**Appendix.** Behavioral Risk Factor Surveillance System Survey, 2009 — questions on physical activity

|  |  |
| --- | --- |
| Question | Response option |
| **Moderate activity** |  |
| 1. Now, thinking about the moderate activities you do in a usual week, do you do moderate activities for at least 10 minutes at a time, such as brisk walking, bicycling, vacuuming, gardening, or anything else that causes some increase in breathing or heart rate?
 | Yes/No/ Don’t know/Refused |
| 1. How many days per week do you do these moderate activities for at least 10 minutes at a time?
 | \_ \_ Days per week |
| 1. On days when you do moderate activities for at least 10 minutes at a time, how much total time per day do you spend doing these activities?
 | \_:\_ \_ Hours and minutes per day |
| **Vigorous Activity** |  |
| 1. Now, thinking about the vigorous activities you do in a usual week, do you do vigorous activities for at least 10 minutes at a time, such as running, aerobics, heavy yard work, or anything else that causes large increases in breathing or heart rate?
 | Yes/No/ Don’t know/Refused |
| 1. How many days per week do you do these vigorous activities for at least 10 minutes at a time?
 | \_ \_ Days per week |
| 1. On days when you do vigorous activities for at least 10 minutes at a time, how much total time per day do you spend doing these activities?
 | \_:\_ \_ Hours and minutes per day |

Source: Centers for Disease Control and Prevention (CDC). Behavioral Risk Factor Surveillance System Survey Questionnaire. Atlanta (GA): U.S. Department of Health and Human Services, Centers for Disease Control and Prevention; 2009.