Supplementary Digital Content 2: Assessment of Physical Activity and Sedentary Behaviors

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		The first set of questions asks about your usual level of activity		

1. During the past 12 months, approximately how much time per week did you participate in each of the following activities? (FOR EACH ACTIVITY MARK ONLY ONE RESPONSE.)

· · · · · · · · · · · · · · · · · · ·	AVERAGE TOTAL TIME PER WEEK									
ACTIVITY	None	5 min	15 min	30 min	1 hr	1 hr and 30 min	2-3 hrs	4-6 hrs	7-10 hrs	More than 10 hrs
Light household chores (for example, cooking, cleaning up, laundry, dusting, etc.)	0	0	0	0	0	0	0	0	0	0
 Moderate to vigorous household chores (for example, vacuuming, sweeping, etc.) 	0	0	0	0	0	0	0	0	0	0
c. Moderate outdoor chores (for example, weeding, raking, mowing the lawn, etc.)	0	0	0	0	0	0	0	0	0	0
Vigorous outdoor chores (for example, digging, carrying lumber, snow shoveling, etc.)	0	0	0	0	0	0	0	0	0	0
Home repairs (for example, painting, plumbing, replacing carpeting, etc.)	0	0	0	0	0	0	0	0	0	0
f. Caring for children (for example, pushing a stroller, playing, lifting, etc.)	0	0	0	0	0	0	0	0	0	0
 g. Caring for another adult (for example, lifting, pushing a wheelchair, etc.) 	0	0	0	0	0	0	0	0	0	0
h. Walking for exercise	0	0	0	0	0	0	0	0	0	0
 Walking for other daily (but not leisure time) activities, such as shopping, getting to and from work, etc. 	0	0	0	0	0	0	0	0	0	0
j. Jogging or running	0	0	0	0	0	0	0	0	0	0
k. Playing tennis, squash, or racquetball	0	0	0	0	0	0	0	0	0	0
I. Playing golf	0	0	0	0	0	0	0	0	0	0
m. Swimming laps	0	0	0	0	0	0	0	0	0	0
n. Bicycling (including riding a stationary bike)	0	0	0	0	0	0	0	0	0	0
Other aerobic exercise (for example, aerobic class, exercise machines, etc.)	0	0	0	0	0	0	0	0	0	0
 Weight training or lifting (include free weights and machines) 	0	0	0	0	0	0	0	0	0	0

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2.	In a typical 24-hour period during the past 12 months, how many hours per day did you spend: (MARK ONLY ONE RESPONSE PER ACTIVITY.)	AVERAGE NUMBER OF HOURS PER DAY								
2.		None	Less than 3 hours	3 to 4 hours	5 to 6 hours	7 to 8 hours	9 to10 hours	11 to 12 hours	More than 12 hours	
	Sitting watching television, video, or DVD?	0	0	0	0	0	0	0	0	
	Sitting or driving in a car, bus, or train?	0	0	0	0	0	0	0	0	
	Other sitting (reading, knitting, using a computer)?	0	0	0	0	0	0	0	0	
	Sleeping at night or napping during the day?	0	0	0	0	0	0	0	0	