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

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 I cannot

I'm sure I can

26. I can walk at least 10 minutes, for 3 days a week even though I am feeling sad or highly stressed. [PROMPT]

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]

28. I can set aside at least 10 minutes, 3 days a week, for regular walking for exercise. [PROMPT]

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.]

Never Rarely Sometimes Often Very Often

Version: ?? cmc
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
SOMEWAT ___ 2
QUITE ___ 3
EXTREMELY ___ 4