DRAFT 2010 NHIS Questionnaire - Sample Adult
Physical Activity
Document Version Date: 23-Jul-09

Question ID: NAD.010_00.000 **Instrument Variable Name:** AD11A **QuestionnaireFileName:** Sample Adult

QuestionText: The next questions are about walking for transportation. I will ask you separately about walking for other reasons like relaxation or exercise.

During the past 7 days, did you walk to get some place that took you at least 10 minutes?

1	Yes
2	No
3	Unable to walk
7	Refused
9	Don't know

UniverseText: Sample adults 18+

SkipInstructions: <1> [goto AD12A] <2,R,D> [goto AD14A] <3> [goto SITWDAY]

Question ID: NAD.011_00.000 **Instrument Variable Name:** AD12A **QuestionnaireFileName:** Sample Adult

QuestionText: During the past 7 days, how many times did you do that?

*Read if necessary: Walk for at least 10 minutes to get some place.

01-94	1-94 times
97	Refused
99	Don't know

UniverseText: Sample adults 18+ who have walked for transportation in the past 7 days

SkipInstructions: <1-7> [goto AD13ANO] <R,D> [goto AD14A]

Question ID: NAD.012_01.000 **Instrument Variable Name:** AD13ANO **QuestionnaireFileName:** Sample Adult

QuestionText: 1 of 2

[fill1: How long did that walk take?/

On average, how long did those walks take?]

* Enter number for length of walk for transportation.

UniverseText: Sample adults 18+ who have walked for transportation at least one day in the past week

SkipInstructions: <1-995>[goto AD13ATP] [If AD13ANO= 'R', 'D' store 'R', 'D' in AD13ATP]
<R,D>[goto AD14A]

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Question ID: NAD.012_02.000 **Instrument Variable Name:** AD13ATP **QuestionnaireFileName:** Sample Adult

QuestionText: 2 of 2

* Enter time period for length of walking for transportation.

UniverseText: Sample adults 18+ who have walked for transportation at least one day in the past week and gave a number for the first part of this two-part question

SkipInstructions: If AD13AN0 gt <24> and AD13ATP eq <2> goto ERR1_ AD13ATP

(IF AD13ANO gt <90> and AD13ATP eq <1>) or (if AD13ANO gt <2> and AD13ATP eq <2>) goto ERR2_ AD13ATP

<1,2,R,D>goto AD14A
If AD13ANO= 'R', 'D' store 'R', 'D' in AD13ATP

Question ID: NAD.013_00.000 **Instrument Variable Name:** AD14A **QuestionnaireFileName:** Sample Adult

QuestionText: Sometimes you may walk for fun, relaxation, exercise, or to walk the dog. During the past 7 days, did you walk for at least 10 minutes for any of these reasons? (Please do not include walking for transportation.)

1	Yes
2	No
7	Refused
9	Don't know

UniverseText: Sample adults 18+ who are able to walk

SkipInstructions: <1> [goto AD15A] <2,R,D> [goto SITWDAY]

Question ID: NAD.014_00.000 **Instrument Variable Name:** AD15A **QuestionnaireFileName:** Sample Adult

QuestionText: During the past 7 days, how many times did you do that?

01-94	1-94 times
97	Refused
99	Don't know

UniverseText: Sample adults 18+ who have walked for leisure in the past 7 days

SkipInstructions: <1-7> [goto AD16ANO] <R,D> [goto SITWDAY]

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Question ID: NAD.015_01.000 **Instrument Variable Name:** AD16ANO **QuestionnaireFileName:** Sample Adult

QuestionText: 1 of 2

[fill1: How long did that walk take?/

On average, how long did those walks take?]

* Enter number for length of walk for fun, relaxation, or exercise.

UniverseText: Sample Adults 18+ who have walked for leisure at least one day in the past week.

SkipInstructions: If AD16AN0 gt <24> and AD16ATP eq <2> goto ERR1_ AD16ATP

(IF AD16ANO gt <90> and AD16ATP eq <1>) or (if AD16ANO gt <2> and AD16ATP eq <2>) goto ERR2_ AD16ATP

<1-995>[goto AD16ATP]
<R,D>[goto SITWDAY]
[If AD16ANO= 'R', 'D' store 'R', 'D' in AD16ATP]

Question ID: NAD.015_02.000 **Instrument Variable Name:** AD16ATP **QuestionnaireFileName:** Sample Adult

QuestionText: 2 of 2

* Enter time period for length of walking for fun, relaxation, or exercise.

UniverseText: Sample adults 18+ who have walked for leisure at least one day in the past week and gave a number for the first part of this two-part question

SkipInstructions: <1,2,R,D>goto [SITWDAY]; [If AD16ANO= 'R', 'D' store 'R', 'D' in AD16ATP]

Question ID: NAD.040_00.000 **Instrument Variable Name:** SITWDAY **QuestionnaireFileName:** Sample Adult

QuestionText: [Fill1:Outside of work, how/ Fill2: How] many hours do you spend per day during the WEEKDAYS sitting?

*Read if necessary: Include watching television or videos, working on the computer, playing video games, using the Internet, knitting, sewing, reading, fishing, taking long drives, watching ball games or doing other sitting activities.

*If person is bedridden, include only waking hours lying down

00	None
01-24	1-24 hours
97	Refused
99	Don't know

UniverseText: Sample adults 18+

SkipInstructions: <0-24,R,D> [goto SITWEND]

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Document Version Date: 23-Jul-09

Question ID: NAD.050_00.000 **Instrument Variable Name:** SITWEND **QuestionnaireFileName:** Sample Adult

QuestionText: [Fill1: Outside of work, how / How] many hours do you spend per day during the WEEKEND sitting?

*Read if necessary: Include watching television or videos, working on the computer, playing video games, using the Internet, knitting, sewing, reading, fishing, taking long drives, watching ball games or doing other sitting activities. Weekend means any days off, not necessarily Saturday and Sunday.

*If person is bedridden, include only waking hours lying down.

00	None
01-24	01-24 hours
97	Refused
99	Don't know

UniverseText: Sample adults 18+

SkipInstructions: <0-24,R,D> if AMDLONG eq <1,2> [goto MDEXER]; else if AMDLONG eq <0,3,4,5,R,D> [goto next section]

Question ID: NAD.060_00.000 **Instrument Variable Name:** MDEXER **QuestionnaireFileName:** Sample Adult

QuestionText: During the PAST 12 MONTHS, did a doctor or other health professional RECOMMEND that you BEGIN or CONTINUE to do any type of exercise or physical activity?

1	Yes
2	No
3	Did not see a doctor in the PAST 12 MONTHS
7	Refused
9	Don't know

UniverseText: Sample adults 18+ who have seen a doctor or other health professional in the PAST 12 MONTHS

SkipInstructions: <1-3,R,D> [goto next section]