



Form 321 - Physical Activity Questionnaire

File Name
f321_paq_inv.dat

Data as of
Dec 21, 2018

Population
AS286 (OPACH)

Data Collected
AS286 (OPACH)

1 row per
Form

Rows
6,437

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ID	WHI Participant Common ID	Col#1				
	<table><tr><th>N</th><th>Missing</th></tr><tr><td>6,437</td><td>0</td></tr></table>	N	Missing	6,437	0	
N	Missing					
6,437	0					

WALK

Times walk for > 10 min

Col#2

Think about the walking you do outside the home. How often do you walk outside the home for more than 10 minutes without stopping? (Mark only one)

Value	Description	N	%
0	Rarely or never	1,372	21.3
1	1 to 3 times each month	844	13.1
2	1 time each week	483	7.5
3	2 to 3 times each week	1,645	25.6
4	4 to 6 times each week	1,284	19.9
5	7 or more times each week	653	10.1
	Missing	156	2.4

WALKMIN

Duration of walks when >10 min

Col#3

When you walk outside the home for more than 10 minutes without stopping, for how many minutes do you usually walk?

Value	Description	N	%
1	Less than 20 minutes	2,054	31.9
2	20 to 39 minutes	2,082	32.3
3	40 to 59 minutes	635	9.9
4	1 hour or more	377	5.9
	Missing	1,289	20.0

WALKSPD

Walking speed when walking for >10 min

Col#4

When you walk outside the home for more than 10 minutes without stopping, what is your usual speed?

Value	Description	N	%
2	Casual strolling or walking (less than 2 miles an hour)	2,138	33.2
3	Average or normal (2-3 miles an hour)	2,157	33.5
4	Fairly fast (3-4 miles an hour)	478	7.4
5	Very fast (more than 4 miles an hour)	19	0.3
9	Don't know	336	5.2
	Missing	1,309	20.3

HRDEX

Times per week of very hard exercise

Col#5

Not including walking outside the home, how often each week (7 days) do you usually do STRENUOUS OR VERY HARD EXERCISE (You work up a sweat and your heart beats fast.) For example, aerobics, aerobic dancing, jogging, tennis, swimming laps.

Value	Description	N	%
0	Rarely or never	4,315	67.0
1	1 day per week	444	6.9
2	2 days per week	503	7.8
3	3 days per week	555	8.6
4	4 days per week	153	2.4
5	5 or more days per week	186	2.9
	Missing	281	4.4

HRDEXMIN	Duration per time of very hard exercise	Col#6
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How long do you usually exercise like this at one time?

Value	Description	N	%
1	Less than 20 minutes	556	8.6
2	20 to 39 minutes	687	10.7
3	40 to 59 minutes	495	7.7
4	1 hour or more	341	5.3
	Missing	4,358	67.7

MODEX

Times per week of moderate exercise

Col#7

Not including walking outside the home, how often each week (7 days) do you usually do MODERATE EXERCISE (Not exhausting). For example, biking outdoors, using an exercise machine (like a stationary bike or treadmill), calisthenics, easy swimming, popular and folk dancing.

Value	Description	N	%
0	Rarely or never	3,422	53.2
1	1 day per week	542	8.4
2	2 days per week	717	11.1
3	3 days per week	760	11.8
4	4 days per week	278	4.3
5	5 or more days per week	421	6.5
	Missing	297	4.6

MODEXMIN

Duration per time of moderate exercise

Col#8

How long do you usually exercise like this at one time?

Value	Description	N	%
1	Less than 20 minutes	906	14.1
2	20 to 39 minutes	1,124	17.5
3	40 to 59 minutes	527	8.2
4	1 hour or more	293	4.6
	Missing	3,587	55.7

MLDEX

Times per week of mild exercise

Col#9

Not including walking outside the home, how often each week (7 days) do you usually do MILD EXERCISE. For example, slow dancing, bowling or golf.

Value	Description	N	%
0	Rarely or never	4,260	66.2
1	1 day per week	623	9.7
2	2 days per week	436	6.8
3	3 days per week	264	4.1
4	4 days per week	113	1.8
5	5 or more days per week	245	3.8
	Missing	496	7.7

MLDEXMIN

Duration per time of mild exercise

Col#10

How long do you usually exercise like this at one time?

Value	Description	N	%
1	Less than 20 minutes	718	11.2
2	20 to 39 minutes	512	8.0
3	40 to 59 minutes	217	3.4
4	1 hour or more	404	6.3
	Missing	4,586	71.2



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INDRCHOR

Hours doing heavy chores

Col#11

About how many hours each week do you usually spend doing heavy (strenuous) indoor household chores such as scrubbing floors, sweeping, or vacuuming?

Value	Description	N	%
1	Less than 1 hour	2,601	40.4
2	1-3 hours	2,472	38.4
3	4-6 hours	790	12.3
4	7-9 hours	206	3.2
5	10 or more hours	136	2.1
	Missing	232	3.6

YRDWORKM

Months doing yard work

Col#12

About how many months during the year do you usually do things in the yard, such as mowing, raking, gardening, or shoveling snow?

Value	Description	N	%
1	Less than 1 month	3,140	48.8
2	1-3 months	923	14.3
3	4-6 months	883	13.7
4	7-9 months	519	8.1
5	10 or more months	558	8.7
	Missing	414	6.4

YRDWRKH

Hours in week doing yard work

Col#13

When you do these things in the yard, how many hours each week do you do them?

Value	Description	N	%
1	Less than 1 hour	780	12.1
2	1-3 hours	1,650	25.6
3	4-6 hours	506	7.9
4	7-9 hours	127	2.0
5	10 or more hours	114	1.8
	Missing	3,260	50.6

EXERLVL

Exercise Exertion Level

Col#14

When you exercise or walk in your usual fashion how would you rate your level of exertion (degree of effort)? Please circle one number.

N	Missing	Min	Max	Mean	Std Dev
6,149	288	0	10	3.271	1.458

WALKNRML30

Able To Wlk Normal 30 Min

Col#15

Are you able to walk at a normal pace for a half hour (30 minutes) or more?

Value	Description	N	%
0	No	1,867	29.0
1	Yes	4,441	69.0
	Missing	129	2.0



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WALKSLOW30

Able To Wlk Slowly 30 Min

Col#16

Are you able to walk slowly for a half hour (30 minutes) or more?

Value	Description	N	%
0	No	858	13.3
1	Yes	5,420	84.2
	Missing	159	2.5

SITTING

Number of hours spent sitting

Col#17

During a usual day and night, about how many hours do you spend sitting? Be sure to include the time you spend sitting at work, sitting at the table eating, driving or riding in a car or bus, and sitting up watching TV or talking.

Value	Description	N	%
1	Less than 4 hours	615	9.6
2	4-5 hours	1,697	26.4
3	6-7 hours	1,688	26.2
4	8-9 hours	1,099	17.1
5	10-11 hours	587	9.1
6	12-13 hours	355	5.5
7	14-15 hours	169	2.6
8	16 or more hours	90	1.4
	Missing	137	2.1

SLEEPING

Number of hours spent sleeping

Col#18

During a usual day and night, about how many hours do you spend sleeping or lying down with your feet up? Be sure to include the time you spend sleeping or trying to sleep at night, resting or napping, and lying down watching TV.

Value	Description	N	%
1	Less than 4 hours	314	4.9
2	4-5 hours	284	4.4
3	6-7 hours	1,530	23.8
4	8-9 hours	2,544	39.5
5	10-11 hours	1,111	17.3
6	12-13 hours	332	5.2
7	14-15 hours	106	1.6
8	16 or more hours	51	0.8
	Missing	165	2.6

HRSSLP

How many hours of sleep

Col#19

About how many hours of sleep did you get on a typical night during the past 4 weeks?

Value	Description	N	%
1	5 hours or less	614	9.5
2	6 hours	1,458	22.7
3	7 hours	2,040	31.7
4	8 hours	1,603	24.9
5	9 hours	459	7.1
6	10 or more Hours	137	2.1
	Missing	126	2.0



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WKDAYSITTV

Wk Day Sitting Tv

Col#20

On a typical WEEKDAY, how much time do you spend (from when you wake up until you go to bed) doing the following? Sitting while watching television (including videos on VCR/DVD).

Value	Description	N	%
1	None	164	2.5
2	15 min. or less	90	1.4
3	30 min.	191	3.0
4	1 hours	522	8.1
5	2 hours	1,302	20.2
6	3 hours	1,532	23.8
7	4 hours	1,188	18.5
10	5 hours	632	9.8
11	6 hrs. or more	653	10.1
	Missing	163	2.5

WKDAYSITCOMP

Wk Day Sitting Computer

Col#21

On a typical WEEKDAY, how much time do you spend (from when you wake up until you go to bed) doing the following? Sitting while using the computer for non-work activities or playing video games.

Value	Description	N	%
1	None	1,971	30.6
2	15 min. or less	376	5.8
3	30 min.	741	11.5
4	1 hours	1,353	21.0
5	2 hours	1,057	16.4
6	3 hours	428	6.6
7	4 hours	180	2.8
10	5 hours	69	1.1
11	6 hrs. or more	59	0.9
	Missing	203	3.2

WKDAYSITFCWRK

Wk Day Sitting Office Wrk

Col#22

On a typical WEEKDAY, how much time do you spend (from when you wake up until you go to bed) doing the following? Sitting while doing non-computer office work or paperwork not related to your job (paying bills, etc.).

Value	Description	N	%
1	None	822	12.8
2	15 min. or less	1,102	17.1
3	30 min.	1,766	27.4
4	1 hours	1,587	24.7
5	2 hours	674	10.5
6	3 hours	186	2.9
7	4 hours	62	1.0
10	5 hours	25	0.4
11	6 hrs. or more	26	0.4
	Missing	187	2.9



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WKDAYSITREAD

Wk Day Sitting Reading

Col#23

On a typical WEEKDAY, how much time do you spend (from when you wake up until you go to bed) doing the following? Sitting listening to music, reading a book or magazine, or doing arts and crafts.

Value	Description	N	%
1	None	399	6.2
2	15 min. or less	308	4.8
3	30 min.	792	12.3
4	1 hours	1,785	27.7
5	2 hours	1,676	26.0
6	3 hours	765	11.9
7	4 hours	311	4.8
10	5 hours	114	1.8
11	6 hrs. or more	127	2.0
	Missing	160	2.5

WKDAYSITPHN

Wk Day Sitting Phone

Col#24

On a typical WEEKDAY, how much time do you spend (from when you wake up until you go to bed) doing the following? Sitting and talking on the phone or texting.

Value	Description	N	%
1	None	497	7.7
2	15 min. or less	1,994	31.0
3	30 min.	1,871	29.1
4	1 hours	1,262	19.6
5	2 hours	491	7.6
6	3 hours	106	1.6
7	4 hours	51	0.8
10	5 hours	9	0.1
11	6 hrs. or more	11	0.2
	Missing	145	2.3

WKDAYSITTRNS

Wk Day Sitting Transport

Col#25

On a typical WEEKDAY, how much time do you spend (from when you wake up until you go to bed) doing the following? Sitting in a car, bus, train, or other mode of transportation

Value	Description	N	%
1	None	515	8.0
2	15 min. or less	893	13.9
3	30 min.	2,075	32.2
4	1 hours	1,864	29.0
5	2 hours	667	10.4
6	3 hours	165	2.6
7	4 hours	72	1.1
10	5 hours	16	0.2
11	6 hrs. or more	16	0.2
	Missing	154	2.4



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WKENDSITTV

Wk End Sitting Tv

Col#26

On a typical WEEKEND DAY, how much time do you spend (from when you wake up until you go to bed) doing the following? Sitting while watching television (including videos on VCR/DVD).

Value	Description	N	%
1	None	221	3.4
2	15 min. or less	110	1.7
3	30 min.	212	3.3
4	1 hours	724	11.2
5	2 hours	1,406	21.8
6	3 hours	1,470	22.8
7	4 hours	1,064	16.5
10	5 hours	489	7.6
11	6 hrs. or more	525	8.2
	Missing	216	3.4

WKENDSITCOMP

Wk End Sitting Computer

Col#27

On a typical WEEKEND DAY, how much time do you spend (from when you wake up until you go to bed) doing the following? Sitting while using the computer for non-work activities or playing video games.

Value	Description	N	%
1	None	2,186	34.0
2	15 min. or less	519	8.1
3	30 min.	843	13.1
4	1 hours	1,228	19.1
5	2 hours	848	13.2
6	3 hours	332	5.2
7	4 hours	138	2.1
10	5 hours	46	0.7
11	6 hrs. or more	43	0.7
	Missing	254	3.9

WKENDSITOF CWRK

Wk End Sitting Office Wrk

Col#28

On a typical WEEKEND DAY, how much time do you spend (from when you wake up until you go to bed) doing the following? Sitting while doing non-computer office work or paperwork not related to your job (paying bills, etc.).

Value	Description	N	%
1	None	1,652	25.7
2	15 min. or less	1,301	20.2
3	30 min.	1,433	22.3
4	1 hours	1,115	17.3
5	2 hours	451	7.0
6	3 hours	148	2.3
7	4 hours	45	0.7
10	5 hours	14	0.2
11	6 hrs. or more	26	0.4
	Missing	252	3.9



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WKENDSITREAD

Wk End Sitting Reading

Col#29

On a typical WEEKEND DAY, how much time do you spend (from when you wake up until you go to bed) doing the following? Sitting listening to music, reading a book or magazine, or doing arts and crafts.

Value	Description	N	%
1	None	495	7.7
2	15 min. or less	292	4.5
3	30 min.	806	12.5
4	1 hours	1,644	25.5
5	2 hours	1,581	24.6
6	3 hours	803	12.5
7	4 hours	343	5.3
10	5 hours	125	1.9
11	6 hrs. or more	122	1.9
	Missing	226	3.5

WKENDSITPHN

Wk End Sitting Phone

Col#30

On a typical WEEKEND DAY, how much time do you spend (from when you wake up until you go to bed) doing the following? Sitting and talking on the phone or texting.

Value	Description	N	%
1	None	584	9.1
2	15 min. or less	1,821	28.3
3	30 min.	1,803	28.0
4	1 hours	1,308	20.3
5	2 hours	497	7.7
6	3 hours	144	2.2
7	4 hours	42	0.7
10	5 hours	15	0.2
11	6 hrs. or more	8	0.1
	Missing	215	3.3

WKENDSITTRNS

Wk End Sitting Transport

Col#31

On a typical WEEKEND DAY, how much time do you spend (from when you wake up until you go to bed) doing the following? Sitting in a car, bus, train, or other mode of transportation

Value	Description	N	%
1	None	607	9.4
2	15 min. or less	847	13.2
3	30 min.	1,915	29.7
4	1 hours	1,889	29.3
5	2 hours	675	10.5
6	3 hours	188	2.9
7	4 hours	65	1.0
10	5 hours	15	0.2
11	6 hrs. or more	13	0.2
	Missing	223	3.5



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FLCNCRESS

Fall Concern Dressing

Col#32

These questions ask about how concerned you are about the possibility of falling. When you usually do each of these activities, how concerned are you that you might fall? (If you currently don't do the activity, think about how concerned about falling you would be IF you did the activity.) Getting dressed or undressed

Value	Description	N	%
1	Not at all concerned	5,393	83.8
2	Somewhat concerned	763	11.9
3	Fairly concerned	107	1.7
4	Very concerned	87	1.4
	Missing	87	1.4

FLCNCBATHE

Fall Concern Bathing

Col#33

These questions ask about how concerned you are about the possibility of falling. When you usually do each of these activities, how concerned are you that you might fall? (If you currently don't do the activity, think about how concerned about falling you would be IF you did the activity.) Taking a bath or shower

Value	Description	N	%
1	Not at all concerned	3,690	57.3
2	Somewhat concerned	2,029	31.5
3	Fairly concerned	367	5.7
4	Very concerned	254	3.9
	Missing	97	1.5

FLCNCCHAIR

Fall Concern In Out Chair

Col#34

These questions ask about how concerned you are about the possibility of falling. When you usually do each of these activities, how concerned are you that you might fall? (If you currently don't do the activity, think about how concerned about falling you would be IF you did the activity.) Getting in or out of a chair

Value	Description	N	%
1	Not at all concerned	5,200	80.8
2	Somewhat concerned	843	13.1
3	Fairly concerned	187	2.9
4	Very concerned	72	1.1
	Missing	135	2.1

FLCNCSTAIRS

Fall Concern Up Down Sta

Col#35

These questions ask about how concerned you are about the possibility of falling. When you usually do each of these activities, how concerned are you that you might fall? (If you currently don't do the activity, think about how concerned about falling you would be IF you did the activity.) Going up or down stairs

Value	Description	N	%
1	Not at all concerned	2,779	43.2
2	Somewhat concerned	2,460	38.2
3	Fairly concerned	563	8.7
4	Very concerned	456	7.1
	Missing	179	2.8



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FLCNCREACH

Fall Concern Reaching

Col#36

These questions ask about how concerned you are about the possibility of falling. When you usually do each of these activities, how concerned are you that you might fall? (If you currently don't do the activity, think about how concerned about falling you would be IF you did the activity.) Reaching for something above your head or on the ground

Value	Description	N	%
1	Not at all concerned	3,330	51.7
2	Somewhat concerned	2,126	33.0
3	Fairly concerned	536	8.3
4	Very concerned	356	5.5
	Missing	89	1.4

FLCNCSLOPE

Fall Concern Slope

Col#37

These questions ask about how concerned you are about the possibility of falling. When you usually do each of these activities, how concerned are you that you might fall? (If you currently don't do the activity, think about how concerned about falling you would be IF you did the activity.) Walking up or down a slope

Value	Description	N	%
1	Not at all concerned	2,476	38.5
2	Somewhat concerned	2,477	38.5
3	Fairly concerned	774	12.0
4	Very concerned	610	9.5
	Missing	100	1.6

FLCNCSOCIAL

Fall Concern Social Event

Col#38

These questions ask about how concerned you are about the possibility of falling. When you usually do each of these activities, how concerned are you that you might fall? (If you currently don't do the activity, think about how concerned about falling you would be IF you did the activity.) Going out to a social event (e.g., religious service, family gathering, or club meeting)

Value	Description	N	%
1	Not at all concerned	4,731	73.5
2	Somewhat concerned	1,190	18.5
3	Fairly concerned	298	4.6
4	Very concerned	151	2.3
	Missing	67	1.0

CNFFLHLPHOME

Confident Fall Help Home

Col#39

If you fell when moving around inside your home, how confident are you that someone would be able to quickly help you?

Value	Description	N	%
1	Not at all confident	1,216	18.9
2	Somewhat confident	1,895	29.4
3	Very confident	2,342	36.4
9	Don't Know/Not Sure	839	13.0
	Missing	145	2.3



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CNFFLHLPaway

Confident Fall Help Away

Col#40

If you fell when you are away from your home, how confident are you that someone would be able to quickly help you?

Value	Description	N	%
1	Not at all confident	441	6.9
2	Somewhat confident	2,791	43.4
3	Very confident	2,189	34.0
9	Don't Know/Not Sure	873	13.6
	Missing	143	2.2

ASSTDEV

Assistive Walking Device

Col#41

Do you ever use a cane, walker, or similar device to assist you when you are walking?

Value	Description	N	%
1	Never	4,362	67.8
2	Occasionally	1,059	16.5
3	Frequently or all the time	900	14.0
	Missing	116	1.8

HMCLMBSTRS

Home Requires Climbing Stairs

Col#42

Does the place where you live require you to climb stairs, either inside or outside the home?

Value	Description	N	%
0	No	2,356	36.6
1	Yes, there are 1 to 4 stairs	1,509	23.4
2	Yes, there are 5 or more stairs	2,440	37.9
	Missing	132	2.1

STRSHNDRLS

Stairs Have Handrails

Col#43

Do all or most of these stairs have handrails?

Value	Description	N	%
0	No	519	8.1
1	Yes	3,454	53.7
	Missing	2,464	38.3

FLPRVPRG

Falls Prevention Program

Col#44

Are you currently doing, or have you ever done, a falls prevention program?

Value	Description	N	%
0	No	5,322	82.7
1	Yes	951	14.8
	Missing	164	2.5

PRGEXPT

Program Exercises Pt

Col#45

What did the program provide? (Mark all that apply.) Exercises, such as physical therapy

Value	Description	N	%
0	No	265	4.1
1	Yes	750	11.7
	Missing	5,422	84.2

PRGHZDASS

Program Hazards Assess

Col#46



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What did the program provide? (Mark all that apply.) Assessment of fall hazards in the home

Value	Description	N	%
0	No	442	6.9
1	Yes	573	8.9
	Missing	5,422	84.2

PRGMTRLS

Program Prevent Material

Col#47

What did the program provide? (Mark all that apply.) Written materials and/or discussion about preventing falls

Value	Description	N	%
0	No	414	6.4
1	Yes	601	9.3
	Missing	5,422	84.2

PRGMEDRVW

Program Med Review

Col#48

What did the program provide? (Mark all that apply.) Review of medications

Value	Description	N	%
0	No	710	11.0
1	Yes	305	4.7
	Missing	5,422	84.2

PRGDEVCUSE

Program Use Of Devices

Col#49

What did the program provide? (Mark all that apply.) Use of devices (better footwear, hip protectors, cane, etc.

Value	Description	N	%
0	No	603	9.4
1	Yes	412	6.4
	Missing	5,422	84.2

PRGOTHER

Program Other

Col#50

What did the program provide? (Mark all that apply.) Other

Value	Description	N	%
0	No	907	14.1
1	Yes	108	1.7
	Missing	5,422	84.2

HMMODRDCFL

Home Modifications Reduce Fall

Col#51

Have you made modifications to your home to reduce your risk of falling?

Value	Description	N	%
0	No	3,283	51.0
1	Yes	2,858	44.4
	Missing	296	4.6



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MODHNDRLS

Mods Grab Bars Handrails

Col#52

What have you done? (Mark all that apply.) Grab bars or handrails anywhere in the home

Value	Description	N	%
0	No	821	12.8
1	Yes	2,213	34.4
	Missing	3,403	52.9

MODBATHMAT

Mods Bath Mat Nonskid Str

Col#53

What have you done? (Mark all that apply.) Bath mat or nonskid strips in bathroom areas

Value	Description	N	%
0	No	948	14.7
1	Yes	2,086	32.4
	Missing	3,403	52.9

MODLGHTNG

Mods Better Lighting

Col#54

What have you done? (Mark all that apply.) Better lighting

Value	Description	N	%
0	No	1,890	29.4
1	Yes	1,144	17.8
	Missing	3,403	52.9

MODRUGS

Mods Removed Rugs Taped

Col#55

What have you done? (Mark all that apply.) Removed rugs or taped them down to the floor

Value	Description	N	%
0	No	1,825	28.4
1	Yes	1,209	18.8
	Missing	3,403	52.9

MODOTHER

Mods Other

Col#56

What have you done? (Mark all that apply.) Other

Value	Description	N	%
0	No	2,723	42.3
1	Yes	311	4.8
	Missing	3,403	52.9

FALL12MOS

Fallen In Past 12 Months

Col#57

Have you had a fall in the past 12 months? By a "fall", we mean fell all the way to the floor or the ground, or fell and hit an object like a chair or stair

Value	Description	N	%
0	No	4,360	67.7
1	Yes	1,918	29.8
	Missing	159	2.5



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FALLTMS12MOS Times Fell In Past 12 Mos Col#58

How many times have you fallen in the past 12 months? (If you are unsure, make your best guess.):

Value	Description	N	%
1	One time	1,281	19.9
2	Two or three times	653	10.1
3	Four or five times	72	1.1
4	Six or more times	27	0.4
	Missing	4,404	68.4

FELLWLKOTSD Fell Walking Outside Home Col#59

At the time of your most recent fall, were you: Walking outside the home?

Value	Description	N	%
0	No	1,130	17.6
1	Yes	927	14.4
	Missing	4,380	68.0

FELLSTRNEX Fell Doing Strenuous Exer Col#60

At the time of your most recent fall, were you: Doing strenuous exercise (but not walking outside the home)? Strenuous means you work up a sweat and would be exhausted by prolonged participation. For example, aerobics, aerobic dancing, jogging, tennis, swimming laps.

Value	Description	N	%
0	No	1,903	29.6
1	Yes	56	0.9
	Missing	4,478	69.6

FELLMODEX Fell Doing Moderate Exer Col#61

At the time of your most recent fall, were you: Doing moderate exercise (but not walking outside the home)? Moderate means exercise that is not exhausting. For example, biking outdoors, using an exercise machine (like a stationary bike or treadmill), calisthenics, easy swimming, popular and folk dancing.

Value	Description	N	%
0	No	1,876	29.1
1	Yes	91	1.4
	Missing	4,470	69.4

FELLMLDEX Fell Doing Mild Exercise Col#62

At the time of your most recent fall, were you: Doing mild exercise? For example, slow dancing, bowling, or golf.

Value	Description	N	%
0	No	1,906	29.6
1	Yes	52	0.8
	Missing	4,479	69.6

FELLOTHEX Fell Doing Other Exercise Col#63

At the time of your most recent fall, were you: Doing other exercise (not previously listed)?

Value	Description	N	%
0	No	1,704	26.5
1	Yes	206	3.2
	Missing	4,527	70.3



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FELLSTRNCHR

Fell Strenuous Chores

Col#64

At the time of your most recent fall, were you: Doing strenuous indoor household chores (such as scrubbing floors, sweeping, or vacuuming)?

Value	Description	N	%
0	No	1,803	28.0
1	Yes	158	2.5
	Missing	4,476	69.5

FELLYARDWRK

Fell Working In The Yard

Col#65

At the time of your most recent fall, were you: Working in the yard (such as mowing, raking, gardening, or shoveling snow)?

Value	Description	N	%
0	No	1,724	26.8
1	Yes	296	4.6
	Missing	4,417	68.6

INJFL12MOS

Injury Fall Past 12mos

Col#66

Were you injured as a result of a fall in the past 12 months?

Value	Description	N	%
0	No	1,511	23.5
1	Yes	941	14.6
	Missing	3,985	61.9

INJFLFRCTR

Fracture Injury

Col#67

Please indicate what types of injuries. (Mark all that apply.) Fracture

Value	Description	N	%
0	No	785	12.2
1	Yes	167	2.6
	Missing	5,485	85.2

INJFLCUT

Laceration Cut Injury

Col#68

Please indicate what types of injuries. (Mark all that apply.) Laceration/Cut

Value	Description	N	%
0	No	723	11.2
1	Yes	229	3.6
	Missing	5,485	85.2

INJFLBRUISE

Bruising Injury

Col#69

Please indicate what types of injuries. (Mark all that apply.) Bruising

Value	Description	N	%
0	No	361	5.6
1	Yes	591	9.2
	Missing	5,485	85.2



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INJFLSPRAIN

Sprained Joint Injury

Col#70

Please indicate what types of injuries. (Mark all that apply.) Sprained or strained joint (wrist, knee, ankle, etc.)

Value	Description	N	%
0	No	746	11.6
1	Yes	206	3.2
	Missing	5,485	85.2

INJFLOTHER

Other Injury

Col#71

Please indicate what types of injuries. (Mark all that apply.) Other injury

Value	Description	N	%
0	No	796	12.4
1	Yes	156	2.4
	Missing	5,485	85.2

INJFLHEAD

Injury Of The Head

Col#72

Did you injure your head?

Value	Description	N	%
0	No	728	11.3
1	Yes	222	3.4
	Missing	5,487	85.2

INJFLT12MOS

Injury Fall Tx Past 12mos

Col#73

Did you receive treatment from a doctor for an injury from a fall in the past 12 months?

Value	Description	N	%
0	No	904	14.0
1	Yes	496	7.7
	Missing	5,037	78.3

FALLHOSPSTAY

Fall Overnight Hosp Stay

Col#74

Did you stay in a hospital overnight for treatment of an injury from a fall?

Value	Description	N	%
0	No	497	7.7
1	Yes	125	1.9
	Missing	5,815	90.3

FALLLMTACT

Fall Limited Activities

Col#75

Did you limit your usual activities for more than a day because of an injury from a fall in the past 12 months?

Value	Description	N	%
0	No	907	14.1
1	Yes	510	7.9
	Missing	5,020	78.0



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INJFLWLKOUTSD

Fall Inj Walking Outside

Col#76

When you were injured from falling in the past 12 months, were you: Walking outside the home?

Value	Description	N	%
0	No	661	10.3
1	Yes	545	8.5
	Missing	5,231	81.3

INJFLSTRNEX

Fall Inj Strenuous Exer

Col#77

When you were injured from falling in the past 12 months, were you: Doing strenuous exercise (but not walking outside the home)? Strenuous means you work up a sweat and would be exhausted by prolonged participation. For example, aerobics, aerobic dancing, jogging, tennis, swimming laps.

Value	Description	N	%
0	No	1,072	16.7
1	Yes	49	0.8
	Missing	5,316	82.6

INJFLMODEX

Fall Inj Moderate Exer

Col#78

When you were injured from falling in the past 12 months, were you: Doing moderate exercise (but not walking outside the home)? Moderate means exercise that is not exhausting. For example, biking outdoors, using an exercise machine (like a stationary bike or treadmill), calisthenics, easy swimming, popular and folk dancing.

Value	Description	N	%
0	No	1,118	17.4
1	Yes	49	0.8
	Missing	5,270	81.9

INJFLMLDEX

Fall Inj Mild Exercise

Col#79

When you were injured from falling in the past 12 months, were you: Doing mild exercise? For example, slow dancing, bowling, or golf.

Value	Description	N	%
0	No	1,132	17.6
1	Yes	28	0.4
	Missing	5,277	82.0

INJFLOTHEX

Fall Inj Other Exercise

Col#80

When you were injured from falling in the past 12 months, were you: Doing other exercise (not previously listed)?

Value	Description	N	%
0	No	1,019	15.8
1	Yes	137	2.1
	Missing	5,281	82.0

INJFLSTRNCHRS

Fall Inj Strenuous Chores

Col#81

When you were injured from falling in the past 12 months, were you: Doing strenuous indoor household chores (such as scrubbing floors, sweeping, or vacuuming)?

Value	Description	N	%
0	No	1,083	16.8
1	Yes	73	1.1
	Missing	5,281	82.0



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INJFLYRDWRK

Fall Inj Working In Yard

Col#82

When you were injured from falling in the past 12 months, were you: Working in the yard (such as mowing, raking, gardening, or shoveling snow)?

Value	Description	N	%
0	No	1,032	16.0
1	Yes	151	2.3
	Missing	5,254	81.6

YRHOMEBUILT

Yr House Structure Built

Col#83

When was the house/structure you live in originally built?

Value	Description	N	%
1	Before 1946	1,049	16.3
2	1946-1973	2,345	36.4
3	1974 to 1994	1,466	22.8
4	1995 to present	1,008	15.7
9	Don't know	434	6.7
	Missing	135	2.1

NBHDTYP

Neighborhood Type

Col#84

Is your neighborhood primarily:

Value	Description	N	%
1	Residential	5,411	84.1
2	Commercial or a mix of residential and commercial	800	12.4
9	Don't know	62	1.0
	Missing	164	2.5

NBHDCRIME

High Crime Neighborhood

Col#85

How much do you agree or disagree with these statements: There is a high crime rate in my neighborhood.

Value	Description	N	%
1	Strongly Disagree	4,197	65.2
2	Somewhat Disagree	1,250	19.4
3	Somewhat Agree	748	11.6
4	Strongly Agree	134	2.1
	Missing	108	1.7

UNSWFLKDY

Crime Unsafe Day Walks

Col#86

How much do you agree or disagree with these statements: The crime rate in my neighborhood makes it unsafe to go on walks during the day.

Value	Description	N	%
1	Strongly Disagree	5,274	81.9
2	Somewhat Disagree	654	10.2
3	Somewhat Agree	297	4.6
4	Strongly Agree	86	1.3
	Missing	126	2.0



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UNSWFLKNIGHT

Crime Unsafe Night Walks

Col#87

How much do you agree or disagree with these statements: The crime rate in my neighborhood makes it unsafe to go on walks at night.

Value	Description	N	%
1	Strongly Disagree	3,392	52.7
2	Somewhat Disagree	1,341	20.8
3	Somewhat Agree	1,096	17.0
4	Strongly Agree	467	7.3
	Missing	141	2.2

VISITPPL

Visit With Friends Family

Col#88

In a typical week during the past 4 weeks, did you... Visit with friends or family (other than those you live with)?

Value	Description	N	%
0	No	704	10.9
1	Yes	5,296	82.3
	Missing	437	6.8

VISIT_WK

Visit With Friends Times

Col#89

How many TIMES a week did you... Visit with friends or family (other than those you live with)?

N	Missing	Min	Max	Mean	Std Dev
4,341	2,096	0	50	3.064	2.588

VISIT_HR

Visit With Friends Hours

Col#90

How many TOTAL hours a week did you... Visit with friends or family (other than those you live with)?

Value	Description	N	%
1	Less than 1 hour	355	5.5
2	1-2.5 hours	1,807	28.1
3	3-4.5 hours	1,658	25.8
4	5-6.5 hours	695	10.8
5	7-8.5 hours	286	4.4
6	9 or more hours	578	9.0
	Missing	1,058	16.4

SENRCNTR

Go To Senior Center

Col#91

In a typical week during the past 4 weeks, did you... Go to the senior center?

Value	Description	N	%
0	No	4,708	73.1
1	Yes	1,341	20.8
	Missing	388	6.0

SENR_WK

Go To Senior Center Times

Col#92

How many TIMES a week did you... Go to the senior center?

N	Missing	Min	Max	Mean	Std Dev
1,086	5,351	0	40	2.336	1.938

SENR_HR

Go To Senior Center Hours

Col#93

How many TOTAL hours a week did you... Go to the senior center?



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Value	Description	N	%
1	Less than 1 hour	127	2.0
2	1-2.5 hours	649	10.1
3	3-4.5 hours	416	6.5
4	5-6.5 hours	118	1.8
5	7-8.5 hours	56	0.9
6	9 or more hours	65	1.0
	Missing	5,006	77.8

VOLUNTR

Do Volunteer Work

Col#94

In a typical week during the past 4 weeks, did you... Do volunteer work?

Value	Description	N	%
0	No	3,452	53.6
1	Yes	2,475	38.4
	Missing	510	7.9

VOLUN_WK

Do Volunteer Work Times

Col#95

How many TIMES a week did you... Do volunteer work?

N	Missing	Min	Max	Mean	Std Dev
1,837	4,600	0	24	2.190	1.754

VOLUN_HR

Do Volunteer Work Hours

Col#96

How many TOTAL hours a week did you... Do volunteer work?

Value	Description	N	%
1	Less than 1 hour	175	2.7
2	1-2.5 hours	925	14.4
3	3-4.5 hours	815	12.7
4	5-6.5 hours	286	4.4
5	7-8.5 hours	141	2.2
6	9 or more hours	194	3.0
	Missing	3,901	60.6

CHURCH

Attend Church Activities

Col#97

In a typical week during the past 4 weeks, did you... Attend church or take part in church activities?

Value	Description	N	%
0	No	1,909	29.7
1	Yes	4,124	64.1
	Missing	404	6.3

CHURC_WK

Church Activities Times

Col#98

How many TIMES a week did you... Attend church or take part in church activities?

N	Missing	Min	Max	Mean	Std Dev
3,113	3,324	1	48	2.165	1.996



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CHURC_HR

Church Activities Hours

Col#99

How many TOTAL hours a week did you... Attend church or take part in church activities?

Value	Description	N	%
1	Less than 1 hour	183	2.8
2	1-2.5 hours	2,197	34.1
3	3-4.5 hours	1,172	18.2
4	5-6.5 hours	347	5.4
5	7-8.5 hours	164	2.5
6	9 or more hours	166	2.6
	Missing	2,208	34.3

CLUB

Attend Other Club

Col#100

In a typical week during the past 4 weeks, did you... Attend other club or group meetings?

Value	Description	N	%
0	No	2,701	42.0
1	Yes	3,226	50.1
	Missing	510	7.9

CLUBS_WK

Attend Other Club Times

Col#101

How many TIMES a week did you... Attend other club or group meetings?

N	Missing	Min	Max	Mean	Std Dev
2,301	4,136	0	23	1.784	1.475

CLUBS_HR

Attend Other Club Hours

Col#102

How many TOTAL hours a week did you... Attend other club or group meetings?

Value	Description	N	%
1	Less than 1 hour	145	2.3
2	1-2.5 hours	1,772	27.5
3	3-4.5 hours	1,066	16.6
4	5-6.5 hours	263	4.1
5	7-8.5 hours	80	1.2
6	9 or more hours	96	1.5
	Missing	3,015	46.8

COMPUTER

Use A Computer

Col#103

In a typical week during the past 4 weeks, did you... Use a computer?

Value	Description	N	%
0	No	1,858	28.9
1	Yes	4,339	67.4
	Missing	240	3.7

COMP_WK

Use A Computer Times Week

Col#104

How many TIMES a week did you... Use a computer?

N	Missing	Min	Max	Mean	Std Dev
3,501	2,936	0	1000	6.804	17.537

COMP_HR

Use A Computer Hours Week

Col#105



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How many TOTAL hours a week did you... Use a computer?

Value	Description	N	%
1	Less than 1 hour	490	7.6
2	1-2.5 hours	1,262	19.6
3	3-4.5 hours	829	12.9
4	5-6.5 hours	521	8.1
5	7-8.5 hours	429	6.7
6	9 or more hours	789	12.3
	Missing	2,117	32.9

DANCE

Dance

Col#106

In a typical week during the past 4 weeks, did you... Dance (such as square, folk, line, ballroom) (do not count aerobic dance here)?

Value	Description	N	%
0	No	5,699	88.5
1	Yes	530	8.2
	Missing	208	3.2

DANCE_WK

Dance Times Week

Col#107

How many TIMES a week did you... Dance (such as square, folk, line, ballroom) (do not count aerobic dance here)?

N	Missing	Min	Max	Mean	Std Dev
412	6,025	0	28	1.867	1.826

DANCE_HR

Dance Hours

Col#108

How many TOTAL hours a week did you... Dance (such as square, folk, line, ballroom) (do not count aerobic dance here)?

Value	Description	N	%
1	Less than 1 hour	169	2.6
2	1-2.5 hours	242	3.8
3	3-4.5 hours	99	1.5
4	5-6.5 hours	22	0.3
5	7-8.5 hours	8	0.1
6	9 or more hours	10	0.2
	Missing	5,887	91.5

ARTS

Arts And Crafts

Col#109

In a typical week during the past 4 weeks, did you... Do woodworking, needlework, drawing, or other arts or crafts?

Value	Description	N	%
0	No	4,277	66.4
1	Yes	1,973	30.7
	Missing	187	2.9

ARTS_WK

Arts And Crafts Times Wk

Col#110

How many TIMES a week did you... Do woodworking, needlework, drawing, or other arts or crafts?

N	Missing	Min	Max	Mean	Std Dev
1,430	5,007	0	22	3.631	2.473

ARTS_HR

Arts And Crafts Hours

Col#111



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How many TOTAL hours a week did you... Do woodworking, needlework, drawing, or other arts or crafts?

Value	Description	N	%
1	Less than 1 hour	210	3.3
2	1-2.5 hours	794	12.3
3	3-4.5 hours	533	8.3
4	5-6.5 hours	179	2.8
5	7-8.5 hours	83	1.3
6	9 or more hours	186	2.9
	Missing	4,452	69.2

GOLF1

Playing Golf W Equipment

Col#112

In a typical week during the past 4 weeks, did you... Play golf, carrying or pulling your equipment (count walking time only)?

Value	Description	N	%
0	No	6,081	94.5
1	Yes	186	2.9
	Missing	170	2.6

GOLF1_WK

Golf W Equipment Times

Col#113

How many TIMES a week did you... Play golf, carrying or pulling your equipment (count walking time only)?

N	Missing	Min	Max	Mean	Std Dev
136	6,301	0	30	3.287	3.602

GOLF1_HR

Golf W Equipment Hours

Col#114

How many TOTAL hours a week did you... Play golf, carrying or pulling your equipment (count walking time only)?

Value	Description	N	%
1	Less than 1 hour	49	0.8
2	1-2.5 hours	68	1.1
3	3-4.5 hours	46	0.7
4	5-6.5 hours	18	0.3
5	7-8.5 hours	4	0.1
6	9 or more hours	7	0.1
	Missing	6,245	97.0

GOLF2

Playing Golf Cart

Col#115

In a typical week during the past 4 weeks, did you... Play golf, riding a cart (count walking time only)?

Value	Description	N	%
0	No	6,080	94.5
1	Yes	172	2.7
	Missing	185	2.9

GOLF2_WK

Playing Golf Cart Times

Col#116

How many TIMES a week did you... Play golf, riding a cart (count walking time only)?

N	Missing	Min	Max	Mean	Std Dev
116	6,321	0	7	2.241	1.677

GOLF2_HR

Playing Golf Cart Hours

Col#117



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How many TOTAL hours a week did you... Play golf, riding a cart (count walking time only)?

Value	Description	N	%
1	Less than 1 hour	61	0.9
2	1-2.5 hours	74	1.1
3	3-4.5 hours	34	0.5
4	5-6.5 hours	9	0.1
5	7-8.5 hours	4	0.1
6	9 or more hours	8	0.1
	Missing	6,247	97.0

EVENT Attend A Concert Movie **Col#118**

In a typical week during the past 4 weeks, did you... Attend a concert, movie, lecture, or sport event?

Value	Description	N	%
0	No	3,124	48.5
1	Yes	3,047	47.3
	Missing	266	4.1

EVENT_WK Concert Movie Times Week **Col#119**

How many TIMES a week did you... Attend a concert, movie, lecture, or sport event?

N	Missing	Min	Max	Mean	Std Dev
2,289	4,148	1	25	1.495	1.206

EVENT_HR Concert Movie Hours **Col#120**

How many TOTAL hours a week did you... Attend a concert, movie, lecture, or sport event?

Value	Description	N	%
1	Less than 1 hour	90	1.4
2	1-2.5 hours	1,593	24.7
3	3-4.5 hours	1,050	16.3
4	5-6.5 hours	172	2.7
5	7-8.5 hours	45	0.7
6	9 or more hours	38	0.6
	Missing	3,449	53.6

PLAY Play Cards Games **Col#121**

In a typical week during the past 4 weeks, did you... Play cards, bingo, or board games with other people?

Value	Description	N	%
0	No	4,197	65.2
1	Yes	2,020	31.4
	Missing	220	3.4

PLAY_WK Play Cards Games Times Wk **Col#122**

How many TIMES a week did you... Play cards, bingo, or board games with other people?

N	Missing	Min	Max	Mean	Std Dev
1,464	4,973	0	24	2.036	1.738

PLAY_HR Play Cards Games Hours **Col#123**

How many TOTAL hours a week did you... Play cards, bingo, or board games with other people?



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Value	Description	N	%
1	Less than 1 hour	116	1.8
2	1-2.5 hours	754	11.7
3	3-4.5 hours	743	11.5
4	5-6.5 hours	229	3.6
5	7-8.5 hours	88	1.4
6	9 or more hours	121	1.9
	Missing	4,386	68.1

POOL Shoot Pool Col#124

In a typical week during the past 4 weeks, did you... Shoot pool or billiards?

Value	Description	N	%
0	No	6,130	95.2
1	Yes	55	0.9
	Missing	252	3.9

POOL_WK Shoot Pool Times Week Col#125

How many TIMES a week did you... Shoot pool or billiards?

N	Missing	Min	Max	Mean	Std Dev
39	6,398	0	4	1.692	0.977

POOL_HR Shoot Pool Hours Col#126

How many TOTAL hours a week did you... Shoot pool or billiards?

Value	Description	N	%
1	Less than 1 hour	20	0.3
2	1-2.5 hours	21	0.3
3	3-4.5 hours	13	0.2
4	5-6.5 hours	4	0.1
5	7-8.5 hours	0	0.0
6	9 or more hours	1	0.0
	Missing	6,378	99.1

TENNIS Play Singles Tennis Col#127

In a typical week during the past 4 weeks, did you... Play singles tennis (do not count doubles)?

Value	Description	N	%
0	No	6,259	97.2
1	Yes	22	0.3
	Missing	156	2.4

TENIS_WK Play Singles Tennis Times Col#128

How many TIMES a week did you... Play singles tennis (do not count doubles)?

N	Missing	Min	Max	Mean	Std Dev
13	6,424	0	30	3.692	8.148



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TENIS_HR

Play Singles Tennis Hours

Col#129

How many TOTAL hours a week did you... Play singles tennis (do not count doubles)?

Value	Description	N	%
1	Less than 1 hour	14	0.2
2	1-2.5 hours	5	0.1
3	3-4.5 hours	1	0.0
4	5-6.5 hours	3	0.0
5	7-8.5 hours	0	0.0
6	9 or more hours	1	0.0
	Missing	6,413	99.6

DBLTENIS

Play Doubles Tennis

Col#130

In a typical week during the past 4 weeks, did you... Play doubles tennis (do not count singles)?

Value	Description	N	%
0	No	6,216	96.6
1	Yes	65	1.0
	Missing	156	2.4

DBLS_WK

Play Doubles Tennis Times

Col#131

How many TIMES a week did you... Play doubles tennis (do not count singles)?

N	Missing	Min	Max	Mean	Std Dev
42	6,395	0	4	2.048	1.147

DBLS_HR

Play Doubles Tennis Hours

Col#132

How many TOTAL hours a week did you... Play doubles tennis (do not count singles)?

Value	Description	N	%
1	Less than 1 hour	12	0.2
2	1-2.5 hours	27	0.4
3	3-4.5 hours	15	0.2
4	5-6.5 hours	8	0.1
5	7-8.5 hours	2	0.0
6	9 or more hours	2	0.0
	Missing	6,371	99.0

SKATE

Skate

Col#133

In a typical week during the past 4 weeks, did you... Skate (ice, roller, in-line)?

Value	Description	N	%
0	No	6,263	97.3
1	Yes	17	0.3
	Missing	157	2.4

SKATE_WK

Skate Times Week

Col#134

How many TIMES a week did you... Skate (ice, roller, in-line)?

N	Missing	Min	Max	Mean	Std Dev
13	6,424	0	6	1.615	1.895

SKATE_HR

Skate Hours

Col#135



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How many TOTAL hours a week did you... Skate (ice, roller, in-line)?

Value	Description	N	%
1	Less than 1 hour	13	0.2
2	1-2.5 hours	5	0.1
3	3-4.5 hours	1	0.0
4	5-6.5 hours	0	0.0
5	7-8.5 hours	0	0.0
6	9 or more hours	1	0.0
	Missing	6,417	99.7

MUSIC **Play Musical Instrument** **Col#136**

In a typical week during the past 4 weeks, did you... Play a musical instrument?

Value	Description	N	%
0	No	5,738	89.1
1	Yes	466	7.2
	Missing	233	3.6

MUSIC_WK **Musical Instrument Times** **Col#137**

How many TIMES a week did you... Play a musical instrument?

N	Missing	Min	Max	Mean	Std Dev
346	6,091	0	45	3.364	4.107

MUSIC_HR **Musical Instrument Hours** **Col#138**

How many TOTAL hours a week did you... Play a musical instrument?

Value	Description	N	%
1	Less than 1 hour	183	2.8
2	1-2.5 hours	169	2.6
3	3-4.5 hours	48	0.7
4	5-6.5 hours	26	0.4
5	7-8.5 hours	16	0.2
6	9 or more hours	22	0.3
	Missing	5,973	92.8

READ **Read** **Col#139**

In a typical week during the past 4 weeks, did you... Read?

Value	Description	N	%
0	No	274	4.3
1	Yes	5,806	90.2
	Missing	357	5.5

READ_WK **Read Times Week** **Col#140**

How many TIMES a week did you... Read?

N	Missing	Min	Max	Mean	Std Dev
3,920	2,517	1	83	6.563	4.044



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READ_HR

Read Hours

Col#141

How many TOTAL hours a week did you... Read?

Value	Description	N	%
1	Less than 1 hour	388	6.0
2	1-2.5 hours	1,741	27.0
3	3-4.5 hours	1,300	20.2
4	5-6.5 hours	753	11.7
5	7-8.5 hours	552	8.6
6	9 or more hours	1,059	16.5
	Missing	644	10.0

HVYWORK

Heavy House Work

Col#142

In a typical week during the past 4 weeks, did you... Do heavy work around the house (such as washing windows, cleaning gutters)?

Value	Description	N	%
0	No	4,529	70.4
1	Yes	1,700	26.4
	Missing	208	3.2

HWORK_WK

Heavy House Work Times Wk

Col#143

How many TIMES a week did you... Do heavy work around the house (such as washing windows, cleaning gutters)?

N	Missing	Min	Max	Mean	Std Dev
1,179	5,258	0	25	2.409	2.047

HWORK_HR

Heavy House Work Hours

Col#144

How many TOTAL hours a week did you... Do heavy work around the house (such as washing windows, cleaning gutters)?

Value	Description	N	%
1	Less than 1 hour	362	5.6
2	1-2.5 hours	752	11.7
3	3-4.5 hours	388	6.0
4	5-6.5 hours	120	1.9
5	7-8.5 hours	64	1.0
6	9 or more hours	62	1.0
	Missing	4,689	72.8

LGTWORK

Light House Work

Col#145

In a typical week during the past 4 weeks, did you... Do light work around the house (such as sweeping or vacuuming)?

Value	Description	N	%
0	No	656	10.2
1	Yes	5,591	86.9
	Missing	190	3.0

LWORK_WK

Light House Work Times Wk

Col#146

How many TIMES a week did you... Do light work around the house (such as sweeping or vacuuming)?

N	Missing	Min	Max	Mean	Std Dev
4,253	2,184	1	130	3.640	3.317



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LWORK_HR

Light House Work Hours

Col#147

How many TOTAL hours a week did you... Do light work around the house (such as sweeping or vacuuming)?

Value	Description	N	%
1	Less than 1 hour	1,285	20.0
2	1-2.5 hours	2,589	40.2
3	3-4.5 hours	1,066	16.6
4	5-6.5 hours	317	4.9
5	7-8.5 hours	145	2.3
6	9 or more hours	125	1.9
	Missing	910	14.1

HVYGARDN

Heavy Gardening

Col#148

In a typical week during the past 4 weeks, did you... Do heavy gardening (such as spading, raking)?

Value	Description	N	%
0	No	4,762	74.0
1	Yes	1,476	22.9
	Missing	199	3.1

HGARD_WK

Heavy Gardening Times Wk

Col#149

How many TIMES a week did you... Do heavy gardening (such as spading, raking)?

N	Missing	Min	Max	Mean	Std Dev
1,078	5,359	0	10	2.220	1.444

HGARD_HR

Heavy Gardening Hours

Col#150

How many TOTAL hours a week did you... Do heavy gardening (such as spading, raking)?

Value	Description	N	%
1	Less than 1 hour	368	5.7
2	1-2.5 hours	659	10.2
3	3-4.5 hours	318	4.9
4	5-6.5 hours	76	1.2
5	7-8.5 hours	27	0.4
6	9 or more hours	38	0.6
	Missing	4,951	76.9

LGTGARDN

Light Gardening

Col#151

In a typical week during the past 4 weeks, did you... Do light gardening (such as watering plants)?

Value	Description	N	%
0	No	1,988	30.9
1	Yes	4,215	65.5
	Missing	234	3.6

LGARD_WK

Light Gardening Times Wk

Col#152

How many TIMES a week did you... Do light gardening (such as watering plants)?

N	Missing	Min	Max	Mean	Std Dev
3,054	3,383	0	51	3.080	2.344



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LGARD_HR

Light Gardening Hours

Col#153

How many TOTAL hours a week did you... Do light gardening (such as watering plants)?

Value	Description	N	%
1	Less than 1 hour	2,161	33.6
2	1-2.5 hours	1,423	22.1
3	3-4.5 hours	410	6.4
4	5-6.5 hours	102	1.6
5	7-8.5 hours	42	0.7
6	9 or more hours	36	0.6
	Missing	2,263	35.2

MACHINE

Work On Car Machinery

Col#154

In a typical week during the past 4 weeks, did you... Work on your car, truck, lawn mower, or other machinery?

Value	Description	N	%
0	No	6,019	93.5
1	Yes	248	3.9
	Missing	170	2.6

MACHI_WK

Work On Machinery Times

Col#155

How many TIMES a week did you... Work on your car, truck, lawn mower, or other machinery?

N	Missing	Min	Max	Mean	Std Dev
178	6,259	0	5	1.337	0.802

MACHI_HR

Work On Machinery Hours

Col#156

How many TOTAL hours a week did you... Work on your car, truck, lawn mower, or other machinery?

Value	Description	N	%
1	Less than 1 hour	139	2.2
2	1-2.5 hours	88	1.4
3	3-4.5 hours	18	0.3
4	5-6.5 hours	7	0.1
5	7-8.5 hours	1	0.0
6	9 or more hours	1	0.0
	Missing	6,183	96.1

JOG

Jog Or Run

Col#157

In a typical week during the past 4 weeks, did you... Jog or run (including use of treadmill)?

Value	Description	N	%
0	No	5,668	88.1
1	Yes	596	9.3
	Missing	173	2.7

JOG_WK

Jog Or Run Times Week

Col#158

How many TIMES a week did you... Jog or run (including use of treadmill)?

N	Missing	Min	Max	Mean	Std Dev
449	5,988	0	12	2.898	1.574

JOG_HR

Jog Or Run Hours

Col#159



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How many TOTAL hours a week did you... Jog or run (including use of treadmill)?

Value	Description	N	%
1	Less than 1 hour	306	4.8
2	1-2.5 hours	209	3.2
3	3-4.5 hours	55	0.9
4	5-6.5 hours	23	0.4
5	7-8.5 hours	5	0.1
6	9 or more hours	6	0.1
	Missing	5,833	90.6

UPHILL

Walk Hike Uphill

Col#160

In a typical week during the past 4 weeks, did you... Walk uphill or hike uphill (count only uphill part; include use of treadmill)?

Value	Description	N	%
0	No	5,102	79.3
1	Yes	1,133	17.6
	Missing	202	3.1

UPHIL_WK

Walk Hike Uphill Times Wk

Col#161

How many TIMES a week did you... Walk uphill or hike uphill (count only uphill part; include use of treadmill)?

N	Missing	Min	Max	Mean	Std Dev
872	5,565	1	77	3.536	4.223

UPHIL_HR

Walk Hike Uphill Hours

Col#162

How many TOTAL hours a week did you... Walk uphill or hike uphill (count only uphill part; include use of treadmill)?

Value	Description	N	%
1	Less than 1 hour	677	10.5
2	1-2.5 hours	342	5.3
3	3-4.5 hours	90	1.4
4	5-6.5 hours	22	0.3
5	7-8.5 hours	5	0.1
6	9 or more hours	2	0.0
	Missing	5,299	82.3

WALKFAST

Walk Fast Briskly

Col#163

In a typical week during the past 4 weeks, did you... Walk fast or briskly for exercise (do not count walking leisurely or uphill; include use of treadmill)?

Value	Description	N	%
0	No	4,904	76.2
1	Yes	1,339	20.8
	Missing	194	3.0

WFAST_WK

Walk Fast Briskly Times

Col#164

How many TIMES a week did you... Walk fast or briskly for exercise (do not count walking leisurely or uphill; include use of treadmill)?

N	Missing	Min	Max	Mean	Std Dev
1,042	5,395	0	50	3.523	2.533

WFAST_HR

Walk Fast Briskly Hours

Col#165



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How many TOTAL hours a week did you... Walk fast or briskly for exercise (do not count walking leisurely or uphill; include use of treadmill)?

Value	Description	N	%
1	Less than 1 hour	519	8.1
2	1-2.5 hours	519	8.1
3	3-4.5 hours	187	2.9
4	5-6.5 hours	81	1.3
5	7-8.5 hours	20	0.3
6	9 or more hours	19	0.3
	Missing	5,092	79.1

ERRANDS

Walk To Do Errands

Col#166

In a typical week during the past 4 weeks, did you... Walk to do errands (such as to/from a store or to take children to school (count walk time only)?

Value	Description	N	%
0	No	2,950	45.8
1	Yes	3,269	50.8
	Missing	218	3.4

ERAND_WK

Walk To Do Errands Times

Col#167

How many TIMES a week did you... Walk to do errands (such as to/from a store or to take children to school (count walk time only)?

N	Missing	Min	Max	Mean	Std Dev
2,423	4,014	0	50	3.383	2.792

ERAND_HR

Walk To Do Errands Hours

Col#168

How many TOTAL hours a week did you... Walk to do errands (such as to/from a store or to take children to school (count walk time only)?

Value	Description	N	%
1	Less than 1 hour	1,018	15.8
2	1-2.5 hours	1,551	24.1
3	3-4.5 hours	493	7.7
4	5-6.5 hours	131	2.0
5	7-8.5 hours	43	0.7
6	9 or more hours	39	0.6
	Missing	3,162	49.1

WALKSLOW

Walk Leisurely

Col#169

In a typical week during the past 4 weeks, did you... Walk leisurely for exercise or pleasure?

Value	Description	N	%
0	No	2,734	42.5
1	Yes	3,451	53.6
	Missing	252	3.9

WSLOW_WK

Walk Leisurely Times Week

Col#170

How many TIMES a week did you... Walk leisurely for exercise or pleasure?

N	Missing	Min	Max	Mean	Std Dev
2,495	3,942	1	34	3.467	2.406

WSLOW_HR

Walk Leisurely Hours

Col#171



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How many TOTAL hours a week did you... Walk leisurely for exercise or pleasure?

Value	Description	N	%
1	Less than 1 hour	1,426	22.2
2	1-2.5 hours	1,325	20.6
3	3-4.5 hours	424	6.6
4	5-6.5 hours	141	2.2
5	7-8.5 hours	52	0.8
6	9 or more hours	34	0.5
	Missing	3,035	47.1

BIKE

Ride A Bicycle

Col#172

In a typical week during the past 4 weeks, did you... Ride a bicycle or stationary cycle?

Value	Description	N	%
0	No	5,219	81.1
1	Yes	927	14.4
	Missing	291	4.5

BIKE_WK

Ride A Bicycle Times Week

Col#173

How many TIMES a week did you... Ride a bicycle or stationary cycle?

N	Missing	Min	Max	Mean	Std Dev
694	5,743	0	34	3.045	2.212

BIKE_HR

Ride A Bicycle Hours

Col#174

How many TOTAL hours a week did you... Ride a bicycle or stationary cycle?

Value	Description	N	%
1	Less than 1 hour	520	8.1
2	1-2.5 hours	277	4.3
3	3-4.5 hours	95	1.5
4	5-6.5 hours	20	0.3
5	7-8.5 hours	7	0.1
6	9 or more hours	4	0.1
	Missing	5,514	85.7

AEROMACH

Other Aerobic Machines

Col#175

In a typical week during the past 4 weeks, did you... Do other aerobic machines such as rowing, or step machines (do not count treadmill or stationary cycle)?

Value	Description	N	%
0	No	5,819	90.4
1	Yes	433	6.7
	Missing	185	2.9

AEROM_WK

Aerobic Machines Times Wk

Col#176

How many TIMES a week did you... Do other aerobic machines such as rowing, or step machines (do not count treadmill or stationary cycle)?

N	Missing	Min	Max	Mean	Std Dev
341	6,096	0	12	2.830	1.663

AEROM_HR

Aerobic Machines Hours

Col#177

How many TOTAL hours a week did you... Do other aerobic machines such as rowing, or step machines (do not count treadmill or stationary cycle)?



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Value	Description	N	%
1	Less than 1 hour	244	3.8
2	1-2.5 hours	148	2.3
3	3-4.5 hours	38	0.6
4	5-6.5 hours	7	0.1
5	7-8.5 hours	4	0.1
6	9 or more hours	2	0.0
	Missing	5,994	93.1

H20EX

Water Exercises

Col#178

In a typical week during the past 4 weeks, did you... Do water exercises (do not count other swimming)?

Value	Description	N	%
0	No	5,641	87.6
1	Yes	635	9.9
	Missing	161	2.5

H20EX_WK

Water Exercises Times Wk

Col#179

How many TIMES a week did you... Do water exercises (do not count other swimming)?

N	Missing	Min	Max	Mean	Std Dev
528	5,909	0	22	2.795	1.690

H20EX_HR

Water Exercises Hours

Col#180

How many TOTAL hours a week did you... Do water exercises (do not count other swimming)?

Value	Description	N	%
1	Less than 1 hour	153	2.4
2	1-2.5 hours	314	4.9
3	3-4.5 hours	138	2.1
4	5-6.5 hours	25	0.4
5	7-8.5 hours	7	0.1
6	9 or more hours	3	0.0
	Missing	5,797	90.1

SWIMFAST

Swim Moderately

Col#181

In a typical week during the past 4 weeks, did you... Swim moderately or fast?

Value	Description	N	%
0	No	6,048	94.0
1	Yes	211	3.3
	Missing	178	2.8

SFAST_WK

Swim Moderately Times Wk

Col#182

How many TIMES a week did you... Swim moderately or fast?

N	Missing	Min	Max	Mean	Std Dev
161	6,276	0	7	2.677	1.603



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SFAST_HR

Swim Moderately Hours

Col#183

How many TOTAL hours a week did you... Swim moderately or fast?

Value	Description	N	%
1	Less than 1 hour	110	1.7
2	1-2.5 hours	76	1.2
3	3-4.5 hours	22	0.3
4	5-6.5 hours	6	0.1
5	7-8.5 hours	1	0.0
6	9 or more hours	1	0.0
	Missing	6,221	96.6

SWIMSLow

Swim Gently

Col#184

In a typical week during the past 4 weeks, did you... Swim gently?

Value	Description	N	%
0	No	5,486	85.2
1	Yes	348	5.4
	Missing	603	9.4

SSLOW_WK

Swim Gently Times Week

Col#185

How many TIMES a week did you... Swim gently?

N	Missing	Min	Max	Mean	Std Dev
239	6,198	0	8	2.536	1.616

SSLOW_HR

Swim Gently Hours

Col#186

How many TOTAL hours a week did you... Swim gently?

Value	Description	N	%
1	Less than 1 hour	194	3.0
2	1-2.5 hours	102	1.6
3	3-4.5 hours	30	0.5
4	5-6.5 hours	5	0.1
5	7-8.5 hours	2	0.0
6	9 or more hours	0	0.0
	Missing	6,104	94.8

FLEX

Stretching Exercises

Col#187

In a typical week during the past 4 weeks, did you... Do stretching or flexibility exercises (do not count yoga or Tai-chi)?

Value	Description	N	%
0	No	3,179	49.4
1	Yes	3,031	47.1
	Missing	227	3.5

FLEX_WK

Stretching Exercises Time

Col#188

How many TIMES a week did you... Do stretching or flexibility exercises (do not count yoga or Tai-chi)?

N	Missing	Min	Max	Mean	Std Dev
2,364	4,073	0	30	3.953	2.432

FLEX_HR

Stretching Exercises Hrs

Col#189



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How many TOTAL hours a week did you... Do stretching or flexibility exercises (do not count yoga or Tai-chi)?

Value	Description	N	%
1	Less than 1 hour	1,656	25.7
2	1-2.5 hours	966	15.0
3	3-4.5 hours	264	4.1
4	5-6.5 hours	57	0.9
5	7-8.5 hours	25	0.4
6	9 or more hours	10	0.2
	Missing	3,459	53.7

YOGA Yoga Tai Chi Col#190

In a typical week during the past 4 weeks, did you... Do yoga or Tai-chi?

Value	Description	N	%
0	No	5,642	87.6
1	Yes	546	8.5
	Missing	249	3.9

YOGA_WK Yoga Tai Chi Times Week Col#191

How many TIMES a week did you... Do yoga or Tai-chi?

N	Missing	Min	Max	Mean	Std Dev
406	6,031	0	23	2.421	2.221

YOGA_HR Yoga Tai Chi Hours Col#192

How many TOTAL hours a week did you... Do yoga or Tai-chi?

Value	Description	N	%
1	Less than 1 hour	170	2.6
2	1-2.5 hours	287	4.5
3	3-4.5 hours	60	0.9
4	5-6.5 hours	11	0.2
5	7-8.5 hours	5	0.1
6	9 or more hours	4	0.1
	Missing	5,900	91.7

AERO Aerobics Col#193

In a typical week during the past 4 weeks, did you... Do aerobics or aerobic dancing?

Value	Description	N	%
0	No	5,637	87.6
1	Yes	546	8.5
	Missing	254	3.9

AERO_WK Aerobics Times Week Col#194

How many TIMES a week did you... Do aerobics or aerobic dancing?

N	Missing	Min	Max	Mean	Std Dev
421	6,016	0	30	2.506	2.086

AERO_HR Aerobics Hours Col#195

How many TOTAL hours a week did you... Do aerobics or aerobic dancing?



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Value	Description	N	%
1	Less than 1 hour	165	2.6
2	1-2.5 hours	262	4.1
3	3-4.5 hours	102	1.6
4	5-6.5 hours	8	0.1
5	7-8.5 hours	3	0.0
6	9 or more hours	4	0.1
	Missing	5,893	91.5

TRAIN Heavy Strength Training Col#196

In a typical week during the past 4 weeks, did you... Do moderate to heavy strength training (such as hand-held weights of more than 5 lbs., weight machines, or push-ups)?

Value	Description	N	%
0	No	5,618	87.3
1	Yes	640	9.9
	Missing	179	2.8

TRAIN_WK Heavy Strngth Trrng Times Col#197

How many TIMES a week did you... Do moderate to heavy strength training (such as hand-held weights of more than 5 lbs., weight machines, or push-ups)?

N	Missing	Min	Max	Mean	Std Dev
492	5,945	0	14	2.927	1.567

TRAIN_HR Heavy Strngth Trrng Hours Col#198

How many TOTAL hours a week did you... Do moderate to heavy strength training (such as hand-held weights of more than 5 lbs., weight machines, or push-ups)?

Value	Description	N	%
1	Less than 1 hour	324	5.0
2	1-2.5 hours	233	3.6
3	3-4.5 hours	59	0.9
4	5-6.5 hours	7	0.1
5	7-8.5 hours	7	0.1
6	9 or more hours	5	0.1
	Missing	5,802	90.1

LTRAIN Light Strength Training Col#199

In a typical week during the past 4 weeks, did you... Do light strength training (such as hand-held weights of 5 lbs. or less or elastic bands)?

Value	Description	N	%
0	No	4,576	71.1
1	Yes	1,696	26.3
	Missing	165	2.6

LTRAIN_WK Light Strngth Trrng Times Col#200

How many TIMES a week did you... Do light strength training (such as hand-held weights of 5 lbs. or less or elastic bands)?

N	Missing	Min	Max	Mean	Std Dev
1,308	5,129	0	21	2.953	1.678

LTRAIN_HR Light Strngth Trrng Hours Col#201

How many TOTAL hours a week did you... Do light strength training (such as hand-held weights of 5 lbs. or less or elastic bands)?



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Value	Description	N	%
1	Less than 1 hour	1,042	16.2
2	1-2.5 hours	494	7.7
3	3-4.5 hours	108	1.7
4	5-6.5 hours	19	0.3
5	7-8.5 hours	4	0.1
6	9 or more hours	7	0.1
	Missing	4,763	74.0

CALIS General Conditioning Col#202

In a typical week during the past 4 weeks, did you... Do general conditioning exercises, such as light calisthenics or chair exercises (do not count strength training)?

Value	Description	N	%
0	No	4,529	70.4
1	Yes	1,720	26.7
	Missing	188	2.9

CALIS_WK Conditioning Times Week Col#203

How many TIMES a week did you... Do general conditioning exercises, such as light calisthenics or chair exercises (do not count strength training)?

N	Missing	Min	Max	Mean	Std Dev
1,272	5,165	0	30	3.359	2.146

CALIS_HR Conditioning Hours Col#204

How many TOTAL hours a week did you... Do general conditioning exercises, such as light calisthenics or chair exercises (do not count strength training)?

Value	Description	N	%
1	Less than 1 hour	887	13.8
2	1-2.5 hours	622	9.7
3	3-4.5 hours	147	2.3
4	5-6.5 hours	17	0.3
5	7-8.5 hours	5	0.1
6	9 or more hours	9	0.1
	Missing	4,750	73.8

BBALL Basketball Soccer Col#205

In a typical week during the past 4 weeks, did you... Play basketball, soccer, or racquetball (do not count time on sidelines)?

Value	Description	N	%
0	No	6,251	97.1
1	Yes	33	0.5
	Missing	153	2.4

BBALL_WK Basketball Soccer Times Col#206

How many TIMES a week did you... Play basketball, soccer, or racquetball (do not count time on sidelines)?

N	Missing	Min	Max	Mean	Std Dev
21	6,416	0	7	2.476	1.965

BBALL_HR Basketball Soccer Hours Col#207

How many TOTAL hours a week did you... Play basketball, soccer, or racquetball (do not count time on sidelines)?



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Value	Description	N	%
1	Less than 1 hour	20	0.3
2	1-2.5 hours	6	0.1
3	3-4.5 hours	4	0.1
4	5-6.5 hours	1	0.0
5	7-8.5 hours	0	0.0
6	9 or more hours	0	0.0
	Missing	6,406	99.5

OTHERACT

Other Physical Activity

Col#208

In a typical week during the past 4 weeks, did you... Do other types of physical activity not previously mentioned (please specify)?

Value	Description	N	%
0	No	5,167	80.3
1	Yes	930	14.4
	Missing	340	5.3

OTHR_WK

Other Phys Activity Times

Col#209

How many TIMES a week did you... Do other types of physical activity not previously mentioned (please specify)?

N	Missing	Min	Max	Mean	Std Dev
653	5,784	0	71212	114.003	2,786.576

OTHR_HR

Other Phys Activity Hours

Col#210

How many TOTAL hours a week did you... Do other types of physical activity not previously mentioned (please specify)?

Value	Description	N	%
1	Less than 1 hour	226	3.5
2	1-2.5 hours	337	5.2
3	3-4.5 hours	146	2.3
4	5-6.5 hours	52	0.8
5	7-8.5 hours	27	0.4
6	9 or more hours	70	1.1
	Missing	5,579	86.7

TEXPWK

Total energy expend from recreational phys activity (MET-hours/week)

Col#211

Computed from Form 321, questions 1, 1.1, 1.2, 2.1, 2.2, 2.3, 2.4, 2.5, and 2.6. Total MET-hours per week. Expenditure of energy from recreational physical activity (includes walking, mild, moderate and strenuous physical activity in kcal/week/kg).

N	Missing	Min	Max	Mean	Std Dev
6,401	36	0	142.33333	11.892	14.105

WALKMINSWK

Minutes of walking per week

Col#212

Computed from Form 321, questions 1 and 1.1. Minutes per week of walking.

N	Missing	Min	Max	Mean	Std Dev
6,401	36	0	490	81.677	105.011

WALKEXP

MET-hours per week from walking

Col#213

Computed from Form 321, questions 1, 1.1, and 1.2. Expenditure of energy from physical activity from walking in kcal/week/kg (MET-hours per week).



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N	Missing	Min	Max	Mean	Std Dev
6,401	36	0	40.83333	3.952	5.600

AVWKEXP Energy expend from average walking (MET-hours/week) **Col#214**

Computed from Form 321, questions 1, 1.1 and 1.2. Energy expenditure from average walking (2-3 mph) in MET-hours per week. If question 1.2 (speed of walking) was marked as "don't know" or was missing, the speed was assumed to be 2-3 mph.

N	Missing	Min	Max	Mean	Std Dev
6,437	0	0	24.5	2.232	4.424

FFWKEXP Energy expend from walking fairly fast (MET-hours/week) **Col#215**

Computed from Form 321, questions 1, 1.1 and 1.2. Energy expenditure from walking fairly fast (3-4 mph) in MET-hours per week.

N	Missing	Min	Max	Mean	Std Dev
6,437	0	0	32.66667	0.879	3.864

VFWKEXP Energy expend from walking very fast (MET-hours/week) **Col#216**

Computed from Form 321, questions 1, 1.1, and 1.2. Energy expenditure from walking very fast (> 4 mph) in MET-hours per week.

N	Missing	Min	Max	Mean	Std Dev
6,437	0	0	40.83333	0.066	1.440

HARDEXP Energy expenditure from hard exercise (MET-hours/week) **Col#217**

Computed from Form 321, questions 2.1 and 2.2. Energy expenditure from strenuous or very hard exercise (for example, aerobics, aerobic dancing, jogging, tennis, swimming laps) in MET-hours per week.

N	Missing	Min	Max	Mean	Std Dev
6,437	0	0	49	3.612	7.867

MODEXP Energy expend from moderate exercise (MET-hours/week) **Col#218**

Computed from Form 321, questions 2.3 and 2.4. Energy expenditure from moderate exercise (for example, biking outdoors, using an exercise machine, calisthenics, easy swimming, popular or folk dancing) in MET-hours per week.

N	Missing	Min	Max	Mean	Std Dev
6,437	0	0	31.5	3.104	5.431

MILDEXP Energy expenditure from mild exercise (MET-hours/week) **Col#219**

Computed from Form 321, questions 2.5 and 2.6. Energy expenditure from mild exercise (for example, slow dancing, bowling, golf) in MET-hours per week.

N	Missing	Min	Max	Mean	Std Dev
6,437	0	0	21	1.179	2.939

YRDMINWK Minutes/week of yard work **Col#220**

Computed from Form 321, questions 4 and 4.1. Minutes per week of physical activity from yardwork.

N	Missing	Min	Max	Mean	Std Dev
5,988	449	0	660	46.856	102.487

YARDEXP Energy expended from yard work (MET-hours/week) **Col#221**



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Computed from Form 321, questions 4 and 4.1. Expenditure of energy from physical activity from yard work in MET-hours per week.

N	Missing	Min	Max	Mean	Std Dev
5,988	449	0	44	3.124	6.832

INHEAEXP

Energy expended from heavy indoor chores (MET-hours/week)

Col#222

Computed from Form 321, question 3. Expenditure of energy from physical activity from heavy indoor household chores in MET-hours per week.

N	Missing	Min	Max	Mean	Std Dev
6,205	232	0	42	6.867	8.721

TEPIWK

Episodes recreational phys activity per week

Col#223

Computed from Form 321, questions 1, 2.1, 2.3, and 2.5. Total number of episodes per week of recreational physical activity (includes walking, mild, moderate and strenuous physical activity).

N	Missing	Min	Max	Mean	Std Dev
6,401	36	0	25	5.082	4.345

TMINWK

Minutes of recreational phys activity per week

Col#224

Computed from Form 321, questions 1, 1.1, 2.1, 2.2, 2.3, 2.4, 2.5, and 2.6. Total minutes per week of recreational physical activity (includes walking, mild, moderate and strenuous physical activity).

N	Missing	Min	Max	Mean	Std Dev
6,401	36	0	1750	178.147	189.739

MSEPIWK

Episodes moderate to strenuous phys activity per week

Col#225

Computed from Form 321, questions 1.2, 2.1, and 2.3. Episodes per week of moderate and strenuous recreational physical activity (includes walking fairly fast or very fast, moderate physical activity and strenuous physical activity).

N	Missing	Min	Max	Mean	Std Dev
6,401	36	0	19	2.315	3.017

MSMINWK

Minutes of moderate to strenuous activity per week

Col#226

Computed from Form 321, questions 1, 1.2, 2.1, and 2.3. Minutes per week of moderate and strenuous recreational physical activity (includes walking fairly fast or very fast, moderate physical activity and strenuous physical activity).

N	Missing	Min	Max	Mean	Std Dev
6,401	36	0	1330	86.800	135.969

SMINWK

Minutes of strenuous phys activity per week

Col#227

Computed from Form 321, questions 2.1 and 2.2. Minutes per week of strenuous recreational physical activity.

N	Missing	Min	Max	Mean	Std Dev
6,401	36	0	420	31.134	67.582

MODMINWK

Minutes of moderate phys activity per week

Col#228

Computed from Form 321, questions 2.3 and 2.4. Minutes per week of moderate recreational physical activity.

N	Missing	Min	Max	Mean	Std Dev
6,401	36	0	420	41.618	72.553



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MILDMINWK Minutes of mild phys activity per week **Col#229**

Computed from Form 321, questions 2.5 and 2.6. Minutes per week of mild recreational physical activity.

N	Missing	Min	Max	Mean	Std Dev
6,401	36	0	420	23.717	58.910

LEPITOT Episodes recreational phys activity per week \geq 20 Min **Col#230**

Computed from Form 321, questions 1, 1.1, 2.1, 2.2, 2.3, 2.4, 2.5 and 2.6. Episodes per week of recreational physical activity of \geq 20 minutes duration (includes walking, mild, moderate and strenuous physical activity).

N	Missing	Min	Max	Mean	Std Dev
6,401	36	0	25	3.859	4.106

XMLSEPI Episodes moderate to strenuous activity \geq 20 min/week **Col#231**

Computed from Form 321, questions 1, 1.1, 1.2, 2.1, 2.2, 2.3 and 2.4. Episodes per week of moderate and strenuous recreational physical activity of \geq 20 minutes duration (includes walking fairly fast or very fast, moderate physical activity and strenuous physical activity).

N	Missing	Min	Max	Mean	Std Dev
6,401	36	0	19	1.892	2.848

LMSEPI Episodes moderate to strenuous activity \geq 20 min/week (categorical) **Col#232**

Categorical variable of episodes per week of moderate and strenuous recreational physical activity of \geq 20 minutes duration (includes walking fairly fast or very fast, moderate physical activity and strenuous physical activity). Computed from XMLSEPI and TEPIWK.

Value	Description	N	%
1	No activity	1,207	18.8
2	Some activity of limited duration	2,659	41.3
3	2 - <4 episodes per week	1,174	18.2
4	\geq 4 episodes per week	1,361	21.1
	Missing	36	0.6

SEPIWK Strenuous activity episodes per week **Col#233**

Computed from Form 321, question 2.1. Episodes per week of strenuous recreational physical activity.

Value	Description	N	%
0	0	4,560	70.8
1	1	444	6.9
2	2	503	7.8
3	3	555	8.6
4	4	153	2.4
6	5 or more	186	2.9
	Missing	36	0.6

CHMPEXPALL CHAMPS Expenditure All **Col#234**

CHAMPS caloric expenditure (METs/minute) per week in all exercise-related activities.

N	Missing	Min	Max	Mean	Std Dev
6,437	0	0	22518.75	1,750.917	1,634.252

CHMPEXPMOD CHAMPS Expenditure Moderate **Col#235**

CHAMPS caloric expenditure (METs/minute) per week in moderate-intensity exercise-related activities.



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N	Missing	Min	Max	Mean	Std Dev
6,437	0	0	16822.5	853.606	1,184.797

CHMPFREQALL **CHAMPS Frequency All** **Col#236**

CHAMPS frequency per week in all exercise-related activities.

N	Missing	Min	Max	Mean	Std Dev
6,437	0	0	170	12.970	12.463

CHMPFREQMOD **CHAMPS Frequency Moderate** **Col#237**

CHAMPS frequency per week in moderate-intensity exercise-related activities.

N	Missing	Min	Max	Mean	Std Dev
6,437	0	0	80	4.179	5.947

FESSCORE **Falls Efficacy Score** **Col#238**

Computed from Form 321, question 12. Scale of how concerned participant is about falling. Continuous measure ranging from 7-28, with higher values indicating more concern.

N	Missing	Min	Max	Mean	Std Dev
6,340	97	7	28	10.733	4.178

FESCAT **Falls Efficacy Category** **Col#239**

Computed from Form 321, question 12. Categorical measure of how concerned participant is about falling. A FES score of 7-8 is low, 9-13 is moderate, and 14-28 is high.

Value	Description	N	%
1	Low concern	2,318	36.0
2	Moderate concern	2,789	43.3
3	High concern	1,233	19.2
	Missing	97	1.5

CARDIAWKDAYCOM **CARDIA Weekday complete** **Col#240**
P

Computed from Form 321, question 11. Continuous measure of hours spent doing sedentary activities on an average weekday. Variable was only calculated for participants with complete data (i.e., when all 6 sub-questions were not missing).

N	Missing	Min	Max	Mean	Std Dev
5,982	455	0	24	8.200	3.381

CARDIAWKENDCOM **CARDIA Weekend complete** **Col#241**
P

Computed from Form 321, question 12. Continuous measure of hours spent doing sedentary activities on an average weekend day. Variable was only calculated for participants with complete data (i.e., when all 6 sub-questions were not missing).

N	Missing	Min	Max	Mean	Std Dev
5,893	544	0	24	7.651	3.464



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CARDIAWEEKCOMP CARDIA Week complete

Col#242

Computed from Form 321, questions 11-12. Calculation of a total week of hours spent doing sedentary activities based on measures calculated from CARDIAWKDAYCOMP and CARDIAWKENDCOMP. Variable was only calculated for participants with complete data (i.e., when all 12 sub-questions were not missing).

N	Missing	Min	Max	Mean	Std Dev
5,674	763	0	168	56.309	22.682

CARDIAWKDAYIMP CARDIA Weekday imputed

Col#243

Computed from Form 321, question 11. Continuous measure of hours spent doing sedentary activities on an average weekday. Variable was calculated for participants with 5 or less missing responses from BOTH question 11 AND question 12. Missing data was singly imputed by using the median value from 6 race-age strata.

N	Missing	Min	Max	Mean	Std Dev
6,304	133	0	24	8.224	3.409

CARDIAWKENDIMP CARDIA Weekend imputed

Col#244

Computed from Form 321, question 12. Continuous measure of hours spent doing sedentary activities on an average weekend day. Variable was calculated for participants with 5 or less missing responses from BOTH question 11 AND question 12. Missing data was singly imputed by using the median value from 6 race-age strata.

N	Missing	Min	Max	Mean	Std Dev
6,304	133	0	24	7.634	3.451

CARDIAWEEKIMP CARDIA Week imputed

Col#245

CARDIAWEEKIMP: Computed from Form 321, question 11-12. Calculation of a total week of hours spent doing sedentary activities based on measures calculated from CARDIAWKDAYIMP and CARDIAWKENDIMP. Variable was calculated for participants with 5 or less missing responses from BOTH question 11 AND question 12. Missing data was imputed by using the median value from 6 race-age strata.

N	Missing	Min	Max	Mean	Std Dev
6,304	133	0	168	56.390	22.854