

# Appendix A

## Inventory of surveys, indicators and policy environment for physical activity surveillance

AA-Tables: EUPASS-Member States

AB-Tables: EU-Member States (not participating in EUPASS)

Note: This inventory is based on information reported by experts and institutions involved in national health monitoring of EU-countries as outlined in figure 1, page 6, of the report. The collected information has been structured according to major categories of the inventory as described in pages 7-8. The inventory mainly rely on this information and may not be complete for any single country. Thus, other sources of information such as the HMP-project on "Health Surveys in the EU" and the EUROHIS-project should be considered as well.

Table AA\_1: Main surveys - EUPASS-Member States

Country	Belgium	Finland	France	Germany	Netherlands	Italy	Spain	UK
<b>Main survey</b>								
<b>Name</b>	Belgian Health Interview survey	Health Behaviour among Finnish Adult Population	Baromètre Santé	Federal Health Survey	1. Monitor Physical Activity & Health 2. Continuous Quality of Life Survey (POLS) Health Survey	Multiscopo Aspects of everyday life	Spanish National Health Survey	1. Health Survey for England 2. General Household Survey
<b>Organising institution</b>	Scientific Institute of Public Health, Epidemiology Division, Ministry of Health, Federal Government of Belgium	National Public Health Institute	Comité Français d'Education pour la santé	Ministry of Health	1. TNO + Interview International 2. Statistics Netherlands	National Institute of Statistics (ISTAT)	Ministry of Health	1. Department of Health 2. Office for National Statistics, Social Survey Division
<b>Years</b>	1997	Since 1978 annual	Since 1999	1997/1998	1. 1999; continuous 2. 1990/91 1997/97	Since 1993; continuous	1985, 86, 87, 93, 95, 97	1. Since 1991 every year 2. Since 1971 every year
<b>Conduct in 2000 and onwards</b>	Planned: 2001	Yes	Each 3 years	Yes, but not 2000	1. 2000 2. Planned: 2001	2000	Not reported	1. 2002 2. Yes
<b>Context of survey</b>	Comprehensive health behaviour	Comprehensive health behaviour	Comprehensive health behaviour	Comprehensive health behaviour	1. Specific p.a. surveillance surveys 2. Comprehensive health behaviour	Survey on general statistics	Comprehensive health behaviour	1. Comprehensive health behaviour 2. Survey on general statistics
<b>Methods</b>	Face-to-face	Postal survey, self-administered questionnaire	CATI (computer aided telephone interviews)	Self-administered	1. CATI 2. CAPI in combination with self-administered questionnaire	Face-to-face in combination with self administered	Face-to-face	1. Administered by an interviewer at peoples home 2. CAPI (computer aided personal interviews)

Cont.:

Country	Belgium	Finland	France	Germany	Netherlands	Italy	Spain	UK
<b>Main survey</b>								
<b>Sampling</b>	National sample with multiple stratification N=10.221	Representative random sample from official register N=5.000	Random sample from phone book N=13.000	Multi stage random samples from official registries; N=3450 men, N=3674 women	1. Random sample, N=10.000 (for 4 p.a. questions) + N=2.500 for questions on p.a. and health 2. Random sample drawn from population administration N=10.000 N=12.000	Casual N=55.000 individuals	Multi-stage random sample	1. National sample of adults drawn from electoral registers 2. PAF with postcode sectors N=11.845 households (1996)
<b>Definition of p.a.</b>	p.a. like jogging or cycling performed in one's leisure time to make one sweat	Leisure time activity, at least 30 minutes	Not reported	Not reported	1. All p.a. activities 2. Sports participation and all other strenuous activities	p.a. like walking for at least 2km, swimming, bicycling	Not reported	1. Not reported 2. Not reported
<b>Reference period of questions</b>	Last year	Usual week/usual day	Last 7 days	Usually	1. Yesterday + usual week 2. Last 14 days, average week	Last 12 months usually	Last 12 months	1. Last 4 weeks 2. Four weeks before interview
<b>Dimensions covered in terms of context</b>	Sports/leisure time	Leisure time, work, transportation to and from work	Sports/leisure time	Sports/leisure time	1. Sports/leisure time, work, transport, household, walking + cycling 2. Sports/leisure time, transport, walking, cycling	Sports/leisure time	Sports/leisure time, work	1. Sports/exercise, free-time, work, household, walking to work 2. Leisure time
<b>Other methods</b>	None	None	None	Anthropometrical and physiological measuring	None	None	None	1. Anthropometrical measuring 2. None

Table AA\_2: Main survey - EUPASS-Member States – Main Indicators\*

Country p.a. indicator	Belgium	Finland	France	Germany	Netherlands	Italy	Spain	UK
<b>Participation</b>	p.a. yes/no		p.a. yes/no during last 7 days		p.a. yes/no	p.a. in free time: a) regularly b) occasionally		p.a. during last 4 weeks: yes/no
<b>Type of activity</b>			Type of p.a. during last 7 days		Work, travel, domestic work, gardening, bicycling, walking	Walking (2km), swimming, cycling	Type of activity during last 12 months	Walking (1/4 mile)  Gardening, DIY, building work
<b>Frequency</b>	Days of p.a.	p.a. in leisure time for half an hour (day/week/month)		How often: participation in sports How often: engagement in sports during leisure time to get out of breath	p.a. in last 14 days  How often: climb stairs	all p.a. in last 12 months  p.a. in last 12 months: consistency	How often/week: light, moderate, vigorous physical activity	On how many days: walking  On how many days: gardening, DIY, building work
<b>Duration</b>		Minutes per day getting to working place	Time in last 7 days spend on p.a. - in club - at school - at work - alone	Time per day spend on activities/sleeping & resting Sports or strenuous activities in minutes: <10, 10-20, 20-30, >30	p. a. participation in average  How many hours of participation: - in leisure time activities - in house-keeping activities - at work/school		Time per day spend on p.a. at work and in leisure time	How long usually spend: walking  How long usually spend: gardening, DIY, building work
<b>Intensity</b>	Physical training – mostly sitting	p.a. in job (how demanding is job physically) how much exercise in free-time					Practically inactive – physical training	Effort of p.a. to get out of breath

\* The category “Main indicators” refers to the general dimension of p.a. participation and the four key dimensions of p.a. behaviour recommended by this report (see page 27)

**Table AA\_3: Other surveys – EUPASS-Member States**

Country	Belgium	Finland	France	Germany	Netherlands	Italy	Spain	UK
<b>Other survey</b>								
<b>Name</b>	No other surveys reported	<ol style="list-style-type: none"> <li>1. FINRISK Study</li> <li>2. Mini-Finland Health Survey</li> <li>3. Leisure Survey</li> <li>4. Time Use Survey</li> <li>5. The Adolescent Health and Lifestyle Survey</li> <li>6. Health Behaviour in School-aged Children (HBSC Study)</li> <li>7. School Health Survey</li> <li>8. Sport and Physical Activity Survey</li> </ol>	<ol style="list-style-type: none"> <li>1. Sport and Health Survey</li> <li>2. Health Barometer Adults</li> <li>3. Supplémentation en Vitamines et Minéraux Antioxydants</li> </ol>	<p>German Cardiovascular Prevention Study</p>	No other surveys reported	<p>Multiscopo: Health Conditions and Resort to Health</p>	<p>Catalan Health Survey</p>	<ol style="list-style-type: none"> <li>1. Health and Lifestyle Survey</li> <li>2. Health in England</li> <li>3. Allied Dunbar National Fitness Survey</li> <li>4. National Survey of Physical Activity and Health</li> <li>5. Time Use Survey</li> </ol>
<b>Organising institution</b>		<ol style="list-style-type: none"> <li>1. National Public Health Institute</li> <li>2. The Finnish Social Insurance Institution / National Public Health Institute</li> <li>3. Statistics Finland</li> <li>4. Statistics Finland</li> <li>5. Tampere University, School of Public Health</li> <li>6. University of Jyväskylä, Department of Health Sciences</li> <li>7. STAKES, School of Public Health, University of Tampere, University of Jyväskylä</li> <li>8. Ministry of Education, Finnish Sports Federation</li> </ol>	<ol style="list-style-type: none"> <li>1. Ministère de la Défense + Institut de Médecine Aéronautique du Service de Santé des Armées</li> <li>2. Comité Français d'Éducation pour la Santé</li> <li>3. Institut Scientifique et Technique de la Nutrition et de l'Alimentation + Conservatoire National des Arts et Métiers</li> </ol>	<p>Ministry for Youth Family, Women &amp; Health (today Ministry of Health) and Ministry for Research &amp; Technology (today Ministry of Education, Science, Research &amp; Technology)</p>		<p>National Institute of Statistics</p>	<p>Catalonia Department of Health</p>	<ol style="list-style-type: none"> <li>1. Health Promotion Research Trust</li> <li>2. Health Education Authority</li> <li>3. Sports Council and Health Education Authority</li> <li>4. Health Education Authority</li> <li>5. Office for National Statistics</li> </ol>

Cont.:

Country	Belgium	Finland	France	Germany	Netherlands	Italy	Spain	UK
<b>Other survey</b>								
<b>Type</b>		1. both 2. HES all the rest: HIS	1. HIS 2. HIS 3. both	Both		HIS	HIS	1.HES 2.HIS 3.HES 4. HES 5. HIS
<b>Years</b>		1. since 1972 (every 5 <sup>th</sup> year) 2. 1987-80 (Plan: every 15 <sup>th</sup> year) 3. 1977, 81, 91 4. 1979, 87-88, 99-00 5. since 1977 annual 6. 1984, 86 every 4 <sup>th</sup> year 7. since 1996 annual 8. 1993-94, 97-98	1. 1994 2. 1995/96 3. 1994	1984-86, 1987-89 and 1990-92		1980 to 1999	1994	1. 1984/85 + 1991/92 2. 1995 + 1996 3. 1990 4. 1991 5. 1995 + 1999
<b>Conduct in 2000 and onwards</b>		1. 2002 2. 2000 3. 2002 4. 2000 5. 2001 6. 2002 7. 2001 8. 2001	1. no 2. yes 3. longitudinal study over 8 years	No		2004	Not reported	1. no 2. not known 3. no 4. no 5. 2000-2001

Cont.:

Country	Belgium	Finland	France	Germany	Netherlands	Italy	Spain	UK
<b>Other survey</b>								
<b>Context of survey</b>		<ol style="list-style-type: none"> <li>1. Comprehensive health behaviour</li> <li>2. Comprehensive health behaviour</li> <li>3. General statistics of population</li> <li>4. General statistics of population</li> <li>5. Comprehensive health behaviour</li> <li>6. Comprehensive health behaviour</li> <li>7. Comprehensive health behaviour</li> <li>8. Specific physical activity surveillance</li> </ol>	For all three: Comprehensive health behaviour	Comprehensive health behaviour		Comprehensive health behaviour	Comprehensive health behaviour	<ol style="list-style-type: none"> <li>1. Comprehensive health behaviour</li> <li>2. Comprehensive health behaviour</li> <li>3. Specific physical activity surveillance</li> <li>4. Specific physical activity surveillance</li> <li>5. Comprehensive health behaviour</li> </ol>
<b>Methods</b>		<ol style="list-style-type: none"> <li>1. Self-administered questionnaire</li> <li>2. Face-to-face</li> <li>3. Face-to-face</li> <li>4. Face-to-face and diaries</li> <li>5. Postal survey, self administered questionnaire</li> <li>6. Self-administered questionnaire</li> <li>7. Self-administered questionnaire</li> <li>8. CATI</li> </ol>	<ol style="list-style-type: none"> <li>1. Self administered</li> <li>2. CATI</li> <li>3. Self administered</li> </ol>	Self-administered		Face-to-face in combination with self administered	Face-to-face	<ol style="list-style-type: none"> <li>1. Interviews and psychological assessments at home visits + questionnaire</li> <li>2. Interviews</li> <li>3. Interviews and physical appraisals at mobile laboratories</li> <li>4. Interviews</li> <li>5. Face-to-face individual questionnaire</li> </ol>

Cont.:

Country	Belgium	Finland	France	Germany	Netherlands	Italy	Spain	UK
<b>Other survey</b>								
<b>Sampling</b>		<ol style="list-style-type: none"> <li>1. and 2. Representative random sample from official register</li> <li>3. a) Two-stage-cluster-sampling</li> <li>    b) Simple random sampling</li> <li>    c) Systematic random sampling</li> <li>4. Random selection from people living in the master sample area</li> <li>5. Representative sample based on including all born on the specific data</li> <li>6. Drawn from the Finnish school register</li> <li>7. Municipalities make decision if they want to be part of the study</li> <li>8. Quotas method, random sampling, continuous data collection</li> </ol>	<ol style="list-style-type: none"> <li>1. N=9.268 from 4 sources (control, army, sports federation, university)</li> <li>2. Random sample from phone book, N=1993</li> <li>3. N=12063 volunteers</li> </ol>	<p>Multi-stage random samples from official registries</p> <p>N=4790, N=5335, and N=5311</p>		<p>Casual</p> <p>N=170.000 individuals</p>	<p>Multiple stratification random sample, N=15.000</p>	<ol style="list-style-type: none"> <li>1. National sample of adults, drawn from, electoral registers N=9.003 (1984/85) N=5.352 (1991/92)</li> <li>2. Probability sample of addresses from PAF N=4.645</li> <li>3. Random selection from 6.000 adresses in 30 parliamentary constituencies N=4.316</li> <li>4. Random selection from 4.212 addresses in 112 parliamentary constituencies N=2.837</li> <li>5. Random stratified sample N=11.800 households with aim of achieving diaries from 12.000 individuals</li> </ol>
<b>Definition of p.a.</b>		<ol style="list-style-type: none"> <li>1. Moderate leisure time activity, twice or more/week at least 20-30 minutes</li> <li>2. Not specified</li> <li>3. Forms of p.a. on a regular basis</li> <li>4. Not reported</li> <li>5. Participation in organised activity or non-organised activity</li> <li>6. No definition</li> <li>7. No definition</li> <li>8. No definition</li> </ol>	<p>For all three:</p> <p>Not reported</p>	<p>Not reported</p>		<p>p.a. that requires heavy training, long enough to sweat, walking for 1km</p>	<p>Not reported</p>	<ol style="list-style-type: none"> <li>1. Not reported</li> <li>2. Any bodily movement produced by skeletal muscles that results in energy expenditure</li> <li>3. Not reported</li> <li>4. Not reported</li> <li>5. Not reported</li> </ol>



Cont.:

Country	Belgium	Finland	France	Germany	Netherlands	Italy	Spain	UK
<b>Other survey</b>								
<b>Reference period of questions</b>		<ol style="list-style-type: none"> <li>1. Usually (week/day)</li> <li>2. 12 months/usual</li> <li>3. During last 12 months</li> <li>4. Last 4 weeks/diaries: day</li> <li>5. No reference period given</li> <li>6. Usual week</li> <li>7. Usual week</li> <li>8. Usual week</li> </ol>	<ol style="list-style-type: none"> <li>1. Usual activity last year</li> <li>2. Usual week</li> <li>3. Last 12 months</li> </ol>	<ol style="list-style-type: none"> <li>1. During last 3 months, usually</li> </ol>		<ol style="list-style-type: none"> <li>1. Last 12 months, usually</li> </ol>	<ol style="list-style-type: none"> <li>1. Last week</li> </ol>	<ol style="list-style-type: none"> <li>1. Two weeks prior to interview</li> <li>2. Four weeks before interview</li> <li>3. Four weeks before interview, past year and lifetime</li> <li>4. Four weeks before interview, past year and lifetime</li> <li>5. Last four weeks weekend (diary)</li> </ol>
<b>Dimensions covered in terms of context</b>		<ol style="list-style-type: none"> <li>1. Sports/leisure time, work, transport, household</li> <li>2. Sports/leisure time, work, transport, household</li> <li>3. Sports/leisure participation</li> <li>4. Time use, sport/leisure time, transport, location, with whom, daily, weekly, yearly rhythm</li> <li>5. Leisure time</li> <li>6. Leisure time</li> <li>7. Leisure time</li> <li>8. Leisure time</li> </ol>	<ol style="list-style-type: none"> <li>1. Sport/leisure time, work, transport</li> <li>2. Sports/leisure time</li> <li>3. Sport/leisure time, work, transport</li> </ol>	<ol style="list-style-type: none"> <li>1. Sports/leisure time</li> </ol>		<ol style="list-style-type: none"> <li>1. Sports/leisure time, work, housework</li> </ol>	<ol style="list-style-type: none"> <li>1. Sports/leisure time, work</li> </ol>	<ol style="list-style-type: none"> <li>1. Leisure, work, walking, household</li> <li>2. Day-to-day living and work, as well as leisure time activities like exercise and sport</li> <li>3. Walking, work housework, leisure activities</li> <li>4. Walking, work housework, leisure activities</li> <li>5. Participation in activities</li> </ol>
<b>Other methods</b>		<ol style="list-style-type: none"> <li>1. None; except</li> <li>4: diaries</li> </ol>	<ol style="list-style-type: none"> <li>1. For all three:</li> <li>None</li> </ol>	<ol style="list-style-type: none"> <li>1. Anthropometrical and physiological measuring</li> </ol>		<ol style="list-style-type: none"> <li>1. None</li> </ol>	<ol style="list-style-type: none"> <li>1. None</li> </ol>	<ol style="list-style-type: none"> <li>1. Psychological assessment</li> <li>2. None</li> <li>3. Physical appraisal</li> <li>4. None</li> <li>5. Diaries</li> </ol>

Table AA\_4: Main & other surveys – EUPASS-Member States - Policy Environment

Country Survey	Belgium	Finland	France	Germany	Netherlands	Italy	Spain	UK
<b>Structure of public health surveillance system</b>	Public health surveillance structure, where surveillance is operationalised as 1. ongoing measurements 2. results are reported to relevant ministries and/or policy institutions.	Annual monitoring is part of the annual agreement; other health monitoring systems are a result of several institutions' collaboration	National Institute for Public Health Surveillance (NIPHS) coordinates its action with other health agencies of medical security (French Health Products Safety Agency, French Food Safety Agency) Ministry of Employment and Solidarity - General Direction of Health	Robert-Koch-Institute, an institute of the Ministry of Health, responsible for overall coordination, in collaboration with the Federal Statistical Office which is responsible for data documentation and quality assurance	1. (Main survey 1): Ministry of Health, Welfare and Sports delegates data collection and analysing to TNO in collaboration with Interview International  2. (Main survey 2): Ministry of Health, Welfare and Sports delegates data collection and analysing to Statistics Netherlands; since 2000 in collaboration with the RIVM (Monitoring Determinants and Health)	Ministry of Health delegates data collection and determination of indicators to the National Institute of Statistics; the definition of the general scheme of questionnaires and specific items are elaborated in co-operation with the Laboratory of Epidemiology of the Higher Institute of Health	Ministry of Health is responsible for Spanish National Health Survey: The Ministry subcontracts the survey to the National Sociological Research Centre  The Department of Health and Social Security is responsible for the Catalan Health Survey: The universe of the survey is the Autonomous Community of Catalonia. The survey is sub-contracted to private survey organisations	Public Health is the responsibility of local Health Authorities, and since April 1999 of Primary Care groups and Primary Care trusts.  There are also area initiatives, including Health Action Zones (HAZs) that aim to reduce health inequalities in areas of high deprivation (budget £60m over 3 years).  The Health Development Agency (HDA) has been set up (January 2000) to improve the quality of public health work (budget £11m in 2000-01).  Aims for prevention and service delivery are contained in the National Service Framework (NSF) for CHD

Cont.:

Country Survey	Belgium	Finland	France	Germany	Netherlands	Italy	Spain	UK
<b>Concrete targets for p.a. surveillance</b>	<p>Identification of health problems</p> <p>Description of the health status and health needs of the population</p> <p>Estimation of prevalence and distribution of health indicators</p> <p>Analysis of social (in)equality in health and access to the health services</p> <p>Study of health consumption and its determinants</p> <p>Study of possible trends in the health status of the population</p>	No concrete targets for p.a. surv.	No concrete targets for p.a. surv.	No concrete targets for p.a. surv.	<p>1. Enhancing p.a. Evaluation of health promotion campaigns by monitoring: p.a. health status determinants of p.a.</p> <p>2. Health policy support by monitoring: Health status, use of health services, lifestyle, preventive behaviour, p.a.</p>	<p>No concrete targets for p.a. surv.</p> <p>Specific target since the last National Health Plan (1998-2000) was to increase p.a. in the whole population</p>	No concrete targets for p.a. surv.	<p>Targets were set in the White Papers Health of the Nation (1992), and Saving Lives: Our Healthier Nation (1999).</p> <p>In Saving Lives the target is to reduce the death rate from Coronary Heart Disease (CHD) and stroke and related diseases in people under 75 by two-fifths by 2010, saving 200,000 lives in total.</p>
<b>Concrete resources/budgets for p.a. surveillance</b>	<p>Belgian Federal authorities</p> <p>Flemish community</p> <p>French community</p> <p>Walloon Region</p> <p>The Brussels Region</p>	No concrete resources/budgets for p.a. surv.	No concrete resources/budgets for p.a. surv.	No concrete resources/budgets for p.a. surv.	<p>1. Ministry of Public Health, Welfare and Sports</p> <p>2. Statistics Netherlands</p>	<p>No concrete resources/budgets for p.a. surv.</p> <p>Regional council add specific funds to increase the sample of the last national survey (Multiscopo) in order to have representative data at local level</p>	<p>No concrete resources/budgets for p.a. surv.</p> <p>Concrete resources allocated the Spanish National Health Survey come from the Ministry of Health</p> <p>The Department of Health of the Generalitat de Catalonia finances the Catalan Health Survey</p>	Sports Council

**Table AB\_1: Surveys – EU-Member States (not EUPASS)**

Country Survey	Austria	Denmark	Greece	Iceland	Ireland	Luxembourg	Norway	Portugal	Sweden
<b>Name</b>	1. Culture and Leisure Time 2. Time Use Survey 3. Accidents at Sport, Home, Leisure Time, Smoking Habits	1. Danish Health and Morbidity Survey 1987 and 1994 2. The Health and Morbidity Survey 2000 3. Prevention of musculo-skeletal disorders 4. SFI Survey	No formal surveillance system for p.a. as part of health surveillance	Icelandic Nutrition Survey	1. SLAN National Health and lifestyle survey 2. Northern Ireland Omnibus Survey 3. Northern Ireland health and activity survey	1. Living in Luxembourg 2. Etude “Jeunes” HBSC Studie	Survey of Living Conditions	No informations reported	1. Survey of Living Conditions 2. Lifestyle - Performance - Health LIV 90
<b>Organising institution</b>	For all: Statistics Austria	For 1.-3.: National Institute of Public Health (DICE) 4. Danish National Institute of Social Research		Icelandic Nutrition Council	1. National University of Ireland, Department for Health Promotion 2. Health Promotion Agency for Northern Ireland 3. Funding from combination of public and private monies	1. International Network for Studies in Technology, Environment, Alternatives Development) CEPS/INSTEAD 2. Directorate of Health/Ministry of Education, Professional Education Ministry of Family Welfare and Youth in collaboration with the School of Public Health of the Free University of Brussels	Statistics Norway		1. Statistics Sweden 2. Academic research project

Cont.:

Country Survey	Austria	Denmark	Greece	Iceland	Ireland	Luxembourg	Norway	Portugal	Sweden
<b>Type</b>	For all: HIS	For all: HIS		HIS	1. HIS 2.+3.: Both	HIS			1. HIS 2. Both
<b>Years</b>	1. 1998 + 1992 2. 1992 3. 1997	1. 1987, 1994 2. 2000 3. 1991 4. 1964+ 75+87+93			1. 1998, every 4 years 2. 1998 + 1999 3. 1992	For both: Not reported	1996 1998		1. 1980-83 1988-91 1996-97 1999, every 7/8 year 2. 1990/91
<b>Conduct in 2000 and onwards</b>	For all: no	1. Not reported 2. 2000 3. No 4. Not reported			1. 2002 For 2. and 3.: no	1. Not reported 2. Yes, year not de-termined	2003		1. Yes 2. 2000/2001
<b>Context of survey</b>	For all: Special programme of the microcensus survey	For all: Comprehensive health behaviour survey		Comprehensive health behaviour survey	For all: Comprehensive health behaviour survey	1. Comprehensive health behaviour survey 2. Included in HBSC survey 1999	Comprehensive health behaviour survey		For both: Comprehensive health behaviour survey
<b>Methods</b>	1. Face-to-face 2. Diaries (filled in by the respondent, partly face-to-face) 3. Face-to-face	1. 1987: Face-to-face 1994: Face-to-face followed by a self-administered questionnaire 2. Face-to-face-interview in the respondent home followed by a postal questionnaire 3. Face-to-face-interviews in the respondents private home 4. Not reported			1. Postal questionnaire (self completed) 2. Face-to-face 3. Face-to-face	1. Face-to-face 2. Questionnaire	Face-to-face, but questions on p.a. were interviewed by telephone		1. Face-to-face 2. Questionnaire

Cont.:

Country Survey	Austria	Denmark	Greece	Iceland	Ireland	Luxembourg	Norway	Portugal	Sweden
<b>Sampling</b>	<p>1. Multistage stratified probability sample of households, households N=30.000, persons N=58.000</p> <p>2. One stage stratified probability sample of households</p> <p>3. Multistage stratified probability sample of households, households: N=30.000, persons: N=60.000</p>	<p>1. 1987 and 1994: based on a nationally representative sample of 6000 adults</p> <p>2. 2000: 20.000 Individuals divided into three sub-samples:</p> <p>3. Nationally representative sample of 6000 adults</p> <p>4. Not reported</p>			<p>1. Multistage random sample from electoral register, N=6539</p> <p>2. Population survey, N=2.050</p> <p>3. Representative sample of adults, 2 stage probability sampling</p>	<p>1. Not reported</p> <p>2. 9145 students of all secondary schools in Luxembourg from 500 school classes</p>	<p>1998, N=7.5000 individuals</p>		<p>1. Randomly selected N=7.000; 40% of the sample is re-interviewed 8 years later</p> <p>2. Selection of 8 regions, for each region N=300</p>
<b>Definition of p.a.</b>	<p>1. Sports and other leisure activities</p> <p>2. Self-reported activities</p> <p>3. Sports activities</p>	For all: Not specified			<p>1. Activity in job, house and leisure time</p> <p>For 2. and 3.: Not specified</p>	<p>1. Not specified</p> <p>2. Physical activity = Sports</p>	Not specified		For both: Not specified
<b>Reference period of questions</b>	<p>1. Regularly or sometimes</p> <p>2. Day of interview</p> <p>3. Regularly or sometimes</p>	<p>1. Last year</p> <p>2. Last week</p> <p>3. Not reported</p> <p>4. General</p>			<p>1. Typical 7 day period</p> <p>For 2. and 3.: last 7 days and last 4 weeks prior to interview</p>	<p>1. Not specified</p> <p>2. Usual week</p>	Normal week		For both: Not specified

Cont.:

Country Survey	Austria	Denmark	Greece	Iceland	Ireland	Luxembourg	Norway	Portugal	Sweden
<b>Dimensions covered in terms of context</b>	1. Sports/ leisure time 2. All activities, carried out at the day of interview 3. Sports activities	1. Physical activity in spare time Physical activity in chief occupation 2. Spare time, work 3. Physical activity in spare time, physical activity in chief occupation, p.a. during the last 10 years 4. Sports/ exercise			1. Free-time, household, transport work 2. Sports/leisure time, home, activity walking 3. Sports, work, home	1. Sports 2. Sports during leisure time	Sports/ exercise		1. Leisure time activity (not p.a. at work), exercise and unorganised activity 2. Leisure time exercise, other p.a. (transport, household, gardening) p.a. at work
<b>Other methods</b>	1. None 2. Diary 3. None	For all: None			1. Physical examination 2. None 3. Blood-pressure, blood lipids	For both: None	None		1. None 2. Fitness test

Table AB\_2: Surveys – EU-Member States (not EUPASS) – Main Indicators

Country p.a. indicator	Austria	Denmark	Greece	Iceland	Ireland	Luxem- bourg	Norway	Portugal	Sweden
<b>Participation</b>		2. p.a. regularly: athletics, jogging, bike, swimming	No formal surveillance system for p.a. as part of health surveillance		1. p.a. regular activity to sweat			No information reported	
<b>Type of activity</b>		1. Description of leisure time activity in the last year 2. Description of physically active in spare time: what kind of p.a.			2. During past 4 weeks: which kind of activity				
<b>Frequency</b>					1. Time/week doing p.a. for more than 20 min: - strenuous - moderate - mild 1. Time/week light household 1. Time/week heavy household 2. Last 7 days: vigorous p.a. more than 10 min 2. Last 7 days: moderate p.a. more than 10 minutes 2. Time/minutes on weekend day spent sitting during last 7 days 2. Time/ minutes on weekday spent sitting during last 7 days 2. During past 4 weeks: time spent walking of 2 miles? 2. During past 4 weeks: time spent walking between 1 and 2 miles?		How much p.a. in a normal week during past 12 months How many days/week exercise		
<b>Duration</b>		1. How many minutes/day in the last week : p.a.			2. Time/day spent on vigorous p.a.? 2. time /day spent on moderate p.a.? 2. time/day spent walking		How many hours/week: light p.a. How many hours/week: hard p.a.		
<b>Intensity</b>					1. p.a. at job: physically active				



Table AB\_3: Surveys –EU-Member States (not EUPASS) – Policy Environment

Country Surveys	Austria	Denmark	Greece	Iceland	Ireland	Luxembourg	Norway	Portugal	Sweden
<b>Structure of public health surveillance system</b>		Health surveillance falls under the responsibility of the National Institute of Public Health	No formal surveillance system for p.a. as part of health surveillance		p.a. surveillance falls under the remit of the health and lifestyle surveillance	Health surveillance in sport falls under the responsibility of the Ministry of Education and Sports	Several institutions are involved in health surveillance: Statistics Norway, National Institute for Public Health	No information reported	National Institute of Public Health in collaboration with the Centre for Epidemiology
<b>Concrete targets for p.a. surveillance</b>		Noting concrete			Health strategy: 1. increase participation in light p.a. most days the week 2. increase participation in moderate p.a. three times per week				
<b>Concrete resources/ budgets for p.a. surveillance</b>		Not possible, to define the amount							

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