Weight-Wise Program  
Neighborhood Physical Activity Questionnaire

Now we have completed the dietary questions. If you are willing, we would like to ask you some questions about your physical activity. This should take about 5 more minutes.

Section A: Walking

In this section we ask you about two types of walking: walking for transportation (e.g., to the store or work), then walking for recreation, health and fitness. If the walking that you do for transportation is also for recreation, health or fitness, please report it only once.

For example:

Linda lives 20 minutes away from work. She chooses to walk there rather than drive mainly because she wants to improve her fitness. If Linda records that she walks for transportation (3 times per week for a total of 120 minutes), she would not repeat that information under walking for recreation, health or fitness.

1. In a usual week, do you walk to get to or from somewhere (such as walking to a store or bus stop) or for recreation, health or fitness (including walking your dog)?

   PAQ1  ○ yes  ○ no  ➔ if no, skip to Section B

Walking for Transportation

2. In a usual week, how many times do you walk as a means of transportation, such as going to and from work, walking to the store, or walking to a bus stop?

   PAQ2  ➔ if 0, skip to Q. 5

3. Please estimate the total time you spend walking as a means of transportation in a usual week. (e.g., 5 times by 10 minutes = 50 minutes)

   PAQ3a  | PAQ3b
   hours  | minutes

4. Let me know which of the following places you walk to as a means of transportation in a usual week. [Mark all that apply.]

   PAQ4a  ○ to or from work (or study)  PAQ4e  ○ to or from friend's house
   PAQ4b  ○ to or from bus stop  PAQ4f  ○ other place #1 ➔
   PAQ4c  ○ to or from store  PAQ4f 1
   PAQ4d  ○ to or from restaurant  PAQ4g  ○ other place #2 ➔
   PAQ4g 1

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Walking for Recreation, Health or Fitness:

If you have already reported recreational walking, please do not report it again for the following questions.

5. In a usual week, how many times do you walk for recreation, health or fitness (including walking your dog)?

6. Please estimate the total time you spend walking for recreation, health or fitness in a usual week. (e.g., 5 times by 10 minutes = 50 minutes)

7. Could you tell me where you walk for recreation, health or fitness in a usual week?

   - park
   - neighborhood
   - school
   - to or from restaurant
   - to or from a store
   - fitness center
   - other place #1
   - other place #2

Section B: Other Leisure Time Physical Activities

The next set of questions is about other leisure time physical activities that you do for in a usual week, besides what you have already mentioned. Do not include walking.

8. In a usual week, do you do any other vigorous or moderate intensity leisure time physical activities? Do not include any walking.

   - yes
   - no  \(\Rightarrow\) Skip to Q. 16
9. Could you tell me where you do these leisure time physical activities in a **usual week**?

- **PAQ9a** ○ park
- **PAQ9b** ○ neighborhood
- **PAQ9c** ○ school
- **PAQ9d** ○ fitness center
- **PAQ9e** ○ other place #1
- **PAQ9f** ○ other place #2

10. In a **usual week**, do you do any vigorous intensity leisure time physical activities like jogging, aerobics, swimming laps, or competitive tennis? Do not include walking or moderate intensity physical activities. Vigorous intensity physical activities cause a large increase in breathing and heart rate.

- **PAQ10** ○ yes ○ no ➔ **if no, skip Q. 13**

11. In a **usual week**, how many times do you do vigorous intensity leisure time physical activities which cause a large increase in breathing and heart rate?

- **PAQ11** ➔ **if 0, skip to Q. 13**

12. What do you estimate is the total time you spend doing vigorous intensity leisure time physical activities in a **usual week**. (e.g., 3 times by 20 minutes = 60 minutes)

- **PAQ12a** hours
- **PAQ12b** minutes

13. Apart from what you have already mentioned, in a **usual week** do you do any other moderate intensity leisure time physical activities like dancing, cycling, social tennis, golf, or gardening? Moderate intensity physical activities cause a moderate increase in breathing and heart rate.

- **PAQ13** ○ yes ○ no ➔ **if no, skip to Q. 16**

14. In a **usual week**, how many times do you do moderate intensity leisure time physical activities which cause a moderate increase in breathing and heart rate?

- **PAQ14** ➔ **if 0, skip to Q. 16**
15. What do you estimate is the total time you spend doing moderate intensity leisure time physical activities in a usual week? (e.g., 1 time for 1 hour = 1 hour)

16. How confident are you that you could exercise more if you wanted to? Would you say you are very confident, somewhat confident, or not at all confident?

- very confident
- somewhat confident
- not at all confident
- [don't know]
- [refused]

Date: [month] / [day] / [year]
Rate the quality of this interview: excellent, good, fair, poor, not sure