



**1987**

**Behavioral Risk Factor Surveillance System  
Questionnaire**

**Originally released for 1987 data collection year  
Reconstructed October 9, 2008**

# Behavioral Risk Factor Surveillance System 1987 Questionnaire

## Table of Contents

Table of Contents .....	2
Interviewer's Script.....	3
Questionnaire Sections .....	5
Section A: Seatbelts .....	5
Section B: Hypertension .....	5
Section C: Exercise .....	7
Section D: Diet.....	10
Section E: Tobacco Use .....	12
Section F: Alcohol Consumption .....	14
Section G: Preventive Health Practices .....	17
Section H: Demographics.....	20
Section I: Closing Statement .....	23
Coding Lists .....	24
Coding List A: Activity codes.....	24
Coding List B: Intensity factors for common leisure activities.....	24

BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM  
DATA COLLECTION INSTRUMENT

INTERVIEWER'S SCRIPT

FIPS STATE	STRATUM CODE	PSU NUMBER	RECORD NUMBER	DATE OF INTERVIEW MM DD YY	INTERVIEWER ID
[ ][ ]	[ ]	[ ][ ][ ][ ]	[ ]	[ ][ ][ ][ ][ ][ ]	[ ]
(1-2)	(3)	(4-8)	(9)	(10-15)	(16-17)

HELLO. I'm \_\_\_\_\_ calling for the \_\_\_\_\_.  
We're doing a study of the health practices of \_\_\_\_\_ residents. Your number has been chosen randomly by the \_\_\_\_\_ to be included in the study, and we'd like to ask some questions about things people do which may affect their health.

⇒ Is this 

Area Code	Prefix	Suffix
[ ][ ]	[ ][ ]	[ ][ ]
(18-20)	(21-23)	(24-25)

 \_\_\_\_\_

⇒ No 

<i>Thank you very much, but I seem to have dialed the wrong number. It's possible that your number may be called at a later time.</i>
<b>STOP</b>

⇒ Is this a private residence?

⇒ No 

<i>Thank you very much, but we are only interviewing in private residences</i>
<b>STOP</b>

Calling Period	Date/Time	ID#	Call Disposition Codes
1	_____	_____	01-Completed Interview
2	_____	_____	02-Refused Interview
⊖ Line Busy	_____	_____	03-Non-working Number
● No Answer	_____	_____	04-No Answer (multiple tries)
5	_____	_____	05-Business Phone
			06-No Eligible Respondent at this number
			07-No Eligible Respondent could be reached during time period
			08-Language barrier prevented completion of interview
			09-Interview terminated within questionnaire
			10-Line busy (multiple tries)
			11-Selected respondent unable to respond because of physical or mental impairment

Made Appointment

Refused First Time

Spoke With:


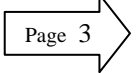
Correct respondent is:


Call-back date & time or Refusal date & time:


Additional information:


My ID# \_ \_

Edited By: \_\_\_\_\_ Date: \_\_/\_\_/\_\_ Final Disposition of Telephone Call: [ ][ ] [ ][ ] (26-27)

 Our study requires that we interview only one person who lives in your household. How many members of your household, including yourself, are 18 years of age or older?  IF "1"  Page 3  
 (28)


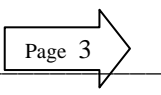
 How many are men and how many are women.....  Men  Women  
 (29) (30)

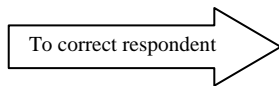
 Who is the oldest man who presently lives in this household?  
 Who is the next oldest man who presently lives in this household?  
 Etc.

 Who is the oldest woman who presently lives in this household?  
 Who is the next oldest woman who presently lives in this household?  
 Etc.

Suffix: \_ \_ \_ \_

Name/Relationship	LAST DIGIT OF PHONE NUMBER									
	0	1	2	3	4	5	6	7	8	9
	1	1	1	1	1	1	1	1	1	1
	2	1	2	1	2	1	2	1	2	1
	3	1	2	3	1	2	3	1	2	X
	1	2	3	4	1	2	3	4	X	X
	2	3	4	5	1	2	3	4	5	1
	5	6	1	2	3	4	X	X	X	X
	2	3	4	5	6	7	1	X	X	X
	8	1	2	3	4	5	6	7	X	X

 The person in your household that I need to speak with is \_\_\_\_\_  Page 3

 To correct respondent HELLO. I'm \_\_\_\_\_ calling for the \_\_\_\_\_.  
 I'm a member of special research team.  
 We're doing a study of \_\_\_\_\_ residents regarding their health practices and day-to-day living habits. You have been randomly chosen to be included in the study from among the adult members of your household.

The interview will take about 10 minutes or perhaps a little less and all the information obtained in this study will be confidential

Your name will not be used, but your responses will be grouped together with information from others participating in the study.

Of course, your part is voluntary and you can end the interview anytime you like. First, I'd like to begin by asking you about using seatbelts

SECTION A: SEATBELTS

1. How often do you use seatbelts when you drive or ride in a car?

Would you say:	<u>PLEASE READ</u>	(31)
	a. Always .....	1
	b. Nearly Always .....	2
	c. Sometimes .....	3
	d. Seldom .....	4
	Or	
	e. Never .....	5
	Don't know/Not sure .....	7
<u>DO NOT</u>	Never drive or ride in a car .....	8
<u>READ</u>		
<u>THESE</u>	Refused .....	9
<u>RESPONSES</u>		

SECTION B: HYPERTENSION

These next questions are about hypertension or high blood pressure:

2. Have you ever been told by a doctor, nurse, or other health professional that you have high blood pressure?

	<u>PROBE FOR DOCTOR, NURSE OR OTHER HEALTH PROFESSIONAL</u>	(32)
a.	No, <u>GO TO SECTION C (p.7)</u> .....	1
b.	Yes, by a Doctor .....	2
c.	Yes, by a Nurse .....	3
d.	Yes, by other Health Professional .....	4
	Don't know/Not sure <u>GO TO SECTION C (p.7)</u> .....	7
	Refused, <u>GO TO SECTION C (p.7)</u> .....	9

3. Have you been told on more than one occasion that your blood pressure was high, or have you been told this only once?

(33)

- a. More than once ..... 1
- b. Only once ..... 2
- Don't know/Not sure ..... 7
- Refused ..... 9

4. Is any medicine currently prescribed for your high blood pressure?

(34)

- a. Yes ..... 1
- b. No, GO TO Q6 ..... 2
- Don't know/Not sure GO TO Q6 ..... 7
- Refused, GO TO Q6 ..... 9

5. Are you currently taking medicine for your high blood pressure?

(35)

PROBE FOR "ALL OR MOST OF THE TIME" OR "ONLY OCCASIONALLY" IF NECESSARY. IF ANSWER IS "YES", USE "YES, ALL OR MOST OF THE TIME"

- a. Yes, all or most of the time ..... 1
- b. Yes, only occasionally ..... 2
- c. No ..... 3
- Don't know/Not sure ..... 7
- Refused, ..... 9

6. As far as you know, is your blood pressure presently normal -- or under control -- or is it still high?

PLEASE NOTE: NORMAL OR UNDER CONTROL INCLUDES "RETURNED TO NORMAL" AND "NO LONGER HAVE HIGH BLOOD PRESSURE"

(36)

- a. Normal ..... 1
- b. Under control ..... 2
- c. Still high ..... 3
- Don't know/Not sure ..... 7
- Refused, ..... 9

SECTION C: EXERCISE

The next few questions are about exercise, recreation, or physical activities other than your regular job duties.

7. During the past month, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening or walking for exercise?

(37)

- a. Yes ..... 1
- b. No, GO TO SECTION D (p.10) ..... 2
- Don't know/Not sure, GO TO SECTION D (p.10) ..... 7
- Refused, GO TO SECTION D (p.10) ..... 9

8. What type of physical activity or exercise did you spend the most time doing during the past month?

(38-39)

- SEE CODING LIST A
- a. Activity ..... \_ \_
  - Refused, GO TO Q13 (p.8) ..... 9 9

Activity

---

ASK QUESTION 9 ONLY IF ANSWER TO Q QUESTION 8 IS RUNNING, JOGGING, WALKING, OR SWIMMING, ALL OTHERS, GO TO QUESTION 10 (p.8).

---

9. How far did you usually walk/run/jog/swim?

(40-42)

- a. Miles and tenths ..... \_ \_ . \_
  - Don't know/Not sure ..... 7 7.7
  - Refused ..... 9 9.9
- (SEE CODING LIST B IF RESPONSE IS NOT IN MILES AND TENTHS)

10. How many times per week or per month did you take part in this activity during the past month?

(43-45)

- a. Times per week ..... 1 \_ \_
- b. Times per month ..... 2 \_ \_
- Don't know/Not sure ..... 7 7 7
- Refused ..... 9 9 9

11. And when you took part in this activity, for how many minutes or hours did you usually keep at it?

(46-48)

- a. Hours & Minutes ..... \_ : \_ \_
- Don't know/Not sure ..... 7 : 7 7
- Refused ..... 9 : 9 9

12. Was there another physical activity or exercise that you participated in during the last month?

(49)

- a. Yes ..... 1
- b. No, GO TO SECTION D (p.10) ..... 2
- Don't know/Not sure, GO TO SECTION D (p.10) ..... 7
- Refused, GO TO SECTION D (p.10) ..... 9

13. What other type of physical activity gave you the next most exercise during the past month?

(50-51)

- a. Activity ..... \_ \_
- Refused GO TO SECTION D (p.10) ..... 9 9

SEE CODING LIST A

---

Activity



-----  
ASK QUESTION 14 ONLY IF ANSWER TO Q13 IS RUNNING, JOGGING, WALKING, OR  
SWIMMING, ALL OTHERS GO TO QUESTION 15.  
-----

14. How far did you usually walk/run/jog/swim?

(52-54)

a. Miles and tenths ..... \_ \_ . \_

SEE CODING LIST B IF  
RESPONSE IS NOT IN  
MILES AND TENTHS

Don't know/Not sure ..... 7 7 7

Refused ..... 9 9 9

15. How many times per week or per month did you take part in this activity?

(55-57)

a. Times per week ..... 1 \_ \_

b. Times per month ..... 2 \_ \_

Don't know/Not sure ..... 7 7 7

Refused ..... 9 9 9

16. And when you took part in this activity, for how many minutes or hours did you usually keep at it?

(58-60)

a. Hours & Minutes ..... \_ : \_ \_

Don't know/Not sure ..... 7 : 7 7

Refused ..... 9 : 9 9

SECTION D: DIET

17. About how much do you weigh without shoes?

(61-63)

a. Weight .....	<u>    </u> <u>    </u> <u>    </u>
	pounds
Don't know/Not sure .....	7 7 7
Refused .....	9 9 9

18. About how tall are you without shoes?

(64-66)

a. Height .....	<u>    </u> / <u>    </u> <u>    </u>
	Ft/Inches
Don't know/Not sure .....	7 7 7
Refused .....	9 9 9

19. Are you now trying to lose weight?

(67)

a. Yes .....	1
b. No, <u>GO TO 22 (p.11)</u> .....	2
Refused, <u>GO TO 22 (p.11)</u> .....	9

20. Are you eating fewer calories to lose weight?

(68)

a. Yes .....	1
b. No.....	2
Don't know/Not sure .....	7
Refused.....	9

21. Have you increased your physical activity to lose weight?

(69)

a. Yes .....	1
b. No.....	2
Don't know/Not sure .....	7
Refused.....	9

22. How often do you usually add salt to your food at the table?

Would you say:

PLEASE READ

(70)

- a. Most of the time ..... 1
- b. Sometimes ..... 2
- c. Rarely..... 3  
or
- d. Never..... 4
- Don't know/Not sure ..... 7
- Refused ..... 9

23. Are you now under the advice of a doctor to reduce your cholesterol or blood fat level?

(71)

- a. Yes..... 1
- b. No..... 2
- Don't know/Not sure ..... 7
- Refused ..... 9

SECTION E: TOBACCO USE

Now, I would like to ask you a few questions about tobacco products:

24. Have you smoked at least 100 cigarettes in your entire life? (72)
- 100 cigarettes  
= 5 packs
- a. Yes ..... 1
  - b. No, GO TO Q29 (p.13) ..... 2
  - Don't know/Not sure, GO TO Q29 (p.13) ... 7
  - Refused, GO TO Q29 (p.13) ..... 9
25. Do you smoke cigarettes now? (73)
- a. Yes ..... 1
  - b. No, GO TO Q28 (p.13)..... 2
  - Refused, GO TO Q29 (p.13) ..... 9
26. On the average, about how many cigarettes a day do you now smoke? (74-75)
- 1 Pack = 20  
cigarettes
- a. Number of cigarettes ..... — —
  - b. Don't smoke regularly ..... 8 8
  - Refused ..... 9 9
27. Have you stopped smoking for a week or more sometime during the past year? (76)
- a. Yes, GO TO Q29 (p.13) ..... 1
  - b. No, GO TO Q29 (p.13) ..... 2
  - Refused, GO TO Q29 (p.13) ..... 9

28. About how long has it been since you last smoked cigarettes fairly regularly? (77)
- a. Within the past year ..... (0 TO 12 MONTHS) 1
  - b. Within the past two years .... (13 TO 24 MONTHS) 2
  - c. Within the past five years ... (25 TO 60 MONTHS) 3
  - or
  - d. More than five years ago ..... (61+ MONTHS) 4
  - Don't know/Not sure ..... 7
  - Never ..... 8
  - Refused ..... 9

29. Have you ever used or tried any smokeless tobacco products such as chewing tobacco or snuff? (78)
- PROBE FOR CHEWING TOBACCO, SNUFF, OR BOTH

- a. Yes, chewing tobacco ..... 1
- b. Yes, snuff ..... 2
- c. Yes, both ..... 3
- d. No, neither GO TO SECTION F (p.14) ..... 4
- Don't know/Not sure, GO TO SECTION F (p.14) ..... 7
- Refused, GO TO SECTION F (p.14) ..... 9

30. Do you currently use any smokeless tobacco products such as chewing tobacco or snuff?

PROBE FOR CHEWING TOBACCO, SNUFF, OR BOTH (79)

"Yes"  
INCLUDES  
OCCASIONAL  
USE

- a. Yes, chewing tobacco ..... 1
- b. Yes, snuff ..... 2
- c. Yes, both ..... 3
- d. No ..... 4
- Don't know/Not sure ..... 7
- Refused ..... 9

SECTION F: ALCOHOL CONSUMPTION

These next few questions are about the use of beer, wine, or liquor--all kinds of alcoholic beverages that people drink at meals, special occasions, or when just relaxing.

31. Have you had any beer, wine or liquor during the past month, that is, since \_\_\_\_\_ (80)

- a. Yes ..... 1
- b. No, GO TO SECTION G (p.17) ..... 2
- Refused, GO TO SECTION G (p.17) ..... 9

32. During the past month, how many days per week or per month did you drink any beer? (81-83)

- a. Days per week ..... 1 \_\_\_
- b. Days per month ..... 2 \_\_\_
- c. Never or none GO TO Q 34 (p.15) ..... 8 8 8
- Don't know/Not sure, GO TO Q 34 (p.15) ..... 7 7 7
- Refused GO TO Q 34 (p.15) ..... 9 9 9

33. On the days when you drank beer, about how many beers did you drink on the average? (84-85)

- a. Number of beers ..... \_\_\_
- Don't know/Not sure ..... 7 7
- Refused ..... 9 9

34. Also, during the past month, how many days per week or per month did you drink any wine?

(86-88)

- a. Days per week ..... 1 \_\_\_
- b. Days per month ..... 2 \_\_\_
- c. Never or none GO TO Q 36 ..... 8 8 8  
Don't know/Not sure, GO TO Q 36 ..... 7 7 7  
Refused GO TO Q 36 ..... 9 9 9

35. On the days when you drank wine, about how many glasses of wine did you drink on the average?

(89-90)

- a. Number of glasses of wine ..... \_\_\_
- Don't know/Not sure ..... 7 7
- Refused ..... 9 9

36. And, during the past month, about how many days per week or per month did you have any liquor to drink, such as vodka, gin, rum or whiskey?

(91-93)

- a. Days per week ..... 1 \_\_\_
- b. Days per month ..... 2 \_\_\_
- c. Never or none, GO TO Q 38 (p.16) ..... 8 8 8  
Don't know/Not sure, GO TO Q 38 (p.16) ... 7 7 7  
Refused, GO TO Q 38 (p.16) ..... 9 9 9

37. On the days when you drank any liquor, about how many drinks did you have on the average?

(94-95)

- a. Number of drinks ..... \_\_\_
- Don't know/Not sure ..... 7 7
- Refused ..... 9 9

38. Considering all types of alcoholic beverages, that is beer, wine, and liquor, as drinks, how many times during the past month did you have 5 or more drinks on an occasion?

(96-97)

a.	Number of times .....	— —
b.	None .....	8 8
	Don't know/Not sure .....	7 7
	Refused .....	9 9

39. And during the past month, how many times have you driven when you've had perhaps too much to drink?

(98-99)

a.	Number of times .....	— —
b.	None .....	8 8
	Don't know/Not sure .....	7 7
	Refused .....	9 9



SECTION G: PREVENTIVE HEALTH PRACTICES

Some people visit a doctor for a routine checkup, even though they are feeling well and have not been sick.

40. About how long has it been since you last visited a doctor for a routine checkup?

Was it:	<u>PLEASE READ</u>	(100)
a. Within the past year .....	(0 TO 12 MONTHS)	1
b. Within the past two years ....	(13 TO 24 MONTHS)	2
c. Within the past five years ...	(25 TO 60 MONTHS)	3
	OR	
d. More than five years ago .....	(61+ MONTHS)	4
	Don't know/Not sure .....	7
	Never .....	8
	Refused .....	9

These next questions are about blood cholesterol, which is a fatty substance found in the blood.

41. Have you ever had your blood cholesterol checked?

		(101)
a. Yes .....		1
b. No, <u>GO TO Q46 (p.18)</u> .....		2
	Don't know/Not sure, <u>GO TO Q46 (p.18)</u> ....	7
	Refused, <u>GO TO Q46 (p.18)</u> .....	9

42. About how long has it been since you had your blood cholesterol checked?

Was it:	<u>PLEASE READ</u>	(102)
a. Within the past year .....	(0 TO 12 MONTHS)	1
b. Within the past two years ....	(13 TO 24 MONTHS)	2
c. Within the past five years ...	(25 TO 60 MONTHS)	3
	OR	
d. More than five years ago .....	(61+ MONTHS)	4
	Don't know/Not sure .....	7
	Refused .....	9

43. Have you ever been told your blood cholesterol level, in numbers? (103)
- a. Yes ..... 1
  - b. No, GO TO Q 45 ..... 2
    - Don't know/Not sure, GO TO Q 45 ..... 7
    - Refused, GO TO Q 45 ..... 9

44. What is your blood cholesterol level? (104-106)
- a. RECORD THE NUMBER ..... \_ \_ \_
    - Don't know/Not sure ..... 7 7 7
    - Refused ..... 9 9 9

45. Have you ever been told by a doctor or other health professional that your blood cholesterol is high? (107)
- a. Yes ..... 1
  - b. No ..... 2
    - Don't know/Not sure ..... 7
    - Refused ..... 9

46. Next, I would like to ask you about influenza vaccination, commonly called a flu shot. Have you had a flu shot in the last 12 months? (108)
- a. Yes ..... 1
  - b. No ..... 2
    - Don't know/Not sure ..... 7
    - Refused ..... 9

47. INTERVIEWER: INDICATE SEX OF RESPONDENT (109)
- ASK IF NECESSARY
- a. Male, GO TO SECTION H (p.20) ..... 1
  - b. Female ..... 2

These next questions are about mammograms, which are x-ray tests of the breast to look for cancer.

48. Have you ever heard of a mammogram? (110)
- a. Yes ..... 1
  - b. No, GO TO SECTION H (p.20) ..... 2
  - Don't know/Not sure, GO TO SECTION H (p.20) ..... 7
  - Refused, GO TO SECTION H (p.20) ..... 9

49. Have you ever had a mammogram? (111)
- a. Yes ..... 1
  - b. No, GO TO SECTION H (p.20) ..... 2
  - Don't know/Not sure, GO TO SECTION H (p.20) ..... 7
  - Refused, GO TO SECTION H (p.20) ..... 9

50. About how long has it been since you had your last mammogram? (112)
- Was it: PLEASE READ
- a. Within the past year ..... (0 TO 12 MONTHS) 1
  - b. Within the past two years .... (13 TO 24 MONTHS) 2
  - c. Within the past five years ... (25 TO 60 MONTHS) 3
  - OR
  - d. More than five years ago ..... (61+ MONTHS) 4
  - Don't know/Not sure ..... 7
  - Refused ..... 9

51. Was your last mammogram done as part of a routine checkup, because of a breast problem, or because you've already had breast cancer? (113)
- a. Routine checkup ..... 1
  - b. Breast problem ..... 2
  - c. Had breast cancer ..... 3
  - Don't know/Not sure ..... 7
  - Refused ..... 9

SECTION H: DEMOGRAPHICS

And finally, these last few questions ask for a little more information about yourself.

52. How old were you on your last birthday?

(114-115)

a.	CODE AGE IN YEARS .....	— —
	Do not remember/Not sure .....	0 7
	Refused .....	0 9

53. What is your race?

Would you say PLEASE READ (116)

a.	White .....	1
b.	Black .....	2
c.	Asian, Pacific Islander .....	3
d.	Aleutian, Eskimo or American Indian .....	4
e.	Other specify _____	5
	Don't know/Not sure .....	7
	Refused .....	9

54. Are you of Hispanic origin such as Mexican American, Latin American, Puerto Rican or Cuban?

(117)

a.	Yes .....	1
b.	No .....	2
	Don't know/Not sure .....	7
	Refused .....	9

55. What is the highest grade or year of school you completed?

READ ONLY IF NECESSARY

(118)

- a. Eighth Grade or Less ..... 1
- b. Some High School ..... 2
- c. High School Grad or GED Certificate ..... 3
- d. Some Technical School ..... 4
- e. Technical School Graduate ..... 5
- f. Some College ..... 6
- g. College Graduate ..... 7
- h. Post Grad or Professional Degree ..... 8
- Refused ..... 9

56. Are you currently:

PLEASE READ

(119)

- a. Employed for wages ..... 1
- b. Self employed ..... 2
- c. Out of work for more than 1 year ..... 3
- d. Out of work for less than 1 year ..... 4
- e. Homemaker ..... 5
- f. Student ..... 6
- or
- g. Retired ..... 7
- Refused ..... 9

57. And are you:

	<u>PLEASE READ</u>	(120)
a. Married .....		1
b. Divorced .....		2
c. Widowed .....		3
d. Separated .....		4
e. Never been married .....		5
or		
f. A member of an unmarried couple .....		6
Refused .....		9

58. Which of the following categories best describes your annual household income from all sources?

	<u>PLEASE READ</u>	(121)
a. Less than \$10,000 .....		1
b. \$10 to \$15,000 .....		2
c. \$15 to \$20,000 .....		3
d. \$20 to \$25,000 .....		4
e. \$25 to \$35,000 .....		5
f. \$35 to \$50,000 .....		6
or		
g. Over \$50,000 .....		8
Don't know/Not sure .....		7
Refused .....		9

INTERVIEWER: ASK THIS QUESTION ONLY TO FEMALES  
BETWEEN 18 and 45 YEARS OF AGE,  
OTHERWISE, GO TO QUESTION 60.

59. To your knowledge, are you now pregnant? (122)
- a. Yes ..... 1
  - b. No ..... 2
  - Don't know/Not sure ..... 7
  - Refused ..... 9

60. How many telephone numbers will reach this household, including the number I used today? (123)
- DIFFERENTIATE BETWEEN TELEPHONE NUMBERS AND  
TELEPHONE SETS IF NECESSARY. INCLUDE ALL TELEPHONE  
NUMBERS THAT CAN REACH HOUSEHOLD

- a. Total Telephone Numbers..... —

CLOSING STATEMENT

That's my last question. Let me emphasize that your answers cannot be identified with your name. Everyone's answers will be combined to give us information about the health practices of people in this state. Thank you very much for your time and cooperation.

## Coding Lists

### Coding List A: Activity codes

---

Code	Description	Code	Description
01	Aerobics class	27	Painting/papering house
02	Back packing	28	Racquetball
03	Badminton	29	Raking lawn
04	Basketball	30	*Running
05	Bicycling for pleasure	31	Rope skipping
06	Boating (canoeing, rowing, sailing for pleasure/camping)	32	Scuba diving
07	Bowling	33	Skating (ice or roller)
08	Boxing	34	Sledding, tobogganing
09	Calisthenics	35	Snorkeling
10	Canoeing/rowing (in competition)	36	Snow shoeing
11	Carpentry	37	Snow shoveling by hand
12	Dancing (aerobic/ballet)	38	Snow blowing
13	Fishing from river bank or boat	39	Snow skiing
14	Gardening (spading, digging, weeding, filling)	40	Soccer
15	Golf	41	Softball
16	Handball	42	Squash
17	Health club exercise	43	Stair climbing
18	Hiking (cross-country)	44	Stream fishing in waders
19	Home exercise	45	Surfing
20	Horseback riding	46	*Swimming laps
21	Hunting large game (deer, elk)	47	Table tennis
22	*Jogging	48	Tennis
23	Judo/karate	49	Touch football
24	Mountain climbing	50	Volleyball
25	Mowing lawn	51	*Walking
26	Paddleball	52	Water skiing
		53	Weight lifting
		54	Other _____

### Coding List B: Intensity factors for common leisure activities

---

#### Lap swimming

50-ft. pool 10 laps = .1 mile  
100-ft. pool 5 laps = .1 mile  
50-meter pool 3 laps = .1 mile

#### Running/jogging/walking

1/2 mile = .5 mile  
1/4 mile = .3 mile  
1/8 mile = .1 mile  
1 block = .1 mile