NHS Health Checks HAR 2018 V3

GPPAQ (General practice physical activity questionnaire)

Physical activity involved at work

* not in employment
* spends most of the time at work sitting
* spends most of the time at work standing or walking
* work involves definite physical effort
* work involves vigorous physical activity

Physical exercise

* hours in last week spent in physical exercise – none
* hours in last week spent in physical exercise – some but less than 1 hour
* hours in last week spent in physical exercise – 1 hour or more but less than 3 hours
* hours in last week spent in physical exercise – 3 hours or more

Cycling

* hours in last week spent cycling – none
* hours in last week spent cycling – some but less than 1 hour
* hours in last week spent cycling – 1 hour or more but less than 3 hours
* hours in last week spent cycling – 3 hours or more

Walking

* hours in last week spent walking – none
* hours in last week spent walking – some but less than 1 hour
* hours in last week spent walking – 1 hour or more but less than 3 hours
* hours in last week spent walking – 3 hours or more

House work / Child care

* hours in last week spent on house work/ child care – none
* hours in last week spent on house work/ child care – some but less than 1 hour
* hours in last week spent on house work/ child care – 1 hour or more but less than 3 hours
* hours in last week spent on house work/ child care – 3 hours or more

Gardening / DIY

* hours in last week spent on gardening/ DIY – none
* hours in last week spent on gardening/ DIY – some but less than 1 hour
* hours in last week spent on gardening/ DIY – 1 hour or more but less than 3 hours
* hours in last week spent on gardening/ DIY – 3 hours or more

Walking pace

* usual level of walking pace – slow
* usual level of walking pace – steady
* usual level of walking pace – brisk
* usual level of walking pace – fast

Physical Activity Index (PAI) change

* Physical Activity Index =