Global Physical Activity Questionnaire (GPAQ)



WHO STEPwise approach to NCD risk factor surveillance

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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	
Activi	ty 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?	Yes 1	P1	
	[INSERT EXAMPLES] (USE SHOWCARD)	No 2 If No, go to P 4		
2	In a typical week, on how many days do you do vigorous- intensity 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	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 No 2 <i>If No, go to P</i> 7	P4	
5	[INSERT EXAMPLES] (USE SHOWCARD) 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	P6 (a-b)	
Trave	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 No 2 If No. go to P 10	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)	
Recre	ational activities			
	ext questions exclude the work and transport activities that yo would like to ask you about sports, fitness and recreational a			
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 continuously?	Yes 1 No 2 If No, go to P 13	P10	
	[INSERT EXAMPLES] (USE SHOWCARD)			
11	In a typical week, on how many days do you do vigorous- intensity sports, fitness or recreational (<i>leisure</i>) 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	P12 (a-b)	

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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,(<i>cycling, swimming, volleyball</i>)for at least 10	Yes 1	P13	
	[INSERT EXAMPLES] (USE SHOWCARD)	No 2 If No, go to P16		
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	P16 (a-b)	