#### NHLBI GROWTH AND HEALTH STUDY

FTYPE FREV NGHS Form 12 Rev. 0 3/87

#### PHYSICAL ACTIVITY FORM - C

This form is to be administered by interviewer to the NGHS child at the time of the baseline and each annual follow-up examination.

ID number of NGHS child:	••••••		RID	
Name code of NGHS child:	•••••••			
Visit number:	•••••••	•••••	••••••	VISIT
Please <u>PRINT</u> the child's full	n ame:			
First Name	Middle Initial		Last Name	_
Date of interview:		Month	DO_FORM _	Year
		1211012		icai
Signature of interviewer: SIGN	4			
ID number of intrinsicular				

ID	1		:			1 1	
NC	 	!		1		! !	
VN		1	-				

NGHS Form 12 Rev. 0 3/87 10 Pages

#### NHLBI GROWTH AND HEALTH STUDY

#### PHYSICAL ACTIVITY FORM - C

1.	About how often does your mother or female guardian exercise, like
	jogging, running, playing sports, or taking long walks?
	Never or hardly ever
	Once or twice a week
_	Three or more times a week
	No mother or female guardian
	I don't know
2.	About how often does your father or male guardian exercise, like jogging, running, playing sports, or taking long walks?  DADJOG
	Never or hardly ever
	Once or twice a week
	Three or more times a week
	No father or male guardian
	I don't know5

3.	How often do you exercise with one or both of gor example, playing ball, bike riding, taking swimming, or playing sports?	long walks,
	2.00, 2 72.000 1.	PAREXER
		Never or hardly ever
		Once or twice a week
		Three or more times a week
4.	How often do you exercise with one or more of your sisters or brothers, if you have one?	SIBREXER
		Never or hardly ever 1
-		Once of twice a week 2
. *		Three or more times a week
	-	Do not have one 4
		<del></del>
II		VN

gter e

5.	Please tell me wheth	er you agree with these statements:		
			YES	ИО
	A.	I play sports or very active games a lot		SPORTS
	В.	Most of the time I would rather do other things than exercise		BETTHNG
	с.	I am in a marching band, baton twirling o drill group	r	MARBANI
	D.	I enjoy activities such as walking, playiball, bike riding or skating	ng	ENJOY
	- E.	Boys are much better at physical activitithan girls	es	ВОУВЕТ
	F.	I would rather play board games or video than do outdoor activities	games	VIDEO
-	G.	I feel I am good at sports		GOODSPF
	н.	I believe that exercising keeps me health	ny	HEALTHY
	ī.	I believe that exercising helps me control my weight		CNTRLWT
	J.	I get as much exercise as I need		ENUFACT
	K.	I am a cheerleader or a majorette		MAJORET
6.	When you have reces (LIST ACTIVITIES)	s at school what do you do most often?		
	RECESS1	RECESS2	RECESS3	
	RECESS4	RECESS5	RECESS6	
	RECESS7	RECESS8	RECESS9	
II	)		VN	

7.	How often do you take part in (gym/P.E.) class or any	y other
	exercise class while you are in school?	GYM
		Less than once a week
		Once or twice a week
		3 or 4 times a week
		Every day
8.	Do you take any classes or lessons such as dance, gyrswimming during the summer or during the school year?	mnastics or YES NO
-	IF NO, GO TO QUESTION 10.	
÷		
		_
		· · · · · · · · · · · · · · · · · · ·
	i	
II		VN

VN

	1.		take? (LIST ACR		4CLASS
	1.	Class	Class	Class	Class
В.	How many times a week do you take _it?	C <u>LASW</u> K1	C <u>LASW</u> K2	C <u>LASW</u> K3	CLASW
c.	For how much of the year do you take it?				
	Most of the year	CLASSYR1	CLASSYR2	CLASSYR3	CLASSY
	About half of the year	2	2	2	
	For a small part of the year	3	3	3	

ID

A. What sports or physical activities (other than these classes) 10. do you do during the summer? SUMPA2 SUMPA3 SUMPA1 Activity Activity Activity B. Do you do **SUMPAYR3** SUMPAYR1 **SUMPAYR2** (INSERT ACTIVITY): Most of the summer About half of the summer For a small part of the summer C. How often do /day /day you do it? /day SMPAAMT3 /week SMPAAMT2 /week SMPAAMT1 /week (Circle day, week /month /month /month or month.) SMPAPER3 SMPAPER2 SMPAPER1 VN ID

11.	Α.	On weekends, what a	ctivities do you do m	ost often? ( <u>LIST AC</u>	ROSS)
			1. WKEND1 Activity	2. WKEND2 Activity	3. WKEND3 Activity
	В.	Do you do (INSERT ACTIVITY):	WCAIDW IN		
		Most weekends	WENDWHN1	WENDWHN2	WENDWHN3
		Many weekends	2	2	2
		Some weekends	3	3	3
-	c.	How often do you do it? (Circle day, week or month.)	/day /week /month WEND		,
	В.	Do you do (INSERT ACTIVITY):	4. WKEND4 Activity WENDWHN4	5. WKEND5 Activity WENDWHN5	6. WKEND6 Activity
		Most weekends	1		WENDWHN6
		Many weekends	2	2	2
		Some weekends	3	3	
	C.	How often do you do it? (Circle day, week or month.)	/day <b>WEND<u>AMT4</u></b> /week /month <b>WEND</b> F	/day WENDAMT5 /week /month PER4 WEND	/day WENDAMT6 /week /month PER5 WENDPER6
ID				VN	

			1.	B4SCH1 Activity	2	B4SCH2 Activity	3	B4SCH3 Activity
E	3.	Do you do (INSERT ACTIVITY):  Most of the school year  About half of the school year		B4SYR1 1 2		<b>B4SYR2</b> 1  2		B4SYR3 1 2
		For a small part of the school year		3		3		3
	<b>5.</b>	How often do you do it? (Circle day, week or month.)		/day B4SAMT1 /weel /mont B4S		/day B4SAMT2 /week /month B4SP		/day /week /month B4SPE
_	•		4.	B4SCH4 Activity	5	B4SCH5 Activity	6 <b>.</b> _	B4SCH6 Activity
I	в.	Do you do (INSERT ACTIVITY):  Most of the school year	·	<b>B4SYR4</b>		B4SYR5		B4SYR6
		About half of the school year		2		2		2
		For a small part of the school year		3		3		3
(	С.	How often do you do it? (Circle day, week or month.)		/day B4SAMT4 /weel /mont B4S	۲ ا	/day B4SAMT5 /week /month B4SP		/day B4SAMT6 /week /month B4SPE

		1	AFSCH1 Activity	2	AFSCH2 Activity	[3· _	AFSCH3 Activity	
В.	Do you do (INSERT ACTIVITY):		AFSYR1		AFSYR2		AFSYR3	3
	Most of the school year		1		1			1
	About half of the school year		2		2			2
	For a small part of the school year		3		3			3
С.	How often do you do it? (Circle day, week or month.)		AFSAMT1 /day /week /month AFSP		/day AFSAMT2 /week /month AFSP		AFS <u>AMT3</u>	/day /week /mont <b>AFSP</b>
		4	AFSCH4 Activity	5	AFSCH5 Activity	6	AFSCH6 Activity	
В.	Do you do (INSERT ACTIVITY):		4 FOVD 4		AFSYR5		AFSYR6	
	Most of the school year		AFSYR4		1		Arstru-	
	About half of the school year		2		2			2
	For a small part of the school year		3		3			3
C.	How often do you do it? (Circle day, week or month.)		AFSAMT4 /week /month	1	/day AFS <u>AMT5</u> /week /month		AFS <u>AMT6</u>	/day /week /mont <b>AFSP</b>

#45 g

TΩ	BE	COMPLETED	BY	CLINICAL	CENTER	STAFF
10	100					

Thank you very much for answering these questions.

		1 1	1	1	1	1 1	1
תד ו	i	i i	i	i	1	1 1	
1 10	•		,	•	•	1 1	
]	1	1 1	- 1	1		1 1	
I	- 1	ı i	- 1	- 1	1	11	

VN |

### NHLBI GROWTH AND HEALTH STUDY

FTYPE NGHS Form 12 FREV Rev. 1 3/87

PHYSICAL ACTIVITY FORM - C

This form is to be administered by baseline and each annual follow-up		the NGHS	child at	the time	of the
ID number of NGHS child:		•••••	··	RID	
Name code of NGHS child:	• • • • • • • • • • • • • • • • • • • •	• • • • • • • •		<del></del>	
Visit number:		• • • • • • • • • • • • • • • • • • • •	• • • • • • • •	• • • • • • • • • • • • • • • • • • • •	visit_
Please PRINT the child's full name:  First Name	: Middle Initial			Last Nam	е
Date of interview:	• • • • • • • • • • • • • • • • • • • •	•••••	Month	DO_FOR	M_ Year
Signature of interviewer: SIGN				-	
ID number of interviewer:				• • • • • •	

OMB: 0925-0294 Expires 12/89 NGHS Form 12 Revision 1, 3/87 7 Pages

#### NHLBI GROWTH AND HEALTH STUDY

#### PHYSICAL ACTIVITY FORM - C

INTRODUCTION: Now I am going to ask you some questions about physical activities you take part in. Do you know what a physical activity is? Well, it is when you move your body such as in running, bike riding, and playing games like tag and tetherball.

bike	riding, and playing games like tag and tetherball.		
1.	About how often does your mother or female guardian take part in physical jogging, running, playing sports, or taking long walks?	activities,	like
	(READ THE FIRST THREE CATEGORIES)	MOMJOG	
	Never or hardly ever		1
	Once or twice a week		2
-	Three or more times a week		3
_	No mother or female guardian		4
*	I don't know		5
2.	About how often does your father or male guardian take part in physical activities running, playing sports, or taking long walks?	s, like jogg	ging,
	(READ THE FIRST THREE CATEGORIES)	DADJOG	
	Never or hardly ever		1
	Once or twice a week		2
	Three or more times a week		3
	No father or male guardian		4
	I don't know		5
3.	How often do you take part in physical activities with one or both of your parents playing ball, bike riding, taking long walks, swimming, or playing sports?	, for exam	ple,
	(READ THE FIRST THREE CATEGORIES) P	AREXER	
	Never or hardly ever		
	Once or twice a week	<u> </u>	
	Three or more times a week	☐ 3	)
	·		

OMB: 0925-0294 Expires 12/89 NGHS Form 12 Revision 1, 3/87 Page 2 of 7

4.			en do you take e one.	part in pl	nysical activities wi	th one or	more of your	sisters or	brothers, i	f
				(R	EAD THE FIRST	THREE CA	ATEGORIES)	SIE	BREXER	
			•		Never or hard	ly ever			□ 1	
					Once or twice	a week		•••••	2	
					Three or more	times a w	eek	•••••	☐ 3	
					Do not have o	ne		••••••	☐ 4	
5.	Ple	ease te	ell me whether	you agree	with these statemen	ıts:		•		
			,					Yes	No	
		Α.	I play sports	or very act	tive games a lot					SPORTS
		В.		<del>-</del>	d rather do other t					
			than take par	t in physic	al activities					BETTHNG
-		C.	I am in a ma	rching ban	d, baton twirling or	r				
-			drill group		••••••		••••••			MARBAND
-		D.	I enjoy activ	ities such a	s walking, playing	ball,				
			bike riding o	r skating .						ENJOY
		E.	Boys are muc	h better at	physical activities	than			•	
			girls				•••••			BOYBET
	- =	F.	I would rathe	er play boa	rd games or video	games				
			than do outd	oor activiti	es					VIDEO
		G.	I feel I am g	ood at spor	ts					GOODSPRT
		H.	I believe that	exercising	keeps me healthy					HEALTHY
		I.			regularly helps me					
				_						CNTRLWT
		J.			or physical activity					
		•	-							ENUFACT
		K.	I am a cheerl	eader or a	majorette					MAJORET
6.			ou have recess en to 2nd and		what three things (	do you do	most often?	(List in	order from	a
	1		RECESS1	. 2	RECESS2	3	RECESS3			

OMB: 0925-0294 Expires 12/89 NGHS Form 12 Revision 1, 3/87 Page 3 of 7

(List)	•						
1	AFTSCH1	2	AFTSCH2	_ 3	AFTSCH3		
How schoo	often do you take 1?	part in (	gym/P.E.) class	or any oth	er exercise class	while you ar	re in
		(RE	AD CATEGORIE	ES)		GYM	
							1
							2
							3 4
			Every day	•••••	••••••		4
	ou take any classes vimming during the				[	TES NO	] CL
	•						

OMB: 0925-0294 Expires 12/89 NGHS Form 12 Revision 1, 3/87 Page 4 of 7

#### WRITE IN ALL CLASSES. PROBE ONLY PHYSICAL ACTIVITY CLASSES.

#### 10. A. What classes or lessons do you take? (LIST ACROSS)

	1.		2. CLASS2	3. <u>CLASS3</u>	4. CLASS4
В.	How many times a week do you take it?	Class CLASWK1	Class CLASWK2	Class CLASWK3	Class CLASWK4
C.	For how much of the year do you take it?  Most of the	CLASSYR1	CLASSYR2	CLASSYR3	CLASSYR4
- 1	year  About half of the year	2	2	<u> </u>	2
	For a small part of the year	3	<u> </u>	3	3
В.	How many	CLASS5 Class	6. CLASS6 Class	7. CLASS7 Class	8. CLASS8 Class
_,	How many times a week do you take it?	Class CLASWK5			
B. C.	How many times a week do you take it?  For how much of the year do you take it?	Class CLASWK5	Class CLASWK6	Class CLASWK7	Class CLASWK8
_,	How many times a week do you take it?  For how much of the year do you take it?	Class  CLASWK5  CLASSYR5	Class	Class	Class
_,	How many times a week do you take it?  For how much of the year do you take it?  Most of the	Class  CLASWK5  CLASSYR5	CLASWK6 CLASSYR6	Class CLASWK7 CLASSYR7	Class CLASWK8 CLASSYR8

OMB: 0925-0294 Expires 12/89 NGHS Form 12 Revision 1, 3/87 Page 5 of 7

11. A. What sports or physical activities (other than these classes) do you do during the school year? This includes activities before school, after school, and on weekends.

	1	SPORT1	2. SPORT2	3. <u>SPORT3</u>
		Activity	Activity	Activity
В.	How often do you (INSERT ACTIVITY) when you do it? (Circle day, week SPF or month.)	(Circle one) /day RTIME1 /week /month SPRTDW	(Circle one) /day SPR <u>TIME2</u> /week /month M1 SPRTDW	(Circle one) /day SPRTIME3 /week /month M2 SPRTDWM3
C.	Do you do (INSERT ACTIVITY):  Most of the school year	SPRTYR1	SPRTYR2	SPRTYR3
	About half of the school year	2	2	2
	For a small part of the school year	<u> </u>	3	3
	4	SPORT4 Activity	SPORT5 Activity	6. SPORT6 Activity
В.	How often do you			
<b></b>	(INSERT ACTIVITY) when you do it? (Circle day, week SPI or month.)	(Circle one) /day R <u>TIME4</u> /week /month SPRTDW	(Circle one) /day SPR <u>TIME</u> 5 /week /month M4 SPRTDW	(Circle one) /day SPRTIME6 _/week /month /M5 SPRTDWM6
С.	(INSERT ACTIVITY) when you do it? (Circle day, week SPI or month.)  Do you do (INSERT ACTIVITY):  Most of the	/day RTIME4 /week /month	/day SPR <u>TIME</u> 5 /week /month	/day SPRTIME6 _/week /month
	(INSERT ACTIVITY) when you do it? (Circle day, week SPI or month.)  Do you do (INSERT ACTIVITY):	/day RTIME4 /week /month SPRTDW	/day SPRTIME5 /week /month M4 SPRTDW  SPRTYR5	/day SPRTIME6 /week /month /M5 SPRTDWM6 SPRTYR6

OMB: 0925-0294 Expires 12/89 NGHS Form 12 Revision 1, 3/87 Page 6 of 7

What sports or physical activities (other than these classes) do you do during the summer? 12. SUMPA2 SUMPA3 SUMPA1 Activity Activity Activity B. How often do you (Circle one) (INSERT ACTIVITY) (Circle one) (Circle one) when you do it? /day /day /day SMPAAMT3/week SMPAAMT2/week (Circle day, week SMPAAMT1/week /month /month /month or month.) SMPAPER1 SMPAPER2 SMPAPER3 C. Do you do (INSERT ACTIVITY): **SUMPAYR3** SUMPAYR2 **SUMPAYR1** 1 Most of the 1 1 summer About half 2 2 2 of the summer For a small 3 3 part of the 3 summer SUMPA4 **SUMPA5** SUMPA6 Activity Activity Activity B. How often do you (Circle one) (Circle one) (INSERT ACTIVITY) (Circle one) /day when you do it? /day /day SMPAAMT6/week (Circle day, week SMPAAMT4/week SMPAAMT5/week /month /month /month or month.) SMPAPER5 SMPAPER6 SMPAPER4 C. Do you do (INSERT ACTIVIT (): SUM<u>Pa</u>yr4 SUMPAYR6 **SUMPAYR5** Most of the 1 summer 2 2 2 About half of the summer For a small 3 3 part of the 3 summer

OMB: 0925-0294 Expires 12/89 NGHS Form 12 Revision 1, 3/87 Page 7 of 7

13. CODER OR INTERVIEWER: FILL OUT AFTER THE CHILD HAS COMPLETED THE LAST PAGES.

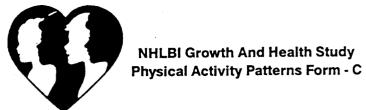
From the information provided by the child on the TV and	
Video Card, how many hours (to the nearest half hour) does	VIDTVWK
the child usually watch TV and videos during a week?	•



FTYPE FREV NGHS FORM 12 Rev. 2 1/89

ID number of NGHS child:		
Name code of NGHS child:		
visit number.		
Please PRINT the child's full name:		
-		LockNows
First Name	Middle Initial	Last Name





						1
			ID			
			NC			
			VN			
			L	<del></del>		
			·			
1 NA/hat ia tadau?c	date?				DO_FORM	
i. What is loudy s	date:			Month	Day	Year
INTRODUCTIO	N: Now I am going to ask	you some questions	about	physical activ	⁄ities you a	ind your
	family take part in. Do	you know what a ph	rysical :	activity is? W	/ell, it is wi	hen you
	move your body such as	in running, dancing, a	nd play	ing games like	e tag and te	therball.
	e e					
2. Think about yo	ur mother or the female gua	ardian you live with. H	low ofte	en does she d	to physical	activities
like jogging, ru	nning, playing sports, or tak	king long walks?				
					MO	OMJOG
÷						_
	Never or hardly ever	• • • • • • • • • • • • • • • • • • • •			• • • • •	
	Once or twice a week					
	Once or twice a week					
	Three or more times a	week				
	Thee or more times a	LWOCK	• • • • • •		• • • • • • • • • • • • • • • • • • • •	
	No mother or female of	guardian				
	140 mother of remaie §	guardian				
À	I don't know					
	radire in the control of the control					
<ol><li>Think about yo</li></ol>	ur father or the male guardi	ian you live with. How	often o	loes he do pl	nysical	
activities, like jo	ogging, running, playing spo	orts, or taking long wa	alks?			
					D	ADJOG
	No. 1 and a substitution					
	Never or hardly ever			• • • • • • • • • •		<b></b>
	Once or twice a week					
	Once or twice a week					<del></del>
	Three or more times a	wook				
	inree or more times a	1 WCCK				
	No father or male gua	urdian				
	ino lattier of male gua	iiuiaii				

4.	How often do you do physical activities with one or both parents or guardians who live with y for example, playing ball, bike riding, taking long walks or swimming?	ou,	
	Tot example, playing ball, blice fiding, taking joing walls of own	PAREXER	
	Never or hardly ever		
	Once or twice a week	2	
	Three or more times a week	з	
5.	How often do you do physical activities with any of your sisters or brothers who live with you	?-	
		SIBREXER	
	Never or hardly ever	1	
	Once or twice a week	2	
	Three or more times a week	з	
	No sister or brothers	4	
6.	Please tell me if these statements are true for you:	_	
	A. I play sports or very active games a lot. Is that true for you?	No	SPORTS
	B. Most of the time I would rather do OTHER things than exercise.  Is that true for you?		BETTHNG
	C. I am a cheerleader or a majorette		MAJORET
	D. I am in a marching band, baton twirling or drill group		MARBAND
	E. I enjoy activities such as walking, playing ball, bike riding or skating		ENJOY
	F. Boys are much better at physical activities than girls		BOYBET
	G. I would rather play board games or video games than do outdoor activities		VIDEO
	H. I feel I am good at sports		GOODSPRT
	I. I believe that exercising keeps me healthy		HEALTHY
	J. I believe that exercising regularly helps me control my weight	]	CNTRLWT
	K. I get as much exercise or physical activity as I need		ENUFACT

7.	A. Do	you have recess at school? Yes No	RECESS
	if Y	YES, answer Question 7B.	
		nen you have recess at school, what three things do you do most often? emember to put what you do most often in the first space.)	
	1.	RECESS1 -	
	2.	RECESS2	
	3.	RECESS3	
•	<b>N</b> 1-	and the second of the second o	
8.		could you also tell me what three things you do most often after I? (Remember to put what you do most often in the first space.)	
	· 1.	AFTSCH1	
	2.	AFTSCH2	
	3.	AFTSCH3	
9.		you are in school, how often do you take part in gym or P.E. class other exercise class (including dance)?	
	•	GYM	
		Less than once a week	
		Once or twice a week	
		Three or more times a week	
		Once a day	
		Two or more times a day 5	
10.		you are not in school, do you take any classes or lessons like dance, astics or swimming (during the school year or during the summer)? Yes No	ASS

If NO, skip to Question 12.

11.	A.	What are these classes or lessons that are taught by an instructor outside of school
		or during the summer?

	CLASS1	CLASS2	CLASS3	CLASS4
	1. Class	2. Class	3. Class	4. Class
B. How many times a week do you take it?	CLASSWK1	CLASSWK2	CLASSWK3	CLASSWK4
Less than once a wee	ek 1	1	1	1
Once or twice a week	2	2	2	2
3 or more times a we	ek 3	3	з	3
C. For how much of the year do you take it?	CLASSYR1	CLASSYR2	CLASSYR3	CLASSYR4
Most of the year	1	1	1	1
About half of the year	2	2	2	2
For a small part of the year	з	з	з	з
CONTINUE HERE:	CLASS5 5. Class	CLASS6  6. Class	CLASS7 7. Class	CLASS8  8. Class
B. How many times a week do you take it?	CLASSWK5	CLASSWK6	CLASSWK7	CLASSWK8
Less than once a wee		1	1	1
Once or twice a week	2	2	2	2
3 or more times a we	ek 3	з	3	з
C. For how much of the year do you take it?	CLASSYR5	CLASSYR6	CLASSYR7	CLASSYR8
Most of the year	1	1	1	1
About half of the year	2	2	2	2
For a small part of the year	3	з	з	з

## CODER OR INTERVIEWER: THIS QUESTION NEEDS Q BY Q TO CLARIFY THAT "THIS SUMMER" REFERS TO THE PAST (OR LAST) SUMMER

12. A. During the summer, what sports or physical activities (other than classes or lessons) do you do?

	SUMPA1	SUMPA2	SUMPA3
	1. Activity	2. Activity	3. Activity
B. How many times a week do you do it?	SUMPAWK1	SUMPAWK2	SUMPAWK3
Less than once a week	1	1	1
Once or twice a week	2	2	2
3 or more times a week	3	3	3
C. For how much of the summer do you do it?	SUMPAYR1	SUMPAYR2	SUMPAYR3
Most of the summer	1	1	1
About half of the summer	2	2	2
For a small part of the summer	3	3	з
CONTINUE HERE:	SUMPA4	SUMPA5	SUMPA6
CONTINUE HERE:	SUMPA4 4. Activity	SUMPA5 5. Activity	SUMPA6 6. Activity
CONTINUE HERE:  B. How many times a week do you do it?			
	4. Activity	5. Activity	6. Activity
B. How many times a week do you do it?	4. Activity  SUMPAWK4	5. Activity  SUMPAWK5	6. Activity SUMPAWK6
B. How many times a week do you do it?  Less than once a week	4. Activity  SUMPAWK4	5. Activity  SUMPAWK5	6. Activity  SUMPAWK6
B. How many times a week do you do it?  Less than once a week  Once or twice a week	4. Activity  SUMPAWK4  1  2	5. Activity  SUMPAWK5  1  2	6. Activity  SUMPAWK6  1  2
B. How many times a week do you do it?  Less than once a week  Once or twice a week  3 or more times a week	4. Activity  SUMPAWK4  1  2  3	5. Activity  SUMPAWK5  1  2  3	6. Activity  SUMPAWK6  1  2  3
<ul> <li>B. How many times a week do you do it?</li> <li>Less than once a week</li> <li>Once or twice a week</li> <li>3 or more times a week</li> <li>C. For how much of the summer do you do it?</li> </ul>	4. Activity  SUMPAWK4  1  2  3	5. Activity  SUMPAWK5  1  2  3  SUMPAYR5	6. Activity  SUMPAWK6  1  2  3  SUMPAYR6

13. A. During the school year, what sports teams or other physical activities (other than classes or lessons) do you do? This includes activities before school, after school, and on weekends. SPORT3 SPORT2 SPORT1 3. Activity 2. Activity 1. Activity B. How many times a week do you do it? SPRTWK2 SPRTWK3 SPRTWK1 Less than once a week 2 Once or twice a week 3 or more times a week C. For how much of the school year do you do it? SPRTYR2 SPRTYR3 SPRTYR1 1 Most of the school year About half of the school year For a small part of the school year SPORT5 SPORT6 SPORT4 **CONTINUE HERE:** 5. Activity Activity 4. Activity B. How many times a week do you do it? SPRTWK6 SPRTWK5 SPRTWK4 Less than once a week 2 Once or twice a week 3 or more times a week C. For how much of the school year do you do it? SPRTYR6 SPRTYR5 SPRTYR4 Most of the school year 2 About half of the school year For a small part of the school year 14. CODER OR INTERVIEWER: FILL OUT AFTER THE CHILD HAS COMPLETED THE LAST PAGES. From the information provided by the child on the TV and Video Card, VIDTVWK how many hours (to the nearest hour) does the child usually watch 

FTYPE FREV NGHS Form 12 Rev. 3 10/90



## NHLBI GROWTH AND HEALTH STUDY PHYSICAL ACTIVITY PATTERNS FORM

ID number of NGHS girl:		<u></u>	
Name code of NGHS girl:			
Visit number:			VISIT
Date:		_ DO_FORM _	
Ducc	Month		Year
Please <b>PRINT</b> the girl's	full name:		
First Name	Middle Initial	Las	t Name

We think this questionnaire will take about 12-15 minutes for you to complete including listening to or reviewing instructions and collecting information. If you have comments about this time estimate or any part of the questionnaire, including suggestions for reducing the time required, please send them to Reports Clearance Officer, PHS, 721-H Herbert H. Humphrey Building, 200 Independence Avenue S.W., Washington, D.C. 20201; and to Office of Management and Budget, Paper Work Reduction Project (0925-0294), Washington, D.C. 20503.

0925-0294 exp. 9/92 NGHS Form 12 Rev. 3 10/90 6 Pages



# NHLBI GROWTH AND HEALTH STUDY PHYSICAL ACTIVITY PATTERNS FORM

ID			
NC			
ΔŃ			

IN	TRODUCTION:	Now I am going to ask you some questions about physical acti you and your family take part in. A physical activity is wh move your body such as in running, dancing, and playing game	en you
1.	Think about she do phys long walks?	your mother or the female guardian you live with. How often ical activities, like jogging, running, playing sports, or ta	does king
- -	Tong warks:	Never or hardly ever	
		Once or twice a week	
		Three or more times a week	3
		No mother or female guardian	
		I don't know	5
2.	he do physi	your father or the male guardian you live with. How often d	oes ing
	long walks?	[	DADJOG
		Never or hardly ever	LJ 1
		Once or twice a week	2
		Three or more times a week	
		No father or male guardian	
		I don't know	5

3.	live	often do you do physical activities with one or both parents or guide with you, for example, playing ball, bike riding, taking long wall mming?	ardians w ks or <b>PAREX</b> EF	
		Never or hardly ever		1
		Once or twice a week		2
		Three or more times a week		3
4.	How who	often do you do physical activities with any of your sisters or brolive with you?	others <b>SIBREXE</b>	R
		Never or hardly ever		ı
		Once or twice a week		2
		Three or more times a week		3
		No sisters or brothers		4
5.	Plea	ase tell me if these statements are true for you:		
		Yes	No	
	Α.	I play sports or very active games a lot. Is that true_for you?		SPORTS
	В.	Most of the time I would rather do OTHER things than exercise. Is that true for you?		BETTHNG
	С.	I am a cheerleader or a majorette		MAJORET
	D.	I am in a marching band, baton twirling or drill group		MARBAND
	Ε.	I enjoy activities such as walking, playing ball, bike riding or skating		ENJOŸ
	F.	Boys are much better at physical activities than girls		BOYBET
	G.	I would rather play board games or video games than do outdoor activities		VIDEO
	Н.	I feel I am good at sports		GOODSPRT
	I.	I believe that exercising keeps me healthy		HEALTHY
	J.	I believe that exercising regularly helps me control my weight		CNTRLWT
	Κ.	I get as much exercise or physical activity as I need		ENUFACT

NGHS Form 12 Rev. 3 10/90 Page 3 of 6

6.	Α.	Do y	you have recess at school?	RECESS
	If YES	, ans	swer Question 6B.	
	В.	Wher (Rer	n you have recess at school, what three things do you do most often? member to put what you do most often in the first space.)	
		1.	RECESS1	
		2.	RECESS2	
		3.	RECESS3	
7.	Now, scho	coul	ld you also tell me what three things you do most often after (Remember to put what you do most often in the first space.)	
•		1.	AFTSCH1	
		2.	AFTSCH2	
		3.	AFTSCH3	
8.	When or a	you ny of	are in school, how often do you take part in gym or P.E. class ther exercise class (including dance)?	
			Less than once a week	
			Once or twice a week	
			More than twice but less than five times a week	
			Once a day	
			Two or more times a days	
9.	like	dand	are not in school, do you take any classes or lessons ce, gymnastics or swimming (during the school year or	CLASS
	If NO,	skij	p to Question 11.	

10. #	١.	What are these classes or lessons that are taught by an instructor outsi of school or during the summer?					
			CLASS1	CLASS2 2. Class	CLASS3 3. Class	CLASS4 4. Class	
E	3.	How many times a week do you take it?  Less than once a week  Once or twice a week  3 or more times a week	CLASSWK1	CLASSWK2	CLASSWK3  1  2  3	CLASSWK4	
-	<b>.</b>	For how much of the year do you take it?  Most of the year  About half of the year  For a small part of the year	CLASSYR1	CLASSYR2	CLASSYR3  1  2	CLASSYR4  1  2	
CONTI	NUE	HERE:	CLASS5 5. Class	CLASS6 6. Class	CLASS7 7. Class	CLASS8 8. Class	
!	В.	How many times a week do you take it?  Less than once a week  Once or twice a week  3 or more times a week	CLASSWK5	CLASSWK6	CLASSWK7	CLASSWK8	
ı	c.	For how much of the year do you take it?  Most of the year  About half of the year	CLASSYR5	CLASSYR6	CLASSYR7	CLASSYR8	
		For a small part of the year			3		

CODER OR INTERVIEWER: THIS QUESTION NEEDS Q BY Q TO CLARIFY THAT "THIS SUMMER" REFERS TO THE PAST (OR LAST) SUMMER

11. A.	During the summer, what sports or phor lessons) do you do?	ysical activities (other than classes			
		SUMPA1 1. Activity	SUMPA2 2. Activity	SUMPA3 3. Activity	
В.	How many times a week do you do it?	SUMPAWK1	SUMPAWK2	SUMPAWK3	
	Less than once a week	1	1	¹	
	Once or twice a week			2	
	3 or more times a week	3		3	
С.	For how much of the summer do you do it?	SUMPAYR1	SUMPAYR2	SUMPAYR3	
-	Most of the summer	1	1	1	
	About half of the summer		_ 2		
	For a small part of the summer	3	3	3	
		_			
CONTINUE	HERE:	SUMPA4 4. Activity	SUMPA5 5. Activity	6. Activity	
В.	How many times a week do you do it?	SU <u>MPA</u> WK4	SUMPAWK5	SUMPAWK6	
	Less than once a week	1	1	1	
	Once or twice a week		2		
	3 or more times a week			3	
С.	For how much of the summer do you do it?				
	Most of the summer	SUMPAYR4	SUMPAYR5	SUMPAYR6	
	About half of the summer			2	
	For a small part of the summer			3	

12	Α.	During the school year. what sports than classes or lessons) do you do? after school, and on weekends.	teams or other This includes	physical acti activities be	vities (other fore school,
			SPORT1  1. Activity	<pre>SPORT2 2. Activity</pre>	SPORT3 3. Activity
	В.	How many times a week do you do it?	SPRTWK1	SPRTWK2	SPRTWK3
		Less than once a week	1	☐ ¹	
		Once or twice a week		2	
		3 or more times a week		3	3
	C.	For how much of the school year do you do it?	SPRTYR1	SPRTYR2	SPRTYR3
		Most of the school year	1	1	1
-		About half of the school year	2		
		For a small part of the school year			
CONT	NUE	HERE:	SPORT4 4. Activity	<pre>SPORT5 5. Activity</pre>	SPORT6 6. Activity
	В.	How many times a week do you do it?	SPRTWK4	SPRTWK5	SPRTWK6
		Less than once a week	1	1 -	1
		Once or twice a week			2
		3 or more times a week	3	3	LJ 3
	c.	For how much of the school year do you do it?	SPRTYR4	SPRTYR5	SPRTYR6
		Most of the school year	1	1	1
		About half of the school year			2
		For a small part of the school year		$\Box$ ,	3
13.	CODE	ER OR INTERVIEWER: FILL OUT AFTER TH	E GIRL HAS COM	PLETED THE LAS	T PAGES.
	Care	m the information provided by the gir d, how many hours (to the nearest hou ch TV and video during the week?	r) goes she usi	d Video ually	VIDTVWK



## GROWTH AND HEALTH STUDY PHYSICAL ACTIVITY PATTERNS FORM

This form is to be completed by the NGHS girl.

ID number of NGHS girl:			RID	
Name code of NGHS girl:		<u> </u>		
Visit number:		•••••••••••••••••••••••••••••••••••••••		<u>VISIT</u>
			DO_FORM	
Date:		Month	Day	Year
Please PRINT your full name:				
	•			-
First Name	Middle Initial		Last Nan	ne



## GROWTH AND HEALTH STUDY PHYSICAL ACTIVITY PATTERNS FORM

ID			
NC			
VN			

INTRODUCTION: These questions are about physical activities. Examples of these activities are running, dancing, playing sports, bike riding, taking long walks, etc.

	-	Never or Hardly Ever	Once or Twice A Week	Three or More Times A Week	Do Not Have One						
A.	Mother or Female Guardian					MOMJOG2					
В.	Father or Male Guardian					DADJOG2					
How often do you do physical activities with family members that you live with?											
	- i	Never or Hardly Ever	Once or Twice A Week	Three or More Times A Week	Do Not Have One						
A.	Parent or Guardian		- 🗀			PAREXER2					
В.	Sister or Brother					SIBREXER					
How	v often do <b>you</b> do physica	al activities with	one or more of <b>your f</b> i	riends?							
	Neve Hardly	er or y Ever	Once or Twice A Week								
					FRNDEXER						
How	many of <b>your friends</b> do	o physical activit	ies on a regular basis?	,							
	Most Of Ti	or All hem	Some of Them	None of Them							
					FRNDJOG						

5.	Are 1	the following statements true for you?			
			Yes	No	
	A.	I play sports or very active games a lot			SPORTS
	В.	Most of the time I would rather do OTHER things than exercise			BETTHNG
	C.	I am a cheerleader or a majorette			MAJORET
	D.	I take part in a marching band, or in a baton twirling, drill, or pompom group			MARBAND
	E.	Boys are much better at physical activities than girls			BOYBET
	F.	I would rather play board games or video games than do outdoor activities			VIDEO
	G.	I feel I am good at sports			GOODSPRT
	H.	I believe that exercising regularly helps me control my weight			CNTRLWT
	I.	I get as much exercise or physical activity as I need			ENUFACT
-	J.	l get a lot of exercise from dancing			EXERDANC
6.	Wou	ld you say that you are: (Mark one box only.)	•	_	
				CTVLEV	L
		Less active than most girls your age?		1	
	-	About as active as most girls your age?		2	
		More active than most girls your age?		3	
7.	Whe class	n you are in school how often do you take part in gym or P.E. class or any other exerces (including dance)? Include both this semester and last semester in your answer.	ise		
				GYM2	
		Less than once a week			
		Once or twice a week		2	
		Three or four times a week		3	
		Once a day		4	
		Two or more times a day		5	
		I am not in school at this time		6	

8.		you have a job outside the home?  YES, answer Questions A and B.			Yes No	OUTJOB
	11	125, answer Questions A and b.				
	A.	How many hours a week do you usually work a	at this job?	JOBHR	Hours each we	eek
	В.	How much time do you usually spend at this jo	b doing the follow	ing:		
		1. Sitting or standing		JOBSIT	Hours each we	eek
		2. Hard physical work		JOBHARD	Hours each we	eek
		_				
9.	Doy	you do household chores?			Yes No	CHORES
	lf	YES, answer Question A.				
	A.	How many hours a week do you usually spend	doing household	chores? CHORHR	Hours each w	veek
					-	
					-	
10.	To v	what extent are the following statements true for y	ou?		-	
10.			ou? Usually or Always True	Sometimes True	Never or Almost Nev True	
10.		what extent are the following statements true for y	Usually or	Sometimes	Never or Almost Nev	
10.	l do	what extent are the following statements true for y	Usually or	Sometimes	Never or Almost Nev	er
10.	l do	what extent are the following statements true for your do physical activities because:  I don't look good when I do them.	Usually or	Sometimes	Never or Almost Nev	NOLOOK NOINTRST
10.	I do A. B. C. D.	what extent are the following statements true for your to physical activities because:  I don't look good when I do them.	Usually or	Sometimes	Never or Almost Nev	NOLOOK NOINTRST NOTIME NOENERGY
10.	I do A. B. C. D.	what extent are the following statements true for your't do physical activities because:  I don't look good when I do them.  I'm not interested in them.  I don't have enough time.  I don't have enough energy.  There's no one to do them with me.	Usually or	Sometimes	Never or Almost Nev	NOLOOK NOINTRST NOTIME NOENERGY NOONE
10.	I do A. B. C. D. E.	what extent are the following statements true for your to do physical activities because:  I don't look good when I do them.  I'm not interested in them.  I don't have enough time.  I don't have enough energy.  There's no one to do them with me.  I have to stay in the house.	Usually or	Sometimes	Never or Almost Nev	NOLOOK NOINTRST NOTIME NOENERGY NOONE STAYHS
10.	I do A. B. C. D. E. F.	what extent are the following statements true for your to do physical activities because:  I don't look good when I do them.  I'm not interested in them.  I don't have enough time.  I don't have enough energy.  There's no one to do them with me.  I have to stay in the house.  They aren't fun.	Usually or	Sometimes	Never or Almost Nev	NOLOOK NOINTRST NOTIME NOENERGY NOONE STAYHS NOFUN
10.	I do A. B. C. D. E.	what extent are the following statements true for your to do physical activities because:  I don't look good when I do them.  I'm not interested in them.  I don't have enough time.  I don't have enough energy.  There's no one to do them with me.  I have to stay in the house.	Usually or	Sometimes	Never or Almost Nev	NOLOOK NOINTRST NOTIME NOENERGY NOONE STAYHS

点 护士

like dance, gymnastics or sy school or during the summe	r	<i></i>				Yes No
	1. How M	lany Tim You Do	es A Week	2. F	or How Much o Do You Do	
What are the Classes or Lessons?	Less than once	1 or 2 times	3 or more times	Most of the year	About half the year	For a small part of the year
. CLASS1 Class	С	LASSW	K1		CLASSYR1	
. CLASS2 Class	С	LASSW	<b>K2</b>		CLASSYR2	
CLASS3 Class	CI	_ASSWI	<b>K</b> 3		CLASSYR3	
CLASS4 Class	С	LASSW	<b>K4</b>		CLASSYR4	
CLASS5 Class	C	_ASSWI	<b>K</b> 5		CLASSYR5	
Olass						_
	r school, and	on wee	nes A Week		or How Much of	
During the school year do physical activities (other th	r school, and	on wee	nes A Week		or How Much of Year Do You	Yes No
2. During the school year do physical activities (other the activities before school, after the Sports or Physical Activities?	1. How Modern than once	on weel  Many Tim  O You Do  1 or 2	nes A Week o It?  3 or more times	2. Fo	or How Much of Year Do You About half the	Yes No f the School Do It? For a small part of
2. During the school year do physical activities (other the activities before school, after the Sports or Physical Activities?	1. How N Do Less than once	Many Timo You Do 1 or 2 times	nes A Week o It?  3 or more times	2. Fo	or How Much of Year Do You About half the school year	Yes No f the School Do It? For a small part of
During the school year do physical activities (other the activities before school, after the Sports or Physical Activities?  SPORT1 Sport or Physical Activity  Sport or Physical Activity	1. How N Do Less than once	Any Times  1 or 2 times	nes A Week o It?  3 or more times	2. Fo	Pr How Much of Year Do You About half the school year  SPRTYR1	Yes No f the School Do It? For a small part of
2. During the school year do physical activities (other the activities before school, after the Sports or Physical Activities?  A. SPORT1 Sport or Physical Activity  3. SPORT2 Sport or Physical Activity  C. SPORT3	1. How Modern than once	on wee  Many Tim o You Do 1 or 2 times  PRTWK	nes A Week o It?  3 or more times	2. Fo	Pr How Much of Year Do You About half the school year  SPRTYR1  SPRTYR2	Yes No f the School Do It? For a small part of

3. C	Ouring the <b>summer</b> do you pother than classes or lessons	articipate in	any <b>sp</b> o	orts or physic			Yes No	SUMME
		1. How M	lany Tim You Do	es A Week o It?		r How Much of Do You Do	It?	
	What are the Sports or Physical Activities?	Less than once	1 or 2 times	3 or more times	Most of the summer	About half the summer	For a small part the summer	OT
A.	SUMPA1 Sport or Physical Activity	SI	JMPAW	K1		SUMPAYR1		
В.	SUMPA2 Sport or Physical Activity	S	UMPAW	K2		SUMPAYR2		
Ċ.	SUMPA3 Sport or Physical Activity	s	UMPAW	КЗ		SUMPAYR3		
D.	SUMPA4 Sport or Physical Activity	s	UMPAW	K4		SUMPAYR4		
E.	SUMPA5 Sport or Physical Activity	s	UMPAV	VK5		SUMPAYR5		

14. Please estimate the number of **hours** you **usually** spend watching TV per day (Be sure to include rented videos, MTV, BET, etc.)

		•		AIDIAAV			
_	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY TVSAT1	SUNDAY
A. Morning (6 am to 12 noon)	TVMON1	TVTUE1	TVWED1	TVTHR1	TVFRI1		TVSUN1
B. Afternoon (12 noon to 6 pm)		TVTUE2	TVWED2	TVTHR2	TVFRI2	TVSAT2	TVSUN2
C. Nighttime		TVTUE3	TVWED3	TVTHR3	TVFRI3	TVSAT3	TVSUN3
(6 pm to 6 am)	T <u>VMON3</u>						



### GROWTH AND HEALTH STUDY PHYSICAL ACTIVITY PATTERNS FORM

D number of NGHS girl:			RID	
Name code of NGHS girl:		······		
/isit number:				<u>VISIT</u>
Oate:		_	DO_FORM	
-		Month	Day	Year
		***		
lease PRINT your full name:				
First Name	Middle Initial		Last Nam	20



#### GROWTH AND HEALTH STUDY PHYSICAL ACTIVITY PATTERNS FORM

ID			
NC			
VN			

INTRODUCTION: These questions are about physical activities. Examples of these activities are running, dancing, playing sports, bike riding, taking long walks, etc.

	-	Never or Hardly Ever	Once or Twice A Week	Three or More Times A Week	Do Not Have One	
A.	Mother or Female Guardian					MOMJOG2
B.	Father or Male Guardian					DADJOG2
How	v often do <b>you</b> do physica	al activities with	family members that y	you live with?	-	
	ſ	Never or Hardly Ever	Once of Twice A Week	Three or More Times A Week	Do Not Have One	
A.	Parent or Guardian					PAREXER2
В.	Sister or Brother					SIBREXER
How	v often do <b>you</b> do physica	al activities with	one or more of <b>your fr</b>	iends?		
		er or y Ever	Once or Twice A Week	Three or More Times A Weel		
					FRNDEXER	
How	v many of <b>your friends</b> p	ay sports or ver	y active games at least	three times a wee	ek?	
	Mo: The	st of em	Some of Them	None of Them		
	Г	_			FRNDJOG	

5.	Are	the following statements true for you?			
			Yes	No	
	A.	I play sports or very active games a lot			SPORTS
	B.	Most of the time I would rather do OTHER things than exercise			BETTHNG
	C.	I am a cheerleader or a majorette			MAJORET
	D.	I take part in a marching band, or in a baton twirling, drill, or pompom group			MARBAND
	E.	Boys are much better at physical activities than girls			BOYBET
	F.	I would rather play board games or video games than do outdoor activities			VIDEO
	G.	I feel I am good at sports			GOODSPRT
	H.	I believe that exercising regularly helps me control my weight			CNTRLWT
	i.	I get as much exercise or physical activity as I need			ENUFACT
-	J.	I get a lot of exercise from dancing			EXERDANC
_	K.	I would rather ride in an elevator than walk up steps			ELEVATE
6.	Wou	ld you say that you are: (Mark one box only.)		-	
				CTVLEV	'L
		Less active than most girls your age?		·	
		About as active as most girls your age?		2	
		More active than most girls your age?		3	

Do y	you have a job (paid or volunteer)? Yes	No	OUTJOBP
lf	YES, answer Questions A, B and C.		
A.		OBHR2 irs a week	
В.		DBSIT2 Irs a week	
C.	At this job, when you are not sitting, how do you spend most of your time?		
	(Please check one).	JOBMOS	ST
	Standing, cooking, or light cleaning		
	Walking, heavy cleaning, or gardening	2	
	Shoveling, mowing, carrying heavy loads or a small child	3	
	Other activities (please specify):	- 🗀 4	•
Do	you do household chores? Yes	No No	CHORES
If	YES, answer Questions A and B.		
A.	now many hours a week do you usuany spend doing nodschold shortes.	HORHR Irs a week	
В.	When doing household chores, how do you spend most of your time?		
	(Please check one).		
	Activities such as dishwashing, cooking, dusting or doing laundry	CHORMOS	ST
	Activities such as vacuuming, mopping, gardening or walking a pet	2	
	Activities such as mowing, shoveling, carrying heavy loads or a small child, or scrubbing floors	3	
	Other activities (please specify): CHORMSRM	_	

9. In the past 7 days, about how many minutes each day did you exercise or participate in sports activities in which you worked up a sweat or got out of breath, such as jogging, fast dancing, swimming laps, tennis, fast bicycling, or similar aerobic activites? (Write in the time for each day below, If you did not exercise or participate in sports on one or more days, write "0" minutes for that day. DO NOT INCLUDE TIME SPENT IN GYM OR PE CLASS).

		Minutes
A.	Sunday	<b>EXERMINA</b>
B.	Monday	<b>EXERMINB</b>
C.	Tuesday	EXERMINC
D.	Wednesday	EXERMIND
E.	Thursday	EXERMINE
F.	Friday	EXERMINE
G.	Saturday	EXERMING
(Include s	I, how many times a day do you climb <b>UP</b> the stairs? stairs you climb inside your house, outside your house, I, and everywhere else you go)	
•		Times a Day
Α.	1 - 5 steps	UPSTEPA
В.	6 - 9 steps	UPSTEPB
C.	10 or more steps	UPSTEPC

11. In genera	l, how often do y	you do physical	activites like dancir	ng, exercising, or	sports?			
(Please c	heck one).					FF	REQPHY	rs
	Very Often	(5 or more tin	ne a week)				1	
	Often	(3-4 times a v	veek)				2	
	Sometimes	(1-2 times a v	veek)				3	
	Rarely	(less than on	ce a week or never	)			□4	
If you answ	ered "Sometime:	s" or "Rarely" ab	ove, please answer	Question 12:				
12. I sometir (Please c	nes or rarely do heck YES or NO	physical active after each of the	rities like dancing, on the following statement	exercising, or s ents.)	ports because	: Yes	No	
A.	i look bad wh	en I do them .						NOLOOK2
В.	They don't int	erest me						NOINT2
C.	I don't have ti	me						NOTIME2
D.	I'm too tired							NOENERG2
E.	I'd have to do	them alone .						NOONE2
~ F.	I'm bad at the	em					$\Box$	BADPHYS
G.	I might get hu	rt						GETHURT
Н.	There's no pla	ace to do them						NOPLACE
l.	It's not safe to	go outside .						NOTSAFE
J.	I have a long-	standing medica	al condition or disab	oility				DISABLE

13.	Please estimate the to include rented vi	number o	of <b>hours</b> you V, BET, etc.)	usually	spend watc	hing TV each	day (Be sure		
A.	Morning (6 am to 12 noon)	MONDA	TVTU	E1 	EDNESDAY	THURSDAY TVTHR1 TVTHR2	FRIDAY  TVFRI1	SATURDAY TVSAT1 TVSAT2	SUNDAY T <u>VSUN1</u>
В.	Afternoon (12 noon to 6 pm)	TVMON		-	TVWED2	TVTHR3	TVFRI2	TVSAT3	TVSUN2
C.	Nighttime (6 pm to 6 am)	TVMON	<u> </u>		TVWED3		TVFRI3	<del> </del>	TVSUN3
14.	During the <b>school</b> like dance, gymnas school or during th	tics or sw	rimming that	are tauç	ght by an inst	tructor outside	of		CLAS
		e summe	1. How M Do	any Tim You Do	nes A Week o It?	2.	For How Muc Do You	h of the <b>Yea</b> Do It?	
	What are the Classes or Lesso		1. How M	any Tim	nes A Week	2. Most of	For How Muc	h of the <b>Yea</b> i Do It?	<u> </u>
Á.	What are the	ns?	1. How M Do Less than once	any Tim You Do	nes A Week o It? 3 or more times	2. Most of	For How Muc Do You About half	h of the <b>Yea</b> Do It? For a sn of the	r nall part
A. B.	What are the Classes or Lesso  CLASS1  Class	ns?	1. How M Do Less than once	any Tim You Do 1 or 2 times	nes A Week o It? 3 or more times	2. Most of	For How Muc Do You About half the year	h of the <b>Yea</b> Do It? For a sn of the	r nall part

CLASSWK4

CLASSWK5

D.

E.

CLASS4 Class

CLASS5 Class CLASSYR4

CLASSYR5

	During the school year do y physical activities (other thactivities before school, after	an classes o	r lessons	s)? This inclu			Yes No	POR'
		1. How M	Many Tim o You Do	nes A Week o It?	2. F	or How Much o Year Do You		
	What are the Sports or Physical Activities?	Less than once	1 or 2 times	3 or more times	Most of the school year		For a small part of the school year	
A.	SPORT1 Sport or Physical Activity	SP	RTWK1			SPRTYR1		
В.	SPORT2 Sport or Physical Activity	SP	RTWK2			SPRTYR2		
C.	SPORT3 Sport or Physical Activity	SP	RTWK3		-	SPRTYR3		
D.	SPORT4 Sport or Physical Activity	SP	RTWK4			SPRTYR4		
E.	SPORT5 Sport or Physical Activity	SP	RTWK5	·		SPRTYR5	-	
6.	During the <b>summer</b> do you (other than classes or lesson	participate in	any spo	orts or physic	cal activities		Yes No	MME
		1. How M	lany Tim	es A Week t?	2. Fo	or How Much of Do You Do	the Summer	
	What are the Sports or Physical Activities?	Less than once	1 or 2 times	3 or more times	Most of the summer	About half the summer	For a small part of the summer	
Α.	SUMPA1 Sport or Physical Activity	SU	MPAWK	1		SUMPAYR1		
В.	SUMPA2 Sport or Physical Activity	SU	MPAWK	2		SUMPAYR2		
C.	SUMPA3 Sport or Physical Activity	SU	MPAWK	3		SUMPAYR3		
D.	SUMPA4 Sport or Physical Activity	su	MPAWK	4		SUMPAYR4		
E.	SUMPA5 Sport or Physical Activity	รบ	MPAWK	5		SUMPAYR5		

17. Please look at the list of sports and other activities below. Are there any you do during the school year or summer but did not include in questions 14-16 on this form? If YES, please write them in the space below.

Volleyball Walking (For Exercise) Weight Training Stairmaster/Stairs Swimming Tennis Track Running Skateboarding Skiing (Cross Country) Skiing (Downhill) Soccer Racquetball Rollerblading Roller Skating Rope Jumping Rowing Machine Gymnastics Horseback Riding Field Hockey Football Jogging Lacrosse Martial Arts Ice Skating Frisbee Golf Cheerleading Dancing Drill Team Badminton Basketball Bicycling Bowling Canoeing Aerobics Archery

		1. How N Dc	any Tim You Do	. How Many Times A Week Do You Do It?	2. Fc	<ol><li>For How Much of the School Year Do You Do It?</li></ol>	the <b>School</b> So It?	3. Fo	3. For How Much of the Summer Do You Do It?	the Summer It?
	What are the Sports or Physical Activities?	Less than once	1 or 2 times	3 or more times	Most of the school year	Most of the About half the school year	For a small part of the school year	Most of the summer	Most of the About half the summer summer	For a small part of the summer
₹	ALSO1 Sport or Physical Activity	Ā	A_SOWK1			ALSOYR1A			ALSOYR1B	
<u>8</u>	ALSO2 Sport or Physical Activity	Ā	A_SOWK2			ALSOYR2A	-		ALSOYR2B	
ن ن	ALSO3 Sport or Physical Activity	¥	ALSOWKB			ALSOYR3A	,		ALSOYR3B	
<u> </u>	ALSO4 Sport or Physical Activity	₹	A_SOWK4		-	ALSOYR4A			ALSOYR4B	
ய்	ALSO5 Sport or Physical Activity	₹	ALSOWK5	10		ALSOYR5A			ALSOYR5B	



# GROWTH AND HEALTH STUDY PHYSICAL ACTIVITY PATTERNS FORM

ID number of NGHS girl:		········ <u> </u>	RID	<u> </u>
Name code of NGHS girl:				
Visit number:				VISIT
Data			DO_FORM	
Date:		Month	Day	Year
Please PRINT your full name:				
First Name	Middle Initial		Last Nan	ne

NGHS Form 12 Rev. 6 01/95 6 Pages



#### GROWTH AND HEALTH STUDY PHYSICAL ACTIVITY PATTERNS FORM

ID			
NC			
VΝ			

INTRODUCTION: These questions are about physical activities. Examples of these activities are running, dancing, playing sports, bike riding, taking long walks, etc.

1	How	often do <b>vo</b> u de	o physical activities w	rith one or more of <b>your f</b> r	iends?			
••	7.00	onon do you a	Never or Hardly Ever	Once or Twice A Week	Three or More Times A Week			
		-				RNDEXER		
2.	How	many of <b>your f</b> i	riends play sports or	very active games at least	three times a week	a.		•
-			Most of Them	Some of Them	None of Them			
						FRNDJOG		
3.	Are 1	the following stat	tements true for you?			Yes	- No	
	A.	_		lot		🗀		SPORTS
	В.	Most of the tim	e I would rather do C	OTHER things than exercis	e	🖂		BETTHNG
	C.	I take part in a drill, or pompo	marching band, or in m group	a baton twirling,				MARBAND
	D.			r at physical activities than		🗆		BOYBET
	E.	I would rather	play board games or	video games than do outd	oor activities	🗀		VIDEO
	F.	I feel I am good	d at sports					GOODSPR
	G.	I believe that ex	xercising regularly he	lps me control my weight		🔲		CNTRLWT
	H.	I get as much o	exercise or physical a	activity as I need		🔲		ENUFACT
	1.	I get a lot of ex	ercise from dancing					EXERDANG
	J.	I would rather i	ride in an elevator tha	n walk up steps				ELEVATE
	K.	I take PE or gy	m class at school			🔲		TAKEPE
	L	I am on a spor	ts team					SPORTM

4.	Wou	ald you say that you are: (Mark one box only.)	A	CTVLEVL
		Less active than most young women your age?		1
		About as active as most young women your age?		2
		More active than most young women your age?		3
5.	Do y	ou have a job (paid or volunteer)?	OUTJ Yes	OBPV No
	lf	YES, answer Questions A, B and C.		
	A.	How many hours <b>a week</b> do you <b>usually work</b> at your job(s)?		BHR2 a week
-	В.	How many hours a week do you usually spend sitting at your job(s)?		a week
	C.	When you are not sitting, how do you spend most of your time at your job(s)?		
		(Please check one).	.10	OBMOST2
		l always sit		1
		Standing, cooking, or light cleaning		2
		Walking, heavy cleaning, or gardening		з
		Carrying heavy loads or a small child, or mowing		4
		Other activities (please specify):		5

6.	Do y	ou do	household chores? Yes	No	CHORES
	lf '	YES,	answer Questions A and B.		
	A.	How DO I	do you spend <b>most</b> of your time when doing household chores?  NOT INCLUDE <u>dishwashing</u> , <u>cooking</u> , and <u>laundry</u> . (Please check one.)		
		Activ	vities such as:	HORMS	72
		1. '	Vacuuming, sweeping, or mopping	1	
		2.	Scrubbing floors or carrying a child	2	
		3.	Gardening, raking, or walking a pet	3	
		4.	Mowing	4	
		5.	Other activities (please specify): CHRMSRM2	. 5	
7.	In th	e nas	t 7 days, about how many minutes each day did you WORK UP A SWEAT OR GET OUT the following: (DO NOT INCLUDE TIME SPENT IN PE OR GYM CLASS.)  Exercising (such as running, exercise bike, or aerobics).  or  Participating in sports activities (such as fast dancing, soccer, or basketball).	ours a we	sk .
	Write of br	e in th	ne time below. If you did not do any activity that made you work up a sweat or get out on one or more days, write "0" minutes for that day.	Minutes	:
		A.	Sunday	EXERM	<u>N</u> A
		В.	Monday	EXERMI	
		C.	Tuesday	EXERMI	MС
		D.	Wednesday		
		E.	Thursday	EXERM	<u>INE</u>
		F.	Friday	EXERMI	<u>N</u> F
		G.	Saturday		
8.	On a	an ave	erage weekday, <b>about</b> how many times do you climb <b>UP</b> a flight of stairs?	UPSTE	<u>:P</u>

9.	In general, ho (Please check		do you	do physical act	ivites like dancing	g, exercising, o	or sports?	E	REQPHY	<b>/</b> ©	
		Very (	Often (5	or more time a	week)				,	•	
		C	often (3-	-4 times a weel	<b>(</b> )				2		
		Somet	imes (1	-2 times a weel	<b>(</b> )				3		
		Ra	arely (le	ess than once a	week or never)				4		
	If you some go to Ques		r rarely d	o physical activi	ities, please answ	er Question 10	), otherwise				
								~			
10.	I do physica (Please chec	I <b>activit</b> k YES c	ies some or NO aft	etimes or rarely er each of the fo	r because: ollowing statemen	nts.) -		Yes	No		
	A. I	look ba	d when !	do them						NOLC	00К2
	B. T	hey dor	n't interes	st me						NOIN	T2
	C. I	don't ha	ave time							ІТОИ	ME2
	D. 1'	m too ti	red							NOEN	ERG2
	E. 1'	d have	to do the	em alone						ноом	NE2
	F. ľ	m bad a	at them							BADP	HYS
	G. I	might g	et hurt			<u></u>				GETH	URT
	н. т	here's r	no place	to do them						NOPL	ACE
	l. It	t's not s	afe to go	outside						NOTS	AFE
	J. I	have a	long-star	nding medical co	ondition or disab	ility				DISAB	LE
11.	Please estimato include rea	ate the inted vid	number (	of <b>hours</b> you <b>us</b> /, BET, etc.)	ually spend wate	ching TV each	day (Be sure	46.7.2.2.2.2.2.2.2.2.2.2.2.2.2.2.2.2.2.2.			
<b>A</b>			MONDA		WEDNESDAY	THURSDAY TVTHR1	FRIDAY	SATURDA		NDAY	
A.	Morning (6 am to 12 r	noon)	TVMON	TVTUE1	TVWED1		TVFRI1	IVSAI		SUN1	
В.	Afternoon (12 noon to 6	6 pm)	TVMON	TVTUE2	TVWED2	TVTHR2	TVFRI2	TVSAT		SUN2	
C.	Nighttime (6 pm to 6 ai	m)	TVMON	TVTUE3	TVWED3	TVTHR3	TVFRI3	TVSAT		SUN3	

#### 12. During the **SUMMER** months (June through August) do you:

- do any physical activities,
- · participate on any sports teams or
- take any classes or lessons, such as swimming, dance or gymnastics?

SUM	IACT
Yes	No

If YES, please write them in the space below; otherwise skip to Question 13.

	1. How Mar You Do l	ny Times A	Week Do	2. For Hov Do You	w Much of th Do It?	ne Summer
What are the Sports, Physical Activities or Classes?	Less than once	1 or 2 times	3 or more times	Most	About Half	Small Part
A. SMACT1 Sport, Physical Activity or Class	SI	MACTWK1		s	MACTYR1	
B. SMACT2 Sport, Physical Activity or Class	S	MACTWK		s	MACTYR2	
C. SMACT3 Sport, Physical Activity or Class	S	MACTWK	•	s	MACTYR3	-
D. SMACT4 Sport, Physical Activity or Class	Si	MACTWK4		s	MACTYR4	
E. SMACT5 Sport, Physical Activity or Class	Si	MACTWK		s	MACTYR5	
F. SMACT6 Sport, Physical Activity or Class	S	MACTWK		s	MACTYR6	
G. SMACT7 Sport, Physical Activity or Class	S	MACTWK	-	s	MACTYR7	-
H. SMACT8 Sport, Physical Activity or Class	s	MACTWK		s	MACTYR8	
I. SMACT9 Sport, Physical Activity or Class	S	MACTWKS	•	S	MACTYR9	

13.	During the	REST C	OF THE	YEAR	(September	through	May)	do	you:
-----	------------	--------	--------	------	------------	---------	------	----	------

- do any physical activities,
- participate on any sports teams or
- take any classes or lessons, such as swimming, dance or gymnastics?

RST	ACT
Yes	No

If YES, please write them in the space below.

Do not include activities d	1. How Mar You Do I	ny Times A		For How Much of the 9 Months     Do You Do It?		
What are the Sports, Physical Activities or Classes?	Less than once	1 or 2 times	3 or more times	Most	About Half	Small Part
A. RSACT1 Sport, Physical Activity or Class	·	RSACTWK	(1		RSACTYR1	
B. RSACT2 Sport, Physical Activity or Class		RSACTWI	<b>(2</b>		RSACTYR2	
C. RSACT3 Sport, Physical Activity or Class		RSACTW	(3		RSACTYR3	+
D. RSACT4 Sport, Physical Activity or Class		RSACTW	(4		RSACTYR4	
E. RSACT5 Sport, Physical Activity or Class		RSACTW	(5		RSACTYR5	
F. RSACT6 Sport, Physical Activity or Class		RSACTWI	<b>(6</b>		RSACTYR6	
G. RSACT7 Sport, Physical Activity or Class		RSACTW	7		RSACTYR7	
H. RSACT8 Sport, Physical Activity or Class		RSACTW	(8		RSACTYR8	
I. RSACT9 Sport, Physical Activity or Class		RSACTWI	<b>(</b> 9		RSACTYRS	

FTYPE FREV NGHS Form 12 Rev. 7 01/96



## GROWTH AND HEALTH STUDY PHYSICAL ACTIVITY PATTERNS FORM

ID number of NGHS girl:		········· ·	RID	
Name code of NGHS girl:		······		
Visit number:				VISIT
Date:			DO_FORM	
Date:		Month	Day	Year
Please PRINT your full name:				
First Name	Middle Initial		Last Nam	



# GROWTH AND HEALTH STUDY PHYSICAL ACTIVITY PATTERNS FORM REVISED - YEAR 10

ID			
NC			
VN			

INTRODUCTION: These questions are about physical activities. Examples of these activities are running, dancing, playing sports, bike riding, taking long walks, etc.

1.	Are t	ne following statements true for you?	Yes	No	
	A.	I play sports or very active games a lot			SPORTS
	В.	Most of the time I would rather do other things than exercise			BETTHNG
	C.	I feel I am good at sports			GOODSPRT
	D.	I believe that exercising regularly helps me control my weight			CNTRLWT
	E.	I get as much exercise or physical activity as I need			ENUFACT
	F.	I get a lot of exercise from dancing			EXERDANC
	G.	I would rather ride in an elevator than walk up steps			ELEVATE
	H.	I am on a sports team			SPORTM
2.	Woul	d you say that you are: (Mark one box only.)	AC	CTVLEV	″L
		Less active than most young women your age?		ı	
		About as active as most young women your age?	• • • •	2	
		More active than most young women your age?		3	

3.	Do y	vou have a job (paid or volunteer)?	UTJOBPV  S No
	If	YES, answer Questions A, B and C.	
	<u> </u>	How many hours a week do you usually work at your job(s)?	JOBHR2
	В.	How many hours a week do you usually spend sitting at your job(s)?	JOBSIT2
	C.	When you are <b>not sitting</b> , how do you spend <b>most</b> of your time at your job(s)? (Please check one.)	JOBMOST2
		l always sit	فيسبسا
		Standing, cooking, or light cleaning	
		Walking, heavy cleaning, or gardening	
_		Carrying heavy loads or a small child, or mowing	4
		Other activities (please specify):	5
4.		you do household chores?	CHORES D D
	lf	YES, answer Questions A and B.	
	A.	How do you spend <b>most</b> of your time when doing household chores? (Please check one.)	
		Activities such as:	CHORMST2
		1. Vacuuming, sweeping, or mopping	1
		2. Scrubbing floors or carrying a child	
		3. Gardening, raking, or walking a pet	
		4. Mowing	4
		5. Other activities (please specify): CHRMSRM2	5
	В.	How many hours a week do you usually spend doing all the different household chores listed above in Part A?	CHORHR2 Hours a week

_			the second secon	roath
5.	by doing t	t 7 days, <b>about</b> the following: (D	how many minutes each day did you work up a sweat or get out of boo not include time spent in PE or gym class.)	reaur
	•	Exercising (suc	h as running, exercise bike, or aerobics). or	
	•	Participating in	sports activities (such as fast dancing, soccer, or basketball).	
	Write in th	e time below. If	you did not do any activity that made you work up a sweat or get out	
	of breath of	on one or more of	days, write "0" minutes for that day.	Minutes
	A.	Sunday		EXERMINA
	В.	Monday		EXERMINB
	C.	Tuesday		EXERMINC
	D.	Wednesday		EXERMIND
	E.	Thursday		EXERMINE
	F.	Friday		EXERMINF
-	G.	Saturday .		EXERMING
6.	On an ave (1 flight =	erage weekday, a 10 steps)	about how many times do you climb UP a flight of stairs?	UPSTEP
7	On an ave	erade weekday a	about how many city blocks do you walk?	
8.	(Include o	nly walking outd	oors.)	WALKBLOR
0.	(Please ch	neck one.)	ou do priysical activites into delicing, oversely, or epipers	FREQPHYS
		Very Often	(5 or more times a week)	1
		Often	(3-4 times a week)	2
		Sometimes	(1-2 times a week)	3
		Rarely	(less than once a week or never)	
		ometimes or rare uestion 10.	ely do physical activities, please answer Question 9, otherwise	

9.	I do physi (Please ch	i <b>cal activ</b> i eck yes o	ities sometim or no after eac	es or rarely th of the follo	because: wing statements	s.)		Yes N	٩o	
	A.	I look b	ad when I do	them					No	LOOK2
	В.	They do	n't interest m	e					NC	INT2
	C.	I don't h	nave time						NC	TIME2
	D.	I'm too	tired						NOE	NERG2
	E.	I'd have	to do them a	lone					NO	ONE2
	F.	I'm bad	at them						ВА	DPHYS
	G.	l might	get hurt						GE	THURT
	H.	There's	no place to d	o them					NC	PLACE
	١.	it's not	safe to go out	side					NO	TSAFE
	J.	I have a	long-standing	g medical co	ndition or disabi	lity			DI	SABLE
10.	Please est	timate the rented vi	number of he	ours you usu ET, etc.)	ually spend water	ching TV each	day (Be sure			٦.
		-	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY TVSAT1	SUNDAY	
A.	Morning (6 am to 1	2 noon)	TVMON1	TVTUE1	TVWED1	TVTHR1	TVFRI1	·_	TVSUN1	
В.	Afternoon (12 noon		TVMON2	TVTUE2	TVWED2	TVTHR2	TVFRI2	TVSAT2	TVSUN2	
C.	Nighttime (6 pm to 6	6 am)	тумоиз	TVTUE3	TVWED3	TVTHR3	TVFRI3	TVSAT3	TVSUN3	

- 11. During the **summer** months (June through August) do you:
  - do any physical activities,
  - participate on any sports teams or
  - take any classes or lessons, such as swimming, dance or gymnastics?

SUMACT								
Yes	No							

If yes, please write them in the space below; otherwise skip to Question 12.

Do not include activities done during P.E. or GYM class at school.  1. How Many Times A Week Do 2. For How Much of the Summer										
	1. How Mar You Do I	ny Times A t?	Week Do	For How Much of the Summer     Do You Do It?						
What are the Sports, Physical Activities or Classes?	Less than once	1 or 2 times	3 or more times	Most of the Summer	Half of the Summer	Small Part of the Summer				
A. SMACT1 Sport, Physical Activity or Class	s	MACTWK <sup>-</sup>		s	MACTYR1	-				
B. SMACT2 Sport, Physical Activity or Class	s	MACTWK		s	MACTYR2					
C. SMACT3 Sport, Physical Activity or Class	S	MACTWK	3	s	MACTYR3	-				
D. SMACT4 Sport, Physical Activity or Class	s	MACTWK	-	s	MACTYR4	·				
E. SMACT5 Sport, Physical Activity or Class	s	MACTWK		s	MACTYR5					
F. SMACT6 Sport, Physical Activity or Class	s	MACTWK		s	MACTYR6					
G. SMACT7 Sport, Physical Activity or Class	s	MACTWK		s	MACTYR7					
H. SMACT8 Sport, Physical Activity or Class	s	MACTWK		s	MACTYR8					
I. SMACT9 Sport, Physical Activity or Class	s	MACTWK		s	MACTYR9					

12.	During	the	rest	of	the	year	(September	through	May)	do	you:
-----	--------	-----	------	----	-----	------	------------	---------	------	----	------

- do any physical activities,
- · participate on any sports teams or
- take any classes or lessons, such as swimming, dance or gymnastics?

RS'	TACT
Yes	No

If yes, please write them in the space below.

Do not include activities de	How Mar     You Do I	ny Times A	Week Do	2. For How Much of the 9 Months Do You Do It?		
What are the Sports, Physical Activities or Classes?	Less than once	1 or 2 times	3 or more times	Most	About Half	Small Part
A. RSACT1 Sport, Physical Activity or Class		RSACTW	(1		RSACTYR1	
B. RSACT2 Sport, Physical Activity or Class		RSACTW	(2		RSACTYR2	
C. RSACT3 Sport, Physical Activity or Class		RSACTW	(3		RSACTYR3	-
D. RSACT4 Sport, Physical Activity or Class		RSACTWI	<b>4</b>		RSACTYR4	
E. RSACT5 Sport, Physical Activity or Class		RSACTWI	<b>(</b> 5		RSACTYR5	
F. RSACT6 Sport, Physical Activity or Class		RSACTW	6		RSACTYR	
G. RSACT7 Sport, Physical Activity or Class		RSACTW	k7		RSACTYR7	
H. RSACT8 Sport, Physical Activity or Class		RSACTW	<b>K</b> 8		RSACTYRE	
I. RSACT9 Sport, Physical Activity or Class		RSACTWI	<b>4</b> 9		RSACTYRS	