

**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
<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>											

*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:

		Days/Week							Hours/Day						Minutes/Day					
<b>Household chores</b>																				
<b>1</b>	<u>Light Effort:</u> Such as cooking, dishes, ironing, straightening up, laundry, shopping	<b>hhchl3</b>		<b>hhldy3</b>							<b>hhlhr3</b>						<b>hhlmn3</b>			
		Y	N	1	2	3	4	5	6	7	1	2	3	4	5	5+	5	15	30	45
		<input type="radio"/>																		
<b>2</b>	<u>Moderate or Heavy Effort:</u> Such as heavy cleaning, scrubbing, mopping, home repairs, washing car, vacuuming	<b>hhchmh3</b>		<b>hhmhdy3</b>							<b>hhmhhr3</b>						<b>hhmhmn3</b>			
		Y	N	1	2	3	4	5	6	7	1	2	3	4	5	5+	5	15	30	45
		<input type="radio"/>																		

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

Lawn/Yard/Garden/Farm			Days/Week	Hours/Day	Minutes/Day
<b>3</b> <u>Moderate Effort:</u> Such as weeding, mowing grass, raking, cleaning garage, sweeping	<b>yardm3</b> Y N <input type="radio"/> <input type="radio"/>	<b>yardmdy3</b> 1 2 3 4 5 6 7 <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	<b>yardmhr3</b> 1 2 3 4 5 5+ <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	<b>yardmmn3</b> 5 15 30 45 <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	
<b>4</b> <u>Heavy Effort:</u> Such as digging dirt, shoveling snow, mending fences, chopping wood	<b>yardh3</b> Y N <input type="radio"/> <input type="radio"/>	<b>yardhdy3</b> 1 2 3 4 5 6 7 <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	<b>yardhhr3</b> 1 2 3 4 5 5+ <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	<b>yardhmn3</b> 5 15 30 45 <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	
<b>5</b> <u>Light Effort:</u> Such as bathing, feeding, changing diapers, playing with child	<b>carel3</b> Y N <input type="radio"/> <input type="radio"/>	<b>careldy3</b> 1 2 3 4 5 6 7 <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	<b>carelhr3</b> 1 2 3 4 5 5+ <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	<b>carelmn3</b> 5 15 30 45 <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	
<b>6</b> <u>Moderate Effort:</u> Such as lifting and carrying, pushing wheelchair or stroller	<b>carem3</b> Y N <input type="radio"/> <input type="radio"/>	<b>caremdy3</b> 1 2 3 4 5 6 7 <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	<b>caremhr3</b> 1 2 3 4 5 5+ <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	<b>caremmn3</b> 5 15 30 45 <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	
<b>7</b> Drive or ride in car, ride the bus/subway, including travel to work	<b>drive3</b> Y N <input type="radio"/> <input type="radio"/>	<b>drivedy3</b> 1 2 3 4 5 6 7 <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	<b>drivehr3</b> 1 2 3 4 5 5+ <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	<b>drivemn3</b> 5 15 30 45 <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	
<b>8</b> Walking to get places - to the bus, car, work, into the store	<b>walk3</b> Y N <input type="radio"/> <input type="radio"/>	<b>walkdy3</b> 1 2 3 4 5 6 7 <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	<b>walkhr3</b> 1 2 3 4 5 5+ <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	<b>walkmn3</b> 5 15 30 45 <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	
<b>9</b> Walking for exercise, pleasure, social reasons, walking during work breaks, walking the dog	<b>walkex3</b> Y N <input type="radio"/> <input type="radio"/>	<b>wlkexdy3</b> 1 2 3 4 5 6 7 <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	<b>wlkexhr3</b> 1 2 3 4 5 5+ <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	<b>wlkexmn3</b> 5 15 30 45 <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	
<b>10</b> Dancing in church, ceremonies or for pleasure	<b>dance3</b> Y N <input type="radio"/> <input type="radio"/>	<b>dancedy3</b> 1 2 3 4 5 6 7 <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	<b>dancehr3</b> 1 2 3 4 5 5+ <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	<b>dancemn3</b> 5 15 30 45 <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	

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

11 Team sports - softball, volleyball, basketball, soccer	teamsp3		Days/Week tmspdy3							Hours/Day tmsphr3						Minutes/Day tmspmn3			
	Y	N	1	2	3	4	5	6	7	1	2	3	4	5	5+	5	15	30	45
	<input type="radio"/>																		

  

12 Dual sports - tennis, racketball, paddleball	dualsp3		dlspsy3							dlsphr3						dlspmn3			
	Y	N	1	2	3	4	5	6	7	1	2	3	4	5	5+	5	15	30	45
	<input type="radio"/>																		

  

13 Individual activities - golf, bowling, yoga, T'ai Chi	indact3		indacdy3							indachr3						indacmn3			
	Y	N	1	2	3	4	5	6	7	1	2	3	4	5	5+	5	15	30	45
	<input type="radio"/>																		

**Conditioning Activities**

14 <u>Moderate Effort</u> : Low impact aerobics, slow bicycling, rowing, leisurely swimming, health club machines - moderate intensity	condmod3		condmdy3							condmhr3						condmmn3			
	Y	N	1	2	3	4	5	6	7	1	2	3	4	5	5+	5	15	30	45
	<input type="radio"/>																		

15 <u>Heavy Effort</u> : High impact aerobics, fast bicycling, running, jogging, fast swimming, health club machines - vigorous intensity, judo, kickboxing, karate	condhvy3		condhdy3							condhhr3						condhmn3			
	Y	N	1	2	3	4	5	6	7	1	2	3	4	5	5+	5	15	30	45
	<input type="radio"/>																		

16 Leisure Activities Sit or recline and watch TV	watchtv3		wchtvdy3							wchtvhr3						wchtvmn3			
	Y	N	1	2	3	4	5	6	7	1	2	3	4	5	5+	5	15	30	45
	<input type="radio"/>																		

17 Read, knit, sew, visit, do nothing, non-work recreational computer	read3		readdy3							readhr3						readmn3			
	Y	N	1	2	3	4	5	6	7	1	2	3	4	5	5+	5	15	30	45
	<input type="radio"/>																		

**Occupational Activities**

18 Do you work to earn money?

**work3**  No → Go to VOLUNTEER ACTIVITIES #24  
 Yes → Continue to #19

19 How many days per week and hours per day do you work in all jobs?	Days/Week							Hours/Day																
	1	2	3	4	5	6	7	<1	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
	<input type="radio"/>																							



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

wlkpace3

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

For MESA Field Center Use Only:

pactadm3

Completed by:  Self-Administered  Interviewer-Administered

Interviewer ID:

pactiid3

Reviewer ID:

pactrid3

Data Entry ID:

pactdid3