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ACTIVITY LEVELS OF AUSTRALIANS, JUNE/JULY, 1984

User's Guide for the Machine-Readable
Data File

(SSDA Study No. 350)

Social Science Data Archives



The Australian National University
Canberra 2600

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ACTIVITY LEVELS OF AUSTRALIANS, JUNE/JULY, 1984

User's Guide for the Machine-Readable
Data File

(SSDA Study No. 350)

Principal Investigator
Sport, Recreation and Tourism Department

Data Collected by
The Roy Morgan Research Centre Pty Ltd

SSDA ed.
1985

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1 data file (3,502 logical records) + accompanying user's guide (66 p.)

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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QUESTIONNAIRE

Study Description



The Australian National University
Canberra 2600

SOCIAL SCIENCE DATA ARCHIVES
THE AUSTRALIAN NATIONAL UNIVERSITY

Study No.

SSDA 350

ACTIVITY LEVELS OF AUSTRALIANS, JUNE/JULY, 1984

STUDY DESCRIPTION

IDENTIFICATIONS AND ACKNOWLEDGEMENTS

TITLE OF STUDY

Activity levels of Australians, June/July, 1984

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 350

DEPOSITOR

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

DATE OF DEPOSIT

3 May 1985

PRINCIPAL INVESTIGATOR

Sport, Recreation and Tourism Department

DATA COLLECTOR

The Roy Morgan Research Centre Pty Ltd

FUNDING AGENCY

Sport, Recreation and Tourism Department
1984/85 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 References 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 two occasions (see SSDA Study Nos. 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

Each weekend of the year, from mid-January to mid-December, the Roy Morgan Research Centre conducts its "Consumer Opinion Trends" (C.O.T.) surveys. The data from this study was derived from questions commissioned within the C.O.T. omnibus surveys, and was collected from three samples interviewed over three consecutive weekends.

Interviews were conducted in each wave within each of 110 electoral subdivisions chosen at random within 13 strata based upon the six states and the two territories, split into urban and rural categories. Within each of these subdivisions one elector's name was selected at random. The residence adjoining this elector's was the first contact dwelling and further adjoining dwellings were approached until the quota of ten interviews was filled.

People were selected at each dwelling for interviewing by a method which produces accurate cross-sections of each sex and age. The following approximate quotas were targeted:

- . 550 men and 550 women
- . 420 parents
- . 850 housewives
- . 230 persons aged 14-24
- . 550 owner-drivers
- . 900 residents in phone homes
- . 100 farmers and farmers' wives

NUMBER OF UNITS (CASES)

number of cases (unweighted): 3502

DATES OF DATA COLLECTION

first date of data collection: 30 June 1984
last date of data collection: 15 July 1984

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: 3502
number of variables per case: 171
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 "Australians' Physical Activity, July 1984" A survey for Department of Sport, Recreation and Tourism, Roy Morgan Research Centre, Melbourne, August, 1984.

REFERENCES TO RELATED STUDIES

Sport, Recreation and Tourism Department "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 description 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 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	INTNO	INTERVIEW NUMBER	1
4	COTNO	CONSUMER OPINION TRENDS SURVEY NUMBER	1
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	3
DEMOGRAPHIC VARIABLES			
13	AGE		4
14	CTYBIRTH	COUNTRY OF BIRTH	4
15	MARISTAT	MARITAL STATUS	4
16	EDUSTAT	EDUCATIONAL LEVEL	5

VAR NO.	VAR NAME	VARIABLE LABEL	PAGE
17	WORKSTAT	WORK STATUS	5
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	7
24	INCOME2		8
25	OCCUPAT2		8
26	EMPLOY2		9
27	LIFECYCL	LIFECYCLE OF RESPONDENT	9
28	GBLIFE	LIFE CYCLE OF GROCERY BUYER	9
29	WRKLOOK	NO OF PEOPLE LOOKING FOR WORK	10
30	AGEREC	AGE GROUP BEFORE RECODE	10
31	ADULTS	NO OF ADULTS IN HOUSEHOLD	10
32	PEOPLE	NO OF PEOPLE IN HOUSEHOLD	11
33	TELEPHON	TELEPHONE IN HOUSEHOLD	11
34	SEX		11
35	GBRESP	RESPONDENT IS GROCERY BUYER	11
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	12
39	RMIE	RESPONDENT MAIN INCOME EARNER	12
40	MIEOCC	MAIN INCOME EARNER'S OCCUPATION	13
41	MIEINC	INCOME OF MAIN INCOME EARNER	13
42	ELECTROL	ON FEDERAL ELECTORAL ROLL	14
43	RELIGION		14
44	FTWORKRS		14
45	PTWORKRS		14
46	TYPEDWEL	TYPE OF DWELLING	15
47	CITYTYPE	SIZE OF CITY OR TOWN	15
48	CARDNO1	CARD IDENTIFICATION	15
49	STATEA	STATE IDENTIFICATION ON CARD A	15
50	IDENTNOA	IDENTIFICATION NO ON CARD A	15
TYPES OF ACTIVITIES DONE			
51	WALK	WALKED FOR EXERCISE	16
52	JOG	JOGGED FOR EXERCISE	16
53	AEROBICS	DID AEROBICS FOR EXERCISE	16
54	SWIM	SWAM FOR EXERCISE	16

VAR NO.	VAR NAME	VARIABLE LABEL	PAGE
55	BICYCLE	BICYCLED FOR EXERCISE	16
56	NETBALL	PLAYED NETBALL FOR EXERCISE	16
57	GOLF	PLAYED GOLF FOR EXERCISE	17
58	TENNIS	PLAYED TENNIS FOR EXERCISE	17
59	ATHLETIC	DID ATHLETICS FOR EXERCISE	17
60	NOACTIV	NO ACTIVITIES	17
61	TABTENIS	PLAYED TABLE TENNIS	17
62	SAILING	WENT SAILING FOR EXERCISE	17
63	FOOTBALL	FOOTBALL OR CRICKET	18
64	WINTERSP	SKATING, SKIING,ETC	18
65	OTHERSP	OTHER SPORT	18
REASONS WHY NOT PHYSICALLY ACTIVE			
66	DONTWANT	DON'T WANT TO BE ACTIVE	19
67	TOOHARD	HAVE TRIED BUT FIND DIFFICULT	19
68	NOCHANCE	NO CHANCE TO DO ACTIVITIES	19
69	NOTIME	NOT ENOUGH FREE TIME	19
70	NOTRANS	DON'T HAVE TRANSPORT	19
71	MORENCOR	NEED MORE ENCOURAGEMENT	19
72	UNABLE	PHYSICALLY UNABLE	20
73	NOFACILS	NO FACILITIES NEARBY	20

VAR NO.	VAR NAME	VARIABLE LABEL	PAGE
74	ANYOTHER	OTHER REASON	20
75	NONE		20
	CHILDREN OF THE HOUSEHOLD		
76	BOY02	BOY 0-2 YEARS	20
77	BOY35	BOY 3-5 YEARS	21
78	BOY68	BOY 6-8 YEARS	21
79	BOY911	BOY 9-11 YEARS	21
80	BOY1213	BOY 12-13 YEARS	21
81	BOY1415	BOY 14-15 YEARS	21
82	GIRL02	GIRL 0-2 YEARS	21
83	GIRL35	GIRL 3-5 YEARS	22
84	GIRL68	GIRL 6-8 YEARS	22
85	GIRL911	GIRL 9-11 YEARS	22
86	GIRL1213	GIRL 12-13 YEARS	22
87	GIRL1415	GIRL 14-15 YEARS	22
	WEIGHTING		
88	WEIGHT	WEIGHTING FACTOR	23
89	CARDNOA	CARD NUMBER IDENTIFICATION	23
90	STATEB	STATE IDENTIFICATION ON CARD B	23

VAR NO.	VAR NAME	VARIABLE LABEL	PAGE
91	IDENTNOB	IDENTIFICATION NO ON CARD B	23
	ACTIVITY DETAILS		
92	ACTNOB	NAME OF FIRST ACTIVITY LISTED	24
93	NOTIMESB	NO OF TIME ACTIVITY DONE	24
94	TIMEB	TIME TAKEN IN HOURS AND MINUTES	24
95	VIGORB	LEVEL OF VIGOR	24
96	SPTCLBB	NO OF TIMES AT SPORTING CLUB	25
97	HLTHCNTB	NO OF TIMES AT HEALTH CENTRE	25
98	ALONEB	NO OF TIMES ALONE OR WITH FRIENDS	25
99	METVALB	METABOLIC VALUE OF ACTIVITY	25
100	MINUTESB	TOTAL TIME IN MINUTES OF ACTIVITY	25
101	CARDNOB	CARD NUMBER B	25
102	STATEC	STATE IDENTIFICATION ON CARD C	25
103	IDENTNOC	IDENTIFICATION NO ON CARD C	25
104	ACTNOC	NAME OF FIRST ACTIVITY LISTED	26
105	NOTIMESC	NO OF TIME ACTIVITY DONE	26
106	TIMEC	TIME TAKEN IN HOURS AND MINUTES	26
107	VIGORC	LEVEL OF VIGOR	26
108	SPTCLBC	NO OF TIMES AT SPORTING CLUB	27

VAR NO.	VAR NAME	VARIABLE LABEL	PAGE
109	HLTHCNTC	NO OF TIMES AT HEALTH CENTRE	27
110	ALONEC	NO OF TIMES ALONE OR WITH FRIENDS	27
111	METVALC	METABOLIC VALUE OF ACTIVITY	27
112	MINUTESC	TOTAL TIME IN MINUTES OF ACTIVITY	27
113	CARDNOC	CARD NUMBER C	27
114	STATED	STATE IDENTIFICATION ON CARD D	27
115	IDENTNOD	IDENTIFICATION NO ON CARD D	27
116	ACTNOD	NAME OF FIRST ACTIVITY LISTED	28
117	NOTIMESD	NO OF TIME ACTIVITY DONE	28
118	TIMED	TIME TAKEN IN HOURS AND MINUTES	28
119	VIGORD	LEVEL OF VIGOR	28
120	SPTCLBD	NO OF TIMES AT SPORTING CLUB	28
121	HLTHCNTD	NO OF TIMES AT HEALTH CENTRE	29
122	ALONED	NO OF TIMES ALONE OR WITH FRIENDS	29
123	METVALD	METABOLIC VALUE OF ACTIVITY	29
124	MINUTESD	TOTAL TIME IN MINUTES OF ACTIVITY	29
125	CARDNOD	CARD NUMBER C	29
126	STATEE	STATE IDENTIFICATION ON CARD E	29
127	IDENTNOE	IDENTIFICATION NO ON CARD E	29
128	ACTNOE	NAME OFFIRST ACTIVITY LISTED	30

VAR NO.	VAR NAME	VARIABLE LABEL	PAGE
129	NOTIMESE	NO OF TIME ACTIVITY DONE	30
130	TIMEE	TIME TAKEN IN HOURS AND MINUTES	30
131	VIGORE	LEVEL OF VIGOR	30
132	SPTCLBE	NO OF TIMES AT SPORTING CLUB	30
133	HLTHCNTE	NO OF TIMES AT HEALTH CENTRE	31
134	ALONEE	NO OF TIMES ALONE OR WITH FRIENDS	31
135	METVALE	METABOLIC VALUE OF ACTIVITY	31
136	MINUTESE	TOTAL TIME IN MINUTES OF ACTIVITY	31
137	CARDNOE	CARD NUMBER E	31
138	STATEF	STATE IDENTIFICATION ON CARD F	31
139	IDENTNOF	IDENTIFICATION NO ON CARD F	31
140	ACTNOF	NAME OF FIRST ACTIVITY LISTED	32
141	NOTIMESF	NO OF TIME ACTIVITY DONE	32
142	TIMEF	TIMETAKEN IN HOURS AND MINUTES	32
143	VIGORF	LEVEL OF VIGOR	32
144	SPTCLBF	NO OF TIMES AT SPORTING CLUB	32
145	HLTHCNTF	NO OF TIMES AT HEALTH CENTRE	33
146	ALONEF	NO OF TIMES ALONE OR WITH FRIENDS	33
147	METVALF	METABOLIC VALUE OF ACTIVITY	33
148	MINUTESF	TOTAL TIME IN MINUTES OF ACTIVITY	33

VAR NO.	VAR NAME	VARIABLE LABEL	PAGE
149	CARDNOF	CARD NUMBER F	33
150	STATEG	STATE IDENTIFICATION ON CARD G	33
151	IDENTNOG	IDENTIFICATION NO ON CARD G	33
152	ACTNOG	NAME OF FIRST ACTIVITY LISTED	34
153	NOTIMESG	NO OF TIME ACTIVITY DONE	34
154	TIMEG	TIME TAKEN IN HOURS AND MINUTES	34
155	VIGORG	LEVEL OF VIGOR	34
156	SPTCLBG	NO OF TIMES AT SPORTING CLUB	34
157	HLTHCNTG	NO OF TIMES AT HEALTH CENTRE	34
158	ALONEG	NO OF TIMES ALONE OR WITH FRIENDS	35
159	METVALG	METABOLIC VALUE OF ACTIVITY	35
160	MINUTESG	TOTAL TIME IN MINUTES OF ACTIVITY	35
161	CARDNOG	CARD NUMBER G	35
162	STATEH	STATE IDENTIFICATION ON CARD H	35
163	IDENTNOH	IDENTIFICATION NO ON CARD H	35
164	ACTNOH	NAME OF FIRST ACTIVITY LISTED	35
165	NOTIMESH	NO OF TIME ACTIVITY DONE	36
166	TIMEH	TIMETAKEN IN HOURS AND MINUTES	36
167	VIGORH	LEVEL OF VIGOR	36
168	SPTCLBH	NO OF TIMES AT SPORTING CLUB	36

VAR NO.	VAR NAME	VARIABLE LABEL	PAGE
169	HLTHCNTH	NO OF TIMES AT HEALTH CENTRE	36
170	ALONEH	NO OF TIMES ALONE OR WITH FRIENDS	36
171	METVALH	METABOLIC VALUE OF ACTIVITY	36
172	MINUTESH	TOTAL TIME IN MINUTES OF ACTIVITY	36
173	CARDNOH	CARD NUMBER H	37

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.

IDENTIFICATION

1	STATE	STATE AND CAPITAL	/
	LOCATION: 1	FORMAT: A1	
	CARD NO : 1	COLUMN: 1- 1	
	246 7.0%	(1) BRISBANE	
	281 8.0%	(2) REST OF QLD	
	814 23.2%	(3) SYDNEY	
	501 14.3%	(4) REST OF NSW	
	676 19.3%	(5) MELBOURNE	
	260 7.4%	(6) REST OF VIC	
	58 1.7%	(7) HOBART	
	65 1.9%	(8) REST OF TAS	
	228 6.5%	(9) ADELAIDE	
	90 2.6%	(10) REST OF SA,NT	
	160 4.6%	(11) PERTH	
	123 3.5%	(12) REST OF WA	

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

SEE FREQUENCIES ADDENDUM FOR ELECTORAL DISTRIBUTION

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

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

last two digits only

CARD IDENTIFICATION

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 TOP HALF OF
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?

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

NUMBER OF TIMES ACTIVITIES WERE DONE

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

IN THE LAST 2 WEEKS, ABOUT HOW MANY 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

IN THE LAST 2 WEEKS, ABOUT HOW MANY TIMES DID YOU PLAY/GO/DO (say activity) AS A MEMBER OF A HEALTH AND FITNESS CENTRE?

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

IN THE LAST 2 WEEKS, ABOUT 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 B)

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

226	6.5%	(1) 14-17
119	3.4%	(2) 18-19
348	9.9%	(3) 20-24
394	11.3%	(4) 25-29
472	13.5%	(5) 30-34
359	10.3%	(6) 35-39
266	7.6%	(7) 40-44
223	6.4%	(8) 45-49
216	6.2%	(9) 50-54
198	5.7%	(10) 55-59
232	6.6%	(11) 60-64
449	12.8%	(12) 65 PLUS

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

2767	79.0%	(1) AUSTRALIA
43	1.2%	(2) ASIA
7	0.2%	(3) CANADA
21	0.6%	(4) GREECE
47	1.3%	(5) ITALY
162	4.6%	(6) OTHER EUROPE
32	0.9%	(7) NEW ZEALAND
322	9.2%	(8) UNITED KINGDOM
10	0.3%	(9) USA
91	2.6%	(10) OTHER

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

49	1.4%	(1) DE FACTO
2197	62.7%	(2) MARRIED
231	6.6%	(3) WIDOWED
142	4.1%	(4) DIVORCED
70	2.0%	(5) SEPARATED
762	21.8%	(6) SINGLE
29	0.8%	(7) ENGAGED
22	0.6%	(8) PLANNING TO MARRY

DEMOGRAPHIC VARIABLES

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

61	1.7%	(1) SOME PRIMARY
280	8.0%	(2) FINISHED PRIMARY
810	23.1%	(3) SOME SECONDARY
204	5.8%	(4) SOME TECHNICAL
745	21.3%	(5) SCHOOL CERTIFICATE
286	8.2%	(6) LEAVING CERTIFICATE
237	6.8%	(7) FINISHED TECHNICAL
206	5.9%	(8) FINISHED MATRIC OR HSC
147	4.2%	(9) SOME UNIVERSITY
180	5.1%	(10) TERTIARY DIPLOMA
87	2.5%	(11) NOW AT UNIVERSITY
259	7.4%	(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

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

1474	42.1%	(1) FULL-TIME WORK
302	8.6%	(2) PART-TIME WORK
815	23.3%	(3) NOT LOOKING - HOME
83	2.4%	(4) NOT LOOKING - DONT WORK
142	4.1%	(5) LOOKING FOR FULL-TIME
30	0.9%	(6) LOOKING FOR PART-TIME
433	12.4%	(7) RETIRED
223	6.4%	(8) STUDENT

DEMOGRAPHIC VARIABLES

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

143	8.1%	(1) UNDER \$6,000
94	5.3%	(2) \$6,000 TO 7,999
81	4.6%	(3) \$8,000 TO 9,999
132	7.4%	(4) \$10,000 TO 11,999
248	14.0%	(5) \$12,000 TO 14,999
440	24.8%	(6) \$15,000 TO 19,999
277	15.6%	(7) \$20,000 TO 24,999
184	10.4%	(8) \$25,000 TO 29,999
82	4.6%	(9) \$30,000 TO 34,999
40	2.3%	(10) \$35,000 TO 39,999
55	3.1%	(11) \$40,000 OR MORE
1726	-----	(13) MISSING

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

73	4.1%	(1) PROFESSIONAL
114	6.4%	(2) MANAGER
31	1.7%	(3) SMALL BUSINESS OWNER
770	43.4%	(4) WHITE COLLAR WORKER
297	16.7%	(5) SKILLED MANUAL
274	15.4%	(6) SEMI-SKILLED
100	5.6%	(7) UNSKILLED NOT FARM
82	4.6%	(8) FARMER,ETC
17	1.0%	(9) FARM WORKER, ETC
10	0.6%	(10) HOUSEWIFE, RET, UNEMPLOYED
2	0.1%	(11) PENSIONER
6	0.3%	(12) SERVICEMAN
1726	-----	(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
(11) PENSIONER, NO PREVIOUS OCCUPATION
(12) SERVICEMAN, NOT IN CATEGORIES 1 - 9

MOGRAPHIC VARIABLES

AR 20 EMPLOYER /
 LOCATION: 48 FORMAT: A1 CODE FOR MISSING 13
 CARD NO : 1 COLUMN: 48- 48

582	32.8%	(1) PUBLIC SERVICE
995	56.0%	(2) PRIVATE INDUSTRY
199	11.2%	(3) SELF-EMPLOYED
1726	-----	(13) NOT APPLICABLE

AR 21 TVSETS NO OF TV SETS IN HOUSEHOLD /
 LOCATION: 49 FORMAT: F1.0
 CARD NO : 1 COLUMN: 49- 49

61	1.7%	(0) NONE
2021	57.7%	(1) ONE
1113	31.8%	(2) TWO
245	7.0%	(3) THREE
50	1.4%	(4) FOUR
10	0.3%	(5) FIVE
1	0.0%	(6) SIX
1	0.0%	(7) SEVEN

AR 22 VCR OWN OR RENT VCR /
 LOCATION: 50 FORMAT: F1.0
 CARD NO : 1 COLUMN: 50- 50

39	1.1%	(0) NO TV
934	26.7%	(1) OWN VCR
126	3.6%	(2) RENT VCR
2403	68.6%	(3) NO VCR

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

1877	53.6%	(0) NONE
597	17.0%	(1) ONE
653	18.6%	(2) TWO
283	8.1%	(3) THREE
63	1.8%	(4) FOUR
20	0.6%	(5) FIVE
7	0.2%	(6) SIX
1	0.0%	(7) SEVEN
1	0.0%	(9) NINE OR MORE

DEMOGRAPHIC VARIABLES

Column 52 has been multipunched and the results spread in Card 2, 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

24	1.6%	(1) UNDER \$6,000
52	3.5%	(2) \$6,000 TO 7,999
52	3.5%	(3) \$8,000 TO 9,999
97	6.6%	(4) \$10,000 TO 11,999
230	15.6%	(5) \$12,000 TO 14,999
401	27.2%	(6) \$15,000 TO 19,999
264	17.9%	(7) \$20,000 TO 24,999
180	12.2%	(8) \$25,000 TO 29,999
80	5.4%	(9) \$30,000 TO 34,999
40	2.7%	(10) \$35,000 TO 39,999
54	3.7%	(11) \$40,000 OR MORE
2028	-----	(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

62	4.2%	(1) PROFESSIONAL
112	7.6%	(2) MANAGER
25	1.7%	(3) SMALL BUSINESS OWNER
597	40.5%	(4) WHITE COLLAR WORKER
286	19.4%	(5) SKILLED MANUAL
228	15.5%	(6) SEMI-SKILLED
68	4.6%	(7) UNSKILLED NOT FARM
68	4.6%	(8) FARMER, ETC
13	0.9%	(9) FARM WORKER, ETC
7	0.5%	(10) HOUSEWIFE, RET, UNEMP
2	0.1%	(11) PENSIONER
6	0.4%	(12) SERVICEMAN
2028	-----	(13) NOT APPLICABLE

MOGRAPHIC VARIABLES

- (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
- (11) PENSIONER, NO PREVIOUS OCCUPATION
- (12) SERVICEMAN, NOT IN CATEGORIES 1 - 9

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

EMPLOYER OF FULL TIME WORKING RESPONDENT

503	34.1%	(1) PUBLIC SERVICE
803	54.5%	(2) PRIVATE INDUSTRY
168	11.4%	(3) SELF-EMPLOYED
2028	-----	(13) NOT APPLICABLE

R 27 LIFECYCL /
 LOCATION: 56 FORMAT: F1.0
 CARD NO : 1 COLUMN: 56- 56

723	20.6%	(1) SINGLE, AGED 13 - 34
212	6.1%	(2) MARRIED, 14-34 NO CHILDREN
624	17.8%	(3) MARRIED, 14-34 CHILDREN
672	19.2%	(4) MARRIED, 35 PLUS, CHILDREN
869	24.8%	(5) MARRIED, 35 PLUS, NO CHILDREN
402	11.5%	(6) SINGLE, 35 PLUS

R 28 GBLIFE /
 LOCATION: 57 FORMAT: A1 CODE FOR MISSING 13
 CARD NO : 1 COLUMN: 57- 57

419	12.0%	(1) UNDER 35, NO CHILDREN
764	21.8%	(2) UNDER 35, CHILDREN
860	24.6%	(3) OVER 35, CHILDREN
1458	41.6%	(4) OVER 35, NO CHILDREN
1	-----	(13) MISSING

DEMOGRAPHIC VARIABLES

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

3342 95.4% (0) NONE
128 3.7% (1) ONE
24 0.7% (2) TWO
7 0.2% (3) THREE
1 0.0% (4) FOUR

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

160 4.6% (1) 14-15
289 8.3% (2) 16-17
232 6.6% (3) 18-19
119 3.4% (4) 20-24
348 9.9% (5) 25-29
394 11.3% (6) 30-34
472 13.5% (7) 35-39
359 10.3% (8) 40-44
266 7.6% (9) 45-49
223 6.4% (10) 50-54
216 6.2% (11) 55-59
198 5.7% (12) 60-64
109 3.1% (13) 65-69
117 3.3% (14) 70 PLUS

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

417 11.9% (1) ONE
2042 58.3% (2) TWO
579 16.5% (3) THREE
336 9.6% (4) FOUR
91 2.6% (5) FIVE
23 0.7% (6) SIX
10 0.3% (7) SEVEN
2 0.1% (8) EIGHT
2 0.1% (9) NINE

MOGRAPHIC VARIABLES

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

330	9.4%	(1) ONE
1011	28.9%	(2) TWO
639	18.2%	(3) THREE
829	23.7%	(4) FOUR
450	12.8%	(5) FIVE
160	4.6%	(6) SIX
56	1.6%	(7) SEVEN
14	0.4%	(8) EIGHT
13	0.4%	(9) NINE

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

2823	80.6%	(1) YES,NUMBER GIVEN
99	2.8%	(2) WONT SAY IF PHONE
190	5.4%	(3) YES WONT SAY NUMBER
390	11.1%	(4) NO PHONE

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

1711	48.9%	(1) MAN
1791	51.1%	(2) WOMAN

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

IS RESPONDENT MAIN GROCERY BUYER OF HOUSEHOLD?

1885	53.8%	(1) USUALLY
1002	28.6%	(2) SOMETIMES
615	17.6%	(3) NEVER

DEMOGRAPHIC VARIABLES

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

2978 85.0% (1) WOMAN
524 15.0% (2) MAN

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

13 0.4% (1) 14-17
30 0.9% (2) 18-19
248 7.1% (3) 20-24
400 11.4% (4) 25-29
493 14.1% (5) 30-34
412 11.8% (6) 35-39
431 12.3% (7) 40-44
297 8.5% (8) 45-49
304 8.7% (9) 50-54
217 6.2% (10) 55-59
243 6.9% (11) 60-64
414 11.8% (12) 65 PLUS

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

992 28.3% (1) FULL TIME
484 13.8% (2) PART TIME
1613 46.1% (3) HOME DUTIES
413 11.8% (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?

1845 52.7% (1) YES
1657 47.3% (2) NO

MOGRAPHIC VARIABLES

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

127	3.6%	(1) PROFESSIONAL
223	6.4%	(2) MANAGER
85	2.4%	(3) SMALL BUSINESS OWNER
1041	29.7%	(4) WHITE COLLAR WORKER
863	24.6%	(5) SKILLED MANUAL
561	16.0%	(6) SEMI-SKILLED
230	6.6%	(7) UNSKILLED NOT FARM
222	6.3%	(8) FARMER,ETC
42	1.2%	(9) FARM WORKER, ETC
84	2.4%	(10) HOUSEWIFE, RET, UNEMP
11	0.3%	(11) PENSIONER
13	0.4%	(12) SERVICEMAN

- (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
- (11) PENSIONER, NO PREVIOUS OCCUPATION
- (12) SERVICEMAN, NOT IN CATEGORIES 1 - 9

AR 41 MIEINC INCOME OF MAIN INCOME EARNER /
 LOCATION: 72 FORMAT: A1 CODE FOR MISSING 13
 CARD NO : 1 COLUMN: 72- 72

389	11.1%	(1) UNDER \$6,000
189	5.4%	(2) \$6,000 TO 7,999
124	3.5%	(3) \$8,000 TO 9,999
213	6.1%	(4) \$10,000 TO 11,999
466	13.3%	(5) \$12,000 TO 14,999
874	25.0%	(6) \$15,000 TO 19,999
491	14.0%	(7) \$20,000 TO 24,999
372	10.6%	(8) \$25,000 TO 29,999
159	4.5%	(9) \$30,000 TO 34,999
97	2.8%	(10) \$35,000 TO 39,999
127	3.6%	(11) \$40,000 OR MORE
1	----	(13) MISSING

DEMOGRAPHIC VARIABLES

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

3075 87.8% (1) YES
427 12.2% (2) NO

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

888 25.4% (1) CATHOLIC
1065 30.4% (2) ANGLICAN
204 5.8% (3) PRESBYTERIAN
212 6.1% (4) UNITING
59 1.7% (5) BAPTIST
142 4.1% (6) METHODIST
333 9.5% (7) OTHER CHRISTIAN
45 1.3% (8) NONCHRISTIAN
481 13.7% (9) "O RELIGION
73 2.1% (10) WOULD'N'T SAY

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

NUMBER OF (OTHER) FULL TIME WORKERS IN HOUSEHOLD

1702 48.6% (0) NONE
1335 38.1% (1) ONE
326 9.3% (2) TWO
104 3.0% (3) THREE
29 0.8% (4) FOUR
5 0.1% (5) FIVE
1 0.0% (6) SIX

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

NUMBER OF (OTHER) PART TIME WORKERS IN HOUSEHOLD

3113 88.9% (0) NONE
344 9.8% (1) ONE
35 1.0% (2) TWO
9 0.3% (3) THREE
1 0.0% (4) FOUR

MOGRAPHIC VARIABLES

AR 46 TYPEDWEL TYPE OF DWELLING /
 LOCATION: 77 FORMAT: F1.0
 CARD NO : 1 COLUMN: 77- 77

3161	90.3%	(1) SEPARATE HOUSE
87	2.5%	(2) SEMI DETACHED OR TERRACE HOUSE
2	0.1%	(3) FLAT ATTACHED TO SHOP
54	1.5%	(4) VILLA UNIT
175	5.0%	(5) FLAT IN BLOCK
22	0.6%	(6) FLAT - PART OF HOUSE
1	0.0%	(7) OTHER

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

2182	62.3%	(0) CAPITAL CITY
95	2.7%	(1) UNDER 1000 PEOPLE
345	9.9%	(2) 1000 TO 4999
177	5.1%	(3) 5000 TO 9999
275	7.9%	(4) 10000 TO 24999
117	3.3%	(5) 25000 TO 49999
311	8.9%	(6) 50000 OR MORE

AR 48 CARDNO1 CARD IDENTIFICATION /
 LOCATION: 80 FORMAT: F1.0
 CARD NO : 1 COLUMN: 80- 80

AR 49 STATEA STATE IDENTIFICATION ON CARD A /
 LOCATION: 1 FORMAT: A1
 CARD NO : 2 COLUMN: 1- 1

AR 50 IDENTNOA IDENTIFICATION NO ON CARD A /
 LOCATION: 2 FORMAT: F8.0
 CARD NO : 2 COLUMN: 2- 9

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

TYPES OF ACTIVITIES DONE

VAR 51 WALK WALKED FOR EXERCISE /
LOCATION: 10 FORMAT: F1.0
CARD NO : 2 COLUMN: 10- 10

2077 59.3% (0) NO
1425 40.7% (1) YES

VAR 52 JOG JOGGED FOR EXERCISE /
LOCATION: 11 FORMAT: F1.0
CARD NO : 2 COLUMN: 11- 11

3067 87.6% (0) NO
435 12.4% (2) YES

VAR 53 AEROBICS DID AEROBICS FOR EXERCISE /
LOCATION: 12 FORMAT: F1.0
CARD NO : 2 COLUMN: 12- 12

2996 85.6% (0) NO
506 14.4% (3) YES

VAR 54 SWIM SWAM FOR EXERCISE /
LOCATION: 13 FORMAT: F1.0
CARD NO : 2 COLUMN: 13- 13

3350 95.7% (0) NO
152 4.3% (4) YES

VAR 55 BICYCLE BICYCLED FOR EXERCISE /
LOCATION: 14 FORMAT: F1.0
CARD NO : 2 COLUMN: 14- 14

3129 89.3% (0) NO
373 10.7% (5) YES

VAR 56 NETBALL PLAYED NETBALL FOR EXERCISE /
LOCATION: 15 FORMAT: F1.0
CARD NO : 2 COLUMN: 15- 15

3378 96.5% (0) NO
124 3.5% (6) YES

PES OF ACTIVITIES DONE

AR 57 GOLF PLAYED GOLF FOR EXERCISE /
 LOCATION: 16 FORMAT: F1.0
 CARD NO : 2 COLUMN: 16- 16

 3272 93.4% (0) NO
 230 6.6% (7) YES

 AR 58 TENNIS PLAYED TENNIS FOR EXERCISE /
 LOCATION: 17 FORMAT: F1.0
 CARD NO : 2 COLUMN: 17- 17

 3230 92.2% (0) NO
 272 7.8% (8) YES

 AR 59 ATHLETIC DID ATHLETICS FOR EXERCISE /
 LOCATION: 18 FORMAT: F1.0
 CARD NO : 2 COLUMN: 18- 18

 3445 98.4% (0) NO
 57 1.6% (9) YES

 AR 60 NOACTIV NO ACTIVITIES /
 LOCATION: 19 FORMAT: F1.0
 CARD NO : 2 COLUMN: 19- 19

 2370 67.7% (0) NO
 1132 32.3% (1) YES

 AR 61 TABTENIS PLAYED TABLE TENNIS /
 LOCATION: 24 FORMAT: F1.0
 CARD NO : 2 COLUMN: 24- 24

 3405 97.2% (0) NO
 97 2.8% (1) YES

 AR 62 SAILING WENT SAILING FOR EXERCISE /
 LOCATION: 25 FORMAT: F1.0
 CARD NO : 2 COLUMN: 25- 25

 3194 91.2% (0) NO
 308 8.8% (2) YES

TYPES OF ACTIVITIES DONE

VAR 63 FOOTBALL FOOTBALL OR CRICKET /
LOCATION: 26 FORMAT: F1.0
CARD NO : 2 COLUMN: 26- 26

3417 97.6% (0) NO
85 2.4% (3) YES

VAR 64 WINTersp SKATING, SKIING,ETC /
LOCATION: 27 FORMAT: F1.0
CARD NO : 2 COLUMN: 27- 27

3384 96.6% (0) NO
118 3.4% (4) YES

VAR 65 OTHERSP OTHER SPORT /
LOCATION: 28 FORMAT: F1.0
CARD NO : 2 COLUMN: 28- 28

3502 100.0% (0) NONE

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).

DON'T WANT TO BE PHYSICALLY ACTIVE
HAVE TRIED BUT FIND DIFFICULT TO CONTINUE
NO CHANCE TO DO PHYSICAL ACTIVITIES
DON'T HAVE ENOUGH FREE TIME
DON'T HAVE TRANSPORT
NEED MORE ENCOURAGEMENT
PHYSICALLY UNABLE
NO FACILITIES NEAR WHERE I LIVE
(print unlisted)

REASONS WHY NOT PHYSICALLY ACTIVE

AR 66 DONTWANT DON'T WANT TO BE ACTIVE /
LOCATION: 38 FORMAT: F1.0
CARD NO : 2 COLUMN: 38- 38

3356 95.8% (0) NO
146 4.2% (1) YES

AR 67 TOOHARD HAVE TRIED BUT FIND DIFFICULT /
LOCATION: 39 FORMAT: F1.0
CARD NO : 2 COLUMN: 39- 39

3439 98.2% (0) NO
63 1.8% (2) YES

AR 68 NOCHANCE NO CHANCE TO DO ACTIVITIES /
LOCATION: 40 FORMAT: F1.0
CARD NO : 2 COLUMN: 40- 40

3423 97.7% (0) NO
79 2.3% (3) YES

AR 69 NOTIME NOT ENOUGH FREE TIME /
LOCATION: 41 FORMAT: F1.0
CARD NO : 2 COLUMN: 41- 41

3116 89.0% (0) NO
386 11.0% (4) YES

AR 70 NOTRANS DON'T HAVE TRANSPORT /
LOCATION: 42 FORMAT: F1.0
CARD NO : 2 COLUMN: 42- 42

3479 99.3% (0) NO
23 0.7% (5) YES

AR 71 MORENCOR NEED MORE ENCOURAGEMENT /
LOCATION: 43 FORMAT: F1.0
CARD NO : 2 COLUMN: 43- 43

3412 97.4% (0) NO
90 2.6% (6) YES

REASONS WHY NOT PHYSICALLY ACTIVE

VAR 72 UNABLE PHYSICALLY UNABLE /
LOCATION: 44 FORMAT: F1.0
CARD NO : 2 COLUMN: 44- 44

3248 92.7% (0) NO
254 7.3% (7) YES

VAR 73 NOFACILS NO FACILITIES NEARBY /
LOCATION: 45 FORMAT: F1.0
CARD NO : 2 COLUMN: 45- 45

3481 99.4% (0) NO
21 0.6% (8) YES

VAR 74 ANYOTHER OTHER REASON /
LOCATION: 46 FORMAT: F1.0
CARD NO : 2 COLUMN: 46- 46

3394 96.9% (0) NO
108 3.1% (9) YES

VAR 75 NONE /
LOCATION: 47 FORMAT: F1.0
CARD NO : 2 COLUMN: 47- 47

3411 97.4% (0) NO
91 2.6% (1) YES

CHILDREN OF THE HOUSEHOLD

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

VAR 76 BOY02 BOY 0-2 YEARS /
LOCATION: 52 FORMAT: F1.0
CARD NO : 2 COLUMN: 52- 52

3247 92.7% (0) NOT APPLICABLE
255 7.3% (1) BOY 0-2 YEARS

CHILDREN OF THE HOUSEHOLD

77 BOY35 BOY 3-5 YEARS /
 LOCATION: 53 FORMAT: F1.0
 CARD NO : 2 COLUMN: 53- 53

3267 93.3% (0) NOT APPLICABLE
 235 6.7% (2) BOY 3-5 YEARS

78 BOY68 BOY 6-8 YEARS /
 LOCATION: 54 FORMAT: F1.0
 CARD NO : 2 COLUMN: 54- 54

3242 92.6% (0) NOT APPLICABLE
 260 7.4% (3) BOY 6-8 YEARS

79 BOY911 BOY 9-11 YEARS /
 LOCATION: 55 FORMAT: F1.0
 CARD NO : 2 COLUMN: 55- 55

3217 91.9% (0) NOT APPLICABLE
 285 8.1% (4) BOY 9-11 YEARS

80 BOY1213 BOY 12-13 YEARS /
 LOCATION: 56 FORMAT: F1.0
 CARD NO : 2 COLUMN: 56- 56

3270 93.4% (0) NOT APPLICABLE
 232 6.6% (5) BOY 12-13 YEARS

81 BOY1415 BOY 14-15 YEARS /
 LOCATION: 57 FORMAT: F1.0
 CARD NO : 2 COLUMN: 57- 57

3242 92.6% (0) NOT APPLICABLE
 260 7.4% (6) BOY 14-15 YEARS

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

3244 92.6% (0) NOT APPLICABLE
 258 7.4% (7) GIRL 0-2 YEARS

CHILDREN OF THE HOUSEHOLD

VAR 83 GIRL35 GIRL 3-5 YEARS /
LOCATION: 59 FORMAT: F1.0
CARD NO : 2 COLUMN: 59- 59

3249 92.8% (0) NOT APPLICABLE
253 7.2% (8) GIRL 3-5 YEARS

VAR 84 GIRL68 GIRL 6-8 YEARS /
LOCATION: 60 FORMAT: F1.0
CARD NO : 2 COLUMN: 60- 60

3250 92.8% (0) NOT APPLICABLE
252 7.2% (9) GIRL 6-8 YEARS

VAR 85 GIRL911 GIRL 9-11 YEARS /
LOCATION: 61 FORMAT: F1.0
CARD NO : 2 COLUMN: 61- 61

3247 92.7% (0) NOT APPLICABLE
255 7.3% (1) GIRL 9-11 YEARS

VAR 86 GIRL1213 GIRL 12-13 YEARS /
LOCATION: 62 FORMAT: F1.0
CARD NO : 2 COLUMN: 62- 62

3282 93.7% (0) NOT APPLICABLE
220 6.3% (1) GIRL 12-13 YEARS

VAR 87 GIRL1415 GIRL 14-15 YEARS /
LOCATION: 63 FORMAT: F1.0
CARD NO : 2 COLUMN: 63- 63

3274 93.5% (0) NOT APPLICABLE
228 6.5% (1) GIRL 14-15 YEARS

IGHTING

AR 88 WEIGHT WEIGHTING FACTOR /
LOCATION: 65 FORMAT: F6.0
CARD NO : 2 COLUMN: 65- 70

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

AR 89 CARDNOA CARD NUMBER IDENTIFICATION /
LOCATION: 80 FORMAT: A1
CARD NO : 2 COLUMN: 80- 80

AR 90 STATEB STATE IDENTIFICATION ON CARD B /
LOCATION: 1 FORMAT: A1
CARD NO : 3 COLUMN: 1- 1

AR 91 IDENTNOB IDENTIFICATION NO ON CARD B /
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 FIRST ACTIVITY

VAR 92 ACTNOB NAME OF FIRST ACTIVITY LISTED /
 LOCATION: 10 FORMAT: F2.0
 CARD NO : 3 COLUMN: 10- 11

1132	32.3%	(0) NO ACTIVITY GIVEN
1035	29.6%	(1) WALKING
155	4.4%	(2) JOGGING
216	6.2%	(3) AEROBICS
69	2.0%	(4) SWIMMING
187	5.3%	(5) BICYCLING
65	1.9%	(6) NETBALL BASKETBALL
151	4.3%	(7) GOLF
138	3.9%	(8) TENNIS
25	0.7%	(9) ATHLETICS
33	0.9%	(10) TABLETENNIS
50	1.4%	(11) SAILING BOATING
152	4.3%	(12) FOOTBALL CRICKET
38	1.1%	(13) SKIING SKATING
56	1.6%	(14) OTHER

VAR 93 NOTIMESB NO OF TIME ACTIVITY DONE /
 LOCATION: 12 FORMAT: F2.0
 CARD NO : 3 COLUMN: 12- 13

VAR 94 TIMEB TIME TAKEN IN HOURS AND MINUTES /
 LOCATION: 14 FORMAT: F4.0
 CARD NO : 3 COLUMN: 14- 17

VAR 95 VIGORB 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?

1132	32.3%	(0) NO ACTIVITY
407	11.6%	(1) VERY VIGOROUS
1094	31.2%	(2) FAIRLY VIGOROUS
700	20.0%	(3) NOT VERY VIGOROUS
165	4.7%	(4) NOT AT ALL VIGOROUS
4	0.1%	(5) OTHER

ACTIVITY DETAILS

AR 96 SPTCLBB NO OF TIMES AT SPORTING CLUB /
 LOCATION: 19 FORMAT: F2.0
 CARD NO : 3 COLUMN: 19- 20

AR 97 HLTHCNTB NO OF TIMES AT HEALTH CENTRE /
 LOCATION: 21 FORMAT: F2.0
 CARD NO : 3 COLUMN: 21- 22

AR 98 ALONEB NO OF TIMES ALONE OR WITH FRIENDS /
 LOCATION: 23 FORMAT: F2.0
 CARD NO : 3 COLUMN: 23- 24

AR 99 METVALB METABOLIC VALUE OF ACTIVITY /
 LOCATION: 30 FORMAT: F5.0
 CARD NO : 3 COLUMN: 30- 34

See Appendix C

AR 100 MINUTESB TOTAL TIME IN MINUTES OF ACTIVITY /
 LOCATION: 35 FORMAT: F5.0
 CARD NO : 3 COLUMN: 35- 39

AR 101 CARDNOB CARD NUMBER B /
 LOCATION: 80 FORMAT: A1
 CARD NO : 3 COLUMN: 80- 80

AR 102 STATEC STATE IDENTIFICATION ON CARD C /
 LOCATION: 1 FORMAT: A1
 CARD NO : 4 COLUMN: 1- 1

AR 103 IDENTNOC IDENTIFICATION NO ON CARD C /
 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 SECOND ACTIVITY

VAR 104 ACTNOC NAME OF FIRST ACTIVITY LISTED /
LOCATION: 10 FORMAT: F2.0
CARD NO : 4 COLUMN: 10- 11

2393	68.3%	(0) NO ACTIVITY GIVEN
255	7.3%	(1) WALKING
194	5.5%	(2) JOGGING
162	4.6%	(3) AEROBICS
46	1.3%	(4) SWIMMING
102	2.9%	(5) BICYCLING
20	0.6%	(6) NETBALL BASKETBALL
41	1.2%	(7) GOLF
75	2.1%	(8) TENNIS
14	0.4%	(9) ATHLETICS
38	1.1%	(10) TABLETENNIS
20	0.6%	(11) SAILING BOATING
77	2.2%	(12) FOOTBALL CRICKET
15	0.4%	(13) SKIING SKATING
50	1.4%	(14) OTHER

VAR 105 NOTIMESC NO OF TIME ACTIVITY DONE /
LOCATION: 12 FORMAT: F2.0
CARD NO : 4 COLUMN: 12- 13

VAR 106 TIMEC TIME TAKEN IN HOURS AND MINUTES /
LOCATION: 14 FORMAT: F4.0
CARD NO : 4 COLUMN: 14- 17

VAR 107 VIGORC LEVEL OF VIGOR /
LOCATION: 18 FORMAT: F1.0
CARD NO : 4 COLUMN: 18- 18

2393	68.3%	(0) NO ACTIVITY
268	7.7%	(1) VERY VIGOROUS
522	14.9%	(2) FAIRLY VIGOROUS
264	7.5%	(3) NOT VERY VIGOROUS
52	1.5%	(4) NOT AT ALL VIGOROUS
3	0.1%	(5) OTHER

ACTIVITY DETAILS OF SECOND ACTIVITY

AR 108 SPTCLBC NO OF TIMES AT SPORTING CLUB /
LOCATION: 19 FORMAT: F2.0
CARD NO : 4 COLUMN: 19- 20

AR 109 HLTHCNTC NO OF TIMES AT HEALTH CENTRE /
LOCATION: 21 FORMAT: F2.0
CARD NO : 4 COLUMN: 21- 22

AR 110 ALONEC NO OF TIMES ALONE OR WITH FRIENDS /
LOCATION: 23 FORMAT: F2.0
CARD NO : 4 COLUMN: 23- 24

AR 111 METVALC METABOLIC VALUE OF ACTIVITY /
LOCATION: 30 FORMAT: F5.0
CARD NO : 4 COLUMN: 30- 34

See Appendix C

AR 112 MINUTESC TOTAL TIME IN MINUTES OF ACTIVITY /
LOCATION: 35 FORMAT: F5.0
CARD NO : 4 COLUMN: 35- 39

AR 113 CARDNOC CARD NUMBER C /
LOCATION: 80 FORMAT: A1
CARD NO : 4 COLUMN: 80- 80

AR 114 STATED STATE IDENTIFICATION ON CARD D /
LOCATION: 1 FORMAT: A1
CARD NO : 5 COLUMN: 1- 1

AR 115 IDENTNOD IDENTIFICATION NO ON CARD D /
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 THIRD ACTIVITY

VAR 116 ACTNOD NAME OF FIRST ACTIVITY LISTED /
LOCATION: 10 FORMAT: F2.0
CARD NO : 5 COLUMN: 10- 11

3010	86.0%	(0) NO ACTIVITY GIVEN
96	2.7%	(1) WALKING
56	1.6%	(2) JOGGING
93	2.7%	(3) AEROBICS
23	0.7%	(4) SWIMMING
50	1.4%	(5) BICYCLING
21	0.6%	(6) NETBALL BASKETBALL
17	0.5%	(7) GOLF
29	0.8%	(8) TENNIS
9	0.3%	(9) ATHLETICS
17	0.5%	(10) TABLETENNIS
13	0.4%	(11) SAILING BOATING
46	1.3%	(12) FOOTBALL CRICKET
14	0.4%	(13) SKIING SKATING
8	0.2%	(14) OTHER

VAR 117 NOTIMESD NO OF TIME ACTIVITY DONE /
LOCATION: 12 FORMAT: F2.0
CARD NO : 5 COLUMN: 12- 13

VAR 118 TIMED TIME TAKEN IN HOURS AND MINUTES /
LOCATION: 14 FORMAT: F4.0
CARD NO : 5 COLUMN: 14- 17

VAR 119 VIGORD LEVEL OF VIGOR /
LOCATION: 18 FORMAT: F1.0
CARD NO : 5 COLUMN: 18- 18

3010	86.0%	(0) NO ACTIVITY
140	4.0%	(1) VERY VIGOROUS
212	6.1%	(2) FAIRLY VIGOROUS
118	3.4%	(3) NOT VERY VIGOROUS
21	0.6%	(4) NOT AT ALL VIGOROUS
1	0.0%	(5) OTHER

VAR 120 SPTCLBD NO OF TIMES AT SPORTING CLUB /
LOCATION: 19 FORMAT: F2.0
CARD NO : 5 COLUMN: 19- 20

ACTIVITY DETAILS OF THIRD ACTIVITY

VAR	121	HLTHCNTD		NO OF TIMES AT HEALTH CENTRE	/
		LOCATION:	21	FORMAT: F2.0	
		CARD NO :	5	COLUMN: 21- 22	

VAR	122	ALONED		NO OF TIMES ALONE OR WITH FRIENDS	/
		LOCATION:	23	FORMAT: F2.0	
		CARD NO :	5	COLUMN: 23- 24	

VAR	123	METVALD		METABOLIC VALUE OF ACTIVITY	/
		LOCATION:	30	FORMAT: F5.0	
		CARD NO :	5	COLUMN: 30- 34	

See Appendix C

VAR	124	MINUTESD		TOTAL TIME IN MINUTES OF ACTIVITY	/
		LOCATION:	35	FORMAT: F5.0	
		CARD NO :	5	COLUMN: 35- 39	

VAR	125	CARDNOD		CARD NUMBER C	/
		LOCATION:	80	FORMAT: A1	
		CARD NO :	5	COLUMN: 80- 80	

VAR	126	STATEE		STATE IDENTIFICATION ON CARD E	/
		LOCATION:	1	FORMAT: A1	
		CARD NO :	6	COLUMN: 1- 1	

VAR	127	IDENTNOE		IDENTIFICATION NO ON CARD E	/
		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 FOURTH ACTIVITY

VAR 128 ACTNOE NAME OFFIRST ACTIVITY LISTED /
LOCATION: 10 FORMAT: F2.0
CARD NO : 6 COLUMN: 10- 11

3293 94.0% (0) NO ACTIVITY GIVEN
28 0.8% (1) WALKING
18 0.5% (2) JOGGING
28 0.8% (3) AEROBICS
10 0.3% (4) SWIMMING
23 0.7% (5) BICYCLING
10 0.3% (6) NETBALL BASKETBALL
15 0.4% (7) GOLF
18 0.5% (8) TENNIS
5 0.1% (9) ATHLETICS
8 0.2% (10) TABLETENNIS
6 0.2% (11) SAILING BOATING
21 0.6% (12) FOOTBALL CRICKET
13 0.4% (13) SKIING SKATING
6 0.2% (14) OTHER

VAR 129 NOTIMESE NO OF TIME ACTIVITY DONE /
LOCATION: 12 FORMAT: F2.0
CARD NO : 6 COLUMN: 12- 13

VAR 130 TIMEE TIME TAKEN IN HOURS AND MINUTES /
LOCATION: 14 FORMAT: F4.0
CARD NO : 6 COLUMN: 14- 17

VAR 131 VIGORE LEVEL OF VIGOR /
LOCATION: 18 FORMAT: F1.0
CARD NO : 6 COLUMN: 18- 18

3293 94.0% (0) NO ACTIVITY
71 2.0% (1) VERY VIGOROUS
74 2.1% (2) FAIRLY VIGOROUS
57 1.6% (3) NOT VERY VIGOROUS
6 0.2% (4) NOT AT ALL VIGOROUS
1 0.0% (5) OTHER

VAR 132 SPTCLBE NO OF TIMES AT SPORTING CLUB /
LOCATION: 19 FORMAT: F2.0
CARD NO : 6 COLUMN: 19- 20

ACTIVITY DETAILS OF FOURTH ACTIVITY

VAR 133 HLTHCNTE NO OF TIMES AT HEALTH CENTRE /
 LOCATION: 21 FORMAT: F2.0
 CARD NO : 6 COLUMN: 21- 22

VAR 134 ALONEE NO OF TIMES ALONE OR WITH FRIENDS /
 LOCATION: 23 FORMAT: F2.0
 CARD NO : 6 COLUMN: 23- 24

VAR 135 METVALE METABOLIC VALUE OF ACTIVITY /
 LOCATION: 30 FORMAT: F5.0
 CARD NO : 6 COLUMN: 30- 34

See Appendix C

VAR 136 MINUTESE TOTAL TIME IN MINUTES OF ACTIVITY /
 LOCATION: 35 FORMAT: F5.0
 CARD NO : 6 COLUMN: 35- 39

VAR 137 CARDNOE CARD NUMBER E /
 LOCATION: 80 FORMAT: A1
 CARD NO : 6 COLUMN: 80- 80

VAR 138 STATEF STATE IDENTIFICATION ON CARD F /
 LOCATION: 1 FORMAT: A1
 CARD NO : 7 COLUMN: 1- 1

VAR 139 IDENTNOF IDENTIFICATION NO ON CARD F /
 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 FIFTH ACTIVITY

VAR 140 ACTNOF NAME OF FIRST ACTIVITY LISTED /
LOCATION: 10 FORMAT: F2.0
CARD NO : 7 COLUMN: 10- 11

3408 97.3% (0) NO ACTIVITY GIVEN
11 0.3% (1) WALKING
12 0.3% (2) JOGGING
7 0.2% (3) AEROBICS
1 0.0% (4) SWIMMING
9 0.3% (5) BICYCLING
6 0.2% (6) NETBALL BASKETBALL
4 0.1% (7) GOLF
7 0.2% (8) TENNIS
4 0.1% (9) ATHLETICS
5 0.1% (10) TABLETENNIS
5 0.1% (11) SAILING BOATING
16 0.5% (12) FOOTBALL CRICKET
4 0.1% (13) SKIING SKATING
3 0.1% (14) OTHER

VAR 141 NOTIMESF NO OF TIME ACTIVITY DONE /
LOCATION: 12 FORMAT: F2.0
CARD NO : 7 COLUMN: 12- 13

VAR 142 TIMEF TIMETAKEN IN HOURS AND MINUTES /
LOCATION: 14 FORMAT: F4.0
CARD NO : 7 COLUMN: 14- 17

VAR 143 VIGORF LEVEL OF VIGOR /
LOCATION: 18 FORMAT: F1.0
CARD NO : 7 COLUMN: 18- 18

3408 97.3% (0) NO ACTIVITY
37 1.1% (1) VERY VIGOROUS
34 1.0% (2) FAIRLY VIGOROUS
18 0.5% (3) NOT VERY VIGOROUS
5 0.1% (4) NOT AT ALL VIGOROUS

VAR 144 SPTCLBF NO OF TIMES AT SPORTING CLUB /
LOCATION: 19 FORMAT: F2.0
CARD NO : 7 COLUMN: 19- 20

ACTIVITY DETAILS OF FIFTH ACTIVITY

 VAR 145 HLTHCNTF NO OF TIMES AT HEALTH CENTRE /
 LOCATION: 21 FORMAT: F2.0
 CARD NO : 7 COLUMN: 21- 22

 VAR 146 ALONEF NO OF TIMES ALONE OR WITH FRIENDS /
 LOCATION: 23 FORMAT: F2.0
 CARD NO : 7 COLUMN: 23- 24

 VAR 147 METVALF METABOLIC VALUE OF ACTIVITY /
 LOCATION: 30 FORMAT: F5.0
 CARD NO : 7 COLUMN: 30- 34

See Appendix C

 VAR 148 MINUTESF TOTAL TIME IN MINUTES OF ACTIVITY /
 LOCATION: 35 FORMAT: F5.0
 CARD NO : 7 COLUMN: 35- 39

 VAR 149 CARDNOF CARD NUMBER F /
 LOCATION: 80 FORMAT: A1
 CARD NO : 7 COLUMN: 80- 80

 VAR 150 STATEG STATE IDENTIFICATION ON CARD G /
 LOCATION: 1 FORMAT: A1
 CARD NO : 8 COLUMN: 1- 1

 VAR 151 IDENTNOG IDENTIFICATION NO ON CARD G /
 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 SIXTH ACTIVITY

VAR 152 ACTNOG NAME OF FIRST ACTIVITY LISTED /
LOCATION: 10 FORMAT: F2.0
CARD NO : 8 COLUMN: 10- 11

3471 99.1% (0) NO ACTIVITY GIVEN
2 0.1% (1) WALKING
3 0.1% (2) JOGGING
3 0.1% (3) AEROBICS
2 0.1% (4) SWIMMING
2 0.1% (5) BICYCLING
2 0.1% (6) NETBALL BASKETBALL
1 0.0% (7) GOLF
5 0.1% (8) TENNIS
3 0.1% (11) SAILING BOATING
7 0.2% (12) FOOTBALL CRICKET
1 0.0% (13) SKIING SKATING

VAR 153 NOTIMESG NO OF TIME ACTIVITY DONE /
LOCATION: 12 FORMAT: F2.0
CARD NO : 8 COLUMN: 12- 13

VAR 154 TIMEG TIME TAKEN IN HOURS AND MINUTES /
LOCATION: 14 FORMAT: F4.0
CARD NO : 8 COLUMN: 14- 17

VAR 155 VIGORG LEVEL OF VIGOR /
LOCATION: 18 FORMAT: F1.0
CARD NO : 8 COLUMN: 18- 18

3471 99.1% (0) NO ACTIVITY
16 0.5% (1) VERY VIGOROUS
8 0.2% (2) FAIRLY VIGOROUS
7 0.2% (3) NOT VERY VIGOROUS

VAR 156 SPTCLBG NO OF TIMES AT SPORTING CLUB /
LOCATION: 19 FORMAT: F2.0
CARD NO : 8 COLUMN: 19- 20

VAR 157 HLTHCNTG NO OF TIMES AT HEALTH CENTRE /
LOCATION: 21 FORMAT: F2.0
CARD NO : 8 COLUMN: 21- 22

ACTIVITY DETAILS OF SIXTH ACTIVITY

R 158 ALONEG NO OF TIMES ALONE OR WITH FRIENDS /
 LOCATION: 23 FORMAT: F2.0
 CARD NO : 8 COLUMN: 23- 24

R 159 METVALG METABOLIC VALUE OF ACTIVITY /
 LOCATION: 30 FORMAT: F5.0
 CARD NO : 8 COLUMN: 30- 34

See Appendix C

R 160 MINUTESG TOTAL TIME IN MINUTES OF ACTIVITY /
 LOCATION: 35 FORMAT: F5.0
 CARD NO : 8 COLUMN: 35- 39

R 161 CARDNOG CARD NUMBER G /
 LOCATION: 80 FORMAT: A1
 CARD NO : 8 COLUMN: 80- 80

R 162 STATEH STATE IDENTIFICATION ON CARD H /
 LOCATION: 1 FORMAT: A1
 CARD NO : 9 COLUMN: 1- 1

R 163 IDENTNOH IDENTIFICATION NO ON CARD H /
 LOCATION: 2 FORMAT: F8.0
 CARD NO : 9 COLUMN: 2- 9

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

R 164 ACTNOH NAME OF FIRST ACTIVITY LISTED /
 LOCATION: 10 FORMAT: F2.0
 CARD NO : 9 COLUMN: 10- 11

3492	99.7%	(0) NO ACTIVITY GIVEN
2	0.1%	(1) WALKING
1	0.0%	(2) JOGGING
1	0.0%	(3) AEROBICS
1	0.0%	(4) SWIMMING
1	0.0%	(5) BICYCLING
1	0.0%	(7) GOLF
1	0.0%	(10) TABLETENNIS
2	0.1%	(12) FOOTBALL CRICKET

ACTIVITY DETAILS

VAR 165 NOTIMESH NO OF TIME ACTIVITY DONE /
LOCATION: 12 FORMAT: F2.0
CARD NO : 9 COLUMN: 12- 13

VAR 166 TIMEH TIMETAKEN IN HOURS AND MINUTES /
LOCATION: 14 FORMAT: F4.0
CARD NO : 9 COLUMN: 14- 17

VAR 167 VIGORH LEVEL OF VIGOR /
LOCATION: 18 FORMAT: F1.0
CARD NO : 9 COLUMN: 18- 18

3492 99.7% (0) NO ACTIVITY
6 0.2% (1) VERY VIGOROUS
2 0.1% (2) FAIRLY VIGOROUS
2 0.1% (3) NOT VERY VIGOROUS

VAR 168 SPTCLBH NO OF TIMES AT SPORTING CLUB /
LOCATION: 19 FORMAT: F2.0
CARD NO : 9 COLUMN: 19- 20

VAR 169 HLTHCNTH NO OF TIMES AT HEALTH CENTRE /
LOCATION: 21 FORMAT: F2.0
CARD NO : 9 COLUMN: 21- 22

VAR 170 ALONEH NO OF TIMES ALONE OR WITH FRIENDS /
LOCATION: 23 FORMAT: F2.0
CARD NO : 9 COLUMN: 23- 24

VAR 171 METVALH METABOLIC VALUE OF ACTIVITY /
LOCATION: 30 FORMAT: F5.0
CARD NO : 9 COLUMN: 30- 34

See Appendix C

VAR 172 MINUTESH TOTAL TIME IN MINUTES OF ACTIVITY /
LOCATION: 35 FORMAT: F5.0
CARD NO : 9 COLUMN: 35- 39

ACTIVITY DETAILS

VAR 173 CARDNOH CARD NUMBER H /
LOCATION: 80 FORMAT: A1
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, OCCUPATI and EMPLOYER = blank
46	INCOME1	Randomly generated by occupation in same distribution as those who gave income
47	OCCUPATI	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 2 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. Skiing/Skating	12	8	6	4	8
14. Other (average)	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

ELECTORATE CODES

Code	Freq	Adj Cum		Code	Freq	Adj Cum		Code	Freq	Adj Cum	
		%	%			%	%			%	%
100.	56	2	2	227.	10	0	49	424.	20	1	79
101.	30	1	2	228.	20	1	49	426.	10	0	79
102.	40	1	4	229.	10	0	49	427.	10	0	80
103.	20	1	4	230.	30	1	50	429.	10	0	80
104.	50	1	6	232.	10	0	51	441.	10	0	80
105.	20	1	6	233.	10	0	51	444.	9	0	80
107.	10	0	6	240.	20	1	51	445.	20	1	81
108.	30	1	7	241.	20	1	52	450.	10	0	81
110.	29	1	8	242.	20	1	53	460.	10	0	82
120.	60	2	10	243.	30	1	53	462.	10	0	82
121.	30	1	11	244.	30	1	54	465.	10	0	82
122.	30	1	12	245.	10	0	55	466.	17	0	83
124.	9	0	12	247.	10	0	55	469.	10	0	83
125.	27	1	13	249.	10	0	55	473.	10	0	83
126.	30	1	13	250.	10	0	55	480.	10	0	83
127.	10	0	14	252.	20	1	56	483.	10	0	84
128.	20	1	14	260.	20	1	57	484.	10	0	84
130.	10	0	15	261.	10	0	57	486.	10	0	84
131.	10	0	15	262.	20	1	57	488.	10	0	85
140.	20	1	15	264.	10	0	58	502.	20	1	85
141.	40	1	17	265.	10	0	58	506.	10	0	85
142.	89	3	19	270.	20	1	59	508.	10	0	86
143.	20	1	20	272.	10	0	59	510.	10	0	86
144.	30	1	21	276.	10	0	59	513.	10	0	86
145.	19	1	21	280.	10	0	59	515.	10	0	87
146.	10	0	21	281.	33	1	60	521.	10	0	87
147.	29	1	22	282.	20	1	61	522.	10	0	87
149.	20	1	23	283.	30	1	62	526.	10	0	87
150.	10	0	23	284.	10	0	62	529.	10	0	88
151.	10	0	23	285.	10	0	62	530.	20	1	88
160.	30	1	24	286.	20	1	63	541.	20	1	89
161.	36	1	25	301.	20	1	64	544.	10	0	89
162.	40	1	26	303.	20	1	64	545.	10	0	89
163.	30	1	27	304.	30	1	65	548.	10	0	90
164.	21	1	28	305.	10	0	65	550.	10	0	90
165.	10	0	28	306.	20	1	66	560.	10	0	90
166.	10	0	28	307.	10	0	66	564.	9	0	91
167.	10	0	29	308.	10	0	66	566.	10	0	91
170.	30	1	30	310.	15	0	67	567.	10	0	91
180.	29	1	30	320.	9	0	67	568.	10	0	91
181.	30	1	31	322.	10	0	67	581.	9	0	92
182.	10	0	32	324.	10	0	68	583.	10	0	92
183.	40	1	33	327.	10	0	68	589.	10	0	92
184.	29	1	33	330.	26	1	69	600.	20	1	93
185.	20	1	34	342.	10	0	69	604.	20	1	93
186.	25	1	35	343.	10	0	69	606.	10	0	94
187.	30	1	36	346.	20	1	70	612.	10	0	94

ELECTORATE CODES (cont.)

188.	27	1	36	349.	19	1	70	620.	10	0	94
189.	30	1	37	351.	10	0	71	625.	10	0	95
190.	10	0	38	360.	10	0	71	628.	10	0	95
200.	38	1	39	362.	20	1	72	630.	10	0	95
201.	20	1	39	364.	10	0	72	642.	11	0	95
203.	30	1	40	367.	8	0	72	702.	10	0	96
204.	50	1	41	380.	20	1	73	709.	10	0	96
205.	19	1	42	382.	20	1	73	743.	10	0	96
206.	20	1	43	384.	30	1	74	744.	10	0	97
208.	30	1	43	386.	10	0	74	746.	10	0	97
210.	10	0	44	387.	10	0	75	750.	10	0	97
212.	10	0	44	390.	19	1	75	761.	10	0	97
214.	10	0	44	392.	20	1	76	766.	10	0	98
219.	10	0	45	400.	10	0	76	782.	10	0	98
220.	10	0	45	402.	30	1	77	785.	10	0	98
221.	30	1	46	403.	17	0	77	789.	10	0	99
222.	10	0	46	405.	10	0	78	800.	20	1	99
223.	20	1	47	407.	10	0	78	808.	20	1	100
224.	40	1	48	409.	10	0	78	811.	9	0	100
225.	20	1	48	410.	10	0	78				

Valid cases 3502 Missing cases 0

Questionnaire



The Australian National University
Canberra 2600

ATTACHMENT B.

23a. Next about physical activity, physical exercise and physical recreation. Looking at the top half of the next white 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?

PRINT ACTIVITY AND WRITE NUMBER

NONE LISTED..000 Go to 23h

IN COL.1 BELOW

	Col.1:23a		Col.2:23b		Col.3:23c		Cols. 4-7:23d				Col.8:23e	Col.9:23f	Col.10:23g	
	Activity	No.	Number of times	Hrs	Mins	Very	Fairly	Vigorous		Sporting Club	Health Centre	Alone/Friends		
								Not very	Not at all					
st:	10-11	12-13	14-15	16-17	4	5	18	6	7	19-20	21-22	23-24	CARD 2	
nd:					4	5	6	7					3	
rd:					4	5	6	7					4	
h:					4	5	6	7					5	
h:					4	5	6	7					6	
thers:					4	5	6	7					7	
					4	5	6	7					8	

FOR EACH ACTIVITY ON 23a, ASK 23b-g RIGHT THROUGH:

b. 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.

c. In the last 2 weeks, about how much time — in hours and minutes — was involved on average, each time you (READ ACTIVITY)? RECORD IN COL.3 ABOVE.

d. 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.

e. In the last 2 weeks, about how many 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 IN COL.8 ABOVE. IF NONE, WRITE "0".

f. In the last 2 weeks, about 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".

g. In the last 2 weeks, about 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 23c,f,g ADD TO ANSWER TO 23b.

Repeat 23b-g for each other activity mentioned on 23a. Then toss to Q24. If none on 23a, go to 23h.

IF NONE ON 23a, ASK: (Otherwise, toss to Q24)

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.

- 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

Gas 38-4

PRINT UNLISTED:

NONE 9

..... 0

→ Toss over clip to Q24

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