
Physical activity - duration

Important note: This is an archived metadata standard from the AIHW Knowledgebase. For current metadata standards and related information please access METeOR, the AIHW's Metadata Online Registry at <http://meteor.aihw.gov.au>

Identifying and Definitional Attributes

Data Dictionary: NHDraftDD
Knowledgebase ID: 000448 Version number: 0
Metadata type: DATA ELEMENT
Registration Authority: NHDC Admin status: DRAFT
Effective date: 01-JUL-00
Definition: The length of time spent participating in physical activity as self-reported by the adult person.
Context: Public health: Inadequate physical activity is a known risk factor for cardiovascular disease, diabetes, some cancers, mental illness and injury. From a public health perspective, information on duration, frequency and intensity of leisure time physical activity is required to assess if a person has participated in adequate physical activity to obtain health benefit.

Relational and Representational Attributes

Datatype: Numeric
Representational form: QUANTITATIVE VALUE
Representation layout: NNNN
Minimum Size: 1
Maximum Size: 4
Data Domain: NOVAL Up to three digits representing the number of minutes a person participated in walking, moderate and/or vigorous physical activity over a period of one week.
If duration unknown or not stated then duration to be coded as 9999.
Collection Methods: The recommended standard for collecting duration information collects only leisure time physical activity, is questions 2, 4, 6, 8 in the Standard Questions on Leisure Time Physical Activity Participation Among Adults.

All questions on the Standard Questions on Leisure Time Physical

Activity Participation Among Adults are answered based on self-report. This questionnaire asks respondents participation in physical activity during the previous week. The Standard Questions on Leisure Time Physical Activity Participation Among Adults are designed for individuals aged 18 years and over.

Currently, there is no Australian instrument that collects occupational physical activity.

The Expert Working Group for the Measurement of Physical Activity are currently developing an instrument suitable for the collection of occupational physical activity.

Related metadata: relates to the data element concept Physical activity version 0
is used in conjunction with Physical activity - frequency version 0
is used in the calculation of Physical activity - health benefit version 0
is used in conjunction with Physical activity - intensity version 0
is used in conjunction with Physical activity - type version 0

Administrative Attributes

Source Document: Standard Questions on Leisure Time Physical Activity Participation Among Adults (1999)

United States Department of Health and Human Services 1996. The Surgeon General's Report on Physical Activity and Health. Washington: US Government Printing Office.

Source Organisation: Australian Institute of Health and Welfare (AIHW)

Comments: Where this information is collected by survey and the sample permits, population estimates should be presented by sex and 5-year age groups. Summary statistics may need to be adjusted for age and other relevant variables.

It is recommended that in surveys of physical activity participation, data on age, sex, other socio-demographic variables and, where it is possible and desirable to do so, that data on knowledge of and attitudes toward physical activity may also be collected.

It is also recommended that when physical activity is investigated in relation to health, data on other risk factors including overweight and obesity, smoking, high blood pressure and alcohol consumption should be collected.

International physical activity data collection instruments are

currently being developed. Once these methods have been developed and validated they may be appropriate for use in Australian surveys and could be recommended in addition to, or to supersede the currently recommended standard instrument.

The Standard Questions on Leisure Time Physical Activity Participation Among Adults can be obtained from the National Centre for Monitoring Cardiovascular Disease at the AIHW, telephone 02 6244 1000.

[Data Element Links](#)

[Information Model Entities linked to this Data Element](#)

NHIM	Lifestyle characteristic
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[Data Agreements which include this Data Element](#)
