

**Modification of Diet in Renal Disease
LEISURE TIME PHYSICAL ACTIVITY FORM**QUESTION #INSTRUCTIONS

6.-7.

If a patient answers "No" to either of these questions, probe to insure that the patient knows that we are including walking and all other kinds of physical activity and not just organized sports. Watch for a tendency to tell you about walking that is incidental to performing another activity. If, for example, someone says that they walk while doing the housework, this does not (in and of itself) qualify. If, on the other hand, they tell you that they make a point of walking to the grocery (instead of driving) because they want the exercise, you should include it. However, we also ask separately about walking for exercise in item 16, so don't spend too much time here sorting out who walks how much and for what purpose.

If anyone tells you that they are not physically active, explain that "Some people take things for granted that we consider physical activity, so would you mind if I ask a few more questions just to make sure that we don't miss anything....". As in all the questions, you should never show surprise or disapproval at a person's inactivity; instead, strive to make the patient feel that everything they tell you is equally acceptable, so long as it is as accurate as they can make it.

If anyone tells you in item 6 that last week was much less active than most, you may tell them that item 7 asks about other things that they did earlier. Chances are that they will remember last week more accurately than a typical or average week, so discourage a tendency to over-report activities in item 6. Conversely, we want the respondent to include in item 6 things that she spends very little time on.

Each kind of activity should be listed on a separate line. Read the list back to the respondent, coding the activities as you go. Probe for "anything else that you did last week or in the past 12 months?" (While you can postpone entering the code number for each kind of activity until after the interview, make sure that you have enough information to permit you to do so. If, for example, someone says they played tennis, probe whether it was singles or doubles; if they danced, find out what kind of

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Please spell out the nature of the activity if someone gives you a response which appears to fit the "Other" code. While we expect most of the "other" answers to be sufficiently rare to leave them as is, we may want to combine some kinds of activities that are not listed separately with others that are precoded. If we don't know whether "other" refers to baton twirling, to tractor pulling or to something else, we may not classify it properly.

If a participant mentions more activities than can fit on the lines, only include the 6 that they did most frequently.

Once you have a complete list of everything the respondent did last week or last year, turn your attention to the three follow-up questions for each activity. Make sure that the frequencies per year and per week are entered before asking the follow-up question on minutes performing the activity each time. Note that the follow-up questions for activities performed in the past week ask about the frequency and duration of activity in the past year, not just in the past week.

The first follow-up asks for number of weeks per year the patient does the activity. Be sure to include any seasonal variations in this estimate. The second asks about times per week; if someone says that they do calisthenics every morning and every evening except on Sunday when they skip the evening session, the entry should be 13.

Be sure to probe for the number of times an activity is performed in the average week when they do that activity; if someone tells you how many times they did something during certain weeks, probe "And in the average week when you [ACTIVITY], how many times per week did you do that?" Remember that you should only average for the weeks in which the activity was performed at least once.

For each activity listed, ask the respondent, "Each time that you [ACTIVITY], for how many minutes on average do you actually [ACTIVITY]?" Count only time that you are actually doing it." If they say that the amount of time varies, probe for the average time. Record the response. Note: for bowling, each game played counts for about 10 minutes of actual activity.

Activities should be listed under item 6 (done in the last week) or item 7 (done in the past year but not in the past week.) Activities should not be under both.

If you need to complete a "Data Out of Range Form" for any variable in item 6 or 7, the variables are named by letters A

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to F for rows and 1 to 4 for columns; that is, the first "times per week" in item 6 should be labelled F48Q06A3.
If more than 6 activities, ignore others - list only 6.

10.-11. These questions may cause considerable difficulty for patients whose activity patterns vary a lot from day to day. Help these patients arrive a weighted average per day by writing down the hours spent sitting or lying down on each day during a typical week, e.g. 3 days at 5 hours, 2 days at 3 hours, 2 days at 1 hour, and then divide by 7 to calculate the average per day. If the patient can only narrow the answer to a range, then round down to the bottom end of the range.

12. Check for consistency. Item 12 a and b should be at least 7.

13., 14. "Out of house or residence" means anywhere other than inside of the patient's residence, even visiting next door at a neighbor's house. It does not include, however, just going out to the front porch or mail box to pick up the paper, etc.

If anyone wants to know what is meant by: leave your neighborhood", it could be defined as being far enough away that most people would get on a bus or into a car to get there, or far enough away that most people would consider it beyond easy walking distance of where they live.

The answers to those two questions should be checked for consistency.

For DCC Use Only
Rev. 4 10/4/90

E ___
V ___
T ___



**Modification of Diet in Renal Disease Study
Leisure Time Physical Activity Questionnaire**

This form is to be completed with the patient at B1, F10, F22, etc.

FORM # 48

1. Patient Identification Number.....
2. Patient Name Code.....
3. Clinical Center.....
4. a. Date of visit associated with form..... / /
- b. Visit Type.....
- c. Visit Number.....
5. Date patient completed form..... / /

These few questions ask about physical activity. This includes activities such as dancing and walking for exercise, organized sports such as golf and bowling, and any other activities such as the following.

- | | | |
|------------------|-----------------------|-----------------------|
| 01 = Walking | 12 = Dance Exercise | 23 = Calisthenics |
| 02 = Hiking | 13 = Aerobic Dance | 24 = Softball |
| 03 = Jogging | 14 = Square Dance | 25 = Field Hockey |
| 04 = Running | 15 = Other Dance | 26 = Basketball |
| 05 = Swimming | 16 = Gardening | 27 = Tennis (singles) |
| 06 = Skiing | 17 = Golf (walking) | 28 = Tennis (doubles) |
| 07 = Bicycling | 18 = Golf (with cart) | 29 = Weightlifting |
| 08 = Skating | 19 = Bowling | 30 = Nautilus |
| 09 = Racquetball | 20 = Rowing | 31 = Volleyball |
| 10 = Squash | 21 = Shuffleboard | 32 = Horseback Riding |
| 11 = Badminton | 22 = Canoeing | 33 = Other |

6. Did you participate in any physical activities, recreation or sport in the past week? (1 = yes, 2 = no, 3 = don't know).....

If no or don't know, skip to item 7.

If yes, write down the codes for each of the activities you participated in during the past week and answer the questions about how often "on average" did you do each one in the past 12 months.

| <u>Activity</u> | <u>Weeks Per Year</u> | <u>Times per Week</u> | <u>Minutes Per Episode</u> |
|-----------------|-----------------------|-----------------------|----------------------------|
| --- | --- | --- | --- |
| --- | --- | --- | --- |
| --- | --- | --- | --- |

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6. (Continued)

| <u>Activity</u> | <u>Weeks Per Year</u> | <u>Times per Week</u> | <u>Minutes Per Episode</u> |
|-----------------|-----------------------|-----------------------|----------------------------|
| _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ |

7. In addition to activities you did last week, are there other physical activities or sports that you participated in during the past 12 months?

| <u>Activity</u> | <u>Weeks Per Year</u> | <u>Times per Week</u> | <u>Minutes Per Episode</u> |
|-----------------|-----------------------|-----------------------|----------------------------|
| _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ |

8. About how many hours per week do you usually spend doing heavy household chores such as scrubbing floors, vacuuming, sweeping, yardwork, gardening or snow shoveling?

9. How often do you engage in any regular activity (brisk walking, jogging, bicycling, etc.) long enough to work up a sweat? (1 = not at all, 2 = less than once a week, 3 = at least once a week)

If none or less than once a week, skip to 10.

If at least once a week,

a. How many times per week?.....

10. During an average 24-hour day, about how many hours do you usually spend sleeping or lying down with your feet up? (Be sure to include time sleeping at night or trying to sleep, resting or stretched out on the sofa watching T.V., etc.)

11. During an average 24-hour day, about how many hours do you usually spend sitting upright? (Be sure to include time sitting at the table eating, driving or riding in a car or bus, sitting watching T.V. or talking.).....

12. In the past 12 months have you spent more than seven days in a row in bed most or all of the time? (1 = yes, 2 = no, 3 = don't know).....

If no or don't know, skip to item 13.

If yes,

a. In the past 12 months what was the most number of days in a row you spent in bed most or all of the time?.....

b. How many days in total over the past 12 months did you spend in bed most or all of the time?.....

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13. About how often, on the average, do you go out of your house or residence in good weather?.....
1 = Several times a day 4 = About once a week
2 = About once a day 5 = Less than once a week
3 = Several times a week

14. About how often, on the average, do you leave your neighborhood?.....
1 = Several times a day 4 = About once a week
2 = About once a day 5 = 2 or 3 days a month
3 = Several times a week 6 = Less than once a month

15. Think about how often you use stairs on a typical day. Include inside stairs and outside stairs, stairs at home and other places.
a. About how many trips down stairs do you make on a typical day? Count each time you go down a stairway as 1 trip.....
b. About how many flights of stairs do you walk up on a typical day? Please note 10 steps equals 1 flight of stairs.....

16. Do you take walks for exercise? (1 = yes, 2 = no, 3 = don't know)

If no or don't know, skip to Item 17.

If yes,
a. On the average how many city blocks or their equivalent do you walk each day for exercise? Please note 12 city blocks equals 1 mile.....
b. In addition to walks for exercise, on the average, how many city blocks or their equivalent do you walk each day as part of your normal routine such as going shopping?.....

Skip to Item 101.

17. On the average, how many city blocks or their equivalent do you walk each day as part of your normal routine, such as when you go out shopping?.....

101. Certification number of person filling out this form

102. Date form entered..... / /

103. Certification number of data entry person