

CHAMPS Activities Questionnaire for Older Adults

Date: _____
Name or ID: _____

CHAMPS: Community Healthy Activities Model Program for Seniors
Institute for Health & Aging, University of California San Francisco
Stanford Center for Research in Disease Prevention, Stanford University
(11/06/00) © Copyright 1998

Do not reproduce without permission of the CHAMPS staff
Contact: Anita L. Stewart, Ph.D., UCSF, anitast@itsa.ucsf.edu

This questionnaire is about activities that you may have done in the past 4 weeks. The questions on the following pages are similar to the example shown below.

INSTRUCTIONS

If you **DID** the activity in the past 4 weeks:

Step #1 Check the YES box.

Step #2 Think about how many TIMES a week you usually did it, and write your response in the space provided.

Step #3 Circle how many **TOTAL HOURS** in a typical week you did the activity.

Here is an example of how Mrs. Jones would answer question #1: Mrs. Jones usually visits her friends Maria and Olga twice a week. She usually spends one hour on Monday with Maria and two hours on Wednesday with Olga. Therefore, the total hours a week that she visits with friends is 3 hours a week.

<p>In a typical week during the past 4 weeks, did you...</p>	
<p>1. Visit with friends or family (other than those you live with)?</p> <p><input checked="" type="checkbox"/> YES How many TIMES a week? <u>2</u> →</p> <p><input type="checkbox"/> NO</p>	<p>How many TOTAL hours a week did you usually do it? →</p> <p>Less than 1 hour 1-2½ hours <u>3-4½ hours</u> 5-6½ hours 7-8½ hours 9 or more hours</p>

If you **DID NOT** do the activity:

• Check the NO box and move to the next question

In a typical week during the past 4 weeks, did you ...

<p>1. Visit with friends or family (other than those you live with)? YES How many TIMES a week? _____ → NO</p>	<p>How many TOTAL <u>hours a week</u> did you usually do it? → Less than 1 hour 1-2½ hours 3-4½ hours 5-6½ hours 7-8½ hours 9 or more hours</p>
<p>2. Go to the senior center? YES How many TIMES a week? _____ → NO</p>	<p>How many TOTAL <u>hours a week</u> did you usually do it? → Less than 1 hour 1-2½ hours 3-4½ hours 5-6½ hours 7-8½ hours 9 or more hours</p>
<p>3. Do volunteer work? YES How many TIMES a week? _____ → NO</p>	<p>How many TOTAL <u>hours a week</u> did you usually do it? → Less than 1 hour 1-2½ hours 3-4½ hours 5-6½ hours 7-8½ hours 9 or more hours</p>
<p>4. Attend church or take part in church activities? YES How many TIMES a week? _____ → NO</p>	<p>How many TOTAL <u>hours a week</u> did you usually do it? → Less than 1 hour 1-2½ hours 3-4½ hours 5-6½ hours 7-8½ hours 9 or more hours</p>
<p>5. Attend other club or group meetings? YES How many TIMES a week? _____ → NO</p>	<p>How many TOTAL <u>hours a week</u> did you usually do it? → Less than 1 hour 1-2½ hours 3-4½ hours 5-6½ hours 7-8½ hours 9 or more hours</p>
<p>6. Use a computer? YES How many TIMES a week? _____ → NO</p>	<p>How many TOTAL <u>hours a week</u> did you usually do it? → Less than 1 hour 1-2½ hours 3-4½ hours 5-6½ hours 7-8½ hours 9 or more hours</p>

In a typical week during the past 4 weeks, did you ...

7. Dance (such as square, folk, line, ballroom) (do not count aerobic dance here)?
YES How many **TIMES** a week? _____ →
NO

How many **TOTAL** hours a week did you usually do it? →
 Less than 1 hour 1-2½ hours 3-4½ hours 5-6½ hours 7-8½ hours 9 or more hours

8. Do woodworking, needlework, drawing, or other arts or crafts?
YES How many **TIMES** a week? _____ →
NO

How many **TOTAL** hours a week did you usually do it? →
 Less than 1 hour 1-2½ hours 3-4½ hours 5-6½ hours 7-8½ hours 9 or more hours

9. Play golf, carrying or pulling your equipment (count walking time only)?
YES How many **TIMES** a week? _____ →
NO

How many **TOTAL** hours a week did you usually do it? →
 Less than 1 hour 1-2½ hours 3-4½ hours 5-6½ hours 7-8½ hours 9 or more hours

10. Play golf, riding a cart (count walking time only)?
YES How many **TIMES** a week? _____ →
NO

How many **TOTAL** hours a week did you usually do it? →
 Less than 1 hour 1-2½ hours 3-4½ hours 5-6½ hours 7-8½ hours 9 or more hours

11. Attend a concert, movie, lecture, or sport event?
YES How many **TIMES** a week? _____ →
NO

How many **TOTAL** hours a week did you usually do it? →
 Less than 1 hour 1-2½ hours 3-4½ hours 5-6½ hours 7-8½ hours 9 or more hours

12. Play cards, bingo, or board games with other people?
YES How many **TIMES** a week? _____ →
NO

How many **TOTAL** hours a week did you usually do it? →
 Less than 1 hour 1-2½ hours 3-4½ hours 5-6½ hours 7-8½ hours 9 or more hours

<p>In a typical week during the past 4 weeks, did you ...</p>	
<p>13. Shoot pool or billiards? YES How many TIMES a week? _____ → NO</p>	<p>How many TOTAL <u>hours a week</u> did you usually do it? → Less than 1 hour 1-2½ hours 3-4½ hours 5-6½ hours 7-8½ hours 9 or more hours</p>
<p>14. Play singles tennis (do <u>not</u> count doubles)? YES How many TIMES a week? _____ → NO</p>	<p>How many TOTAL <u>hours a week</u> did you usually do it? → Less than 1 hour 1-2½ hours 3-4½ hours 5-6½ hours 7-8½ hours 9 or more hours</p>
<p>15. Play doubles tennis (do <u>not</u> count singles)? YES How many TIMES a week? _____ → NO</p>	<p>How many TOTAL <u>hours a week</u> did you usually do it? → Less than 1 hour 1-2½ hours 3-4½ hours 5-6½ hours 7-8½ hours 9 or more hours</p>
<p>16. Skate (ice, roller, in-line)? YES How many TIMES a week? _____ → NO</p>	<p>How many TOTAL <u>hours a week</u> did you usually do it? → Less than 1 hour 1-2½ hours 3-4½ hours 5-6½ hours 7-8½ hours 9 or more hours</p>
<p>17. Play a musical instrument? YES How many TIMES a week? _____ → NO</p>	<p>How many TOTAL <u>hours a week</u> did you usually do it? → Less than 1 hour 1-2½ hours 3-4½ hours 5-6½ hours 7-8½ hours 9 or more hours</p>
<p>18. Read? YES How many TIMES a week? _____ → NO</p>	<p>How many TOTAL <u>hours a week</u> did you usually do it? → Less than 1 hour 1-2½ hours 3-4½ hours 5-6½ hours 7-8½ hours 9 or more hours</p>
<p>19. Do heavy work around the house (such as washing windows, cleaning gutters)? YES How many TIMES a week? _____ → NO</p>	<p>How many TOTAL <u>hours a week</u> did you usually do it? → Less than 1 hour 1-2½ hours 3-4½ hours 5-6½ hours 7-8½ hours 9 or more hours</p>

In a typical week during the past 4 weeks, did you ...

20. Do light work around the house (such as sweeping or vacuuming)?
 YES How many TIMES a week? _____ →
 NO

How many TOTAL hours a week did you usually do it? →
 Less than 1 hour 1-2½ hours 3-4½ hours 5-6½ hours 7-8½ hours
 9 or more hours

21. Do heavy gardening (such as spading, raking)?
 YES How many TIMES a week? _____ →
 NO

How many TOTAL hours a week did you usually do it? →
 Less than 1 hour 1-2½ hours 3-4½ hours 5-6½ hours 7-8½ hours
 9 or more hours

22. Do light gardening (such as watering plants)?
 YES How many TIMES a week? _____ →
 NO

How many TOTAL hours a week did you usually do it? →
 Less than 1 hour 1-2½ hours 3-4½ hours 5-6½ hours 7-8½ hours
 9 or more hours

23. Work on your car, truck, lawn mower, or other machinery?
 YES How many TIMES a week? _____ →
 NO

How many TOTAL hours a week did you usually do it? →
 Less than 1 hour 1-2½ hours 3-4½ hours 5-6½ hours 7-8½ hours
 9 or more hours

****Please note: For the following questions about running and walking, include use of a treadmill.**

24. Jog or run?
 YES How many TIMES a week? _____ →
 NO

How many TOTAL hours a week did you usually do it? →
 Less than 1 hour 1-2½ hours 3-4½ hours 5-6½ hours 7-8½ hours
 9 or more hours

25. Walk uphill or hike uphill (count only uphill part)?
 YES How many TIMES a week? _____ →
 NO

How many TOTAL hours a week did you usually do it? →
 Less than 1 hour 1-2½ hours 3-4½ hours 5-6½ hours 7-8½ hours
 9 or more hours

In a typical week during the past 4 weeks, did you ...		
26. Walk <u>fast</u> or <u>briskly</u> for exercise (do <u>not</u> count walking <u>leisurely</u> or <u>uphill</u>)? YES How many TIMES a week? _____ → NO	How many TOTAL hours a <u>week</u> did you usually do it? → Less than 1 hour 1-2½ hours 3-4½ hours 5-6½ hours 7-8½ hours 9 or more hours	
27. Walk to do errands (such as to/from a store or to take children to school (<u>count walk time only</u>)?) YES How many TIMES a week? _____ → NO	How many TOTAL hours a <u>week</u> did you usually do it? → Less than 1 hour 1-2½ hours 3-4½ hours 5-6½ hours 7-8½ hours 9 or more hours	
28. Walk <u>leisurely</u> for exercise or pleasure? YES How many TIMES a week? _____ → NO	How many TOTAL hours a <u>week</u> did you usually do it? → Less than 1 hour 1-2½ hours 3-4½ hours 5-6½ hours 7-8½ hours 9 or more hours	
29. Ride a bicycle or stationary cycle? YES How many TIMES a week? _____ → NO	How many TOTAL hours a <u>week</u> did you usually do it? → Less than 1 hour 1-2½ hours 3-4½ hours 5-6½ hours 7-8½ hours 9 or more hours	
30. Do other aerobic machines such as rowing, or step machines (do <u>not</u> count treadmill or stationary cycle)? YES How many TIMES a week? _____ → NO	How many TOTAL hours a <u>week</u> did you usually do it? → Less than 1 hour 1-2½ hours 3-4½ hours 5-6½ hours 7-8½ hours 9 or more hours	
31. Do water exercises (do <u>not</u> count other swimming)? YES How many TIMES a week? _____ → NO	How many TOTAL hours a <u>week</u> did you usually do it? → Less than 1 hour 1-2½ hours 3-4½ hours 5-6½ hours 7-8½ hours 9 or more hours	

In a typical week during the past 4 weeks, did you ...			
32. Swim moderately or fast?	How many TOTAL hours a week did you usually do it? →	Less than 1 hour	9 or more hours
YES How many TIMES a week? →		1-2½ hours	3-4½ hours
NO		5-6½ hours	7-8½ hours
33. Swim gently?	How many TOTAL hours a week did you usually do it? →	Less than 1 hour	9 or more hours
YES How many TIMES a week? →		1-2½ hours	3-4½ hours
NO		5-6½ hours	7-8½ hours
34. Do stretching or flexibility exercises (do <u>not</u> count yoga or Tai-chi)?	How many TOTAL hours a week did you usually do it? →	Less than 1 hour	9 or more hours
YES How many TIMES a week? →		1-2½ hours	3-4½ hours
NO		5-6½ hours	7-8½ hours
35. Do yoga or Tai-chi?	How many TOTAL hours a week did you usually do it? →	Less than 1 hour	9 or more hours
YES How many TIMES a week? →		1-2½ hours	3-4½ hours
NO		5-6½ hours	7-8½ hours
36. Do aerobics or aerobic dancing?	How many TOTAL hours a week did you usually do it? →	Less than 1 hour	9 or more hours
YES How many TIMES a week? →		1-2½ hours	3-4½ hours
NO		5-6½ hours	7-8½ hours
37. Do moderate to heavy strength training (such as hand-held weights of <u>more than 5 lbs.</u> , weight machines, or push-ups)?	How many TOTAL hours a week did you usually do it? →	Less than 1 hour	9 or more hours
YES How many TIMES a week? →		1-2½ hours	3-4½ hours
NO		5-6½ hours	7-8½ hours

In a typical week during the past 4 weeks, did you ...							
38. Do light strength training (such as hand-held weights of 5 lbs. or less or elastic bands)?		How many TOTAL hours a week did you usually do it? →					
YES	How many TIMES a week? _____ →	Less than 1 hour	1-2½ hours	3-4½ hours	5-6½ hours	7-8½ hours	9 or more hours
NO							
39. Do general conditioning exercises, such as light calisthenics or chair exercises (do <u>not</u> count strength training)?		How many TOTAL hours a week did you usually do it? →					
YES	How many TIMES a week? _____ →	Less than 1 hour	1-2½ hours	3-4½ hours	5-6½ hours	7-8½ hours	9 or more hours
NO							
40. Play basketball, soccer, or racquetball (do <u>not</u> count time on sidelines)?		How many TOTAL hours a week did you usually do it? →					
YES	How many TIMES a week? _____ →	Less than 1 hour	1-2½ hours	3-4½ hours	5-6½ hours	7-8½ hours	9 or more hours
NO							
41. Do other types of physical activity not previously mentioned (please specify)?		How many TOTAL hours a week did you usually do it? →					
YES	How many TIMES a week? _____ →	Less than 1 hour	1-2½ hours	3-4½ hours	5-6½ hours	7-8½ hours	9 or more hours
NO							

Thank You