

Appendix

Physical Activity According to Diabetes and Metropolitan Status: United States 2020 and 2022

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Leisure time physical activity questions for National Health Interview Survey, 2020 and 2022

The next questions are about physical activities such as exercise, sports, or physically active hobbies that you may do in your LEISURE time. We are interested in two types of physical activity --- moderate and vigorous-intensity. Moderate-intensity activities cause moderate increases in breathing or heart rate whereas vigorous-intensity activities cause large increases in breathing or heart rate.

How often do you do MODERATE-INTENSITY LEISURE-TIME physical activities?

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

How often do you do VIGOROUS-INTENSITY LEISURE-TIME physical activities?

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

Including activities that you mentioned earlier, how often do you do LEISURE-TIME physical activities specifically designed to STRENGTHEN your muscles such as sit-ups, push-ups, or lifting weights?