

Physical Activity, Nutrition, and Lifestyle Behaviors Questionnaire for College Students

The purpose of the study is to identify differences in lifestyle behaviors that may contribute to physical activity levels, nutrition behaviors, and obesity between Americans and Turkish college students.

PART 1: Demographics

Q1. Select your age group:

- 18
- 19
- 20
- 21
- 22
- 23
- 24
- 25

Q2. Please select your gender.

- Female
- Male
- Transgender
- Would rather not say
- Other

Q3. How tall are you without shoes? (Please provide your response in feet/inches OR meters.)

Feet

Inches

Meters

Q4. What is your current weight? (Please provide your response in pounds OR kilograms.)

Weight in pounds

Weight in kilograms

Q5. What is your race? (Please select all that apply.)

- White/Caucasian
- Black or African American
- Asian or Pacific Islander
- Native American or Alaskan Native
- Other: please type below
- Prefer not to answer

Q6. Which of the following best describes your current relationship status?

- Not in a relationship
- In a relationship; not living together
- In a relationship; living together

Q7. Are you an international student?

- Yes
- No

Q8. Please provide your country origin.

Q9. What is your class standing?

- Freshman
- Sophomore
- Junior
- Senior

Q10. What is your major (s)?

Q11. Where are you living during the current school year?

- Dormitory or other campus housing
- Residence (house, apartment, etc.) within walking distance of the institution
- Residence (house, apartment, etc.) not within walking distance of the institution
- Fraternity or sorority house

Q12. Please indicate your primary way of commuting to campus.

- Bicycle

- Bus
- By car
- In-line skates / rollerblades
- Motorcycle
- Skateboard
- Walk all the way
- Other, please specify:

Q13. With whom do you live during the current school year? (Fill in all that apply)

- One or more other students
- My spouse or partner
- My parents
- Other relatives
- Friends who are not students at the institution I am attending
- No one, I live alone

Q14. About how many hours a week do you usually spend working on a job for pay?

- None; I don't have a job
- 1-10 hours a week
- 11-20 hours
- 21-30 hours
- 31-40 hours
- more than 40 hours

Q15. About how many hours a week do you usually spend volunteering?

- None; I don't have a job
- 1-10 hours a week
- 11-20 hours
- 21-30 hours
- 31-40 hours

- more than 40 hours

PART 2 - Lifestyle

Q1. Do you currently smoke cigarettes?

- Yes
- No, quit less than 1 year ago
- No, quit 1 or more years ago
- No, never smoked

Q2. About how many cigarettes do you smoke in a typical day?

Q3. Do you currently smoke a pipe or cigars?

- Yes
- No

Q4. In a typical week, how many alcoholic beverages of any type do you consume?

PART 3; Nutrition Habits on Campus

Q1. Where do you primarily eat your meals?

- At home
- Dorm cafeteria
- Campus food court
- At a restaurant, including fast food restaurants
- In a car or bus
- At a friend or relative's house
- Other; please specify

Q2. Do you usually eat breakfast?

- Yes
- No

Q3. Where do you typically get lunch?

- I don't eat lunch
- I bring my lunch from home
- Dorm cafeteria
- Vending machine

- Restaurant or fast food such as McDonald's, Burger King, Pizza Hut, etc.
- Other

Q4. Where do you eat your dinner usually?

- I don't eat dinner
- I bring my dinner from home
- Dorm cafeteria
- Vending machine
- Restaurant or fast food such as McDonald's, Burger King, Pizza Hut, etc.
- Other

Q5. Do you think that you can find healthy food options on campus?

- Yes
- No

Q6. In the past seven days, how many times did you eat fast food (such as Mc Donald's, Burger King, Taco Bell, Pizza Hut, etc)?

- Never
- 1 time
- 2 times
- 3 times
- 4 times
- 5 times
- 6 times
- 7 times or more

PART 4: Physical Activity Level (IPAQ)

We are interested in finding out about the kinds of physical activities that people do as part of their everyday lives. The questions will ask you about the time you spent being physically active in the last 7 days. Please answer each question even if you do not consider yourself to be an active person.

Please think about the activities you do at work, as part of your house and yard work, to get from place to place, and in your spare time for recreation, exercise or sport.

Think about all the vigorous and moderate activities that you did in the last 7 days. Vigorous physical activities refer to activities that take hard physical effort and make you breathe much harder than normal. Moderate activities refer to activities that take moderate physical effort and make you breathe somewhat harder than normal.

IPAQ Part 1: Transportation Physical Activity

. These questions are about how you traveled from place to place, including to places like work, stores, movies, and so on.

Q1. During the last 7 days, on how many days did you travel in a motor vehicle like a train, bus, car, or tram?

Q2. How much time did you usually spend on one of those days traveling in a train, bus, car, tram, or other kind of motor vehicle?

_____ Hours _____ Minutes per day

Now think only about bicycling and walking you might have done to travel to and from work, to do errands, or to go from place to place.

Q3. During the last 7 days, on how many days did you bicycle for at least 10 minutes at a time to go from place to place?

Q4. How much time did you usually spend on one of those days to bicycle from place to place?

_____ Hours _____ Minutes per day

Q5. During the last 7 days, on how many days did you walk for at least 10 minutes at a time to go from place to place?

Q6. How much time did you usually spend on one of those days walking from place to place?

_____ Hours _____ Minutes per day

IPAQ Part 2: Recreation, Sport, and Leisure-time Physical Activity

This section is about all the physical activities that you did in the last 7 solely for recreation, sport, exercise or leisure. Please do not include any activities you have already mentioned.

Q1. Not counting any walking you have already mentioned, during the last 7 days, on how many days did you walk for at least 10 minutes at a time in your leisure-time?

Q2. How much time did you usually spend on one of those days walking in your leisure time?

_____ Hours _____ Minutes per day

Q3. Think only about those physical activities that you did for at least 10 minutes at a time. During the last 7 days on how many days did you do vigorous physical activities like aerobics, running, fast bicycling, or fast swimming in your leisure time?

Q4. How much time did you usually spend on one of those days doing vigorous physical activities in your leisure time?

_____ Hours _____ Minutes per day

Q5. Again, think about only those physical activities that you did for at least 10 minutes at a time. During the last 7 days on how many days did you do moderate physical activities like bicycling at a regular pace, swimming at a regular pace, and double tennis in your leisure time?

Q6. How much time did you usually spend on one of those days doing moderate physical activities in your leisure time?

_____ Hours _____ Minutes per day

IPAQ Part 3: Time Spend Sitting

The last questions are about the time you spend sitting while at work, at home, while doing course work and during leisure time. This may include time spent sitting at a desk, visiting friends, reading or sitting or lying down to watch television. Do not include any time spent sitting in a motor vehicle that you have already told me about.

Q1. During the last 7 days, how much time did you usually spend sitting on a weekday?

_____ Hours _____ Minutes per day

Q2. During the last 7 days, how much time did you usually spend sitting on a weekend day?

_____ Hours _____ Minutes per day

Part Five: Sedentary Behavior

Q1. On a typical WEEKDAY, how much time do you spend (from when you wake up until you go to bed) doing the following?

1. Watching television (including DVDs)

- None
- 15 min. or less
- 30 min.
- 1 hr.
- 2 hrs.
- 3 hrs.
- 4 hrs.
- 5 hrs.
- 6 hrs. or more

2. Playing computer or video games

- None
- 15 min. or less
- 30 min.
- 1 hr.
- 2 hrs.
- 3 hrs.
- 4 hrs.
- 5 hrs.
- 6 hrs. or more

3. Sitting listening to music on the radio, CDs, or a digital music player (e.g. iPod)

- None
- 15 min. or less
- 30 min.
- 1 hr.
- 2 hrs.
- 3 hrs.
- 4 hrs.
- 5 hrs.
- 6 hrs. or more

4. Sitting and talking on the phone

- None
- 15 min. or less
- 30 min.
- 1 hr.
- 2 hrs.
- 3 hrs.
- 4 hrs.
- 5 hrs.
- 6 hrs. or more

5. Doing school work or computer work (office work, emails, paying bills, etc.)

- None
- 15 min. or less
- 30 min.
- 1 hr.
- 2 hrs.
- 3 hrs.
- 4 hrs.
- 5 hrs.
- 6 hrs. or more

6. Sitting reading a book, magazine, or newspaper

- None
- 15 min. or less
- 30 min.
- 1 hr.
- 2 hrs.
- 3 hrs.
- 4 hrs.
- 5 hrs.
- 6 hrs. or more

7. Playing a musical instrument

- None
- 15 min. or less
- 30 min.
- 1 hr.
- 2 hrs.
- 3 hrs.
- 4 hrs.
- 5 hrs.
- 6 hrs. or more

8. Doing artwork or crafts

- None
- 15 min. or less
- 30 min.
- 1 hr.
- 2 hrs.
- 3 hrs.
- 4 hrs.
- 5 hrs.
- 6 hrs. or more

Q2. On a typical WEEKEND DAY, how much time do you spend (from when you wake up until you go to bed) doing the following?

- Watching television (including DVDs)
 - None
 - 15 min. or less
 - 30 min.
 - 1 hr.
 - 2 hrs.
 - 3 hrs.
 - 4 hrs.
 - 5 hrs.
 - 6 hrs. or more

- Playing computer or video games
 - None
 - 15 min. or less
 - 30 min.
 - 1 hr.
 - 2 hrs.
 - 3 hrs.
 - 4 hrs.
 - 5 hrs.
 - 6 hrs. or more

- Sitting listening to music on the radio, CDs, or a digital music player (e.g. iPod)
 - None
 - 15 min. or less
 - 30 min.
 - 1 hr.
 - 2 hrs.
 - 3 hrs.
 - 4 hrs.
 - 5 hrs.
 - 6 hrs. or more

- Sitting and talking on the phone
 - None
 - 15 min. or less
 - 30 min.
 - 1 hr.
 - 2 hrs.

- 3 hrs.
 - 4 hrs.
 - 5 hrs.
 - 6 hrs. or more
-
- Doing school work or computer work (office work, emails, paying bills, etc.)
 - None
 - 15 min. or less
 - 30 min.
 - 1 hr.
 - 2 hrs.
 - 3 hrs.
 - 4 hrs.
 - 5 hrs.
 - 6 hrs. or more

6. Sitting reading a book, magazine, or newspaper

- None
- 15 min. or less
- 30 min.
- 1 hr.
- 2 hrs.
- 3 hrs.
- 4 hrs.
- 5 hrs.
- 6 hrs. or more

7. Playing a musical instrument

- None
- 15 min. or less
- 30 min.
- 1 hr.
- 2 hrs.
- 3 hrs.
- 4 hrs.
- 5 hrs.
- 6 hrs. or more

8. Doing artwork or crafts

- None
- 15 min. or less
- 30 min.
- 1 hr.

- 2 hrs.
- 3 hrs.
- 4 hrs.
- 5 hrs.
- 6 hrs. or more