

6. What is your second most frequent sport or exercise?

[Do not show list. If activity is coded, enter code and go to Item 7. If not coded, enter 499 and specify activity.]

a. Specify activity _____

7. How many hours a week do you do this activity?

- Less than 1 A
- At least 1 but not quite 2 B
- At least 2 but not quite 3 C
- At least 3 but not quite 4 D
- 4 or more E

8. How many months a year do you do this activity?

- Less than 1 A
- At least 1 but not quite 4 B
- At least 4 but not quite 7 C
- At least 7 but not quite 10 D
- 10 or more E

9. Do you do other exercises or play other sports?

Yes _Y No _N → **Go to Item 18**

10. What is your third most frequent sport or exercise?

[Do not show list. If activity is coded, enter code and go to Item 11. If not coded, enter 499 and specify activity.]

a. Specify activity _____

11. How many hours a week do you do this activity?

- Less than 1 A
- At least 1 but not quite 2 B
- At least 2 but not quite 3 C
- At least 3 but not quite 4 D
- 4 or more E

12. How many months a year do you do this activity?

- Less than 1 A
- At least 1 but not quite 4 B
- At least 4 but not quite 7 C
- At least 7 but not quite 10 D
- 10 or more E

13. Do you do other exercises or play other sports?

Yes _Y No _N → **Go to Item 18**

14. What is your fourth most frequent sport or exercise?

[Do not show list. If activity is coded, enter code and go to Item 15. If not coded, enter 499 and specify activity.]

a. Specify activity _____

15. How many hours a week do you do this activity?

Less than 1 A
At least 1 but not quite 2 B
At least 2 but not quite 3 C
At least 3 but not quite 4 D
4 or more E

16. How many months a year do you do this activity?

Less than 1 A
At least 1 but not quite 4 B
At least 4 but not quite 7 C
At least 7 but not quite 10 D
10 or more E

17. Do you do other exercises or play other sports?

Yes Y No N

"Now, I'd like to ask you a few additional questions about activities that you may do during free periods of the day".

18. During leisure time, would you say you play sports or exercise?.....

Never A
Seldom B
Sometimes..... C
Often..... D
Very often E

19. In comparison with others of your own age do you think your physical activity during leisure time is.....

Much less..... A
Less..... B
The same..... C
More D
Much more..... E

[Skip item 20 if this is an Abbreviated Clinic or Home visit; 0c=A]

20. During leisure time, do you sweat

Never A
Seldom B
Sometimes..... C
Often..... D
Very often E

21. During leisure time, do you watch television

Never A
Seldom B
Sometimes..... C
Often..... D
Very often E

22. During leisure time, do you walk
Never A
Seldom B
Sometimes..... C
Often..... D
Very often E

23. During leisure time, do you bicycle.....
Never A
Seldom B
Sometimes..... C
Often..... D
Very often E

B. HOUSEHOLD AND TRANSPORTATION

"Finally, I'd like to ask you a few questions about your activity around the home and community."

24. Do you do the light household work? (dusting, washing dishes, repairing clothes, etc.)?.....
Never (<once a month) A
Sometimes (only when partner or help is not available) B
Mostly (sometimes assisted by partner or help) C
Always (alone or together with partner)..... D

25. Do you do the heavy housework? (washing floors and windows, carrying
trash disposal bags, etc.)?
Never (<once a month) A
Sometimes (only when partner or help is not available) B
Mostly (sometimes assisted by partner or help) C
Always (alone or together with partner)..... D

[Skip items 26 - 28 if you answered "never" in items 24 and 25.]

26. Including yourself, for how many persons do you keep house?

27. How many rooms do you keep clean, including kitchen, bedroom, garage,
cellar, bathroom etc.?
Never do housekeeping A
1-6 rooms..... B
7-9 rooms..... C
10 or more rooms..... D

28. If any rooms, on how many floors?

29. Do you prepare warm meals yourself, or do you assist in preparing?
Never A
Sometimes (once or twice a week)... B
Mostly (3-5 times a week) C
Always (more than 5 times a week).. D

30. How many flights of stairs do you walk up per day? (One flight of stairs is 10 steps) ...
I never walk stairs A

- 1-5 B
- 6-10 C
- More than 10..... D

31. If you go somewhere in your hometown, what kind of transportation do you use?

- I never go out A
- Car B
- Public transportation C
- Bicycle D
- Walking E

32. How often do you go out for shopping?.....

- Never or less than once a week A
- Once a week B
- Twice to four times a week..... C
- Every day..... D

33. If you go out for shopping, what kind of transportation do you use?.....

- I never go out A
- Car B
- Public transportation C
- Bicycle D
- Walking E

34. How many minutes do you walk and/or bicycle per day to and from work
or shopping? (If seasonal, give average over the past year)

- Less than 5 A
- At least 5 but not quite 15 B
- At least 15 but not quite 30 C
- At least 30 but not quite 45 D
- 45 or more E