

Acknowledgments must be given to DePietro et al (1993) if this questionnaire is used or modified

Yale Physical Activity Survey

<i>Interviewer: Please record appointment and time</i>	Date:	Time:
<p>There is very little information available on the physical activity patterns of older adults, therefore, this study is being conducted to measure how active older adults are. In addition, we would like to determine which activities older adults participate in most frequently.</p> <p>I am going to ask you a few questions about the activities that you usually perform, as part of your daily routine and also for leisure. There are no right or wrong answers. Your name will not be used in the results, therefore the information that you give me will be confidential and only used for research purposes.</p> <p>BY giving up some of your time to fill in the questionnaires, you will enable us to understand the health problems that some of the elderly people may face. This information may help us to plan ways to improve the health and well being of the elderly.</p>		
Code:	_____	
Name:	_____	
Adresss 1:	_____	
Address 2:	_____	
Telephone number:	_____	
Date of birth:	_____	
Age:	_____	
Date of interview:	_____	

Part 1

Interviewer: (please read to participant): We are interested to learn about the types of activities which are part of your regular routine. I am going to show you lists of common types of physical activities. Please tell me how much time (in minutes or hours) you spent during the past week.

Interviewer: Show the participant Card number 1.

Activity	Time		Intensity code
	Hours	Minutes	
Work			
Shopping (eg, grocery, clothes)	_____	_____	3.5
Stair climbing while carrying a load.	_____	_____	8.5
Laundry:	_____	_____	
Unloading/ loading machine, hanging, folding only	_____	_____	3.0
Washing clothes by hand	_____	_____	4.0
Light housework: tidying, dusting, sweeping, collecting rubbish in the home, polishing, ironing.	_____	_____	3.0
Heavy housework: vacuuming, mopping, scrubbing floors and walls, moving furniture, boxes or rubbish bins.	_____	_____	4.5
Food preparation: chopping, stirring, moving about to get food items and pans.	_____	_____	2.5
Food service: setting table, carrying food, serving food			2.5
Dish washing: clearing the table, washing / drying dishes, putting dishes away.	_____	_____	2.5
Light home repair. Small appliance repair, light home maintenance / repair.	_____	_____	3.0
Heavy home repair: painting, carpentry, washing/polishing car.	_____	_____	5.5
Other: _____	_____	_____	_____

Yard work	Hours	Minutes	
Gardening, pruning, planting, weeding, digging, hoeing	_____	_____	4.5
Lawn mowing (walking only)	_____	_____	4.5
Clearing walks/driveways: sweeping, shoveling, raking	_____	_____	5.0
Other: _____	_____	_____	_____
Care taking	Hours	Minutes	
Older or disabled person (lifting, pushing wheelchair)	_____	_____	5.5
Child care (lifting, carrying, pushing pram)	_____	_____	4.0
Exercise	Hours	Minutes	
Brisk walking	_____	_____	6.0
Pool exercises, stretching, yoga	_____	_____	3.0
Vigorous calisthenics, aerobics	_____	_____	6.0
Cycling	_____	_____	6.0
Swimming (laps only)	_____	_____	6.0
Other	_____	_____	_____

Recreation	Hours	Minutes	
Leisurely / slow walking	_____	_____	3.5
Needlework: knitting, sewing, needlepoint, etc	_____	_____	1.5
Dancing: line, ballroom, tap, square etc	_____	_____	5.5
Bowling	_____	_____	3.0
Golf	_____	_____	5.0
Racquet sports: tennis, squash	_____	_____	7.0
Billiards	_____	_____	2.5
Other	_____	_____	_____

Part two

Interviewer: *Please read to subject.*

I would now like to ask you about certain types of activities that you have done during the past month. I will ask you about how much vigorous activity, leisurely walking, sitting, standing and some other things you usually do.

1. About how many times during the month did you participate in **vigorous** activities, that lasted at least **10 minutes** and caused large increases in breathing, heart rate, or leg fatigue, or caused you to perspire?

Score: Not at all (go to Q3)	0
1-3 times per month	1
1-2 times per week	2
3-4 times per week	3
5 + times per week	4
Refused	7
Don't know	8

Frequency score _____

2. About how long do you do this vigorous activity/ies each time?

Not applicable	0
10-30 minutes	1
31 – 60 minutes	2
60 + minutes	3
Refused	7
Don't know	8

Duration Score _____
Weight 5

Vigorous activity index score:

Frequency score _____ X Duration score _____ X weight _____ = _____
(Responses 7 or 8 are scored as missing)

3. Think about the walks you have taken in the past month. About how many times per month did you walk **for at least 10 minutes** or more **without stopping** which was not strenuous enough to cause large increases in breathing, heart rate, or leg fatigue or cause you to perspire?

- | | |
|------------------------------|---|
| Score: Not at all (go to Q5) | 0 |
| 1-3 times per month | 1 |
| 1-2 times per week | 2 |
| 3-4 times per week | 3 |
| 5 + times per week | 4 |
| Refused | 7 |
| Don't know | 8 |

Frequency score _____

4. When you did this walking, for how many minutes did you do it?

- | | |
|-----------------|---|
| Not applicable | 0 |
| 10-30 minutes | 1 |
| 31 – 60 minutes | 2 |
| 60 + minutes | 3 |
| Refused | 7 |
| Don't know | 8 |

Duration Score _____

Weight: 4

Leisurely walking index score:

Frequency score _____ X Duration score _____ X weight _____ = _____
 (Responses 7 or 8 are scored as missing)

5. About how many hours per day do you spend moving around on your feet while doing things? Please report only the item that you are **actually moving**.

- | | |
|--------------------------|---|
| Not at all | 0 |
| Less than 1 hour per day | 1 |
| 1 to 3 hours per day | 2 |
| 3 to 5 hours per day | 3 |
| 5 to 7 hours per day | 4 |
| 7+ hours per day | 5 |
| Refused | 7 |
| Don't know | 8 |

Moving score _____

Weight 3

Moving Index Score

Moving score _____ X Weight _____ = _____
 (Responses 7 or 8 are scored as missing)

6. Think about how much time you spend standing or moving around on your feet on an average day during the past month. About how many how per day do you **stand**?

Not at all	0
Less than 1 hour per day	1
1 to 3 hours per day	2
3 to 5 hours per day	3
5 to 7 hours per day	4
7+ hours per day	5
Refused	7
Don't know	8

Standing score _____
Weight 3

Standing Index Score
 Standing score _____ X Weight _____ = _____
 (Responses 7 or 8 are scored as missing)

7. About how many hours did you spend sitting on an average day during the past month?

Not at all	0
Less than 3 hours	1
3 hours to less than 6 hours	2
6 hours to less than 8 hours	3
8 + hours	4
Refused	7
Don't Know	8

Sitting Score _____
Weight 1

Sitting Index Score
 Sitting score _____ X Weight _____ = _____
 (Responses 7 or 8 are scored as missing)

8. About how many flights of stairs do you climb up **each** day? (let 10 steps = 1 flight)

9. Please compare the amount of physical activity that you do during other seasons of the year with the amount of activity you just reported for a typical week in the past month. For example, in the summer, do you do more or less activity than what you reported in the past month?

Interviewer: *please circle the appropriate score for each season.*

	Lot more	Little more	Same	Little less	Lot less	Don't know
Spring	1.30	1.15	1.00	0.85	0.70	.
Summer	1.30	1.15	1.00	0.85	0.70	.
Autumn	1.30	1.15	1.00	0.85	0.70	.
Winter	1.30	1.15	1.00	0.85	0.70	.

Seasonal adjustment score: = sum of all seasons / 4 = _____

Interviewer: Please mark the time: _____
 Hr Min