

**FINRISKI**<sup>2002</sup>

The FINRISK Physical Activity  
Questionnaire

Date: \_\_\_\_\_

**1. Fitness-related physical activity**

**1.1** How often have you exercised, both earlier and nowadays, in your leisure time in the age groups which apply to you below. (e.g. jogging, cross-country skiing, cycling, swimming, walking, pole/Nordic walking, aerobics, ball games, ice hockey, etc.)?

	15-24	25-34	35-44	45-54	55-64	over 65
No exercise because of disability or disease						
A few times a year or less						
1-3 times a month						
Once a week						
2-3 times a week						
4-5 times a week						
More than 5 times a week						

**1.2** Have you ever participated in competitive sports?

- 1 Never (move to question 2.1)
- 2 Yes

**1.3** At what age did you participate in competitive sports? Between \_\_\_\_\_ - \_\_\_\_\_ years

**1.4** In what events did you compete? Circle the event/events in the list.

- 1 Running
- 2 Cross-country skiing
- 3 Gymnastics
- 4 Football
- 5 Baseball
- 6 Volleyball
- 7 Ice hockey
- 8 Orienteering
- 9 Swimming
- 10 Rowing
- 11 Wrestling
- 12 Track and field
- 13 Other, what: \_\_\_\_\_

## 2. Physical education

2.1 Below you will find six statements on physical education (P.E.). Recall your school years and circle the best option.

	I entirely agree	I somewhat agree	I don't know	I somewhat disagree	I entirely disagree
P.E. was interesting and pleasant.	1	2	3	4	5
I actively participated in P.E.	1	2	3	4	5
I learned useful physical activity skills in P.E. classes.	1	2	3	4	5
P.E. has motivated me to be physically active also after finishing school.	1	2	3	4	5
P.E. classes were overly oriented to competitive sports.	1	2	3	4	5
The number of P.E. classes was sufficient.	1	2	3	4	5

## 3. Occupational physical activity

3.1 Have you been working in the past 12 months?

- 1 Yes
- 2 No (move to question 4)

3.2 The average duration of your workday (including breaks)  
 \_\_\_\_\_h \_\_\_\_\_min

3.3 Think about your typical workday. Estimate all the activities performed during the workday (including lunch break) and the average duration with an accuracy of 15 minutes. If you work only part of the year, the question concerns the time when at work. Commuting is not part of the workday.

<u>Activity</u>	<u>Duration</u>
Sitting	_____ h _____ min
Sitting in a car/vehicle	_____ h _____ min
Standing	_____ h _____ min
Walking on level ground	_____ h _____ min
Walking on uneven ground (forest)	_____ h _____ min
Climbing stairs, cycling or running	_____ h _____ min
Forestry, construction work or agriculture	_____ h _____ min
Loading work (or similar)	_____ h _____ min
Other, what: _____	_____ h _____ min

#### 4. Leisure time physical activity in the past 12 months

Leisure time physical activity refers to commuting activity, conditioning activity, and daily chores that demand physical activity.

##### Filling instructions

- Fill in all activities of the past 12 months.
- Specify in each month of the past 12 months how many times (number of sessions) per month you have engaged in different types of physical activity.
- If you have not engaged in a particular event, check in the column 'Not participating at all'.
- Into the column 'average duration', estimate the time you normally spend in each type of activity.
- The intensity of physical activity ranges between 0-3, and the classes are defined in detail on the next page.

	Not participating at all (check in)	January	February	March	April	May	June	July	August	September	October	November	December	Average duration per session (min)	Intensity class (0-3)
Commute: walking (one way =1 session)	X														
Commute: cycling (one way =1 session)						6	4	10						10	1
Jogging, running, orienteering					2	2				4		4		45	2
Cross-country skiing		1	4											45	3
Walking, pole/Nordic walking, hiking	X														
Leisure time cycling, stationary cycling	X														
Swimming, water gymnastics	X														
Gymnastics	X														
Aerobics	X														
Floorball	X														
Golf	X														
Other ball and racket games	X														
Downhill skiing, snowboarding	X														
Skating, roller skating	X														
Rowing (distance, indoor)	X														
Dance										2	2	3	3	60	1
Weight training	X														
Bowling	X														
Hunting, berry/mushroom picking, fishing										1	1			90	0
Gardening/yard work, snow shoveling						1	3	3	5	1				20	0
Carpentry and renovation hobbies	X														
Forest work	X														
house work, cleaning		6	6	6	6	6	6	6	6	6	6	6	6	15	0
Other, what:															
Other, what:															

**Which of the following activities have you performed during the last 12 months?**

Estimate your most usual intensity category of each activity by choosing one of the following classes:

Class	Intensity	Breathlessness
0	Light	None
1	Moderate	Some
2	Strenuous	Out of breath
3	Very strenuous	Heavy breathing

Fill in the following table according to the example on the previous page.

	Not participating at all (check in)	January	February	March	April	May	June	July	August	September	October	November	December	Average duration per session (min)	Intensity class (0-3)
Commute: walking (one way =1 session)															
Commute: cycling (one way =1 session)															
Jogging, running, orienteering															
Cross-country skiing															
Walking, pole/Nordic walking, hiking															
Leisure time cycling, stationary cycling															
Swimming, water gymnastics															
Gymnastics															
Aerobics															
Floorball															
Golf															
Other ball and racket games															
Downhill skiing, snowboarding															
Skating, roller skating															
Rowing (distance, indoor)															
Dance															
Weight training															
Bowling															
Hunting, berry/mushroom picking, fishing															
Gardening/yard work, snow shoveling															
Carpentry and renovation hobbies															
Forest work															
house work, cleaning															
Other, what:															
Other, what:															

## 5. Leisure time physical activity during the past 7 days

Reply by writing on the empty line or checking in the box.

When replying

- **Vigorous** physical activities refer to activities that take hard physical effort and make you breathe much harder than normal.
- **Moderate** physical activities refer to activities that take moderate physical effort and make you breathe somewhat harder than normal.

5.1 During the past week, on how many days did you do **vigorous** physical activities like heavy lifting, snow shoveling, aerobics, cross-country skiing or running. Think only of those physical activities that you did for at least 10 minutes at a time.

\_\_\_\_\_ days per week

None (Move to question 5.3)

5.2 How much time, in total, did you usually spend on one of those days doing vigorous physical activities?

\_\_\_\_\_ hours \_\_\_\_\_ minutes

5.3 During the past week, on how many days did you do **moderate** physical activities like carrying light loads, home gymnastics or light jogging. **Do not include walking.** Think only of those physical activities that you did for at least 10 minutes at a time.

\_\_\_\_\_ days per week

None (Move to question 5.5)

5.4 How much time, in total, did you usually spend on one of those days doing **moderate physical activities?**

\_\_\_\_\_ hours \_\_\_\_\_ minutes

5.5 During the past week, on how many days did you **walk** for at least 10 minutes at a time? This includes walking at work or home, walking to travel from place to place, and any other walking that you did solely for recreation and exercise.

\_\_\_\_\_ days per week

None (Move to question 5.7)

5.6 How much time in total did you usually spend walking on one of those days?

\_\_\_\_\_ hours \_\_\_\_\_ minutes

5.7 How much time did you spend **sitting on a normal weekday?** This includes sitting at work and during leisure time, at home, while visiting friends, studying and traveling. This includes time spent sitting or lying down to read or to watch television.

\_\_\_\_\_ hours \_\_\_\_\_ minutes

5.8 Were the last 7 days **typical** (normal work/school week) or **untypical** (holiday/sick)?

Typical

Untypical

## 6. Importance of leisure time physical activity and physical activity skills

6.1 What is your opinion on your own leisure time physical activity?

- 1 I am physically active enough. (Move to question 6.3.)
- 2 I am physically active, but not enough.
- 3 My leisure time physical activity is completely inadequate.

6.2 What are the most important reasons for your physical inactivity? Circle those options you find most important.

- 1 I am lacking in time.
- 2 Equipment is too expensive.
- 3 Facilities are too far or out of reach.
- 4 Entrance fees are too high.
- 5 I am lacking the skills to do physical activities.
- 6 I don't have a friend or group to be physically active with.
- 7 I don't like to exercise.
- 8 I have a disease or injury that restricts my engagement in physical activity.
- 9 Other reason, what? \_\_\_\_\_

6.3 What is your opinion on the statements regarding physical activity and health that are listed below? Circle the option that best reflects your opinion.

	I entirely agree	I somewhat agree	I don't know	I somewhat disagree	I entirely disagree
Insufficient physical activity is hazardous to health.	1	2	3	4	5
Finns would be healthier if they were physically active more often.	1	2	3	4	5
Physicians say enough to their patients about the importance of physical activity in health promotion and disease treatment.	1	2	3	4	5
I know enough about the health benefits of physical activity.	1	2	3	4	5
Physicians should be allowed to prescribe physical activity instead of, or alongside with, prescribed medication.	1	2	3	4	5
The social security system should compensate expenses on physical activity prescribed by physicians (e.g. swimming hall and fitness club, exercise counselling, etc.) as it compensates medication or other treatment costs.	1	2	3	4	5

**6.4** Has a physician or a nurse ever advised you to exercise?

- 1 Yes
- 2 No

**6.5** A list of the most popular physical activities among Finns follows below. Please give an estimation of your skills in each physical activity by circling the best option.

	I cannot at all	I can, but poorly	I can pretty well	I can very well
Cross-country skiing	1	2	3	4
Running	1	2	3	4
Track and field	1	2	3	4
Swimming	1	2	3	4
Gymnastics	1	2	3	4
Dance	1	2	3	4
Orienteering	1	2	3	4
Golf	1	2	3	4
Floorball	1	2	3	4
Football	1	2	3	4
Skating	1	2	3	4
Volleyball	1	2	3	4
Baseball	1	2	3	4
Downhill skiing	1	2	3	4
Weight training	1	2	3	4
Roller skating	1	2	3	4
Bowling	1	2	3	4

**Thank you for your reply!**

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