

# **National Diet and Nutrition Survey**

## **Physical Activity Questionnaire (NDNS PAQ)**

Is the participant 16 and over?

- ☒ Yes  
☐ No

Click "Next" to continue

## Intro

# Physical Activity Questionnaire: 16+ years of age

This questionnaire asks about your physical activity in the last 4 weeks, covering 3 sections:

**A:** In and around the house.

**B:** Travel to work and your activity at work.

**C:** Leisure and recreation.

Click "Next" to continue

## A: Home Activities

### Getting About

Which transport have you used **most often** in the last 4 weeks (apart from your journey to and from work)?

- ☐ Car / motor vehicle
- ☐ Walk
- ☐ Public transport
- ☐ Cycle

## A: Home Activities

### Screen time

Think about the time spent sitting whilst using a screen but not doing work in the last 4 weeks.

*This includes sitting whilst using devices such as television, tablets, mobile phones, computers and games consoles (non-active games only).*

**The following 4 questions will ask about this at different timepoints in the week.**

Click "Next" to continue

## A: Home Activities

### Screen use whilst sitting

Hours **PER DAY** of sitting using a screen (not at work):

#### 1. On a **WEEKDAY** before 6pm?

*Average over last 4 weeks*

- ☐ 0 hours
- ☐ Less than 1 hour
- ☐ 1-2 hours
- ☐ 2-3 hours
- ☐ 3-4 hours
- ☐ 4-5 hours
- ☐ 5-6 hours
- ☐ 6-7 hours
- ☐ 7-8 hours
- ☐ More than 8 hours

## A: Home Activities

### Screen use whilst sitting

Hours **PER DAY** of sitting using a screen (not at work):

#### 2. On a **WEEKDAY** after 6pm?

*Average over last 4 weeks*

- ☐ 0 hours
- ☐ Less than 1 hour
- ☐ 1-2 hours
- ☐ 2-3 hours
- ☐ 3-4 hours
- ☐ 4-5 hours
- ☐ 5-6 hours
- ☐ 6-7 hours
- ☐ 7-8 hours
- ☐ More than 8 hours

## A: Home Activities

### Screen use whilst sitting

Hours **PER DAY** of sitting using a screen (not at work):

#### 3. On a **WEEKEND DAY** before 6pm?

*Average over last 4 weeks*

- ☐ 0 hours
- ☐ Less than 1 hour
- ☐ 1-2 hours
- ☐ 2-3 hours
- ☐ 3-4 hours
- ☐ 4-5 hours
- ☐ 5-6 hours
- ☐ 6-7 hours
- ☐ 7-8 hours
- ☐ More than 8 hours

## A: Home Activities

### Screen use whilst sitting

Hours **PER DAY** of sitting using a screen (not at work):

#### 4. On a **WEEKEND DAY** after 6pm?

*Average over last 4 weeks*

- ☐ 0 hours
- ☐ Less than 1 hour
- ☐ 1-2 hours
- ☐ 2-3 hours
- ☐ 3-4 hours
- ☐ 4-5 hours
- ☐ 5-6 hours
- ☐ 6-7 hours
- ☐ 7-8 hours
- ☐ More than 8 hours



## A: Home Activities

### Stair climbing at home

Number of times **PER DAY** you climbed up a flight of stairs (approx. 10 steps) at home

#### On a **WEEKDAY**?

*Average over last 4 weeks*

- ☐ None
- ☐ 1-5 times
- ☐ 6-10 times
- ☐ 11-15 times
- ☐ 16-20 times
- ☐ More than 20 times

## A: Home Activities

### Stair climbing at home

Number of times **PER DAY** you climbed up a flight of stairs (approx. 10 steps) at home

#### On a **WEEKEND DAY**?

*Average over last 4 weeks*

- ☐ None
- ☐ 1-5 times
- ☐ 6-10 times
- ☐ 11-15 times
- ☐ 16-20 times
- ☐ More than 20 times

## B: Activity at Work

In the last 4 weeks, have you been in paid employment or done regular, organised voluntary work?

☐ Yes

☐ No

## B: Activity at Work

### Type and amount of physical activity involved in your work

Which of the following best describes your occupation(s) in the last 4 weeks?

- ☐ **SEDENTARY:** Mostly sitting (e.g. office worker)
- ☐ **STANDING:** Mostly standing or walking: no intense effort (e.g. shop assistant, hairdresser)
- ☐ **MANUAL:** Some physical effort/ handling heavy objects/tools (e.g. plumber, electrician)
- ☐ **HEAVY MANUAL:** Very vigorous work/ handling heavy objects (e.g. bricklayer, construction worker)

## B: Activity at Work

How many **hours of work** did you do per week?

*Please enter 0 if not worked*

### Last week?

Hours      Minutes      Reason if not worked

Please select... ▼

### 2 weeks ago?

Hours      Minutes      Reason if not worked

Please select... ▼

### 3 weeks ago?

Hours      Minutes      Reason if not worked

Please select... ▼

### 4 weeks ago?

Hours      Minutes      Reason if not worked

Please select... ▼

## B: Activity at Work

### Think about a typical week in the last 4 weeks

How many days a week did you work?

#### On a WEEKDAY?

- ☐ None
- ☐ 1 day
- ☐ 2 days
- ☐ 3 days
- ☐ 4 days
- ☐ 5 days

#### On a WEEKEND DAY?

- ☐ None
- ☐ 1 day
- ☐ 2 days

## B: Travel to work

### Travel to and from work in the last 4 weeks

Which of the following best describes your travel pattern for work in the last 4 weeks?

- ☐ Travelled to **a single workplace** all or some of the time
- ☐ Travelled to **multiple work locations** all or some of the time
- ☐ Work from home **all** of the time

What is the approximate distance from your home to work?

*If working multiple locations away from the home, estimate average distance for journeys*

Miles:

Kilometers:

## B: Travel to work

How many times a week did you travel from home to your main work?

*Count outward journeys only*



## B: Travel to work

How often do you use the following modes of transport to get to work?

### Car / motor vehicle

- ☐ Always
- ☐ Usually
- ☐ Occasionally
- ☐ Never or Rarely

### Work/Public transport

- ☐ Always
- ☐ Usually
- ☐ Occasionally
- ☐ Never or Rarely

### Bicycle

- ☐ Always
- ☐ Usually
- ☐ Occasionally
- ☐ Never or Rarely

### Walk

- ☐ Always
- ☐ Usually
- ☐ Occasionally
- ☐ Never or Rarely

## C: Recreation

The following section asks about your **leisure time**, including:

Which activities you have done in the last 4 weeks, **how often** you did them and (on average) for **how long** each time.

You will first see a list of activities, tap all that you have completed within the last 4 weeks. After that you will be asked more detail on those specific activities.

Click "Next" to continue

## C: Recreation

From the activities below, please scroll through the **full** list and select **all** those which you have done in the last 4 weeks.

*You will be able to answer any activities not covered at the end.*

- ☐ Swimming - Competitive
- ☐ Swimming - Leisure
- ☐ Walking - Backpacking or Mountain Climbing
- ☐ Walking - Walking for pleasure
- ☐ Cycling - Racing or rough terrain cycling
- ☐ Cycling - Cycling for pleasure
- ☐ Running - Competitive running
- ☐ Running - Jogging
- ☐ Gardening - Mowing the lawn
- ☐ Gardening - Watering the lawn or garden
- ☐ Gardening - Digging, shovelling or chopping wood
- ☐ Gardening - Weeding or pruning
- ☐ DIY (e.g. home or car maintenance)
- ☐ Other household activities (e.g. vacuuming)
- ☐ Aerobics - High impact
- ☐ Aerobics - Other types of aerobics
- ☐ Exercise with weights
- ☐ Conditioning exercises (e.g. bike/rowing machine)
- ☐ Floor exercises (e.g. yoga or Pilates)
- ☐ Football, Rugby or Hockey
- ☐ Cricket
- ☐ Rowing
- ☐ Netball, Volleyball or Basketball
- ☐ Tennis or Badminton
- ☐ Squash

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- ☐ Table Tennis
- ☐ Bowling- indoor, lawn or 10 pin
- ☐ Golf
- ☐ Fishing
- ☐ Dancing
- ☐ Horse-riding
- ☐ Sailing, Wind-Surfing or Boating
- ☐ Martial arts, boxing or wrestling
- ☐ Physically-active computer games
- ☐ Ice/roller skating
- ☐ Skiing or Snowboarding
- ☐ Snooker, Billiards or Darts
- ☐ Musical Instrument Playing or Singing
- ☐ None of the above

## C: Recreation

Number of times you did the activity in the last 4 weeks:

### Swimming - Competitive

- ☐ None
- ☐ Once
- ☐ 2-3 times in 4 weeks
- ☐ Once a week
- ☐ 2-3 times a week
- ☐ 4-5 times a week
- ☐ Everyday

Average time per episode:

Hours

Minutes

## C: Recreation

Number of times you did the activity in the last 4 weeks:

### Swimming - Leisure

- ☐ None
- ☐ Once
- ☐ 2-3 times in 4 weeks
- ☐ Once a week
- ☐ 2-3 times a week
- ☐ 4-5 times a week
- ☐ Everyday

Average time per episode:

Hours

Minutes

## C: Recreation

Number of times you did the activity in the last 4 weeks:

### Walking - Backpacking or Mountain Climbing

- ☐ None
- ☐ Once
- ☐ 2-3 times in 4 weeks
- ☐ Once a week
- ☐ 2-3 times a week
- ☐ 4-5 times a week
- ☐ Everyday

Average time per episode:

Hours

Minutes

## C: Recreation

Number of times you did the activity in the last 4 weeks:

### **Walking - Walking for pleasure**

*(not as a means of transport)*

- ☐ None
- ☐ Once
- ☐ 2-3 times in 4 weeks
- ☐ Once a week
- ☐ 2-3 times a week
- ☐ 4-5 times a week
- ☐ Everyday

Average time per episode:

Hours

Minutes



## C: Recreation

Number of times you did the activity in the last 4 weeks:

### Cycling - Racing or rough terrain cycling

- ☐ None
- ☐ Once
- ☐ 2-3 times in 4 weeks
- ☐ Once a week
- ☐ 2-3 times a week
- ☐ 4-5 times a week
- ☐ Everyday

Average time per episode:

Hours

Minutes

## C: Recreation

Number of times you did the activity in the last 4 weeks:

### **Cycling - Cycling for pleasure**

*(not as a means of transport)*

- ☐ None
- ☐ Once
- ☐ 2-3 times in 4 weeks
- ☐ Once a week
- ☐ 2-3 times a week
- ☐ 4-5 times a week
- ☐ Everyday

Average time per episode:

Hours

Minutes

## C: Recreation

Number of times you did the activity in the last 4 weeks:

### Running - Competitive running

- ☐ None
- ☐ Once
- ☐ 2-3 times in 4 weeks
- ☐ Once a week
- ☐ 2-3 times a week
- ☐ 4-5 times a week
- ☐ Everyday

Average time per episode:

Hours

Minutes

## C: Recreation

Number of times you did the activity in the last 4 weeks:

### Running - Jogging

- ☐ None
- ☐ Once
- ☐ 2-3 times in 4 weeks
- ☐ Once a week
- ☐ 2-3 times a week
- ☐ 4-5 times a week
- ☐ Everyday

Average time per episode:

Hours

Minutes

## C: Recreation

Number of times you did the activity in the last 4 weeks:

### Gardening - Mowing the lawn

- ☐ None
- ☐ Once
- ☐ 2-3 times in 4 weeks
- ☐ Once a week
- ☐ 2-3 times a week
- ☐ 4-5 times a week
- ☐ Everyday

Average time per episode:

Hours

Minutes

## C: Recreation

Number of times you did the activity in the last 4 weeks:

### Gardening - Watering the lawn or garden

- ☐ None
- ☐ Once
- ☐ 2-3 times in 4 weeks
- ☐ Once a week
- ☐ 2-3 times a week
- ☐ 4-5 times a week
- ☐ Everyday

Average time per episode:

Hours

Minutes

## C: Recreation

Number of times you did the activity in the last 4 weeks:

### Gardening - Digging, shovelling or chopping wood

- ☐ None
- ☐ Once
- ☐ 2-3 times in 4 weeks
- ☐ Once a week
- ☐ 2-3 times a week
- ☐ 4-5 times a week
- ☐ Everyday

Average time per episode:

Hours

Minutes

## C: Recreation

Number of times you did the activity in the last 4 weeks:

### Gardening - Weeding or pruning

- ☐ None
- ☐ Once
- ☐ 2-3 times in 4 weeks
- ☐ Once a week
- ☐ 2-3 times a week
- ☐ 4-5 times a week
- ☐ Everyday

Average time per episode:

Hours

Minutes



## C: Recreation

Number of times you did the activity in the last 4 weeks:

**DIY (e.g. home or car maintenance)**

- ☐ None
- ☐ Once
- ☐ 2-3 times in 4 weeks
- ☐ Once a week
- ☐ 2-3 times a week
- ☐ 4-5 times a week
- ☐ Everyday

Average time per episode:

Hours

Minutes

## C: Recreation

Number of times you did the activity in the last 4 weeks:

**Other household activities (e.g. vacuuming)**

- ☐ None
- ☐ Once
- ☐ 2-3 times in 4 weeks
- ☐ Once a week
- ☐ 2-3 times a week
- ☐ 4-5 times a week
- ☐ Everyday

Average time per episode:

Hours

Minutes

## C: Recreation

Number of times you did the activity in the last 4 weeks:

### Aerobics - High impact

- ☐ None
- ☐ Once
- ☐ 2-3 times in 4 weeks
- ☐ Once a week
- ☐ 2-3 times a week
- ☐ 4-5 times a week
- ☐ Everyday

Average time per episode:

Hours

Minutes

## C: Recreation

Number of times you did the activity in the last 4 weeks:

### Aerobics - Other types of aerobics

- ☐ None
- ☐ Once
- ☐ 2-3 times in 4 weeks
- ☐ Once a week
- ☐ 2-3 times a week
- ☐ 4-5 times a week
- ☐ Everyday

Average time per episode:

Hours

Minutes

## C: Recreation

Number of times you did the activity in the last 4 weeks:

### Exercise with weights

- ☐ None
- ☐ Once
- ☐ 2-3 times in 4 weeks
- ☐ Once a week
- ☐ 2-3 times a week
- ☐ 4-5 times a week
- ☐ Everyday

Average time per episode:

Hours

Minutes

## C: Recreation

Number of times you did the activity in the last 4 weeks:

**Conditioning exercises (e.g. bike/rowing machine)**

- ☐ None
- ☐ Once
- ☐ 2-3 times in 4 weeks
- ☐ Once a week
- ☐ 2-3 times a week
- ☐ 4-5 times a week
- ☐ Everyday

Average time per episode:

Hours

Minutes

## C: Recreation

Number of times you did the activity in the last 4 weeks:

**Floor exercises (e.g. yoga or Pilates)**

- ☐ None
- ☐ Once
- ☐ 2-3 times in 4 weeks
- ☐ Once a week
- ☐ 2-3 times a week
- ☐ 4-5 times a week
- ☐ Everyday

Average time per episode:

Hours

Minutes

## C: Recreation

Number of times you did the activity in the last 4 weeks:

### Football, Rugby or Hockey

- ☐ None
- ☐ Once
- ☐ 2-3 times in 4 weeks
- ☐ Once a week
- ☐ 2-3 times a week
- ☐ 4-5 times a week
- ☐ Everyday

Average time per episode:

Hours

Minutes



## C: Recreation

Number of times you did the activity in the last 4 weeks:

### Cricket

- ☐ None
- ☐ Once
- ☐ 2-3 times in 4 weeks
- ☐ Once a week
- ☐ 2-3 times a week
- ☐ 4-5 times a week
- ☐ Everyday

Average time per episode:

Hours

Minutes

## C: Recreation

Number of times you did the activity in the last 4 weeks:

### Rowing

- ☐ None
- ☐ Once
- ☐ 2-3 times in 4 weeks
- ☐ Once a week
- ☐ 2-3 times a week
- ☐ 4-5 times a week
- ☐ Everyday

Average time per episode:

Hours

Minutes

## C: Recreation

Number of times you did the activity in the last 4 weeks:

### Netball, Volleyball or Basketball

- ☐ None
- ☐ Once
- ☐ 2-3 times in 4 weeks
- ☐ Once a week
- ☐ 2-3 times a week
- ☐ 4-5 times a week
- ☐ Everyday

Average time per episode:

Hours

Minutes

## C: Recreation

Number of times you did the activity in the last 4 weeks:

### Tennis or Badminton

- ☐ None
- ☐ Once
- ☐ 2-3 times in 4 weeks
- ☐ Once a week
- ☐ 2-3 times a week
- ☐ 4-5 times a week
- ☐ Everyday

Average time per episode:

Hours

Minutes

## C: Recreation

Number of times you did the activity in the last 4 weeks:

### Squash

- ☐ None
- ☐ Once
- ☐ 2-3 times in 4 weeks
- ☐ Once a week
- ☐ 2-3 times a week
- ☐ 4-5 times a week
- ☐ Everyday

Average time per episode:

Hours

Minutes

## C: Recreation

Number of times you did the activity in the last 4 weeks:

### Table Tennis

- ☐ None
- ☐ Once
- ☐ 2-3 times in 4 weeks
- ☐ Once a week
- ☐ 2-3 times a week
- ☐ 4-5 times a week
- ☐ Everyday

Average time per episode:

Hours

Minutes

## C: Recreation

Number of times you did the activity in the last 4 weeks:

**Bowling- indoor, lawn or 10 pin**

- ☐ None
- ☐ Once
- ☐ 2-3 times in 4 weeks
- ☐ Once a week
- ☐ 2-3 times a week
- ☐ 4-5 times a week
- ☐ Everyday

Average time per episode:

Hours

Minutes

## C: Recreation

Number of times you did the activity in the last 4 weeks:

### Golf

- ☐ None
- ☐ Once
- ☐ 2-3 times in 4 weeks
- ☐ Once a week
- ☐ 2-3 times a week
- ☐ 4-5 times a week
- ☐ Everyday

Average time per episode:

Hours

Minutes



## C: Recreation

Number of times you did the activity in the last 4 weeks:

### Fishing

- ☐ None
- ☐ Once
- ☐ 2-3 times in 4 weeks
- ☐ Once a week
- ☐ 2-3 times a week
- ☐ 4-5 times a week
- ☐ Everyday

Average time per episode:

Hours

Minutes

## C: Recreation

Number of times you did the activity in the last 4 weeks:

### Dancing

- ☐ None
- ☐ Once
- ☐ 2-3 times in 4 weeks
- ☐ Once a week
- ☐ 2-3 times a week
- ☐ 4-5 times a week
- ☐ Everyday

Average time per episode:

Hours

Minutes

## C: Recreation

Number of times you did the activity in the last 4 weeks:

### Horse-riding

- ☐ None
- ☐ Once
- ☐ 2-3 times in 4 weeks
- ☐ Once a week
- ☐ 2-3 times a week
- ☐ 4-5 times a week
- ☐ Everyday

Average time per episode:

Hours

Minutes

## C: Recreation

Number of times you did the activity in the last 4 weeks:

### Sailing, Wind-Surfing or Boating

- ☐ None
- ☐ Once
- ☐ 2-3 times in 4 weeks
- ☐ Once a week
- ☐ 2-3 times a week
- ☐ 4-5 times a week
- ☐ Everyday

Average time per episode:

Hours

Minutes

## C: Recreation

Number of times you did the activity in the last 4 weeks:

**Martial arts, boxing or wrestling**

- ☐ None
- ☐ Once
- ☐ 2-3 times in 4 weeks
- ☐ Once a week
- ☐ 2-3 times a week
- ☐ 4-5 times a week
- ☐ Everyday

Average time per episode:

Hours

Minutes

## C: Recreation

Number of times you did the activity in the last 4 weeks:

### Physically-active computer games

- ☐ None
- ☐ Once
- ☐ 2-3 times in 4 weeks
- ☐ Once a week
- ☐ 2-3 times a week
- ☐ 4-5 times a week
- ☐ Everyday

Average time per episode:

Hours

Minutes

## C: Recreation

Number of times you did the activity in the last 4 weeks:

### Ice/roller skating

- ☐ None
- ☐ Once
- ☐ 2-3 times in 4 weeks
- ☐ Once a week
- ☐ 2-3 times a week
- ☐ 4-5 times a week
- ☐ Everyday

Average time per episode:

Hours

Minutes

## C: Recreation

Number of times you did the activity in the last 4 weeks:

### **Skiing or Snowboarding**

- ☐ None
- ☐ Once
- ☐ 2-3 times in 4 weeks
- ☐ Once a week
- ☐ 2-3 times a week
- ☐ 4-5 times a week
- ☐ Everyday

Average time per episode:

Hours

Minutes



## C: Recreation

Number of times you did the activity in the last 4 weeks:

### Snooker, Billiards or Darts

- ☐ None
- ☐ Once
- ☐ 2-3 times in 4 weeks
- ☐ Once a week
- ☐ 2-3 times a week
- ☐ 4-5 times a week
- ☐ Everyday

Average time per episode:

Hours

Minutes

## C: Recreation

Number of times you did the activity in the last 4 weeks:

### **Musical Instrument Playing or Singing**

- ☐ None
- ☐ Once
- ☐ 2-3 times in 4 weeks
- ☐ Once a week
- ☐ 2-3 times a week
- ☐ 4-5 times a week
- ☐ Everyday

Average time per episode:

Hours

Minutes

## C: Recreation

You should have tried to classify all the activities you did in the previous list.

Did you do any activities that have no similarity with those listed?

☐ Yes

☐ No

## C: Recreation

**Other 1:**

Number of times you did the activity in the last 4 weeks:

- ☐ Once
- ☐ 2-3 times in 4 weeks
- ☐ Once a week
- ☐ 2-3 times a week
- ☐ 4-5 times a week
- ☐ Everyday

Average time per episode:

Hours

Minutes

Do you want to add another activity?

- ☐ Yes
- ☐ No

## C: Recreation

**Other 2:**

Number of times you did the activity in the last 4 weeks:

- ☐ Once
- ☐ 2-3 times in 4 weeks
- ☐ Once a week
- ☐ 2-3 times a week
- ☐ 4-5 times a week
- ☐ Everyday

Average time per episode:

Hours

Minutes

Do you want to add another activity?

- ☐ Yes
- ☐ No

## C: Recreation

**Other 3:**

Number of times you did the activity in the last 4 weeks:

- ☐ Once
- ☐ 2-3 times in 4 weeks
- ☐ Once a week
- ☐ 2-3 times a week
- ☐ 4-5 times a week
- ☐ Everyday

Average time per episode:

Hours

Minutes

Do you want to add another activity?

- ☐ Yes
- ☐ No

## C: Recreation

**Other 4:**

Number of times you did the activity in the last 4 weeks:

- ☐ Once
- ☐ 2-3 times in 4 weeks
- ☐ Once a week
- ☐ 2-3 times a week
- ☐ 4-5 times a week
- ☐ Everyday

Average time per episode:

Hours

Minutes

Do you want to add another activity?

- ☐ Yes
- ☐ No

## C: Recreation

**Other 5:**

Number of times you did the activity in the last 4 weeks:

- ☐ Once
- ☐ 2-3 times in 4 weeks
- ☐ Once a week
- ☐ 2-3 times a week
- ☐ 4-5 times a week
- ☐ Everyday

Average time per episode:

Hours

Minutes



## Comments

**Please do NOT close your browser before you press the SUBMIT button otherwise your questionnaire will not be received. Please note that it might take a few seconds for your answers to be saved, so please wait until you see a message that you have completed the questionnaire.**

Would you like to add any comments? You can leave this blank.

**Please make sure that you have logged out before closing the browser**

**Thank you**

**You have now completed the Physical Activity Questionnaire.**

**Please click the logout button.**