

APPENDIX C - SAMPLE INDIVIDUAL SURVEY QUESTIONS

SAMPLE 1: QUESTIONS FROM THE FOOTPRINTS TO HEALTH INTERVENTION IN WAUSAU

General: Individual Physical Activity Questions

1. On how many of the past 7 days did you exercise or participate in moderate or rigorous physical activity for at least 30 minutes total?

- 0 days
- 1 day
- 2 days
- 3 days
- 4 days
- 5 days
- 6 days
- 7 days
- I'm not physically active

Moderate physical activity includes activities such as walking briskly, mowing the lawn, dancing, swimming, or bicycling.

2. Regular exercise is physical activity that is done 3 to 5 times per week for at least 30 minutes. Do you exercise regularly according to that definition?

- Yes, I have been for MORE than 6 months
- Yes, I have been for LESS than 6 months
- No, but I intend to in the next 30 days
- No, but I intend to in the next 6 months
- No, and I do NOT intend to in the next 6 months

3. On days when you are physically active, how much time on average do you spend being physically active?

- Less than 10 minutes
- 10 minutes or more, but less than 20 minutes
- 20 minutes or more, but less than 30 minutes
- 30 minutes or more, but less than 40 minutes
- 40 minutes or more, but less than 60 minutes
- 60 minutes or more
- I'm not physically active

4. On an average day, how much time do you and your child spend being physically active together?

- None
- Less than 10 minutes
- 10 minutes or more, but less than 20 minutes
- 20 minutes or more, but less than 30 minutes
- 30 minutes or more, but less than 40 minutes
- 40 minutes or more, but less than 60 minutes
- 60 minutes or more

5. On an average day, how much total time does your child spend being physically active?

- None
- Less than 10 minutes
- 10 minutes or more, but less than 20 minutes
- 20 minutes or more, but less than 30 minutes
- 30 minutes or more, but less than 40 minutes
- 40 minutes or more, but less than 60 minutes
- 60 minutes or more

Neighborhood: Physical Activity Questions

Please rate your current knowledge of the following:	Low 1	2	3	4	High 5
6. What opportunities there are for physical activity in my neighborhood or larger community	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Whether there is a walking club or walking group in my neighborhood	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. What the distances are to stores or places nearby	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. What is a safe route that my child can walk to school	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

10. If available, would you use maps of neighborhood walking routes?

- Yes
- No
- Unsure

11. If available, which of the following physical activity opportunities would you participate in? (check all that apply)

- Indoor walking at a nearby school
- Open gym time at a nearby school for adults
- Open gym time at a nearby school for families
- A weekly walk-to-school day with your children
- Other: _____

Walking: Physical Activity

12. In a typical week, on how many days do you walk for at least 10 minutes at a time for recreation/exercise or to get to or from places?

- 0 days
- 1 day
- 2 days
- 3 days
- 4 days
- 5 days
- 6 days
- 7 days

13. In a typical week, on how many days does your child walk to school?

- 0 days
- 1 day
- 2 days
- 3 days
- 4 days
- 5 days

SAMPLE 2: NATIONAL SURVEY QUESTIONS

BRFSS – National phone survey for adults. National and State results can be found at: <http://apps.nccd.cdc.gov/BRFSS/>

Section 5: Exercise

5.1 During the past month, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?

- Yes
- No
- Don't know / Not sure

Section 19: Physical Activity

19.1 When you are at work, which of the following best describes what you do?

- Mostly sitting or standing
- Mostly walking
- Mostly heavy labor or physically demanding work
- Don't know / Not sure

We are interested in two types of physical activity - vigorous and moderate. Vigorous activities cause large increases in breathing or heart rate while moderate activities cause small increases in breathing or heart rate.

19.2 Now, thinking about the moderate activities you do **when you are not working** in a usual week, do you do moderate activities for at least 10 minutes at a time, such as brisk walking, bicycling, vacuuming, gardening, or anything else that causes some increase in breathing or heart rate?

- Yes
- No **[Go to 19.5]**
- Don't know / Not sure **[Go to Q19.5]**

19.3 How many days per week do you do these moderate activities for at least 10 minutes at a time?

__ Days per week (write in total)

- Do not do any moderate physical activity for at least 10 minutes at a time? **[Go to Q19.5]**
- Don't know / Not sure **[Go to Q19.5]**

19.4 On days when you do moderate activities for at least 10 minutes at a time, how much total time per day do you spend doing these activities?

_: _ Hours and minutes per day (write in total)

- Don't know / Not sure

19.5 Now, thinking about the vigorous activities you do **when you are not working** in a usual week, do you do vigorous activities for at least 10 minutes at a time, such as running, aerobics, heavy yard work, or anything else that causes large increases in breathing or heart rate?

- Yes
- No **[Go to next section]**
- Don't know / Not sure **[Go to next section]**

19.6 How many days per week do you do these vigorous activities for at least 10 minutes at a time?

- Do not do any vigorous physical activity for at least 10 minutes at a time [**Go to next section**]
- Don't know / Not sure [**Go to next section**]

19.7 On days when you do vigorous activities for at least 10 minutes at a time, how much total time per day do you spend doing these activities?

- __ : __ Hours and minutes per day (write in total)
- Don't know / Not sure

Centers for Disease Control and Prevention (CDC). *Behavioral Risk Factor Surveillance System Survey Questionnaire*. Atlanta, Georgia: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2009.

YRBS – National survey for school-age children. National and State results can be found at: <http://www.cdc.gov/HealthyYouth/yrbs/>

80. During the past 7 days, on how many days were you physically active for a total of **at least 60 minutes per day**? (Add up all the time you spent in any kind of physical activity that increased your heart rate and made you breathe hard some of the time.)

- 0 days
- 1 day
- 2 days
- 3 days
- 4 days
- 5 days
- 6 days
- 7 days

81. On an average school day, how many hours do you watch TV?

- I do not watch TV on an average school day
- Less than 1 hour per day
- 1 hour per day
- 2 hours per day
- 3 hours per day
- 4 hours per day
- 5 or more hours per day

82. On an average school day, how many hours do you play video or computer games or use a computer for something that is not school work? (Include activities such as Nintendo, Game Boy, PlayStation, Xbox, computer games, and the Internet.)

- I do not play video or computer games or use a computer for something that is not school work
- Less than 1 hour per day
- 1 hour per day
- 2 hours per day
- 3 hours per day
- 4 hours per day
- 5 or more hours per day

83. In an average week when you are in school, on how many days do you go to physical education (PE) classes?

- 0 days
- 1 day
- 2 days
- 3 days
- 4 days
- 5 days

84. During the past 12 months, on how many sports teams did you play? (Include any teams run by your school or community groups.)

- 0 teams
- 1 team
- 2 teams
- 3 or more teams