

# Global Physical Activity Questionnaire (GPAQ)



## WHO STEPwise approach to NCD risk factor surveillance

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For further information: [www.who.int/chp/steps](http://www.who.int/chp/steps)

# GPAQ

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

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