

## Occupational Physical Activity Questionnaire

**READ:** This next section is about your physical activity specifically during your paid employment.

1. How many days per week do you usually work in your primary job? [OCCPA01]

**[INTERVIEWER NOTE – IF THE DAYS VARY FROM ONE WEEK TO ANOTHER, ASK RESPONDENT TO GIVE AN AVERAGE NUMBER OF DAYS PER WEEK]**

\_\_\_\_\_ — Days per week (range: 1-7)  
77 Don't Know/Not Sure  
99 Refused

**[INTERVIEWER NOTE – IF RESPONDENT HAS MORE THAN ONE JOB, ASK THEM TO RESPOND TO THE JOB THEY CONSIDER TO BE THEIR PRIMARY JOB OR THE ONE THEY WORK IN THE MOST DAYS AND HOURS PER WEEK]**

2. How many hours per day do you usually work in this job? [OCCPA02]

**[INTERVIEWER NOTE – ASK RESPONDENT TO ROUND HOURS TO THE NEAREST HOUR]**

\_\_\_\_\_ — Hours per day (range: 1-18)  
77 Don't Know/Not Sure  
99 Refused

**[INTERVIEWER NOTE – IF RESPONDENT WORK HOURS VARY FROM ONE DAY TO THE NEXT, ASK THEM TO AVERAGE THE HOURS PER DAY FOR THEIR PRIMARY JOB OR THE ONE THEY WORK IN THE MOST HOURS PER DAY]**

**READ:** Please recall the hours in a usual day that you spend doing different tasks while at work. If you work more than one job, answer the questions for your primary job.

3. In a usual day, do you do any sitting or standing while working, such as desk-work, using hand tools, light assembly, lab tech, or driving a car or truck for work? [OCCPA03]

1 Yes  
2 No [Go to 5]  
7 Don't know/not sure [Go to 5]  
9 Refused [Go to 5]

4. How many hours per day do you sit or stand while at work? [OCCPA04]

**[INTERVIEWER NOTE – ASK RESPONDENT TO ROUND HOURS TO THE NEAREST HOUR]**

\_\_\_\_\_ — Hours per day (Range: 0- 18)  
77 Don't know/not sure  
99 Refused

5. In a usual day, do you do any walking at work, such as walking in the halls, postal carrier, waiter, or roving sales person? [OCCPA05]

1	Yes	
2	No	[Go to 7]
7	Don't know/not sure	[Go to 7]
9	Refused	[Go to 7]

6. Considering all walking, how many hours per day do you walk at work? [OCCPA06]

**[INTERVIEWER NOTE – ASK RESPONDENT TO ROUND HOURS TO THE NEAREST HOUR]**

_____	Hours per day (Range: 0- 18)
77	Don't know/not sure
99	Refused

7. In a usual day, do you do any heavy labor or use power tools at work, such as moving furniture, carpentry, jackhammers, or using a shovel or pick? [OCCPA07]

1	Yes	
2	No	[End]
7	Don't know/not sure	[End]
9	Refused	[End]

8. How many hours per day do you do heavy labor at work? [OCCPA08]

**[INTERVIEWER NOTE – ASK RESPONDENT TO ROUND HOURS TO THE NEAREST HOUR]**

_____	Hours per day (Range: 0- 18)
77	Don't know/not sure
99	Refused

**[CATI: Set range. The hours recorded in questions 4, 6, and 8 should total the hours per day identified in item #2.] Otherwise, reask Q5\_4, Q5\_6, and Q5\_8.]**