

NDNS(I)

National Diet and Nutrition Survey

Recent Physical Activity Questionnaire¹ self-completion booklet

In Confidence

| | | | | | | | | | |
|-------|---|---------|---|-----|----------------------|-----------------|----------------------|-----------------|---|
| Point | <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> | Address | <input type="text"/> <input type="text"/> | CKL | <input type="text"/> | Participant No. | <input type="text"/> | First name: | <input type="text"/> |
| | | | | | | | | Interviewer no. | <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> |

This questionnaire is designed to find out about your physical activity in your everyday life in the last 4 weeks ending yesterday.

Date from __/__/__ **to** __/__/__

This questionnaire is divided into 3 sections

Please try to answer every question.

- **Section A** asks about your physical activity patterns in and around the house.
- **Section B** is about travel to work, school or college and your activity at work, school or college.
- **Section C** asks about activities during your leisure time that you may have engaged in during the last 4 weeks.

Section A: Home Activities

Q1 Getting about

Which form of transport have you used **most often** in the last 4 weeks ending yesterday, apart from your journey to and from work?

Please tick (✓) one box only.

| Usual mode of travel | | | |
|----------------------|------|------------------|-------|
| Car / motor vehicle | Walk | Public transport | Cycle |
| | | | |

Q2 TV, DVD or Video Viewing

Please put a tick (✓) on every line

| Hours of TV, DVD or video watched per day | Average over the last 4 weeks ending yesterday | | | | | |
|---|--|------------------------|--------------------|--------------------|--------------------|-------------------------|
| | None | Less than 1 hour a day | 1 to 2 hours a day | 2 to 3 hours a day | 3 to 4 hours a day | More than 4 hours a day |
| On a weekday before 6 pm | | | | | | |
| On a weekday after 6 pm | | | | | | |
| On a weekend day before 6 pm | | | | | | |
| On a weekend day after 6 pm | | | | | | |

Q3 Computer use at home *but not at work* (e.g. internet, email, Playstation, Xbox, Gameboy etc,

Please don't include computers requiring movement such as Nintendo wii and Xbox Kinect

Please put a tick (✓) on every line.

| Hours of home computer use per day | Average over the last 4 weeks ending yesterday | | | | | |
|------------------------------------|--|------------------------|--------------------|--------------------|--------------------|-------------------------|
| | None | Less than 1 hour a day | 1 to 2 hours a day | 2 to 3 hours a day | 3 to 4 hours a day | More than 4 hours a day |
| On a weekday before 6 pm | | | | | | |
| On a weekday after 6 pm | | | | | | |
| On a weekend day before 6 pm | | | | | | |
| On a weekend day after 6 pm | | | | | | |

Q4 Stair climbing at home

Please put a tick (✓) on every line.

| Number of times you climbed up a flight of stairs (approx 10 steps) each day at home | Average over the last 4 weeks ending yesterday | | | | | |
|--|--|--------------------|---------------------|----------------------|----------------------|--------------------------|
| | None | 1 to 5 times a day | 6 to 10 times a day | 11 to 15 times a day | 16 to 20 times a day | More than 20 times a day |
| On a weekday (Mon-Fri) | | | | | | |
| On a weekend day (Sat & Sun) | | | | | | |

Section B: Activity at work / school or college

This section asks about activities **at work, school or college and travel to work, school or college**. This includes office jobs, farming, working for yourself, volunteer work, any other paid or unpaid work you did and school/college.

If you have more than one job, please choose what you consider to be your **main job** over the past four weeks ending yesterday, and answer the following questions about that job.

If you are at school or college and also work part-time, please choose what you consider to be your **main activity**, and answer the following questions about that activity.

Q5 Have you been in employment, done unpaid work or attended school or college during the last 4 weeks ending yesterday?

Tick one box

No ☐ → **Go to page 7**

Yes ☐ → **Go to Q6**

Q6 During the last 4 weeks ending yesterday, how many hours of work, unpaid work or school/college did you do per week?

| | In the last week | 2 weeks ago | 3 weeks ago | 4 weeks ago |
|----------------------------------|------------------|-------------|-------------|-------------|
| Work hours (excluding travel) | | | | |

Type of work while at work or school/college

Q7 We would like to know the type and amount of physical activity involved in your work or at school/college. **Please tick** (✓) the box next to the one that **best corresponds** with your **main** occupation(s) or school/college in the last 4 weeks ending yesterday:

Tick one box

Sedentary occupation

You spend most of your time sitting (such as in an office)

☐

Standing occupation

You spend most of your time standing or walking. However, your work does not require intense physical effort (e.g. shop assistant, hairdresser, guard)

☐

Manual work

This involves some physical effort including handling of heavy objects and use of tools (e.g. plumber, electrician, carpenter)

☐

Heavy manual work

This implies very vigorous physical activity including handling of very heavy objects (e.g. dock worker, miner, bricklayer, construction worker)

☐

Section B cont'd: Activity at work / school or college

- Q8** What proportion of your time at work or school/college was spent outside while you were at work or school/college during the last 4 weeks ending yesterday? This **does not** include travelling to/from work or school/college.

Tick one box

| | | | |
|----------------|--------------------------|---|------------------|
| None | <input type="checkbox"/> | → | Go to Q10 |
| Less than half | <input type="checkbox"/> | | |
| About half | <input type="checkbox"/> | | |
| More than half | <input type="checkbox"/> | | |
| All | <input type="checkbox"/> | | |

→ **Go to Q9**

- Q9** When you were outside at work or school/college, what parts of your body were usually **UNCOVERED**?

Tick (✓) all that apply.

| | |
|---|---|
| Face <input style="width: 50px; height: 30px;" type="checkbox"/> | Shoulders <input style="width: 50px; height: 30px;" type="checkbox"/> |
| Head <input style="width: 50px; height: 30px;" type="checkbox"/> | Legs <input style="width: 50px; height: 30px;" type="checkbox"/> |
| Hands <input style="width: 50px; height: 30px;" type="checkbox"/> | Most upper body <input style="width: 50px; height: 30px;" type="checkbox"/> |
| Arms <input style="width: 50px; height: 30px;" type="checkbox"/> | |

Travel to and from your main place of work or school/college in the last 4 weeks

- Q10** What is the approximate distance from your home to your main place of work or school/college? Record 0 if you work/study from home.

| | | | | | | | | |
|-------|---|---|---|-----------|------------|---|---|---|
| Miles | <input style="width: 40px; height: 30px;" type="text"/> | <input style="width: 40px; height: 30px;" type="text"/> | <input style="width: 40px; height: 30px;" type="text"/> | <u>OR</u> | Kilometres | <input style="width: 40px; height: 30px;" type="text"/> | <input style="width: 40px; height: 30px;" type="text"/> | <input style="width: 40px; height: 30px;" type="text"/> |
|-------|---|---|---|-----------|------------|---|---|---|

- Q11** How many times a week did you travel from home to your main place of work or school/college? Count **outward journeys only**.

Section B cont'd: Activity at work / school or college

Q12 How did you normally travel to work or school/college during the last 4 weeks ending yesterday?
Tick (✓) one box only per line

| | Always | Usually | Occasionally | Never or rarely |
|------------------------------|---------------|----------------|---------------------|------------------------|
| By car/motor vehicle | | | | |
| By works or public transport | | | | |
| By bicycle | | | | |
| Walking | | | | |

Q13 What is the postcode for your main place of work or school/college during the last 4 weeks ending yesterday?

| | | | |
|--|--|--|--|
| | | | |
|--|--|--|--|

| | | |
|--|--|--|
| | | |
|--|--|--|

If not known please give your work or school/college address

Work address - _____

Please turn to page 7

Section C: Leisure time activities

The following questions ask about how you spent your leisure time.

Please indicate **how often** you did each activity on average **over the last 4 weeks ending yesterday**. Please indicate the **average length of time** that you spent doing the activity on each occasion.

Example 1

If you went **walking for pleasure** for **40 minutes** once a week during the last four weeks, and you also had done **weeding or pruning** every fortnight during the last four weeks and took **1 hour and 10 minutes** on average for each occasion, you would complete the table below as follows:

| | Number of times you did the activity in the last 4 weeks | | | | | | | Average time per episode | |
|----------------------|--|--------------------------|----------------------------------|-------------|---------------------|---------------------|-----------|--------------------------|---------|
| | None | Once in the last 4 weeks | 2 to 3 times in the last 4 weeks | Once a week | 2 to 3 times a week | 4 to 5 times a week | Every day | Hours | Minutes |
| Walking for pleasure | | | | ✓ | | | | | 40 |
| Weeding and pruning | | | ✓ | | | | | 1 | 10 |

Example 2

If you **did not** play golf during the last four weeks, you would complete the table below as follows:

| | Number of times you did the activity in the last 4 weeks | | | | | | | Average time per episode | |
|------|--|--------------------------|----------------------------------|-------------|---------------------|---------------------|-----------|--------------------------|---------|
| | None | Once in the last 4 weeks | 2 to 3 times in the last 4 weeks | Once a week | 2 to 3 times a week | 4 to 5 times a week | Every day | Hours | Minutes |
| Golf | ✓ | | | | | | | | |

Now complete the table on pages 8 and 9

Section C cont'd: Leisure time activities

Q14 Please give an answer for the average time you spent on each activity and the number of times you did that activity in the last 4 weeks ending yesterday

Please complete each line

| | | Number of times you did the activity in the last 4 weeks ending yesterday | | | | | | Average time per episode | | |
|--|---------|---|--------------------------|----------------------------------|-------------|---------------------|---------------------|--------------------------|-------|---------|
| | | None | Once in the last 4 weeks | 2 to 3 times in the last 4 weeks | Once a week | 2 to 3 times a week | 4 to 5 times a week | Every day | Hours | Minutes |
| Swimming - competitive | | | | | | | | | | |
| Swimming leisurely | indoor | | | | | | | | | |
| | outdoor | | | | | | | | | |
| Backpacking or mountain climbing | | | | | | | | | | |
| Walking for pleasure <i>(not as a means of transport)</i> | | | | | | | | | | |
| Racing or rough terrain cycling | | | | | | | | | | |
| Cycling for pleasure <i>(not as a means of transport)</i> | | | | | | | | | | |
| Mowing the lawn | | | | | | | | | | |
| Watering the lawn or garden | | | | | | | | | | |
| Digging, shovelling or chopping wood | | | | | | | | | | |
| Weeding or pruning | | | | | | | | | | |
| DIY e.g. carpentry, home or car maintenance | | | | | | | | | | |
| High impact aerobics or step aerobics | | | | | | | | | | |
| Other types of aerobics | | | | | | | | | | |
| Exercise with weights | | | | | | | | | | |
| Conditioning exercises e.g. using a bike or rowing machine | | | | | | | | | | |
| Floor exercises e.g. stretching, bending, keep fit or yoga | | | | | | | | | | |
| Dancing e.g. ballroom or disco | | | | | | | | | | |
| Competitive running | | | | | | | | | | |

Section C cont'd: Leisure time activities

| | | Number of times you did the activity in the last 4 weeks ending yesterday | | | | | | | Average time per episode | |
|---------------------------------------|---------|---|--------------------------|----------------------------------|-------------|---------------------|---------------------|-----------|--------------------------|---------|
| | | None | Once in the last 4 weeks | 2 to 3 times in the last 4 weeks | Once a week | 2 to 3 times a week | 4 to 5 times a week | Every day | Hours | Minutes |
| Jogging | | | | | | | | | | |
| Bowling | Indoor | | | | | | | | | |
| | Outdoor | | | | | | | | | |
| Tennis | Indoor | | | | | | | | | |
| | Outdoor | | | | | | | | | |
| Badminton | | | | | | | | | | |
| Squash | | | | | | | | | | |
| Table tennis | | | | | | | | | | |
| Golf | | | | | | | | | | |
| Football, rugby or hockey | Indoor | | | | | | | | | |
| | Outdoor | | | | | | | | | |
| Cricket | | | | | | | | | | |
| Rowing | | | | | | | | | | |
| Netball, volleyball or basketball | Indoor | | | | | | | | | |
| | Outdoor | | | | | | | | | |
| Fishing | | | | | | | | | | |
| Horse-riding | | | | | | | | | | |
| Snooker, billiards or darts | | | | | | | | | | |
| Musical instrument playing or singing | | | | | | | | | | |
| Ice skating | | | | | | | | | | |
| Sailing, wind-surfing or boating | | | | | | | | | | |
| Martial arts, boxing or wrestling | | | | | | | | | | |
| Active gaming (i.e. Nintendo wii) | | | | | | | | | | |

Q15 We assume for outdoor activities (except swimming, tennis, football, rugby and hockey) that you had your legs covered. If you did not, please indicate the activities for which your legs were exposed: _____

Q16 Other than the activities you have already recorded, have you done anything else that involves physical activity during the last 4 weeks ending yesterday?

Tick one box

No

☐

End of questionnaire

Yes

☐

Go to Q17

Q17 Please record here any other physical activities that you have done (and how often you have done them), **other than those already recorded**, over the last 4 weeks ending yesterday (e.g. housework):

Thank you for answering these questions.

Please return the booklet to the interviewer.