

**Project WALK
Exercise and Health Survey
San Diego State University
Survey #1**

ID# _____
Name _____
Interviewer _____
Date _____

Now that you've agreed to participate, I'd like to get started by having you do an exercise and health survey. To do this, I am going to ask you some questions about your current physical activities, and some specific questions about walking. I would also like to know a little bit more about you, your health, and your family. You do not have to answer anything you don't want to. Anything you tell me will be kept private. Please be as honest and truthful as you can. This will take about 20 minutes. If you need to stop at any time during the interview, please let me know and we can schedule another time. Do you have any questions before we get started?

1. Are you currently working outside the home? (1) Yes (2) No [IF NO SKIP TO #6]
2. About how many hours a week do you usually work outside the home? Hours _____
3. What is your job? Description _____
Title _____
4. Are there any exercise facilities or programs where you work?
No_ Yes_ 2 Not Sure_ 3 Does Not Apply_
5. [IF YES] Do you use them?
[READ] Never_ Sometimes_____ 2 Often_____ 3 N/A_____ 4
6. What is your main form of transportation? (if more than one specify)

The next several questions have to do with walking for exercise in the past TWO WEEKS.

7. About how many days did you walk for exercise? Days _____ [IF 0 SKIP TO #11]
8. On average, how many minutes did you walk each time? Minutes _____
9. Did you usually have a small increase, a medium increase, a large increase or no increase at all in your heart beat and/or breathing?
No increase_ 1 Small increase_ 2 Medium increase___3 Large increase___4
10. What is your usual pace of walking? Is it: (1) casual or strolling, (2) average or normal, (3) fairly brisk, or (4) brisk or striding?
Casual_____1 Average_____2 Fairly Brisk_____3 Brisk _____4

I am going to read to you a list of statements about how your family and friends may support you in exercising, including walking. I would like you to respond with never, rarely, sometimes, often, or very often [INTERVIEWER: READ CHOICES FOR EACH ITEM.]

1. During the past 3 months, my family or friends exercised or walked with me.

[READ] 1) never 2) rarely 3) sometimes 4) often 5) very often

12. During the past 3 months my family or friends offered to exercise or walk with me.

[READ] 1) never 2) rarely 3) sometimes 4) often 5) very often

13. During the past 3 months, my family or friends encouraged me to exercise or walk.

[READ] 1) never 2) rarely 3) sometimes 4) often 5) very often

These next few questions refer to how much you enjoy physical activity. For each of following, please tell me how you feel while you are exercising or walking by telling me a number between 1 and 5.

14. On a scale from 1 to 5 with 1 meaning I hate it and 5 meaning I enjoy it, how much do you enjoy physical activity while you are doing it?

15. On a scale from 1 to 5 with 1 meaning I feel interested and 5 meaning I feel bored, how much are you interested by physical activity while you are doing it?

16. On a scale from 1 to 5 with 1 meaning it's no fun at all and 5 meaning it's a lot of fun, how fun is physical activity for you while you are doing it?

17. On a scale from 1 to 5 with 1 meaning it's very pleasant and 5 meaning it's very unpleasant, how pleasant is physical activity for you while you are doing it?

18. On a scale from 1 to 5 with 1 meaning I feel good physically and 5 meaning I feel bad physically, how do you feel while you are doing physical activity?

I am going to read you some walking situations. For each situation, give me a number between 1 and 5 that describes how sure you are that you can walk for exercise. (1) means I'm sure I cannot, and (5) means I'm sure I can. You can use any number in between.

	I'm sure <u>I cannot</u>				I'm sure <u>I can</u>
26. I can walk at least 10 minutes, for 3 days a week even though I am feeling sad or highly stressed. [PROMPT]	1	2	3	4	5
27. I can stick to walking for at least 10 minutes, for 3 days a week, even when my family or social life take a lot of my time. [PROMPT]	1	2	3	4	5
28. I can set aside at least 10 minutes, 3 days a week, for regular walking for exercise. [PROMPT]	1	2	3	4	5

I am going to read to you some things that may interfere with or prevent you from exercising or walking. For each one, tell me how often it interferes or prevents you from exercising or walking. [INTERVIEWER: ONLY READ THE LABELS. DO NOT READ THE NUMBERS ASSOCIATED WITH THE LABELS.]

<u>Never</u>	<u>Rarely</u>	<u>Some- times</u>	<u>Often</u>	<u>Very Often</u>
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29. I lack someone to exercise with me	1	2	3	4	5
30. Others discourage me	1	2	3	4	5
31. I am self conscious about my looks	1	2	3	4	5
32. I am afraid of injury	1	2	3	4	5
33. I have a lack of time	1	2	3	4	5
34. I am too tired	1	2	3	4	5
35. I lack a safe place to exercise or walk	1	2	3	4	5
36. I have child care duties	1	2	3	4	5

These next questions are about your health.

55. Have you ever been told by a doctor you have high blood pressure?

(1) Yes_____ (2) No_____ [IF NO SKIP TO #57]

56. [IF YES] Are you being treated with medication?

(1) Yes_____ (2) No_

57. Have you ever been told you have diabetes? [IF NOT SKIP TO #59]

(1) Yes_____ (2) No_____

58. [IF YES] Are you being treated?

(1) Yes_____ (2) No_____

59. Have you ever smoked cigarettes? [IF NO SKIP TO #61]

(1) Yes_____ (2) No_____

60. [IF YES] How many cigarettes do you now smoke in a day?

of cigarettes (if subject responds in # packs, ask for individual # of cigarettes)

61. Have you been told that you have high blood cholesterol?

(1) Yes_____ (2) No_____

109. Have you been told by a doctor, or are you otherwise aware that you are now going through menopause?

(1) YES _____ (2) NO _____

78. What is your height?

Feet.____Inches_

79. What is your weight?

Lbs._____

84. What is your present marital status?

- | | | |
|-----------------|-------|---|
| [READ] Married | _____ | 1 |
| Living Together | _____ | 2 |
| Separated | _____ | 3 |
| Divorced | _____ | 4 |
| Widowed | _____ | 5 |
| Never Married | _____ | 6 |

What is your ethnicity?

African American_ 1

Asian/Pacific Islander____2

Hispanic/Chicano/Latino____3

Other____4 If "Other", please specify_____

Now we're done! Thank you very much for your time!

SURVEYOR: (PLEASE CIRCLE)

HOW CONFIDENT ARE YOU IN THE VALIDITY OF THIS DATA?

NOT AT ALL
1

SOMEWHAT
2

QUITE
3

EXTREMELY
4