

CHAPTER 16

PHYSICAL ACTIVITY ASSESSMENT

16.1 Introduction

Physical activity in DISC participants will be evaluated using the Physical Activity Questionnaire. Based on information obtained, participants will be categorized by activity level. During analyses these data will be used to adjust for the potential confounding affect of physical activity on the association between diet and HDL-cholesterol.

Three approaches to estimating physical activity will be used. The approaches and the questions on the form that address them are as follows:

1. Assessment of the participant's level of physical activity in comparison to other people the same age and gender (Q2).
2. Participant's participation in organized physical activities during the past year including classes, teams and other organized activities such as clubs (Q3-Q8).
3. Participant's usual daily activity pattern on a weekday and weekend day during the past month (Q9).

16.2 General Instructions

The Form 10, Physical Activity Questionnaire, will be administered by an interviewer to a parent/guardian of each DISC participant at the baseline data collection visit, Year 1 and Year 3. The participant will be present at the interview and should be encouraged to take part to improve accuracy of data collected. The Form 13, Physical Activity Questionnaire, will be administered by an interviewer to the DISC participant at Year 5, 7, 9, and at the final visit. A parent/guardian may be present.

Studies have shown that how questions are worded can affect responses. Also, the order in which questions are asked can affect responses. Therefore, for questions 2-8, the interviewer should read each question from the form in the order in which it appears. When asking questions, the interviewer should insert specific information when directed by the question. For example when (participant's name) is written in the question, the interviewer should use the participant's name. Additionally, when two pronouns separated by a slash (he/she) appear in a question, the interviewer should use the correct pronoun for that participant. After reading a question, the interviewer can use his/her own words while probing. However, he/she should be careful not to lead the parent or participant while probing. When completing the form, the interviewer should clearly mark the participant's response.

Questions 4, 6, and 8 on the Physical Activity Questionnaire require coding. Activity codes to be used are the same as those used in question 9 to categorize activities. The interviewer needs to become familiar with the activity codes before beginning interviewing so that he/she will know what kind of information to probe for. The interviewer should code activities as soon after the interview is completed as possible. If an activity is not specifically listed in the table use a general assessment of the type of activity to decide on a code: seated or sedentary = 1, light or casual = 2, strenuous but stop/start = 3, sustained and intense = 4.

16.3 Instructions for Specific Questions

1. Item 2, activity level. The interviewer should read the categories to the participant.

2. Items 3 and 4, classes. These questions refer only to physical activity classes and lessons. If a parent or participant begins to provide information about other sport/exercise activities, the interviewer should politely tell him/her this question deals only with classes and lessons. Participation on sports teams and in other physical activities will be discussed in other questions.
3. Items 5 and 6, teams. These questions refer only to organized sports teams. The interviewer needs to be sure to differentiate participation on sports teams from participation in team sports. If a parent or participant begins to provide information about participation in team sports, but not as a member of a sports team, the interviewer should politely tell him/her that this question only deals with sports teams. Other physical activities will be discussed in other questions.
4. Items 7 and 8, other activities. Any physical activities that the participant does regularly that are not included in the preceding questions should be included.
5. Item 9, activity accounting. The interviewer and parent or participant should work together to complete a table which describes the participant's activity level for a typical weekday and a typical weekend day during the last month. The following stepwise approach is recommended: (a) begin with a 24-hour day; (b) ask for the usual number of hours spent sleeping and enter on line A (usual: 8-11 hours); (c) probe for amount of time spent in sustained intense activities and enter on line E (usual: 0-1.5 hours); (d) ask for the number of hours spent in moderate activities and enter the number of hours on line D; (e)

subtract A+D+E from 24 hours; (f) ask the parent or participant to divide the remaining hours between light and sedentary activity and enter the appropriate numbers of hours on lines C and B; (g) check to make sure that the entries in lines A through E add up to exactly 24.0 hours. Hours spent in physical activity classes and lessons should be included in this activity accounting.

EXHIBIT 16-1

ACTIVITY CODE TABLE

Sleeping Code = 0

Sedentary or Seated Activities Code = 1

Eating
TV, radio, music, videos, etc.
Reading
Cards, board games
Playing musical instruments
Computer activities
Other seated activities

Light. or Casual Activities Code = 2

Household chores
Standing, walking, activities which require
standing or walking
Volleyball, ping pong, boating, sailing,
bowling, fishing, horseback riding, archery
Easy bike riding
Playing on swings or jungle gym
General play

Moderate or Stop/Start Activities Code = 3

Heavy yard chores
Calisthenics
Skate boarding, scooters
Fast walking, hiking, hard bike riding, carrying
heavy objects
Frisbee, playing catch, softball, golf, recreational
skating, recreational swimming in pool or at beach,
dancing, aerobics, ballet, gymnastics, cheerleading,
surfing, water skiing, weight lifting, shooting
baskets or basketball half-court, doubles tennis
All sports participation with start/stop rather than
a sustained activity level

Intense or Sustained Activities Code = 4

Running, swimming laps, jogging, jump rope,
cross country or downhill skiing, basketball
full court, soccer, field hockey, ice hockey,
singles tennis, racquetball, figure skating,
paddle ball, lacrosse, touch football, rowing
Code as intense only if you are certain activities
are sustained for the entire period of time.