Multi-Ethnic Study of Atherosclerosis Exam 3 Physical Activity Interviewer Administered

Participant Id#:										
Acrostic:										
pactdt3										
Date: / / / /										

Think about the types of activities you did in a typical week in the past month. Please indicate whether you did or did not perform each of the following activities in a typical week. For each item that you respond 'yes', you will be asked for the number of days in a typical week you did these activities and the average amount of time per day in hours and minutes.

Intensity Levels:									
Light → easy effort									
Moderate → harder than light but not all-out									
Heavy →all-out									

Example:

Conditioning Activities
Moderate Effort:
Low impact aerobics,
slow bicycling, rowing,
leisurely swimming,
health club machines moderate intensity

	Days/Week	Hours/Day	Minutes/Day
Y N	1 2 3 4 5 6 7 ○ ○ ● ○ ○ ○ ○	1 2 3 4 5 5+ ● ○ ○ ○ ○ ○	5 15 30 45 ○ ○ ● ○

In this example, the activity was done 3 days per week, 1 hour and 30 minutes per day.

In a typical week in the past month, did you do:

Household chores			Days/Week							Н	our	s/D	ay		Minutes/Day					
1	cooking, dishes,		hhchl3			ıhl	•					hlł			_	hhlmn3				
	ironing, straightening up, laundry, shopping	Y O	N O			_		_	6 7 0 0	0	0	3 O	0	5 O	5+ O	5 O	15 O	30	45 O	
2	Moderate or Heavy Effort: Such as heavy hhchmh3			hhmhdy3							hhmhhr3						hhmhmn3			
	Effort: Such as neavy	iricrir	nns		• • • •	••••	••••	-,	•					_		ı	nnmi	anni	•	

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In a typical week in the past month, did you do:

Lawn/Yard/Garden/Farm	Days/Week	Hours/Day	Minutes/Day				
Moderate Effort: Such as weeding, mowing grass, yardm3 raking, cleaning garage, O O sweeping	yardmdy3 1 2 3 4 5 6 7 0 0 0 0 0 0 0	yardmhr3 1 2 3 4 5 5+ 0 0 0 0 0 0	yardmmn3 5 15 30 45 0 0 0				
4 Heavy Effort: Such as digging dirt, shoveling YN snow, mending fences, OO chopping wood	yardhdy3 1 2 3 4 5 6 7 0 0 0 0 0 0	yardhhr3 1 2 3 4 5 5+ 0 0 0 0 0	yardhmn3 5 15 30 45 0 0 0				
Care of Children/Adults 5 Light Effort: Such as carel3	careldy3	carelhr3	carelmn3				
bathing, feeding, changing diapers, playing with child	1 2 3 4 5 6 7	1 2 3 4 5 5+ O O O O O O	5 15 30 45 O O O O				
6 Moderate Effort: Such carem3	caremdy3	caremhr3	caremmn3				
as lifting and carrying, pushing wheelchair or officer Y N O O	1 2 3 4 5 6 7	1 2 3 4 5 5+	5 15 30 45 O O O O				
Transportation drive3	1	drivehr3					
7 Drive or ride in car, ride the bus/subway, including travel to work	drivedy3 1 2 3 4 5 6 7 0 0 0 0 0 0 0	drivehr3 1 2 3 4 5 5+ 0 0 0 0 0	drivemn3 5 15 30 45 ○ ○ ○ ○				
7 Drive or ride in car, ride the bus/subway, OO	1 2 3 4 5 6 7	1 2 3 4 5 5+	5 15 30 45				
7 Drive or ride in car, ride the bus/subway, including travel to work Walking (not at work)	1 2 3 4 5 6 7	1 2 3 4 5 5+ O O O O O O	5 15 30 45 O O O O				
7 Drive or ride in car, ride the bus/subway, including travel to work Walking (not at work) 8 Walking to get places - y N O O to the bus, car, work, into the store 9 Walking for exercise,	1 2 3 4 5 6 7 0 0 0 0 0 0 0 walkdy3 1 2 3 4 5 6 7 0 0 0 0 0 0	1 2 3 4 5 5+ 0 0 0 0 0 walkhr3 1 2 3 4 5 5+ 0 0 0 0 0 0	5 15 30 45 ○ ○ ○ ○ ○ walkmn3 5 15 30 45 ○ ○ ○ ○				
7 Drive or ride in car, ride the bus/subway, including travel to work Walking (not at work) 8 Walking to get places - to the bus, car, work, into the store	1 2 3 4 5 6 7 0 0 0 0 0 0 0 walkdy3 1 2 3 4 5 6 7 0 0 0 0 0 0	1 2 3 4 5 5+ 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	5 15 30 45 0 0 0 0 walkmn3 5 15 30 45				
7 Drive or ride in car, ride the bus/subway, including travel to work Walking (not at work) 8 Walking to get places - to the bus, car, work, into the store 9 Walking for exercise, pleasure, social reasons, walking during work breaks,	1 2 3 4 5 6 7 0 0 0 0 0 0 0 walkdy3 1 2 3 4 5 6 7 0 0 0 0 0 0	1 2 3 4 5 5+ 0 0 0 0 0 walkhr3 1 2 3 4 5 5+ 0 0 0 0 0 0 wlkexhr3 1 2 3 4 5 5+	5 15 30 45				
7 Drive or ride in car, ride the bus/subway, including travel to work Walking (not at work) 8 Walking to get places - to the bus, car, work, into the store 9 Walking for exercise, pleasure, social reasons, walking during work breaks, walking the dog	1 2 3 4 5 6 7 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	1 2 3 4 5 5+ 0 0 0 0 0 walkhr3 1 2 3 4 5 5+ 0 0 0 0 0 0 wlkexhr3 1 2 3 4 5 5+	5 15 30 45				

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In a typical week in the past month, did you do:

11 Team sports - softball teamsp3	Days/Week tmspdy3	Hours/Day	Minutes/Day
volleyball, basketball, YN	1 2 3 4 5 6 7 0 0 0 0 0 0 0	1 tmsphr3 1 2 3 4 5 5+ 0 0 0 0 0 0	†mspmn3 5 15 30 45 0 0 0 0
12 Dual sports - tennis, dualsp3, racketball, paddleball	dlspdy3 1 2 3 4 5 6 7 0 0 0 0 0 0	dlsphr3 1 2 3 4 5 5+ 0 0 0 0 0 0	dlspmn3 30 45
13 Individual activities - indact3	indacdy3	indachr3	indacmn3
golf, bowling, yoga, YN T'ai Chi O	1 2 3 4 5 6 7 0 0 0 0 0 0 0	1 2 3 4 5 5+ O O O O O O	5 15 30 45 O O O O
Conditioning Activities			
14 _{Moderate Effort} : Low			
impact aerobics, slow bicycling, rowing, leisurely swimming, condmod3	condmdy3	condmhr3	condmmn3
health club machines - Y N O O	1 2 3 4 5 6 7 0 0 0 0 0 0 0	1 2 3 4 5 5+ O O O O O O	5 15 30 45 O O O O
15 _{Heavy Effort} : High			
impact aerobics, fast bicycling, running,		condhhr3	
jogging, fast swimming, health club machines condhyy	condhdy3 3	condinirs	condhmn3
vigorous intensity, judo, Y N N N N N O	1 2 3 4 5 6 7 0 0 0 0 0 0 0	1 2 3 4 5 5+ O O O O O O	5 15 30 45 O O O O
Leisure Activities watchtv3	wchtvdy3	wchtvhr3	wchtvmn3
16 Sit or recline and watch TV OO	1 2 3 4 5 6 7	1 2 3 4 5 5+ O O O O O O	5 15 30 45 O O O O
17 Read, knit, sew, visit, read3	readdy3	readhr3	readmn3
do nothing, non-work YN recreational computer OO	1 2 3 4 5 6 7 0 0 0 0 0 0 0	1 2 3 4 5 5+ O O O O O O	5 15 30 45 O O O O

Occupational Activities

18 Do you work to earn money?

19	How many days per week and hours per		Days/Week							Hours/Day															
	day da yau wark in	1	2 O	3 O	4 O	5 O	6 O	7 0	<1 O	1 O	2 O	3 O	4 O	5 O	6	7 O	8 O	9 O	10 O	11 O	12 O	13 O	14 O	15 O	16 O
	•			wc	orl	۷d	y3	3						V	vor	khı	-3					000	1		

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Fill in the circles for the time you spent in each activity at work. The hours per day for all activities should equal the total hours per day you work.

At work, did you do:

, , , ,	work, ala you do.																			
20	<u>Light Effort:</u> While sitt office, laboratory, chil		Hours/Daywksithr3																	
		Yes	No	<1	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
	wrklsit:	3 0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
21	Light Effort: While sta	nding (e.g.																	
	filing, copying, clerkin nursing, farming, etc.	g, asse	embly,	Hours/Day wkstdhr3																
	wrklstd3	Yes O	No O	<1 O	1 O	2 O	3	4 O	5 O	6	7 O	8	9	10 O				14 O	_	16 O
22									Но	urs	s/D:	ay	أسم	K MC	ما لم	2				
	making deliveries)												wr	KITIC	oar	ır.ə				
	wrkmod3	Yes O	No O	<1 O	1 O	2 O	3 O	4 O	5 O	6 O	7 O	8 O		10 O			13 O	14 O	15 O	16 O
23	Heavy Effort: Manual	labor,	ranch																	
	hand, farm labor, loading/unloading true						Но	urs	s/D	ay	wk	khv	yh	r3						
	wrkhvy3	Yes O	No O	<1 O	1 O	2 O	3 O	4 O	5 O	6 O	7 O	8 O	9	10 O	11 O		13 O	14 O	15 O	16 O

Volunteer Activities

24 Did you work as a volunteer and/or at church in activities you have not yet mentioned on this survey? ○ No → Skip to #28

volntr3 O Yes Continue to #25

Did your volunteer work include:	vollt3	Days/Week	Hours/Day vollhr3
25 <u>Light Effort:</u> Sitting or standing	Y N O O	volldy3 1 2 3 5 6 7 0 0 0 0 0 0	1 2 3 4 5 5+ 0 0 0 0 0 0
26 Moderate Effort: Standing or walking	olmod3 ° °	volmdy3 1 2 3 4 5 6 7 0 0 0 0 0 0 0	yolmhr3 0 0 0 0 0 0
27 <u>Heavy Effort:</u> Pushing, lifting, carrying, climbing	volhvy3 YN OO	volhdy3 1 2 3 4 5 6 7 0 0 0 0 0 0	volhhr3 1 2 3 4 5 5+ 0 0 0 0 0

28 When you walk outside of your home, what is your usual pace?

- O No walking at all
- wlkpace3
- O Casual strolling (up to 2 mph)
- O Average or normal (2 3 mph)
- O Fairly briskly (4 5 mph)
- O Brisk or striding (more than 5 mph)

For MESA Field Center Use Only: pactadm3 Completed by: O Self-Administered O Interviewer-Administered										
Interview er ID:	pactild3	Reviewer ID: pactrid3	Data Entry ID: pactdid3							

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