

Appendix 1: Example of CATI survey coding

An extract from the methods and coding manual used in the 1999 National Physical Activity Survey is included in this section as an example of the implementation of the Active Australia Survey in a CATI setting.



An extract from:

1999 Physical Activity Survey

National Physical Activity Survey

Methods, Coding Manual and Questionnaire

Prepared for the
Australian Institute of Health and Welfare

By
The Hunter Valley Research Foundation

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Completed interview databases

Notes: A field containing -1 indicates that the question was not asked. This occurred whenever a question(s) was (were) skipped as part of the questioning process.

Field name: ID

Field type: Numeric

Content: The ID number given to each randomly chosen telephone number. The ID for each number did not change during the interview process. Therefore, the ID field can be used to link the response rate database (AUS99RR.DBF) with the completed interview databases (AUS99.DBF and NSW99AGE.DBF).

PHONE NO. IS {instruction to interviewer}

Hello, is this 'phone number'?

Hello, my name is ..., I'm calling on behalf of ... We are conducting a national study on physical activity.

[READ FOLLOWING PARAGRAPH IF HELPFUL.]

The research results will be important for the planning of future health and exercise programs in your local area. Your telephone number has been selected randomly from the White Pages. A member of your household will be asked to answer a few questions over the phone.

{Selection of required household member}

WHEN REQUIRED PERSON IS ON PHONE ASK:

Hello, are you (RESPONDENT'S NAME)? My name is ... I'm calling on behalf of ... We are conducting a national study on physical activity.

The research results will be important for the planning of future health and exercise programs. All that is involved is answering a few questions over the phone. Your answers will be kept confidential. We don't need to know your name and no individuals will be identified or described in any reports. [If there are any questions you prefer not to answer just say so.]

The survey should take NO MORE THAN 15 minutes. Can you help us with this study?

[IF YES] Is it OK to talk to you now?

When would be the best time to call back to speak to you?

RECORD ON THE LOG SHEET.

{Additional questions – omitted here}

We would like to ask you about the physical activity you did in the last week:

Question: Q8. IN THE LAST WEEK how many times have you walked continuously, for at least 10 minutes, for recreation, exercise or to get to or from places?

Field name: Q8

Field type: Numeric

Content: # number of times

99 = Don't know – use only as an absolute last resort

If: Q8 = 0, skip to Q12

Question: Q9. What do you estimate was the total time that you spent walking in this way IN THE LAST WEEK? [INTERVIEWER: THIS IS 'CONTINUOUS' WALKING]

Field names:	Q9M	Q9H
Field type:	Numeric	Numeric
Content:	Minutes	Hours
	77 = Don't know	777 = Don't know

If: Q9M < 1 AND Q9H < 1, skip to Q9m Program check – interview could not proceed without an answer
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Question: Q12. IN THE LAST WEEK how many times did you do any vigorous gardening or heavy work around the yard, which made you breathe harder or puff and pant?

Field name:	Q12
Field type:	Numeric
Content:	# number of times
	99 = Don't know – use only as an absolute last resort

If: Q12 = 0, skip to Q14

Question: Q13. What do you estimate was the total time that you spent doing vigorous gardening or heavy work around the yard IN THE LAST WEEK?

Field name:	Q13M	Q13H
Field type:	Numeric	Numeric
Content:	Minutes	Hours
	77 = Don't know	777 = Don't know

If: Q13M < 1 AND Q13H < 1, skip to Q13m
Program check – interview could not proceed without an answer

The next question excludes household chores or gardening or yardwork:

Question: Q14. IN THE LAST WEEK, how many times did you do any vigorous physical activity which made you breathe harder or puff and pant? (e.g. jogging, cycling, aerobics, competitive tennis)

Field name: Q14

Field type: Numeric

Content: # number of times
99 = Don't know – use only as an absolute last resort

If: Q14 = 0, skip to Q16

Question: Q15. What do you estimate was the total time that you spent doing this vigorous physical activity IN THE LAST WEEK?

Field name: Q15M Q15H

Field type: Numeric Numeric

Content: Minutes Hours
77 = Don't know 777 = Don't know

If: Q15M < 1 AND Q15H < 1, skip to Q15m
Program check – interview could not proceed without an answer

The next question excludes household chores or gardening or yardwork:

Question: Q16. IN THE LAST WEEK how many times did you do any other more moderate physical activity that you have not already mentioned? (e.g. gentle swimming, social tennis, golf)

Field name: Q16

Field type: Numeric

Content: # number of times
99 = Don't know – use only as an absolute last resort

If: Q16 = 0, skip to Q9m

Question: Q17. What do you estimate was the total time that you spent doing these activities IN THE LAST WEEK?

Field name: Q17M	Q17H
Field type: Numeric	Numeric
Content: # minutes	# hours
77 = Don't know	777 = Don't know

If: Q17M < 1 AND Q17H < 1, skip to Q17m Program check – interview could not proceed without an answer
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{The following statements were presented in RANDOM order:}

Question: Q19. To what extent do you agree or disagree with the following statements about physical activity and health? [READ OUT SCALE]:

Field name: Q19P1 = Taking the stairs at work or generally being more active for at least 30 minutes each day is enough to improve your health.

Q19P2 = Half an hour of brisk walking on most days is enough to improve your health.

Q19P3 = To improve your health, it is essential for you to do vigorous exercise for at least 20 minutes each time, three times a week.

Q19P4 = Exercise doesn't have to be done all at one time – blocks of 10 minutes are okay.

Q19P5 = Moderate exercise that increases your heart rate slightly can improve your health.

Field type: Numeric

Content: 1 = Strongly agree

2 = Agree

3 = Neither agree nor disagree

4 = Disagree

5 = Strongly disagree

6 = Don't know [Do not read]

9 = Refused [Do not read]

{Additional questions and demographic data collection}

That ends our survey. Thank you very much for your help.

Question: [INTERVIEWER: USE THE FOLLOWING FIELD TO DESCRIBE ANY UNUSUAL ASPECTS OF THIS RESPONDENT OR HIS/HER ACTIVITIES.]

Field name: QCOM

Field type: Character

Content: Used when the respondent noted issues/characteristics which might have influenced the survey answers. For example 'respondent is a farmer – walks 5 kilometres every day'.

Field name: COMMENTS

Field type: Character

Content: Interviewer comments about the interview

Appendix 2: Membership of the Expert Working Group

Membership of the Expert Working Group, as at last meeting, August 1999:

Professor Adrian Bauman (Chair)	Epidemiology Unit, University of New South Wales
Dr Tim Armstrong	National Centre for Monitoring Cardiovascular Disease, Australian Institute of Health and Welfare
Dr Michael Booth	Centre for Advancement of Adolescent Health, New Children's Hospital
Dr Wendy Brown	Research Institute for Gender and Health, University of Newcastle
Dr Billie Corti	Department of Public Health, University of Western Australia
Mr Peter Crowe	Health Section, Australian Bureau of Statistics
Professor Terence Dwyer AM	Menzies Centre for Population Health Research, University of Tasmania
Dr Ian Ford	Research and Evaluation Coordinator, Australian Sports Commission
Dr Chris Gore	Laboratory Standards Assistance Scheme, Australian Institute of Sport
Ms Penny Graham	Primary Prevention Unit, Commonwealth Department of Health and Aged Care
Professor Andrew Hills	Department of Human Movement Studies, Queensland University of Technology
Professor Neville Owen	School of Nutrition and Public Health, Deakin University

Appendix 3: Parties invited to be part of the national consultation process

Input was received from those parties in **bold** type.

Dr Peter Abernethy	Department of Human Movement Studies, University of Queensland
Dr Michael Ackland	Epidemiology Unit, Public Health Branch (Vic.)
Dr Michael Ackland	Chair, National CATI-TRG
Ms Sue Baker-Finch	Chief Executive Officer, Australian Division of General Practice (ACT)
Ms Jeanette Baldwin	Manager National Diabetes Strategies, Diabetes Australia
Mr Bill Bellew	Director, Health Promotion, NSW Department of Health
Dr David Ben-Tovin	Clinical Epidemiology and Health Outcomes Unit, Flinders Medical Centre
Ms Colleen Bichel	Centre for General Practice Integration Studies, School of Community Medicine, University of New South Wales
Professor Colin Binns	School of Public Health, Curtin University of Technology
Ms Jo Blunt	Education Support Evaluation (Qld)
Dr Ron Borland	Anti-Cancer Council of Victoria
Ms Kelli Brown	Top End Division of General Practice
Dr Mark Brown	Department of Biomedical Science, University of Wollongong
Mr Doug Browning	Weight Management Code Administration Council of Australia
Dr Fiona Bull	Department of Public Health, University of Western Australia
Mr Ron Burns	Confederation of Australian Sport
Professor Ian Caterson	Human Nutrition Unit, Department of Biochemistry, University of Sydney
Professor John Catford	Director of Public Health, Department of Human Services (Vic.)
Ms Michelle Charlton	General Practice Branch, Department of Health and Aged Care
Mr Joe Christensen	Data Management Unit, Australian Institute of Health and Welfare
Dr Glenn Close	Western Sydney Area Division of Health
A/Professor Stephen Colagiuri	Australian Diabetes Society, Department of Endocrinology, Prince of Wales Hospital
Dr John Condon	Epidemiology and Statistics Branch, Territory Health Services
Dr Bill Coote	Australian Medical Association

Ms Sue Cornes	Epidemiology & Health Information Branch, Queensland Department of Health
Dr David Crawford	Faculty of Health and Behavioural Sciences, Deakin University
Mr Owen Curtis	Department of Biomedical Science, University of Wollongong
Mr Edouard d'Espaignet	Epidemiology Branch, Territory Health Services
Mr Jim Daly	Manager, Economic and Industry, Recreation Sport and Racing (SA)
Ms Alison Daly	Performance Measurement and Health Outcomes, Health Department of Western Australia
Mr Robert de Castella	SmartStart
Ms Deirdre Degeling	Director, Health Promotion, Heart Foundation of Australia (NSW Division)
Professor Annette Dobson	Centre for Clinical Epidemiology and Biostatistics, University of Newcastle
Ms Vanessa Doherty	Health Promotion Coordinator, Southern Division of General Practice (SA)
Mr Jim Dolman	Office for Recreation, Sport and Racing (SA)
Ms Carmel Donnelly	Manager, Information Development, NSW Department of Health
Professor Robert Douglas	Director, National Centre for Epidemiology and Population Health, Australian National University
Ms Ann Dragon	WA Ministry of Sport and Recreation
Ms Gillian Duncan	Sport, Recreation and Racing (Vic.)
Dr David Dunstan	International Diabetes Institute
Dr Garry Egger	Centre for Health Promotion and Research
Mr Jeffrey Emmel	National Executive Director, Australian Council for Health, Physical Education and Recreation
Ms Lyn Fleming	Executive Director, Public Health Association
Mr Simon Forest	Executive Director, Office for Recreation, Sport and Racing (SA)
Mr John Fuhmann	Acting Executive Director, WA Ministry of Sport and Recreation
Mr Richard Galton	NT Department of Sport and Recreation
Mr Bill Gillooly	Director General, NSW Department of Sport and Recreation
Ms Kathleen Graham	Primary Prevention Unit, Department of Health and Aged Care
Dr Phil Hamdorf	Centre for Physical Activity in Ageing, Hampstead Rehabilitation Centre (SA)
Mr Glenn Hamlyn	National Culture/Leisure Statistics Unit, Australian Bureau of Statistics

Dr Graeme Hankey	Department of Neurology, Royal Perth Hospital
Professor Mark Harris	Director, General Practice Unit, Fairfield Hospital (NSW)
Dr Noel Hayman	Inala Community Centre (Qld)
Professor Richard Heller	Professor of Community Medicine and Clinical Epidemiology, University of Newcastle
Ms Michele Herriot	Manager Health Promotion Unit, SA Department of Human Services
Dr David Hill	Director Centre for Behavioural Research in Cancer, Anti-cancer Council of Victoria
A/Professor Michael Hobbs	Department of Public Health, University of Western Australia
Ms Vivienne Hobson	Manager Food and Nutrition Unit, Territory Health Services
Mr Arnold Puggy Hunter	Chairperson, National Aboriginal Community Controlled Health Organisation
Dr Konrad Jamrozik	Department of Public Health, University of Western Australia
Ms Jenny Jeffreson	Director, General Practice Branch, Department of Health and Aged Care
Dr Louisa Jorm	NSW Department of Health
Ms Wilawan Kanjanapan	Commonwealth Department of Health and Aged Care
Mr Terry Kearney	Chairman, Recreation Council of Australia
Mr Ross Kennedy	Executive Director, Sport, Recreation and Racing (Vic.)
Mr Ian Kett	Executive Director, VICFIT
Mr Arthur Konstad	Office for Recreation, Sport and Racing (SA)
Dr Steve Larkin	Chief Executive Officer, National Aboriginal Community Controlled Health Organisation
A/Professor Christina Lee	Women's Health Australia, University of Newcastle
Professor Stephen Leeder	Department of Community Medicine, Westmead Hospital
Ms Eva Leslie	Research Coordinator, Physical and Health Program, School of Health Sciences, Deakin University
Ms Jeanette Lewis	Manager, Information and Statistics, Department of Community and Health Services
Ms Ceciclia Lim	Bikesouth, SA Department of Transport
Dr John Litt	Department of Evidence Based Care, Noarlunga Hospital
Ms Melanie Little	NT Department of Sport and Recreation
A/Professor Doune Macdonald	Department of Human Movement Studies, University of Queensland

Dr Geoff Marks	Director, Nutrition Program, University of Queensland
Ms Cristy Massingham	NSW Department of Sport and Recreation
Mr Colin McDougal	Course Coordinator, Master of Primary Health Care, Flinders University
Ms Robyn Miller	Manager Nutrition Program, Health Department (WA)
Ms Kate Moore	Executive Director, Consumers' Health Forum of Australia
Ms Elizabeth Moss	Information Development, Territory Health Services
Mr Lucio Nacarrella	Coordinator, Public Health and Health Innovation SEPU
Mr Theo Neumann	Ass. Dir. Population Survey Monitor, Australian Bureau of Statistics
Ms Kim Nichols	ACT Government Bureau of Sport and Recreation
A/Professor Kevin Norton	School of Physical Education, Exercise and Sports Studies, University of South Australia
Professor Don Nutbeam	Professor of Public Health, University of Sydney
Mr John O'Brien	Director, Information Management, South Australian Health Commission
Dr Brian Oldenburg	School of Public Health, Queensland University of Technology
Ms Henny Oldenhove	Director, Participation Division, Australian Sports Commission
Dr Timothy Olds	Human Bioenergetics Laboratory, University of New South Wales
Mr Mark Owens	General Manager, ACT Government Bureau of Sport and Recreation
Mr Robbie Parker	Chairperson, Fitness Australia
Prof Hedley Peach	Department of Health and Community Medicine, The University of Melbourne
Ms Michelle Peuch	Public Health Officer, NSW Health Department
Dr Louis Pilotto	Clinical Epidemiology and Health Outcomes Unit, The Queen Elizabeth Hospital
Dr Gayle Pollard	Senior Analyst, Epidemiology Services, Queensland Health (CATI representative)
Ms Jenny Purtell	Heart Foundation of Australia, Kings Meadow Community Health Centre (Tas.)
Mrs Yvonne Rate	Australian Sports Commission
Ms Marelle Rawson	Director, Health Statistics Section, Australian Bureau of Statistics
Ms Myree Rawsthorne	ACT Department of Health and Community Care

Ms Angela Reddy	Head, Health Priorities and Outcomes Section, Department of Health and Family Services
Mr Matthew Reid	Chief Executive Officer, Sports Medicine Australia
Dr Ian Ring	Epidemiology and Prevention Unit, Queensland Department of Health
Dr Lyn Roberts	Health Development and Delivery, Heart Foundation of Australia
Dr David Roder	Director Epidemiology Branch, South Australian Health Commission
Ms Fidelma Rogers	Director, Primary Prevention Section, Department of Health and Aged Care
Professor Ari Rotem	Director, Centre for Public Health, University of New South Wales
Dr Lori Rubenstein	Department of Human Services (Tas.)
Ms Trish Ryan	Data Management Unit, Australian Institute of Health and Welfare
Dr David Scrimgeour	Menzies Centre for Health Research (NT)
Ms Jane Seberry	Physical Activity Coordinator, Heart Foundation of Australia (NSW Division)
Mr Tony Sedgewick	Head, Institute for Fitness Research and Training (SA)
Dr Bruce Shadbolt	Director Epidemiology and Population Health, Department of Health and Community Care (ACT)
Ms Noella Sheerin	GP Support Officer, Heart Foundation of Australia (NSW Division)
Mr Tony Sheppard	NSW Police Service
Mr Mike Shetter	Office for Recreation, Sport and Racing (SA)
Mr Trevor Shilton	Heart Foundation of Australia, Western Australia Division
Mr Colin Sindall	Population Health Division, Department of Health and Aged Care
Dr Ben Smith	Manager, Active Practice Project, Epidemiology Unit, Liverpool Hospital
Dr Merran Smith	General Manager, Epidemiology Unit, Health Department (WA)
Mr Fred Smith	Executive Director, Office of Sport and Recreation (Qld)
Dr Simon Spedding	Royal Australian College of General Practitioners
Mr Paul Sproule	Director, Office of Sport and Recreation (Tas.)
Dr Don Staines	Manager, Southern Public Health Unit Network (Qld)
Ms Alison Standen	Menzies Centre for Population Health Research, University of Tasmania

Mr Gary Starr	Centre for Population Studies and Epidemiology, C/- Department of Human Services (SA)
Ms Kate Steinbeck	Metabolism and Obesity Clinic (NSW)
Prof Len Storlien	Dean of Faculty of Health and Behavioural Science, University of Wollongong
Mr Alan Sutherland	Health Promotion Policy Officer, Department of Health and Human Services (Tas.)
Mr Martin Sweeney	Medical Education Coordinator, RACGP
Mr Martin Sweeney	VICFIT
Ms Susan Tabak	Physical Activity Manager, Department of Human Services (Vic.)
Ms Anne Taylor	Manager, SERCIS, Epidemiology Branch, Department of Human Services (SA)
Ms Jenny Thomas	Assistant Secretary, Health Service Outcomes Branch, Department of Health and Family Services (ACT)
Dr Neil Thompson	Director Epidemiology Branch, Health Department (WA)
Professor Andrew Tonkin	Director Health, Medical and Scientific Affairs, National Heart Foundation
Mr Martin Turnbull	Manager Health Enhancement, Department of Human Services (Vic.)
Ms Loretta Vaughan	Epidemiology Section, Department of Human Services (Vic.)
Mr Phillip Vita	A/Manager Sun Exposure, Nutrition and Physical Activity, NSW Department of Health
Professor Mark Wahlqvist	Monash Medical Centre
Dr Melanie Wakefield	Epidemiology Branch, South Australian Health Commission
Mr Peter Wallace	Chief Executive Officer, National Heart Foundation
Dr Peter Wan	Head, Epidemiology Unit, Department of Health and Human Services (Tas.)
Ms Nicole Watson	Epidemiology Section, Department of Human Services (Vic.)
Dr Karen Webb	Senior Lecturer in Public Health Nutrition, Department of Public Health and Community Medicine, Westmead Hospital
Ms Char Weeks	Office of the Secretary-General, Royal Australian College of General Practitioners
Mr Mark Williams	Senior Project Officer, SA Department of Human Services
Ms Margaret Williamson	Manager, Health Survey Program, NSW Department of Health
Ms Shirley Willis	Australian Sports Commission

Dr David Wilson	Head of Centre for Population Studies and Epidemiology, C/- Department of Human Services (SA)
Dr Robert Withers	Reader in Exercise Physiology, School of Education, Flinders University
Ms Elizabeth Woods	Office of Sport and Recreation (Qld)
Dr Tony Worsley	Professor of Community Medicine, University of Adelaide
Ms Sue Wragge	Office of Sport and Recreation (Tas.)
Ms Cheryl Wright	National Physical Activity Program Director, Heart Foundation
Professor Paul Zimmet	International Diabetes Institute
Health Promotion Foundation of Western Australia	
Health Promotion Foundation of the Australian Capital Territory	
Health Promotion Foundation of South Australia	
Health Promotion Foundation of Victoria	

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