Physical activity - type

Important note: This is an archived metadata standard from the AIHW Knowledgebase. For current metadata standards and related information please access METeOR, the AIHW's Metadata Online Registry at http://meteor.aihw.gov.au

Identifying and Definitional Attributes

Data Dictionary: NHDraftDD

Knowledgebase ID: 000452 Version number: 0

Metadata type: DATA ELEMENT

Registration NHDC Admin status: DRAFT Authority:

Effective date: 01-JUL-00

Definition: The specific physical activities self-reported by adults.

Context: Public health: Inadequate physical activity is a known risk factor for

cardiovascular disease, diabetes, some cancers, mental illness and injury. From a public health perspective, information on duration, frequency and intensity of leisure time physical activity can be used to assess if a person has participated in adequate physical activity to obtain health benefit. Data on specific types of activity that have high prevalence are also collected as these provide additional

information for public health physical activity research.

Walking is the most prevalent specific physical activity reported in Australian population surveys. Walking is identified as a specific activity as it is an activity carried out in several contexts (eg exercise, recreation, transport, at work, etc). Currently there is insufficient evidence to assume that self-reported walking at work will provide health benefit. A specific question on other walking is therefore included to ensure that only information on walking that, most likely, contributes to health benefit is collected.

Gardening and yard work are also commonly reported as physical activity. Information on these specific activities is required because of uncertainty about how much they contribute to achieving a sufficient level of physical activity for health benefit. To ensure that these activities are not reported along with other leisure time physical activities, a specific question is included about gardening and yard work.

Relational and Representational Attributes

Datatype: Numeric

CODE

Representational Ν

form:

Representation

layout:

Minimum Size: Maximum Size:

> Data Domain: 1 None

> > 2 Walking

3 Gardening and yard work

4 Other Unknown

Guide For Use: Information about walking is collected separately because it is the most prevalent physical activity reported in population surveys

and is an important activity for health promotion and public

health interventions.

Information on vigorous gardening and yard work is collected separately because they are commonly reported activities in physical activity surveys. However, due to the limited research regarding the validity of self-reported intensities of gardening and yard work, at this stage data on gardening and yard work are excluded from overall physical activity assessments.

Collection Methods: The recommended standard for collecting intensity information collects only leisure time physical activity, is questions 1, 3, 5, 7 in the Standard Questions on Leisure Time Physical Activity Participation Among Adults.

> All questions on the Standard Questions on Leisure Time Physical Activity Participation Among Adults are answered based on selfreport. This questionnaire asks respondents participation in physical activity during the previous week. The Standard Questions on Leisure Time Physical Activity Participation Among Adults are designed for individuals aged 18 years and over.

Currently, there is no Australian instrument that collects occupational physical activity.

The Expert Working Group for the Measurement of Physical Activity are currently developing an instrument suitable for the collection of occupational physical activity.

Related metadata: is used in conjunction with Physical activity version 0

is used in conjunction with Physical activity - context version 0 is used in conjunction with Physical activity - duration version 0 is used in conjunction with Physical activity - frequency version 0

Administrative Attributes

Source Document: Standard Questions on Leisure Time Physical Activity

Participation Among Adults (1999).

United States Department of Health and Human Services 1996. The Surgeon General's Report on Physical Activity and Health.

Washington: US Government Printing Office.

Source Organisation: Australian Institute of Health and Welfare (AIHW)

Comments: Where this information is collected by survey and the sample permits, population estimates should be presented by sex and 5-year age groups. Summary statistics may need to be adjusted for age and other relevant variables.

It is recommended that in surveys of physical activity participation, data on age, sex, other socio-demographic variables and, where it is possible and desirable to do so, that data on knowledge of and attitudes toward physical activity may also be collected.

International physical activity data collection instruments are currently being developed. Once these methods have been developed and validated they may be appropriate for use in Australian surveys and could be recommended in addition to, or to supersede the currently recommended standard instrument.

It is also recommended that when physical activity is investigated in relation to health, data on other risk factors including overweight and obesity, smoking, high blood pressure and alcohol consumption should be collected.

The Standard Questions on Leisure Time Physical Activity Participation Among Adults can be obtained from the National Centre for Monitoring Cardiovascular Disease at the AIHW, telephone 02 6244 1000.

Data Element Links

Information Model Entities linked to this Data Element
NHIM Lifestyle characteristic

Data Agreements which include this Data Element