

Appendix A

Questions Regarding Physical Activity

How often do you do VIGOROUS leisure-time physical activities for AT LEAST 10 MINUTES that cause HEAVY sweating or LARGE increases in breathing or heart rate?

Number of units

Never
1-999 times
Unable to do this type of activity
Refused
Not Ascertained
Don't Know

How often do you do VIGOROUS leisure-time physical activities for AT LEAST 10 MINUTES that cause HEAVY sweating or LARGE increases in breathing or heart rate?

Time Units

Never
Per day
Per week
Per month
Per year
Refused
Not Ascertained
Don't Know

About how long do you do these vigorous leisure-time physical activities each time?

Number Time Units

1-995
Refused
Not Ascertained
Don't Know

About how long do you do these vigorous leisure-time physical activities each time?

Time Units

Minutes
Hours
Refused
Not Ascertained
Don't Know

How often do you do LIGHT OR MODERATE leisure-time physical activities for AT LEAST 10 MINUTES that cause ONLY LIGHT sweating or a SLIGHT to MODERATE increase in breathing or heart rate?

Number Units

Never
1-995 times
Unable to do this type of activity
Refused
Not Ascertained
Don't Know

How often do you do LIGHT OR MODERATE leisure-time physical activities for AT LEAST 10 MINUTES that cause ONLY LIGHT sweating or a SLIGHT to MODERATE increase in breathing or heart rate?

Time Units

Never
Per day
Per week
Per month
Per year
Refused
Not Ascertained
Don't Know

About how long do you do these light or moderate leisure-time physical activities each time?

Time Units

1-995
Unable to do this type of activity
Refused
Not Ascertained
Don't Know

About how long do you do these light or moderate leisure-time physical activities each time?

Time Units

Minutes
Hours
Refused
Not Ascertained
Don't Know