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Weight-Wise Program Neighborhood Physical Activity Questionnaire

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Now we have completed the dietary questions. If you are willing, we would like to ask you some questions about your physical activity. This should take about 5 more minutes.

Section A: Walking

In this section we ask you about two types of walking: **walking for transportation** (e.g., to the store or work), then **walking for recreation, health and fitness**. If the walking that you do for transportation is also for recreation, health or fitness, please report it only once.

For example:

Linda lives 20 minutes away from work. She chooses to walk there rather than drive mainly because she wants to improve her fitness. If Linda records that she walks for transportation (3 times per week for a total of 120 minutes), she would not repeat that information under walking for recreation, health or fitness.

1. In a **usual week**, do you walk to get to or from somewhere (such as walking to a store or bus stop) or for recreation, health or fitness (including walking your dog)?

PAQ1 yes no → if no, skip to Section B

Walking for Transportation

2. In a **usual week**, how many times do you walk as a **means of transportation**, such as going to and from work, walking to the store, or walking to a bus stop?

PAQ2 [] [] → if 0, skip to Q. 5

3. Please estimate the total time you spend walking as a **means of transportation** in a **usual week**. (e.g., 5 times by 10 minutes = 50 minutes)

PAQ3a [] [] hours PAQ3b [] [] [] minutes

4. Let me know which of the following places you walk to as a **means of transportation** in a **usual week**. [Mark all that apply.]

PAQ4a to or from work (or study) PAQ4e to or from friend's house

PAQ4b to or from bus stop PAQ4f other place #1 →

PAQ4c to or from store PAQ4f 1 _____

PAQ4d to or from restaurant PAQ4g other place #2 →
PAQ4g 1 _____

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Walking for Recreation, Health or Fitness:

If you have already reported recreational walking, please do not report it again for the following questions.

5. In a **usual week**, how many times do you walk for **recreation, health** or **fitness** (including walking your dog)?

PAQ5

[] []



if 0, skip to Section B

6. Please estimate the total time you spend walking for **recreation, health** or **fitness** in a **usual week**. (e.g., 5 times by 10 minutes = 50 minutes)

PAQ6a

[] []

hours

PAQ6b

[] [] []

minutes

7. Could you tell me where you walk for **recreation, health** or **fitness** in a **usual week**?

PAQ7a park

PAQ7f fitness center

PAQ7g 1

PAQ7b neighborhood

PAQ7g other place #1 ➔

PAQ7c school

PAQ7h 1

PAQ7d to or from restaurant

PAQ7h

other place #2 ➔

PAQ7e to or from a store

Section B: Other Leisure Time Physical Activities

The next set of questions is about **other leisure time physical activities** that you do for in a **usual week**, besides what you have already mentioned. Do not include walking.

8. In a **usual week**, do you do any other vigorous or moderate intensity leisure time physical activities? Do not include any walking.

PAQ8 yes no ➔ *Skip to Q. 16*

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9. Could you tell me where you do these leisure time physical activities in a **usual week**?

PAQ9a park

PAQ9e other place #1 →

PAQ9e 1

PAQ9b neighborhood

PAQ9f 1

PAQ9c school

PAQ9f other place #2 →

PAQ9d fitness center

10. In a **usual week**, do you do any vigorous intensity leisure time physical activities like jogging, aerobics, swimming laps, or competitive tennis? Do not include walking or moderate intensity physical activities. Vigorous intensity physical activities cause a large increase in breathing and heart rate.

PAQ10 yes no → *if no, skip Q. 13*

11. In a **usual week**, how many times do you do vigorous intensity leisure time physical activities which cause a large increase in breathing and heart rate?

PAQ11

→ *if 0, skip to Q. 13*

12. What do you estimate is the total time you spend doing vigorous intensity leisure time physical activities in a **usual week**.
(e.g., 3 times by 20 minutes = 60 minutes)

PAQ12a

hours

PAQ12b

minutes

13. Apart from what you have already mentioned, in a **usual week** do you do any other moderate intensity leisure time physical activities like dancing, cycling, social tennis, golf, or gardening? Moderate intensity physical activities cause a moderate increase in breathing and heart rate.

PAQ13 yes no → *if no, skip to Q. 16*

14. In a **usual week**, how many times do you do moderate intensity leisure time physical activities which cause a moderate increase in breathing and heart rate?

PAQ14

→ *if 0, skip to Q. 16*

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15. What do you estimate is the total time you spend doing moderate intensity leisure time physical activities in a **usual week**? (e.g., 1 time for 1 hour = 1 hour)

PAQ15a

[] []

hours

PAQ15b

[] [] []

minutes

16. How confident are you that you could exercise more if you wanted to? Would you say you are **very confident**, **somewhat confident**, or **not at all confident**?

- PAQ16 very confident
- somewhat confident
- not at all confident
- [don't know]
- [refused]

Date: ^{PAQdate} [] [] / [] [] / 2 0 [] []

month day year

^{PAQintrv} [] []

Rate the quality of this interview: ^{PAQratng} excellent good fair poor not sure