

ACTIVITY LEVELS OF AUSTRALIANS, JUNE/JULY, 1985

User's Guide for the Machine-Readable  
Data File

(SSDA Study No. 370)

# Social Science Data Archives

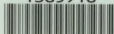


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ACTIVITY LEVELS OF AUSTRALIANS, JUNE/JULY, 1985

User's Guide for the Machine-Readable  
Data File

(SSDA Study No. 370)

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)

Activity levels of Australians, June/July, 1985 [machine-readable data file] / Principal investigator Sport, Recreation and Tourism Department; data collected by Roy Morgan Research. -- Canberra : Social Science Data Archives, The Australian National University 1985.

1 data file (3,386 logical records) + accompanying user's guide (92 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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2. Physical fitness - Australia - Data processing. I. Australian National University. Social Science Data Archives. II. Australia. Dept. of Sport, Recreation and Tourism. III. Roy Morgan Research Centre. (Series : SSDA study ; no. 370).

#### ACKNOWLEDGEMENT OF ASSISTANCE

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All manuscripts based in whole or in part on these data should

- (i) identify the data and original investigators by including the bibliographic reference for the data file given on the reverse of the title page;
- (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;
- (iii) declare that those who carried out the original analysis and collection of the data bear no responsibility for the further analysis or interpretation of them.

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QUESTIONNAIRE

# Study Description



The Australian National University  
Canberra 2600

SOCIAL SCIENCE DATA ARCHIVES  
THE AUSTRALIAN NATIONAL UNIVERSITY

Study No.  
-----  
SSDA 370

ACTIVITY LEVELS OF AUSTRALIANS, JUNE/JULY, 1985  
=====

STUDY DESCRIPTION  
=====

IDENTIFICATIONS AND ACKNOWLEDGEMENTS  
-----

TITLE OF STUDY  
-----

Activity levels of Australians, June/July, 1985

LOCAL ARCHIVE WHERE STUDY IS STORED  
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Social Science Data Archives  
The Australian National University  
G.P.O. Box 4  
Canberra, A.C.T. 2601

number of study (data set): SSDA 370

DEPOSITOR  
-----

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

DATE OF DEPOSIT  
-----

16 September 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



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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. 350, 352, and 353).

-----  
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): 3386

DATES OF DATA COLLECTION  
-----

first date of data collection: 29 June 1985  
last date of data collection: 13 July 1985

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: 3386  
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)

OTHER REFERENCES

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

Canada Health Survey, 1975

DESCRIPTORS

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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 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 question 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 a codebook. Frequencies and codes for these variables are given 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	4
DEMOGRAPHIC VARIABLES			
13	AGE		4
14	CTYBIRTH	COUNTRY OF BIRTH	4
15	MARISTAT	MARITAL STATUS	5
16	EDUSTAT	EDUCATIONAL LEVEL	5



Codebook - Table of Contents  
SSDA No. 370

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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	19
65	CYCLPTH1	ON A CYCLE PATH	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	20
70	CANTSAY1	CAN'T SAY	20
71	CARDNO2	CARD NUMBER 2	21
72	STATE3	STATE IDENTIFICATION ON CARD 3	21
73	IDENTNO3	IDENTIFICATION NO ON CARD 3	21

ACTIVITY DETAILS OF SECOND ACTIVITY

VAR NO.	VAR NAME	VARIABLE LABEL	PAGE
74	ACTNO2	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	22
79	HLTHCNT2	NO OF TIMES AT HEALTH CENTRE	22
80	ALONE2	NO OF TIMES ALONE OR WITH FRIENDS	23
81	METVAL2	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	23
85	SCHOOL2	AT SCHOOL OR UNIVERSITY	23
86	ATHOME2	AT A PRIVATE HOUSE	24
87	FOOTPTH2	ON FOOTPATH OR ROADWAY	24
88	CYCLPTH2	ON A CYCLE PATH	24
89	NATURE2	AT NATURE RESERVE OR FOREST	24
90	BEACH2	AT BEACH,RIVER,DAM OR LAKE	24
91	OTHRPLC2	ANY OTHER PLACE	24
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	25
96	IDENTNO4	IDENTIFICATION NO ON CARD 4	25
ACTIVITY DETAILS OF THIRD ACTIVITY			
97	ACTNO3	NAME OF THIRD ACTIVITY LISTED	26
98	NOTIMES3	NO OF TIMES ACTIVITY DONE	26
99	TIME3	TIME TAKEN IN HOURS AND MINUTES	26
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	27
104	METVAL3	METABOLIC VALUE OF ACTIVITY	27
105	MINUTES3	TOTAL TIME IN MINUTES OF ACTIVITY	27
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	28
110	FOOTPTH3	ON FOOTPATH OR ROADWAY	28
111	CYCLPTH3	ON A CYCLE PATH	28

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	29
115	PARK3	AT LOCAL PARK OR GARDEN	29
116	CANTSAY3	CAN'T SAY	29
117	CARDNO4	CARD NUMBER 4	29
118	STATE5	STATE IDENTIFICATION ON CARD 5	30
119	IDENTNO5	IDENTIFICATION NO ON CARD 5	30
ACTIVITY DETAILS OF FOURTH ACTIVITY			
120	ACTNO4	NAME OF FOURTH ACTIVITY LISTED	30
121	NOTIMES4	NO OF TIMES ACTIVITY DONE	30
122	TIME4	TIME TAKEN IN HOURS AND MINUTES	31
123	VIGOR4	LEVEL OF VIGOR	31
124	SPTCLB4	NO OF TIMES AT SPORTING CLUB	31
125	HLTHCNT4	NO OF TIMES AT HEALTH CENTRE	31
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	32
129	PUBLIC4	AT PUBLIC FACILITY	32
130	GYM4	AT GYMNASIUM OR COMMUNITY CENTRE	32

VAR NO.	VAR NAME	VARIABLE LABEL	PAGE
131	SCHOOL4	AT SCHOOL OR UNIVERSITY	32
132	ATHOME4	AT A PRIVATE HOUSE	33
133	FOOTPTH4	ON FOOTPATH OR ROADWAY	33
134	CYCLPTH4	ON A CYCLE PATH	33
135	NATURE4	AT NATURE RESERVE OR FOREST	33
136	BEACH4	AT BEACH,RIVER,DAM OR LAKE	33
137	OTHRPLC4	ANY OTHER PLACE	34
138	PARK4	AT LOCAL PARK OR GARDEN	34
139	CANTSAY4	CAN'T SAY	34
140	CARDNO5	CARD NUMBER 5	34
141	STATE6	STATE IDENTIFICATION ON CARD 6	34
142	IDENTNO6	IDENTIFICATION NO ON CARD 6	34
ACTIVITY DETAILS OF FIFTH ACTIVITY			
143	ACTNO5	NAME OF FIFTH ACTIVITY LISTED	35
144	NOTIMES5	NO OF TIMES ACTIVITY DONE	35
145	TIME5	TIME TAKEN IN HOURS AND MINUTES	35
146	VIGOR5	LEVEL OF VIGOR	36
147	SPTCLB5	NO OF TIMES AT SPORTING CLUB	36
148	HLTHCNT5	NO OF TIMES AT HEALTH CENTRE	36

VAR NO.	VAR NAME	VARIABLE LABEL	PAGE
149	ALONE5	NO OF TIMES ALONE OR WITH FRIENDS	36
150	METVAL5	METABOLIC VALUE OF ACTIVITY	36
151	MINUTES5	TOTAL TIME IN MINUTES OF ACTIVITY	36
152	PUBLIC5	AT PUBLIC FACILITY	37
153	GYM5	AT GYMNASIUM OR COMMUNITY CENTRE	37
154	SCHOOL5	AT SCHOOL OR UNIVERSITY	37
155	ATHOME5	AT A PRIVATE HOUSE	37
156	FOOTPTH5	ON FOOTPATH OR ROADWAY	37
157	CYCLPTH5	ON A CYCLE PATH	38
158	NATURE5	AT NATURE RESERVE OR FOREST	38
159	BEACH5	AT BEACH,RIVER,DAM OR LAKE	38
160	OTHRPLC5	ANY OTHER PLACE	38
161	PARK5	AT LOCAL PARK OR GARDEN	38
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	39
ACTIVITY DETAILS OF SIXTH ACTIVITY			
166	ACTNO6	NAME OF SIXTH ACTIVITY LISTED	39
167	NOTIMES6	NO OF TIMES ACTIVITY DONE	40



VAR NO.	VAR NAME	VARIABLE LABEL	PAGE
168	TIME6	TIME TAKEN IN HOURS AND MINUTES	40
169	VIGOR6	LEVEL OF VIGOR	40
170	SPTCLB6	NO OF TIMES AT SPORTING CLUB	40
171	HLTHCNT6	NO OF TIMES AT HEALTH CENTRE	40
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	41
175	PUBLIC6	AT PUBLIC FACILITY	41
176	GYM6	AT GYMNASIUM OR COMMUNITY CENTRE	41
177	SCHOOL6	AT SCHOOL OR UNIVERSITY	41
178	ATHOME6	AT A PRIVATE HOUSE	42
179	FOOTPTH6	ON FOOTPATH OR ROADWAY	42
180	CYCLPTH6	ON A CYCLE PATH	42
181	NATURE6	AT NATURE RESERVE OR FOREST	42
182	BEACH6	AT BEACH, RIVER, DAM OR LAKE	42
183	OTHRPLC6	ANY OTHER PLACE	42
184	PARK6	AT LOCAL PARK OR GARDEN	43
185	CANTSAY6	CAN'T SAY	43
186	CARDNO7	CARD NUMBER 7	43
187	STATE8	STATE IDENTIFICATION ON CARD 8	43

VAR NO.	VAR NAME	VARIABLE LABEL	PAGE
188	IDENTNO8	IDENTIFICATION NO ON CARD 8	43
		ACTIVITY DETAILS OF SEVENTH ACTIVITY	
189	ACTNO7	NAME OF SEVENTH ACTIVITY LISTED	44
190	NOTIMES7	NO OF TIMES ACTIVITY DONE	44
191	TIME7	TIME TAKEN IN HOURS AND MINUTES	44
192	VIGOR7	LEVEL OF VIGOR	44
193	SPTCLB7	NO OF TIMES AT SPORTING CLUB	45
194	HLTHCNT7	NO OF TIMES AT HEALTH CENTRE	45
195	ALONE7	NO OF TIMES ALONE OR WITH FRIENDS	45
196	METVAL7	METABOLIC VALUE OF ACTIVITY	45
197	MINUTES7	TOTAL TIME IN MINUTES OF ACTIVITY	45
198	PUBLIC7	AT PUBLIC FACILITY	45
199	GYM7	AT GYMNASIUM OR COMMUNITY CENTRE	45
200	SCHOOL7	AT SCHOOL OR UNIVERSITY	46
201	ATHOME7	AT A PRIVATE HOUSE	46
202	FOOTPTH7	ON FOOTPATH OR ROADWAY	46
203	CYCLPTH7	ON A CYCLE PATH	46
204	NATURE7	AT NATURE RESERVE OR FOREST	46
205	BEACH7	AT BEACH,RIVER,DAM OR LAKE	46

VAR NO.	VAR NAME	VARIABLE LABEL	PAGE
206	OTHRPLC7	ANY OTHER PLACE	47
207	PARK7	AT LOCAL PARK OR GARDEN	47
208	CANTSAY7	CAN'T SAY	47
209	CARDNO8	CARD NUMBER 8	47
210	STATE9	STATE IDENTIFICATION ON CARD 9	47
211	IDENTNO9	IDENTIFICATION NO ON CARD 9	47
TYPES OF ACTIVITIES DONE			
212	WALK	WALKED FOR EXERCISE	48
213	JOG	JOGGED FOR EXERCISE	48
214	AEROBICS	DID AEROBICS FOR EXERCISE	48
215	SWIM	SWAM FOR EXERCISE	48
216	BICYCLE	BICYCLED FOR EXERCISE	48
217	NETBALL	PLAYED NETBALL FOR EXERCISE	49
218	GOLF	PLAYED GOLF FOR EXERCISE	49
219	TENNIS	PLAYED TENNIS FOR EXERCISE	49
220	ATHLETIC	DID ATHLETICS FOR EXERCISE	49
221	NOACTIV	NO ACTIVITIES	49
222	TABTENNIS	PLAYED TABLE TENNIS	50
223	SAILING	WENT SAILING FOR EXERCISE	50
224	FOOTBALL	FOOTBALL OR CRICKET	50

VAR NO.	VAR NAME	VARIABLE LABEL	PAGE
225	SNOWSKI	SNOWSKIING	50
226	WATERSKI	WATERSKIING	50
227	ICESKATE	ICESKATING	50
228	OTHERSP	OTHER SPORT	51
REASONS WHY NOT PHYSICALLY ACTIVE			
229	DONTWANT	DON'T WANT TO BE ACTIVE	51
230	TOOHARD	HAVE TRIED BUT FIND DIFFICULT	52
231	NOCHANCE	NO CHANCE TO DO ACTIVITIES	52
232	NOTIME	NOT ENOUGH FREE TIME	52
233	NOTRANS	DON'T HAVE TRANSPORT	52
234	MORENCOR	NEED MORE ENCOURAGEMENT	52
235	UNABLE	PHYSICALLY UNABLE	52
236	NOFACILS	NO FACILITIES NEARBY	53
237	ANYOTHER	OTHER REASON	53
238	NONE		53
239	ATWORK	EXERCISE AT WORK	53
REGULAR PHYSICAL EXERCISE			
240	DAYSEXCS	NO DAYS EXERCISE EACH WEEK	54
241	TYPEEXCS	TYPE OF EXERCISE	54

VAR NO.	VAR NAME	VARIABLE LABEL	PAGE
CHILDREN OF THE HOUSEHOLD			
242	BOY02	BOY 0-2 YEARS	55
243	BOY35	BOY 3-5 YEARS	55
244	BOY68	BOY 6-8 YEARS	55
245	BOY911	BOY 9-11 YEARS	55
246	BOY1213	BOY 12-13 YEARS	55
247	BOY1415	BOY 14-15 YEARS	56
248	GIRL02	GIRL 0-2 YEARS	56
249	GIRL35	GIRL 3-5 YEARS	56
250	GIRL68	GIRL 6-8 YEARS	56
251	GIRL911	GIRL 9-11 YEARS	56
252	GIRL1213	GIRL 12-13 YEARS	56
253	GIRL1415	GIRL 14-15 YEARS	57
WEIGHTING			
254	WEIGHT	WEIGHTING FACTOR	57
255	CARDNO9	CARD NUMBER IDENTIFICATION	57

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

260	7.7%	(1) BRISBANE
294	8.7%	(2) REST OF QLD
750	22.2%	(3) SYDNEY
512	15.1%	(4) REST OF NSW
644	19.0%	(5) MELBOURNE
240	7.1%	(6) REST OF VIC
39	1.2%	(7) HOBART
70	2.1%	(8) REST OF TAS
197	5.8%	(9) ADELAIDE
110	3.2%	(10) REST OF SA,NT
160	4.7%	(11) PERTH
110	3.2%	(12) REST OF WA

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

SEE FREQUENCIES ADDENDUM FOR ELECTORAL DISTRIBUTION

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

VAR 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 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

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 B)



-----  
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

198	5.8%	(1) 14-17
113	3.3%	(2) 18-19
346	10.2%	(3) 20-24
424	12.5%	(4) 25-29
423	12.5%	(5) 30-34
425	12.6%	(6) 35-39
276	8.2%	(7) 40-44
199	5.9%	(8) 45-49
194	5.7%	(9) 50-54
189	5.6%	(10) 55-59
209	6.2%	(11) 60-64
390	11.5%	(12) 65 PLUS

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

2643	78.1%	(1) AUSTRALIA
46	1.4%	(2) ASIA
5	0.1%	(3) CANADA
21	0.6%	(4) GREECE
38	1.1%	(5) ITALY
173	5.1%	(6) OTHER EUROPE
51	1.5%	(7) NEW ZEALAND
352	10.4%	(8) UNITED KINGDOM
5	0.1%	(9) USA
52	1.5%	(10) OTHER

-----  
DEMOGRAPHIC VARIABLES  
-----

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

62	1.8%	(1) DE FACTO
2114	62.4%	(2) MARRIED
207	6.1%	(3) WIDOWED
136	4.0%	(4) DIVORCED
69	2.0%	(5) SEPARATED
748	22.1%	(6) SINGLE
29	0.9%	(7) ENGAGED
21	0.6%	(8) PLANNING TO MARRY

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

48	1.4%	(1) SOME PRIMARY
244	7.2%	(2) FINISHED PRIMARY
752	22.2%	(3) SOME SECONDARY
214	6.3%	(4) SOME TECHNICAL
627	18.5%	(5) SCHOOL CERTIFICATE
275	8.1%	(6) LEAVING CERTIFICATE
292	8.6%	(7) FINISHED TECHNICAL
200	5.9%	(8) FINISHED MATRIC OR HSC
186	5.5%	(9) SOME UNIVERSITY
185	5.5%	(10) TERTIARY DIPLOMA
83	2.5%	(11) NOW AT UNIVERSITY
280	8.3%	(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

1505	44.4%	(1) FULL-TIME WORK
360	10.6%	(2) PART-TIME WORK
718	21.2%	(3) NOT LOOKING - HOME
47	1.4%	(4) NOT LOOKING - DONT WORK
102	3.0%	(5) LOOKING FOR FULL-TIME
47	1.4%	(6) LOOKING FOR PART-TIME
420	12.4%	(7) RETIRED
187	5.5%	(8) STUDENT

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

173	9.3%	(1) UNDER \$6,000
89	4.8%	(2) \$6,000 TO 7,999
75	4.0%	(3) \$8,000 TO 9,999
122	6.5%	(4) \$10,000 TO 11,999
237	12.7%	(5) \$12,000 TO 14,999
405	21.7%	(6) \$15,000 TO 19,999
329	17.6%	(7) \$20,000 TO 24,999
192	10.3%	(8) \$25,000 TO 29,999
101	5.4%	(9) \$30,000 TO 34,999
57	3.1%	(10) \$35,000 TO 39,999
85	4.6%	(11) \$40,000 OR MORE
1521	-----	(13) MISSING

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

86	4.6%	(1) PROFESSIONAL
126	6.8%	(2) MANAGER
35	1.9%	(3) SMALL BUSINESS OWNER
841	45.1%	(4) WHITE COLLAR WORKER
312	16.7%	(5) SKILLED MANUAL
252	13.5%	(6) SEMI-SKILLED
109	5.8%	(7) UNSKILLED NOT FARM
71	3.8%	(8) FARMER, ETC
26	1.4%	(9) FARM WORKER, ETC
6	0.3%	(10) HOUSEWIFE, RET, UNEMPLOYED
1	0.1%	(12) SERVICEMAN
1521	-----	(13) NOT APPLICABLE

-----  
DEMOGRAPHIC 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
- (12) SERVICEMAN, NOT IN CATEGORIES 1 - 9

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

615	33.0%	(1) PUBLIC SERVICE
1049	56.2%	(2) PRIVATE INDUSTRY
201	10.8%	(3) SELF-EMPLOYED
1521	-----	(13) NOT APPLICABLE

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

61	1.8%	(0) NONE
2019	59.6%	(1) ONE
1007	29.7%	(2) TWO
214	6.3%	(3) THREE
61	1.8%	(4) FOUR
18	0.5%	(5) FIVE
5	0.1%	(6) SIX
1	0.0%	(7) SEVEN

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

61	1.8%	(0) NO TV
1220	36.0%	(1) OWN VCR
96	2.8%	(2) RENT VCR
2007	59.3%	(3) NO VCR
2	0.1%	(4) NO CODE GIVEN

-----  
DEMOGRAPHIC VARIABLES

-----

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

1846	54.5%	(0) NONE
547	16.2%	(1) ONE
627	18.5%	(2) TWO
259	7.6%	(3) THREE
83	2.5%	(4) FOUR
15	0.4%	(5) FIVE
5	0.1%	(6) SIX
1	0.0%	(7) SEVEN
2	0.1%	(8) EIGHT
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

29	1.9%	(1) UNDER \$6,000
31	2.1%	(2) \$6,000 TO 7,999
41	2.7%	(3) \$8,000 TO 9,999
89	5.9%	(4) \$10,000 TO 11,999
203	13.5%	(5) \$12,000 TO 14,999
379	25.2%	(6) \$15,000 TO 19,999
317	21.1%	(7) \$20,000 TO 24,999
180	12.0%	(8) \$25,000 TO 29,999
97	6.4%	(9) \$30,000 TO 34,999
56	3.7%	(10) \$35,000 TO 39,999
83	5.5%	(11) \$40,000 OR MORE
1881	-----	(13) NOT APPLICABLE

-----  
DEMOGRAPHIC VARIABLES  
-----

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

75	5.0%	(1) PROFESSIONAL
121	8.0%	(2) MANAGER
26	1.7%	(3) SMALL BUSINESS OWNER
636	42.3%	(4) WHITE COLLAR WORKER
295	19.6%	(5) SKILLED MANUAL
206	13.7%	(6) SEMI-SKILLED
56	3.7%	(7) UNSKILLED NOT FARM
67	4.5%	(8) FARMER,ETC
19	1.3%	(9) FARM WORKER, ETC
3	0.2%	(10) HOUSEWIFE, RET, UNEMP
1	0.1%	(12) SERVICEMAN
1881	-----	(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

536	35.6%	(1) PUBLIC SERVICE
804	53.4%	(2) PRIVATE INDUSTRY
165	11.0%	(3) SELF-EMPLOYED
1881	-----	(13) NOT APPLICABLE

-----  
DEMOGRAPHIC VARIABLES

-----  
VAR 27 LIFCYCL LIFECYCLE OF RESPONDENT /  
LOCATION: 56 FORMAT: F1.0  
CARD NO : 1 COLUMN: 56- 56  
  
687 20.3% (1) SINGLE, AGED 13 - 34  
215 6.3% (2) MARRIED, 14-34 NO CHILDREN  
602 17.8% (3) MARRIED, 14-34 CHILDREN  
684 20.2% (4) MARRIED, 35 PLUS, CHILDREN  
806 23.8% (5) MARRIED, 35 PLUS, NO CHILDREN  
392 11.6% (6) SINGLE, 35 PLUS

-----  
VAR 28 GBLIFE LIFE CYCLE OF GROCERY BUYER /  
LOCATION: 57 FORMAT: A1  
CARD NO : 1 COLUMN: 57- 57  
  
472 13.9% (1) UNDER 35, NO CHILDREN  
707 20.9% (2) UNDER 35, CHILDREN  
833 24.6% (3) OVER 35, CHILDREN  
1374 40.6% (4) OVER 35, NO CHILDREN

-----  
VAR 29 WRKLOOK NO OF PEOPLE LOOKING FOR WORK /  
LOCATION: 58 FORMAT: F1.0  
CARD NO : 1 COLUMN: 58- 58  
  
3254 96.1% (0) NONE  
119 3.5% (1) ONE  
11 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

141 4.2% (1) 14-15  
249 7.4% (2) 16-17  
209 6.2% (3) 18-19  
113 3.3% (4) 20-24  
346 10.2% (5) 25-29  
424 12.5% (6) 30-34  
423 12.5% (7) 35-39

-----  
DEMOGRAPHIC VARIABLES

## AGEREC (cont.)

425	12.6%	(8)	40-44
276	8.2%	(9)	45-49
199	5.9%	(10)	50-54
194	5.7%	(11)	55-59
189	5.6%	(12)	60-64
111	3.3%	(13)	65-69
87	2.6%	(14)	70 PLUS

---

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

1	0.0%	(0)	NONE
424	12.5%	(1)	ONE
2028	59.9%	(2)	TWO
550	16.2%	(3)	THREE
276	8.2%	(4)	FOUR
85	2.5%	(5)	FIVE
21	0.6%	(6)	SIX
1	0.0%	(9)	NINE OR MORE

---

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

338	10.0%	(1)	ONE
995	29.4%	(2)	TWO
645	19.0%	(3)	THREE
791	23.4%	(4)	FOUR
406	12.0%	(5)	FIVE
148	4.4%	(6)	SIX
41	1.2%	(7)	SEVEN
9	0.3%	(8)	EIGHT
13	0.4%	(9)	NINE OR MORE

---

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

2794	82.5%	(1)	YES, NUMBER GIVEN
93	2.7%	(2)	WONT SAY IF PHONE
209	6.2%	(3)	YES WONT SAY NUMBER
290	8.6%	(4)	NO PHONE



-----  
DEMOGRAPHIC VARIABLES

-----  
VAR 34 SEX /  
LOCATION: 65 FORMAT: F1.0  
CARD NO : 1 COLUMN: 65- 65  
  
1587 46.9% (1) MAN  
1799 53.1% (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?  
  
1894 55.9% (1) USUALLY  
708 20.9% (2) SOMETIMES  
784 23.2% (3) NEVER

-----  
VAR 36 GBSEX SEX OF GROCERY BUYER /  
LOCATION: 67 FORMAT: A1  
CARD NO : 1 COLUMN: 67- 67  
  
2849 84.1% (1) WOMAN  
537 15.9% (2) MAN

-----  
VAR 37 GBAGE AGE OF GROCERY BUYER /  
LOCATION: 68 FORMAT: A1  
CARD NO : 1 COLUMN: 68- 68  
  
7 0.2% (1) 14-17  
34 1.0% (2) 18-19  
237 7.0% (3) 20-24  
436 12.9% (4) 25-29  
465 13.7% (5) 30-34  
488 14.4% (6) 35-39  
364 10.8% (7) 40-44  
302 8.9% (8) 45-49  
255 7.5% (9) 50-54  
219 6.5% (10) 55-59  
225 6.6% (11) 60-64  
354 10.5% (12) 65 PLUS

-----  
DEMOGRAPHIC VARIABLES

---

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

1014	29.9%	(1) FULL TIME
503	14.9%	(2) PART TIME
1427	42.1%	(3) HOME DUTIES
442	13.1%	(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?

1756	51.9%	(1) YES
1630	48.1%	(2) NO

---

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

150	4.4%	(1) PROFESSIONAL
234	6.9%	(2) MANAGER
74	2.2%	(3) SMALL BUSINESS OWNER
1090	32.2%	(4) WHITE COLLAR WORKER
783	23.1%	(5) SKILLED MANUAL
510	15.1%	(6) SEMI-SKILLED
222	6.6%	(7) UNSKILLED NOT FARM
191	5.6%	(8) FARMER,ETC
36	1.1%	(9) FARM WORKER, ETC
78	2.3%	(10) HOUSEWIFE, RET, UNEMP
7	0.2%	(11) PENSIONER
11	0.3%	(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

-----  
DEMOGRAPHIC VARIABLES

-----

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

314	9.3%	(1) UNDER \$6,000
151	4.5%	(2) \$6,000 TO 7,999
105	3.1%	(3) \$8,000 TO 9,999
191	5.6%	(4) \$10,000 TO 11,999
425	12.6%	(5) \$12,000 TO 14,999
721	21.3%	(6) \$15,000 TO 19,999
634	18.7%	(7) \$20,000 TO 24,999
398	11.8%	(8) \$25,000 TO 29,999
198	5.8%	(9) \$30,000 TO 34,999
110	3.2%	(10) \$35,000 TO 39,999
139	4.1%	(11) \$40,000 OR MORE

-----

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

3012	89.0%	(1) YES
374	11.0%	(2) NO

-----

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

843	24.9%	(1) CATHOLIC
1040	30.7%	(2) ANGLICAN
203	6.0%	(3) PRESBYTERIAN
249	7.4%	(4) UNITING
59	1.7%	(5) BAPTIST
117	3.5%	(6) METHODIST
315	9.3%	(7) OTHER CHRISTIAN
40	1.2%	(8) NONCHRISTIAN
462	13.6%	(9) NO RELIGION
58	1.7%	(10) WOULDNT SAY

-----  
DEMOGRAPHIC VARIABLES  
-----

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

NUMBER OF (OTHER) FULL TIME WORKERS IN HOUSEHOLD

1595	47.1%	(0) NONE
1344	39.7%	(1) ONE
311	9.2%	(2) TWO
106	3.1%	(3) THREE
23	0.7%	(4) FOUR
5	0.1%	(5) FIVE
1	0.0%	(6) SIX
1	0.0%	(7) SEVEN

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

NUMBER OF (OTHER) PART TIME WORKERS IN HOUSEHOLD

2998	88.5%	(0) NONE
358	10.6%	(1) ONE
28	0.8%	(2) TWO
2	0.1%	(3) THREE

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

2910	85.9%	(1) SEPARATE HOUSE
134	4.0%	(2) SEMI DETACHED OR TERRACE HOUSE
5	0.1%	(3) FLAT ATTACHED TO SHOP
57	1.7%	(4) VILLA UNIT
244	7.2%	(5) FLAT IN BLOCK
26	0.8%	(6) FLAT - PART OF HOUSE
10	0.3%	(7) OTHER

-----  
DEMOGRAPHIC VARIABLES

-----  
VAR 47 CITYTYPE SIZE OF CITY OR TOWN /  
LOCATION: 78 FORMAT: F1.0  
CARD NO : 1 COLUMN: 78- 78  
  
2050 60.5% (0) CAPITAL CITY  
70 2.1% (1) UNDER 1000 PEOPLE  
312 9.2% (2) 1000 TO 4999  
169 5.0% (3) 5000 TO 9999  
307 9.1% (4) 10000 TO 24999  
121 3.6% (5) 25000 TO 49999  
357 10.5% (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 IDENTNO2 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  
  
1122 33.1% (0) NO ACTIVITY GIVEN  
990 29.2% (1) WALKING  
146 4.3% (2) JOGGING  
189 5.6% (3) AEROBICS  
73 2.2% (4) SWIMMING  
138 4.1% (5) BICYCLING

## ACTIVITY DETAILS FOR FIRST ACTIVITY

## ACTNO1 (cont.)

81	2.4%	(6) NETBALL BASKETBALL
136	4.0%	(7) GOLF
141	4.2%	(8) TENNIS
19	0.6%	(9) ATHLETICS
41	1.2%	(10) TABLETENNIS
41	1.2%	(11) SAILING BOATING
177	5.2%	(12) FOOTBALL CRICKET
10	0.3%	(13) SNOW SKIING
4	0.1%	(14) WATER SKIING
9	0.3%	(15) ICE SKATING
69	2.0%	(16) 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?

1122	33.1%	(0) NO ACTIVITY
370	10.9%	(1) VERY VIGOROUS
1058	31.2%	(2) FAIRLY VIGOROUS
668	19.7%	(3) NOT VERY VIGOROUS
151	4.5%	(4) NOT AT ALL VIGOROUS
17	0.5%	(5) CAN'T SAY

ACTIVITY DETAILS FOR FIRST ACTIVITY

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  
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

ACTIVITY DETAILS FOR FIRST ACTIVITY

---

VAR 60 PUBLIC1 AT PUBLIC FACILITY /  
LOCATION: 41 FORMAT: F1.0  
CARD NO : 2 COLUMN: 41- 41  
  
3195 94.4% (0) NO  
191 5.6% (1) YES

---

VAR 61 GYM1 AT GYMNASIUM OR COMMUNITY CENTRE /  
LOCATION: 42 FORMAT: F1.0  
CARD NO : 2 COLUMN: 42- 42  
  
3347 98.8% (0) NO  
39 1.2% (2) YES

---

VAR 62 SCHOOL1 AT SCHOOL OR UNIVERSITY /  
LOCATION: 43 FORMAT: F1.0  
CARD NO : 2 COLUMN: 43- 43  
  
3305 97.6% (0) NO  
81 2.4% (3) YES

---

VAR 63 ATHOME1 AT A PRIVATE HOUSE /  
LOCATION: 44 FORMAT: F1.0  
CARD NO : 2 COLUMN: 44- 44  
  
3171 93.7% (0) NO  
215 6.3% (4) YES

---

VAR 64 FOOTPTH1 ON FOOTPATH OR ROADWAY /  
LOCATION: 45 FORMAT: F1.0  
CARD NO : 2 COLUMN: 45- 45  
  
2546 75.2% (0) NO  
840 24.8% (5) YES



ACTIVITY DETAILS FOR FIRST ACTIVITY

---

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

3355 99.1% (0) NO  
31 0.9% (6) YES

---

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

3307 97.7% (0) NO  
79 2.3% (7) YES

---

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

3265 96.4% (0) NO  
121 3.6% (8) YES

---

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

3358 99.2% (0) NO  
28 0.8% (9) YES

---

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

3203 94.6% (0) NO  
183 5.4% (1) YES

---

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

3293 97.3% (0) NO  
93 2.7% (2) YES

-----  
ACTIVITY DETAILS FOR FIRST ACTIVITY

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 IDENTNO3 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

2373	70.1%	(0) NO ACTIVITY GIVEN
227	6.7%	(1) WALKING
145	4.3%	(2) JOGGING
171	5.1%	(3) AEROBICS
47	1.4%	(4) SWIMMING
82	2.4%	(5) BICYCLING
33	1.0%	(6) NETBALL BASKETBALL
36	1.1%	(7) GOLF
54	1.6%	(8) TENNIS
19	0.6%	(9) ATHLETICS
29	0.9%	(10) TABLETENNIS
25	0.7%	(11) SAILING BOATING
81	2.4%	(12) FOOTBALL CRICKET
7	0.2%	(13) SNOW SKIING
7	0.2%	(14) WATER SKIING
6	0.2%	(15) ICE SKATING
44	1.3%	(16) OTHER

-----  
ACTIVITY DETAILS OF SECOND ACTIVITY  
-----

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?

2373	70.1%	(0) NO ACTIVITY
240	7.1%	(1) VERY VIGOROUS
455	13.4%	(2) FAIRLY VIGOROUS
269	7.9%	(3) NOT VERY VIGOROUS
33	1.0%	(4) NOT AT ALL VIGOROUS
16	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

-----  
ACTIVITY DETAILS OF SECOND ACTIVITY  
-----

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  
  
3295 97.3% (0) NO  
91 2.7% (1) YES

VAR 84 GYM2 AT GYMNASIUM OR COMMUNITY CENTRE /  
LOCATION: 42 FORMAT: F1.0  
CARD NO : 3 COLUMN: 42- 42  
  
3365 99.4% (0) NO  
21 0.6% (2) YES

VAR 85 SCHOOL2 AT SCHOOL OR UNIVERSITY /  
LOCATION: 43 FORMAT: F1.0  
CARD NO : 3 COLUMN: 43- 43  
  
3333 98.4% (0) NO  
53 1.6% (3) YES

ACTIVITY DETAILS OF SECOND ACTIVITY

---

VAR 86 ATHOME2 AT A PRIVATE HOUSE /  
LOCATION: 44 FORMAT: F1.0  
CARD NO : 3 COLUMN: 44- 44  
  
3252 96.0% (0) NO  
134 4.0% (4) YES

---

VAR 87 FOOTPTH2 ON FOOTPATH OR ROADWAY /  
LOCATION: 45 FORMAT: F1.0  
CARD NO : 3 COLUMN: 45- 45  
  
3089 91.2% (0) NO  
297 8.8% (5) YES

---

VAR 88 CYCLPTH2 ON A CYCLE PATH /  
LOCATION: 46 FORMAT: F1.0  
CARD NO : 3 COLUMN: 46- 46  
  
3377 99.7% (0) NO  
9 0.3% (6) YES

---

VAR 89 NATURE2 AT NATURE RESERVE OR FOREST /  
LOCATION: 47 FORMAT: F1.0  
CARD NO : 3 COLUMN: 47- 47  
  
3353 99.0% (0) NO  
33 1.0% (7) YES

---

VAR 90 BEACH2 AT BEACH,RIVER,DAM OR LAKE /  
LOCATION: 48 FORMAT: F1.0  
CARD NO : 3 COLUMN: 48- 48  
  
3323 98.1% (0) NO  
63 1.9% (8) YES

---

VAR 91 OTHRPLC2 ANY OTHER PLACE /  
LOCATION: 49 FORMAT: F1.0  
CARD NO : 3 COLUMN: 49- 49  
  
3375 99.7% (0) NO  
11 0.3% (9) YES

-----  
ACTIVITY DETAILS OF SECOND ACTIVITY  
-----

VAR 92 PARK2 AT LOCAL PARK OR GARDEN /  
LOCATION: 50 FORMAT: F1.0  
CARD NO : 3 COLUMN: 50- 50  
  
3312 97.8% (0) NO  
74 2.2% (1) YES

VAR 93 CANTSAY2 CAN'T SAY /  
LOCATION: 51 FORMAT: F1.0  
CARD NO : 3 COLUMN: 51- 51  
  
3352 99.0% (0) NO  
34 1.0% (2) YES

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

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

VAR 96 IDENTNO4 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 ACTN03 NAME OF THIRD ACTIVITY LISTED /  
LOCATION: 10 FORMAT: F2.0  
CARD NO : 4 COLUMN: 10- 11

2936	86.7%	(0) NO ACTIVITY GIVEN
87	2.6%	(1) WALKING
45	1.3%	(2) JOGGING
82	2.4%	(3) AEROBICS
23	0.7%	(4) SWIMMING
42	1.2%	(5) BICYCLING
17	0.5%	(6) NETBALL BASKETBALL
25	0.7%	(7) GOLF
34	1.0%	(8) TENNIS
4	0.1%	(9) ATHLETICS
15	0.4%	(10) TABLETENNIS
7	0.2%	(11) SAILING BOATING
42	1.2%	(12) FOOTBALL CRICKET
4	0.1%	(13) SNOW SKIING
2	0.1%	(14) WATER SKIING
2	0.1%	(15) ICE SKATING
19	0.6%	(16) OTHER

---

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)?

-----  
ACTIVITY DETAILS OF THIRD 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?

2936	86.7%	(0) NO ACTIVITY
128	3.8%	(1) VERY VIGOROUS
196	5.8%	(2) FAIRLY VIGOROUS
107	3.2%	(3) NOT VERY VIGOROUS
14	0.4%	(4) NOT AT ALL VIGOROUS
5	0.1%	(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

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



ACTIVITY DETAILS OF THIRD ACTIVITY

---

VAR 106 PUBLIC3 AT PUBLIC FACILITY /  
LOCATION: 41 FORMAT: F1.0  
CARD NO : 4 COLUMN: 41- 41  
  
3337 98.6% (0) NO  
49 1.4% (1) YES

---

VAR 107 GYM3 AT GYMNASIUM OR COMMUNITY CENTRE /  
LOCATION: 42 FORMAT: F1.0  
CARD NO : 4 COLUMN: 42- 42  
  
3375 99.7% (0) NO  
11 0.3% (2) YES

---

VAR 108 SCHOOL3 AT SCHOOL OR UNIVERSITY /  
LOCATION: 43 FORMAT: F1.0  
CARD NO : 4 COLUMN: 43- 43  
  
3368 99.5% (0) NO  
18 0.5% (3) YES

---

VAR 109 ATHOME3 AT A PRIVATE HOUSE /  
LOCATION: 44 FORMAT: F1.0  
CARD NO : 4 COLUMN: 44- 44  
  
3330 98.3% (0) NO  
56 1.7% (1) YES

---

VAR 110 FOOTPTH3 ON FOOTPATH OR ROADWAY /  
LOCATION: 45 FORMAT: F1.0  
CARD NO : 4 COLUMN: 45- 45  
  
3272 96.6% (0) NO  
114 3.4% (5) YES

---

VAR 111 CYCLPTH3 ON A CYCLE PATH /  
LOCATION: 46 FORMAT: F1.0  
CARD NO : 4 COLUMN: 46- 46  
  
3382 99.9% (0) NO  
4 0.1% (6) YES

## ACTIVITY DETAILS OF THIRD ACTIVITY

---

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

3373 99.6% (0) NO  
13 0.4% (7) YES

---

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

3365 99.4% (0) NO  
21 0.6% (8) YES

---

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

3379 99.8% (0) NO  
7 0.2% (9) YES

---

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

3366 99.4% (0) NO  
20 0.6% (1) YES

---

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

3367 99.4% (0) NO  
19 0.6% (2) YES

---

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

ACTIVITY DETAILS OF FOURTH ACTIVITY

VAR 118 STATE5 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

VAR 120 ACTNO4 NAME OF FOURTH ACTIVITY LISTED /  
LOCATION: 10 FORMAT: F2.0  
CARD NO : 5 COLUMN: 10- 11

3199	94.5%	(0) NO ACTIVITY GIVEN
19	0.6%	(1) WALKING
26	0.8%	(2) JOGGING
34	1.0%	(3) AEROBICS
13	0.4%	(4) SWIMMING
24	0.7%	(5) BICYCLING
11	0.3%	(6) NETBALL BASKETBALL
7	0.2%	(7) GOLF
11	0.3%	(8) TENNIS
2	0.1%	(9) ATHLETICS
7	0.2%	(10) TABLETENNIS
5	0.1%	(11) SAILING BOATING
15	0.4%	(12) FOOTBALL CRICKET
3	0.1%	(13) SNOW SKIING
2	0.1%	(14) WATER SKIING
2	0.1%	(15) ICE SKATING
6	0.2%	(16) 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 (say fourth activity) IN THE LAST TWO  
WEEKS?

ACTIVITY DETAILS OF FOURTH ACTIVITY

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 (say activity)?

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

3199	94.5%	(0) NO ACTIVITY
55	1.6%	(1) VERY VIGOROUS
73	2.2%	(2) FAIRLY VIGOROUS
50	1.5%	(3) NOT VERY VIGOROUS
8	0.2%	(4) NOT AT ALL VIGOROUS
1	0.0%	(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

---

ACTIVITY DETAILS OF FOURTH ACTIVITY

---

---

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

---

---

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

3363 99.3% (0) NO  
23 0.7% (1) YES

---

---

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

3380 99.8% (0) NO  
6 0.2% (2) YES

---

---

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

3370 99.5% (0) NO  
16 0.5% (3) YES

---

## ACTIVITY DETAILS OF FOURTH ACTIVITY

---

VAR 132    ATHOME4            AT A PRIVATE HOUSE            /  
LOCATION:    44    FORMAT: F1.0  
CARD NO :    5    COLUMN: 44- 44  
  
3362 99.3%        (0) NO  
   24 0.7%        (4) YES

---

VAR 133    FOOTPTH4            ON FOOTPATH OR ROADWAY        /  
LOCATION:    45    FORMAT: F1.0  
CARD NO :    5    COLUMN: 45- 45  
  
3347 98.8%        (0) NO  
   39 1.2%        (5) YES

---

VAR 134    CYCLPTH4            ON A CYCLE PATH                /  
LOCATION:    46    FORMAT: F1.0  
CARD NO :    5    COLUMN: 46- 46  
  
3379 99.8%        (0) NO  
   7 0.2%         (6) YES

---

VAR 135    NATURE4            AT NATURE RESERVE OR FOREST    /  
LOCATION:    47    FORMAT: F1.0  
CARD NO :    5    COLUMN: 47- 47  
  
3381 99.9%        (0) NO  
   5 0.1%         (7) YES

---

VAR 136    BEACH4            AT BEACH,RIVER,DAM OR LAKE    /  
LOCATION:    48    FORMAT: F1.0  
CARD NO :    5    COLUMN: 48- 48  
  
3374 99.6%        (0) NO  
   12 0.4%        (8) YES

-----  
ACTIVITY DETAILS OF FOURTH ACTIVITY  
-----

VAR 137 OTHRPLC4 ANY OTHER PLACE /  
LOCATION: 49 FORMAT: F1.0  
CARD NO : 5 COLUMN: 49- 49  
  
3379 99.8% (0) NO  
7 0.2% (9) YES

-----  
VAR 138 PARK4 AT LOCAL PARK OR GARDEN /  
LOCATION: 50 FORMAT: F1.0  
CARD NO : 5 COLUMN: 50- 50  
  
3378 99.8% (0) NO  
8 0.2% (1) YES

-----  
VAR 139 CANTSAY4 CAN'T SAY /  
LOCATION: 51 FORMAT: F1.0  
CARD NO : 5 COLUMN: 51- 51  
  
3382 99.9% (0) NO  
4 0.1% (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 ACTN05 NAME OF FIFTH ACTIVITY LISTED /  
LOCATION: 10 FORMAT: F2.0  
CARD NO : 6 COLUMN: 10- 11

3293	97.3%	(0) NO ACTIVITY GIVEN
10	0.3%	(1) WALKING
10	0.3%	(2) JOGGING
14	0.4%	(3) AEROBICS
2	0.1%	(4) SWIMMING
11	0.3%	(5) BICYCLING
5	0.1%	(6) NETBALL BASKETBALL
8	0.2%	(7) GOLF
7	0.2%	(8) TENNIS
3	0.1%	(9) ATHLETICS
4	0.1%	(10) TABLETENNIS
4	0.1%	(11) SAILING BOATING
10	0.3%	(12) FOOTBALL CRICKET
1	0.0%	(13) SNOW SKIING
4	0.1%	(16) 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 TIME5 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)?



ACTIVITY DETAILS OF FIFTH 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?

3293	97.3%	(0) NO ACTIVITY
37	1.1%	(1) VERY VIGOROUS
33	1.0%	(2) FAIRLY VIGOROUS
20	0.6%	(3) NOT VERY VIGOROUS
2	0.1%	(4) NOT AT ALL VIGOROUS
1	0.0%	(5) CAN'T SAY

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

ACTIVITY DETAILS OF FIFTH ACTIVITY

---

VAR 152 PUBLIC5 AT PUBLIC FACILITY /  
LOCATION: 41 FORMAT: F1.0  
CARD NO : 6 COLUMN: 41- 41  
  
3371 99.6% (0) NO  
15 0.4% (1) YES

---

VAR 153 GYM5 AT GYMNASIUM OR COMMUNITY CENTRE /  
LOCATION: 42 FORMAT: F1.0  
CARD NO : 6 COLUMN: 42- 42  
  
3385 100.0% (0) NO  
1 0.0% (2) YES

---

VAR 154 SCHOOLS AT SCHOOL OR UNIVERSITY /  
LOCATION: 43 FORMAT: F1.0  
CARD NO : 6 COLUMN: 43- 43  
  
3380 99.8% (0) NO  
6 0.2% (3) YES

---

VAR 155 ATHOME5 AT A PRIVATE HOUSE /  
LOCATION: 44 FORMAT: F1.0  
CARD NO : 6 COLUMN: 44- 44  
  
3374 99.6% (0) NO  
12 0.4% (4) YES

---

VAR 156 FOOTPTH5 ON FOOTPATH OR ROADWAY /  
LOCATION: 45 FORMAT: F1.0  
CARD NO : 6 COLUMN: 45- 45  
  
3362 99.3% (0) NO  
24 0.7% (5) YES

-----  
ACTIVITY DETAILS OF FIFTH ACTIVITY  
-----

VAR 157 CYCLPTH5 ON A CYCLE PATH /  
LOCATION: 46 FORMAT: F1.0  
CARD NO : 6 COLUMN: 46- 46  
  
3384 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  
  
3383 99.9% (0) NO  
3 0.1% (7) YES

-----  
VAR 159 BEACH5 AT BEACH,RIVER,DAM OR LAKE /  
LOCATION: 48 FORMAT: F1.0  
CARD NO : 6 COLUMN: 48- 48  
  
3384 99.9% (0) NO  
2 0.1% (8) YES

-----  
VAR 160 OTHRPLC5 ANY OTHER PLACE /  
LOCATION: 49 FORMAT: F1.0  
CARD NO : 6 COLUMN: 49- 49  
  
3385 100.0% (0) NO  
1 0.0% (9) YES

-----  
VAR 161 PARK5 AT LOCAL PARK OR GARDEN /  
LOCATION: 50 FORMAT: F1.0  
CARD NO : 6 COLUMN: 50- 50  
  
3383 99.9% (0) NO  
3 0.1% (1) YES

-----  
ACTIVITY DETAILS OF FIFTH ACTIVITY  
-----

VAR 162 CANTSAY5 CAN'T SAY /  
LOCATION: 51 FORMAT: F1.0  
CARD NO : 6 COLUMN: 51- 51  
  
3384 99.9% (0) NO  
2 0.1% (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

-----  
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 ACTNO6 NAME OF SIXTH ACTIVITY LISTED /  
LOCATION: 10 FORMAT: F2.0  
CARD NO : 7 COLUMN: 10- 11  
  
3351 99.0% (0) NO ACTIVITY GIVEN  
4 0.1% (1) WALKING  
2 0.1% (2) JOGGING  
7 0.2% (3) AEROBICS  
2 0.1% (4) SWIMMING  
3 0.1% (5) BICYCLING  
4 0.1% (6) NETBALL BASKETBALL  
4 0.1% (7) GOLF  
1 0.0% (8) TENNIS  
1 0.0% (9) ATHLETICS  
1 0.0% (11) SAILING BOATING  
6 0.2% (12) FOOTBALL CRICKET

-----  
ACTIVITY DETAILS OF SIXTH ACTIVITY  
-----

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?

-----  
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?

3351	99.0%	(0) NO ACTIVITY
13	0.4%	(1) VERY VIGOROUS
10	0.3%	(2) FAIRLY VIGOROUS
10	0.3%	(3) NOT VERY VIGOROUS
2	0.1%	(4) NOT AT ALL VIGOROUS

-----  
VAR 170 SPTCLB6 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

ACTIVITY DETAILS OF SIXTH ACTIVITY

---

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

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

3383 99.9% (0) NO  
3 0.1% (1) YES

---

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

3386 100.0% (0) NO

---

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

3379 99.8% (0) NO  
7 0.2% (3) YES

ACTIVITY DETAILS OF SIXTH ACTIVITY

---

VAR 178   ATHOME6            AT A PRIVATE HOUSE           /  
          LOCATION: 44   FORMAT: F1.0  
          CARD NO : 7   COLUMN: 44- 44  
  
          3381 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  
  
          3378 99.8%       (0) NO  
          8   0.2%       (5) YES

---

VAR 180   CYCLPTH6            ON A CYCLE PATH            /  
          LOCATION: 46   FORMAT: F1.0  
          CARD NO : 7   COLUMN: 46- 46  
  
          3386 100.0%      (0) NO

---

VAR 181   NATURE6            AT NATURE RESERVE OR FOREST   /  
          LOCATION: 47   FORMAT: F1.0  
          CARD NO : 7   COLUMN: 47- 47  
  
          3385 100.0%      (0) NO  
          1   0.0%       (7) YES

---

VAR 182   BEACH6            AT BEACH,RIVER,DAM OR LAKE   /  
          LOCATION: 48   FORMAT: F1.0  
          CARD NO : 7   COLUMN: 48- 48  
  
          3385 100.0%      (0) NO  
          1   0.0%       (8) YES

---

VAR 183   OTHRPLC6            ANY OTHER PLACE            /  
          LOCATION: 49   FORMAT: F1.0  
          CARD NO : 7   COLUMN: 49- 49  
  
          3385 100.0%      (0) NO  
          1   0.0%       (9) YES

ACTIVITY DETAILS OF SIXTH ACTIVITY

---

VAR 184 PARK6 AT LOCAL PARK OR GARDEN /  
LOCATION: 50 FORMAT: F1.0  
CARD NO : 7 COLUMN: 50- 50  
  
3386 100.0% (0) NO

---

VAR 185 CANTSAY6 CAN'T SAY /  
LOCATION: 51 FORMAT: F1.0  
CARD NO : 7 COLUMN: 51- 51  
  
3385 100.0% (0) NO  
1 0.0% (2) YES

---

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

---

VAR 187 STATE8 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

3379 99.8% (0) NO ACTIVITY GIVEN  
1 0.0% (2) JOGGING  
1 0.0% (6) NETBALL BASKETBALL  
1 0.0% (7) GOLF  
2 0.1% (8) TENNIS  
1 0.0% (9) ATHLETICS  
1 0.0% (12) FOOTBALL CRICKET

-----  
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 (say 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 (say activity)?

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

3379 99.8% (0) NO ACTIVITY  
1 0.0% (1) VERY VIGOROUS  
5 0.1% (2) FAIRLY VIGOROUS  
1 0.0% (3) NOT VERY VIGOROUS

ACTIVITY DETAILS OF SEVENTH ACTIVITY

---

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

---

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  
  
3385 100.0% (0) NO  
1 0.0% (1) YES

---

VAR 199 GYM7 AT GYMNASIUM OR COMMUNITY CENTRE /  
LOCATION: 42 FORMAT: F1.0  
CARD NO : 8 COLUMN: 42- 42  
  
3386 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  
  
3385 100.0% (0) NO  
1 0.0% (3) YES

---

VAR 201 ATHOME7 AT A PRIVATE HOUSE /  
LOCATION: 44 FORMAT: F1.0  
CARD NO : 8 COLUMN: 44- 44  
  
3386 100.0% (0) NO

---

VAR 202 FOOTPTH7 ON FOOTPATH OR ROADWAY /  
LOCATION: 45 FORMAT: F1.0  
CARD NO : 8 COLUMN: 45- 45  
  
3385 100.0% (0) NO  
1 0.0% (5) YES

---

VAR 203 CYCLPTH7 ON A CYCLE PATH /  
LOCATION: 46 FORMAT: F1.0  
CARD NO : 8 COLUMN: 46- 46  
  
3386 100.0% (0) NO

---

VAR 204 NATURE7 AT NATURE RESERVE OR FOREST /  
LOCATION: 47 FORMAT: F1.0  
CARD NO : 8 COLUMN: 47- 47  
  
3386 100.0% (0) NO

---

VAR 205 BEACH7 AT BEACH, RIVER, DAM OR LAKE /  
LOCATION: 48 FORMAT: F1.0  
CARD NO : 8 COLUMN: 48- 48  
  
3386 100.0% (0) NO

ACTIVITY DETAILS OF SEVENTH ACTIVITY

---

VAR 206 OTHRPLC7 ANY OTHER PLACE /  
LOCATION: 49 FORMAT: F1.0  
CARD NO : 8 COLUMN: 49- 49  
  
3385 100.0% (0) NO  
1 0.0% (9) YES

---

VAR 207 PARK7 AT LOCAL PARK OR GARDEN /  
LOCATION: 50 FORMAT: F1.0  
CARD NO : 8 COLUMN: 50- 50  
  
3386 100.0% (0) NO

---

VAR 208 CANTSAY7 CAN'T SAY /  
LOCATION: 51 FORMAT: F1.0  
CARD NO : 8 COLUMN: 51- 51  
  
3385 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

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  
  
2053 60.6% (0) NO  
1333 39.4% (1) YES

VAR 213 JOG JOGGED FOR EXERCISE /  
LOCATION: 11 FORMAT: F1.0  
CARD NO : 9 COLUMN: 11- 11  
  
3014 89.0% (0) NO  
372 11.0% (2) YES

VAR 214 AEROBICS DID AEROBICS FOR EXERCISE /  
LOCATION: 12 FORMAT: F1.0  
CARD NO : 9 COLUMN: 12- 12  
  
2891 85.4% (0) NO  
495 14.6% (3) YES

VAR 215 SWIM SWAM FOR EXERCISE /  
LOCATION: 13 FORMAT: F1.0  
CARD NO : 9 COLUMN: 13- 13  
  
3226 95.3% (0) NO  
160 4.7% (4) YES

VAR 216 BICYCLE BICYCLED FOR EXERCISE /  
LOCATION: 14 FORMAT: F1.0  
CARD NO : 9 COLUMN: 14- 14  
  
3086 91.1% (0) NO  
300 8.9% (5) YES

TYPES OF ACTIVITIES DONE

---

VAR 217 NETBALL PLAYED NETBALL FOR EXERCISE /  
LOCATION: 15 FORMAT: F1.0  
CARD NO : 9 COLUMN: 15- 15  
3237 95.6% (0) NO  
149 4.4% (6) YES

---

VAR 218 GOLF PLAYED GOLF FOR EXERCISE /  
LOCATION: 16 FORMAT: F1.0  
CARD NO : 9 COLUMN: 16- 16  
3169 93.6% (0) NO  
217 6.4% (7) YES

---

VAR 219 TENNIS PLAYED TENNIS FOR EXERCISE /  
LOCATION: 17 FORMAT: F1.0  
CARD NO : 9 COLUMN: 17- 17  
3136 92.6% (0) NO  
250 7.4% (8) YES

---

VAR 220 ATHLETIC DID ATHLETICS FOR EXERCISE /  
LOCATION: 18 FORMAT: F1.0  
CARD NO : 9 COLUMN: 18- 18  
3337 98.6% (0) NO  
49 1.4% (9) YES

---

VAR 221 NOACTIV NO ACTIVITIES /  
LOCATION: 19 FORMAT: F1.0  
CARD NO : 9 COLUMN: 19- 19  
2264 66.9% (0) NO  
1122 33.1% (1) YES

TYPES OF ACTIVITIES DONE

---

VAR 222 TABTENIS PLAYED TABLE TENNIS /  
LOCATION: 24 FORMAT: F1.0  
CARD NO : 9 COLUMN: 24- 24  
  
3290 97.2% (0) NO  
96 2.8% (1) YES

---

VAR 223 SAILING WENT SAILING FOR EXERCISE /  
LOCATION: 25 FORMAT: F1.0  
CARD NO : 9 COLUMN: 25- 25  
  
3303 97.5% (0) NO  
83 2.5% (2) YES

---

VAR 224 FOOTBALL FOOTBALL OR CRICKET /  
LOCATION: 26 FORMAT: F1.0  
CARD NO : 9 COLUMN: 26- 26  
  
3071 90.7% (0) NO  
315 9.3% (3) YES

---

VAR 225 SNOWSKI SNOWSKIING /  
LOCATION: 27 FORMAT: F1.0  
CARD NO : 9 COLUMN: 27- 27  
  
3361 99.3% (0) NO  
25 0.7% (4) YES

---

VAR 226 WATERSKI WATERSKIING /  
LOCATION: 28 FORMAT: F1.0  
CARD NO : 9 COLUMN: 28- 28  
  
3371 99.6% (0) NO  
15 0.4% (5) YES

---

VAR 227 ICESKATE ICESKATING /  
LOCATION: 29 FORMAT: F1.0  
CARD NO : 9 COLUMN: 29- 29  
  
3367 99.4% (0) NO  
19 0.6% (6) YES

-----  
TYPES OF ACTIVITIES DONE  
-----

VAR 228 OTHERSP OTHER SPORT /  
LOCATION: 30 FORMAT: F1.0  
CARD NO : 9 COLUMN: 30- 30  
  
3251 96.0% (0) NONE  
135 4.0% (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)

-----  
VAR 229 DONTWANT DON'T WANT TO BE ACTIVE /  
LOCATION: 38 FORMAT: F1.0  
CARD NO : 9 COLUMN: 38- 38  
  
3236 95.6% (0) NO  
150 4.4% (1) YES



REASONS WHY NOT PHYSICALLY ACTIVE

---

VAR 230 TOO HARD HAVE TRIED BUT FIND DIFFICULT /  
LOCATION: 39 FORMAT: F1.0  
CARD NO : 9 COLUMN: 39- 39  
  
3331 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  
  
3295 97.3% (0) NO  
91 2.7% (3) YES

---

VAR 232 NOTIME NOT ENOUGH FREE TIME /  
LOCATION: 41 FORMAT: F1.0  
CARD NO : 9 COLUMN: 41- 41  
  
2931 86.6% (0) NO  
455 13.4% (4) YES

---

VAR 233 NOTRANS DON'T HAVE TRANSPORT /  
LOCATION: 42 FORMAT: F1.0  
CARD NO : 9 COLUMN: 42- 42  
  
3366 99.4% (0) NO  
20 0.6% (5) YES

---

VAR 234 MORENCOR NEED MORE ENCOURAGEMENT /  
LOCATION: 43 FORMAT: F1.0  
CARD NO : 9 COLUMN: 43- 43  
  
3296 97.3% (0) NO  
90 2.7% (6) YES

---

VAR 235 UNABLE PHYSICALLY UNABLE /  
LOCATION: 44 FORMAT: F1.0  
CARD NO : 9 COLUMN: 44- 44  
  
3123 92.2% (0) NO  
263 7.8% (7) YES

REASONS WHY NOT PHYSICALLY ACTIVE

---

VAR 236 NOFACILS NO FACILITIES NEARBY /  
LOCATION: 45 FORMAT: F1.0  
CARD NO : 9 COLUMN: 45- 45  
  
3361 99.3% (0) NO  
25 0.7% (8) YES

---

VAR 237 ANYOTHER OTHER REASON /  
LOCATION: 46 FORMAT: F1.0  
CARD NO : 9 COLUMN: 46- 46  
  
3321 98.1% (0) NO  
65 1.9% (9) YES

---

VAR 238 NONE /  
LOCATION: 47 FORMAT: F1.0  
CARD NO : 9 COLUMN: 47- 47  
  
3330 98.3% (0) NO  
56 1.7% (1) YES

---

VAR 239 ATWORK EXERCISE AT WORK /  
LOCATION: 48 FORMAT: F1.0  
CARD NO : 9 COLUMN: 48- 48  
  
3363 99.3% (0) NO  
23 0.7% (2) YES

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?

36	1.1%	(0) LESS THAN ONE DAY
112	3.3%	(1) ONE DAY
148	4.4%	(2) TWO DAYS
168	5.0%	(3) THREE DAYS
96	2.8%	(4) FOUR DAYS
98	2.9%	(5) FIVE DAY
23	0.7%	(6) SIX DAYS
533	15.7%	(7) SEVEN DAYS
51	1.5%	(8) CAN'T SAY
2121	62.6%	(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?

2254	66.6%	(0) JOGGING
53	1.6%	(1) RUN
446	13.2%	(2) WALK
79	2.3%	(3) CYCLE
50	1.5%	(4) SWIM
222	6.6%	(5) AT HOME
95	2.8%	(6) HEALTH CLUB
183	5.4%	(7) OTHER
4	0.1%	(8) CAN'T SAY

## CHILDREN OF THE HOUSEHOLD

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

---

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

3135 92.6% (0) NOT APPLICABLE  
251 7.4% (1) BOY 0-2 YEARS

---

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

3113 91.9% (0) NOT APPLICABLE  
273 8.1% (2) BOY 3-5 YEARS

---

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

3123 92.2% (0) NOT APPLICABLE  
263 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

3114 92.0% (0) NOT APPLICABLE  
272 8.0% (4) BOY 9-11 YEARS

---

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

3179 93.9% (0) NOT APPLICABLE  
207 6.1% (5) BOY 12-13 YEARS

CHILDREN OF THE HOUSEHOLD

---

VAR 247 BOY1415 BOY 14-15 YEARS /  
LOCATION: 57 FORMAT: F1.0  
CARD NO : 9 COLUMN: 57- 57  
  
3162 93.4% (0) NOT APPLICABLE  
224 6.6% (6) BOY 14-15 YEARS

---

VAR 248 GIRL02 GIRL 0-2 YEARS /  
LOCATION: 58 FORMAT: F1.0  
CARD NO : 9 COLUMN: 58- 58  
  
3166 93.5% (0) NOT APPLICABLE  
220 6.5% (7) GIRL 0-2 YEARS

---

VAR 249 GIRL35 GIRL 3-5 YEARS /  
LOCATION: 59 FORMAT: F1.0  
CARD NO : 9 COLUMN: 59- 59  
  
3130 92.4% (0) NOT APPLICABLE  
256 7.6% (8) GIRL 3-5 YEARS

---

VAR 250 GIRL68 GIRL 6-8 YEARS /  
LOCATION: 60 FORMAT: F1.0  
CARD NO : 9 COLUMN: 60- 60  
  
3131 92.5% (0) NOT APPLICABLE  
255 7.5% (9) GIRL 6-8 YEARS

---

VAR 251 GIRL911 GIRL 9-11 YEARS /  
LOCATION: 61 FORMAT: F1.0  
CARD NO : 9 COLUMN: 61- 61  
  
3125 92.3% (0) NOT APPLICABLE  
261 7.7% (1) GIRL 9-11 YEARS

---

VAR 252 GIRL1213 GIRL 12-13 YEARS /  
LOCATION: 62 FORMAT: F1.0  
CARD NO : 9 COLUMN: 62- 62  
  
3184 94.0% (0) NOT APPLICABLE  
202 6.0% (2) GIRL 12-13 YEARS

CHILDREN OF THE HOUSEHOLD

---

VAR 253 GIRL1415 GIRL 14-15 YEARS /  
LOCATION: 63 FORMAT: F1.0  
CARD NO : 9 COLUMN: 63- 63  
  
3177 93.8% (0) NOT APPLICABLE  
209 6.2% (3) GIRL 14-15 YEARS

---

WEIGHTING

---

VAR 254 WEIGHT WEIGHTING FACTOR /  
LOCATION: 65 FORMAT: F6.0  
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. 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.

ELECTORATE CODES

Code	Adj Cum			Code	Adj Cum			Code	Adj Cum		
	Freq	%	%		Freq	%	%		Freq	%	%
100.	50	1	1	221.	20	1	47	384.	10	0	76
101.	19	1	2	222.	10	0	47	386.	10	0	77
102.	49	1	3	223.	20	1	48	387.	10	0	77
103.	20	1	4	224.	10	0	48	388.	10	0	77
104.	48	1	5	225.	10	0	48	392.	10	0	77
105.	10	0	6	226.	10	0	49	400.	20	1	78
106.	30	1	7	227.	6	0	49	402.	30	1	79
107.	10	0	7	228.	11	0	49	403.	20	1	79
108.	20	1	8	229.	10	0	50	409.	10	0	80
109.	10	0	8	230.	30	1	50	410.	10	0	80
110.	10	0	8	232.	10	0	51	420.	10	0	80
112.	10	0	8	240.	20	1	51	421.	10	0	81
120.	50	1	10	241.	20	1	52	424.	15	0	81
121.	30	1	11	242.	30	1	53	429.	10	0	81
122.	30	1	12	243.	40	1	54	441.	20	1	82
123.	48	1	13	244.	17	1	55	442.	10	0	82
124.	8	0	13	245.	30	1	55	444.	10	0	83
125.	20	1	14	246.	10	0	56	445.	10	0	83
126.	40	1	15	247.	20	1	56	460.	10	0	83
127.	20	1	16	249.	20	1	57	462.	20	1	84
128.	30	1	17	250.	10	0	57	463.	10	0	84
130.	20	1	17	252.	20	1	58	465.	10	0	84
141.	40	1	18	262.	29	1	59	466.	10	0	85
142.	40	1	20	263.	10	0	59	473.	10	0	85
143.	10	0	20	264.	10	0	59	482.	20	1	86
144.	40	1	21	265.	20	1	60	484.	10	0	86
145.	30	1	22	266.	20	1	60	486.	10	0	86
146.	23	1	23	268.	10	0	61	488.	10	0	86
147.	20	1	23	270.	20	1	61	500.	10	0	87
148.	20	1	24	273.	4	0	61	502.	10	0	87
149.	30	1	25	276.	10	0	62	506.	10	0	87
151.	10	0	25	280.	10	0	62	507.	10	0	88
152.	10	0	25	282.	10	0	62	510.	10	0	88
160.	40	1	26	283.	10	0	63	521.	10	0	88
161.	30	1	27	284.	10	0	63	522.	10	0	88
162.	30	1	28	285.	20	1	63	526.	10	0	89
163.	30	1	29	286.	20	1	64	529.	10	0	89
164.	50	1	31	287.	10	0	64	540.	10	0	89
165.	50	1	32	290.	10	0	65	541.	20	1	90
166.	20	1	33	301.	18	1	65	545.	20	1	91
167.	30	1	34	302.	20	1	66	548.	10	0	91
169.	10	0	34	303.	20	1	66	560.	25	1	92
170.	10	0	34	304.	20	1	67	561.	10	0	92
180.	19	1	35	305.	10	0	67	564.	20	1	92
181.	30	1	36	306.	20	1	68	566.	10	0	93

ELECTORATE CODES (cont.)

182.	10	0	36	308.	7	0	68	583.	10	0	93
183.	20	1	36	310.	10	0	68	587.	10	0	93
184.	20	1	37	311.	10	0	69	589.	10	0	94
185.	10	0	37	322.	10	0	69	604.	20	1	94
186.	10	0	38	325.	10	0	69	606.	10	0	95
187.	20	1	38	327.	10	0	70	620.	20	1	95
189.	20	1	39	330.	10	0	70	622.	10	0	95
192.	8	0	39	342.	10	0	70	625.	18	1	96
200.	20	1	40	343.	10	0	70	628.	10	0	96
201.	40	1	41	345.	20	1	71	630.	10	0	97
202.	10	0	41	346.	20	1	72	709.	10	0	97
203.	30	1	42	348.	10	0	72	743.	10	0	97
204.	20	1	43	349.	10	0	72	744.	9	0	97
205.	20	1	43	360.	10	0	72	750.	10	0	98
206.	10	0	43	362.	10	0	73	763.	10	0	98
207.	20	1	44	364.	17	1	73	766.	8	0	98
208.	30	1	45	365.	10	0	74	782.	10	0	99
210.	10	0	45	366.	10	0	74	783.	20	1	99
214.	10	0	46	380.	20	1	74	785.	10	0	99
219.	20	1	46	381.	20	1	75	800.	10	0	100
220.	10	0	46	382.	30	1	76	808.	10	0	100

Valid cases      3386      Missing cases      0

# Questionnaire



The Australian National University  
Canberra 2600

→ ASK EVERYONE:

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

T

physical exercise, to help you keep fit?

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, cycling, swimming, or exercise at home, or exercise at a health club, or something else?

JOGGING.....0

RUNNING.....1

WALKING.....2

CYCLING.....3

SWIMMING.....4

AT HOME.....5

HEALTH CLUB.....6

PRINT UNLISTED:

.....7

CAN'T SAY.....8

CIRCLE ONCE ONLY

ASK EVERYONE!

ask about physical activity, physical exercise and physical recreation. Looking at 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? NONE LISTED. 00 Go to 231 ✓

ACTIVITY AND WRITE IN COL.1 BELOW		Col.2: 23b Number of times	Cols.4-7:23d Vigorous					Col.8 23e	Col.9 23f	Col.10 23g	Col.11 23h
Col.1:23a	No.	Col.3:23c Av. Time Hrs Mins	Very Fairly		Not at all		Sporting Club	Health Centre	Alone/Friends	Where did Alone/friends	
.....	10-11	12-13 14-15 16-17	4	5	18	6	7	7-20	21-22	23-24	25-51
.....			4	5	6	7	.....	.....	.....	.....	.. 2
.....			4	5	6	7	.....	.....	.....	.....	.. 3
.....			4	5	6	7	.....	.....	.....	.....	.. 4
.....			4	5	6	7	.....	.....	.....	.....	.. 5
.....			4	5	6	7	.....	.....	.....	.....	.. 6
.....			4	5	6	7	.....	.....	.....	.....	.. 7
.....			4	5	6	7	.....	.....	.....	.....	.. 8

CANT SAY = '8'

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

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. ✓

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. ✓

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. ✓

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 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". ✓

and how many times did you play/go/do (SAY ACTIVITY) as a member of a health or fitness centre? RECORD IN COL.9 ABOVE. ✓ IF NONE, WRITE "0".

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 Q24.)

Looking at the bottom of the pink 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 NUMBERS IN COL.11 ABOVE. ✓

23b-h for each other activity mentioned on 23a. Then toss to Q24 if none on 23a, ask 231

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

- 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  
COLS 38-47.

PRINT UNLISTED:

- .....9
- NONE.....0

