

ACTIVITY LEVELS OF AUSTRALIANS,
JANUARY/FEBRUARY, 1986

User's Guide for the Machine-Readable
Data File

(SSDA Study No. 384)

Social Science Data Archives



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ACTIVITY LEVELS OF AUSTRALIANS,
JANUARY/FEBRUARY, 1986

User's Guide for the Machine-Readable
Data File

(SSDA Study No. 384)

Principal Investigator
Sport, Recreation and Tourism Department

Data Collected by
The Roy Morgan Research Centre Pty Ltd

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(Machine-readable data file plus user's guide)

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1 data file (3,359 logical records) + accompanying user's guide (82p.)

Summary: This study is one of a group of surveys conducted at six month intervals for the purpose of establishing accurate data on the proportion of the population which is regularly and persistently active, to assist in planning appropriate recreation and fitness programs. Respondents were questioned about their participation in physical activity during the two weeks preceding the interview. For a range of sporting and other activities respondents were asked the frequency, the amount of time involved each time, and the level of energy expended on each event. Questions were also asked about activities within organised clubs, advertised or sponsored events, and participation alone or socially. Reasons for inactivity were also obtained. Background variables include age, sex, marital status, education, occupation, income, state, electorate, birthplace, work status, number of children, religion, type of dwelling, size of town.

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ACKNOWLEDGEMENT OF ASSISTANCE

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- (ii) acknowledge the Social Science Data Archives and, where the data are made available through the Social Science Data Archives by another archive, acknowledge that archive;
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Study Description



The Australian National University
Canberra 2600

SOCIAL SCIENCE DATA ARCHIVES
THE AUSTRALIAN NATIONAL UNIVERSITY

Study No.

SSDA 384

ACTIVITY LEVELS OF AUSTRALIANS, JANUARY/FEBRUARY 1986

STUDY DESCRIPTION

IDENTIFICATIONS AND ACKNOWLEDGEMENTS

TITLE OF STUDY

Activity Levels of Australians, January/February 1986

LOCAL ARCHIVE WHERE STUDY IS STORED

Social Science Data Archives
The Australian National University
G.P.O. Box 4
Canberra, A.C.T. 2601

number of study (data set): SSDA 384

DEPOSITOR

Sport, Recreation and Tourism Department
G.P.O. Box 787
Canberra, A.C.T. 2601

DATE OF DEPOSIT

10 April 1986

PRINCIPAL INVESTIGATOR

Sport, Recreation and Tourism Department

DATA COLLECTOR

The Roy Morgan Research Centre Pty Ltd

FUNDING AGENCY

Sport, Recreation and Tourism Department
1985/86 Recreation and Fitness Programs

OTHER IDENTIFICATIONS/ACKNOWLEDGEMENTS

Ms Judy Rex
Senior Project Officer
Roy Morgan Research Centre

Ministry of Tourism and Recreation
Government of Ontario, Canada
- supply of some questions and 'Mets Index'
(see reference below)

ANALYSIS CONDITIONS

RESEARCH TOPIC (ABSTRACT)

This study is one of a group of surveys conducted at six month intervals for the purpose of establishing accurate data on the proportion of the population which is regularly and persistently active, to assist in planning appropriate recreation and fitness programs.

Respondents were questioned about their participation in physical activity during the two weeks preceding the interview. For a range of sporting and other activities respondents were asked the frequency, the amount of time involved each time, and the level of energy expended on each event. Questions were also asked about activities within organised clubs, advertised or sponsored events, and participation alone or socially. Reasons for inactivity were also obtained. Background variables include age, sex, marital status, education, occupation, income, state, electorate, birthplace, work status, number of children, religion, type of dwelling, size of town.

KIND OF DATA

survey

TIME DIMENSIONS

cross-sectional (one-time) study - partial replication
The same survey instrument was used on another three occasions (see SSDA study Nos 350,352,353 and 370)

DEFINITION OF TOTAL UNIVERSE (UNIVERSE SAMPLED)

persons throughout Australia aged 14 years and over

SAMPLING PROCEDURES

area-cluster sample with quota

NUMBER OF UNITS (CASES)

number of cases (unweighted): 3359

DATES OF DATA COLLECTION

first date of data collection: 25 January 1986

last date of data collection: 16 February 1986

METHOD OF DATA COLLECTION

personal interview

DATA GATHERING STAFF

interviewers trained by the Roy Morgan Research Centre,
drawn from a pool of 480 Australia wide

WEIGHTING

weighting criteria

the use of age, sex and locality in relation to known
frequencies to obtain representativeness

weighting procedures

88 sex-age-locality groups were weighted to their
correct proportions for the latest estimates available
for the population aged 14 years and over. The groups
are comprised of all combinations of 2 sexes, 4 ages (14-
24, 25-34, 35-49, 50+), and 11 localities (the 5 mainland
capitals, the 5 remaining mainland regions, and
Tasmania).

DIMENSIONS OF DATA SET

number of cases: 3359

number of variables per case: 255

number of cards per case: 9

ACCESSIBILITY

A copy of the User Undertaking Form must be signed before data may be accessed.

The following access category also applies: A

A: the depositor wishes to be informed (by the Archives) of use being made of the data, in order to comment on that use and make contact with colleagues of similar interests.

REFERENCES TO RELEVANT PUBLICATIONS/RESULTS/STUDIES

UNPUBLISHED PAPERS/REPORTS OF INTEREST

Roy Morgan Research Centre "Survey on the Activity Levels of Australians" The Roy Morgan Research Centre, Melbourne, August, 1985.

REFERENCES TO RELATED STUDIES

Sport, Recreation and Tourism Department "Activity Levels of Australians, June/July, 1984 (SSDA Study No. 350)

..... "Activity Levels of Australians, January/February, 1985 (SSDA Study No. 352)

..... "Regular Physical Exercise of Australians, January/February, 1985 (SSDA Study No. 353)

..... "Activity Levels of Australians, June/July, 1985 (SSDA Study No. 370)

OTHER REFERENCES

Ministry of Tourism and Recreation, Ontario, Canada
"Physical Activity Patterns in Ontario" (1983)

Canada Health Survey, 1975

DESCRIPTORS

Clubs
Exercise
Leisure time activities
Social Participation
Sport

Codebook



The Australian National University
Canberra 2600

CODEBOOK INFORMATION

The example below is a facsimile of information appearing in the codebook for a typical variable. The numbers in square brackets do not appear but are references to the descriptions which follow this example.

[1] VAR 56 [2] Q17 [3] AGE GROUP
 [4] LOCATION: 62 [5] FORMAT: F1.0 [6] CODE FOR MISSING 0
 [7] CARD NO: 1 [8] COLUMN: 62- 62

[9] Q17. WOULD YOU MIND TELLING ME YOUR APPROXIMATE AGE?

[10]	[11]	[12]	[13]
12	4.6%	(1)	UNDER 25
67	25.5%	(2)	25 - 29
73	27.8%	(3)	30 - 34
35	13.3%	(4)	35 - 39
33	12.5%	(5)	40 - 44
20	7.6%	(6)	45 - 54
12	4.6%	(7)	55 - 64
11	4.2%	(8)	65 AND OVER
24	----	(Ø)	MISSING

- [1] A variable number is assigned consecutively to each variable in the data file.
- [2] An abbreviated (8 character maximum) variable name.
- [3] An expanded version of the variable name, or variable label (40 character maximum).
- [4] The starting column location of this variable within the record.
- [5] Indicates the width and character type of the variable within the record. The character type is either alphanumeric or numeric. The format element indicating an alphanumeric variable takes the form Aw , where w is the column width of the variable. The element indicating that a variable is numeric is $Fw.d$, where w indicates the column width of the variable (including the sign and decimal point if punched), and d is the number of digits and columns to the right of the decimal point.
- [6] Indicates codes for missing values.
- [7] Indicates the card, or deck, of this variable when the data are in card-image format (80 - column format).
- [8] Indicates the first and last column location of this variable.

- [9] Indicates the full text (question) of the variable described supplied by the original collector of the data. The question text and the numbers and letters that may appear at the beginning reflect the original wording of the questionnaire item.
- [10] The absolute frequency of occurrence of each code value in the data file.
- [11] The relative frequency (percentage) of occurrence of each code value in the data file.
- [12] The code values occurring in the data for this variable.
- [13] The textual definitions of the codes, or value labels.

Note 1.

The variable name, variable label, value labels and missing values are reproduced in the SPSS set-up file which is distributed with the data file.

Note 2.

Items [10], [11], [12] and [13] above may not be provided for all variables, for example, where there are variables with unlabelled values, or where the number of values for a given variable is too large to incorporate comfortably into the codebook. Frequencies and codes for these variables appear in a frequencies addendum.

VAR NO.	VAR NAME	VARIABLE LABEL	PAGE
CARD IDENTIFICATION			
1	STATE	STATE AND CAPITAL	1
2	ELECT	ELECTORATE SUBDIVISION	1
3	ININO	INTERVIEW NUMBER	1
4	COINO	CONSUMER OPINION TRENDS SURVEY NUMBER	2
5	WHENDONE	WHEN C O T SURVEY WAS DONE	2
6	CLUSTER		2
NUMBER OF TIMES ACTIVITIES WERE DONE			
7	ACTSDONE	NO OF TIMES ACTIVITIES DONE	2
8	SPORTCLB	AT SPORT CLUB	3
9	HLTHCNTR	AT HEALTH CENTRE	3
10	ALONE	ALONE OR WITH FRIENDS	3
11	METVALUE	METABOLIC VALUE	3
12	MINUTES	TOTAL TIME IN MINUTES	4
DEMOGRAPHIC VARIABLES			
13	AGE		4
14	CTYBIRTH	COUNTRY OF BIRTH	4
15	MARISTAT	MARITAL STATUS	5
16	EDUSTAT	EDUCATIONAL LEVEL	5

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VAR NO.	VAR NAME	VARIABLE LABEL	PAGE
17	WORKSTAT	WORK STATUS	6
18	INCOME1	ANNUAL INCOME IF WORKING	6
19	OCCUPAT1	OCCUPATION OF RESPONDENT IF WORKING	6
20	EMPLOYER		7
21	TVSETS	NO OF TV SETS IN HOUSEHOLD	7
22	VCR	OWN OR RENT VCR	7
23	CHILDREN	NO OF CHILDREN UNDER 16	8
24	INCOME2		8
25	OCCUPAT2		9
26	EMPLOY2		9
27	LIFECYCL	LIFECYCLE OF RESPONDENT	10
28	GBLIFE	LIFE CYCLE OF GROCERY BUYER	10
29	WRKLOOK	NO OF PEOPLE LOOKING FOR WORK	10
30	AGEREC	AGE GROUP BEFORE RECODE	10
31	ADULTS	NO OF ADULTS IN HOUSEHOLD	11
32	PEOPLE	NO OF PEOPLE IN HOUSEHOLD	11
33	TELEPHON	TELEPHONE IN HOUSEHOLD	11
34	SEX		12
35	GBRESP	RESPONDENT IS GROCERY BUYER	12
36	GBSEX	SEX OF GROCERY BUYER	12

VAR NO.	VAR NAME	VARIABLE LABEL	PAGE
37	GBAGE	AGE OF GROCERY BUYER	12
38	GBWORK	WORK STATUS OF GROCERY BUYER	13
39	RMIE	RESPONDENT MAIN INCOME EARNER	13
40	MIEOCC	MAIN INCOME EARNER'S OCCUPATION	13
41	MIEINC	INCOME OF MAIN INCOME EARNER	14
42	ELECTROL	ON FEDERAL ELECTORAL ROLL	14
43	RELIGION		14
44	FTWORKRS		15
45	PTWORKRS		15
46	TYPEDWEL	TYPE OF DWELLING	15
47	CITYTYPE	SIZE OF CITY OR TOWN	16
48	CARDNO1	CARD NUMBER 1	16
49	STATE2	STATE IDENTIFICATION ON CARD 2	16
50	IDENTNO2	IDENTIFICATION NO ON CARD 2	16
ACTIVITY DETAILS FOR FIRST ACTIVITY			
51	ACTNO1	NAME OF FIRST ACTIVITY LISTED	16
52	NOTIMES1	NO OF TIMES ACTIVITY DONE	17
53	TIME1	TIME TAKEN IN HOURS AND MINUTES	17
54	VIGOR1	LEVEL OF VIGOR	17

VAR NO.	VAR NAME	VARIABLE LABEL	PAGE
55	SPTCLB1	NO OF TIMES AT SPORTING CLUB	18
56	HLTHCNT1	NO OF TIMES AT HEALTH CENTRE	18
57	ALONE1	NO OF TIMES ALONE OR WITH FRIENDS	18
58	METVAL1	METABOLIC VALUE OF ACTIVITY	18
59	MINUTES1	TOTAL TIME IN MINUTES OF ACTIVITY	18
60	PUBLIC1	AT PUBLIC FACILITY	19
61	GYM1	AT GYMNASIUM OR COMMUNITY CENTRE	19
62	SCHOOL1	AT SCHOOL OR UNIVERSITY	19
63	ATHOME1	AT A PRIVATE HOUSE	19
64	FOOTPTH1	ON FOOTPATH OR ROADWAY	20
65	CYCLPTH1	ON A CYCLE PATHIY	20
66	NATURE1	AT NATURE RESERVE OR FOREST	20
67	BEACH1	AT BEACH,RIVER,DAM OR LAKE	20
68	OTHRPLC1	ANY OTHER PLACE	20
69	PARK1	AT LOCAL PARK OR GARDEN	21
70	CANTSAY1	CAN'T SAY	21
71	CARDNO2	CARD NUMBER 2	21
72	STATE3	STATE IDENTIFICATION ON CARD 3	21
73	IDENINO3	IDENTIFICATION NO ON CARD 3	21

ACTIVITY DETAILS OF SECOND ACTIVITY

VAR NO.	VAR NAME	VARIABLE LABEL	PAGE
74	ACTINO2	NAME OF SECOND ACTIVITY LISTED	21
75	NOTIMES2	NO OF TIMES ACTIVITY DONE	22
76	TIME2	TIME TAKEN IN HOURS AND MINUTES	22
77	VIGOR2	LEVEL OF VIGOR	22
78	SPTCLB2	NO OF TIMES AT SPORTING CLUB	23
79	HLTHCNT2	NO OF TIMES AT HEALTH CENTRE	23
80	ALONE2	NO OF TIMES ALONE OR WITH FRIENDS	23
81	MEIVAL2	METABOLIC VALUE OF ACTIVITY	23
82	MINUTES2	TOTAL TIME IN MINUTES OF ACTIVITY	23
83	PUBLIC2	AT PUBLIC FACILITY	23
84	GYM2	AT GYMNASIUM OR COMMUNITY CENTRE	24
85	SCHOOL2	AT SCHOOL OR UNIVERSITY	24
86	ATHOME2	AT A PRIVATE HOUSE	24
87	FOOTPTH2	ON FOOTPATH OR ROADWAY	24
88	CYCLPTH2	ON A CYCLE PATHTY	24
89	NATURE2	AT NATURE RESERVE OR FOREST	25
90	BEACH2	AT BEACH, RIVER, DAM OR LAKE	25
91	OTHRPLC2	ANY OTHER PLACE	25
92	PARK2	AT LOCAL PARK OR GARDEN	25
93	CANTSAY2	CAN'T SAY	25

VAR NO.	VAR NAME	VARIABLE LABEL	PAGE
94	CARDNO3	CARD NUMBER 3	25
95	STATE4	STATE IDENTIFICATION ON CARD 4	26
96	IDENINO4	IDENTIFICATION NO ON CARD 4	26
		ACTIVITY DETAILS OF THIRD ACTIVITY	
97	ACTNO3	NAME OF THIRD ACTIVITY LISTED	26
98	NOTIMES3	NO OF TIMES ACTIVITY DONE	27
99	TIME3	TIME TAKEN IN HOURS AND MINUTES	27
100	VIGOR3	LEVEL OF VIGOR	27
101	SPTCLB3	NO OF TIMES AT SPORTING CLUB	27
102	HLTHCNT3	NO OF TIMES AT HEALTH CENTRE	27
103	ALONE3	NO OF TIMES ALONE OR WITH FRIENDS	28
104	METVAL3	METABOLIC VALUE OF ACTIVITY	28
105	MINUTES3	TOTAL TIME IN MINUTES OF ACTIVITY	28
106	PUBLIC3	AT PUBLIC FACILITY	28
107	GYM3	AT GYMNASIUM OR COMMUNITY CENTRE	28
108	SCHOOL3	AT SCHOOL OR UNIVERSITY	28
109	ATHOME3	AT A PRIVATE HOUSE	29
110	FOOTPTH3	ON FOOTPATH OR ROADWAY	29
111	CYCLPTH3	ON A CYCLE PATHTY	29

VAR NO.	VAR NAME	VARIABLE LABEL	PAGE
112	NATURE3	AT NATURE RESERVE OR FOREST	29
113	BEACH3	AT BEACH,RIVER,DAM OR LAKE	29
114	OTHRPLC3	ANY OTHER PLACE	30
115	PARK3	AT LOCAL PARK OR GARDEN	30
116	CANTSAY3	CAN'T SAY	30
117	CARDNO4	CARD NUMBER 4	30
118	STATE5	STATE IDENTIFICATION ON CARD 5	30
119	IDENINOS	IDENTIFICATION NO ON CARD 5	30
ACTIVITY DETAILS OF FOURTH ACTIVITY			
120	ACTNO4	NAME OF FOURTH ACTIVITY LISTED	31
121	NOTIMES4	NO OF TIMES ACTIVITY DONE	31
122	TIME4	TIME TAKEN IN HOURS AND MINUTES	31
123	VIGOR4	LEVEL OF VIGOR	32
124	SPTCLB4	NO OF TIMES AT SPORTING CLUB	32
125	HLTHCNT4	NO OF TIMES AT HEALTH CENTRE	32
126	ALONE4	NO OF TIMES ALONE OR WITH FRIENDS	32
127	METVAL4	METABOLIC VALUE OF ACTIVITY	32
128	MINUTES4	TOTAL TIME IN MINUTES OF ACTIVITY	33
129	PUBLIC4	AT PUBLIC FACILITY	33
130	GYM4	AT GYMNASIUM OR COMMUNITY CENTRE	33

VAR NO.	VAR NAME	VARIABLE LABEL	PAGE
131	SCHOOL4	AT SCHOOL OR UNIVERSITY	33
132	ATHOME4	AT A PRIVATE HOUSE	33
133	FOOTPTH4	ON FOOTPATH OR ROADWAY	33
134	CYCLPTH4	ON A CYCLE PATHTY	34
135	NATURE4	AT NATURE RESERVE OR FOREST	34
136	BEACH4	AT BEACH, RIVER, DAM OR LAKE	34
137	OTHRPLC4	ANY OTHER PLACE	34
138	PARK4	AT LOCAL PARK OR GARDEN	34
139	CANTSAY4	CAN'T SAY	35
140	CARDNO5	CARD NUMBER 5	35
141	STATE6	STATE IDENTIFICATION ON CARD 6	35
142	IDENTNO6	IDENTIFICATION NO ON CARD 6	35
ACTIVITY DETAILS OF FIFTH ACTIVITY			
143	ACTNO5	NAME OF FIFTH ACTIVITY LISTED	35
144	NOTIMES5	NO OF TIMES ACTIVITY DONE	36
145	TIME5	TIME TAKEN IN HOURS AND MINUTES	36
146	VIGOR5	LEVEL OF VIGOR	36
147	SPTCLB5	NO OF TIMES AT SPORTING CLUB	37
148	HLTHCNT5	NO OF TIMES AT HEALTH CENTRE	37

VAR NO.	VAR NAME	VARIABLE LABEL	PAGE
149	ALONE5	NO OF TIMES ALONE OR WITH FRIENDS	37
150	METVAL5	METABOLIC VALUE OF ACTIVITY	37
151	MINUTES5	TOTAL TIME IN MINUTES OF ACTIVITY	37
152	PUBLIC5	AT PUBLIC FACILITY	37
153	GYM5	AT GYMNASIUM OR COMMUNITY CENTRE	37
154	SCHOOL5	AT SCHOOL OR UNIVERSITY	38
155	ATHOME5	AT A PRIVATE HOUSE	38
156	FOOTPTH5	ON FOOTPATH OR ROADWAY	38
157	CYCLPTH5	ON A CYCLE PATHWAY	38
158	NATURE5	AT NATURE RESERVE OR FOREST	38
159	BEACH5	AT BEACH, RIVER, DAM OR LAKE	39
160	OTHRPLC5	ANY OTHER PLACE	39
161	PARK5	AT LOCAL PARK OR GARDEN	39
162	CANTSAY5	CAN'T SAY	39
163	CARDNO6	CARD NUMBER 6	39
164	STATE7	STATE IDENTIFICATION ON CARD 7	39
165	IDENTNO7	IDENTIFICATION NO ON CARD 7	40
		ACTIVITY DETAILS OF SIXTH ACTIVITY	
166	ACTNO6	NAME OF SIXTH ACTIVITY LISTED	40
167	NOTIMES6	NO OF TIMES ACTIVITY DONE	40

VAR NO.	VAR NAME	VARIABLE LABEL	PAGE
168	TIME6	TIME TAKEN IN HOURS AND MINUTES	41
169	VIGOR6	LEVEL OF VIGOR	41
170	SPTCLB6	NO OF TIMES AT SPORTING CLUB	41
171	HLTHCNT6	NO OF TIMES AT HEALTH CENTRE	41
172	ALONE6	NO OF TIMES ALONE OR WITH FRIENDS	41
173	METVAL6	METABOLIC VALUE OF ACTIVITY	41
174	MINUTES6	TOTAL TIME IN MINUTES OF ACTIVITY	42
175	PUBLIC6	AT PUBLIC FACILITY	42
176	GYM6	AT GYMNASIUM OR COMMUNITY CENTRE	42
177	SCHOOL6	AT SCHOOL OR UNIVERSITY	42
178	ATHOME6	AT A PRIVATE HOUSE	42
179	FOOTPTH6	ON FOOTPATH OR ROADWAY	42
180	CYCLPTH6	ON A CYCLE PATHWAY	43
181	NATURE6	AT NATURE RESERVE OR FOREST	43
182	BEACH6	AT BEACH, RIVER, DAM OR LAKE	43
183	OTHRPLC6	ANY OTHER PLACE	43
184	PARK6	AT LOCAL PARK OR GARDEN	43
185	CANTSAY6	CAN'T SAY	44
186	CARDNO7	CARD NUMBER 7	44
187	STATE8	STATE IDENTIFICATION ON CARD 8	44

VAR NO.	VAR NAME	VARIABLE LABEL	PAGE
188	IDENTIN08	IDENTIFICATION NO ON CARD 8	44
	ACTIVITY	DETAILS OF SEVENTH ACTIVITY	
189	ACTIN07	NAME OF SEVENTH ACTIVITY LISTED	44
190	NOTIMES7	NO OF TIMES ACTIVITY DONE	45
191	TIME7	TIME TAKEN IN HOURS AND MINUTES	45
192	VIGOR7	LEVEL OF VIGOR	45
193	SPICLB7	NO OF TIMES AT SPORTING CLUB	45
194	HLTHCNT7	NO OF TIMES AT HEALTH CENTRE	46
195	ALONE7	NO OF TIMES ALONE OR WITH FRIENDS	46
196	METVAL7	METABOLIC VALUE OF ACTIVITY	46
197	MINUTES7	TOTAL TIME IN MINUTES OF ACTIVITY	46
198	PUBLIC7	AT PUBLIC FACILITY	46
199	GYM7	AT GYMNASIUM OR COMMUNITY CENTRE	46
200	SCHOOL7	AT SCHOOL OR UNIVERSITY	47
201	ATHOME7	AT A PRIVATE HOUSE	47
202	FOOTPTH7	ON FOOTPATH OR ROADWAY	47
203	CYCLPTH7	ON A CYCLE PATHTY	47
204	NATURE7	AT NATURE RESERVE OR FOREST	47
205	BEACH7	AT BEACH, RIVER, DAM OR LAKE	47

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VAR NO.	VAR NAME	VARIABLE LABEL	PAGE
206	OTHRPLC7	ANY OTHER PLACE	48
207	PARK7	AT LOCAL PARK OR GARDEN	48
208	CANTSAY7	CAN'T SAY	48
209	CARDNO8	CARD NUMBER 8	48
210	STATE9	STATE IDENTIFICATION ON CARD 9	48
211	IDENTNO9	IDENTIFICATION NO ON CARD 9	48
TYPES OF ACTIVITIES DONE			
212	WALK	WALKED FOR EXERCISE	49
213	JOG	JOGGED FOR EXERCISE	49
214	AEROBICS	DID AEROBICS FOR EXERCISE	49
215	SWIM	SWAM FOR EXERCISE	49
216	BICYCLE	BICYCLED FOR EXERCISE	50
217	NETBALL	PLAYED NETBALL FOR EXERCISE	50
218	GOLF	PLAYED GOLF FOR EXERCISE	50
219	TENNIS	PLAYED TENNIS FOR EXERCISE	50
220	ATHLETIC	DID ATHLETICS FOR EXERCISE	50
221	NOACTIV	NO ACTIVITIES	50
222	TABTENNIS	PLAYED TABLE TENNIS	51
223	SAILING	WENT SAILING FOR EXERCISE	51
224	FOOTBALL	FOOTBALL OR CRICKET	51

VAR NO.	VAR NAME	VARIABLE LABEL	PAGE
225	SNOWSKI	SNOWSKIING	51
226	WATERSKI	WATERSKIING	51
227	ICESKATE	ICESKATING	52
228	OTHERSP	OTHER SPORT	52
REASONS WHY NOT PHYSICALLY ACTIVE			
229	DONTWANT	DON'T WANT TO BE ACTIVE	53
230	TOOHARD	HAVE TRIED BUT FIND DIFFICULT	53
231	NOCHANCE	NO CHANCE TO DO ACTIVITIES	53
232	NOTIME	NOT ENOUGH FREE TIME	53
233	NOTRANS	DON'T HAVE TRANSPORT	53
234	MORENCOR	NEED MORE ENCOURAGEMENT	53
235	UNABLE	PHYSICALLY UNABLE	54
236	NOFACILS	NO FACILITIES NEARBY	54
237	ANYOTHER	OTHER REASON	54
238	NONE		54
239	ATWORK	EXERCISE AT WORK	54
REGULAR PHYSICAL EXERCISE			
240	DAYSEXCS	NO DAYS EXERCISE EACH WEEK	55
241	TYPEEXCS	TYPE OF EXERCISE	55

VAR NO.	VAR NAME	VARIABLE LABEL	PAGE
CHILDREN OF THE HOUSEHOLD			
242	BOY02	BOY 0-2 YEARS	56
243	BOY35	BOY 3-5 YEARS	56
244	BOY68	BOY 6-8 YEARS	56
245	BOY911	BOY 9-11 YEARS	56
246	BOY1213	BOY 12-13 YEARS	57
247	BOY1415	BOY 14-15 YEARS	57
248	GIRL02	GIRL 0-2 YEARS	57
249	GIRL35	GIRL 3-5 YEARS	57
250	GIRL68	GIRL 6-8 YEARS	57
251	GIRL911	GIRL 9-11 YEARS	57
252	GIRL1213	GIRL 12-13 YEARS	58
253	GIRL1415	GIRL 14-15 YEARS	58
WEIGHTING			
254	WEIGHT	WEIGHTING FACTOR	58
255	CARDNO9	CARD NUMBER IDENTIFICATION	58

The demographic variables included below have been edited according to a standard edit as outlined in Appendix A. The SPSS file which accompanies the data file has been extensively recoded to take into account alphanumeric coding of the data. Other recoding has been done in order to allow codes to correspond to the codes given below.

CARD IDENTIFICATION

VAR	1	STATE		STATE AND CAPITAL	/
		LOCATION:	1	FORMAT: A1	
		CARD NO :	1	COLUMN: 1- 1	
		281	8.4%	(1) BRISBANE	
		265	7.9%	(2) REST OF QLD	
		620	18.5%	(3) SYDNEY	
		548	16.3%	(4) REST OF NSW	
		607	18.1%	(5) MELBOURNE	
		249	7.4%	(6) REST OF VIC	
		30	0.9%	(7) HOBART	
		100	3.0%	(8) REST OF TAS	
		220	6.5%	(9) ADELAIDE	
		119	3.5%	(10) REST OF SA,NT	
		250	7.4%	(11) PERTH	
		70	2.1%	(12) REST OF WA	

VAR	2	ELECT		ELECTORATE SUBDIVISION	/
		LOCATION:	2	FORMAT: F3.0	
		CARD NO :	1	COLUMN: 2- 4	

SEE APPENDIX B FOR ELECTORATE CODES
 SEE FREQUENCIES ADDENDUM FOR ELECTORAL DISTRIBUTION

VAR	3	ININO		INTERVIEW NUMBER	/
		LOCATION:	5	FORMAT: F1.0	
		CARD NO :	1	COLUMN: 5- 5	

CARD IDENTIFICATION

VAR 4 COTNO CONSUMER OPINION TRENDS SURVEY NUMBER /
LOCATION: 6 FORMAT: F2.0
CARD NO : 1 COLUMN: 6- 7

last two digits only

VAR 5 WHENDONE WHEN C O T SURVEY WAS DONE /
LOCATION: 8 FORMAT: F1.0
CARD NO : 1 COLUMN: 8- 8

Same as last digit in Cols 6-7 = same week
Different = following week

VAR 6 CLUSTER /
LOCATION: 9 FORMAT: F1.0
CARD NO : 1 COLUMN: 9- 9

Cluster within week done by same interviewer

NUMBER OF TIMES ACTIVITIES WERE DONE

VAR 7 ACTSDONE NO OF TIMES ACTIVITIES DONE /
LOCATION: 12 FORMAT: F2.0
CARD NO : 1 COLUMN: 12- 13

(From questionnaire) NEXT ABOUT PHYSICAL
ACTIVITY, PHYSICAL EXERCISE AND PHYSICAL
RECREATION. LOOKING AT
THE NEXT WHITE CARD.(pause) IN THE LAST
TWO WEEKS, WHICH, IF ANY, OF THOSE ACTIVITIES
HAVE YOU, YOURSELF, DONE - IN THE LAST 2 WEEKS?
PLEASE SAY THE ACTIVITY AND ITS NUMBER.
WHICH OTHERS IN THE LAST 2 WEEKS?
ANY OTHERS?

NUMBER OF TIMES ACTIVITIES WERE DONE

This variable gives the total number of activities of all types done by the respondent.

VAR 8 SPORTCLB AT SPORT CLUB /
LOCATION: 19 FORMAT: F2.0
CARD NO : 1 COLUMN: 19- 20

LOOKING NOW AT THE TOP OF THE NEXT PINK CARD, AND THINKING ABOUT THE (say number of times) TIMES YOU PLAYED/WENT/DID (say activity). IN THE LAST TWO WEEKS, ABOUT HOW MANY OF THOSE TIMES DID YOU PLAY/GO/DO (say activity) AS A MEMBER OF A SPORTING CLUB OR ASSOCIATION, NOT AT A HEALTH OR FITNESS CENTRE?

VAR 9 HLTHCNTR AT HEALTH CENTRE /
LOCATION: 21 FORMAT: F2.0
CARD NO : 1 COLUMN: 21- 22

AND HOW MANY TIMES DID YOU PLAY/GO/DO (say activity) AS A MEMBER OF A HEALTH OR FITNESS CENTRE?

VAR 10 ALONE ALONE OR WITH FRIENDS /
LOCATION: 23 FORMAT: F2.0
CARD NO : 1 COLUMN: 23- 24

AND HOW MANY TIMES DID YOU PLAY/GO/DO (say activity) ALONE OR WITH FRIENDS?

VAR 11 METVALUE METABOLIC VALUE /
LOCATION: 29 FORMAT: F6.0
CARD NO : 1 COLUMN: 29- 34

This is a measure of the total metabolic value of all activities. The metabolic value is equal to ACTSDONE X MINUTES X Mets value for the activity (See Appendix C)

NUMBER OF TIMES ACTIVITIES WERE DONE

VAR 12 MINUTES TOTAL TIME IN MINUTES /
LOCATION: 35 FORMAT: F5.0
CARD NO : 1 COLUMN: 35- 39

IN THE LAST 2 WEEKS, ABOUT HOW MUCH TIME - IN
HOURS AND MINUTES - WAS INVOLVED ON AVERAGE,
EACH TIME YOU (read activity)?

DEMOGRAPHIC VARIABLES

VAR 13 AGE /
LOCATION: 41 FORMAT: A1
CARD NO : 1 COLUMN: 41- 41

187 5.6% (1) 14-17
115 3.4% (2) 18-19
337 10.0% (3) 20-24
411 12.2% (4) 25-29
389 11.6% (5) 30-34
423 12.6% (6) 35-39
274 8.2% (7) 40-44
217 6.5% (8) 45-49
174 5.2% (9) 50-54
193 5.7% (10) 55-59
214 6.4% (11) 60-64
425 12.7% (12) 65 PLUS

VAR 14 CTYBIRTH COUNTRY OF BIRTH /
LOCATION: 42 FORMAT: F1.0
CARD NO : 1 COLUMN: 42- 42

2618 77.9% (1) AUSTRALIA
45 1.3% (2) ASIA
4 0.1% (3) CANADA
19 0.6% (4) GREECE
50 1.5% (5) ITALY
157 4.7% (6) OTHER EUROPE
35 1.0% (7) NEW ZEALAND

DEMOGRAPHIC VARIABLES

375	11.2%	(8) UNITED KINGDOM
9	0.3%	(9) USA
47	1.4%	(10) OTHER

VAR 15 MARISTAT MARITAL STATUS /
 LOCATION: 43 FORMAT: A1
 CARD NO : 1 COLUMN: 43- 43

53	1.6%	(1) DE FACTO
2046	60.9%	(2) MARRIED
251	7.5%	(3) WIDOWED
131	3.9%	(4) DIVORCED
83	2.5%	(5) SEPARATED
713	21.2%	(6) SINGLE
51	1.5%	(7) ENGAGED
31	0.9%	(8) PLANNING TO MARRY

VAR 16 EDUSTAT EDUCATIONAL LEVEL /
 LOCATION: 44 FORMAT: A1
 CARD NO : 1 COLUMN: 44- 44

64	1.9%	(1) SOME PRIMARY
213	6.3%	(2) FINISHED PRIMARY
780	23.2%	(3) SOME SECONDARY
174	5.2%	(4) SOME TECHNICAL
696	20.7%	(5) SCHOOL CERTIFICATE
267	7.9%	(6) LEAVING CERTIFICATE
314	9.3%	(7) FINISHED TECHNICAL
174	5.2%	(8) FINISHED MATRIC OR HSC
161	4.8%	(9) SOME UNIVERSITY
186	5.5%	(10) TERTIARY DIPLOMA
73	2.2%	(11) NOW AT UNIVERSITY
257	7.7%	(12) DEGREE

- (1) SOME PRIMARY SCHOOL
- (2) FINISHED PRIMARY SCHOOL
- (3) SOME SECONDARY SCHOOL
- (4) SOME TECHNICAL OR COMMERCIAL
- (5) PASSED 4TH FORM, SCHOOL CERTIFICATE, INTERMEDIATE
- (6) COMPLETED FIFTH FORM, LEAVING CERTIFICATE
- (7) FINISHED COMMERCIAL OR TECHNICAL COLLEGE
- (8) FINISHED OR NOW STUDYING FOR MATRIC, HSC
- (9) SOME UNIVERSITY TRAINING
- (10) TERTIARY DIPLOMA, NOT UNIVERSITY
- (11) NOW AT UNIVERSITY
- (12) DEGREE

DEMOGRAPHIC VARIABLES

VAR 17 WORKSTAT WORK STATUS /
LOCATION: 45 FORMAT: F1.0
CARD NO : 1 COLUMN: 45- 45

1521	45.3%	(1) FULL-TIME WORK
303	9.0%	(2) PART-TIME WORKRY
663	19.7%	(3) NOT LOOKING - HOME
68	2.0%	(4) NOT LOOKING - DONT W
134	4.0%	(5) LOOKING FOR FULL-TIM
52	1.5%	(6) LOOKING FOR PART-TIM
452	13.5%	(7) RETIRED
166	4.9%	(8) STUDENT

VAR 18 INCOME1 ANNUAL INCOME IF WORKING /
LOCATION: 46 FORMAT: A1 CODE FOR MISSING 13
CARD NO : 1 COLUMN: 46- 46

142	7.8%	(1) UNDER \$6,000
58	3.2%	(2) \$6,000 TO 7,999
90	4.9%	(3) \$8,000 TO 9,999
95	5.2%	(4) \$10,000 TO 11,999
235	12.9%	(5) \$12,000 TO 14,999
380	20.8%	(6) \$15,000 TO 19,999
365	20.0%	(7) \$20,000 TO 24,999
199	10.9%	(8) \$25,000 TO 29,999
122	6.7%	(9) \$30,000 TO 34,999
62	3.4%	(10) \$35,000 TO 39,999
76	4.2%	(11) \$40,000 OR MORE
1535	----	(13) MISSING

VAR 19 OCCUPAT1 OCCUPATION OF RESPONDENT IF WORKING /
LOCATION: 47 FORMAT: A1 CODE FOR MISSING 13
CARD NO : 1 COLUMN: 47- 47

101	5.5%	(1) PROFESSIONAL
120	6.6%	(2) MANAGER
37	2.0%	(3) SMALL BUSINESS OWNER
722	39.6%	(4) WHITE COLLAR WORKER
343	18.8%	(5) SKILLED MANUAL
282	15.5%	(6) SEMI-SKILLED
123	6.7%	(7) UNSKILLED NOT FARM

DEMOGRAPHIC VARIABLES

64	3.5%	(8) FARMER,ETC
19	1.0%	(9) FARM WORKER, ETC
5	0.3%	(10) HOUSEWIFE, RET, UNEMP
8	0.4%	(12) SERVICEMAN
1535	-----	(13) NOT APPLICABLE

- (1) PROFESSIONAL
- (2) MANAGER, LARGE BUSINESS OWNER
- (3) SMALL BUSINESS OWNER
- (4) WHITE COLLAR WORKER
- (5) SKILLED MANUAL
- (6) SEMI-SKILLED
- (7) UNSKILLED NOT FARM WORKER
- (8) FARMER,ETC
- (9) FARM WORKER, ETC
- (10) HOUSEWIFE, RETIRED, UNEMPLOYED
- (12) SERVICEMAN, NOT IN CATEGORIES 1 - 9

VAR 20 EMPLOYER /

LOCATION: 48 FORMAT: A1 CODE FOR MISSING 13

CARD NO : 1 COLUMN: 48- 48

590	32.3%	(1) PUBLIC SERVICE
1042	57.1%	(2) PRIVATE INDUSTRY
192	10.5%	(3) SELF-EMPLOYED
1535	-----	(13) NOT APPLICABLE

VAR 21 TVSETS NO OF TV SETS IN HOUSEHOLD /

LOCATION: 49 FORMAT: F1.0

CARD NO : 1 COLUMN: 49- 49

60	1.8%	(0) NONE
1994	59.4%	(1) ONE
988	29.4%	(2) TWO
264	7.9%	(3) THREE
48	1.4%	(4) FOUR
5	0.1%	(5) FIVE

VAR 22 VCR OWN OR RENT VCR /

LOCATION: 50 FORMAT: F1.0

CARD NO : 1 COLUMN: 50- 50

60	1.8%	(0) NO TV
----	------	-----------

DEMOGRAPHIC VARIABLES

1324	39.4%	(1) OWN VCR
121	3.6%	(2) RENT VCR
1848	55.0%	(3) NO VCR
6	0.2%	(4) NO CODE GIVEN

VAR 23 CHILDREN NO OF CHILDREN UNDER 16 /
LOCATION: 51 FORMAT: F1.0
CARD NO : 1 COLUMN: 51- 51

1902	56.6%	(0) NONE
533	15.9%	(1) ONE
574	17.1%	(2) TWO
252	7.5%	(3) THREE
73	2.2%	(4) FOUR
14	0.4%	(5) FIVE
6	0.2%	(6) SIX
4	0.1%	(7) SEVEN
1	0.0%	(9) NINE OR MORE

Column 52 has been multipunched and the results spread in Card 9, Columns 52-63.

VAR 24 INCOME2 /
LOCATION: 53 FORMAT: A1 CODE FOR MISSING 13
CARD NO : 1 COLUMN: 53- 53

INCOME OF FULL-TIME WORKING RESPONDENT
NOT PART TIME

22	1.4%	(1) UNDER \$6,000
25	1.6%	(2) \$6,000 TO 7,999
51	3.4%	(3) \$8,000 TO 9,999
68	4.5%	(4) \$10,000 TO 11,999
202	13.3%	(5) \$12,000 TO 14,999
349	22.9%	(6) \$15,000 TO 19,999
357	23.5%	(7) \$20,000 TO 24,999
194	12.8%	(8) \$25,000 TO 29,999
121	8.0%	(9) \$30,000 TO 34,999
60	3.9%	(10) \$35,000 TO 39,999
72	4.7%	(11) \$40,000 OR MORE

DEMOGRAPHIC VARIABLES

1838 ---- (13) NOT APPLICABLE

VAR 25 OCCUPAT2 /
 LOCATION: 54 FORMAT: A1 CODE FOR MISSING 13
 CARD NO : 1 COLUMN: 54- 54

OCCUPATION OF FULL TIME WORKING RESPONDENT
NOT PART TIME

97	6.4%	(1) PROFESSIONAL
115	7.6%	(2) MANAGER
31	2.0%	(3) SMALL BUSINESS OWNER
564	37.1%	(4) WHITE COLLAR WORKER
327	21.5%	(5) SKILLED MANUAL
239	15.7%	(6) SEMI-SKILLED
63	4.1%	(7) UNSKILLED NOT FARM
59	3.9%	(8) FARMER,ETC
14	0.9%	(9) FARM WORKER, ETC
4	0.3%	(10) HOUSEWIFE, RET, UNEMP
8	0.5%	(12) SERVICEMAN
1838	----	(13) NOT APPLICABLE

- (1) PROFESSIONAL
- (2) MANAGER, LARGE BUSINESS OWNER
- (3) SMALL BUSINESS OWNER
- (4) WHITE COLLAR WORKER
- (5) SKILLED MANUAL
- (6) SEMI-SKILLED
- (7) UNSKILLED NOT FARM WORKER
- (8) FARMER,ETC
- (9) FARM WORKER, ETC
- (10) HOUSEWIFE, RETIRED, UNEMPLOYED
- (12) SERVICEMAN, NOT IN CATEGORIES 1 - 9

VAR 26 EMPLOY2 /
 LOCATION: 55 FORMAT: A1 CODE FOR MISSING 13
 CARD NO : 1 COLUMN: 55- 55

EMPLOYER OF FULL TIME WORKING RESPONDENT

528	34.7%	(1) PUBLIC SERVICE
823	54.1%	(2) PRIVATE INDUSTRY
170	11.2%	(3) SELF-EMPLOYED
1838	----	(13) NOT APPLICABLE

DEMOGRAPHIC VARIABLES

VAR 27 LIFECYCL LIFECYCLE OF RESPONDENT /
LOCATION: 56 FORMAT: F1.0
CARD NO : 1 COLUMN: 56- 56

688	20.5%	(1) SINGLE, AGED 13 - 34
344	10.2%	(2) MARRIED, 14-34 NO CH
532	15.8%	(3) MARRIED, 14-34 CHILD
673	20.0%	(4) MARRIED, 35 PLUS, CHI
711	21.2%	(5) MARRIED, 35 PLUS, NO
411	12.2%	(6) SINGLE, 35 PLUS

VAR 28 GBLIFE LIFE CYCLE OF GROCERY BUYER /
LOCATION: 57 FORMAT: A1
CARD NO : 1 COLUMN: 57- 57

552	16.4%	(1) UNDER 35, NO CHILDR
653	19.4%	(2) UNDER 35, CHILDREN
804	23.9%	(3) OVER 35, CHILDREN
1350	40.2%	(4) OVER 35, NO CHILD

VAR 29 WRKLOOK NO OF PEOPLE LOOKING FOR WORK /
LOCATION: 58 FORMAT: F1.0
CARD NO : 1 COLUMN: 58- 58

3222	95.9%	(0) NONE
125	3.7%	(1) ONE
10	0.3%	(2) TWO
2	0.1%	(3) THREE

VAR 30 AGEREC AGE GROUP BEFORE RECODE /
LOCATION: 60 FORMAT: A2
CARD NO : 1 COLUMN: 60- 61

RECODED VALUES CAN BE FOUND IN COLUMN 41

163	4.9%	(1) 14-15
149	4.4%	(2) 16-17
115	3.4%	(3) 18-19
337	10.0%	(4) 20-24

DEMOGRAPHIC VARIABLES

411	12.2%	(5)	25-29
389	11.6%	(6)	30-34
423	12.6%	(7)	35-39
274	8.2%	(8)	40-44
217	6.5%	(9)	45-49
174	5.2%	(10)	50-54
193	5.7%	(11)	55-59
214	6.4%	(12)	60-64
109	3.2%	(13)	65-69
191	5.7%	(14)	70 PLUS

VAR 31 ADULTS NO OF ADULTS IN HOUSEHOLD /
LOCATION: 62 FORMAT: F1.0
CARD NO : 1 COLUMN: 62- 62

493	14.7%	(1)	ONE
1893	56.4%	(2)	TWO
617	18.4%	(3)	THREE
281	8.4%	(4)	FOUR
53	1.6%	(5)	FIVE
19	0.6%	(6)	SIX
1	0.0%	(7)	SEVEN
2	0.1%	(9)	NINE OR MORE

VAR 32 PEOPLE NO OF PEOPLE IN HOUSEHOLD /
LOCATION: 63 FORMAT: F1.0
CARD NO : 1 COLUMN: 63- 63

404	12.0%	(1)	ONE
935	27.8%	(2)	TWO
695	20.7%	(3)	THREE
752	22.4%	(4)	FOUR
376	11.2%	(5)	FIVE
144	4.3%	(6)	SIX
37	1.1%	(7)	SEVEN
8	0.2%	(8)	EIGHT
8	0.2%	(9)	NINE OR MORE

VAR 33 TELEPHON TELEPHONE IN HOUSEHOLD /
LOCATION: 64 FORMAT: A1
CARD NO : 1 COLUMN: 64- 64

2808	83.6%	(1)	YES,NUMBER GIVEN
------	-------	-----	------------------

DEMOGRAPHIC VARIABLES

92 2.7% (2) WONT SAY IF PHONE
140 4.2% (3) YES WONT SAY NUMBER
319 9.5% (4) NO PHONE

VAR 34 SEX /
LOCATION: 65 FORMAT: F1.0
CARD NO : 1 COLUMN: 65- 65

1686 50.2% (1) MAN
1673 49.8% (2) WOMAN

VAR 35 GBRESP RESPONDENT IS GROCERY BUYER /
LOCATION: 66 FORMAT: F1.0
CARD NO : 1 COLUMN: 66- 66

IS RESPONDENT MAIN GROCERY BUYER OF HOUSEHOLD?

1890 56.3% (1) USUALLY
750 22.3% (2) SOMETIMES
719 21.4% (3) NEVER

VAR 36 GBSEX SEX OF GROCERY BUYER /
LOCATION: 67 FORMAT: A1
CARD NO : 1 COLUMN: 67- 67

2770 82.5% (1) WOMAN
589 17.5% (2) MAN

VAR 37 GBAGE AGE OF GROCERY BUYER /
LOCATION: 68 FORMAT: A1
CARD NO : 1 COLUMN: 68- 68

89 2.6% (1) 14-17
37 1.1% (2) 18-19
264 7.9% (3) 20-24
401 11.9% (4) 25-29
414 12.3% (5) 30-34
479 14.3% (6) 35-39
346 10.3% (7) 40-44
309 9.2% (8) 45-49
257 7.7% (9) 50-54

DEMOGRAPHIC VARIABLES

211 6.3% (10) 55-59
241 7.2% (11) 60-64
311 9.3% (12) 65 PLUS

VAR 38 GEWORK WORK STATUS OF GROCERY BUYER /
LOCATION: 69 FORMAT: F1.0
CARD NO : 1 COLUMN: 69- 69

986 29.4% (1) FULL TIME
466 13.9% (2) PART TIME
1365 40.6% (3) HOME DUTIES
542 16.1% (4) DONT WORK

VAR 39 RMIE RESPONDENT MAIN INCOME EARNER /
LOCATION: 70 FORMAT: F1.0
CARD NO : 1 COLUMN: 70- 70

IS RESPONDENT MAIN INCOME EARNER OF HOUSEHOLD?

1887 56.2% (1) YES
1472 43.8% (2) NO

VAR 40 MIEOCC MAIN INCOME EARNER'S OCCUPATION /
LOCATION: 71 FORMAT: A1
CARD NO : 1 COLUMN: 71- 71

178 5.3% (1) PROFESSIONAL
201 6.0% (2) MANAGER
86 2.6% (3) SMALL BUSINESS OWNER
983 29.3% (4) WHITE COLLAR WORKER
784 23.3% (5) SKILLED MANUAL
592 17.6% (6) SEMI-SKILLED
204 6.1% (7) UNSKILLED NOT FARM
184 5.5% (8) FARMER,ETC
44 1.3% (9) FARM WORKER, ETC
73 2.2% (10) HOUSEWIFE, RET, UNEMP
12 0.4% (11) PENSIONER
18 0.5% (12) SERVICEMAN

- (1) PROFESSIONAL
- (2) MANAGER, LARGE BUSINESS OWNER
- (3) SMALL BUSINESS OWNER
- (4) WHITE COLLAR WORKER
- (5) SKILLED MANUAL

DEMOGRAPHIC VARIABLES

- (6) SEMI-SKILLED
- (7) UNSKILLED NOT FARM WORKER
- (8) FARMER, ETC
- (9) FARM WORKER, ETC
- (10) HOUSEWIFE, RETIRED, UNEMPLOYED
- (11) PENSIONER, NO PREVIOUS OCCUPATION
- (12) SERVICEMAN, NOT IN CATEGORIES 1 - 9

VAR 41 MIEINC INCOME OF MAIN INCOME EARNER /
LOCATION: 72 FORMAT: A1
CARD NO : 1 COLUMN: 72- 72

358	10.7%	(1) UNDER \$6,000
151	4.5%	(2) \$6,000 TO 7,999
99	2.9%	(3) \$8,000 TO 9,999
195	5.8%	(4) \$10,000 TO 11,999
415	12.4%	(5) \$12,000 TO 14,999
687	20.5%	(6) \$15,000 TO 19,999
624	18.6%	(7) \$20,000 TO 24,999
360	10.7%	(8) \$25,000 TO 29,999
219	6.5%	(9) \$30,000 TO 34,999
107	3.2%	(10) \$35,000 TO 39,999
144	4.3%	(11) \$40,000 OR MORE

VAR 42 ELECTROL ON FEDERAL ELECTORAL ROLL /
LOCATION: 73 FORMAT: A1
CARD NO : 1 COLUMN: 73- 73

2977	88.6%	(1) YES
382	11.4%	(2) NO

VAR 43 RELIGION /
LOCATION: 74 FORMAT: F1.0
CARD NO : 1 COLUMN: 74- 74

814	24.2%	(1) CATHOLIC
1053	31.3%	(2) ANGLICAN
174	5.2%	(3) PRESBYTERIAN
245	7.3%	(4) UNITING
53	1.6%	(5) BAPTIST
122	3.6%	(6) METHODIST
323	9.6%	(7) OTHER CHRISTIAN
27	0.8%	(8) NONCHRISTIAN

DEMOGRAPHIC VARIABLES

495 14.7% (9) NO RELIGION
53 1.6% (10) WOULDN'T SAY

VAR 44 FTWORKRS /
LOCATION: 75 FORMAT: F1.0
CARD NO : 1 COLUMN: 75- 75

NUMBER OF (OTHER) FULL TIME WORKERS IN HOUSEHOLD

1651 49.2% (0) NONE
1268 37.7% (1) ONE
335 10.0% (2) TWO
87 2.6% (3) THREE
14 0.4% (4) FOUR
2 0.1% (5) FIVE
2 0.1% (7) SEVEN

VAR 45 PTWORKRS /
LOCATION: 76 FORMAT: F1.0
CARD NO : 1 COLUMN: 76- 76

NUMBER OF (OTHER) PART TIME WORKERS IN HOUSEHOLD

2996 89.2% (0) NONE
332 9.9% (1) ONE
30 0.9% (2) TWO
1 0.0% (3) THREE

VAR 46 TYPEDWEL /
LOCATION: 77 FORMAT: F1.0
CARD NO : 1 COLUMN: 77- 77

2844 84.7% (1) SEPARATE HOUSE
141 4.2% (2) SEMI DETACHED OR TERRACE HOUSE
6 0.2% (3) FLAT ATTACHED TO SHOP
68 2.0% (4) VILLA UNIT
251 7.5% (5) FLAT IN BLOCK
42 1.3% (6) FLAT - PART OF HOUSE
7 0.2% (7) OTHER

DEMOGRAPHIC VARIABLES

VAR 47 CITYTYPE SIZE OF CITY OR TOWN /
LOCATION: 78 FORMAT: F1.0
CARD NO : 1 COLUMN: 78- 78

2008 59.8% (0) CAPITAL CITY
38 1.1% (1) UNDER 1000 PEOPLE
299 8.9% (2) 1000 TO 4999
122 3.6% (3) 5000 TO 9999
340 10.1% (4) 10000 TO 24999
119 3.5% (5) 25000 TO 49999
433 12.9% (6) 50000 OR MORE

VAR 48 CARDNO1 CARD NUMBER 1 /
LOCATION: 80 FORMAT: F1.0
CARD NO : 1 COLUMN: 80- 80

VAR 49 STATE2 STATE IDENTIFICATION ON CARD 2 /
LOCATION: 1 FORMAT: A1
CARD NO : 2 COLUMN: 1- 1

VAR 50 IDENINO2 IDENTIFICATION NO ON CARD 2 /
LOCATION: 2 FORMAT: F8.0
CARD NO : 2 COLUMN: 2- 9

THESE TWO VARIABLES TOGETHER COINCIDE WITH
THE FIRST NINE COLUMNS OF CARD 1

ACTIVITY DETAILS FOR FIRST ACTIVITY

VAR 51 ACTNO1 NAME OF FIRST ACTIVITY LISTED /
LOCATION: 10 FORMAT: F2.0
CARD NO : 2 COLUMN: 10- 11

912 27.2% (0) NO ACTIVITY GIVEN
872 26.0% (1) WALKING
94 2.8% (2) JOGGING
161 4.8% (3) AEROBICS

ACTIVITY DETAILS FOR FIRST ACTIVITY

353	10.5%	(4) SWIMMING
150	4.5%	(5) BICYCLING
30	0.9%	(6) NETBALL BASKETBALL
122	3.6%	(7) GOLF
132	3.9%	(8) TENNIS
18	0.5%	(9) ATHLETICS
50	1.5%	(10) TABLETENNIS
95	2.8%	(11) SAILING BOATING
154	4.6%	(12) FOOTBALL CRICKET
28	0.8%	(14) WATER SKIING
9	0.3%	(15) ICE SKATING
69	2.1%	(16) LAWN BOWLS
76	2.3%	(17) SQUASH
34	1.0%	(18) OTHER

VAR 52 NOTIMES1 NO OF TIMES ACTIVITY DONE /
LOCATION: 12 FORMAT: F2.0
CARD NO : 2 COLUMN: 12- 13

IN THE LAST TWO WEEKS, ABOUT HOW MANY TIMES
ALTOGETHER HAVE YOU, YOURSELF, PLAYED/BEEN/
DONE (say first activity) IN THE LAST TWO
WEEKS?

VAR 53 TIME1 TIME TAKEN IN HOURS AND MINUTES /
LOCATION: 14 FORMAT: F4.0
CARD NO : 2 COLUMN: 14- 17

IN THE LAST TWO WEEKS, ABOUT HOW MUCH TIME -
IN HOURS AND MINUTES - WAS INVOLVED ON AVERAGE,
EACH TIME YOU (say activity)?

VAR 54 VIGOR1 LEVEL OF VIGOR /
LOCATION: 18 FORMAT: F1.0
CARD NO : 2 COLUMN: 18- 18

WHEN YOU PLAY/GO/DO (say activity), WOULD YOU
SAY YOU USUALLY ARE VERY VIGOROUS, FAIRLY
VIGOROUS, NOT VERY VIGOROUS, OR NOT AT ALL
VIGOROUS?

912	27.2%	(0) NO ACTIVITY
375	11.2%	(1) VERY VIGOROUS

ACTIVITY DETAILS FOR FIRST ACTIVITY

1123	33.4%	(2) FAIRLY VIGOROUS
781	23.3%	(3) NOT VERY VIGOROUS
154	4.6%	(4) NOT AT ALL VIGOROUS
14	0.4%	(5) CAN'T SAY

VAR 55 SPTCLB1 NO OF TIMES AT SPORTING CLUB /
LOCATION: 19 FORMAT: F2.0
CARD NO : 2 COLUMN: 19- 20

VAR 56 HLTHCNT1 NO OF TIMES AT HEALTH CENTRE /
LOCATION: 21 FORMAT: F2.0
CARD NO : 2 COLUMN: 21- 22

VAR 57 ALONE1 NO OF TIMES ALONE OR WITH FRIENDS /
LOCATION: 23 FORMAT: F2.0
CARD NO : 2 COLUMN: 23- 24

VAR 58 METVAL1 METABOLIC VALUE OF ACTIVITY /
LOCATION: 30 FORMAT: F5.0
CARD NO : 2 COLUMN: 30- 34

See Appendix C

VAR 59 MINUTES1 TOTAL TIME IN MINUTES OF ACTIVITY /
LOCATION: 35 FORMAT: F5.0
CARD NO : 2 COLUMN: 35- 39

(If activity done alone or with friends)
LOOKING AT THE BOTTOM OF THE PINK CARD,
(pause) IN THE LAST TWO WEEKS, WHERE DID YOU
PLAY/GO/DO (say activity) ALONE OR WITH
FRIENDS? JUST SAY THE NUMBER AFTER THE
PLACE. ANYWHERE ELSE?

AT A PUBLIC FACILITY SUCH AS A PUBLIC
SWIMMING POOL, A PUBLIC TENNIS COURT,
PUBLIC BASKETBALL COURT OR A PUBLIC
GOLF COURSE

AT A GYMNASIUM OR COMMUNITY CENTRE

ACTIVITY DETAILS FOR FIRST ACTIVITY

AT A SCHOOL, UNIVERSITY OR OTHER TERTIARY
EDUCATION FACILITY
AT A PRIVATE HOME
ON A FOOTPATH OR ROADWAY
ON A CYCLE PATH
AT A NATURE RESERVE OR A FOREST OR ON A
MOUNTAIN
AT A BEACH, RIVER, DAM OR LAKE
SOMEWHERE ELSE (PLEASE DESCRIBE IT)
AT A LOCAL PARK OR GARDEN
CAN'T SAY

VAR 60 PUBLIC1 AT PUBLIC FACILITY /
LOCATION: 41 FORMAT: F1.0
CARD NO : 2 COLUMN: 41- 41

3066 91.3% (0) NO
293 8.7% (1) YES

VAR 61 GYM1 AT GYMNASIUM OR COMMUNITY CENTRE /
LOCATION: 42 FORMAT: F1.0
CARD NO : 2 COLUMN: 42- 42

3319 98.8% (0) NO
40 1.2% (2) YES

VAR 62 SCHOOL1 AT SCHOOL OR UNIVERSITY /
LOCATION: 43 FORMAT: F1.0
CARD NO : 2 COLUMN: 43- 43

3302 98.3% (0) NO
57 1.7% (3) YES

VAR 63 ATHOME1 AT A PRIVATE HOUSE /
LOCATION: 44 FORMAT: F1.0
CARD NO : 2 COLUMN: 44- 44

3025 90.1% (0) NO
334 9.9% (4) YES

ACTIVITY DETAILS FOR FIRST ACTIVITY

VAR 64 FOOTPTH1 ON FOOTPATH OR ROADWAY /
LOCATION: 45 FORMAT: F1.0
CARD NO : 2 COLUMN: 45- 45

2601 77.4% (0) NO
758 22.6% (5) YES

VAR 65 CYCLPTH1 ON A CYCLE PATHTY /
LOCATION: 46 FORMAT: F1.0
CARD NO : 2 COLUMN: 46- 46

3333 99.2% (0) NO
26 0.8% (6) YES

VAR 66 NATURE1 AT NATURE RESERVE OR FOREST /
LOCATION: 47 FORMAT: F1.0
CARD NO : 2 COLUMN: 47- 47

3293 98.0% (0) NO
66 2.0% (7) YES

VAR 67 BEACH1 AT BEACH, RIVER, DAM OR LAKE /
LOCATION: 48 FORMAT: F1.0
CARD NO : 2 COLUMN: 48- 48

3014 89.7% (0) NO
345 10.3% (8) YES

VAR 68 OTHRPLC1 ANY OTHER PLACE /
LOCATION: 49 FORMAT: F1.0
CARD NO : 2 COLUMN: 49- 49

3318 98.8% (0) NO
41 1.2% (9) YES

ACTIVITY DETAILS FOR FIRST ACTIVITY

VAR 69 PARK1 AT LOCAL PARK OR GARDEN /
LOCATION: 50 FORMAT: F1.0
CARD NO : 2 COLUMN: 50- 50

3192 95.0% (0) NO
167 5.0% (1) YES

VAR 70 CANTSAY1 CAN'T SAY /
LOCATION: 51 FORMAT: F1.0
CARD NO : 2 COLUMN: 51- 51

3244 96.6% (0) NO
115 3.4% (2) YES

VAR 71 CARDNO2 CARD NUMBER 2 /
LOCATION: 80 FORMAT: F1.0
CARD NO : 2 COLUMN: 80- 80

VAR 72 STATE3 STATE IDENTIFICATION ON CARD 3 /
LOCATION: 1 FORMAT: A1
CARD NO : 3 COLUMN: 1- 1

VAR 73 IDENTINO3 IDENTIFICATION NO ON CARD 3 /
LOCATION: 2 FORMAT: F8.0
CARD NO : 3 COLUMN: 2- 9

THESE TWO VARIABLES TOGETHER COINCIDE WITH
THE FIRST NINE COLUMNS OF CARD 1

ACTIVITY DETAILS OF SECOND ACTIVITY

VAR 74 ACTNO2 NAME OF SECOND ACTIVITY LISTED /
LOCATION: 10 FORMAT: F2.0
CARD NO : 3 COLUMN: 10- 11

1932 57.5% (0) NO ACTIVITY GIVEN

ACTIVITY DETAILS OF SECOND ACTIVITY

299	8.9%	(1) WALKING
132	3.9%	(2) JOGGING
147	4.4%	(3) AEROBICS
351	10.4%	(4) SWIMMING
122	3.6%	(5) BICYCLING
12	0.4%	(6) NETBALL BASKETBALL
60	1.8%	(7) GOLF
51	1.5%	(8) TENNIS
13	0.4%	(9) ATHLETICS
35	1.0%	(10) TABLETENNIS
34	1.0%	(11) SAILING BOATING
68	2.0%	(12) FOOTBALL CRICKET
1	0.0%	(13) SNOW SKIING
14	0.4%	(14) WATER SKIING
4	0.1%	(15) ICE SKATING
19	0.6%	(16) LAWN BOWLS
30	0.9%	(17) SQUASH
35	1.0%	(18) OTHER

VAR 75 NOTIMES2 NO OF TIMES ACTIVITY DONE /
LOCATION: 12 FORMAT: F2.0
CARD NO : 3 COLUMN: 12- 13

IN THE LAST TWO WEEKS, ABOUT HOW MANY TIMES
ALTOGETHER HAVE YOU, YOURSELF, PLAYED/BEEN/
DONE (say second activity) IN THE LAST TWO
WEEKS?

VAR 76 TIME2 TIME TAKEN IN HOURS AND MINUTES /
LOCATION: 14 FORMAT: F4.0
CARD NO : 3 COLUMN: 14- 17

IN THE LAST TWO WEEKS, ABOUT HOW MUCH TIME -
IN HOURS AND MINUTES - WAS INVOLVED ON AVERAGE,
EACH TIME YOU (say activity)?

VAR 77 VIGOR2 LEVEL OF VIGOR /
LOCATION: 18 FORMAT: F1.0
CARD NO : 3 COLUMN: 18- 18

WHEN YOU PLAY/GO/DO (say activity), WOULD YOU
SAY YOU USUALLY ARE VERY VIGOROUS, FAIRLY
VIGOROUS, NOT VERY VIGOROUS, OR NOT AT ALL
VIGOROUS?

ACTIVITY DETAILS OF SECOND ACTIVITY

1932	57.5%	(0) NO ACTIVITY
265	7.9%	(1) VERY VIGOROUS
621	18.5%	(2) FAIRLY VIGOROUS
454	13.5%	(3) NOT VERY VIGOROUS
70	2.1%	(4) NOT AT ALL VIGOROUS
17	0.5%	(5) CAN'T SAY

VAR 78 SPTCLB2 NO OF TIMES AT SPORTING CLUB /
 LOCATION: 19 FORMAT: F2.0
 CARD NO : 3 COLUMN: 19- 20

VAR 79 HLTHCNT2 NO OF TIMES AT HEALTH CENTRE /
 LOCATION: 21 FORMAT: F2.0
 CARD NO : 3 COLUMN: 21- 22

VAR 80 ALONE2 NO OF TIMES ALONE OR WITH FRIENDS /
 LOCATION: 23 FORMAT: F2.0
 CARD NO : 3 COLUMN: 23- 24

VAR 81 METVAL2 METABOLIC VALUE OF ACTIVITY /
 LOCATION: 30 FORMAT: F5.0
 CARD NO : 3 COLUMN: 30- 34

See Appendix C

VAR 82 MINUTES2 TOTAL TIME IN MINUTES OF ACTIVITY /
 LOCATION: 35 FORMAT: F5.0
 CARD NO : 3 COLUMN: 35- 39

VAR 83 PUBLIC2 AT PUBLIC FACILITY /
 LOCATION: 41 FORMAT: F1.0
 CARD NO : 3 COLUMN: 41- 41

3160 94.1% (0) NO

ACTIVITY DETAILS OF SECOND ACTIVITY

199 5.9% (1) YES

VAR 84 GYM2 AT GYMNASIUM OR COMMUNITY CENTRE /
LOCATION: 42 FORMAT: F1.0
CARD NO : 3 COLUMN: 42- 42

3332 99.2% (0) NO
27 0.8% (2) YES

VAR 85 SCHOOL2 AT SCHOOL OR UNIVERSITY /
LOCATION: 43 FORMAT: F1.0
CARD NO : 3 COLUMN: 43- 43

3333 99.2% (0) NO
26 0.8% (3) YES

VAR 86 ATHOME2 AT A PRIVATE HOUSE /
LOCATION: 44 FORMAT: F1.0
CARD NO : 3 COLUMN: 44- 44

3135 93.3% (0) NO
224 6.7% (4) YES

VAR 87 FOOTPTH2 ON FOOTPATH OR ROADWAY /
LOCATION: 45 FORMAT: F1.0
CARD NO : 3 COLUMN: 45- 45

2998 89.3% (0) NO
361 10.7% (5) YES

VAR 88 CYCLPTH2 ON A CYCLE PATHTY /
LOCATION: 46 FORMAT: F1.0
CARD NO : 3 COLUMN: 46- 46

3335 99.3% (0) NO
24 0.7% (6) YES

ACTIVITY DETAILS OF SECOND ACTIVITY

VAR 89 NATURE2 AT NATURE RESERVE OR FOREST /
LOCATION: 47 FORMAT: F1.0
CARD NO : 3 COLUMN: 47- 47

3328 99.1% (0) NO
31 0.9% (7) YES

VAR 90 BEACH2 AT BEACH, RIVER, DAM OR LAKE /
LOCATION: 48 FORMAT: F1.0
CARD NO : 3 COLUMN: 48- 48

3133 93.3% (0) NO
226 6.7% (8) YES

VAR 91 OTHRPLC2 ANY OTHER PLACE /
LOCATION: 49 FORMAT: F1.0
CARD NO : 3 COLUMN: 49- 49

3335 99.3% (0) NO
24 0.7% (9) YES

VAR 92 PARK2 AT LOCAL PARK OR GARDEN /
LOCATION: 50 FORMAT: F1.0
CARD NO : 3 COLUMN: 50- 50

3270 97.4% (0) NO
89 2.6% (1) YES

VAR 93 CANTISAY2 CAN'T SAY /
LOCATION: 51 FORMAT: F1.0
CARD NO : 3 COLUMN: 51- 51

3294 98.1% (0) NO
65 1.9% (2) YES

VAR 94 CARDNO3 CARD NUMBER 3 /
LOCATION: 80 FORMAT: F1.0
CARD NO : 3 COLUMN: 80- 80

ACTIVITY DETAILS OF SECOND ACTIVITY

VAR 95 STATE4 STATE IDENTIFICATION ON CARD 4 /
LOCATION: 1 FORMAT: A1
CARD NO : 4 COLUMN: 1- 1

VAR 96 IDENINO4 IDENTIFICATION NO ON CARD 4 /
LOCATION: 2 FORMAT: F8.0
CARD NO : 4 COLUMN: 2- 9

THESE TWO VARIABLES TOGETHER COINCIDE WITH
THE FIRST NINE COLUMNS OF CARD 1

ACTIVITY DETAILS OF THIRD ACTIVITY

VAR 97 ACTNO3 NAME OF THIRD ACTIVITY LISTED /
LOCATION: 10 FORMAT: F2.0
CARD NO : 4 COLUMN: 10- 11

2675	79.6%	(0) NO ACTIVITY GIVEN
112	3.3%	(1) WALKING
60	1.8%	(2) JOGGING
91	2.7%	(3) AEROBICS
120	3.6%	(4) SWIMMING
80	2.4%	(5) BICYCLING
13	0.4%	(6) NETBALL BASKETBALL
26	0.8%	(7) GOLF
25	0.7%	(8) TENNIS
7	0.2%	(9) ATHLETICS
20	0.6%	(10) TABLETENNIS
22	0.7%	(11) SAILING BOATING
51	1.5%	(12) FOOTBALL CRICKET
9	0.3%	(14) WATER SKIING
3	0.1%	(15) ICE SKATING
9	0.3%	(16) LAWN BOWLS
21	0.6%	(17) SQUASH
15	0.4%	(18) OTHER

ACTIVITY DETAILS OF THIRD ACTIVITY

VAR 98 NOTIMES3 NO OF TIMES ACTIVITY DONE /
LOCATION: 12 FORMAT: F2.0
CARD NO : 4 COLUMN: 12- 13

IN THE LAST TWO WEEKS, ABOUT HOW MANY TIMES
ALTOGETHER HAVE YOU, YOURSELF, PLAYED/BEEN/
DONE (say third activity) IN THE LAST TWO
WEEKS?

VAR 99 TIME3 TIME TAKEN IN HOURS AND MINUTES /
LOCATION: 14 FORMAT: F4.0
CARD NO : 4 COLUMN: 14- 17

IN THE LAST TWO WEEKS, ABOUT HOW MUCH TIME -
IN HOURS AND MINUTES - WAS INVOLVED ON AVERAGE,
EACH TIME YOU (say activity)?

VAR 100 VIGOR3 LEVEL OF VIGOR /
LOCATION: 18 FORMAT: F1.0
CARD NO : 4 COLUMN: 18- 18

WHEN YOU PLAY/GO/DO (say activity), WOULD YOU
SAY YOU USUALLY ARE VERY VIGOROUS, FAIRLY
VIGOROUS, NOT VERY VIGOROUS, OR NOT AT ALL
VIGOROUS?

2675	79.6%	(0) NO ACTIVITY
158	4.7%	(1) VERY VIGOROUS
288	8.6%	(2) FAIRLY VIGOROUS
210	6.3%	(3) NOT VERY VIGOROUS
19	0.6%	(4) NOT AT ALL VIGOROUS
9	0.3%	(5) CAN'T SAY

VAR 101 SPTCLB3 NO OF TIMES AT SPORTING CLUB /
LOCATION: 19 FORMAT: F2.0
CARD NO : 4 COLUMN: 19- 20

VAR 102 HLTHCNT3 NO OF TIMES AT HEALTH CENTRE /
LOCATION: 21 FORMAT: F2.0
CARD NO : 4 COLUMN: 21- 22

ACTIVITY DETAILS OF THIRD ACTIVITY

VAR 103 ALONE3 NO OF TIMES ALONE OR WITH FRIENDS /
LOCATION: 23 FORMAT: F2.0
CARD NO : 4 COLUMN: 23- 24

VAR 104 METVAL3 METABOLIC VALUE OF ACTIVITY /
LOCATION: 30 FORMAT: F5.0
CARD NO : 4 COLUMN: 30- 34

See Appendix C

VAR 105 MINUTES3 TOTAL TIME IN MINUTES OF ACTIVITY /
LOCATION: 35 FORMAT: F5.0
CARD NO : 4 COLUMN: 35- 39

VAR 106 PUBLIC3 AT PUBLIC FACILITY /
LOCATION: 41 FORMAT: F1.0
CARD NO : 4 COLUMN: 41- 41

3272 97.4% (0) NO
87 2.6% (1) YES

VAR 107 GYM3 AT GYMNASIUM OR COMMUNITY CENTRE /
LOCATION: 42 FORMAT: F1.0
CARD NO : 4 COLUMN: 42- 42

3347 99.6% (0) NO
12 0.4% (2) YES

VAR 108 SCHOOL3 AT SCHOOL OR UNIVERSITY /
LOCATION: 43 FORMAT: F1.0
CARD NO : 4 COLUMN: 43- 43

3345 99.6% (0) NO
14 0.4% (3) YES

ACTIVITY DETAILS OF THIRD ACTIVITY

VAR 109 ATHOME3 AT A PRIVATE HOUSE /
LOCATION: 44 FORMAT: F1.0
CARD NO : 4 COLUMN: 44- 44

3248 96.7% (0) NO
111 3.3% (4) YES

VAR 110 FOOTPTH3 ON FOOTPATH OR ROADWAY /
LOCATION: 45 FORMAT: F1.0
CARD NO : 4 COLUMN: 45- 45

3192 95.0% (0) NO
167 5.0% (5) YES

VAR 111 CYCLPTH3 ON A CYCLE PATHWAY /
LOCATION: 46 FORMAT: F1.0
CARD NO : 4 COLUMN: 46- 46

3342 99.5% (0) NO
17 0.5% (6) YES

VAR 112 NATURE3 AT NATURE RESERVE OR FOREST /
LOCATION: 47 FORMAT: F1.0
CARD NO : 4 COLUMN: 47- 47

3343 99.5% (0) NO
16 0.5% (7) YES

VAR 113 BEACH3 AT BEACH, RIVER, DAM OR LAKE /
LOCATION: 48 FORMAT: F1.0
CARD NO : 4 COLUMN: 48- 48

3264 97.2% (0) NO
95 2.8% (8) YES

ACTIVITY DETAILS OF THIRD ACTIVITY

VAR 114 OTHRPLC3 ANY OTHER PLACE /
LOCATION: 49 FORMAT: F1.0
CARD NO : 4 COLUMN: 49- 49

3349 99.7% (0) NO
10 0.3% (9) YES

VAR 115 PARK3 AT LOCAL PARK OR GARDEN /
LOCATION: 50 FORMAT: F1.0
CARD NO : 4 COLUMN: 50- 50

3319 98.8% (0) NO
40 1.2% (1) YES

VAR 116 CANTSAY3 CAN'T SAY /
LOCATION: 51 FORMAT: F1.0
CARD NO : 4 COLUMN: 51- 51

3327 99.0% (0) NO
32 1.0% (2) YES

VAR 117 CARDNO4 CARD NUMBER 4 /
LOCATION: 80 FORMAT: F1.0
CARD NO : 4 COLUMN: 80- 80

VAR 118 STATES STATE IDENTIFICATION ON CARD 5 /
LOCATION: 1 FORMAT: A1
CARD NO : 5 COLUMN: 1- 1

VAR 119 IDENTNO5 IDENTIFICATION NO ON CARD 5 /
LOCATION: 2 FORMAT: F8.0
CARD NO : 5 COLUMN: 2- 9

THESE TWO VARIABLES TOGETHER COINCIDE WITH
THE FIRST NINE COLUMNS OF CARD 1

ACTIVITY DETAILS OF FOURTH ACTIVITY

ACTIVITY DETAILS OF FOURTH ACTIVITY

VAR 120 ACTINO4 NAME OF FOURTH ACTIVITY LISTED /
 LOCATION: 10 FORMAT: F2.0
 CARD NO : 5 COLUMN: 10- 11

3047	90.7%	(0) NO ACTIVITY GIVEN
47	1.4%	(1) WALKING
29	0.9%	(2) JOGGING
31	0.9%	(3) AEROBICS
50	1.5%	(4) SWIMMING
36	1.1%	(5) BICYCLING
5	0.1%	(6) NETBALL BASKETBALL
18	0.5%	(7) GOLF
11	0.3%	(8) TENNIS
2	0.1%	(9) ATHLETICS
7	0.2%	(10) TABLETENNIS
10	0.3%	(11) SAILING BOATING
31	0.9%	(12) FOOTBALL CRICKET
9	0.3%	(14) WATER SKIING
2	0.1%	(16) LAWN BOWLS
20	0.6%	(17) SQUASH
4	0.1%	(18) OTHER

VAR 121 NOTIMES4 NO OF TIMES ACTIVITY DONE /
 LOCATION: 12 FORMAT: F2.0
 CARD NO : 5 COLUMN: 12- 13

IN THE LAST TWO WEEKS, ABOUT HOW MANY TIMES
 ALTOGETHER HAVE YOU, YOURSELF, PLAYED/BEEN/
 DONE (sav fourth activity) IN THE LAST TWO
 WEEKS?

VAR 122 TIME4 TIME TAKEN IN HOURS AND MINUTES /
 LOCATION: 14 FORMAT: F4.0
 CARD NO : 5 COLUMN: 14- 17

IN THE LAST TWO WEEKS, ABOUT HOW MUCH TIME -
 IN HOURS AND MINUTES - WAS INVOLVED ON AVERAGE.
 EACH TIME YOU (sav activity)?

ACTIVITY DETAILS OF FOURTH ACTIVITY

VAR 123 VIGOR4 LEVEL OF VIGOR /
LOCATION: 18 FORMAT: F1.0
CARD NO : 5 COLUMN: 18- 18

WHEN YOU PLAY/GO/DO (sav activity), WOULD YOU
SAY YOU USUALLY ARE VERY VIGOROUS, FAIRLY
VIGOROUS, NOT VERY VIGOROUS, OR NOT AT ALL
VIGOROUS?

3047	90.7%	(0) NO ACTIVITY
94	2.8%	(1) VERY VIGOROUS
127	3.8%	(2) FAIRLY VIGOROUS
80	2.4%	(3) NOT VERY VIGOROUS
6	0.2%	(4) NOT AT ALL VIGOROUS
5	0.1%	(5) CAN'T SAY

VAR 124 SPTCLB4 NO OF TIMES AT SPORTING CLUB /
LOCATION: 19 FORMAT: F2.0
CARD NO : 5 COLUMN: 19- 20

VAR 125 HLTHCNT4 NO OF TIMES AT HEALTH CENTRE /
LOCATION: 21 FORMAT: F2.0
CARD NO : 5 COLUMN: 21- 22

VAR 126 ALONE4 NO OF TIMES ALONE OR WITH FRIENDS /
LOCATION: 23 FORMAT: F2.0
CARD NO : 5 COLUMN: 23- 24

VAR 127 METVAL4 METABOLIC VALUE OF ACTIVITY /
LOCATION: 30 FORMAT: F5.0
CARD NO : 5 COLUMN: 30- 34

See Appendix C

ACTIVITY DETAILS OF FOURTH ACTIVITY.

VAR 128 MINUTES4 TOTAL TIME IN MINUTES OF ACTIVITY /
LOCATION: 35 FORMAT: F5.0
CARD NO : 5 COLUMN: 35- 39

VAR 129 PUBLIC4 AT PUBLIC FACILITY /
LOCATION: 41 FORMAT: F1.0
CARD NO : 5 COLUMN: 41- 41

3309 98.5% (0) NO
50 1.5% (1) YES

VAR 130 GYM4 AT GYMNASIUM OR COMMUNITY CENTRE /
LOCATION: 42 FORMAT: F1.0
CARD NO : 5 COLUMN: 42- 42

3349 99.7% (0) NO
10 0.3% (2) YES

VAR 131 SCHOOL4 AT SCHOOL OR UNIVERSITY /
LOCATION: 43 FORMAT: F1.0
CARD NO : 5 COLUMN: 43- 43

3348 99.7% (0) NO
11 0.3% (3) YES

VAR 132 ATHOME4 AT A PRIVATE HOUSE /
LOCATION: 44 FORMAT: F1.0
CARD NO : 5 COLUMN: 44- 44

3322 98.9% (0) NO
37 1.1% (4) YES

VAR 133 FOOTPTH4 ON FOOTPATH OR ROADWAY /
LOCATION: 45 FORMAT: F1.0
CARD NO : 5 COLUMN: 45- 45

3297 98.2% (0) NO
62 1.8% (5) YES

ACTIVITY DETAILS OF FOURTH ACTIVITY

VAR 134 CYCLPTH4 ON A CYCLE PATHTY /
LOCATION: 46 FORMAT: F1.0
CARD NO : 5 COLUMN: 46- 46

3353 99.8% (0) NO
6 0.2% (6) YES

VAR 135 NATURE4 AT NATURE RESERVE OR FOREST /
LOCATION: 47 FORMAT: F1.0
CARD NO : 5 COLUMN: 47- 47

3355 99.9% (0) NO
4 0.1% (7) YES

VAR 136 BEACH4 AT BEACH,RIVER,DAM OR LAKE /
LOCATION: 48 FORMAT: F1.0
CARD NO : 5 COLUMN: 48- 48

3313 98.6% (0) NO
46 1.4% (8) YES

VAR 137 OTHRPLC4 ANY OTHER PLACE /
LOCATION: 49 FORMAT: F1.0
CARD NO : 5 COLUMN: 49- 49

3355 99.9% (0) NO
4 0.1% (9) YES

VAR 138 PARK4 AT LOCAL PARK OR GARDEN /
LOCATION: 50 FORMAT: F1.0
CARD NO : 5 COLUMN: 50- 50

3335 99.3% (0) NO
24 0.7% (1) YES

ACTIVITY DETAILS OF FOURTH ACTIVITY

VAR 139 CANTSAY4 CAN'T SAY /
 LOCATION: 51 FORMAT: F1.0
 CARD NO : 5 COLUMN: 51- 51

 3344 99.6% (0) NO
 15 0.4% (2) YES

VAR 140 CARDNO5 CARD NUMBER 5 /
 LOCATION: 80 FORMAT: F1.0
 CARD NO : 5 COLUMN: 80- 80

VAR 141 STATE6 STATE IDENTIFICATION ON CARD 6 /
 LOCATION: 1 FORMAT: A1
 CARD NO : 6 COLUMN: 1- 1

VAR 142 IDENTNO6 IDENTIFICATION NO ON CARD 6 /
 LOCATION: 2 FORMAT: F8.0
 CARD NO : 6 COLUMN: 2- 9

THESE TWO VARIABLES TOGETHER COINCIDE WITH
 THE FIRST NINE COLUMNS OF CARD 1

ACTIVITY DETAILS OF FIFTH ACTIVITY

VAR 143 ACTNO5 NAME OF FIFTH ACTIVITY LISTED /
 LOCATION: 10 FORMAT: F2.0
 CARD NO : 6 COLUMN: 10- 11

 3211 95.6% (0) NO ACTIVITY GIVEN
 17 0.5% (1) WALKING
 12 0.4% (2) JOGGING
 21 0.6% (3) AEROBICS
 12 0.4% (4) SWIMMING
 12 0.4% (5) BICYCLING
 4 0.1% (6) NETBALL BASKETBALL
 5 0.1% (7) GOLF
 8 0.2% (8) TENNIS

ACTIVITY DETAILS OF FIFTH ACTIVITY

3	0.1%	(9) ATHLETICS
9	0.3%	(10) TABLETENNIS
13	0.4%	(11) SAILING BOATING
14	0.4%	(12) FOOTBALL CRICKET
5	0.1%	(14) WATER SKIING
6	0.2%	(17) SQUASH
7	0.2%	(18) OTHER

VAR 144 NOTIMES5 NO OF TIMES ACTIVITY DONE /
LOCATION: 12 FORMAT: F2.0
CARD NO : 6 COLUMN: 12- 13

IN THE LAST TWO WEEKS, ABOUT HOW MANY TIMES
ALTOGETHER HAVE YOU, YOURSELF, PLAYED/BEEN/
DONE (say fifth activity) IN THE LAST TWO
WEEKS?

VAR 145 TIMES5 TIME TAKEN IN HOURS AND MINUTES /
LOCATION: 14 FORMAT: F4.0
CARD NO : 6 COLUMN: 14- 17

IN THE LAST TWO WEEKS, ABOUT HOW MUCH TIME -
IN HOURS AND MINUTES - WAS INVOLVED ON AVERAGE,
EACH TIME YOU (say activity)?

VAR 146 VIGOR5 LEVEL OF VIGOR /
LOCATION: 18 FORMAT: F1.0
CARD NO : 6 COLUMN: 18- 18

WHEN YOU PLAY/GO/DO (say activity), WOULD YOU
SAY YOU USUALLY ARE VERY VIGOROUS, FAIRLY
VIGOROUS, NOT VERY VIGOROUS, OR NOT AT ALL
VIGOROUS?

3211	95.6%	(0) NO ACTIVITY
54	1.6%	(1) VERY VIGOROUS
46	1.4%	(2) FAIRLY VIGOROUS
41	1.2%	(3) NOT VERY VIGOROUS
5	0.1%	(4) NOT AT ALL VIGOROUS
2	0.1%	(5) CAN'T SAY

ACTIVITY DETAILS OF FIFTH ACTIVITY

VAR 147 SPTCLB5 NO OF TIMES AT SPORTING CLUB /
LOCATION: 19 FORMAT: F2.0
CARD NO : 6 COLUMN: 19- 20

VAR 148 HLTHCNT5 NO OF TIMES AT HEALTH CENTRE /
LOCATION: 21 FORMAT: F2.0
CARD NO : 6 COLUMN: 21- 22

VAR 149 ALONE5 NO OF TIMES ALONE OR WITH FRIENDS /
LOCATION: 23 FORMAT: F2.0
CARD NO : 6 COLUMN: 23- 24

VAR 150 METVAL5 METABOLIC VALUE OF ACTIVITY /
LOCATION: 30 FORMAT: F5.0
CARD NO : 6 COLUMN: 30- 34

See Appendix C

VAR 151 MINUTES5 TOTAL TIME IN MINUTES OF ACTIVITY /
LOCATION: 35 FORMAT: F5.0
CARD NO : 6 COLUMN: 35- 39

VAR 152 PUBLIC5 AT PUBLIC FACILITY /
LOCATION: 41 FORMAT: F1.0
CARD NO : 6 COLUMN: 41- 41

3337 99.3% (0) NO
22 0.7% (1) YES

VAR 153 GYM5 AT GYMNASIUM OR COMMUNITY CENTRE /
LOCATION: 42 FORMAT: F1.0
CARD NO : 6 COLUMN: 42- 42

3357 99.9% (0) NO
2 0.1% (2) YES

ACTIVITY DETAILS OF FIFTH ACTIVITY

VAR 154 SCHOOL5 AT SCHOOL OR UNIVERSITY /
LOCATION: 43 FORMAT: F1.0
CARD NO : 6 COLUMN: 43- 43

3350 99.7% (0) NO
9 0.3% (3) YES

VAR 155 ATHOME5 AT A PRIVATE HOUSE /
LOCATION: 44 FORMAT: F1.0
CARD NO : 6 COLUMN: 44- 44

3338 99.4% (0) NO
21 0.6% (4) YES

VAR 156 FOOTPTH5 ON FOOTPATH OR ROADWAY /
LOCATION: 45 FORMAT: F1.0
CARD NO : 6 COLUMN: 45- 45

3330 99.1% (0) NO
29 0.9% (5) YES

VAR 157 CYCLPTH5 ON A CYCLE PATHWAY /
LOCATION: 46 FORMAT: F1.0
CARD NO : 6 COLUMN: 46- 46

3357 99.9% (0) NO
2 0.1% (6) YES

VAR 158 NATURE5 AT NATURE RESERVE OR FOREST /
LOCATION: 47 FORMAT: F1.0
CARD NO : 6 COLUMN: 47- 47

3358 100.0% (0) NO
1 0.0% (7) YES

ACTIVITY DETAILS OF FIFTH ACTIVITY

VAR 159 BEACH5 AT BEACH,RIVER,DAM OR LAKE /
LOCATION: 48 FORMAT: F1.0
CARD NO : 6 COLUMN: 48- 48

3334 99.3% (0) NO
25 0.7% (8) YES

VAR 160 OTHRPLC5 ANY OTHER PLACE /
LOCATION: 49 FORMAT: F1.0
CARD NO : 6 COLUMN: 49- 49

3354 99.9% (0) NO
5 0.1% (9) YES

VAR 161 PARK5 AT LOCAL PARK OR GARDEN /
LOCATION: 50 FORMAT: F1.0
CARD NO : 6 COLUMN: 50- 50

3348 99.7% (0) NO
11 0.3% (1) YES

VAR 162 CANTSAY5 CAN'T SAY /
LOCATION: 51 FORMAT: F1.0
CARD NO : 6 COLUMN: 51- 51

3351 99.8% (0) NO
8 0.2% (2) YES

VAR 163 CARDNO6 CARD NUMBER 6 /
LOCATION: 80 FORMAT: F1.0
CARD NO : 6 COLUMN: 80- 80

VAR 164 STATE7 STATE IDENTIFICATION ON CARD 7 /
LOCATION: 1 FORMAT: A1
CARD NO : 7 COLUMN: 1- 1

ACTIVITY DETAILS OF FIFTH ACTIVITY

VAR 165 IDENTNO7 IDENTIFICATION NO ON CARD 7 /
LOCATION: 2 FORMAT: F8.0
CARD NO : 7 COLUMN: 2- 9

THESE TWO VARIABLES TOGETHER COINCIDE WITH
THE FIRST NINE COLUMNS OF CARD 1

ACTIVITY DETAILS OF SIXTH ACTIVITY

VAR 166 ACINO6 NAME OF SIXTH ACTIVITY LISTED /
LOCATION: 10 FORMAT: F2.0
CARD NO : 7 COLUMN: 10- 11

3301	98.3%	(0) NO ACTIVITY GIVEN
9	0.3%	(1) WALKING
6	0.2%	(2) JOGGING
5	0.1%	(3) AEROBICS
5	0.1%	(4) SWIMMING
4	0.1%	(5) BICYCLING
1	0.0%	(6) NETBALL BASKETBALL
1	0.0%	(7) GOLF
4	0.1%	(8) TENNIS
2	0.1%	(9) ATHLETICS
2	0.1%	(10) TABLE TENNIS
6	0.2%	(11) SAILING BOATING
5	0.1%	(12) FOOTBALL CRICKET
4	0.1%	(14) WATER SKIING
1	0.0%	(15) ICE SKATING
1	0.0%	(17) SQUASH
2	0.1%	(18) OTHER

VAR 167 NOTIMES6 NO OF TIMES ACTIVITY DONE /
LOCATION: 12 FORMAT: F2.0
CARD NO : 7 COLUMN: 12- 13

IN THE LAST TWO WEEKS, ABOUT HOW MANY TIMES
ALTOGETHER HAVE YOU, YOURSELF, PLAYED/BEEN/
DONE (say sixth activity) IN THE LAST TWO
WEEKS?

ACTIVITY DETAILS OF SIXTH ACTIVITY

VAR 168 TIME6 TIME TAKEN IN HOURS AND MINUTES /
LOCATION: 14 FORMAT: F4.0
CARD NO : 7 COLUMN: 14- 17

IN THE LAST TWO WEEKS, ABOUT HOW MUCH TIME -
IN HOURS AND MINUTES - WAS INVOLVED ON AVERAGE,
EACH TIME YOU (say activity)?

VAR 169 VIGOR6 LEVEL OF VIGOR /
LOCATION: 18 FORMAT: F1.0
CARD NO : 7 COLUMN: 18- 18

WHEN YOU PLAY/GO/DO (say activity), WOULD YOU
SAY YOU USUALLY ARE VERY VIGOROUS, FAIRLY
VIGOROUS, NOT VERY VIGOROUS, OR NOT AT ALL
VIGOROUS?

3301	98.3%	(0) NO ACTIVITY
14	0.4%	(1) VERY VIGOROUS
22	0.7%	(2) FAIRLY VIGOROUS
16	0.5%	(3) NOT VERY VIGOROUS
4	0.1%	(4) NOT AT ALL VIGOROUS
2	0.1%	(5) CANT SAY

VAR 170 SPICLB6 NO OF TIMES AT SPORTING CLUB /
LOCATION: 19 FORMAT: F2.0
CARD NO : 7 COLUMN: 19- 20

VAR 171 HLTHCNT6 NO OF TIMES AT HEALTH CENTRE /
LOCATION: 21 FORMAT: F2.0
CARD NO : 7 COLUMN: 21- 22

VAR 172 ALONE6 NO OF TIMES ALONE OR WITH FRIENDS /
LOCATION: 23 FORMAT: F2.0
CARD NO : 7 COLUMN: 23- 24

VAR 173 METVAL6 METABOLIC VALUE OF ACTIVITY /
LOCATION: 30 FORMAT: F5.0
CARD NO : 7 COLUMN: 30- 34

ACTIVITY DETAILS OF SIXTH ACTIVITY

See Appendix C

VAR 174 MINUTES6 TOTAL TIME IN MINUTES OF ACTIVITY /
LOCATION: 35 FORMAT: F5.0
CARD NO : 7 COLUMN: 35- 39

VAR 175 PUBLIC6 AT PUBLIC FACILITY /
LOCATION: 41 FORMAT: F1.0
CARD NO : 7 COLUMN: 41- 41

3353 99.8% (0) NO
6 0.2% (1) YES

VAR 176 GYM6 AT GYMNASIUM OR COMMUNITY CENTRE /
LOCATION: 42 FORMAT: F1.0
CARD NO : 7 COLUMN: 42- 42

3355 99.9% (0) NO
4 0.1% (2) YES

VAR 177 SCHOOL6 AT SCHOOL OR UNIVERSITY /
LOCATION: 43 FORMAT: F1.0
CARD NO : 7 COLUMN: 43- 43

3357 99.9% (0) NO
2 0.1% (3) YES

VAR 178 ATHOME6 AT A PRIVATE HOUSE /
LOCATION: 44 FORMAT: F1.0
CARD NO : 7 COLUMN: 44- 44

3354 99.9% (0) NO
5 0.1% (4) YES

VAR 179 FOOTPTH6 ON FOOTPATH OR ROADWAY /
LOCATION: 45 FORMAT: F1.0
CARD NO : 7 COLUMN: 45- 45

ACTIVITY DETAILS OF SIXTH ACTIVITY

3346 99.6% (0) NO
13 0.4% (5) YES

VAR 180 CYCLPTH6 ON A CYCLE PATHTY /
LOCATION: 46 FORMAT: F1.0
CARD NO : 7 COLUMN: 46- 46

3359 100.0% (0) NO

VAR 181 NATURE6 AT NATURE RESERVE OR FOREST /
LOCATION: 47 FORMAT: F1.0
CARD NO : 7 COLUMN: 47- 47

3359 100.0% (0) NO

VAR 182 BEACH6 AT BEACH,RIVER,DAM OR LAKE /
LOCATION: 48 FORMAT: F1.0
CARD NO : 7 COLUMN: 48- 48

3346 99.6% (0) NO
13 0.4% (8) YES

VAR 183 OTHRPLC6 ANY OTHER PLACE /
LOCATION: 49 FORMAT: F1.0
CARD NO : 7 COLUMN: 49- 49

3359 100.0% (0) NO

VAR 184 PARK6 AT LOCAL PARK OR GARDEN /
LOCATION: 50 FORMAT: F1.0
CARD NO : 7 COLUMN: 50- 50

3352 99.8% (0) NO
7 0.2% (1) YES

ACTIVITY DETAILS OF SIXTH ACTIVITY

VAR 185 CANTSAY6 CAN'T SAY /
LOCATION: 51 FORMAT: F1.0
CARD NO : 7 COLUMN: 51- 51

3356 99.9% (0) NO
3 0.1% (2) YES

VAR 186 CARDNO7 CARD NUMBER 7 /
LOCATION: 80 FORMAT: F1.0
CARD NO : 7 COLUMN: 80- 80

VAR 187 STATES8 STATE IDENTIFICATION ON CARD 8 /
LOCATION: 1 FORMAT: A1
CARD NO : 8 COLUMN: 1- 1

VAR 188 IDENTNO8 IDENTIFICATION NO ON CARD 8 /
LOCATION: 2 FORMAT: F8.0
CARD NO : 8 COLUMN: 2- 9

THESE TWO VARIABLES TOGETHER COINCIDE WITH
THE FIRST NINE COLUMNS OF CARD 1

ACTIVITY DETAILS OF SEVENTH ACTIVITY

VAR 189 ACTNO7 NAME OF SEVENTH ACTIVITY LISTED /
LOCATION: 10 FORMAT: F2.0
CARD NO : 8 COLUMN: 10- 11

3338 99.4% (0) NO ACTIVITY GIVEN
2 0.1% (1) WALKING
1 0.0% (2) JOGGING
1 0.0% (3) AEROBICS
2 0.1% (5) BICYCLING
1 0.0% (8) TENNIS
1 0.0% (10) TABLE TENNIS
6 0.2% (11) SAILING BOATING
2 0.1% (12) FOOTBALL CRICKET

ACTIVITY DETAILS OF SEVENTH ACTIVITY

2	0.1%	(14) WATER SKIING
2	0.1%	(17) SQUASH
1	0.0%	(18) OTHER

VAR 190 NOTIMES7 NO OF TIMES ACTIVITY DONE /
LOCATION: 12 FORMAT: F2.0
CARD NO : 8 COLUMN: 12- 13

IN THE LAST TWO WEEKS, ABOUT HOW MANY TIMES
ALTOGETHER HAVE YOU, YOURSELF, PLAYED/BEEN/
DONE (sav seventh activity) IN THE LAST TWO
WEEKS?

VAR 191 TIME7 TIME TAKEN IN HOURS AND MINUTES /
LOCATION: 14 FORMAT: F4.0
CARD NO : 8 COLUMN: 14- 17

IN THE LAST TWO WEEKS, ABOUT HOW MUCH TIME -
IN HOURS AND MINUTES - WAS INVOLVED ON AVERAGE,
EACH TIME YOU (sav activity)?

VAR 192 VIGOR7 LEVEL OF VIGOR /
LOCATION: 18 FORMAT: F1.0
CARD NO : 8 COLUMN: 18- 18

WHEN YOU PLAY/GO/DO (sav activity), WOULD YOU
SAY YOU USUALLY ARE VERY VIGOROUS, FAIRLY
VIGOROUS, NOT VERY VIGOROUS, OR NOT AT ALL
VIGOROUS?

3338	99.4%	(0) NO ACTIVITY
9	0.3%	(1) VERY VIGOROUS
4	0.1%	(2) FAIRLY VIGOROUS
5	0.1%	(3) NOT VERY VIGOROUS
1	0.0%	(4) NOT AT ALL
2	0.1%	(5) CANT SAY

VAR 193 SPTCLB7 NO OF TIMES AT SPORTING CLUB /
LOCATION: 19 FORMAT: F2.0
CARD NO : 8 COLUMN: 19- 20

ACTIVITY DETAILS OF SEVENTH ACTIVITY

VAR 194 HLTHCNT7 NO OF TIMES AT HEALTH CENTRE /
LOCATION: 21 FORMAT: F2.0
CARD NO : 8 COLUMN: 21- 22

VAR 195 ALONE7 NO OF TIMES ALONE OR WITH FRIENDS /
LOCATION: 23 FORMAT: F2.0
CARD NO : 8 COLUMN: 23- 24

VAR 196 METVAL7 METABOLIC VALUE OF ACTIVITY /
LOCATION: 30 FORMAT: F5.0
CARD NO : 8 COLUMN: 30- 34

See Appendix C

VAR 197 MINUTES7 TOTAL TIME IN MINUTES OF ACTIVITY /
LOCATION: 35 FORMAT: F5.0
CARD NO : 8 COLUMN: 35- 39

VAR 198 PUBLIC7 AT PUBLIC FACILITY /
LOCATION: 41 FORMAT: F1.0
CARD NO : 8 COLUMN: 41- 41

3357 99.9% (0) NO
2 0.1% (1) YES

VAR 199 GYM7 AT GYMNASIUM OR COMMUNITY CENTRE /
LOCATION: 42 FORMAT: F1.0
CARD NO : 8 COLUMN: 42- 42

3359 100.0% (0) NO

ACTIVITY DETAILS OF SEVENTH ACTIVITY

VAR 200 SCHOOL7 AT SCHOOL OR UNIVERSITY /
 LOCATION: 43 FORMAT: F1.0
 CARD NO : 8 COLUMN: 43- 43
 3359 100.0% (0) NO

VAR 201 ATHOME7 AT A PRIVATE HOUSE /
 LOCATION: 44 FORMAT: F1.0
 CARD NO : 8 COLUMN: 44- 44
 3357 99.9% (0) NO
 2 0.1% (4) YES

VAR 202 FOOTPTH7 ON FOOTPATH OR ROADWAY /
 LOCATION: 45 FORMAT: F1.0
 CARD NO : 8 COLUMN: 45- 45
 3356 99.9% (0) NO
 3 0.1% (5) YES

VAR 203 CYCLPTH7 ON A CYCLE PATHWAY /
 LOCATION: 46 FORMAT: F1.0
 CARD NO : 8 COLUMN: 46- 46
 3359 100.0% (0) NO

VAR 204 NATURE7 AT NATURE RESERVE OR FOREST /
 LOCATION: 47 FORMAT: F1.0
 CARD NO : 8 COLUMN: 47- 47
 3359 100.0% (0) NO

VAR 205 BEACH7 AT BEACH, RIVER, DAM OR LAKE /
 LOCATION: 48 FORMAT: F1.0
 CARD NO : 8 COLUMN: 48- 48
 3351 99.8% (0) NO
 8 0.2% (8) YES

ACTIVITY DETAILS OF SEVENTH ACTIVITY

VAR 206 OTHRPLC7 ANY OTHER PLACE /
LOCATION: 49 FORMAT: F1.0
CARD NO : 8 COLUMN: 49- 49

3359 100.0% (0) NO

VAR 207 PARK7 AT LOCAL PARK OR GARDEN /
LOCATION: 50 FORMAT: F1.0
CARD NO : 8 COLUMN: 50- 50

3357 99.9% (0) NO
2 0.1% (1) YES

VAR 208 CANTSAY7 CAN'T SAY /
LOCATION: 51 FORMAT: F1.0
CARD NO : 8 COLUMN: 51- 51

3358 100.0% (0) NO
1 0.0% (2) YES

VAR 209 CARDNO8 CARD NUMBER 8 /
LOCATION: 80 FORMAT: F1.0
CARD NO : 8 COLUMN: 80- 80

VAR 210 STATE9 STATE IDENTIFICATION ON CARD 9 /
LOCATION: 1 FORMAT: A1
CARD NO : 9 COLUMN: 1- 1

VAR 211 IDENTNO9 IDENTIFICATION NO ON CARD 9 /
LOCATION: 2 FORMAT: F8.0
CARD NO : 9 COLUMN: 2- 9

THESE TWO VARIABLES TOGETHER COINCIDE WITH
THE FIRST NINE COLUMNS OF CARD 1

TYPES OF ACTIVITIES DONE

TYPES OF ACTIVITIES DONE

The following activity variables give the number of respondents participating in each particular activity.

VAR 212 WALK WALKED FOR EXERCISE /
LOCATION: 10 FORMAT: F1.0
CARD NO : 9 COLUMN: 10- 10

2004 59.7% (0) NO
1355 40.3% (1) YES

VAR 213 JOG JOGGED FOR EXERCISE /
LOCATION: 11 FORMAT: F1.0
CARD NO : 9 COLUMN: 11- 11

3027 90.1% (0) NO
332 9.9% (2) YES

VAR 214 AEROBICS DID AEROBICS FOR EXERCISE /
LOCATION: 12 FORMAT: F1.0
CARD NO : 9 COLUMN: 12- 12

2903 86.4% (0) NO
456 13.6% (3) YES

VAR 215 SWIM SWAM FOR EXERCISE /
LOCATION: 13 FORMAT: F1.0
CARD NO : 9 COLUMN: 13- 13

2469 73.5% (0) NO
890 26.5% (4) YES

TYPES OF ACTIVITIES DONE

VAR 216 BICYCLE BICYCLED FOR EXERCISE /
LOCATION: 14 FORMAT: F1.0
CARD NO : 9 COLUMN: 14- 14

2953 87.9% (0) NO
406 12.1% (5) YES

VAR 217 NETBALL PLAYED NETBALL FOR EXERCISE /
LOCATION: 15 FORMAT: F1.0
CARD NO : 9 COLUMN: 15- 15

3295 98.1% (0) NO
64 1.9% (6) YES

VAR 218 GOLF PLAYED GOLF FOR EXERCISE /
LOCATION: 16 FORMAT: F1.0
CARD NO : 9 COLUMN: 16- 16

3127 93.1% (0) NO
232 6.9% (7) YES

VAR 219 TENNIS PLAYED TENNIS FOR EXERCISE /
LOCATION: 17 FORMAT: F1.0
CARD NO : 9 COLUMN: 17- 17

3127 93.1% (0) NO
232 6.9% (8) YES

VAR 220 ATHLETIC DID ATHLETICS FOR EXERCISE /
LOCATION: 18 FORMAT: F1.0
CARD NO : 9 COLUMN: 18- 18

3314 98.7% (0) NO
45 1.3% (9) YES

VAR 221 NOACTIV NO ACTIVITIES /
LOCATION: 19 FORMAT: F1.0
CARD NO : 9 COLUMN: 19- 19

2447 72.8% (0) NO

YPES OF ACTIVITIES DONE

912 27.2% (1) YES

VAR 222 TABTENIS PLAYED TABLE TENNIS /
 LOCATION: 24 FORMAT: F1.0
 CARD NO : 9 COLUMN: 24- 24

3235 96.3% (0) NO
 124 3.7% (1) YES

VAR 223 SAILING WENT SAILING FOR EXERCISE /
 LOCATION: 25 FORMAT: F1.0
 CARD NO : 9 COLUMN: 25- 25

3175 94.5% (0) NO
 184 5.5% (2) YES

VAR 224 FOOTBALL FOOTBALL OR CRICKET /
 LOCATION: 26 FORMAT: F1.0
 CARD NO : 9 COLUMN: 26- 26

3037 90.4% (0) NO
 322 9.6% (3) YES

VAR 225 SNOWSKI SNOWSKIING /
 LOCATION: 27 FORMAT: F1.0
 CARD NO : 9 COLUMN: 27- 27

3358 100.0% (0) NO
 1 0.0% (4) YES

VAR 226 WATERSKI WATERSKIING /
 LOCATION: 28 FORMAT: F1.0
 CARD NO : 9 COLUMN: 28- 28

3288 97.9% (0) NO
 71 2.1% (5) YES

TYPES OF ACTIVITIES DONE

VAR 227 ICESKATE ICESKATING /
 LOCATION: 29 FORMAT: F1.0
 CARD NO : 9 COLUMN: 29- 29

 3342 99.5% (0) NO
 17 0.5% (6) YES

VAR 228 OTHERSP OTHER SPORT /
 LOCATION: 30 FORMAT: F1.0
 CARD NO : 9 COLUMN: 30- 30

 3260 97.1% (0) NONE
 99 2.9% (7) YES

REASONS WHY NOT PHYSICALLY ACTIVE

ON THE BOTTOM HALF OF THE WHITE CARD ARE SOME REASONS PEOPLE HAVE FOR NOT BEING PHYSICALLY ACTIVE. (pause) WHICH, IF ANY, OF THOSE APPLY TO YOU? JUST SAY THE NUMBER AT THE END OF THE LINE. WHICH OTHERS? ANY OTHERS? (Circle for all mentioned).

- I DON'T WANT TO BE PHYSICALLY ACTIVE
 - I HAVE TRIED PHYSICAL ACTIVITIES BUT FIND IT DIFFICULT TO CONTINUE THEM
 - I HAVE NO CHANCE TO DO PHYSICAL ACTIVITIES
 - I DON'T HAVE ENOUGH FREE TIME
 - I DON'T HAVE ANY TRANSPORT
 - I NEED MORE ENCOURAGEMENT
 - I AM PHYSICALLY UNABLE TO DO ANY PHYSICAL ACTIVITIES
 - THERE ARE NO FACILITIES NEAR WHERE I LIVE
 - SOME OTHER REASON? (PLEASE DESCRIBE IT)
-

REASONS WHY NOT PHYSICALLY ACTIVE

VAR 229 DONTWANT DON'T WANT TO BE ACTIVE /
LOCATION: 38 FORMAT: F1.0
CARD NO : 9 COLUMN: 38- 38

3241 96.5% (0) NO
118 3.5% (1) YES

VAR 230 TOOHARD HAVE TRIED BUT FIND DIFFICULT /
LOCATION: 39 FORMAT: F1.0
CARD NO : 9 COLUMN: 39- 39

3304 98.4% (0) NO
55 1.6% (2) YES

VAR 231 NOCHANCE NO CHANCE TO DO ACTIVITIES /
LOCATION: 40 FORMAT: F1.0
CARD NO : 9 COLUMN: 40- 40

3304 98.4% (0) NO
55 1.6% (3) YES

VAR 232 NOTIME NOT ENOUGH FREE TIME /
LOCATION: 41 FORMAT: F1.0
CARD NO : 9 COLUMN: 41- 41

3057 91.0% (0) NO
302 9.0% (4) YES

VAR 233 NOTRANS DON'T HAVE TRANSPORT /
LOCATION: 42 FORMAT: F1.0
CARD NO : 9 COLUMN: 42- 42

3335 99.3% (0) NO
24 0.7% (5) YES

VAR 234 MORENCOR NEED MORE ENCOURAGEMENT /
LOCATION: 43 FORMAT: F1.0
CARD NO : 9 COLUMN: 43- 43

3269 97.3% (0) NO

REASONS WHY NOT PHYSICALLY ACTIVE

90 2.7% (6) YES

VAR 235 UNABLE PHYSICALLY UNABLE /
LOCATION: 44 FORMAT: F1.0
CARD NO : 9 COLUMN: 44- 44

3152 93.8% (0) NO
207 6.2% (7) YES

VAR 236 NOFACILS NO FACILITIES NEARBY /
LOCATION: 45 FORMAT: F1.0
CARD NO : 9 COLUMN: 45- 45

3331 99.2% (0) NO
28 0.8% (8) YES

VAR 237 ANYOTHER OTHER REASON /
LOCATION: 46 FORMAT: F1.0
CARD NO : 9 COLUMN: 46- 46

3289 97.9% (0) NO
70 2.1% (9) YES

VAR 238 NONE /
LOCATION: 47 FORMAT: F1.0
CARD NO : 9 COLUMN: 47- 47

3307 98.5% (0) NO
52 1.5% (1) YES

VAR 239 ATWORK EXERCISE AT WORK /
LOCATION: 48 FORMAT: F1.0
CARD NO : 9 COLUMN: 48- 48

3329 99.1% (0) NO
30 0.9% (2) YES

REGULAR PHYSICAL EXERCISE

REGULAR PHYSICAL EXERCISE

VAR 240 DAYSEXCS NO DAYS EXERCISE EACH WEEK /
LOCATION: 50 FORMAT: A1
CARD NO : 9 COLUMN: 50- 50

NEXT, ABOUT REGULAR PHYSICAL EXERCISE.
APART FROM SPORT (AND YOUR JOB) DO YOU DO
ANY REGULAR PHYSICAL EXERCISE, TO HELP
YOU KEEP FIT?
(If yes) HOW MANY DAYS A WEEK DO YOU EXERCISE?

54	1.6%	(0) LESS THAN ONE DAY
109	3.2%	(1) ONE DAY
199	5.9%	(2) TWO DAYS
221	6.6%	(3) THREE DAYS
105	3.1%	(4) FOUR DAYS
101	3.0%	(5) FIVE DAY
19	0.6%	(6) SIX DAYS
539	16.0%	(7) SEVEN DAYS
61	1.8%	(8) CAN'T SAY
1951	58.1%	(9) DON'T DO REGULAR EXERCISE

VAR 241 TYPEEXCS TYPE OF EXERCISE /
LOCATION: 51 FORMAT: F1.0
CARD NO : 9 COLUMN: 51- 51

AND IS THAT EXERCISE USUALLY JOGGING, RUNNING
WALKING, CYCLING, SWIMMING, OR EXERCISE AT
HOME, OR EXERCISE AT A HEALTH CLUB, OR
SOMETHING ELSE?

2091	62.3%	(0) JOGGING
67	2.0%	(1) RUN
465	13.8%	(2) WALK
108	3.2%	(3) CYCLE
99	2.9%	(4) SWIM
195	5.8%	(5) AT HOME
103	3.1%	(6) HEALTH CLUB
215	6.4%	(7) OTHER
16	0.5%	(8) CAN'T SAY

REGULAR PHYSICAL EXERCISE

Columns 52 - 63 contain the sexes and ages
of children within the household.

CHILDREN OF THE HOUSEHOLD

VAR 242 BOY02 BOY 0-2 YEARS /
LOCATION: 52 FORMAT: F1.0
CARD NO : 9 COLUMN: 52- 52

3147 93.7% (0) NOT APPLICABLE
212 6.3% (1) BOY 0-2 YEARS

VAR 243 BOY35 BOY 3-5 YEARS /
LOCATION: 53 FORMAT: F1.0
CARD NO : 9 COLUMN: 53- 53

3093 92.1% (0) NOT APPLICABLE
266 7.9% (2) BOY 3-5 YEARS

VAR 244 BOY68 BOY 6-8 YEARS /
LOCATION: 54 FORMAT: F1.0
CARD NO : 9 COLUMN: 54- 54

3097 92.2% (0) NOT APPLICABLE
262 7.8% (3) BOY 6-8 YEARS

VAR 245 BOY911 BOY 9-11 YEARS /
LOCATION: 55 FORMAT: F1.0
CARD NO : 9 COLUMN: 55- 55

3133 93.3% (0) NOT APPLICABLE
226 6.7% (4) BOY 9-11 YEARS

CHILDREN OF THE HOUSEHOLD

VAR 246 BOY1213 BOY 12-13 YEARS /
LOCATION: 56 FORMAT: F1.0
CARD NO : 9 COLUMN: 56- 56

3174 94.5% (0) NOT APPLICABLE
185 5.5% (5) BOY 12-13 YEARS

VAR 247 BOY1415 BOY 14-15 YEARS /
LOCATION: 57 FORMAT: F1.0
CARD NO : 9 COLUMN: 57- 57

3155 93.9% (0) NOT APPLICABLE
204 6.1% (6) BOY 14-15 YEARS

VAR 248 GIRL02 GIRL 0-2 YEARS /
LOCATION: 58 FORMAT: F1.0
CARD NO : 9 COLUMN: 58- 58

3128 93.1% (0) NOT APPLICABLE
231 6.9% (7) GIRL 0-2 YEARS

VAR 249 GIRL35 GIRL 3-5 YEARS /
LOCATION: 59 FORMAT: F1.0
CARD NO : 9 COLUMN: 59- 59

3113 92.7% (0) NOT APPLICABLE
246 7.3% (8) GIRL 3-5 YEARS

VAR 250 GIRL68 GIRL 6-8 YEARS /
LOCATION: 60 FORMAT: F1.0
CARD NO : 9 COLUMN: 60- 60

3127 93.1% (0) NOT APPLICABLE
232 6.9% (9) GIRL 6-8 YEARS

VAR 251 GIRL911 GIRL 9-11 YEARS /
LOCATION: 61 FORMAT: F1.0
CARD NO : 9 COLUMN: 61- 61

3122 92.9% (0) NOT APPLICABLE

CHILDREN OF THE HOUSEHOLD

237 7.1% (1) GIRL 9-11 YEARS

VAR 252 GIRL1213 GIRL 12-13 YEARS /
LOCATION: 62 FORMAT: F1.0
CARD NO : 9 COLUMN: 62- 62

3155 93.9% (0) NOT APPLICABLE
204 6.1% (2) GIRL 12-13 YEARS

VAR 253 GIRL1415 GIRL 14-15 YEARS /
LOCATION: 63 FORMAT: F1.0
CARD NO : 9 COLUMN: 63- 63

3137 93.4% (0) NOT APPLICABLE
222 6.6% (3) GIRL 14-15 YEARS

WEIGHTING

VAR 254 WEIGHT WEIGHTING FACTOR /
LOCATION: 65 FORMAT: F6.4
CARD NO : 9 COLUMN: 65- 70

Derivation of the weighting factor is explained in the Study Description.

VAR 255 CARDNO9 CARD NUMBER IDENTIFICATION /
LOCATION: 80 FORMAT: F1.0
CARD NO : 9 COLUMN: 80- 80

Data Collected in C.O.T. surveys is subject to a standard edit.

Column	Variable	Code Inserted if Column Blank
41	AGE	14 - 15
42	CTYBIRTH	Australia
43	MARISTAT	Single
44	EDUSTAT	If age 18 - 24 = 4th form Others = some secondary
45	WORKSTAT	Don't work If home duties/don't work, INCOME1, OCCUPAT1 and EMPLOYER = blank
46	INCOME1	Randomly generated by occupation in same distribution as those who gave income
47	OCCUPAT1	Clerk (4)
48	EMPLOYER	Occupations 3 & 8 = self-employed (3) Occupations 4 & 12 = public service (1) 1,2,5,6,7,9 & 10 = private industry (2)
49	TVSETS	One (1)
50	VCR	If no TV = blank If TV = no (3)
51	CHILDREN	No. of punches on Card 9 Columns 52-63
62	ADULTS	Difference between number of children and total If total blank or 0 adults = two
63	PEOPLE	Sum of CHILDREN and ADULTS - maximum 9
64	TELEPHON	No phone
65	SEX	GBSEX if main grocery buyer otherwise MAN(1)
66	GBRESP	No (3)
67	GBSEX	Sex of respondent if main grocery buyer. Otherwise woman (1)
68	GBAGE	Respondent's age
69	GBWORK	Respondent's work status if main grocery buyer Home duties (3) if woman Don't work (4) if man
70	RMIE	Yes (1) if full-time worker No (2) if not full-time worker
71	MIEOCC	Own occupation if main income earner and full- time worker. Otherwise Clerk (4)

Column	Variable	Code Inserted if Column Blank
72	MIEINC	Own income if main income earner and full-time worker. Otherwise randomly generated by occupation in distributions as those who gave income
73	ELECTROL	No (2)
74	RELIGION	Wouldn't say (10)
75	FTWORKRS	None (0)
76	PTWORKRS	None (0)
77	TYPEDWEL	Separate house (1)
78	CITYTYPE	If capital city then (0) Otherwise 10,000 - 24,999 (5)

ESTIMATED METABOLIC COST (METS) OF ACTIVITIES*

	<i>Very Vigorous</i>	<i>Fairly Vigorous</i>	<i>Not Very Vigorous</i>	<i>Not at all Vigorous</i>	<i>Can't Say (Medium)</i>
1. Walking	7	4	2	1	4
2. Jogging	13	10	7	4	10
3. Calisthenics/ Aerobics	12	9	7	4	9
4. Swimming	10	6	3	1	6
5. Bicycling	9	6	3	1	6
6. Netball/Basketball	12	8	4	2	8
7. Golf	4	3	2	1	3
8. Tennis	8	6	4	2	6
9. Athletics	8	6	4	2	6
10. Table Tennis	8	6	4	2	6
11. Sailing/Boating	4	3	2	1	3
12. Cricket/Football/ Soccer/Rugby, etc	12	8	6	4	8
13. Snow Skiing	12	8	6	4	8
14. Water Skiing	12	8	6	4	8
15. Ice Skating	12	8	6	4	8
16. Lawn Bowls	4	3	2	1	2
17. Squash	12	10	8	4	12
18. Other	8	6	4	2	6

* Energy expenditure has been measured in terms of Mets. This is the value of the metabolic energy cost expressed as a multiple of the resting metabolic rate (for example, an activity at 4 Mets, such as walking at medium intensity, requires four times as much energy as when at rest).

Frequencies Addendum



The Australian National University
Canberra 2600

Details of the electorate codes are not available.

ELECT ELECTORATE SUBDIVISION

Code	Freq	Adj %	Cum %	Code	Freq	Adj %	Cum %	Code	Freq	Adj %	Cum %
100.	30	1	1	260.	20	1	51	481.	10	0	79
101.	50	1	2	263.	20	1	51	483.	10	0	80
102.	30	1	3	264.	10	0	51	485.	10	0	80
103.	10	0	4	265.	20	1	52	502.	20	1	81
104.	10	0	4	266.	10	0	52	503.	10	0	81
105.	20	1	4	269.	10	0	53	506.	10	0	81
107.	10	0	5	280.	20	1	53	521.	20	1	82
110.	10	0	5	281.	50	1	55	522.	10	0	82
120.	50	1	7	282.	10	0	55	524.	10	0	82
121.	40	1	8	283.	30	1	56	525.	10	0	83
122.	50	1	9	284.	30	1	57	526.	10	0	83
123.	30	1	10	285.	10	0	57	527.	10	0	83
124.	70	2	12	300.	50	1	59	540.	10	0	84
125.	20	1	13	301.	20	1	59	546.	10	0	84
140.	40	1	14	302.	29	1	60	561.	10	0	84
141.	30	1	15	303.	10	0	60	562.	10	0	85
142.	60	2	17	304.	40	1	62	563.	10	0	85
143.	30	1	18	320.	20	1	62	580.	10	0	85
144.	60	2	19	321.	10	0	62	581.	10	0	85
145.	10	0	20	322.	10	0	63	582.	10	0	86
151.	10	0	20	324.	30	1	64	585.	20	1	86
160.	30	1	21	327.	10	0	64	601.	19	1	87
161.	20	1	21	330.	10	0	64	602.	30	1	88
162.	50	1	23	334.	10	0	64	606.	20	1	88
163.	30	1	24	340.	10	0	65	621.	20	1	89
164.	10	0	24	341.	10	0	65	622.	10	0	89
165.	50	1	26	342.	10	0	65	625.	10	0	90
166.	10	0	26	343.	20	1	66	640.	10	0	90
180.	20	1	26	345.	10	0	66	641.	10	0	90
181.	30	1	27	351.	5	0	66	643.	10	0	90
182.	68	2	29	354.	10	0	67	646.	10	0	91
183.	10	0	30	360.	30	1	68	660.	20	1	91
184.	40	1	31	362.	10	0	68	662.	10	0	92
185.	10	0	31	363.	10	0	68	680.	10	0	92
200.	60	2	33	380.	10	0	69	682.	20	1	93
201.	45	1	34	381.	20	1	69	683.	10	0	93
202.	19	1	35	382.	10	0	69	684.	10	0	93
203.	30	1	36	384.	30	1	70	702.	10	0	93
204.	30	1	37	400.	10	0	71	703.	10	0	94
205.	20	1	37	401.	20	1	71	704.	10	0	94
206.	15	0	38	402.	30	1	72	705.	20	1	95
207.	20	1	38	406.	20	1	73	720.	10	0	95
212.	10	0	39	420.	10	0	73	721.	10	0	95
218.	10	0	39	421.	20	1	74	724.	20	1	96
220.	30	1	40	422.	19	1	74	725.	10	0	96

221.	90	3	42	423.	10	0	74	742.	10	0	96
222.	30	1	43	424.	10	0	75	744.	10	0	97
223.	10	0	44	426.	10	0	75	761.	10	0	97
225.	28	1	45	440.	10	0	75	762.	10	0	97
226.	10	0	45	441.	30	1	76	766.	10	0	98
227.	10	0	45	442.	20	1	77	780.	10	0	98
240.	50	1	47	444.	10	0	77	781.	10	0	98
241.	32	1	48	460.	20	1	78	783.	20	1	99
242.	50	1	49	461.	10	0	78	800.	10	0	99
243.	10	0	49	462.	20	1	79	801.	20	1	100
245.	10	0	50	465.	10	0	79	821.	10	0	100
247.	10	0	50	480.	10	0	79				

Valid cases 3359 Missing cases 0

Questionnaire



The Australian National University
Canberra 2600

ASK EVERYONE:

2a. Next about physical activity, physical exercise and physical recreation. Looking at the next pink card. (PAUSE) In the last 2 weeks, which, if any, of those activities have you, yourself, done - in the last 2 weeks? Please say the activity and its number. Which others in the last 2 weeks? Any others? NONE LISTED..00 Go to 23i ✓

PRINT ACTIVITY AND WRITE NUMBER IN COL.1 BELOW ✓	Col.1:23a Activity	Col.2: 23b Number of times	Col.3:23c Av. Time Hrs Mins					Col.4-7:23d Vigorous Very Fairly very at all					Col.8 23e Spor- ting Club	Col.9 23f Health Centre	Col.10 23g Alone/ Friends	Col.11 23h Where did Alone/ Friends	CARD
			No.	Hrs	Mins	Very	Fairly	very	at all	Number of times	Club	Centre	Friends	Where			
															Col.8	Col.9	
st:	10-11	12-13	14-15	16-17	4	5	18	6	7	19-20	21-22	23-24	41-51	2			
nd:					4	5	6	7						3			
rd:					4	5	6	7						4			
th:					4	5	6	7						5			
th:					4	5	6	7						6			
thers:					4	5	6	7						7			
					4	5	6	7						8			

FOR EACH ACTIVITY ON 23a, ASK 23b-h, RIGHT THROUGH: CANT SAY '8'

- 2b. In the last 2 weeks, about how many times altogether have you, yourself, played/been/done (SAY 1st ACTIVITY) - in the last 2 weeks? RECORD IN COL.2 ABOVE ✓
- 2c. In the last 2 weeks, about how much time - in hours and minutes - was involved on average, each time you (SAY ACTIVITY)? RECORD IN COL.3 ABOVE ✓
- 2d. When you play/go/do (SAY ACTIVITY), would you say you usually are very vigorous, fairly vigorous, not very vigorous, or not at all vigorous? CIRCLE ONCE BESIDE ACTIVITY IN COLS. 4-7 ABOVE. ✓
- 2e. Looking now at the top of the next grey card, and thinking about the (SAY NUMBER OF TIMES) times you played/went/did (SAY ACTIVITY) in the last 2 weeks, about how many of those times did you play/go/do (SAY ACTIVITY) as a member of a sporting club or association - not at a health or fitness centre? RECORD NO. IN COL.8 ABOVE IF NONE, WRITE "0"
- 2f. And how many times did you play/go/do (SAY ACTIVITY) as a member of a health and fitness centre? RECORD IN COL.9 ABOVE IF NONE, WRITE "0"
- 2g. And how many times did you play/go/do (SAY ACTIVITY) alone or with friends? RECORD IN COL.10 ABOVE. ✓ IF NONE, WRITE "0". CHECK THAT ANSWERS TO 23e,f,g ADD TO ANSWER TO 23b
- IF ACTIVITY DONE ALONE OR WITH FRIENDS, (See 23g) ASK: (If "none" on 23g, repeat 23b-h for next activity or toss to Q35.

23h. Looking at the bottom of the grey card. (PAUSE) In the last 2 weeks, where did you (play/go/do) (SAY ACTIVITY)? alone or with friends? Just say the number after the place. Anywhere else? RECORD IN COL.11 ABOVE.

Repeat 23b-h for each other activity mentioned on 23a. Then toss to Q35. If none on 23a, ask 23i.

- IF NONE ON 23a, ASK: (Otherwise, toss to Q35) GET ENOUGH EXERCISE FROM GARDENING. ✓
DO SOME PHYSICAL ACTIVITY AT WORK.... X
DON'T WANT TO BE PHYSICALLY ACTIVE..... 1
HAVE TRIED BUT FIND DIFFICULT TO CONTINUE... 2
NO CHANCE TO DO PHYSICAL ACTIVITIES..... 3
DON'T HAVE ENOUGH FREE TIME..... 4
DON'T HAVE TRANSPORT..... 5
NEED MORE ENCOURAGEMENT..... 6
PHYSICALLY UNABLE..... 7
NO FACILITIES NEAR WHERE I LIVE..... 8
- CARD 9
COL 5
38-49

PRINT UNLISTED:
.....9
NONE.....0

→ ASK EVERYONE:

50a. Next, about regular physical exercise. Apart from sport (and your job) do you do any regular physical exercise, to help you keep fit?

T

YES..P Ask 50b,c
NO...V Go to 51a

50b. IF YES: How many days a week do you exercise?

EVERY DAY.....7
NO. OF DAYS:.....
LESS THAN ONE DAY A WEEK..0
CAN'T SAY.....X

50c. And is that exercise usually

jogging, running, walking, JOGGING.....0
cycling, swimming, or RUNNING.....1
exercise at home, or WALKING.....2
exercise at a health CYCLING.....3
club, or something SWIMMING.....4
else? AT HOME.....5
HEALTH CLUB.....6
PRINT UNLISTED:
.....7
CIRCLE ONCE ONLY CAN'T SAY.....8

