

## Web Appendix 1. Modified Global Physical Activity Questionnaire

Next I am going to ask you about the time you spent in the last 7 days doing different types of physical activity (if employed “when you were at work,”) when you were at home, engaged in recreation, and going from place to place.

I will ask you about physical activities that caused increases in your breathing or heart rate and that lasted for **at least 10 minutes at a time**. Do **not** include light levels of activity that did not increase your breathing or heart rate.

### LABOR FORCE PA [If employed]

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**1** Think first about the time you spent **working** in the last 7 days.

Did your work involve any physical activity that caused an increase in your breathing or heart rate such as from carrying light loads, lifting heavy loads, or digging or construction work?

[If no, DK or refused, skip to Home PA]

**2** During the last 7 days, on how many days did your work activities cause increases in your breathing or heart rate?

Number of days \_\_\_\_\_ (range 1-7)  
[If DK or refused, skip to Home PA]

**3** On an average day during the last 7 days, how many hours or minutes did you spend at work doing those activities that increased your breathing or heart rate?

[PROBE IF DIFFICULTY: Think about the last day at work when you did activities that made your heart rate or breathing increase. ]

Number of minutes \_\_\_\_\_ (range 0-59) or hours \_\_\_\_\_ (range 0-24) [Skip to 4]  
[If DK, 3a]  
[If refused, skip to Home PA]

**3a** Would you say that it was less than 30 minutes, 30 to 60 minutes, or more than 60 minutes?

[Skip to Home PA]

**4** How many, if any, of those (fill hours or minutes from above) were **vigorous** activity that caused a **large** increase in your breathing or heart rate?

Number of minutes \_\_\_\_\_ (range 0-59) or hours \_\_\_\_\_ (range 0-24)

## HOME PA

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Now think about the physical activities you have done in the last 7 days in and around your home, like housework, yard work, and caring for your family. Exclude light activities that do **not** increase your breathing and heart rate.

5. In the last 7 days, did you do work around the house for at least 10 minutes at a time that caused an increase in your breathing or heart rate? Some examples would be yard work, sweeping, washing windows, or lifting children.

[If no, DK or refused, skip to Travel PA]

6. During the last 7 days, how many days did you do activities around the home that caused an increase in your breathing or heart rate?

Number of days \_\_\_\_\_ (range 1-7)  
[If DK or refused, skip to Travel PA]

7. On an average day during the last 7 days, how many hours or minutes did you spend doing these activities

Number of minutes \_\_\_\_\_ (range 0-59) or hours \_\_\_\_\_ (range 0-24) [Skip to Travel PA]  
[If DK, 7a]  
[If refused, skip to Travel PA]

**7a** Would you say that it was less than 30 minutes, 30 to 60 minutes, or more than 60 minutes?

## TRAVEL PA

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Now I would like to ask you about the usual way you travel to and from places such as work, shopping, or school.

### [WALKING PA]

- 8 During the last 7 days, did you walk for at least 10 minutes at a time to get to and from places such as work, shopping, or other activities?

[If no, DK or refused, skip to Bike PA]

- 9 During the last 7 days, on how many days did you walk to get to and from places?

Number of days \_\_\_\_\_ (range 1-7)  
[If DK or refused, skip to Bike PA]

- 10 How many hours or minutes did you spend walking to get from place to place on an average day during the last 7 days?

[READ IF NEEDED: Think about yesterday if an average day is too difficult to determine. ]

Number of minutes \_\_\_\_\_ (range 0-59) or hours \_\_\_\_\_ (range 0-24) [Skip to Bike PA]  
[If DK, 10a]  
[If refused, skip to Bike PA]

**10a** Would you say that it was less than 30 minutes, 30 to 60 minutes, or more than 60 minutes?

**[BIKE PA]**

**11** During the last 7 days, did you use a bicycle to get to and from places?

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[If no, DK or refused, skip to Recreation PA]

**12** During the last 7 days, on how many days did you bicycle to get to and from places?

Number of days \_\_\_\_\_ (range 1-7)

[If DK or refused, skip to Recreation PA]

**13** How many hours or minutes did you spend bicycling to get from place to place on an average day during the last 7 days?

[PROBE IF DIFFICULTY: Think about the last day when you used your bicycle to go from one place to another. ]

Number of minutes \_\_\_\_\_ (range 0-59) or hours \_\_\_\_\_ (range 0-24) [Skip to Recreation PA]

[If DK, 13a]

[If refused, skip to Recreation PA]

**13a** Would you say that it was less than 30 minutes, 30 to 60 minutes, or more than 60 minutes?

**RECREATION PA**

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Now I would like to ask you about sports, fitness and recreational activities. Exclude the activities you have told me about and focus on sports, fitness and recreation.

**14** During the last 7 days, did you do any sports, fitness, or recreational activities that caused an increase in your breathing or heart rate? Examples would be swimming, working out, or jogging.

[If no, DK or refused, skip to Sedentary]

**15** During the last 7 days, on how many days did you do sports, fitness or recreational activities that increased your breathing or heart rate?

Number of days \_\_\_\_\_ (range 1-7)

[If DK or refused, skip to Sedentary]

**16** On an average day during the last 7 days, how many hours or minutes did you spend doing these sports, fitness or recreational activities?

Number of minutes \_\_\_\_\_ (range 0-59) or hours \_\_\_\_\_ (range 0-24) [Skip to 17]

[If DK, 16a]

[If refused, skip to Sedentary]

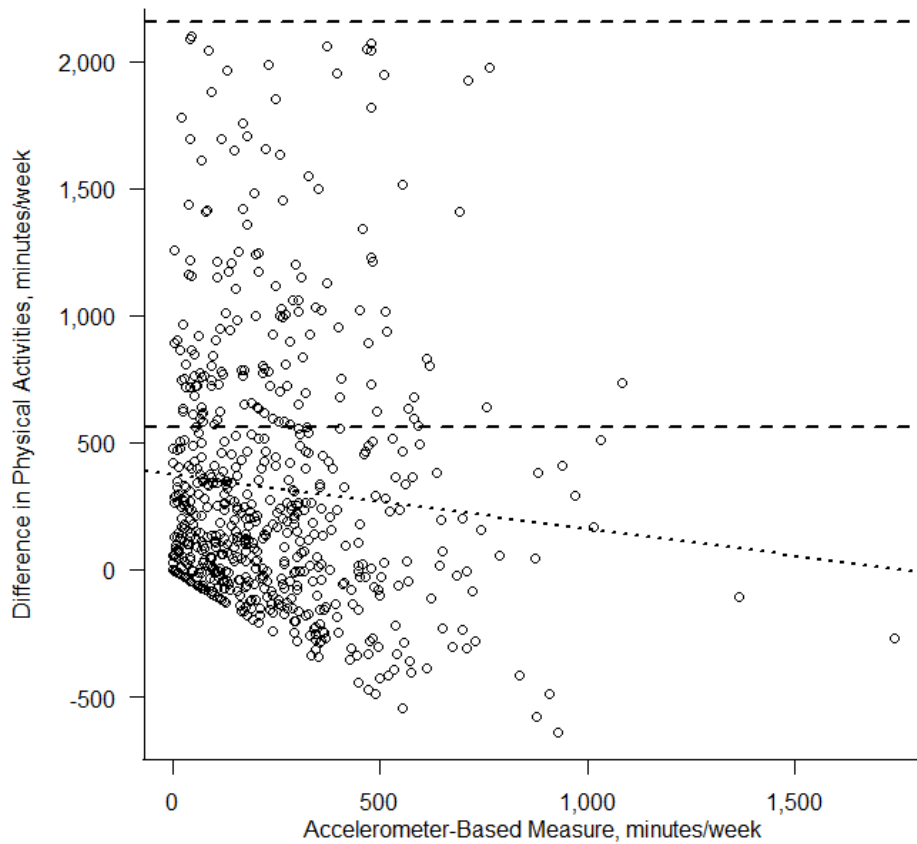
**16a** Would you say that it was less than 30 minutes, 30 to 60 minutes, or more than 60 minutes?

[Skip to Sedentary]

- 17** How many, if any, of those (fill hours or minutes from above) doing sports, fitness, or recreational activities were **vigorous** activity that caused a **large** increase in your breathing or heart rate?

Number of minutes \_\_\_\_\_ (range 0-59) or hours \_\_\_\_\_ (range 0-24)

**Web Figure 1.** Bland-Altman Plot of Moderate-Equivalent Physical Activity Weekly Minutes Measured by Self-Reports and Accelerometers after Excluding Individuals Whose Differences between Self-Reports and Accelerometer-Based Measures Were Greater Than Two Standard Deviations of These Differences, New York City, 2010-11



Abbreviations: GPAQ = Global Physical Activity Questionnaire.

The two black dashed lines represent mean difference between self-reports and accelerometer-based physical activity measures (a bottom line; 563 weekly minutes) and two standard deviations of mean difference (a top line; 2158 weekly minutes), respectively. A dotted line represents a regression line between difference between self-reports and accelerometer-based physical activity measures (dependent variable) and accelerometer-based physical activity measures (independent variable).