Supplementary Digital Content 2: Assessment of Physical Activity and Sedentary Behaviors

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 During the past 12 months, approximately how much time per week did you participate in each of the following activities? (FOR EACH ACTIVITY MARK ONLY ONE RESPONSE.)

| | AVERAGE TOTAL TIME PER WEEK | | | | | | | | | |
|---|-----------------------------|----------|-----------|-----------|------|--------------------------|------------|------------|-------------|---------------------------|
| ACTIVITY | None | 5 min | 15 min | 30 min | 1 hr | 1 hr and 30 min | 2-3 hrs | 4-6 hrs | 7-10 hrs | More than 10 hrs |
| a. Light household chores (for example, cooking, cleaning up, laundry, dusting, etc.) | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Moderate to vigorous household chores (for example, vacuuming, sweeping, etc.) | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Moderate outdoor chores (for example, weeding, raking, mowing the lawn, etc.) | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Vigorous outdoor chores (for example, digging, carrying lumber, snow shoveling, etc.) | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| e. Home repairs (for example, painting, plumbing, replacing carpeting, etc.) | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| f. Caring for children (for example, pushing a stroller, playing, lifting, etc.) | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| g. Caring for another adult (for example, lifting, pushing a wheelchair, etc.) | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| h. Walking for exercise | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Walking for other daily (but not leisure time) activities, such as shopping, getting to and from work, etc. | 0 | 0 | 0 | o | 0 | 0 | 0 | 0 | 0 | 0 |
| j. Jogging or running | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| k. Playing tennis, squash, or racquetball | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| I. Playing golf | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| m. Swimming laps | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| n. Bicycling (including riding a stationary bike) | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Other aerobic exercise (for example, aerobic class, exercise machines, etc.) | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Weight training or lifting (include free weights and machines) | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |

| 2. | In a typical 24-hour period during the past 12 months, how many hours per day did you spend: (MARK ONLY ONE RESPONSE PER ACTIVITY.) | AVERAGE NUMBER OF HOURS PER DAY | | | | | | | | |
|----|---|---------------------------------|-------------------------|--------|-----------------|-----------------|-----------------|-------------------|--------------------------|--|
| | | None | Less than 3 hours | 3 to 4 | 5 to 6 hours | 7 to 8 hours | 9 to10 hours | 11 to 12 hours | More than 12 hours | |
| | Sitting watching television, video, or DVD? | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |
| ī | Sitting or driving in a car, bus, or train? | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |
| | Other sitting (reading, knitting, using a computer)? | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |
| | Sleeping at night or napping during the day? | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |

Description of the Activity Type Classifications

<u>Exercise activities</u> include the following: walking for exercise, jogging or running, racquet sports, playing golf, swimming laps, bicycling or stationary bike, other aerobic exercise, and weight training or lifting.

<u>Nonexercise activities</u> include the following: light household chores, moderate-to-vigorous indoor household chores, moderate outdoor chores, vigorous outdoor chores, home repairs, caring for children, caring for adults, and walking for daily activities.

<u>Household chores</u> include the following: light household chores, moderate-to-vigorous indoor household chores, home repairs, caring for children, and caring for adults.

Lawn and garden activities include the following: moderate outdoor chores and vigorous outdoor chores.

Daily walking (nonexercise) includes walking for daily activities.

Light activities include the following: light household chores and walking for daily activities.

<u>Moderate-to-vigorous activities</u> include the following: walking for exercise, jogging or running, racquet sports, playing golf, swimming laps, bicycling or stationary bike, other aerobic exercise, weight training or lifting, moderate-to-vigorous indoor household chores, moderate outdoor chores, vigorous outdoor chores, home repairs, caring for children, and caring for adults."