



# MESA Exam 7

## Physical Activity

Participant ID #:

Acrostic:

Technician ID:

Date:  /  /   
Month Day Year

By what mode was the questionnaire completed?

- Interviewer-administered
- Self-administered (either on paper or digitally)

Think about the types of activities you did in a typical week in the past month. Please indicate whether you did or did not perform each of the following activities in a typical week. For each item that you respond 'yes', you will be asked for the number of days in a typical week you did these activities and the average amount of time per day in hours and minutes.

**Intensity Levels:**

Light → easy effort

Moderate → harder than light but not all-out

Heavy → all-out

**Example:**

Conditioning Activities	Days/Week							Hours/Day						Minutes/Day			
	1	2	3	4	5	6	7	1	2	3	4	5	5+	5	15	30	45
<u>Moderate Effort:</u> Low impact aerobics, slow bicycling, rowing, leisurely swimming, health club machines—moderate intensity	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Y N																	
<input checked="" type="radio"/> <input type="radio"/>																	

In this example, the activity was done 3 days per week, 1 hour and 30 minutes per day.

In a typical week in the past month, did you do:

Household chores	Days/Week							Hours/Day						Minutes/Day			
	1	2	3	4	5	6	7	1	2	3	4	5	5+	5	15	30	45
1. <u>Light Effort:</u> Such as cooking, dishes, ironing, straightening up, laundry, shopping	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Y N																	
<input type="radio"/> <input type="radio"/>																	



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## Physical Activity

In a typical week in the past month, did you do:

Household chores	Days/Week	Hours/Day	Minutes/Day
2. <u>Moderate or Heavy Effort</u> : Such as heavy cleaning, scrubbing, mopping, home repairs, washing car, vacuuming  Y N <input type="radio"/> <input type="radio"/>	1 2 3 4 5 6 7 <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	1 2 3 4 5 5+ <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	5 15 30 45 <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
<b>Lawn/Yard/Garden/Farm</b>			
3. <u>Moderate Effort</u> : Such as weeding, mowing grass, raking, cleaning garage, sweeping  Y N <input type="radio"/> <input type="radio"/>	1 2 3 4 5 6 7 <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	1 2 3 4 5 5+ <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	5 15 30 45 <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
4. <u>Heavy Effort</u> : Such as digging dirt, shoveling snow, mending fences, chopping wood  Y N <input type="radio"/> <input type="radio"/>	1 2 3 4 5 6 7 <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	1 2 3 4 5 5+ <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	5 15 30 45 <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
<b>Care of Children/Adults</b>			
5. <u>Light Effort</u> : Such as bathing, feeding, changing diapers, playing with child  Y N <input type="radio"/> <input type="radio"/>	1 2 3 4 5 6 7 <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	1 2 3 4 5 5+ <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	5 15 30 45 <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
6. <u>Moderate Effort</u> : Such as lifting and carrying, pushing wheelchair or stroller  Y N <input type="radio"/> <input type="radio"/>	1 2 3 4 5 6 7 <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	1 2 3 4 5 5+ <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	5 15 30 45 <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
<b>Transportation</b>			
7. Drive or ride in car, ride the bus/subway, including travel to work  Y N <input type="radio"/> <input type="radio"/>	1 2 3 4 5 6 7 <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	1 2 3 4 5 5+ <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	5 15 30 45 <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>



# MESA Exam 7

## Physical Activity

In a typical week in the past month, did you do:

Walking (not at work)	Days/Week	Hours/Day	Minutes/Day
8. Walking to get places—to the bus, car, work, into the store  Y N ○ ○	1 2 3 4 5 6 7 ○ ○ ○ ○ ○ ○ ○	1 2 3 4 5 5+ ○ ○ ○ ○ ○ ○	5 15 30 45 ○ ○ ○ ○
9. Walking for exercise, pleasure, social reasons, walking during work breaks, walking the dog  Y N ○ ○	1 2 3 4 5 6 7 ○ ○ ○ ○ ○ ○ ○	1 2 3 4 5 5+ ○ ○ ○ ○ ○ ○	5 15 30 45 ○ ○ ○ ○
<b>Dancing/Sport Activities</b>			
10. Dancing in church, ceremonies or for pleasure  Y N ○ ○	1 2 3 4 5 6 7 ○ ○ ○ ○ ○ ○ ○	1 2 3 4 5 5+ ○ ○ ○ ○ ○ ○	5 15 30 45 ○ ○ ○ ○
11. Team sports—softball, volleyball, basketball, soccer  Y N ○ ○	1 2 3 4 5 6 7 ○ ○ ○ ○ ○ ○ ○	1 2 3 4 5 5+ ○ ○ ○ ○ ○ ○	5 15 30 45 ○ ○ ○ ○
12. Dual sports—tennis, racquetball, paddleball  Y N ○ ○	1 2 3 4 5 6 7 ○ ○ ○ ○ ○ ○ ○	1 2 3 4 5 5+ ○ ○ ○ ○ ○ ○	5 15 30 45 ○ ○ ○ ○
13. Individual activities—golf, bowling, yoga, T'ai Chi  Y N ○ ○	1 2 3 4 5 6 7 ○ ○ ○ ○ ○ ○ ○	1 2 3 4 5 5+ ○ ○ ○ ○ ○ ○	5 15 30 45 ○ ○ ○ ○



# MESA Exam 7

## Physical Activity

In a typical week in the past month, did you do:

Conditioning Activities	Days/Week	Hours/Day	Minutes/Day
14. <u>Moderate Effort</u> : Low impact aerobics, slow bicycling, rowing, leisurely swimming, health club machines—moderate intensity  Y N <input type="radio"/> <input type="radio"/>	1 2 3 4 5 6 7 <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	1 2 3 4 5 5+ <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	5 15 30 45 <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
15. <u>Heavy Effort</u> : High impact aerobics, fast bicycling, running, jogging, fast swimming, health club machines—vigorous intensity  Y N <input type="radio"/> <input type="radio"/>	1 2 3 4 5 6 7 <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	1 2 3 4 5 5+ <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	5 15 30 45 <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
<b>Leisure Activities</b>			
16. Sit or recline and watch TV  Y N <input type="radio"/> <input type="radio"/>	1 2 3 4 5 6 7 <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	1 2 3 4 5 5+ <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	5 15 30 45 <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
17. Read, knit sew, visit, do nothing, non-work recreational computer  Y N <input type="radio"/> <input type="radio"/>	1 2 3 4 5 6 7 <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	1 2 3 4 5 5+ <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	5 15 30 45 <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>

### Occupational Activities

18. Do you work to earn money? (if no, skip to Q24)

Y N

19. How many days per week and hours per day do you work in all jobs?

Days/Week	Hours/Day
1 2 3 4 5 6 7 <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	<1 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>



# MESA Exam 7

## Physical Activity

Fill in the circles for the time you spent in each activity at work. The hours per day for all activities should equal the total hours per day you work.

At work did you do:

20. Light Effort: While sitting (e.g. in an office, laboratory, child care, etc.)

### Hours/Day

<1 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16

Y N

21. Light Effort: While standing (e.g. filing copying, clerking, assembly, nursing, farming, etc.)

### Hours/Day

<1 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16

Y N

22. Moderate Effort: While standing and/or walking (e.g. nursing, custodian, housekeeping), lifting & pushing, sustained walking (e.g. making deliveries)

### Hours/Day

<1 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16

Y N

23. Heavy Effort: Manual labor, ranch hand, farm labor, lifting, carrying, climbing, loading/unloading trucks

### Hours/Day

<1 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16

Y N

### Volunteer Activities

24. Do you work as a volunteer and/or at church in activities you have not yet mentioned on this survey? (if no, skip to Q28)

Y N



# MESA Exam 7

## Physical Activity

Did your volunteer work include:

25. Light Effort: Sitting or standing

Y N

Days/Week

1 2 3 4 5 6 7

Hours/Day

1 2 3 4 5 5+

26. Moderate Effort: Standing or walking

Y N

1 2 3 4 5 6 7

1 2 3 4 5 5+

27. Heavy Effort: Pushing, lifting, carrying, climbing

Y N

1 2 3 4 5 6 7

1 2 3 4 5 5+

28. When you walk outside of your home, what is your usual pace?

- No walking at all
- Casual strolling (up to 2 mph)
- Average or normal (2-3 mph)
- Fairly briskly (4-5 mph)
- Brisk or striding (more than 5 mph)

29. Questionnaire completed by:

- Participant
- Proxy