

SECTION PH: PHYSICAL ACTIVITY, SUN EXPOSURE, AND HOBBIES

Now I am going to ask about some physical activities. These activities include sports, exercises, and chores around the home or garden; they do not include your activities while you are working.

<BEGIN REPEATING RECORD - ACTIVITY>

<p>PH1. <FIRST OCCURRENCE:> In the past 12 months, have you done any sports or exercise activities at least once a week <u>for at least one month</u>? Please include walking for exercise, yoga, dance classes and the like.</p> <p><ALL OTHER OCCURRENCES:> In the past 12 months, have you done any other sports or exercise activities at least once a week for at least one month?</p>	<p>YES..... 1</p> <p>NO.....[PH6]..... 2</p> <p>REF.....[PH6]..... 7</p> <p>DK.....[PH6]..... 8</p>
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PH2. What [*other*] sports or exercise activity have you done at least once a week for at least one month out of the past 12 months? Please tell me about each activity one at a time.

ACTIVITY

<ACTIVITY WILL BE SELECTED FROM A LOOK-UP TABLE>

<p>PH3. How many months out of the past 12 months have you done this [(ACTIVITY)]? [INCLUDE ANY MONTH IN WHICH R HAS DONE THIS ACTIVITY OR EXERCISE AT LEAST ONE TIME PER WEEK.]</p>	<p align="center"> <input style="width: 20px; height: 20px; border: 1px solid black;" type="text"/> <input style="width: 20px; height: 20px; border: 1px solid black;" type="text"/> # MONTHS </p>
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<p>PH4. In the months you did this [(ACTIVITY)], about how many days per week or per month did you do this, on average?</p>	<p align="center"> <input style="width: 20px; height: 20px; border: 1px solid black;" type="text"/> <input style="width: 20px; height: 20px; border: 1px solid black;" type="text"/> # DAYS </p> <p>PER WEEK..... 1</p> <p>PER MONTH..... 2</p>
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<p>PH5. On the days that you did this activity [(ACTIVITY)], about how much time did you spend on average each <u>day</u> you did this? Was it...</p>	<p>less than 20 minutes per day 1</p> <p>20 to 29 minutes per day 2</p> <p>30 to 59 minutes per day 3</p> <p>60 to 90 minutes per day 4</p> <p>more than 90 minutes per day 5</p>
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<GO TO PH1>

<END REPEATING RECORD - ACTIVITY>

<p>PH6. On average during the past 12 months, about how much time did you spend walking each day? For example, walking to work, while shopping, or to the mailbox-- do not include walking for exercise. Would you say...</p>	<p>less than 20 minutes per day 01</p> <p>20 to 29 minutes per day 02</p> <p>30 to 59 minutes per day 03</p> <p>60 to 90 minutes per day 04</p> <p>more than 90 minutes per day 05</p> <p>IN WHEELCHAIR/ CAN'T WALK [PH8] 06</p>
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PH7. On average during the past 12 months, about how many flights of stairs did you climb up per day, per week, or per month? By one flight, we mean about 10 stairs. Please do not include the use of stair climbing exercise machines.

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FLIGHTS

- PER DAY..... 1
- PER WEEK..... 2
- PER MONTH..... 3
- PER YEAR 4

PH8. On average during the past 12 months about how much time did you spend each week vacuuming, mopping, scrubbing, washing cars, or doing other chores that increase your heart rate slightly? Would you say...

- less than 1 hour per week..... 1
- at least 1 but less than 3 hours per week..... 2
- at least 3 but less than 7 hours per week 3
- 7 or more hours per week..... 4

PH9. On average during the past 12 months about how much time did you spend each week moving furniture, doing yard work, or other chores that cause sweating and increase your heart rate substantially? Would you say...

- less than 1 hour per week..... 1
- at least 1 but less than 3 hours per week..... 2
- at least 3 but less than 7 hours per week 3
- 7 or more hours per week..... 4

PH10. How would you rate your amount of physical activity over the past 12 months compared to when you were around the age of 30? Would you say you are much less, less, about the same, more, or much more active than you were around age 30?

- MUCH LESS 1
- LESS 2
- ABOUT THE SAME..... 3
- MORE 4
- MUCH MORE 5

Now I'd like to ask you about any physical activities you may have done as a child.

<BEGIN REPEATING RECORD - ACTIVITY>

PH11. **<FIRST OCCURRENCE:>** Between the ages of 5 and 19, not including gym class or free play, did you do any sports or exercise activities at least once a week for at least two months? Please include dance, cheerleading, gymnastics, skating classes, and the like.
<ALL OTHER OCCURRENCES:> Between the ages of 5 and 19, not including gym class or free play, did you do any other sports or exercise activities at least once a week for at least two months?

- YES..... 1
- NO.....[PH16]..... 2
- REF[PH16]..... 7
- DK.....[PH16]..... 8

PH12. Between the ages of 5 and 19, what [*other*] sports or exercise activity did you do at least once a week for at least two months? [IF R OFFERS >1 ACTIVITY: Please tell me about each activity one at a time.]

_____ ACTIVITY

PH13. At what ages did you do this [(ACTIVITY)]? [MARK ALL AGES THAT R DID ACTIVITY.]

- 5 6 7 8 9 10 11 12 13
- 14 15 16 17 18 19
- ALL OF THE ABOVE

PH14. During [*those years/that year*], about how many months per year did you do this on average? Would you say...

- less than 3 months..... 1
- 3 to 6 months..... 2
- 7 to 9 months..... 3
- more than 9 months..... 4

PH15. In the months you did this activity [(ACTIVITY)], about how much time did you spend on average each week doing this? Would you say...

less than 1 hour per week..... 1
 at least 1 hour but less than 3 hours
 per week 2
 at least 3 but less than 7 hours per
 week 3
 7 or more hours per week..... 4

<GO TO PH11>

<END REPEATING RECORD - ACTIVITY>

PH16. When you were around 10 years old, about how much of your free time did you spend on average each week in physically active play, such as riding a bike, hiking, skating, dancing, or playing ball? Please include time spent during recess. Was it...

less than 1 hour per week..... 1
 at least 1 but less than 3 hours
 per week 2
 at least 3 but less than 7 hours per.....
 week 3
 7 or more hours per week..... 4

PH17. When you were 10 years old did you usually...
 [CHECK ALL THAT APPLY]

walk ½ mile or less to school..... 1
 walk more than ½ mile to school 1
 ride a bicycle to school..... 1
 take a bus, car or train to school..... 1
 DID NOT GO TO SCHOOL 1

PH18. When you were around 10 years old, about how much time did you spend on average each week doing yard work, farm chores, or other chores that cause sweating and increase your heart rate substantially? Would you say...

less than 1 hour per week..... 1
 at least 1 but less than 3 hours
 per week 2
 at least 3 but less than 7 hours per
 week 3
 7 or more hours per week..... 4

PH19. When you were around 10 years old, could you have been described as a "tomboy"?

YES 1
 NO..... 2

For the next few questions, please think back to when you were around 16 years old.

PH20. When you were around 16 years old, about how much time did you spend on average each week riding a bike, hiking, skating, dancing, or doing other recreational activities that were not part of an organized sports team or regular exercise program? Was it...

less than 1 hour per week..... 1
 at least 1 but less than 3 hours
 per week 2
 at least 3 but less than 7 hours per
 week 3
 7 or more hours per week..... 4

PH21. When you were 16 years old did you usually...
 [CHECK ALL THAT APPLY]

walk ½ mile or less to school..... 1
 walk more than ½ mile to school 1
 ride a bicycle to school..... 1
 take a bus, car or train to school..... 1
 DID NOT GO TO SCHOOL 1

<IF PH21 = "DID NOT GO TO SCHOOL", ASK:>

PH21a. Did you work during this time?

YES 1
NO..... [PH22] 2

PH21b. How did you usually get to work? Did you...
[CHECK ALL THAT APPLY.]

walk ½ mile or less to work 1
walk more than ½ mile to work 1
ride a bicycle to work..... 1
take a bus, car or train to work..... 1

PH22. When you were around 16 years old, about how
much time did you spend on average each
week doing yard work, farm chores, or other
chores that cause sweating and increase your
heart rate substantially? Would you say...

less than 1 hour per week 1
at least 1 but less than 3 hours
per week 2
at least 3 but less than 7 hours per
week 3
7 or more hours per week..... 4

Environmental Section: Sun Exposure

These next questions ask about your time outdoors in daylight. This includes time spent in full sun as well as in the shade. When answering, please think about what you have usually done over the past five years. Remember that we are asking about all time spent outdoors including activities like gardening, walking, and biking, but also less physical activities such as relaxing. Please do not include time spent driving.

	During the [SEASON], about how many hours and/or minutes per day, week, or month do you spend outdoors in daylight?	When you are outdoors in the [SEASON], how often do you wear a visor or a hat with a brim? Would you say...	When you are outdoors in the [SEASON], how often do you wear long sleeves or long pants? Would you say...	When you are outdoors in the [SEASON], how often do you use a sunscreen or products containing sunscreen on your face? Would you say...	When you are outdoors in the [SEASON], how often do you use a sunscreen or products containing sunscreen on the other (not face) sun-exposed parts of your body? Would you say...
PH23. spring	<div style="display: flex; justify-content: space-around;"> □□□ □□□ </div> #HRS #MINS PER DAY 1 PER WEEK 2 PER MONTH 3 <IF PH23 = 0, GO TO PH26>	PH24a. never5 rarely4 sometimes3 usually2 always1	PH24b. never5 rarely4 sometimes3 usually2 always1	PH25a. never 5 rarely 4 sometimes 3 usually 2 always 1	PH25b. never 5 rarely 4 sometimes 3 usually 2 always 1
PH26. summer	<div style="display: flex; justify-content: space-around;"> □□□ □□□ </div> #HRS #MINS PER DAY 1 PER WEEK 2 PER MONTH 3 <IF PH26 = 0, GO TO PH29>	PH27a. never5 rarely4 sometimes3 usually2 always1	PH27b. never5 rarely4 sometimes3 usually2 always1	PH28a. never 5 rarely 4 sometimes 3 usually 2 always 1	PH28b. never 5 rarely 4 sometimes 3 usually 2 always 1
PH29. fall	<div style="display: flex; justify-content: space-around;"> □□□ □□□ </div> #HRS #MINS PER DAY 1 PER WEEK 2 PER MONTH 3 <IF PH29 = 0, GO TO PH31>	PH29a. never5 rarely4 sometimes3 usually2 always1	PH29b. never5 rarely4 sometimes3 usually2 always1	PH30a. never 5 rarely 4 sometimes 3 usually 2 always 1	PH30b. never 5 rarely 4 sometimes 3 usually 2 always 1
PH31. winter	<div style="display: flex; justify-content: space-around;"> □□□ □□□ </div> #HRS #MINS PER DAY 1 PER WEEK 2 PER MONTH 3 <IF PH31 = 0, GO TO PH33>	PH31a. never5 rarely4 sometimes3 usually2 always1	PH31b. never5 rarely4 sometimes3 usually2 always1	PH32a. never 5 rarely 4 sometimes 3 usually 2 always 1	PH32b. never 5 rarely 4 sometimes 3 usually 2 always 1

PH33. Have you ever used a tanning bed? YES 1
NO 2

PH34. Have you ever used a sunlamp for tanning or to control acne? YES 1
NO 2

PH35. Have you ever worked as a lifeguard outdoors? YES 1
NO [PH37] 2
REF [PH37] 7
DK [PH37] 8

PH36. About how many years and/or months in |_| |
all have you worked as a lifeguard outdoors? |_| |
YEARS MONTHS

PH37. As a teenager or young adult did you usually try to get a tan? YES 1
NO 2

PH38. Over the past five years, have you tried to get a tan? YES 1
NO 2

PH39. Which of the following choices is the closest to what would happen to your skin if it were exposed for the first time to strong sunlight for at least an hour without using sunscreen or protective clothing? Would you...
get a severe sunburn with blisters 1
get a painful sunburn, but not blisters . 2
get a mild sunburn followed by some tanning 3
become tanned without any sunburn... 4
have no visible reaction..... 5

PH40. Have you ever had a sunburn? YES 1
NO 2

<ASK ONLY IF PH33 = YES:>

PH40a. Have you ever had a burn from a tanning bed? YES 1
NO 2

<ASK ONLY IF PH34 = YES:>

PH40b. Have you ever had a burn from a sunlamp? YES 1
NO 2

<ASK QUESTIONS PH41-PH46 ONLY IF PH40, PH40a, OR PH40b = YES:>

<FILL IF PH40a = YES OR PH40b = YES OR PH40 = YES:>

PH41. Have you ever had a blistering [*sunburn/or/ a burn from a tanning bed/or/sunlamp*] that did not require medical attention? YES 1
NO [PH44] 2
REF [PH44] 7
DK [PH44] 8

PH42. How many times has this happened? |_| |
TIMES

PH43. How old were you the first time this happened? |_| |
[IF LESS THAN ONE YEAR OLD, ENTER "00".] AGE

<FILL IF PH40 = YES OR PH40a = YES OR PH40b = YES:>

PH44. Have you ever had a blistering [*sunburn/or/ a burn from a tanning bed/or/sunlamp*] that caused you to seek medical attention? YES..... 1
 NO..... [PH47] 2
 REF [PH47] 7
 DK..... [PH47] 8

PH45. How many times has this happened?
 # TIMES

PH46. How old were you the first time this happened?
 [IF LESS THAN ONE YEAR OLD, ENTER "00".]
 AGE

PH47. What color are your eyes? BLUE 01
 BROWN OR BLACK..... 02
 GREEN 03
 HAZEL 04
 GRAY 05
 OTHER 06


PH48. What is the natural color of your hair? [IF R ANSWERS "GRAY," PROBE: "What was the color of your hair before it turned gray?"]
 BROWN..... 01
 BLACK 02
 BLONDE 03
 RED..... 04
 AUBURN..... 05
 OTHER 06




Now I have some questions about activities you may have done as a hobby, not as part of a regular job.

Have you ever done any of these activities or crafts on a regular basis, that is, more than just once in a while?	About how many years in total have you done this regularly?	Have you done this in the past 12 months?	During the year[s] you did this activity, about how much time did you spend on average each week doing this? Would you say...
PH49. oil painting, or other artistic painting (as a hobby) Y 1 N . [PH53] 2	PH50. <input type="text"/> <input type="text"/> YEARS [IF LESS THAN ONE YEAR, ENTER "00".]	PH51. Y..... 1 N..... 2	PH52. less than 1 hour per week ... 1 at least 1 but less than 3 hours per week..... 2 at least 3 but less than 7 hours per week..... 3 7 or more hours per week ... 4
PH53. developing photographs chemically (as a hobby) Y 1 N . [PH57] 2	PH54. <input type="text"/> <input type="text"/> YEARS [IF LESS THAN ONE YEAR, ENTER "00".]	PH55. Y..... 1 N..... 2	PH56. less than 1 hour per week ... 1 at least 1 but less than 3 hours per week..... 2 at least 3 but less than 7 hours per week..... 3 7 or more hours per week ... 4

<p>PH57. woodworking (as a hobby) Y 1 N . [PH61] 2</p>	<p>PH58. <input type="text"/> <input type="text"/> <input type="text"/> YEARS [IF LESS THAN ONE YEAR, ENTER "00".]</p>	<p>PH59. Y..... 1 N..... 2</p>	<p>PH60. less than 1 hour per week ... 1 at least 1 but less than 3 hours per week..... 2 at least 3 but less than 7 hours per week..... 3 7 or more hours per week ... 4</p>
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<p>Have you ever done any of these activities or crafts on a regular basis, that is, more than just once in a while?</p>	<p>About how many years in all have you done this regularly?</p>	<p>Have you done this in the past 12 months?</p>	<p>During the year[s] you did this activity, about how much time did you spend on average each week doing this? Would you say...</p>
<p>PH61. refinishing furniture (as a hobby) Y 1 N . [PH65] 2</p>	<p>PH62. <input type="text"/> <input type="text"/> <input type="text"/> YEARS [IF LESS THAN ONE YEAR, ENTER "00".]</p>	<p>PH63. Y..... 1 N..... 2</p>	<p>PH64. less than 1 hour per week ... 1 at least 1 but less than 3 hours per week..... 2 at least 3 but less than 7 hours per week..... 3 7 or more hours per week ... 4</p>
<p>PH65. ceramics or pottery making (as a hobby) Y 1 N . [PH69] 2</p>	<p>PH 66. <input type="text"/> <input type="text"/> <input type="text"/> YEARS [IF LESS THAN ONE YEAR, ENTER "00".]</p>	<p>PH67. Y..... 1 N..... 2</p>	<p>PH68. less than 1 hour per week ... 1 at least 1 but less than 3 hours per week..... 2 at least 3 but less than 7 hours per week..... 3 7 or more hours per week ... 4</p>
<p>PH69. glass blowing (as a hobby) Y 1 N . [PH73] 2</p>	<p>PH70. <input type="text"/> <input type="text"/> <input type="text"/> YEARS [IF LESS THAN ONE YEAR, ENTER "00".]</p>	<p>PH71. Y..... 1 N..... 2</p>	<p>PH72. less than 1 hour per week ... 1 at least 1 but less than 3 hours per week..... 2 at least 3 but less than 7 hours per week..... 3 7 or more hours per week ... 4</p>
<p>PH73. etching (as a hobby) Y 1 N . [PH77] 2</p>	<p>PH74. <input type="text"/> <input type="text"/> <input type="text"/> YEARS [IF LESS THAN ONE YEAR, ENTER "00".]</p>	<p>PH75. Y 1 N 2</p>	<p>PH76. less than 1 hour per week ... 1 at least 1 but less than 3 hours per week..... 2 at least 3 but less than 7 hours per week..... 3 7 or more hours per week ... 4</p>
<p>PH77. hobbies that involve soldering, such as stained glass or jewelry making Y 1 N . [PH81] 2</p>	<p>PH78. <input type="text"/> <input type="text"/> <input type="text"/> YEARS [IF LESS THAN ONE YEAR, ENTER "00".]</p>	<p>PH79. Y 1 N 2</p>	<p>PH80. less than 1 hour per week ... 1 at least 1 but less than 3 hours per week..... 2 at least 3 but less than 7 hours per week..... 3 7 or more hours per week ... 4</p>

PH81. hobbies that involve welding Y 1 N . [PH85] 2	PH82.  YEARS [IF LESS THAN ONE YEAR, ENTER "00".]	PH83. Y..... 1 N..... 2	PH84. less than 1 hour per week ... 1 at least 1 but less than 3 hours per week..... 2 at least 3 but less than 7 hours per week..... 3 7 or more hours per week ... 4
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Have you ever done any of these activities or crafts on a regular basis, that is, more than just once in a while?	About how many years in all have you done this regularly?	Have you done this in the past 12 months?	During the year[s] you did this activity, about how much time did you spend on average each week doing this? Would you say...
PH85. leather crafting (as a hobby) Y 1 N . [PH89] 2	PH86.  YEARS [IF LESS THAN ONE YEAR, ENTER "00".]	PH87. Y..... 1 N..... 2	PH88. less than 1 hour per week ... 1 at least 1 but less than 3 hours per week..... 2 at least 3 but less than 7 hours per week..... 3 7 or more hours per week ... 4
PH89. print making or silk screening (as a hobby) Y 1 N . [PH93] 2	PH90.  YEARS [IF LESS THAN ONE YEAR, ENTER "00".]	PH91. Y..... 1 N..... 2	PH92. less than 1 hour per week.... 1 at least 1 but less than 3 hours per week..... 2 at least 3 but less than 7 hours per week..... 3 7 or more hours per week ... 4
PH93. auto or engine repair (as a hobby) [THIS INCLUDES GENERAL AUTOMOTIVE WORK AND REPAIRS TO ENGINES THAT RUN ON GAS, INCLUDING SOME LAWNMOWERS, MOTORCYCLES, AND GO CARTS.] Y 1 N . [PH97] 2	PH94.  YEARS [IF LESS THAN ONE YEAR, ENTER "00".]	PH95. Y..... 1 N..... 2	PH96. less than 1 hour per week ... 1 at least 1 but less than 3 hours per week..... 2 at least 3 but less than 7 hours per week..... 3 7 or more hours per week ... 4

PH97. Have you ever done gardening on a regular basis, that is, more than just once in a while?

YES 1
 NO..... [PH104] 2
 REF [PH104] 7
 DK..... [PH104] 8

PH98. About how many years in all have you done this regularly? [IF LESS THAN ONE YEAR, ENTER "00".]

YEARS

PH99. Have you done this in the past 12 months?
YES 1
NO 2

PH100. During the years you did gardening, about how many hours per week did you spend doing this in the spring? Would you say...
less than 1 hour per week 1
at least 1 hour but less than 3 hours per week 2
at least 3 but less than 7 hours per week 3
7 or more hours per week 4

PH101. (During the years you did gardening,) about how many hours per week did you spend doing this in the summer? Would you say...
less than 1 hour per week 1
at least 1 hour but less than 3 hours per week 2
at least 3 but less than 7 hours per week 3
7 or more hours per week 4

PH102. (During the years you did gardening,) about how many hours per week did you spend doing this in the fall? Would you say...
less than 1 hour per week 1
at least 1 hour but less than 3 hours per week 2
at least 3 but less than 7 hours per week 3
7 or more hours per week 4

PH103. (During the years you did gardening,) about how many hours per week did you spend doing this in the winter? Would you say...
less than 1 hour per week 1
at least 1 hour but less than 3 hours per week 2
at least 3 but less than 7 hours per week 3
7 or more hours per week 4

PH104. Have you ever done any other hobby that involves glues, solvents, metals, or other chemicals on a regular basis, that is, more than just once in a while?
YES 1
SPECIFY: _____
NO [NEXT SECTION] 2
REF [NEXT SECTION] 7
DK [NEXT SECTION] 8

PH105. About how many years in all have you done this regularly? [IF LESS THAN ONE YEAR, ENTER "00".]

YEARS

PH106. Have you done this in the past 12 months?
YES 1
NO 2

PH107. During the year[s] you did this activity, about how much time did you spend on average each week doing this? Would you say...
less than 1 hour per week 1
at least 1 hour but less than 3 hours per week 2
at least 3 but less than 7 hours per week 3
7 or more hours per week 4