# 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 |  |  |  | Code |
| :---: | :---: | :---: | :---: | :---: |
| Activity at work |  |  |  |  |
| 1 | Does your work involve vigorous-intensity activity that causes large increases in breathing or heart rate like [carrying or lifting heavy loads, digging or construction work] for at least 10 minutes continuously? <br> [INSERT EXAMPLES] (USE SHOWCARD) | Yes <br> No | P 4 | P1 |
| 2 | In a typical week, on how many days do you do vigorousintensity activities as part of your work? | Number of days |  | P2 |
| 3 | How much time do you spend doing vigorous-intensity activities at work on a typical day? | Hours: minutes | mins | $\begin{gathered} \text { P3 } \\ (\mathrm{a}-\mathrm{b}) \end{gathered}$ |
| 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? <br> [INSERT EXAMPLES] (USE SHOWCARD) |  |  | P4 |
| 5 | In a typical week, on how many days do you do moderateintensity 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 | mins | $\begin{gathered} \text { P6 } \\ (a-b) \end{gathered}$ |
| Travel to and from places |  |  |  |  |
| The next questions exclude the physical activities at work that you have already mentioned. <br> 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 (pedal cycle) for at least 10 minutes continuously to get to and from places? |  | 1 <br> 2 If No, go to P 10 | P7 |
| :---: | :---: | :---: | :---: | :---: |
| 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 | $\llcorner$ | P8 |
| 9 | How much time do you spend walking or bicycling for travel on a typical day? | Hours : minutes | $\underset{\text { hrs }}{\stackrel{1}{L} \text { : }} \underset{\text { mins }}{\square ـ ـ ـ ـ}$ | $\begin{gathered} \text { P9 } \\ (\mathrm{a}-\mathrm{b}) \end{gathered}$ |
| Recreational 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 (leisure) activities that cause large increases in breathing or heart rate like [running or football, ] for at least 10 minutes continuously? <br> [INSERT EXAMPLES] (USE SHOWCARD) |  | 1 <br> 2 If No, go to P 13 | P10 |
| 11 | In a typical week, on how many days do you do vigorousintensity sports, fitness or recreational (leisure) activities? | Number of days | $\llcorner$ | P11 |
| 12 | How much time do you spend doing vigorous-intensity sports, fitness or recreational activities on a typical day? | Hours : minutes |  | $\begin{aligned} & \text { P12 } \\ & (a-b) \end{aligned}$ |

## GPAQ, Continued



