

HRS 2026 -- MODULE 8 - Physical Activity
FINAL VERSION -7/16/25

NOTE ABOUT BRANCHPOINTS:

WHERE THERE IS MORE THAN ONE JUMP WITHIN A BRANCHPOINT BOX, THE JUMPS ARE TO BE APPLIED IN ORDER FROM THE TOP.

NOTE ABOUT COLORS:

ALL TEXT IN TEAL IS SPECIFIC TO A WEB INTERVIEW.

THE CORE INTERVIEW IS DOCUMENTED USING BLACK TEXT, BUT BLACK TEXT CAN ALSO APPLY TO THE EXIT OR WEB INTERVIEW WHEN THERE ARE NO DIFFERENCES FROM THE CORE.

NOTE ABOUT NON-RESPONSE FLOW:

ANY QUESTION THAT IS ASKED BUT LEFT WITHOUT A RESPONSE IN CAWI INTERVIEWS WILL FOLLOW THE SAME PATH AS A REFUSAL FOR THAT QUESTION, UNLESS OTHERWISE SPECIFIED.

V000 BP: ASK IF THIS IS A REIWER HH (X024 = 1), LIVING (A007 = 1) AND SELF R (A009 = 1) ELSE GO TO END OF MODULE

V000

Now that we have finished with the main part of this interview, we have a few more questions to ask you. This will only take a few minutes.

[INSTR: IF R REFUSED BEFORE STARTING A MODULE, ENTER 9. IF R STARTED TO DO A MODULE AND THEN CHANGED HIS/HER MIND, ENTER 99.]

Now that we have finished with the main part of this interview, we have a few more questions to ask you. This will only take a few minutes.

- 1. R IS WILLING
- 9. R REFUSED AT MODULE INTRO..... GO TO END OF MODULE
- 99. R REFUSED AFTER STARTING A MODULE

1. CONTINUE

NOTE: IF R LEAVES V000 EMPTY IN CAWI IT WILL BE TREATED AS A REFUSAL AND SKIP R OUT OF MODULES

V801 BRANCHPOINT: ASK IF X009 = 8, ELSE GO TO END OF MODULE

V801

Next we have a few more questions about something we talked about earlier in the interview. We are interested in finding out about the kinds of physical activities that people do as part of their everyday lives. The questions will ask you about the time you spent being physically active in the last 7 days. Please answer each question even if you do not consider yourself to be an active person. Please think about the activities you do at work, as part of your house and yard work, to get from place to place, and in your spare time for recreation, exercise or sport.

1. CONTINUE

V802

Think about all the vigorous activities that you did in the last 7 days. Vigorous physical activities refer to activities that take hard physical effort and make you breathe much harder than normal. Think only about those physical activities that you did for at least 10 minutes at a time.

During the last 7 days, on how many days did you do vigorous physical activities like heavy lifting, digging, aerobics, or fast bicycling?

___ DAYS

8. DK GO TO V805

9. RF GO TO V805

V803 BRANCHPOINT: ASK IF R ANSWERS 1-7 DAYS AT V802, ELSE GO TO V805

V803

On the day(s) that you did vigorous physical activities, how much time did you usually spend doing them?

[INSTR: YOU MAY ANSWER IN HOURS AND/OR MINUTES.

HOURS PER DAY: _____

V804

MINUTES PER DAY: _____

998. DK

999. RF

V805

Think about all the moderate activities that you did in the last 7 days. Moderate activities refer to activities that take moderate physical effort and make you breathe somewhat harder than normal. Think only about those physical activities that you did for at least 10 minutes at a time.

During the last 7 days, on how many days did you do moderate physical activities like carrying light loads, bicycling at a regular pace, or doubles tennis? Do not include walking.

___ DAYS

8. DK GO TO V808

9. RF GO TO V808

V806 BRANCHPOINT: ASK IF R ANSWERS 1-7 DAYS AT V805, ELSE GO TO V808

V806

On the day(s) that you did moderate physical activities, how much time did you usually spend doing them?

[INSTR: YOU MAY ANSWER IN HOURS AND/OR MINUTES.

HOURS PER DAY: _____

V807

MINUTES PER DAY: _____

998. DK

999. RF

V808

Think about the time you spent walking in the last 7 days. This includes at work and at home, walking to travel from place to place, and any other walking that you have done solely for recreation, sport, exercise, or leisure.

During the last 7 days, on how many days did you walk for at least 10 minutes at a time?

___ DAYS

8. DK GO TO V811

9. RF GO TO V811

V809 BRANCHPOINT: ASK IF R ANSWERS 1-7 DAYS AT V808, ELSE GO TO V811

V809

On the days that you walked, how much time did you usually spend walking?

[INSTR: YOU MAY ANSWER IN HOURS AND/OR MINUTES.

HOURS PER DAY: _____

V810

MINUTES PER DAY: _____

998. DK

999. RF

V811

The next question is about the time you spent sitting on weekdays during the last 7 days. Include time spent at work, at home, while doing course work and during leisure time. This may include time spent sitting at a desk, visiting friends, reading, or sitting or lying down to watch television.

During the last 7 days, how much time per day did you usually spend sitting on a weekday?

[INSTR: YOU MAY ANSWER IN HOURS AND/OR MINUTES.

HOURS PER DAY: _____

V812

MINUTES PER DAY: _____

998. DK

999. RF

V813

During the last 7 days, how much time per day did you usually spend sitting on a weekend day?

[INSTR: YOU MAY ANSWER IN HOURS AND/OR MINUTES.

HOURS PER DAY: _____

V814

MINUTES PER DAY: _____

998. DK

999. RF

V815

The next set of questions are about your participation in muscle-strengthening exercise, sometimes called weight or resistance training. When thinking about muscle-strengthening exercise, we are only interested in exercises that you do during your leisure or free time, and NOT done as part of your work/job, or as a part of household activities (chores). The types of muscle-strengthening exercise we are interested in include:

- Using weight machines - typically in a gym or fitness center
- Bodyweight exercises - including push-ups or sit-ups
- Resistance exercises – using free weights like dumbbells or using resistance band
- Holistic exercises - including Yoga, Tai-Chi or Pilates

During the last 7 days, on how many days did you do muscle-strengthening exercise?

___ DAYS

8. DK GO TO V819

9. RF GO TO V819

V816 BRANCHPOINT: ASK IF V815 IS BETWEEN 1-7, ELSE GO TO V819

V816

On the day(s) that you did muscle-strengthening exercise, how much time did you usually spend doing this activity?

[INSTR: YOU MAY ANSWER IN HOURS AND/OR MINUTES.

HOURS: _____

V817

MINUTES: _____

998. DK

999. RF

V818

On a scale from 0 to 10, how hard do you feel you were working when doing muscle strengthening exercise with '0' being 'extremely easy' and '10' being 'extremely hard'.

_____ INTENSITY OF SESSION

98. DK

99. RF

V819

Finally, we are interested in understanding the challenges that may prevent you from being more physically active. I will read you a list of challenges and for each one, please tell me whether it prevents you from being more physically active.

Does lack of time prevent you from being more physically active?

Finally, we are interested in understanding the challenges that may prevent you from being more physically active. We will show you list of challenges and for each one, please tell us whether it prevents you from being more physically active.

Does lack of time prevent you from being more physically active?

1. YES

5. NO

8. DK

9. RF

V820

Does a lack of motivation prevent you from being more physically active?

1. YES

5. NO

8. DK

9. RF

V821

Do you have any health conditions, physical limitations, or injuries that prevent you from being more physically active?

1. YES

5. NO

8. DK

9. RF

V822

Does not having access to facilities or equipment prevent you from being more physically active?

1. YES

5. NO

8. DK

9. RF

V823

Does the cost to participate in activities prevent you from being more physically active?

1. YES

5. NO

8. DK

9. RF

V824

Do weather or environmental factors such as extreme heat prevent you from being more physically active?

1. YES

5. NO

8. DK

9. RF

[END OF MODULE]