Physical activity - intensity

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: 000451 Version number: 0

Metadata type: DATA ELEMENT

Registration NHDC Admin status: DRAFT Authority:

Effective date: 01-JUL-00

Definition: The self-perceived and self-reported intensity at which an adult

person participated in physical activity.

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 physical activity is required to assess if a person has participated in adequate physical activity to obtain health

benefit.

Adequate physical activity for health benefit can be described in terms of energy expenditures (eg, in the United States and Canada). The Expert Working Group on Measurement of Physical Activity has found current methods of assessing energy expenditures to be inadequate. Thus, members of the Expert Working Group are currently developing new methods.

Generally, to obtain health benefit, physical activity at a moderate (at least) intensity is required. Participation in vigorous physical activities confers even greater health benefits than does participation in more moderate activity.

Relational and Representational Attributes

Datatype: Numeric

Representational CODE

form:

Representation N

layout:

Minimum Size: 1
Maximum Size: 1

Data Domain: 1 None

> 2 Moderate (including walking)

3 **Vigorous**

9 Not stated or unknown

Guide For Use: Moderate physical activity increases heart rate but does not necessarily make a person puff or pant. Moderate intensity activities include walking, golf, gentle swimming, social tennis, etc.

Information on walking is included as a moderate activity.

Vigorous physical activities generally make a person breathe harder or puff and pant and include activities such as jogging, cycling, aerobics, competitive tennis, hockey, etc.

Collection Methods: The recommended standard for collecting intensity information collects only leisure time physical activity, is questions 1, 3, 5, 7 in the Standard Questions on Leisure Time Physical Activity Participation Among Adults.

> All guestions on the Standard Questions on Leisure Time Physical Activity Participation Among Adults are answered based on selfreport.

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: is used in conjunction with Physical activity version 0 is used in conjunction with Physical activity - context version 0 is used in conjunction with Physical activity - duration version 0 is used in conjunction with Physical activity - frequency 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.

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.

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.

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

Data Agreements which include this Data Element