculations exclude heavy domestic activity.

**Web Table 6.** Rank-Order Correlations (Spearman ρ) for the Physical Activity and Sedentary Behaviour Assessment Questionnaire (PASBAQ) With Accelerometer Data Stratified by Age – Physical Activity Variables, Health Survey for England, 2008

| Accelerometer, by PASBAQ | 16–44 years (*n* = 760) | | 45–64 years (*n* = 821) | | 65+ years (*n* = 594) | | *P* Value[c] | *P* Value[d] | *P* Value[e] |
|---|---|---|---|---|---|---|---|---|---|
| | ρ[a] | 95% CI[b] | ρ[a] | 95% CI[b] | ρ[a] | 95% CI[b] | | | |
| Total activity (minutes with ≥200 counts) | | | | | | | | | |
| Total activity (minutes/day) | 0.13 | 0.05, 0.20 | 0.21 | 0.14, 0.28 | 0.40 | 0.32, 0.48 | 0.103 | <0.001 | <0.001 |
| Sports of any intensity (minutes/day) | -0.03 | -0.10, 0.05 | 0.02 | -0.04, 0.08 | 0.19 | 0.12, 0.26 | 0.322 | 0.001 | <0.001 |
| Total activity (average counts/minute) | | | | | | | | | |
| Total activity (minutes/day) | 0.15 | 0.08, 0.23 | 0.26 | 0.19, 0.32 | 0.46 | 0.38, 0.53 | 0.023 | <0.001 | <0.001 |
| Total activity (MET-minutes/day) | 0.21 | 0.15, 0.28 | 0.29 | 0.23, 0.36 | 0.53 | 0.47, 0.59 | 0.091 | <0.001 | <0.001 |
| VPA[f] | | | | | | | | | |
| VPA | 0.37 | 0.31, 0.43 | 0.20 | 0.12, 0.29 | 0.15 | 0.04, 0.26 | <0.001 | 0.337 | <0.001 |
| MVPA[f] | | | | | | | | | |
| MVPA[g] | 0.26 | 0.19, 0.33 | 0.34 | 0.26, 0.42 | 0.47 | 0.40, 0.55 | 0.082 | 0.004 | <0.001 |
| MVPA[h] | 0.29 | 0.22, 0.35 | 0.27 | 0.21, 0.34 | 0.39 | 0.32, 0.47 | 0.667 | 0.012 | 0.039 |
| MVPA sports | 0.18 | 0.11, 0.24 | 0.12 | 0.06, 0.19 | 0.21 | 0.14, 0.28 | 0.223 | 0.085 | 0.569 |
| Fairly brisk/fast walking | 0.25 | 0.17, 0.32 | 0.24 | 0.18, 0.30 | 0.36 | 0.29, 0.43 | 0.834 | 0.014 | 0.027 |
| $MVPA^{f}_{10\text{-min bouts}}$ | | | | | | | | | |
| MVPA[g] | 0.30 | 0.23, 0.37 | 0.37 | 0.30, 0.45 | 0.34 | 0.24, 0.44 | 0.119 | 0.522 | 0.418 |
| $MVPA^{f}_{10\text{-min bouts}}$ | | | | | | | | | |
| MVPA[h] | 0.33 | 0.27, 0.38 | 0.31 | 0.24, 0.38 | 0.33 | 0.26, 0.41 | 0.660 | 0.682 | >0.999 |
| LRMPA[f] | | | | | | | | | |
| Heavy domestic | 0.14 | 0.07, 0.22 | 0.24 | 0.17, 0.32 | 0.41 | 0.33, 0.50 | 0.039 | <0.001 | <0.001 |

Abbreviations: CI, confidence interval; LRMPA, lower-range moderate-intensity physical activity; METs, metabolic equivalents; MVPA, moderate-to-vigorous physical activity; VPA, vigorous physical activity.

[a] Spearman's rank correlation.

[b] 95% CIs for Spearman's ρ computed using bootstrapping procedure.

[c] *P* value for the difference between Spearman's ρ for age groups 16–44 and 45–64 years calculated using the Fisher's z test.

[d] *P* value for the difference between Spearman's ρ for age groups 45–64 and 65+ years calculated using the Fisher's z test.

[e] *P* value for the difference between Spearman's ρ for age groups 16–44 and 65+ years calculated using the Fisher's z test.

[f] Accelerometer cutoff points to quantify time in intensity band: VPA, ≥5,999 counts/minute; MVPA, ≥2,020 counts/minute; LRMPA, 760–2,019.

[g] MVPA calculations include heavy domestic activity.

[h] MVPA calculations exclude heavy domestic activity.

**Web Table 7.** Rank-Order Correlations (Spearman ρ) for the Physical Activity and Sedentary Behaviour Assessment Questionnaire (PASBAQ) With Accelerometer Data Stratified by Body Mass Index – Physical Activity Variables, Health Survey for England, 2008

| Accelerometer, by PASBAQ | BMI 18.5–24.9 kg/m$^2$ ($n$ = 628) | | 25.0–29.9 kg/m$^2$ ($n$ = 805) | | ≥30.0 kg/m$^2$ ($n$ = 529) | | *P* Value[c] | *P* Value[d] | *P* Value[e] |
|---|---|---|---|---|---|---|---|---|---|
| | ρ[a] | 95% CI[b] | ρ[a] | 95% CI[b] | ρ[a] | 95% CI[b] | | | |
| Total activity (minutes with ≥200 counts) | | | | | | | | | |
| Total activity (minutes/day) | 0.21 | 0.13, 0.28 | 0.20 | 0.13, 0.27 | 0.27 | 0.19, 0.36 | 0.842 | 0.187 | 0.280 |
| Sports of any intensity (minutes/day) | 0.11 | 0.04, 0.18 | 0.07 | -0.01, 0.14 | 0.07 | -0.01, 0.15 | 0.447 | >0.999 | 0.497 |
| Total activity (average counts/minute) | | | | | | | | | |
| Total activity (minutes/day) | 0.25 | 0.18, 0.31 | 0.22 | 0.16, 0.28 | 0.33 | 0.25, 0.40 | 0.549 | 0.034 | 0.139 |
| Total activity (MET-minutes/day) | 0.31 | 0.24, 0.38 | 0.29 | 0.22, 0.36 | 0.38 | 0.29, 0.46 | 0.682 | 0.070 | 0.180 |
| VPA[f] | | | | | | | | | |
| VPA | 0.39 | 0.31, 0.46 | 0.34 | 0.26, 0.43 | 0.22 | 0.12, 0.33 | 0.280 | 0.020 | 0.002 |
| MVPA[f] | | | | | | | | | |
| MVPA[g] | 0.34 | 0.25, 0.42 | 0.36 | 0.28, 0.43 | 0.42 | 0.33, 0.52 | 0.667 | 0.208 | 0.114 |
| MVPA[h] | 0.32 | 0.25, 0.38 | 0.36 | 0.30, 0.43 | 0.35 | 0.28, 0.43 | 0.395 | 0.842 | 0.569 |
| MVPA sports | 0.22 | 0.15, 0.29 | 0.26 | 0.20, 0.32 | 0.19 | 0.12, 0.27 | 0.424 | 0.190 | 0.596 |
| Fairly brisk/fast walking | 0.27 | 0.18, 0.35 | 0.28 | 0.20, 0.35 | 0.31 | 0.24, 0.39 | 0.842 | 0.555 | 0.459 |
| MVPA[f]$_{10\text{-min bouts}}$ | | | | | | | | | |
| MVPA[g] | 0.36 | 0.28, 0.44 | 0.34 | 0.26, 0.42 | 0.34 | 0.25, 0.43 | 0.667 | >0.999 | 0.697 |
| MVPA[f]$_{10\text{-min bouts}}$ | | | | | | | | | |
| MVPA[h] | 0.33 | 0.26, 0.41 | 0.35 | 0.28, 0.41 | 0.32 | 0.24, 0.39 | 0.675 | 0.549 | 0.849 |
| LRMPA[f] | | | | | | | | | |
| Heavy domestic | 0.23 | 0.14, 0.32 | 0.23 | 0.14, 0.31 | 0.22 | 0.13, 0.32 | >0.999 | 0.849 | 0.857 |

Abbreviations: CI, confidence interval; LRMPA, lower-range moderate-intensity physical activity; METs, metabolic equivalents; MVPA, moderate-to-vigorous physical activity; VPA, vigorous physical activity.

[a] Spearman's rank correlation.

[b] 95% CIs for Spearman's ρ computed using bootstrapping procedure.

[c] *P* value for the difference between Spearman's ρ for 18.5–24.9 *vs.* 25.0–29.9 kg/m$^2$ calculated using the Fisher's z test.

[d] *P* value for the difference between Spearman's ρ for 25.0–29.9 *vs.* ≥30.0 kg/m$^2$ calculated using the Fisher's z test.

[e] *P* value for the difference between Spearman's ρ for 18.5–24.9 *vs.* ≥30.0 kg/m$^2$ calculated using the Fisher's z test.

[f] Accelerometer cutoff points to quantify time in intensity band: VPA, ≥5,999 counts/minute; MVPA, ≥2,020 counts/minute; LRMPA, 760–2,019.

[g] MVPA calculations include heavy domestic activity.

[h] MVPA calculations exclude heavy domestic activity.

**Web Table 8.** Rank-Order Correlations (Spearman ρ) for the Physical Activity and Sedentary Behaviour Assessment Questionnaire (PASBAQ) With Accelerometer Data Stratified by Age – Sedentary Behavior Variables, Health Survey for England, 2008

| PASBAQ, by Accelerometer Cutoff Point For Sedentary Behavior[a] | 16–44 years (*n* = 760) | | 45–64 years (*n* = 821) | | 65+ years (*n* = 594) | | *P* Value[d] | *P* Value[e] | *P* Value[f] |
|---|---|---|---|---|---|---|---|---|---|
| | ρ[b] | 95% CI[c] | ρ[b] | 95% CI[c] | ρ[b] | 95% CI[c] | | | |
| Total sedentary[g] | | | | | | | | | |
| <50 cpm | 0.34 | 0.28, 0.41 | 0.31 | 0.24, 0.37 | 0.32 | 0.25, 0.40 | 0.503 | 0.834 | 0.682 |
| <100 cpm | 0.33 | 0.27, 0.40 | 0.30 | 0.24, 0.36 | 0.31 | 0.23, 0.39 | 0.509 | 0.842 | 0.682 |
| <200 cpm | 0.30 | 0.24, 0.37 | 0.28 | 0.22, 0.35 | 0.29 | 0.21, 0.37 | 0.667 | 0.842 | 0.842 |
| Total sedentary[h] | | | | | | | | | |
| <50 cpm | 0.10 | 0.03, 0.18 | 0.21 | 0.13, 0.29 | 0.34 | 0.26, 0.41 | 0.025 | 0.009 | <0.001 |
| <100 cpm | 0.08 | 0.00, 0.15 | 0.18 | 0.11, 0.25 | 0.32 | 0.24, 0.40 | 0.043 | 0.006 | <0.001 |
| <200 cpm | 0.04 | -0.03, 0.10 | 0.15 | 0.07, 0.23 | 0.29 | 0.21, 0.38 | 0.028 | 0.006 | <0.001 |
| TV viewing | | | | | | | | | |
| <50 cpm | -0.01 | -0.09, 0.06 | 0.11 | 0.03, 0.18 | 0.27 | 0.19, 0.35 | 0.017 | 0.002 | <0.001 |
| <100 cpm | -0.04 | -0.10, 0.02 | 0.08 | 0.02, 0.14 | 0.25 | 0.17, 0.33 | 0.017 | 0.001 | <0.001 |
| <200 cpm | -0.07 | -0.14, 0.01 | 0.06 | -0.02, 0.13 | 0.23 | 0.16, 0.31 | 0.010 | 0.001 | <0.001 |
| Non-TV sitting | | | | | | | | | |
| <50 cpm | 0.16 | 0.08, 0.23 | 0.17 | 0.09, 0.24 | 0.15 | 0.06, 0.24 | 0.842 | 0.704 | 0.849 |
| <100 cpm | 0.15 | 0.08, 0.21 | 0.15 | 0.08, 0.22 | 0.14 | 0.06, 0.23 | >0.999 | 0.849 | 0.849 |
| <200 cpm | 0.12 | 0.05, 0.19 | 0.14 | 0.07, 0.20 | 0.13 | 0.04, 0.22 | 0.689 | 0.849 | 0.849 |
| Occupational sitting/standing[i] | | | | | | | | | |
| <50 cpm | 0.23 | 0.14, 0.31 | 0.19 | 0.11, 0.27 | 0.23 | 0.02, 0.45 | 0.497 | 0.772 | >0.999 |
| <100 cpm | 0.24 | 0.16, 0.32 | 0.19 | 0.10, 0.28 | 0.27 | 0.02, 0.53 | 0.395 | 0.555 | 0.826 |
| <200 cpm | 0.23 | 0.15, 0.31 | 0.18 | 0.10, 0.26 | 0.31 | 0.07, 0.55 | 0.395 | 0.337 | 0.549 |

Abbreviations: CI, confidence interval; cpm, counts per minute.

[a] Accelerometer-based sedentary time calculated using three different thresholds (<50, <100 and <200 cpm).

[b] Spearman's rank correlation.

[c] 95% CIs for Spearman's ρ computed using bootstrapping procedure.

[d] *P* value for the difference between Spearman's ρ for age groups 16–44 and 45–64 years calculated using the Fisher's z test.

[e] *P* value for the difference between Spearman's ρ for age groups 45–64 and 65+ years calculated using the Fisher's z test.

[f] *P* value for the difference between Spearman's ρ for age groups 16–44 and 65+ years calculated using the Fisher's z test.

[g] Total includes occupational sitting/standing.

[h] Total excludes occupational sitting/standing.

[i] Time spent sitting/standing while at work. Participants aged 16–74 who reported working in the last four weeks with information on sedentary time (*n* = 550 for ages 16–44 years; *n* = 509 for ages 45–64 years; *n* = 56 for ages 65+ years).

**Web Table 9.** Rank-Order Correlations (Spearman ρ) for the Physical Activity and Sedentary Behaviour Assessment Questionnaire (PASBAQ) With Accelerometer Data Stratified by Body Mass Index – Sedentary Behavior Variables, Health Survey for England, 2008

| PASBAQ, by Accelerometer Cutoff Point For Sedentary Behavior[a] | BMI 18.5–24.9 kg/m$^2$ ($n$ = 628) | | 25.0–29.9 kg/m$^2$ ($n$ = 805) | | ≥30 kg/m$^2$ ($n$ = 529) | | *P* Value[d] | *P* Value[e] | *P* Value[f] |
|---|---|---|---|---|---|---|---|---|---|
| | ρ[b] | 95% CI[c] | ρ[b] | 95% CI[c] | ρ[b] | 95% CI[c] | | | |
| Total sedentary[g] | | | | | | | | | |
| <50 cpm | 0.34 | 0.27, 0.41 | 0.28 | 0.22, 0.34 | 0.27 | 0.19, 0.36 | 0.215 | 0.849 | 0.190 |
| <100 cpm | 0.33 | 0.25, 0.41 | 0.28 | 0.21, 0.34 | 0.27 | 0.19, 0.36 | 0.303 | 0.849 | 0.267 |
| <200 cpm | 0.30 | 0.22, 0.37 | 0.25 | 0.19, 0.31 | 0.26 | 0.19, 0.33 | 0.313 | 0.849 | 0.465 |
| Total sedentary[h] | | | | | | | | | |
| <50 cpm | 0.24 | 0.16, 0.32 | 0.26 | 0.20, 0.32 | 0.24 | 0.16, 0.32 | 0.689 | 0.704 | >0.999 |
| <100 cpm | 0.22 | 0.15, 0.29 | 0.23 | 0.15, 0.31 | 0.22 | 0.14, 0.29 | 0.842 | 0.849 | >0.999 |
| <200 cpm | 0.19 | 0.12, 0.26 | 0.20 | 0.14, 0.26 | 0.19 | 0.11, 0.27 | 0.849 | 0.849 | >0.999 |
| TV viewing | | | | | | | | | |
| <50 cpm | 0.08 | 0.00, 0.16 | 0.20 | 0.13, 0.26 | 0.15 | 0.06, 0.24 | 0.021 | 0.358 | 0.230 |
| <100 cpm | 0.06 | -0.02, 0.14 | 0.17 | 0.11, 0.23 | 0.13 | 0.04, 0.22 | 0.037 | 0.465 | 0.234 |
| <200 cpm | 0.04 | -0.05, 0.13 | 0.15 | 0.08, 0.22 | 0.11 | 0.04, 0.19 | 0.038 | 0.465 | 0.234 |
| Non-TV sitting | | | | | | | | | |
| <50 cpm | 0.23 | 0.15, 0.31 | 0.17 | 0.11, 0.23 | 0.16 | 0.08, 0.23 | 0.242 | 0.857 | 0.219 |
| <100 cpm | 0.22 | 0.15, 0.29 | 0.15 | 0.09, 0.22 | 0.15 | 0.06, 0.23 | 0.174 | >0.999 | 0.219 |
| <200 cpm | 0.20 | 0.13, 0.28 | 0.13 | 0.06, 0.21 | 0.13 | 0.05, 0.22 | 0.177 | >0.999 | 0.223 |
| Occupational sitting/standing[i] | | | | | | | | | |
| <50 cpm | 0.21 | 0.11, 0.31 | 0.18 | 0.08, 0.28 | 0.23 | 0.11, 0.35 | 0.667 | 0.516 | 0.803 |
| <100 cpm | 0.21 | 0.11, 0.31 | 0.19 | 0.11, 0.27 | 0.25 | 0.13, 0.36 | 0.772 | 0.435 | 0.617 |
| <200 cpm | 0.19 | 0.07, 0.31 | 0.19 | 0.10, 0.27 | 0.25 | 0.12, 0.37 | >0.999 | 0.435 | 0.453 |

Abbreviations: CI, confidence interval; cpm, counts per minute.

[a] Accelerometer-based sedentary time calculated using three different thresholds (<50, <100 and <200 cpm).

[b] Spearman's rank correlation.

[c] 95% CIs for Spearman's ρ computed using bootstrapping procedure.

[d] *P* value for the difference between Spearman's ρ for 18.5–24.9 *vs.* 25.0–29.9 kg/m$^2$ calculated using the Fisher's z test.

[e] *P* value for the difference between Spearman's ρ for 25.0–29.9 *vs.* ≥30.0 kg/m$^2$ calculated using the Fisher's z test.

[f] *P* value for the difference between Spearman's ρ for 18.5–24.9 *vs.* ≥30.0 kg/m$^2$ calculated using the Fisher's z test.

[g] Total includes occupational sitting/standing.

[h] Total excludes occupational sitting/standing.
[i] Time spent sitting/standing while at work. Participants aged 16–74 who reported working in the last four weeks with information on sedentary time (*n* = 352 BMI 18.5–24.9 kg/m$^2$; *n* = 430 BMI 25.0–29.9 kg/m$^2$; *n* = 241 BMI ≥30.0 kg/m$^2$).

# Web Appendix

## 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 WorkAct2 = 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
**END IF**

**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
**END IF**

**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

**END IF**

**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
**END IF**

**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?

**END IF**

**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

**END IF**

**END IF**

**END IF**

**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

**END IF**

**END IF**

**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

**END IF**

**IF Wlk10M = Yes THEN**

**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

**END IF**

**END IF**

**END IF**

**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)

**END IF**

**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 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

**END IF**

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.

**END IF**

**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

**END IF**

**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

**END IF**
**END DO**
**END IF**

**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

**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?

**END IF**
**END DO**
**END IF**

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