Global Physical Activity Questionnaire (GPAQ)



WHO STEPwise approach to NCD risk factor surveillance

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GPAQ

Physical Activity

Next I am going to ask you about the time you spend doing different types of physical activity in a typical week. Please answer these questions even if you do not consider yourself to be a physically active person.

Think first about the time you spend doing work. Think of work as the things that you have to do such as paid or unpaid work, study/training, household chores, harvesting food/crops, fishing or hunting for food, seeking employment. [Insert other examples if needed]. In answering the following questions 'vigorous-intensity activities' are activities that require hard physical effort and cause large increases in breathing or heart rate, 'moderate-intensity activities' are activities that require moderate physical effort and cause small increases in breathing or heart rate.

Questions		Response	Code		
Activit	Activity at work				
1	Does your work involve vigorous-intensity activity that causes large increases in breathing or heart rate like [carrying or lifting	Yes 1			
	heavy loads, digging or construction work] for at least 10 minutes continuously?	No 2 If No, go to P 4	P1		
	[INSERT EXAMPLES] (USE SHOWCARD)				
2	In a typical week, on how many days do you do vigorous- intensity activities as part of your work?	Number of days LI	P2		
3	How much time do you spend doing vigorous-intensity activities at work on a typical day?	Hours : minutes hrs mins	P3 (a-b)		
4	Does your work involve moderate-intensity activity that causes small increases in breathing or heart rate such as brisk walking [or carrying light loads] for at least 10 minutes continuously?	Yes 1	P4		
	[INSERT EXAMPLES] (USE SHOWCARD)	No 2 If No, go to P 7			
5	In a typical week, on how many days do you do moderate- intensity activities as part of your work?	Number of days	P5		
6	How much time do you spend doing moderate-intensity activities at work on a typical day?	Hours : minutes hrs mins	P6 (a-b)		
Travel	to and from places		•		
The next questions exclude the physical activities at work that you have already mentioned. Now I would like to ask you about the usual way you travel to and from places. For example to work, for shopping, to market, to place of worship. [insert other examples if needed]					
7	Do you walk or use a bicycle (<i>pedal cycle</i>) for at least 10 minutes continuously to get to and from places?	Yes 1	P7		
		No 2 If No, go to P 10			
8	In a typical week, on how many days do you walk or bicycle for at least 10 minutes continuously to get to and from places?	Number of days	P8		
9	How much time do you spend walking or bicycling for travel on a typical day?	Hours : minutes	P9 (a-b)		
Recrea	ational activities				
The next questions exclude the work and transport activities that you have already mentioned. Now I would like to ask you about sports, fitness and recreational activities (leisure), [insert relevant terms].					
10	Do you do any vigorous-intensity sports, fitness or recreational (<i>leisure</i>) activities that cause large increases in breathing or heart rate like [<i>running or football</i> ,] for at least 10 minutes	Yes 1	P10		
	continuously? [INSERT EXAMPLES] (USE SHOWCARD)	No 2 If No, go to P 13			
11	In a typical week, on how many days do you do vigorous- intensity sports, fitness or recreational (leisure) activities?	Number of days	P11		
12	How much time do you spend doing vigorous-intensity sports, fitness or recreational activities on a typical day?	Hours : minutes : LIII : LIII : hrs mins	P12 (a-b)		

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GPAQ, Continued

Physical Activity (recreational activities) contd.				
Questions		Response	Code	
13	Do you do any moderate-intensity sports, fitness or recreational (<i>leisure</i>) activities that causes a small increase in breathing or heart rate such as brisk walking,	Yes 1	P13	
	(cycling, swimming, volleyball)for at least 10 minutes continuously? [INSERT EXAMPLES] (USE SHOWCARD)	No 2 If No, go to P16	1 10	
14	In a typical week, on how many days do you do moderate-intensity sports, fitness or recreational (<i>leisure</i>) activities?	Number of days	P14	
15	How much time do you spend doing moderate-intensity sports, fitness or recreational (<i>leisure</i>) activities on a typical day?	Hours : minutes	P15 (a-b)	
Sedentary behaviour				
The following question is about sitting or reclining at work, at home, getting to and from places, or with friends including time spent [sitting at a desk, sitting with friends, travelling in car, bus, train, reading, playing cards or watching television], but do not include time spent sleeping. [INSERT EXAMPLES] (USE SHOWCARD)				
16	How much time do you usually spend sitting or reclining on a typical day?	Hours : minutes hrs min s	P16 (a-b)	