



EUROPEAN PHYSICAL ACTIVITY QUESTIONNAIRE (EPAQ) FOR EHS WAVE II

INDICATORS

OVERVIEW NEW ECHI OUTCOME INDICATORS PHYSICAL ACTIVITY

- **Work-related physical activity**

Item study population:

Indicator will refer to two different study populations:

- (1) All men and women, 15 years and older
- (2) Workforce (men and women, 15-64 years and older, carrying out a full-time job or profession, including unpaid work for a family business or holding, including an apprenticeship or paid traineeship, etc.)

Indicator specification (accounts for both study populations):

Percentage of population/workforce fulfilling (A) physically inactive tasks ('mostly sitting or standing'), (B) tasks of light to moderate physical effort ('mostly walking or tasks of light to moderate physical effort'), (C) strenuous tasks ('mostly heavy labour or physically demanding work')

- **Physically active transportation (commuting activity)**

Item study population: Men and women, 15 years and older

Indicator specification:

- (1) Quintiles of walking minutes/week for transportation: Reporting of a countries' threshold values for each quintile boundary
- (2) Quintiles of bicycling minutes/week for transportation: Reporting of a countries' threshold values for each quintile boundary
- (3) Quintiles of overall metabolic equivalent (MET) minutes/week spend for active transportation: Reporting of a countries' threshold values for each quintile boundary

- **Sports, exercise and recreational (leisure) physical activity**

Item study population: Men and women, 15 years and older

Indicator specification:

- (1) Quintiles of health-enhancing leisure-time physical activity minutes/week: Reporting of a countries' threshold values for each quintile boundary

- **WHO health-enhancing physical activity recommendations compliance**

Item study population: Men and women, 18-64 years

Indicator specification:

- (1) Health-enhancing *aerobic* physical activity recommendation compliance: Percentage of a countries' population in this age group carrying out ≥ 150 minutes of at least moderate-intensity aerobic physical activity per week
- (2) Health-enhancing *muscle-strengthening* physical activity recommendation compliance: Percentage of a countries' population in this age group carrying ≥ 2 time per week muscle-strengthening physical activity
- (3) Overall health-enhancing physical activity compliance: Percentage of a countries' population in this age group meeting *aerobic* and *muscle-strengthening* physical activity recommendations

QUESTIONNAIRE

Physical Activity

Next I am going to ask you about the time you spend doing different types of physical activity in a typical week. Please answer these questions even if you do not consider yourself to be a physically active person.

Work-related physical activity

1	<p>Think first about the time you spend doing work. Think of work as the things that you have to do such as paid and unpaid work, work around your home, taking care of family, studying or training. [Insert other examples if needed].</p> <p>When you are WORKING, which of the following best describes what you do? Would you say—</p> <p><i>INTERVIEWER INSTRUCTION: Please handout SHOWCARD 1. Respondents should refer their answer to the ‘main work’ they do. If respondents do multiple tasks, they should include all tasks.</i></p> <table border="1" style="width: 100%;"> <tr> <td style="width: 80%;">1 Mostly sitting or standing</td> <td style="width: 20%; text-align: center;"><input type="checkbox"/></td> </tr> <tr> <td>2 Mostly walking or tasks of light to moderate physical effort</td> <td style="text-align: center;"><input type="checkbox"/></td> </tr> <tr> <td>3 Mostly heavy labour or physically demanding work</td> <td style="text-align: center;"><input type="checkbox"/></td> </tr> <tr> <td colspan="2"><i>Do not read:</i></td> </tr> <tr> <td>97 Not applicable</td> <td style="text-align: center;"><input type="checkbox"/></td> </tr> <tr> <td>98 Don't know / Not sure</td> <td style="text-align: center;"><input type="checkbox"/></td> </tr> <tr> <td>99 Refused</td> <td style="text-align: center;"><input type="checkbox"/></td> </tr> </table>	1 Mostly sitting or standing	<input type="checkbox"/>	2 Mostly walking or tasks of light to moderate physical effort	<input type="checkbox"/>	3 Mostly heavy labour or physically demanding work	<input type="checkbox"/>	<i>Do not read:</i>		97 Not applicable	<input type="checkbox"/>	98 Don't know / Not sure	<input type="checkbox"/>	99 Refused	<input type="checkbox"/>
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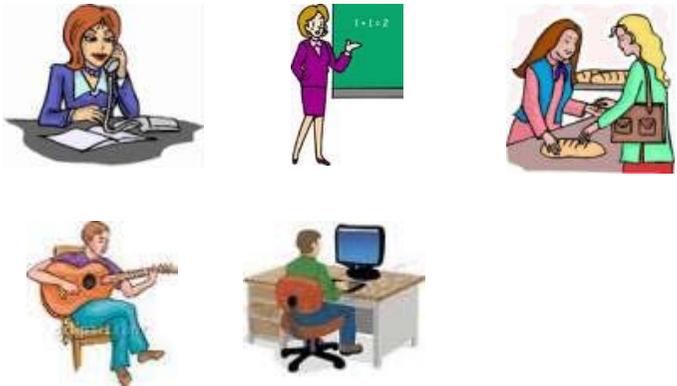
Travel to and from places (commuting activities)

2	<p>The next questions exclude the physical activities at work that you have already mentioned. Now I would like to ask you about the way you usually TRAVEL TO AND FROM PLACES. For example to work, to school, for shopping, or to market. [insert other examples if needed]</p>										
2.1	<p>In a typical week, on how many days do you WALK for at least 10 minutes continuously to get to and from places?</p> <p>Number of days: ____ <i>If zero go to question 2.2</i></p>										
2.1A	<p>How much time do you spend walking for travel on a typical day?</p> <p><i>INTERVIEWER INSTRUCTION: Please handout SHOWCARD 2.</i></p> <table border="1" style="width: 100%;"> <tr> <td style="width: 80%;">10 - 29 minutes per day</td> <td style="width: 20%; text-align: center;"><input type="checkbox"/></td> </tr> <tr> <td>30 - 59 minutes per day</td> <td style="text-align: center;"><input type="checkbox"/></td> </tr> <tr> <td>1 - 2 hours per day</td> <td style="text-align: center;"><input type="checkbox"/></td> </tr> <tr> <td>2 - 3 hours per day</td> <td style="text-align: center;"><input type="checkbox"/></td> </tr> <tr> <td>3 hours or more per day</td> <td style="text-align: center;"><input type="checkbox"/></td> </tr> </table>	10 - 29 minutes per day	<input type="checkbox"/>	30 - 59 minutes per day	<input type="checkbox"/>	1 - 2 hours per day	<input type="checkbox"/>	2 - 3 hours per day	<input type="checkbox"/>	3 hours or more per day	<input type="checkbox"/>
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2.2	<p>In a typical week, on how many days do you BICYCLE for at least 10 minutes continuously to get to and from places?</p> <p><i>INTERVIEWER INSTRUCTION: Include here also the use of other non motor-driven means of active transportation such as scooter, roller or skates etc.</i></p> <p>Number of days: ____ <i>If zero go to question 3</i></p>										

2.2A	How much time do you spend bicycling for travel on a typical day?	
	<i>INTERVIEWER INSTRUCTION: Please refer to SHOWCARD 2.</i>	
	10 - 29 minutes per day	<input type="checkbox"/>
	30 - 59 minutes per day	<input type="checkbox"/>
	1 - 2 hours per day	<input type="checkbox"/>
	2 - 3 hours per day	<input type="checkbox"/>
	3 hours or more per day	<input type="checkbox"/>
<i>Sports, fitness and recreational activities</i>		
3	The next questions exclude the work and transportation activities that you have already mentioned. Now I would like to ask you about SPORTS, FITNESS and RECREATIONAL ACTIVITIES (leisure) that causes AT LEAST a small increase in breathing or heart rate such as brisk walking, ball games, jogging, cycling or swimming. [insert other examples if needed]	
3.1	In a typical week, on how many days do you do sports, fitness or recreational (leisure) activities for at least 10 minutes continuously?	
	<i>INTERVIEWER INSTRUCTION: Please hand out SHOWCARD 3.</i>	
	Number of days: ___ <i>If zero go to the next section</i>	
3.1A	How much time do you spend in total doing sports, fitness or recreational activities in a typical week?	
	___ ___ : ___ ___ per week hrs mins	
<i>Muscle-strengthening activities</i>		
4	In a typical week, on how many days do you do physical activities specifically designed to STRENGTHEN your muscles such as lifting weights or doing calisthenics? (Include all such activities even if you have mentioned them before.)	
	<i>INTERVIEWER INSTRUCTION: Please hand out SHOWCARD 4.</i>	
	Number of days: ___	

SHOWCARDS

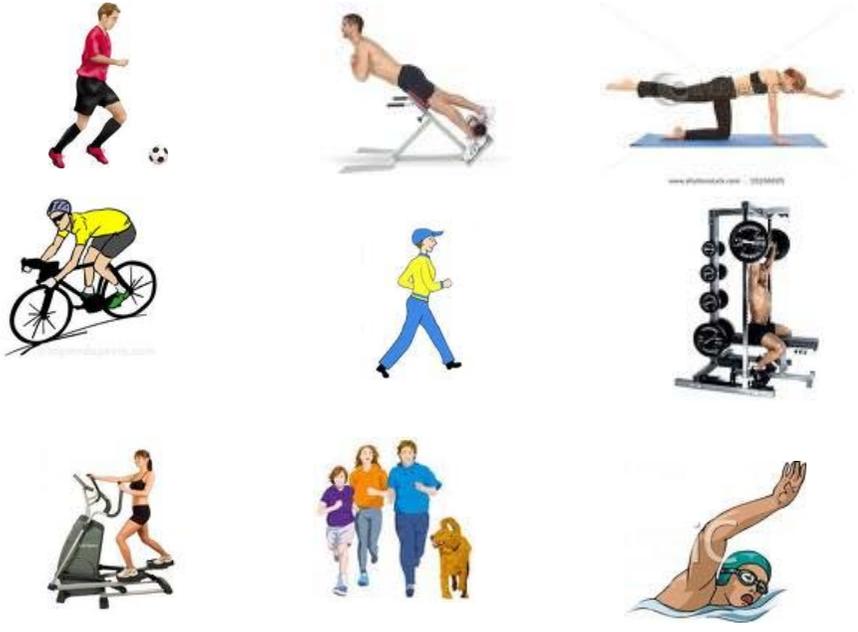
1. Work-related physical activity

<p>Mostly sitting or standing</p>		<p>Physically inactive tasks such as desk work, reading, writing, drawing, talking or talking on phone, teaching, playing guitar, piano or flute, or using computer etc.</p>
<p>Mostly walking or tasks of light to moderate physical effort</p>		<p>Tasks of light to moderate effort such as electrical work, plumbing, automobile repair, machine tooling, cleaning, vacuuming, washing dishes, shopping, playing with children, carrying light things, or watering lawn or garden etc.</p>
<p>Mostly heavy labour or physically demanding work</p>		<p>Strenuous tasks such as using heavy power tools, construction work, mining, carrying heavy things, loading, stacking or chopping wood, cleaning land, shovelling or digging, spading, or filling garden etc.</p>

2. Duration of walking and bicycling

10 - 29 minutes per day.....	1
30 - 59 minutes per day.....	2
1 - 2 hours per day.....	3
2 - 3 hours per day.....	4
3 hours or more per day.....	5

3. Sports, fitness, recreational physical activity

<p>Sports, fitness, recreational activities</p>		<p>Leisure-time activities that causes AT LEAST a small increase in breathing or heart rate such as brisk walking, ball games, jogging, cycling or swimming, lifting weights or doing calisthenics</p>
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4. Muscle-strengthening physical activity

Muscle-strengthening activities



Physical activities **specifically designed to STRENGTHEN your muscles** such as lifting weights or doing calisthenics

RATIONALE

Main advantages of the new instrument compared to IPAQ and GPAQ:

- **Measuring compliance with the new WHO physical activity recommendations for Europe**
 - New WHO PA recommendations (2011) distinguish between “aerobe” and “muscle-strengthening” PA which is not possible to assess with GPAQ nor IPAQ
 - New instrument takes this distinction into account and allows assessing current WHO PA recommendation compliance
- **Focus on “health-enhancing PA” instead of “total PA”**
 - GPAQ and IPAQ focus on “total physical activity” as an outcome which is not merely health-enhancing PA and the construct is difficult to interpret
 - New instrument focuses on health-enhancing PA and is designed to construct outcome indicators for the ECHI project which are easy to understand
- **Low construct validity of GPAQ and IPAQ due to distinction of “moderate” and “vigorous”**
 - Validity studies revealed “poor to fair” construct validity of GPAQ and IPAQ due to the requirement asking respondents to squeeze physical activities into categories of “moderate” and “vigorous” physical activity (1, 2)
 - New instrument abstains from such distinction and focuses on “at least moderate-intensity” PA
- **Distinction of “bicycling” and “walking” for transportation**
 - GPAQ asks for “walking” and “bicycling” in one question. This is problematic as it averts to monitor European health promotion strategies on the promotion of bicycling for transportation
 - New instrument follows the IPAQ-long proposal and assesses “walking” and “bicycling” separately
- **New proposal is a setting-based PA instrument but shorter than GPAQ and IPAQ-long**
 - GPAQ and IPAQ-long include important domains (settings) of PA, however, the instruments are too long for the use in a HIS context
 - New proposal offers the benefits of a PA domain based instrument but it is shorter and therefore more appropriate for the use in a HIS context

LITERATURE

1. Ekelund U, Sepp H, Brage S, Becker W, Jakes R, Hennings M, et al. Criterion-related validity of the last 7-day, short form of the International Physical Activity Questionnaire in Swedish adults. *Public Health Nutrition*. 2006;9(02):258-65.
2. Hagströmer M, Oja P, Sjöström M. The International Physical Activity Questionnaire (IPAQ): a study of concurrent and construct validity. *Public Health Nutrition*. 2006;9(06):755-62.