

PHYSICAL ACTIVITY

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This survey was requested by Directorate General Health and Consumer Protection and coordinated by Directorate General Press and Communication

This document does not represent the point of view of the European Commission.
The interpretations and opinions contained in it are solely those of the authors.

This public opinion survey was carried out at the request of the Directorate-General Health and Consumer's Protection and was managed and organised by the Public Opinion Analysis Sector of the Directorate-General Press and Communication.

It was conducted in all the Member at States of the European Union between October 28 and December 8, 2002, under the general coordination of the European Opinion Research Group EEIG. in Brussels.

The technical specifications, the names of the institutes involved in the research and the questionnaire are annexed.

The European Commission accepts no liability of any kind arising from this report.

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TABLE OF CONTENTS

GENERAL INTRODUCTION	1
1. Prevalence of Physical Activity	2
1.1. General Situation in the European Union.....	2
1.2. Prevalence of Physical Activity by Age	6
1.3. Prevalence of Physical Activity by Gender.....	9
1.4. Prevalence of Physical Activity in the Member States.....	13
2. Context of Physical Activity.....	18
2.1. General Situation in the European Union.....	18
2.2. Physical activity in different contexts by age	20
2.3. Physical activity in different contexts by gender.....	21
2.4. Context of physical activity in the Member States.....	23
3. Perception of Environmental Opportunities for Physical Activity	27
3.1. General Situation in the European Union.....	27
3.2. Perception of Environmental Opportunities for Physical Activity by age.....	29
3.3. Perception of Environmental Opportunities for Physical Activity by Gender.....	30
3.4. Perception of Environmental Opportunities in the Member States	31
4. Methodological considerations.....	34
4.1. International Physical Activity Questionnaire (IPAQ).....	34
4.2. Context of Physical Activity.....	36
4.3. Perception of Environmental Opportunities for Physical Activity	36
APPENDIX	37
Technical Specifications	38
Questions on Physical Activity: ENGLISH VERSION	43
Frequencies of all Variables (unweighted results).....	465

GENERAL INTRODUCTION

Between 28th October 2002 and 8th December 2002, the European Opinion Research Group, a consortium of Market and Public Opinion Research agencies, made out of INRA and GfK Worldwide, carried out wave 58.2 of the Standard Eurobarometer, on request of the European Commission, Directorate-General Press and Communication, Public Opinion Analysis Unit.

The following topics are covered in this wave:

- ✓ Health (Q.1-71)
- ✓ Developing Countries (Q.72-79)

Standard Eurobarometer surveys cover the population of the respective nationalities of the European Union member states, aged 15 years and over, resident in each of the member states. The basic sample design applied in all member states is a multi-stage, random (probability) one. In each EU country, a number of sampling points is drawn with probability proportional to population size (for a total coverage of the country) and to population density.

For doing so, points are drawn systematically from each of the 'administrative regional units', after stratification by individual unit and type of area. Hence, they represent the whole territory of member states according to EUROSTAT NUTS 2 (or equivalent) and according to the distribution of resident population of the respective EU nationalities in terms of metropolitan, urban and rural areas. In each of the selected sampling points, a starting address is drawn at random. Further addresses are selected as every Nth address by standard random route procedures, from the initial address. In each household, respondent is drawn at random. All interviews are face-to-face in the respondent's home and in the appropriate national language.

1. Prevalence of Physical Activity

1.1. General Situation in the Ocean Union

Physical activity in the Member States was assessed using the “International Physical Activity Questionnaire” (IPAQ). The goal of the IPAQ is to allow a cross-cultural comparison of physical activity parameters. The IPAQ measures the frequency, duration, and level of intensity of physical activity in the last 7 days.

The frequency of physical activity is measured by the question “In the last 7 days, on how many days did you do [...] physical activities?”. The duration is measured by the question “On days you do [...] physical activity, how much time do you usually spend at it?”.

To assess the level of intensity of physical activity, these questions are asked for vigorous and moderate physical activities, walking, and sitting. Questions do not distinguish between contexts of physical activity, they thus measure all types of physical activities that were performed by an individual in the last 7 days.

Table 1. Vigorous physical activity in the last 7 days

Q.50: In the last 7 days, on how many days did you do vigorous physical activities like lifting heavy things, digging, aerobics or fast cycling?

	% EU 15
None	57.4
1 day	7.9
2 days	9.1
3 days	7.2
4 days	3.5
5 days	5.5
6 days	2.0
7 days	6.1

Within the European Union, more than half of respondents (57.4%) reported no vigorous physical activity in the last 7 days. 7.9% reported 1 day of vigorous physical activity, and 9.1% reported 2 days of vigorous physical activity in the past week.

Table 2. Time spend on vigorous physical activity in the last 7 days

Q.51: On days when you do vigorous physical activities, how much time do you usually spend at it?

	% EU 15
Did not do any vigorous physical activities in the last 7 days	60.7
30 minutes or less	4.2
31 to 60 minutes	14.7
61 to 90 minutes	4.6
91 to 120 minutes	9.7
More than 120 minutes	3.5
DK	2.6

When asked, how much time they usually spend on an average day doing vigorous physical activities, more than 60% (60.7%) reported doing no vigorous physical activity. The average time of vigorous physical activity bouts is 30 minutes or less for 4.2%, up to 60 minutes for 14.7%, up to 90 minutes for 4.6%, up to 120 minutes for 9.7% and more than 120 minutes for 3.5%.

Table 3. Moderate physical activity in the last 7 days

Q.52: In the last 7 days, on how many days did you do moderate physical activity like carrying light loads, cycling at a normal pace or doubles tennis? Please do not include walking.

	% EU 15
None	40.8
1 day	6.4
2 days	11.3
3 days	8.5
4 days	5.2
5 days	7.2
6 days	3.3
7 days	15.4

For physical activity of moderate level of intensity, 40.8% of respondents reported no such physical activity in the past week. More than 15% (15.4%) reported doing moderate physical activity every day in the past week, and 11.3% reported doing moderate physical activity on 2 days in the past week.

Table 4. Time spend on moderate physical activity in the last 7 days

Q.53: On days when you do moderate physical activities, how much time do you usually spend at it?

	% EU 15
Did not do any vigorous physical activities in the last 7 days	47.1
30 minutes or less	10.1
31 to 60 minutes	18.5
61 to 90 minutes	4.2
91 to 120 minutes	11.7
More than 120 minutes	3.5
DK	5.0

Time spent on moderate physical activity reported was 30 minutes or less for about 10% (10.1%), up to 60 minutes for 18.5%, up to 90 minutes for 4.2%, up to 120 minutes for 11.7%, and more than 120 minutes for 3.5%.

Table 5. Walking for at least 10 minutes in the last 7 days

Q.54: In the last 7 days, on how many days did you walk for at least 10 minutes at a time?

	% EU 15
None	17.1
1 day	5.4
2 days	9.0
3 days	7.9
4 days	6.0
5 days	8.9
6 days	4.9
7 days	39.0
DK	1.8

Only 17.1% of respondents reported not to have walked for at least 10 minutes at a time in the past week. Walking for at least 10 minutes at a time on every day in the past week was reported by 39% of respondents.

Table 6. Time spend walking on a usual day

Q.55: On days when you walk for at least 10 minutes at a time, how much time do you usually spend walking?

	% EU 15
Did not do any walking for at least 10 minutes at a time	21.0
30 minutes or less	37.5
31 to 60 minutes	21.8
61 to 90 minutes	5.8
91 to 120 minutes	6.2
More than 120 minutes	1.6
DK	6.1

The average time spent walking was reported to be up to 30 minutes by more than one third of respondents (37.5%), up to 60 minutes by 21.8%, up to 90 minutes by 5.8%, up to 120 minutes by 6.2%, and more than 120 minutes by 1.6%.

For sitting, the majority of respondents reported to sit between 1.3 hours to 5.3 hours on a usual day.

Table 7. Time spend sitting on a usual day

Q.56: How much time do you spend sitting on usual day? This may include time spent at a desk, visiting friends, reading, studying or watching television?

	% EU 15
Less than 1 hour	1.9
From 1 hour to 1.30 hours	4.5
From 1.31 hours to 2.30 hours	10.3
From 2.31 hours to 3.30 hours	13.9
From 3.31 hours to 4.30 hours	14.5
From 4.31 hours to 5.30 hours	11.3
From 5.31 hours to 6.30 hours	10.6
From 6.31 hours to 7.30 hours	8.5
From 7.31 hours to 8.30 hours	8.7
More than 8.30 hours	4.6
DK	6.2

1.2. Prevalence of Physical Activity by Age

If reported days of vigorous physical activity in the past week were compared across age groups, older people reported to about 80% (79.6%) no vigorous physical activity in the past week. For the younger age groups, this rate dropped to 43.1% among respondents being 15-25 years of age.

Table 8. Days of vigorous physical activity in the last 7 days by age

	15-25 years %	26-44 years %	45-64 years %	65 + years%
None	43.1	49.9	60.4	79.6
1 day	9.8	8.4	7.9	5.0
2 days	12.9	10.7	7.8	4.8
3 days	11.8	8.2	5.8	3.3
4 days	5.6	4.0	2.8	1.5
5 days	6.3	7.7	5.1	1.4
6 days	2.4	2.8	1.8	0.5
7 days	6.5	6.8	6.9	3.1
DK	1.5	1.4	1.4	0.8

Time spend on vigorous physical activities in the last week decreased with age. Of those being 15-25 years of age, 14.5% reported bouts of vigorous physical activity of 91 to 120 minutes, for 26-44 years olds this rate is 10.7%, for 45-64 years old this rate is 8.9%, and for those 65 years of age and older this rate is 4.5%, respectively.

Table 9. Time spend on vigorous physical activity in the last 7 days by age

	15-25 years %	26-44 years %	45-64 years %	65 + years%
No vigorous physical activities	46.5	53.9	63.8	82.0
30 minutes or less	4.4	5.7	3.5	2.3
31 to 60 minutes	17.8	18.1	14.5	6.0
61 to 90 minutes	8.8	5.0	3.6	1.4
91 to 120 minutes	14.5	10.7	8.9	4.5
More than 120 minutes	4.8	3.5	3.4	2.5
DK	3.1	3.1	2.5	1.3

For moderate physical activity, a similar decrease of participation could be observed. One third (33.1%) of those being 15-25 years of age did not report any moderate physical activity in the past week, for those being 65 years of age and older, this rate was 55.9%. However, the rate of

those that report daily physical activity of moderate intensity remained relatively stable across age groups.

Table 10. Days of moderate physical activity in the last 7 days by age

	15-25 years %	26-44 years %	45-64 years %	65 + years%
None	33.1	37.0	40.1	55.9
1 day	7.5	7.2	6.1	4.2
2 days	12.3	11.8	11.8	8.8
3 days	10.0	8.8	9.0	5.5
4 days	6.9	5.2	4.5	4.5
5 days	9.1	8.1	7.2	3.7
6 days	3.7	3.6	3.4	2.4
7 days	14.6	16.2	16.1	13.8
DK	2.9	1.9	1.9	1.2

Across age groups, the average time spent on moderate physical activity was reported to be 30 minutes or less by about 10% of respondents. An average time of 91 to 120 minutes was reported by about 12% of respondents being younger than 65 years of age, and 7.8% for those being 65 years of age and older.

Table 11. Time spend on moderate physical activity in the last 7 days by age

	15-25 years %	26-44 years %	45-64 years %	65 + years%
No moderate physical activities	38.6	44.2	46.1	61.5
30 minutes or less	13.0	10.2	10.0	7.6
31 to 60 minutes	21.0	20.5	18.1	13.0
61 to 90 minutes	4.2	4.0	4.4	4.0
91 to 120 minutes	13.1	12.5	12.4	7.8
More than 120 minutes	3.5	3.3	4.0	2.6
DK	6.6	5.1	5.0	3.6

A rate of 12.1% of respondents of age 15-25 reported they did no walking for at least 10 minutes at a time during the past week. Of those being 26-44 years of age, 17.7% reported no walking, of those being 45-64 years of age 17.5% reported no walking, and of those 65 years of age and older 20.3% reported no walking for at least 10 minutes at a time in the past 7 days.

Table 12. Days of walking for at least 10 minutes at a time in the last 7 days by age

	15-25 years %	26-44 years %	45-64 years %	65 + years%
None	12.1	17.7	17.5	20.3
1 day	4.4	5.8	5.7	5.3
2 days	7.6	9.2	9.7	8.9
3 days	5.9	8.2	7.8	9.3
4 days	6.5	5.4	6.4	6.2
5 days	10.1	9.3	8.5	7.5
6 days	6.1	4.8	4.5	4.4
7 days	45.3	37.8	38.1	36.7
DK	2.0	1.8	1.7	1.6

The reported time spent walking on a usual day is less than 60 minutes for most respondents across all age groups.

Table 13. Time spend walking on a usual day by age

	15-25 years %	26-44 years %	45-64 years %	65 + years%
No walking for at least 10 minutes	16.7	21.4	21.6	23.5
30 minutes or less	42.1	38.1	34.6	36.5
31 to 60 minutes	21.2	20.7	22.7	22.9
61 to 90 minutes	4.6	5.3	6.9	6.1
91 to 120 minutes	7.0	6.2	6.4	5.0
More than 120 minutes	1.4	1.7	1.7	1.6
DK	7.1	6.5	6.1	4.4

There are no pronounced differences in the time reported spent sitting on a usual day across age groups.

Table 14. Time spend sitting on a usual day by age

	15-25 years %	26-44 years %	45-64 years %	65 + years%
Less than 1 hour	1.4	2.0	2.1	1.9
From 1 hour to 1.30 hours	4.2	5.9	4.2	2.5
From 1.31 hours to 2.30 hours	8.7	12.2	10.7	7.9
From 2.31 hours to 3.30 hours	10.5	15.1	16.5	10.9
From 3.31 hours to 4.30 hours	12.2	14.1	16.0	15.2
From 4.31 hours to 5.30 hours	9.7	10.6	11.0	14.7
From 4.31 hours to 5.30 hours	11.9	9.0	10.0	13.0
From 5.31 hours to 6.30 hours	7.2	4.2	4.5	6.0
From 6.31 hours to 7.30 hours	11.6	8.2	7.5	7.5
From 7.31 hours to 8.30 hours	12.2	8.2	7.4	8.4
More than 8.30 hours	5.5	4.2	4.2	5.2
DK	5.5	6.3	6.2	6.6

1.3. Prevalence of Physical Activity by Gender

If the prevalence of vigorous physical activity was compared between women and men, about two thirds (65%) of women and one half of men (49.1%) did not report any vigorous physical activity in the past week.

Table 15. Days of vigorous physical activity in the last 7 days by gender

	Women %	Men %
None	65.0	49.1
1 day	7.3	8.5
2 days	8.4	9.9
3 days	6.3	8.2
4 days	2.7	4.3
5 days	3.2	8.0
6 days	1.1	3.1
7 days	4.9	7.4
DK	1.1	1.5

4.3% of women reported vigorous physical activity bouts of 30 minutes or less, 12% reported those bouts to last 31 to 60 minutes, 4% reported those bouts to last 61 to 90 minutes, and 10.1% reported those bouts to last longer than 90 minutes. For men, 4.1% reported bouts of a length of 30 minutes or less, 17.6% reported bouts of 31 to 60 minutes, 5.2% reported bouts of 61 to 90 minutes, and 16.5% reported bouts longer than 90 minutes.

Table 16. Time spend on vigorous physical activity in the last 7 days by gender

	Women %	Men %
No vigorous physical activities	67.4	53.6
30 minutes or less	4.3	4.1
31 to 60 minutes	12.0	17.6
61 to 90 minutes	4.0	5.2
91 to 120 minutes	7.5	12.1
More than 120 minutes	2.6	4.4
DK	2.2	3.0

A higher rate of women (43.2%) than men (38.1%) reported no physical activity of moderate level of intensity in the last 7 days. 16.8% of women reported moderate physical activity on every day, for men this rate was 14%.

Table 17. Days of moderate physical activity in the last 7 days by gender

	Women %	Men %
None	43.2	38.1
1 day	5.6	7.1
2 days	10.4	12.3
3 days	8.1	8.8
4 days	4.9	5.5
5 days	6.0	8.5
6 days	3.0	3.6
7 days	16.8	14.0
DK	1.9	2.0

There is not much variation in the time spent on moderate physical activity bouts between females and males.

Table 18. Time spend on moderate physical activity on days with moderate physical activity by gender

	Women %	Men %
No moderate physical activities	49.3	44.7
30 minutes or less	10.9	9.3
31 to 60 minutes	17.5	19.6
61 to 90 minutes	3.7	4.7
91 to 120 minutes	10.0	13.5
More than 120 minutes	3.4	3.4
DK	5.3	4.8

16.1% of women reported they did not walk for at least 10 minutes at a time in the past week. For men, 18.3% report they did not walk for at least 10 minutes at a time in the past week. About 40% (38.4% for women, 39.6% for men) reported daily walking for at least 10 minutes.

Table 19. Days of walking for at least 10 minutes at a time in the last 7 days by age

	Women %	Men %
None	16.1	18.3
1 day	4.9	5.9
2 days	9.1	8.8
3 days	8.8	6.9
4 days	6.6	5.5
5 days	8.9	8.8
6 days	5.3	4.4
7 days	38.4	39.6
DK	1.8	1.8

Walking bouts reported were 30 minutes or less most of the time. More than 20% of female (22.3%) and male (21.3%) respondents reported walking bouts lasting 31 to 60 minutes.

Table 20. Time spend walking on a usual day by gender

	Women %	Men %
No walking for at least 10 minutes	19.4	22.7
30 minutes or less	37.9	37.1
31 to 60 minutes	22.3	21.3
61 to 90 minutes	6.6	4.9
91 to 120 minutes	6.2	6.1
More than 120 minutes	1.3	2.0
DK	6.3	5.9

The time spent sitting on a usual day does not vary between females and males.

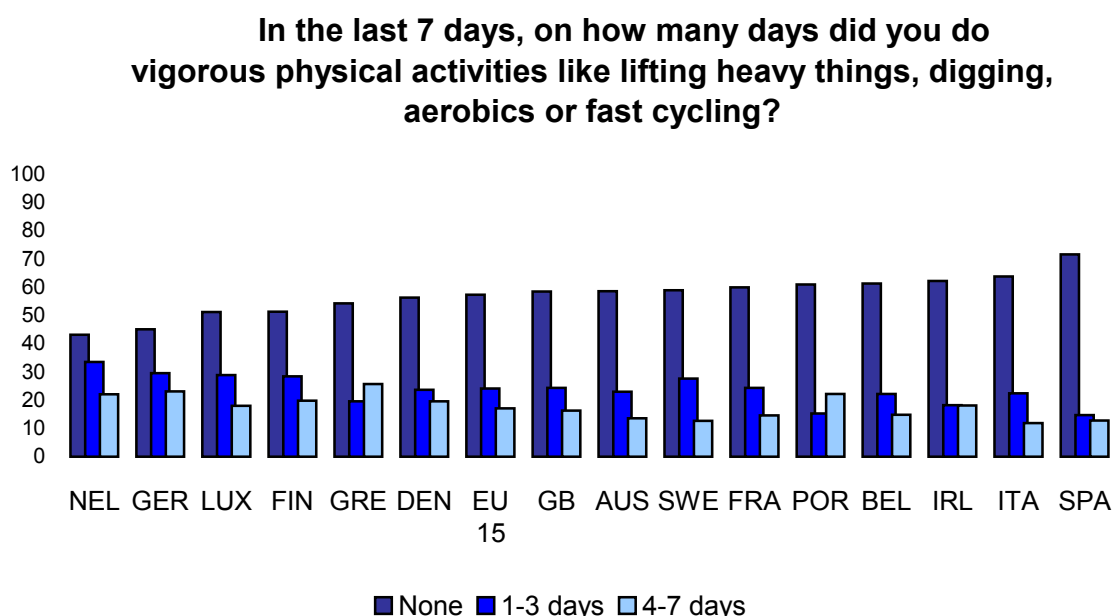
Table 21. Time spend sitting on a usual day by gender

	Women %	Men %
Less than 1 hour	2.1	1.8
From 1 hour to 1.30 hours	5.2	3.7
From 1.31 hours to 2.30 hours	11.3	9.2
From 2.31 hours to 3.30 hours	13.6	14.2
From 3.31 hours to 4.30 hours	14.5	14.5
From 4.31 hours to 5.30 hours	11.6	11.0
From 4.31 hours to 5.30 hours	11.0	10.0
From 5.31 hours to 6.30 hours	5.1	5.2
From 6.31 hours to 7.30 hours	7.5	9.4
From 7.31 hours to 8.30 hours	7.9	9.5
More than 8.30 hours	3.8	5.3
DK	6.2	6.1

1.4. Prevalence of Physical Activity in the Member States

Across Member States, the rate of those who reported no vigorous physical activity in the last 7 days ranged from a low of 43.3% in the Netherlands to a high of 71.7% in Spain. Lower than average rates of non-participation in vigorous physical activity in the past week were reported in Germany (45.2%), Luxembourg (51.3%), and Finland (51.4%).

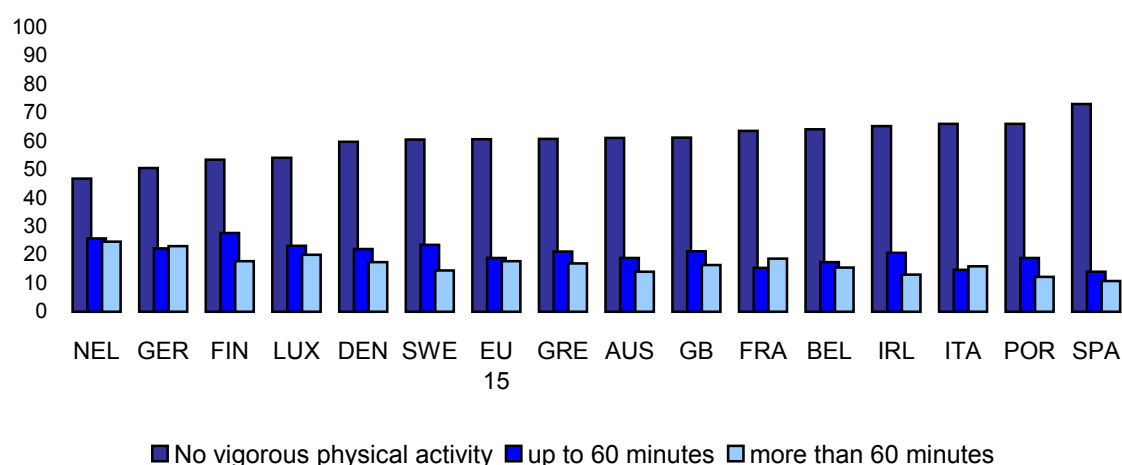
High rates of non-participation in vigorous physical activity could be found, beside Spain, in Italy (63.9%), Ireland (62.3%), and Belgium (61.4%).



Time usually spent doing vigorous physical activities is categorized in no vigorous physical activity, bouts of up to 60 minutes, and bouts that are longer than 60 minutes.

In Finland (27.7%), the Netherlands (25.8%), Luxemburg (23.8%), and Sweden (23.5%) more than 23% of the populations reported bouts of less than 60 minutes when they were engaged in vigorous physical activity.

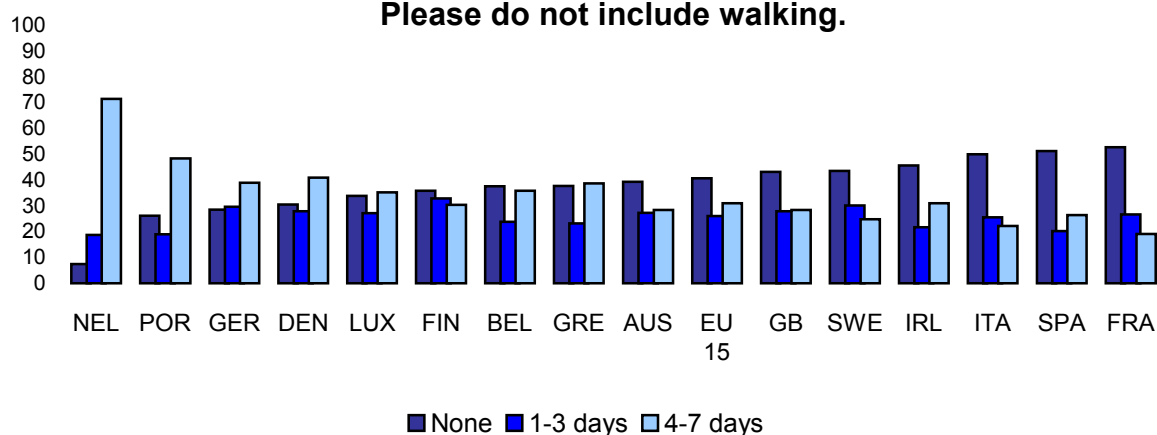
On the days when you do vigorous physical activities, how much time do you usually spend at it?



The lowest rates of non-participation in moderate physical activity in the last 7 days could be found in the Netherlands (7.5%), Portugal (26.2%), Germany (28.6%), Denmark (30.6%), Luxembourg (33.9%), and Finland (35.9%).

Highest rates of non-participation were reported in France (52.8%), Spain (51.3%), and Italy (50%).

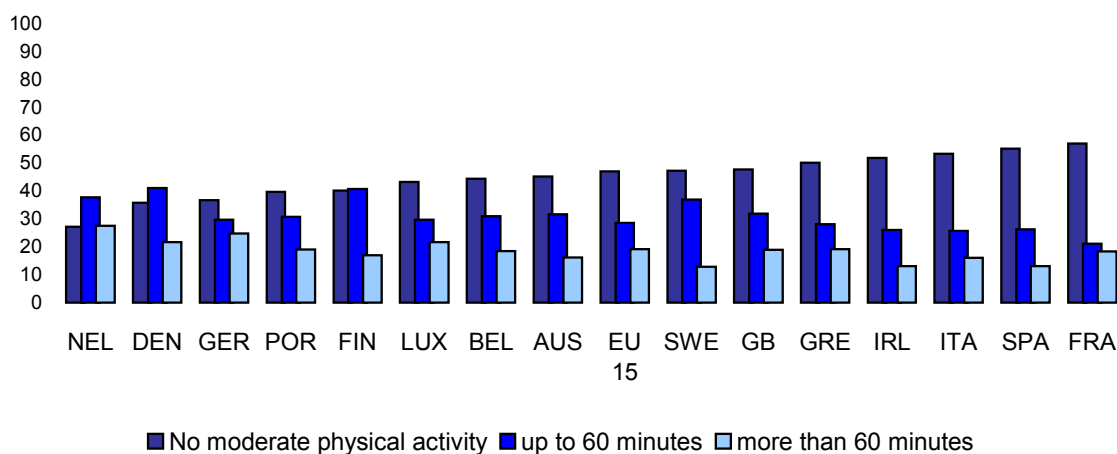
**In the last 7 days, on how many days did you do moderate physical activity like carrying light loads, cycling at a normal pace or doubles tennis?
Please do not include walking.**



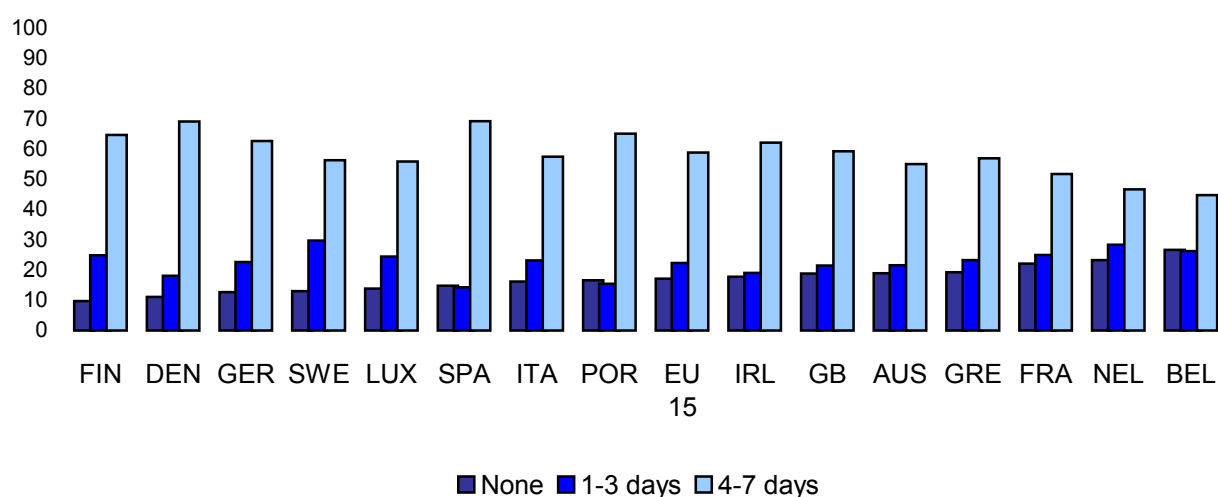
Moderate physical activity on 4 to 7 days per week was reported by 71.6% of adults in the Netherlands, compared to 31.1% in the EU average.

Time spent doing physical activity of moderate intensity is predominantly in bouts of up to 60 minutes.

On the days when you do moderate physical activities, how much time do you usually spend at it?

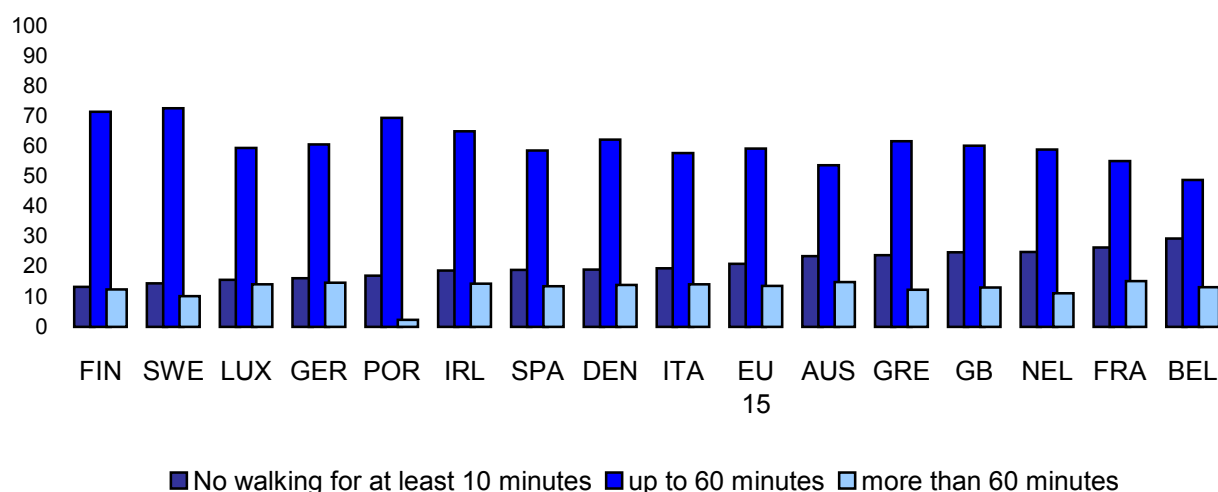


In the last 7 days, on how many days did you walk for at least 10 minutes at a time?



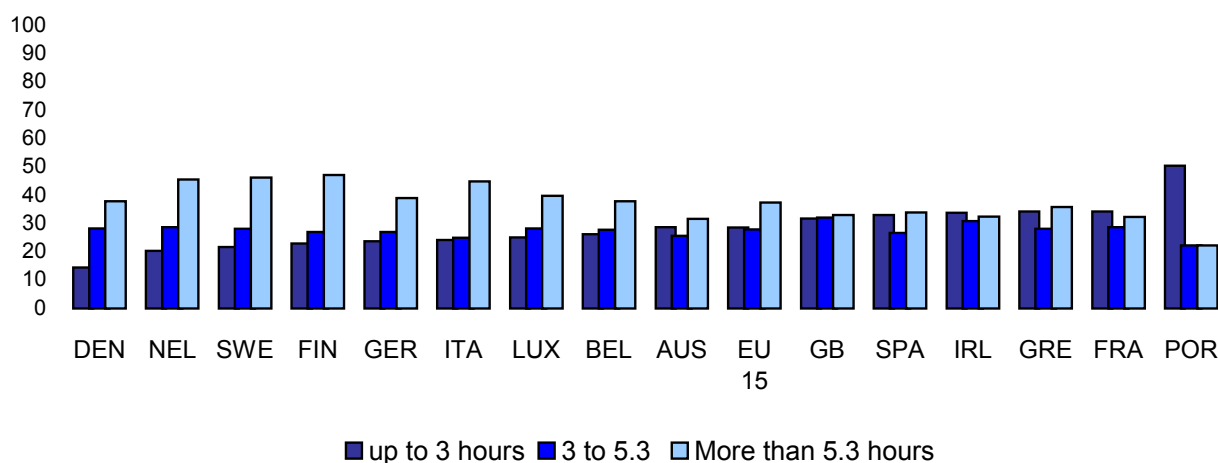
The rate of those who did not walk for at least 10 minutes at a time in the past week is 9.7% in Finland, 11.1% in Denmark, 12.7% in Germany, and 13% in Sweden. For the EU, the average is 17.1%. A high rate of respondents did not walk for at least 10 minutes at a time in Belgium (26.7%), the Netherlands (23.3%), and France (22.1%).

On days when you walk for at least 10 minutes at a time, how much time do you usually spend walking?



The time spent walking is in all countries predominantly in bouts of up to 60 minutes.

How much time do you spend sitting on usual day? This may include time spent at a desk, visiting friends, reading, studying or watching television.



In Denmark (14.4%), the Netherlands (20.3%), Sweden (21.7%), and Finland (22.3%) the rate of those who reported to sit for 3 hours or less on a usual day is, compared to the other countries, low.

Overall, significant variations across the physical activity parameters of the IPAQ can be observed in the Members States. Across parameters, respondents of the Netherlands, Denmark, Finland, Sweden, Germany, and Luxemburg reported higher prevalence of physical activity than the other nations.

Lower than average prevalences of physical activity were found in France, Belgium, Italy, Spain and Portugal.

2. Context of Physical Activity

2.1. General Situation in the European Union

To complement information of the “International Physical Activity Questionnaire” (IPAQ), respondents were asked in which context they were physically active in the past 7 days.

The 4 different contexts assessed were physical activity in the context of work, transportation, at home, and for recreation or leisure-time. Answer categories were a lot, some, and little or none.

Table 22. Context of physical activity (work)

Q.57.1: In the last 7 days, how much physical activity did you get at work?

	% EU 15
A lot	19.9
Some	21.8
Little or None	49.4
DK	9.3

It can be noted, that about 20% (19.9%) of respondents stated that they got a lot of physical activity at work in the last 7 days. About half of the respondents (49.4%) reported no physical activity at work in the last 7 days.

Table 23. Context of physical activity (transportation)

Q.57.2: In the last 7 days, how much physical activity did you get when moving from place to place?

	% EU 15
A lot	15.7
Some	52.1
Little or None	30.5
DK	1.6

For physical activity in the context of transportation, 15.7% of the respondents stated that they got a lot of physical activity in this context. More than half (52.1%) of the respondents reported some physical activity for transportation, and 30.5% reported little or none.

Table 24. Context of physical activity (home)

Q.57.3: In the last 7 days, how much physical activity did you get work in and around your house (including housework, gardening, general maintenance, or caring for family)?

	% EU 15
A lot	24.6
Some	49.5
Little or None	24.6
DK	1.3

In the context of home, about 25% (24.6%) of respondents reported a lot, or little or none (24.6%) physical activity in the last 7 days. Half of the respondents (49.5%) reported that they got some physical activity in the context of the own home.

Table 25. Context of physical activity (leisure)

Q.57.4: In the last 7 days, how much physical activity did you get for recreation, sport and leisure-time activities?

	% EU 15
A lot	14.9
Some	36.6
Little or None	46.0
DK	2.6

A lot of recreational and leisure-time physical activity in the last 7 days is reported by 14.9% of respondents. 46% of the respondents stated that they got little or none leisure-time physical activity in the last 7 days.

2.2. Physical activity in different contexts by age

It can be noted, that physical activity in the different contexts varies significantly across age groups.

For physical activity in the context of work, 20.9% of respondents age 15-25, 27.7% of age 26-44, and 20% of age 45-64 reported a lot of physical activity in the last 7 days. In the age group of those being 65 years of age and older, 2.7% of respondents reported a lot of physical activity at work.

Table 26. Physical activity in the contexts of work, transportation, at home and for leisure-time in the last 7 days by age

	15-25 years %	26-44 years %	45-64 years %	65 + years%
Work				
A lot	20.9	27.7	20.0	2.7
Some	23.8	28.3	23.3	5.9
Little or None	46.9	39.3	48.0	72.1
DK	8.3	4.7	8.7	19.3
Transportation				
A lot	21.4	16.4	14.5	11.1
Some	53.2	51.8	53.6	49.5
Little or None	24.2	30.7	30.5	36.1
DK	1.2	1.1	1.4	3.3
Home				
A lot	15.5	27.7	27.9	24.0
Some	46.2	49.0	51.3	50.6
Little or None	36.5	22.2	20.6	24.0
DK	1.9	1.0	1.1	1.3
Leisure-time				
A lot	31.0	14.5	11.2	6.1
Some	39.2	39.7	36.0	29.5
Little or None	28.7	43.8	50.0	60.1
DK	1.1	2.1	2.8	4.3

Similarly, those being 65 years of age and older reported lower rates of a lot of physical activity for the purpose of transportation compared to the younger age groups.

Physical activity at home is predominantly reported by the older age groups. Of those being 15-24 years of age, 15.5% reported a lot of physical activity in the last 7 days, in the other 3 age groups this rate was 24% (65 years and older) to 27.9 % (45-64 years of age).

Physical activity for recreational purposes declined with age. Of those being 15-24 years of age 70.2% reported at least some leisure-time physical activity in the last 7 days. In the age group of the 26-44 years old, 54.2% reported at least some leisure-time physical activity, while 47.2% of those 45-64, and 35.5% of those 65 years of age and older reported some leisure-time physical activity in the last 7 days.

2.3. Physical activity in different contexts by gender

For physical activity at work, men reported to a higher rate a lot and some physical activity during the last 7 days than women. There is no variations in physical activity in the context of transportation between men and women.

About a third of women (32.1%) reported a lot of physical activity in and around the home in the last 7 days. For men, 16.6% reported a lot of physical activity in and around the home in the last 7 days.

Men are, however, more likely to report a lot (18.1%) or some (38.6%) leisure-time physical activity than women.

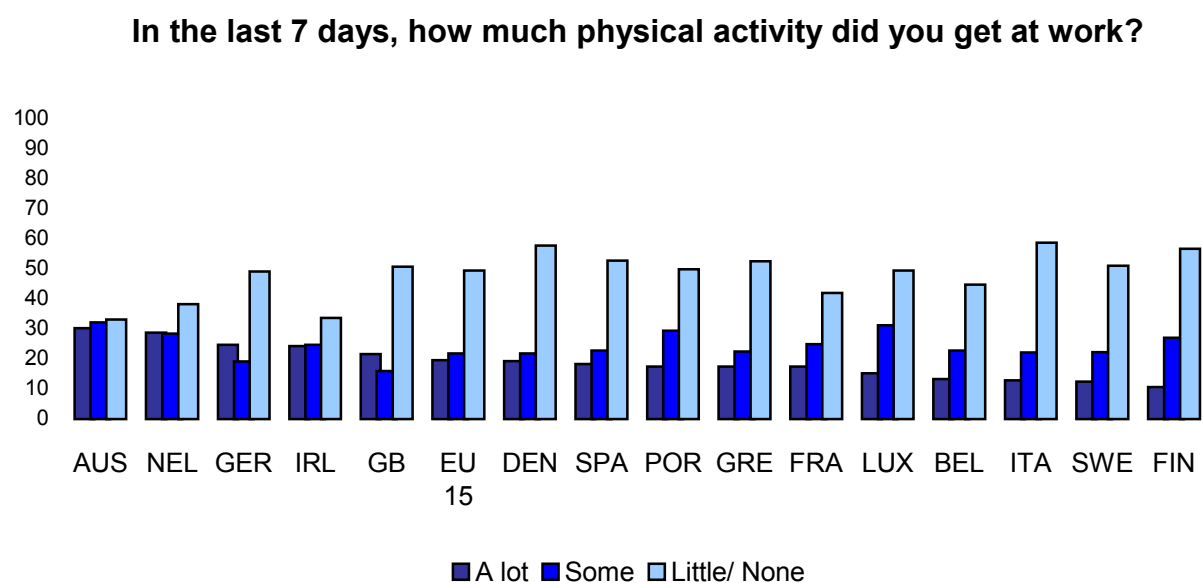
Table 27. Physical activity in the contexts of work, transportation, at home and for leisure-time in the last 7 days by gender

	Women %	Men %
Work		
A lot	16.0	23.4
Some	20.0	23.8
Little or None	52.7	45.8
DK	11.4	7.0
Transportation	15.8	15.6
A lot	52.9	51.3
Some	29.3	31.8
Little or None	2.0	1.3
DK	15.8	15.6
Home		
A lot	32.1	16.6
Some	49.2	49.7
Little or None	17.5	32.3
DK	1.2	1.3
Leisure-time		
A lot	11.8	18.1
Some	34.7	38.6
Little or None	50.8	40.9
DK	2.7	2.4

2.4. Context of physical activity in the Member States

Participation rates in physical activity in the last 7 days varied across the Member States.

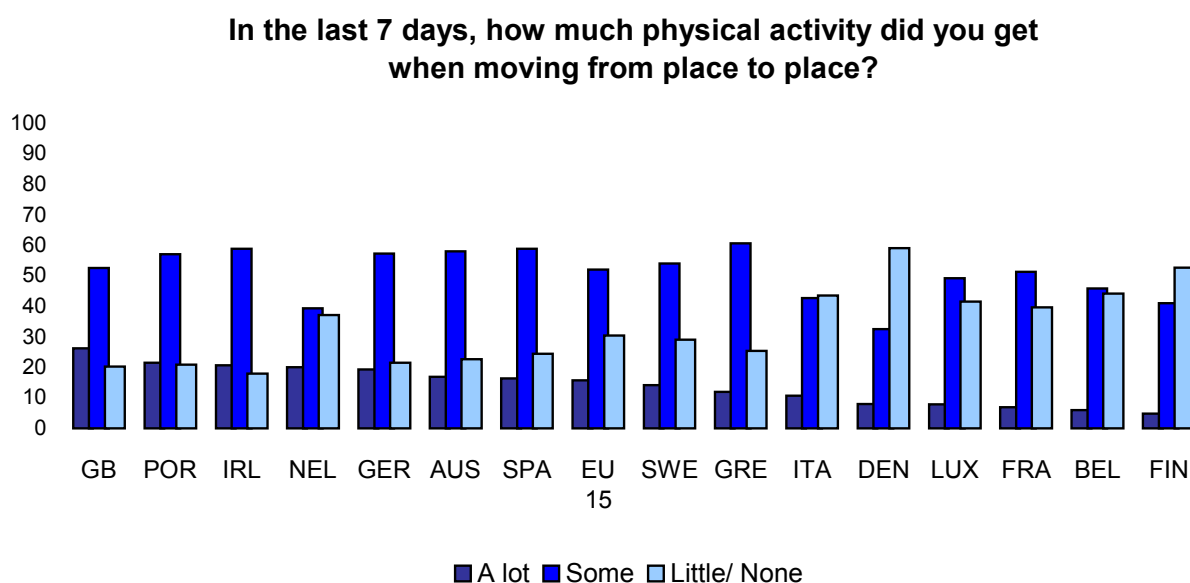
A lot of physical activity in the context of work was reported by respondents in Austria (30.2%), the Netherlands (28.7%) and Germany (24.7%).



The lowest rates of participation in a lot of physical activity at work were reported in Finland (10.6%), Sweden (12.4%) and Italy (12.9%).

For the context of transportation, a lot of physical activity was reported by respondents in Great Britain (26.3%), Portugal (21.6%), Ireland (20.7%), the Netherlands (20%) and Germany (19.3%).

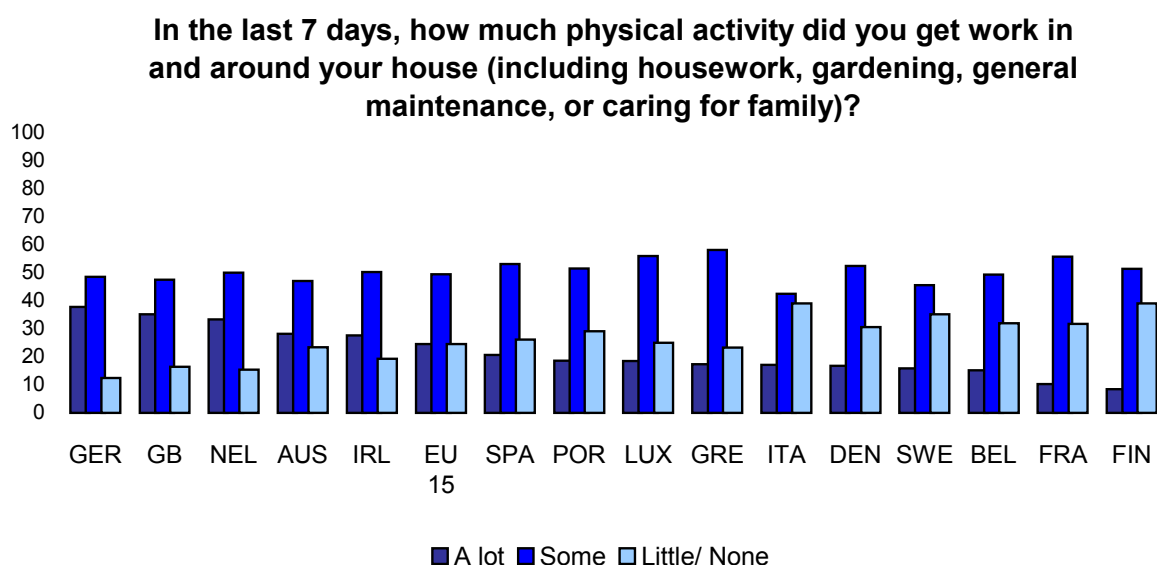
Lower rates of such physical activity were reported in Finland (4.9%), Belgium (6%), and France (6.9%), where only about 6% of respondents reported a lot of physical activity for the means of transportation.



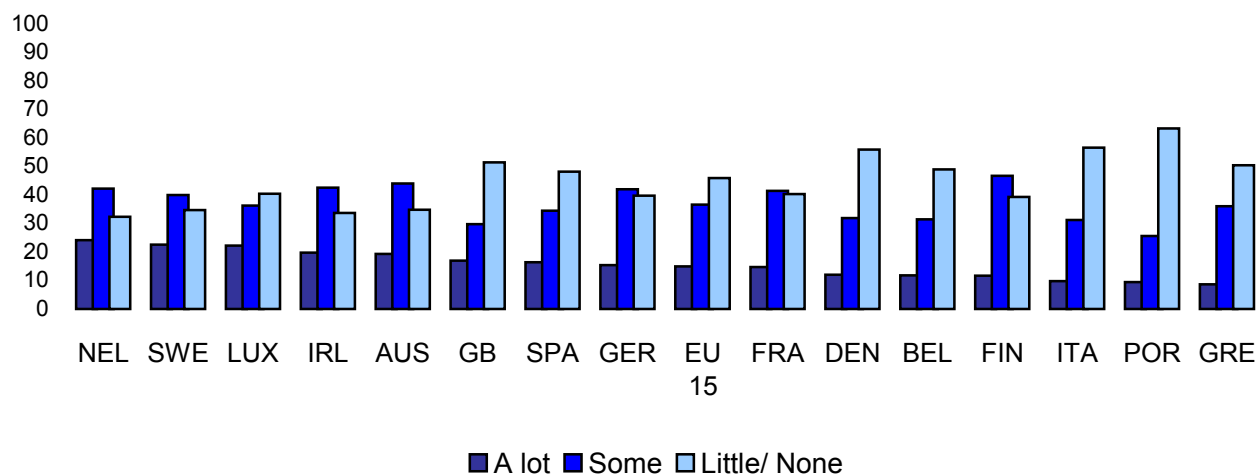
About one third of respondents in Germany (37.9%), Great Britain (35.2%), and the Netherlands (33.4%) reported a lot of physical activity in and around of home. In Finland (8.5%), France (10.3%), and Belgium (15.2%) only about 10% of respondents reported a lot of physical activity in the context of home.

A high prevalence of a lot of leisure-time physical activity was found in the Netherlands (24.2%), Sweden (22.6%), Luxembourg (22.2%), Ireland (19.8%), and Austria (19.3%).

At the low end, less than 10% of respondents in the southern European countries Greece (8.7%), Portugal (9.4%), and Italy (9.8%) reported a lot of physical activity for recreational purposes. For Finland it can be noted, that only 11.7% of adults reported a lot of leisure time physical activity in the last 7 days, that however, compared to the other countries, a high rate of respondents reported moderate levels of recreational physical activity (46.7%)



In the last 7 days, how much physical activity did you get for recreation, sport and leisure-time activities?



3. Perception of Environmental Opportunities for Physical Activity

3.1. General Situation in the European Union

In order to assess the perception of adults of environmental opportunities for physical activity, three items were used.

The first item asked whether respondents agreed or disagreed with the statement “The area where I live offers me many opportunities to be physically active”.

The second item asked whether respondents agreed or disagreed with the statement “Local sport clubs and other local providers offer many opportunities to be physically active”.

The third item asked whether respondents agreed or disagreed with the statement “My local authority does enough for its citizens concerning their physical activities”.

Table 28. Perception of opportunities to be physically active in local area

Q.58.a: To what extent do you agree or disagree with the following statement concerning sport and physical activity?
“The area where I live offers me many opportunities to be physically active.”

	% EU 15
Strongly agree	28.3
Tend to agree	41.7
Tend to disagree	14.2
Strongly disagree	9.2
DK	6.7

It can be noted that more than two thirds (70.0%) of the population strongly agreed or agreed that the area where they live offers many opportunities to be physically active.

Similarly, more than two thirds of respondents (69.2%) strongly agreed or agreed that local sport clubs or other providers offer many opportunities to be physically active.

The percentage of those that strongly agreed or agreed that their local authority does enough for its citizens concerning physical activity was slightly lower (55.7%).

Table 29. Perception of local sport clubs and other local providers offering many opportunities to be physically active

Q.58.b: To what extent do you agree or disagree with the following statement concerning sport and physical activity?

“Local sport clubs and other local providers offer many opportunities to be physically active.”

	% EU 15
Strongly agree	27.5
Tend to agree	41.7
Tend to disagree	12.7
Strongly disagree	9.0
DK	9.1

Table 30. Perception of local authority doing enough for citizens physical activity

Q.58.c: To what extent do you agree or disagree with the following statement concerning sport and physical activity?

“My local authority does enough for its citizens concerning their physical activities.”

	% EU 15
Strongly agree	18.1
Tend to agree	37.6
Tend to disagree	19.0
Strongly disagree	13.0
DK	12.3

3.2. Perception of Environmental Opportunities for Physical Activity by age

Between the age groups of the 15-25 years old, the 26-44 years old, and the 45-65 years old only minor variations in regard to the perception of environmental opportunities for physical activity could be observed.

Compared to these 3 age groups, however, those being 65 years of age and older had more critical perceptions of environmental opportunities for physical activity. Only about 20% of adults 65 years of age and older strongly agreed to the statements concerning environmental opportunities for physical activity, in the other age groups, this rate was about 30%.

Table 31. Perception of environmental opportunities for physical activity by age

	15-25 years %	26-44 years %	45-64 years %	65 + years%
<u>“The area where I live offers me many opportunities to be physically active”</u>				
Strongly agree	31.0	29.0	29.2	22.9
Tend to agree	40.4	42.8	43.3	38.3
Tend to disagree	16.1	15.3	13.1	12.3
Strongly disagree	10.0	9.3	8.0	9.8
DK	2.5	3.6	6.3	16.7
<u>“Local sport clubs and other local providers offer many opportunities to be physically active”</u>				
Strongly agree	30.1	28.8	28.6	21.0
Tend to agree	43.0	42.8	42.3	37.4
Tend to disagree	13.4	13.6	12.5	10.6
Strongly disagree	9.5	9.1	7.8	10.2
DK	3.9	5.6	8.8	20.9
<u>“My local authority does enough for its citizens concerning their physical activities”</u>				
Strongly agree	18.6	17.4	19.3	17.2
Tend to agree	36.6	38.5	39.2	34.5
Tend to disagree	21.6	20.8	18.1	14.8
Strongly disagree	14.4	13.8	12.1	11.3
DK	8.6	9.7	11.3	22.2

3.3. Perception of Environmental Opportunities for Physical Activity by Gender

Perception of environmental opportunities for physical activity did not vary significantly between men and women.

68.1% of women strongly agreed or agreed that the area where they live offers them many opportunities to be physically active. For men, 71.9% strongly agreed or agreed to this statement.

For the Items “Local sport clubs and other local providers offer many opportunities to be physically active”, and “My local authority does enough for its citizens concerning their physical activities”, the variations between women and men are negligible.

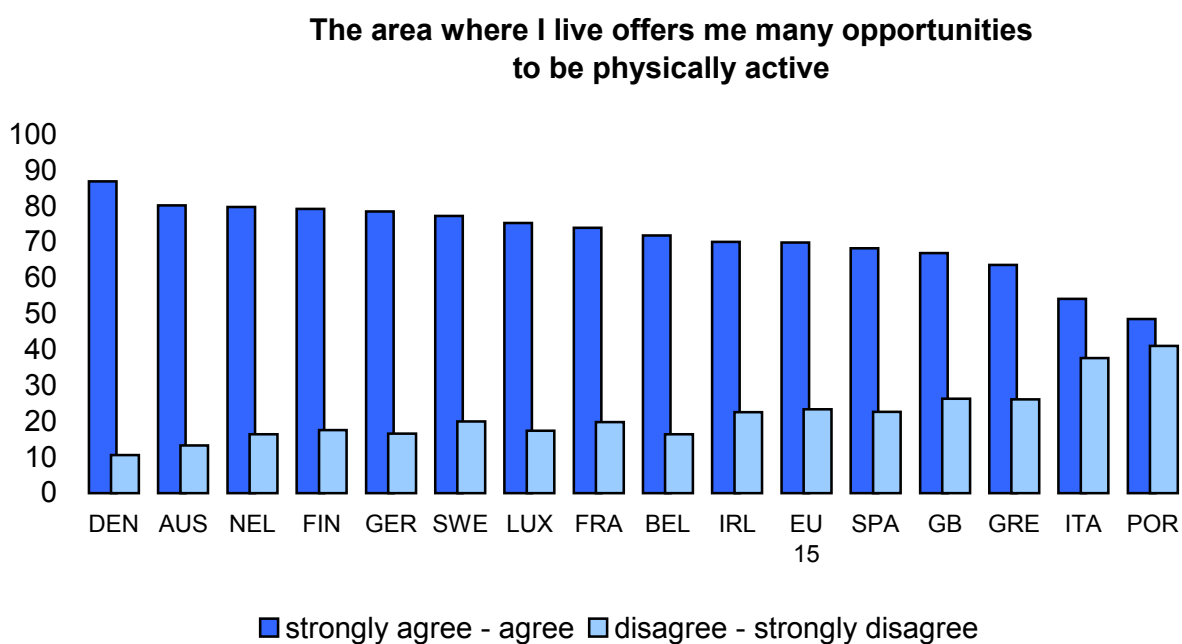
Table 32. Perception of environmental opportunities for physical activity by gender

	15-25 years %	65 + years%
<u>“The area where I live offers me many opportunities to be physically active”</u>		
Strongly agree	26.7	30.0
Tend to agree	41.4	41.9
Tend to disagree	14.3	14.2
Strongly disagree	9.8	8.4
DK	7.8	5.5
<u>“Local sport clubs and other local providers offer many opportunities to be physically active”</u>		
Strongly agree	26.9	28.2
Tend to agree	41.1	42.3
Tend to disagree	12.3	13.1
Strongly disagree	9.6	8.3
DK	10.1	8.1
<u>“My local authority does enough for its citizens concerning their physical activities”</u>		
Strongly agree	17.9	18.4
Tend to agree	37.5	37.7
Tend to disagree	18.5	19.5
Strongly disagree	12.9	13.1
DK	13.3	11.3

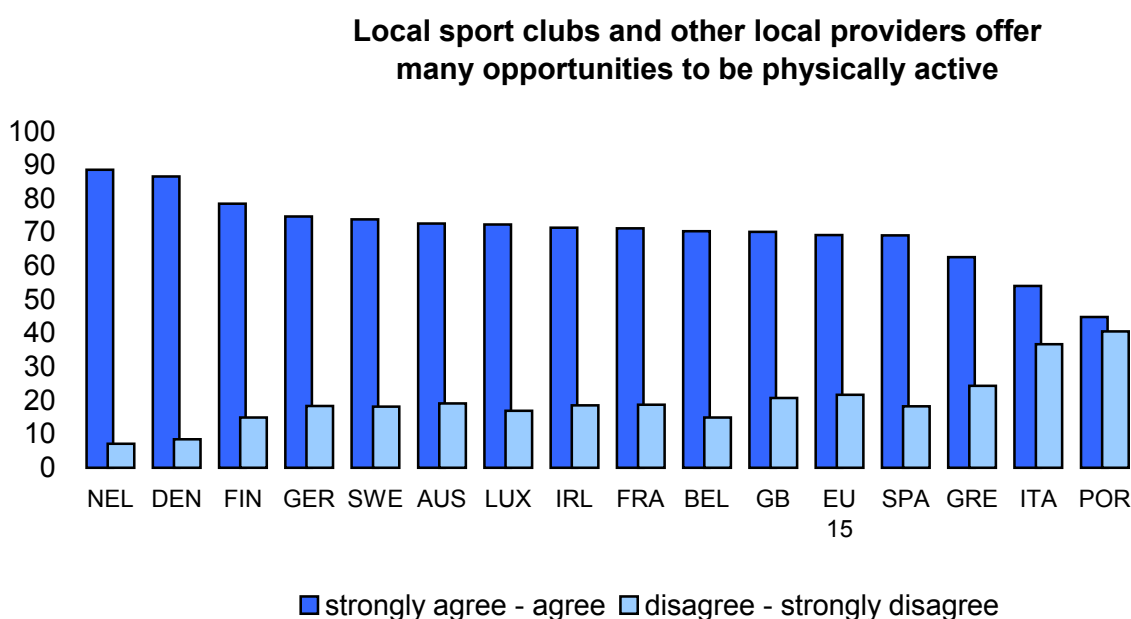
3.4. Perception of Environmental Opportunities in the Member States

Attitudes towards opportunities for physical activity in the area where one lives were not homogeneous across the Member States. More than 80% of adults in Denmark (87%) and Austria (80.3%) agreed that the area where they live offers many opportunities to be physically active.

In the southern countries Portugal (48.6%), Italy (54.2%), Greece (63.7%), and Spain (68.3%) attitudes toward such opportunities were the least favorable. Also, in Great Britain (67%) attitudes toward such opportunities were less favorable than the average for the European Union.



The statement that local sport clubs and other providers offer many opportunities for physical activity is agreed upon by almost 90% of adults in the Netherlands (88.7%), and Denmark (86.7%). Finland (78.6%), Germany (74.8%), and Sweden (73.9%) did also show a higher than average approval to this statement.



The southern countries Portugal (44.9%), Italy (54.1%), and Greece (62.7) had the lowest rate of approval to this statement in comparison to the other Member States.

In comparison to the first two items, the statement “My local authority does enough for its citizens concerning their physical activities” yields lower rates of agreement across Member States.

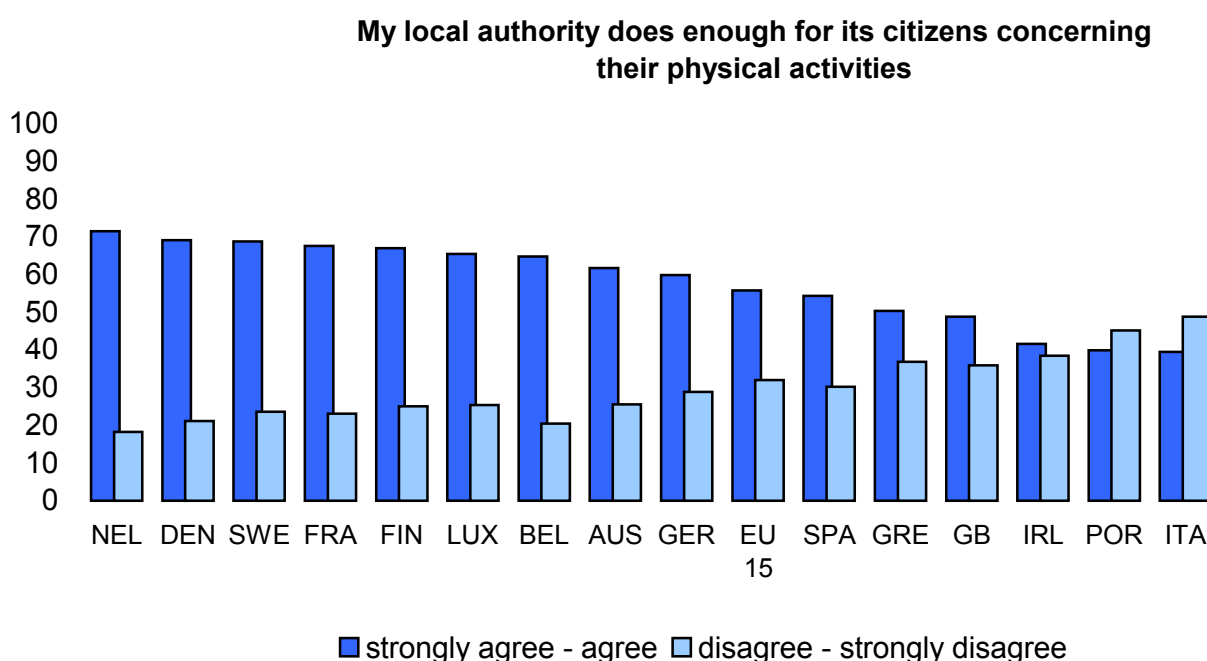
In the Netherlands (71.4%), Denmark (69%), and Sweden (68.7%) agreement to this statement was comparably high.

Italy (39.4%), Portugal (39.9%), and Ireland (41.6%) featured the lowest rate of agreement to this statement. For Italy, and Portugal, the rates of adults that disagree to the statement that local authorities do enough for citizens concerning physical activity was higher than the rate of adults who agreed to the statement.

In France (67.5%), Finland (66.9%), Luxemburg (65.4%), Belgium (64.7%), Austria (61.7%), Germany (59.8%), Spain (54.3%), Greece (50.3%), and Great Britain (48.8%) agreement to the statement was average.

Across the three items that assessed the perception of environmental opportunities for physical activity, adults in southern countries, Great Britain, and Ireland rated such opportunities more critical compared to the other Member States.

The most favorable ratings of environmental opportunities for physical activity occurred in the Netherlands, Denmark, Finland, Sweden, and Germany.



4. Methodological considerations

4.1. International Physical Activity Questionnaire (IPAQ)

The “International Physical Activity Questionnaire” was used to estimate the prevalence of physical activity in the Member States (Q.50–Q.56). The intend of the IPAQ is to provide an instrument that can be used to monitor levels of physical activity globally. During the creation of the IPAQ, special emphasis was placed on developing an instrument that has a high level of cultural equivalence, and that can be used for the cross-national comparison of physical activity levels.

Cultural equivalence was defined as:

Conceptual equivalence: Respondents have to attach the same meaning to the terms and concepts used in the IPAQ.

Metric equivalence: The numbers reported should mean the same thing to respondents (e.g. intensity levels of used examples are consistent across nations).

Linguistic equivalence: Terminology and grammar used in the IPAQ have to have the same meaning across nations.

For use in the EUROBAROMETER, the existing English version of the IPAQ was translated into all languages of the Member States paying close attention to these problems of cultural equivalence.

In the first step of the translation prozess, the English master version of the IPAQ short form was provided to INRA, and INRA created national versions for all Member States with the help of their national partners. Secondly, these national versions were sent to physical activity experts in all Member States. Physical activity experts had to compare their national version to the English master version in regard to cultural equivalence. Physical activity experts were encouraged to make necessary recommendations in order to increase the cultural equivalence of their national version. Thirdly, the recommendations of the physical activity experts were considered by INRA in the process of finalizing the national versions of the IPAQ that were used in the EUROBAROMETER.

The IPAQ was tested for reliability and validity by the IPAQ committee in 12 countries in the years 1998-1999.

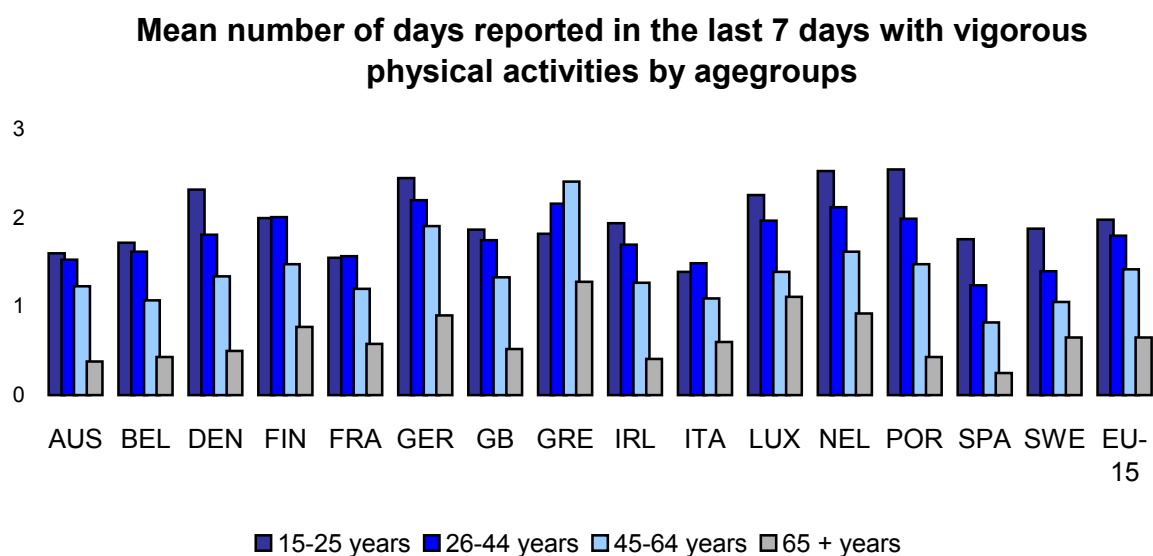
Test-retest reliability was determined to be around 0.8 for Spearman's Rho when the retest was performed after 3 to 7 days.

Criterion validity was determined to be around 0.3 (Rho) when tested against accelerometer (computer science application) data from 7 consecutive days.

The test-retest reliability of the IPAQ was also examined in the European Physical Activity Surveillance System (EUPASS) project. Measures of Spearman's Rho indicated a test-retest reliability for the "last 7 days" short version of the IPAQ of around 0.4.

To explore homogeneity of the IPAQ in measuring physical activity in the Member States, relationships between reported days of vigorous physical activity in the last 7 days (Q.50) were examined across age groups.

Results indicate that, in all countries except Greece, respondents age 45 and older reported less vigorous physical activity in the last 7 days than those of younger age. The reason for Greece showing a different pattern is not known.



4.2. Context of Physical Activity

The context of physical activity in the last 7 days was assessed by question Q.57. Test-retest reliability of these items was assessed in the European Physical Activity Surveillance (EUPASS) project.

For physical activity in the context of work, Spearman's R_{ho} was 0.54, in the context of transportation it was 0.41, at home it was 0.43, and for leisure it was 0.42 when retested after 7 to 10 days.

4.3. Perception of Environmental Opportunities for Physical Activity

Questions 58 were used to assess the perception of environmental opportunities for physical activity in the Member States. The 3 items were tested for reliability in the European Physical Activity Surveillance (EUPASS) project.

Test-retest reliability for Spearman's R_{ho} were 0.66 for item Q.58.a, 0.64 for item Q.58.b, and 0.71 for item Q.58.c when retested after 7 to 10 days.

APPENDIX

Technical Specifications

1. COUNTRIES, NATIONAL INSTITUTES, FIELDWORK PERIOD, NET SAMPLE SIZE AND EXTRAPOLATION FIGURES

Between 28th October 2002 and 8th December 2002, the European Opinion Research Group, a consortium of Market and Public Opinion Research agencies, made out of INRA in Belgium – I.C.O. and GfK Worldwide, carried out wave 58.2 of the standard Eurobarometer, on request of the EUROPEAN COMMISSION, Directorate-General Press and Communication, Opinion Polls.

The Standard EUROBAROMETER 58.2 covers the population of the respective nationalities of the European Union Member States, aged 15 years and over, resident in each of the Member States. The basic sample design applied in all Member States is a multi-stage, random (probability) one. In each EU country, a number of sampling points was drawn with probability proportional to population size (for a total coverage of the country) and to population density.

For doing so, the points were drawn systematically from each of the "administrative regional units", after stratification by individual unit and type of area. They thus represent the whole territory of the Member States according to the EUROSTAT NUTS 2 (or equivalent) and according to the distribution of the resident population of the respective EU-nationalities in terms of metropolitan, urban and rural areas. In each of the selected sampling points, a starting address was drawn, at random. Further addresses were selected as every Nth address by standard random route procedures, from the initial address. In each household, the respondent was drawn, at random. All interviews were face-to-face in people's home and in the appropriate national language.

<u>COUNTRIES</u>	<u>INSTITUTES</u>	<u>N° INTERVIEWS</u>	<u>FIELDWORK DATES</u>	<u>POPULATION 15+ (x 000)</u>
Belgium	INRA BELGIUM	1,110	4/11 – 28/11	8,326
Denmark	GfK DENMARK	1,000	6/11 – 6/12	4,338
Germany (East)	INRA DEUTSCHLAND	1,020	1/11 – 19/11	13,028
Germany (West)	INRA DEUTSCHLAND	1,022	1/11 – 20/11	55,782
Greece	MARKET ANALYSIS	1,003	31/10 – 30/11	8,793
Spain	INRA ESPAÑA	1,000	5/11 – 28/11	33,024
France	CSA-TMO	1,037	28/10 – 29/11	46,945
Ireland	LANSLOWNE Market Research	1,013	3/11 – 29/11	2,980
Italy	INRA Demoskopoea	1,027	6/11 – 30/11	49,017
Luxembourg	ILRes	602	28/10 – 3/12	364
The Netherlands	INTOMART	1,035	1/11 – 2/12	12,705
Austria	SPECTRA	1,023	31/10 – 20/11	6,668
Portugal	METRIS	1,002	1/11 – 26/11	8,217
Finland	MDC MARKETING RESEARCH	1,024	6/11 – 8/12	4,165
Sweden	GfK SVERIGE	1,000	1/11 – 3/12	7,183
Great Britain	MARTIN HAMBLIN LTD	1,010	28/10 – 30/11	46,077
Northern Ireland	ULSTER MARKETING SURVEYS	302	30/10 – 29/11	1,273
TOTAL NUMBER OF INTERVIEWS		16,230		

For each country a comparison between the sample and the universe was carried out. The Universe description was derived from Eurostat population data or from national statistics. For all EU member-countries a national weighting procedure, using marginal and intercellular weighting, was carried out based on this Universe description. As such in all countries, minimum gender, age, region NUTS 2 were introduced in the iteration procedure. For international weighting (i.e. EU averages), INRA (EUROPE) applies the official population figures as provided by EUROSTAT in the Regional Statistics Yearbook (data for 1997). The total population figures for input in this post-weighting procedure are listed above.

The results of the Eurobarometer studies are reported in the form of tables, datafiles and analyses. Per question a table of results is given with the full question text in English, French and German. The results are expressed as a percentage of the total. The results of the Eurobarometer surveys are analysed and made available through the Directorate-General Press and Communication, Opinion Polls of the European Commission, rue de la Loi 200, B-1049 Brussels. The results are published on the Internet server of the European Commission: <http://europa.eu.int/comm/dg10/epo>. All Eurobarometer datafiles are stored at the Zentral Archiv (Universität Köln, Bachemer Strasse, 40, D-50869 Köln-Lindenthal), available through the CESSDA Database <http://www.nsd.uib.no/cessda/europe.html>. They are at the disposal of all institutes members of the European Consortium for Political Research (Essex), of the Inter-University Consortium for Political and Social Research (Michigan) and of all those interested in social science research.

Readers are reminded that survey results are estimations, the accuracy of which, everything being equal, rests upon the sample size and upon the observed percentage. With samples of about 1,000 interviews, the real percentages vary within the following confidence limits:

Observed percentages	10% or 90%	20% or 80%	30% or 70%	40% or 60%	50%
Confidence limits	± 1.9%	± 2.5%	± 2.7%	± 3.0%	± 3.1%

2. CO-OPERATING AGENCIES AND RESEARCH EXECUTIVES

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3. COMPARISON BETWEEN SAMPLE AND UNIVERSE, AND WEIGHTING

For each Standard Eurobarometer survey, a comparison between sample and universe is carried out, per country. The universe description is derived from EUROSTAT population data.

There are 17 sample areas: one for each country of the European Union, in addition Germany is divided into East and West, and United Kingdom into Great Britain and Northern Ireland.

Each sample area contains a number of interviews, this number may be somewhat above or below that aimed at. The target is 1,000 per sample area, except for Northern Ireland, 300, and Luxembourg, 600.

WEIGHTS DELIVERED WITH THE EUROBAROMETER DATA SET:

There are 15 different weights used in the Eurobarometer survey.

W.1	WEIGHT RESULT FROM TARGET (also WEIGHTP or <u>WSAMPLE</u>)
W.2	DROPPED
W.3	WEIGHT SPECIAL GERMANY (also WEIGHTGER)
W.4	WEIGHT SPECIAL UNITED KINGDOM (also WEIGHT1)
W.5	WEIGHT EURO 6 (also WEIGHT6)
W.6	WEIGHT EURO 9 (also WEIGHT9)
W.7	WEIGHT EURO 10 (also WEIGHT2)
W.8	WEIGHT EURO 12 – Former EAST GERMANY (also WEIGHT3M)
W.9	WEIGHT EUROPE 12 (also WEIGHT3P)
W.10	WEIGHT EURO +3 (also WEIGHTNEW)
W.11	WEIGHT EUROPE 15 (also WEIGHT15 or <u>WEURO</u>)
W.12	WEIGHT NORWAY (also WEIGHTNOR)
W.13	WEIGHT TOTAL (also WEIGHT15P or <u>WCPLUS</u>)
W.14	WEIGHT STANDARD SIZE – GERMANY AND UNITED KINGDOM EXTRAPOLATED (also WEIGHTC or <u>WNATION</u>)
W.15	WEIGHT EURO 11 (without Greece)
W.16	WEIGHT EURO 12 (with Greece)

For each EU member state, a national weighting procedure, using marginal (RIM) and intercellular weighting (Iterative Proportional Fitting - IPF), is carried out, based on this universe description. As such, in all countries, minimum gender, age, region NUTS 2 are introduced in the iteration procedure (W.1).

An additional factor (extrapolation) is added, to bring former East and West Germany together in one entity (W.3). Former East Germany counts for 20.8% and former West Germany counts for 79.2%.

The same principle is used to bring Northern Ireland together with Great Britain, to form the United Kingdom (W.4). Here Northern Ireland counts for 2.5% and Great Britain, for 97.5%.

For the sake of analysis, historical weights were created, bringing countries together, contained in historical entities such as Europe of the 6, 9, 10, and 12. (W.5 from to W.10). Countries not inserted in these weights are set to 0.

In order to make a European 15 weight, the data are extrapolated using population figures for each sample area (15 members = 17 sample areas) (W.11).

Standard Eurobarometer surveys may include data from Norway. A special weight is created only for Norway (W.12).

For international weighting, INRA applies the official population figures as provided by EUROSTAT in the Regional Statistical Yearbook (data for 1997). Total population figures for input in this post-weighting procedure are listed above. The result is WEIGHT TOTAL (W.13)

W.14 extrapolates the new and old Länder to their respective proportion in the whole of Germany, (former East Germany (20.8%), former West Germany (79.2%) and does the same for Great Britain (97.5%) and Northern Ireland (2.5%). The other countries are left untouched.

From Eurobarometer 49 onwards, a new weight (W.15) was created to separate the 11 countries that accepted to introduce the euro, as of 01/01/1999.

From Eurobarometer 54 onwards, a new weight (W.16) was created to add Greece into the group of countries that accepted to introduce the euro. For an analysis of these 12 countries, use W.16.

PRECISION OF WEIGHTS:

Each weight is expressed in 10,000. This means that a person with weight equal to 1 will have the weight 10,000, a person with weight equal to 1.534 will have the weight 15,340. In other words, we use 4 decimal point digits. Hence, you need to divide by 10,000 to have the number of people interviewed contained in the data set.

WEIGHTED RESULTS

	W1	W3	W4	W5	W6	W7	W8	W9	W10	W11	W14	W15	W16
BE	1110	1110	1110	299	361	387	369	410	0	476	1110	444	466
DK	1000	1000	1000	0	169	182	186	192	0	223	1000	276	243
WG	1022	1618	1022	1844	2227	2385	2442	2528	0	2935	1618	2741	2873
GE	2042	2043	2042	1844	2227	2385	2442	3118	0	3619	2043	3380	3543
EG	1020	425	1020	0	0	0	0	589	0	684	425	639	670
GR	1003	1003	1003	0	0	369	378	391	0	454	1003	560	444
SP	1000	1000	1000	0	0	0	1414	1465	0	1700	1000	1588	1664
FR	1037	1037	1037	1575	1902	2037	2085	2159	0	2506	1037	2341	2453
IR	1013	1013	1013	0	118	126	129	134	0	155	1013	145	152
IT	1027	1027	1027	1628	1967	2106	2156	2233	0	2591	1027	2421	2537
LU	602	602	602	12	14	15	16	16	0	19	602	18	18
NL	1035	1035	1035	425	514	550	563	583	0	677	1035	632	663
AU	1023	1023	1023	0	0	0	0	0	1136	351	1023	328	344
PO	1002	1002	1002	0	0	0	353	365	0	424	1002	396	415
FI	1024	1024	1024	0	0	0	0	0	710	220	1024	205	215
SW	1000	1000	1000	0	0	0	0	0	1196	370	1000	456	403
NI	302	302	33	0	50	54	55	57	0	66	33	82	72
GB	1010	1010	1280	0	1818	1947	1993	2064	0	2396	1280	2957	2609
UK	1312	1312	1313	0	1868	2001	2048	2121	0	2462	1313	3039	2681
EU15	16230	16231	16231	5783	9141	10159	12166	13187	3042	16246	16232	16230	16241
E	—	—	—	—	—	—	—	—	—	—	—	11899	—
PREIN4	—	—	—	—	—	—	—	—	—	—	—	4332	—
EURO12	—	—	—	—	—	—	—	—	—	—	—	—	12915
PREIN3	—	—	—	—	—	—	—	—	—	—	—	—	3326

Questions on Physical Activity: ENGLISH VERSION

The next questions are about the time you have spent being physically active in the last 7 days.

They include questions about activities you do at work, to get from place to place, as part of your work around the house, and in your spare time for recreation, exercise or sport.

In answering the following questions,

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.

In answering the questions, think about only those physical activities that last at least 10 minutes.

- Q. 50. In the last 7 days, on how many days did you do vigorous physical activities like lifting heavy things, digging, aerobics or fast cycling?

--	--

days (285 – 286)

(IF NONE), CODE "00" and Go to Q. 52.

(IF DK), CODE "99"

EB58.2 - NEW

- Q. 51. On days when you do vigorous physical activities, how much time do you usually spend at it?

--	--

Hours (287 – 288) **(IF DK), CODE "25"**

--	--

minutes (289 – 290)

EB58.2 - NEW

- Q. 52. In the last 7 days, on how many days did you do moderate physical activity like carrying light loads, cycling at a normal pace or doubles tennis? Please do not include walking.

--	--

days (291 – 292)

(IF NONE), CODE "00" and Go to Q. 54.

(IF DK), CODE "99"

EB58.2 - NEW

- Q. 53. On days when you do moderate physical activities, how much time do you usually spend at it?

--	--

Hours (293 – 294) **(IF DK), CODE "25"**

--	--

minutes (295 – 296)

EB58.2 - NEW

Q. 54. In the last 7 days, on how many days did you walk for at least 10 minutes at a time?

days (297 – 298)

(IF NONE), CODE "00" and Go to Q. 56.

(IF DK), CODE "99"

EB58.2 - NEW

Q. 55. On days when you walk for at least 10 minutes at a time, how much time do you usually spend walking?

hours (299 – 300) **(IF DK), CODE "25"** minutes (301 – 302)

EB58.2 - NEW

Q. 56. How much time do you spend sitting on usual day? This may include time spent at a desk, visiting friends, reading, studying or watching television.

Hours (303 – 304) **(IF DK), CODE "25"** minutes (305 – 306)

(IF NONE), CODE "00"

EB58.2 - NEW

Q. 57. In the last 7 days, how much physical activity did you get...?

	READ OUT	A LOT	SOME	LITTLE OR NONE	DK
1	at work	1	2	3	4 (307)
2	when moving from place to place	1	2	3	4 (308)
3	work in and around your house (including housework, gardening, general maintenance, or caring for your family)	1	2	3	4 (309)
4	for recreation, sport and leisure-time activities	1	2	3	4 (310)

EB58.2 - NEW

Q. 58. To what extent do you agree or disagree with the following statements concerning sport and physical activity?

a) The area where I live offers me many opportunities to be physically active.
(SHOW CARD - READ OUT - ONE ANSWER ONLY)

Strongly agree..... 1 (311)
Tend to agree..... 2
Tend to disagree..... 3
Strongly disagree..... 4
DK..... 5

EB58.2 - NEW

Q. 58. b) Local sport clubs and other local providers offer many opportunities to be physically active. (SHOW SAME CARD - READ OUT - ONE ANSWER ONLY)

Strongly agree.....	1 (312)
Tend to agree.....	2
Tend to disagree.....	3
Strongly disagree.....	4
DK.....	5

EB58.2 - NEW

c) My local authority does enough for its citizens concerning their physical activities. (SHOW SAME CARD - READ OUT - ONE ANSWER ONLY)

Strongly agree.....	1 (313)
Tend to agree.....	2
Tend to disagree.....	3
Strongly disagree.....	4
DK.....	5

EB58.2 - NEW

Frequencies of all Variables (unweighted results)

THE NEXT QUESTIONS ARE ABOUT THE TIME YOU HAVE SPENT BEING PHYSICALLY ACTIVE IN THE LAST 7 DAYS. THEY INCLUDE QUESTIONS ABOUT ACTIVITIES YOU DO AT WORK, TO GET FROM PLACE TO PLACE, AS PART OF YOUR WORK AROUND THE HOUSE, AND IN YOUR SPARE TIME FOR RECREATION, EXERCISE OR SPORT. IN ANSWERING THE FOLLOWING QUESTIONS: "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 AND MAKE YOU BREATHE SOMEWHAT HARDER THAN NORMAL. IN ANSWERING THE QUESTIONS, THINK ABOUT ONLY THOSE PHYSICAL ACTIVITIES THAT YOU LAST AT LEAST 10 MINUTES.

Q.50. - In the last seven days, on how many days did you do vigorous physical activities like lifting heavy things, digging, aerobics or fast cycling?

None.....	9286	57.2%	16230
1 day.....	1285	7.9%	
2 days.....	1443	8.9%	
3 days.....	1088	6.7%	
4 days.....	587	3.6%	
5 days.....	930	5.7%	
6 days.....	329	2.0%	
7 days.....	1068	6.6%	
DK.....	214	1.3%	

Average

```

+---+---+
|   |   |
+---+---+
1.472 0.000 7.000

```

IF "NONE", GO TO Q.52.

Q.51. - On days when you do vigorous physical activities, how much time do you usually spend at it?

Less than 1.00.....	10856	66.9%	16230
From 1.00 to 1.30.....	3018	18.6%	
From 1.31 to 2.30.....	1625	10.0%	
From 2.31 to 3.30.....	154	0.9%	
From 3.31 to 4.30.....	92	0.6%	
More than 4.30.....	96	0.6%	
DK.....	389	2.4%	

Average (min.)

```

+---+---+---+---+
|   |   |   |   |
+---+---+---+---+
67.810 0.000*****

```

Q.52. - In the last seven days, on how many days did you do moderate physical activity like carrying light loads, cycling at a normal pace or doubles tennis? Please do not include walking.

None.....	6051	37.3%	16230
1 day.....	1049	6.5%	
2 days.....	1750	10.8%	
3 days.....	1327	8.2%	
4 days.....	802	4.9%	
5 days.....	1341	8.3%	
6 days.....	541	3.3%	
7 days.....	3013	18.6%	
DK.....	356	2.2%	

PHYSICAL ACTIVITIES

Average



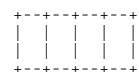
2.636 0.000 7.000

IF "NONE", GO TO Q.54.

Q.53. - On days when you do moderate physical activities, how much time do you usually spend at it?

Less than 1.00.....	9366	57.7%	16230
From 1.00 to 1.30.....	3606	22.2%	
From 1.31 to 2.30.....	2203	13.6%	
From 2.31 to 3.30.....	144	0.9%	
From 3.31 to 4.30.....	71	0.4%	
More than 4.30.....	76	0.5%	
DK.....	764	4.7%	

Average (min.)



110.040 0.000*****

Q.54. - In the last seven days, on how many days did you walk for at least ten minutes at a time?

None.....	2733	16.8%	16230
1 day.....	903	5.6%	
2 days.....	1437	8.9%	
3 days.....	1303	8.0%	
4 days.....	984	6.1%	
5 days.....	1591	9.8%	
6 days.....	700	4.3%	
7 days.....	6262	38.6%	
DK.....	317	2.0%	

Average



4.166 0.000 7.000

PHYSICAL ACTIVITIES

IF "NONE", GO TO Q.56.

Q.55. - On days when you walk for at least ten minutes at a time, how much time do you usually spend walking?

Less than 1.00.....	10577	65.2%	16230
From 1.00 to 1.30.....	3470	21.4%	
From 1.31 to 2.30.....	1164	7.2%	
From 2.31 to 3.30.....	45	0.3%	
From 3.31 to 4.30.....	11	0.1%	
More than 4.30.....	9	0.1%	
DK.....	954	5.9%	

Average (min.)

+--+--+--+--+	123.648	0.000*****
+--+--+--+--+		

Q.56. - How much time do you spend sitting on usual day? This may include time spent at a desk, visiting friends, reading, studying or watching television.

Less than 1.00.....	275	1.7%	16230
From 1.00 to 1.30.....	733	4.5%	
From 1.31 to 2.30.....	1697	10.5%	
From 2.31 to 3.30.....	2187	13.5%	
From 3.31 to 4.30.....	2252	13.9%	
More than 4.30.....	8103	49.9%	
DK.....	983	6.1%	

Average (min.)

+--+--+--+--+	391.675	0.000*****
+--+--+--+--+		

Q.57.1. - In the last seven days, how much physical activity did you get AT WORK?

A lot.....	3131	19.3%	16230
Some.....	3873	23.9%	
Little or none.....	7809	48.1%	
DK.....	1417	8.7%	

Q.57.2. - In the last seven days, how much physical activity did you get WHEN MOVING FROM PLACE TO PLACE?

A lot.....	2419	14.9%	16230
Some.....	8381	51.6%	
Little or none.....	5154	31.8%	
DK.....	276	1.7%	

Q.57.3. - In the last seven days, how much physical activity did you get WORK IN AND AROUND YOUR HOUSE (including housework, gardening, general maintenance, or caring for your family)?

A lot.....	3814	23.5%	16230
Some.....	8143	50.2%	
Little or none.....	4044	24.9%	
DK.....	229	1.4%	

Q.57.4. - In the last seven days, how much physical activity did you get FOR RECREATION, SPORT AND LEISURE-TIME ACTIVITIES?

A lot.....	2431	15.0%	16230
Some.....	6039	37.2%	
Little or none.....	7335	45.2%	
DK.....	425	2.6%	

Q.58. - a) To what extent do you agree or disagree with the following statements concerning sport and physical activity?
THE AREA WHERE I LIVE OFFERS ME MANY OPPORTUNITIES TO BE PHYSICALLY ACTIVE

Strongly agree.....	5125	31.6%	16230
Tend to agree.....	6522	40.2%	
Tend to disagree.....	2050	12.6%	
Strongly disagree.....	1482	9.1%	
DK.....	1051	6.5%	

Q.58. - b) To what extent do you agree or disagree with the following statements concerning sport and physical activity?
LOCAL SPORT CLUBS AND OTHER LOCAL PROVIDERS OFFER MANY OPPORTUNITIES TO BE PHYSICALLY ACTIVE

Strongly agree.....	4975	30.7%	16230
Tend to agree.....	6464	39.8%	
Tend to disagree.....	1893	11.7%	
Strongly disagree.....	1389	8.6%	
DK.....	1509	9.3%	

Q.58. - c) To what extent do you agree or disagree with the following statements concerning sport and physical activity?
MY LOCAL AUTHORITY DOES ENOUGH FOR ITS CITIZENS CONCERNING THEIR PHYSICAL ACTIVITIES

Strongly agree.....	3255	20.1%	16230
Tend to agree.....	6061	37.3%	
Tend to disagree.....	2946	18.2%	
Strongly disagree.....	1958	12.1%	
DK.....	2010	12.4%	