Supplemental Table 2: PAR-Q items and their corresponding items from NHANES 2001-2004

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **PARQ # and prompt** | **NHANES SECTION** | **NHANES VARIABLE** | **NHANES TEXT** | **CLASSIFICATION CRITERIA** |
| (Instructions) If you are over 69 years of age and you are not used to being very active, check with your doctor | DEMO | RIDAGEYR | Age in years at screening | Reported activity volume was calculated as: (monthly frequency/4.286)\*duration in minutes)\*(intensity in metabolic equivalents [METs])  Those reporting <210 MET\*minutes/week were classified as currently inactive (<10 minutes of any activity \* daily \* ≥3 METs)  Inactivity and a reported age of >69 years generated a referral based on the PAR-Q instructions |
| PAQ | PAD020 | Over the past 30 days, have you walked or bicycled as part of getting to and from work, or school, or to do errands? (plus time and frequency follow-ups) |
|  | PAQ100 | Over the past 30 days, did you do any tasks in or around your home or yard for at least 10 minutes that required moderate or greater physical effort? (plus time and frequency follow-ups) |
| PAQIAF | PADACTIVE | Over the past 30 days, what moderate/vigorous activities did you do? |
|  | PADLEVEL | Reported intensity level of activity |
|  | PADTIMES | How many times did you do this activity? |
|  | PADDURAT | On average, about how long did you do this activity each time? |
|  | PADMETS | Assigned MET score |
| 1. Has your doctor ever said that you have a heart condition and… | MCQ | MCQ160B | Has a doctor or other health professional ever told you that you had congestive heart failure? | Those reporting ‘yes’ to any of the four questions were classified as ever having a heart condition |
| MCQ160C | Has a doctor or other health professional ever told you that you had coronary heart disease? |
| MCQ160E | Has a doctor or other health professional ever told you that you had a heart attack (aka MI)? |
| MCQ160D | Has a doctor or other health professional ever told you that you had angina, also called angina pectoris? |
| …that you should only do physical activity recommended by a doctor | n/a | n/a | n/a |  |
| 2. Do you feel pain in your chest when you do physical activity? | CDQ | CDQ0001 | Ever had pain or discomfort in chest? | Those reporting chest pain when walking uphill in a hurry or walking at an ordinary pace on level ground were classified as having chest pain with activity |
| CDQ0002 | Do you get it (per 0001) when you walk uphill or in a hurry? |
| CDQ0003 | Do you get it (per0001) when you walk at an ordinary pace on level ground? |
| 3. In the past month, have you had chest pain when you were not doing physical activity? | CDQ | CDQ0001 | Ever had pain or discomfort in chest? | Those reporting ‘yes’ were classified as having chest pain. Note this is not temporally matched to the PAR-Q question |
| 4. Do you lose your balance because of dizziness or do you ever lose consciousness? | BAQ | BAQ010 | During the past 12 months, have you had dizziness, difficulty with balance, or difficulty with falling? | Those reporting ‘yes’ were classified as losing balance because of dizziness or losing consciousness |
| 5. Do you have a bone or joint problem (for example, back, knee, or hip) that could be made worse by a change in your physical activity? | MCQ | MCQ160A | Has a doctor or other health professional ever told you that you had arthritis? | Those reporting ‘yes’ to either of the questions were classified as having a bone or joint problem |
| OSQ | OSQ060 | Has a doctor ever told you that you had osteoporosis, sometimes called thin or brittle bones |
| 6. Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition? | RXQ\_RX | RXDDRGID | Multum first level class 40 (CVD) or 81 (Coagulation modifiers) | Those reporting these classes of drugs were classified as taking blood pressure or heart medication |
| 7. Do you know of any other reason why you should not do physical activity? | n/a | n/a | n/a |  |