

SIMPLE Modules for Physical Activity

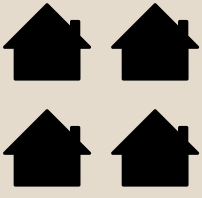
Overview | Indicators

Physical Activity Recommendations



Public policy

National recommendations on physical activity for health



Community

Proportion of people aware of physical activity programmes organized by the community



Organizational

Settings included for the delivery of specific health-enhancing physical activity actions



Interpersonal

Proportion of people who see others being active in their neighbourhood



Individual

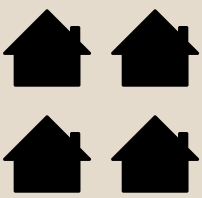
Total time spent in physical activity per week

Cycling & Walking



Public policy

Government supports the incorporation of walking and cycling infrastructure in urban, rural and transport plans



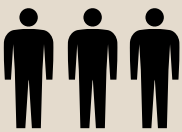
Community

Availability and quality of cycling networks/paths/amenities; cycle-friendly infrastructure



Organizational

-



Interpersonal

-



Individual

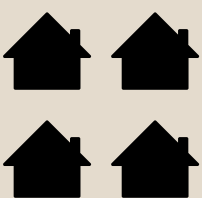
Time spent walking in order to get to and from places in a typical week
Time spent cycling in order to get to and from places in a typical week

Physical Activity at School



Public policy

Government supports schools to include physical education in school curricula



Community

Condition of active commuting infrastructure to and from school



Organizational

Average curricular physical education time per week



Interpersonal

Proportion of young people who receive supervision from educators/teachers to be physically active



Individual

Total time spent with physical activity per week



SIMPLE Modules for Physical Activity

Set 1 | Survey Questions & Answer Categories

Physical Activity Recommendations



Public policy

Are there any national guidelines which provide recommended levels of physical activity for the population or a specific segment of the population?

- Yes
- No
- Don't know

If yes: Are there guidelines specifically addressing any of the following age groups:

- Children under 5 [Yes | No | Don't know]
- Children and adolescents (ages 5- 19) [Yes | No | Don't know]
- Adults [Yes | No | Don't know]
- Older adults [Yes | No | Don't know]

(WHO NCD Country Capacity Survey)



Community

To what extent do you agree or disagree with the following statement about sport and physical activity?

- The area where you live offers you many opportunities to be physically active. [Agree | Disagree]

(Eurobarometer)

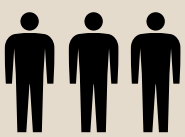


Organizational

Considering all (...) key physical activity policy documents (...), please indicate which settings are included for the delivery of specific HEPA actions:

- Preschools / kindergartens
- Primary schools
- Secondary / high schools
- Colleges / universities
- Primary health care
- Clinical health care (e.g. hospitals)
- Workplace
- Older adult / senior services
- Sport and recreation
- Transport
- Tourism
- Environment
- Urban design and planning
- Community

(HEPA PAT)



Interpersonal

Earlier you said you engage in sport or another physical activity, vigorous or not. Where do you do this?

- In a park, outdoors, etc.
- At home
- On the way between home and school, work or shops
- At a health or fitness centre
- At a sport club
- At school or university
- Elsewhere (spontaneous)
- Don't know

(Eurobarometer)



Individual

In a typical week, on how many days do you carry out sports, fitness or recreational (leisure) activities for at least 10 minutes continuously?

- ___ days per week

How much time in total do you spend on sports, fitness or recreational (leisure) physical activities in a typical week?

- ___ hours per week, ___ minutes per week

(EHIS)



SIMPLE Modules for Physical Activity

Set 2 | Survey Questions & Answer Categories

Cycling & Walking

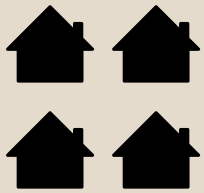


Public policy

Are the European Guidelines for Improving Infrastructures for Leisure Time Physical Activity applied systematically to develop leisure-time infrastructures in your country?

- Implemented
- Foreseen in the next 2 years
- Not implemented

(EU/WHO HEPA Monitoring Framework survey)



Community

[User generated content, e.g. bicycle map, hiking map, wheelchair user map]
(Open Street Maps)



Organizational

-



Interpersonal

-



Individual

In a typical week, on how many days do you walk for at least 10 minutes continuously in order to get to and from places?

- ___ days per week

How much time do you spend walking in order to get to and from places on a typical day?

- 10-29 minutes per day
- 30-59 minutes per day
- 1 hour to less than 2 hours per day
- 2 hours to less than 3 hours per day
- 3 hours or more per day

In a typical week, on how many days do you bicycle for at least 10 minutes continuously in order to get to and from places?

- ___ days per week

How much time do you spend bicycling in order to get to and from places on a typical day?

- 10-29 minutes per day
- 30-59 minutes per day
- 1 hour to less than 2 hours per day
- 2 hours to less than 3 hours per day
- 3 hours or more per day

(EHIS)



SIMPLE Modules for Physical Activity

Set 3a | Survey Questions & Answer Categories

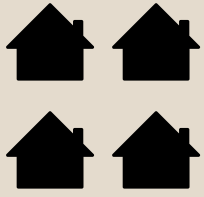
Physical Activity at Primary Schools



Public policy

In your country, is physical education a compulsory school curriculum subject in primary school?

(4th Worldwide Survey of Quality Physical Education)



Community

In your opinion, how safe are the routes to and from school for your child to walk or ride a bicycle, skateboard or non-motorized scooter?

(Please circle the appropriate number)

- extremely safe 1 2 3 4 5 6 7 8 9 10 extremely unsafe

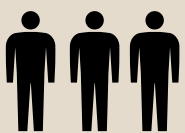
(COSI)



Organizational

Within the policy framework of the compulsory school programme, how much time is allocated to the physical education curriculum each week in primary schools?

(4th Worldwide Survey of Quality Physical Education)



Interpersonal

Does your school organize any sport/physical activities at least once a week for primary school children outside school hours?

- Yes, for all grade levels

- Only to some grade levels (please specify the grade): _____

- No

Do children attend these organized sport/physical activities?

- Yes, more than half of the children

- Yes, half or less than half of the children

- No or mostly not (less than a quarter of the children)

(COSI)



Individual

Outside school hours, during a normal week, how many hours per day is your child usually playing actively/vigorously (e.g. running, jumping outside or moving and fitness games inside)? Please tick one box for weekdays and one box for weekends.

Weekdays:

- Never at all

- less than 1 hour per day

- about 1 hour per day

- about 2 hours per day

- about 3 or more hours per day

Weekend:

- Never at all

- less than 1 hour per day

- about 1 hour per day

- about 2 hours per day

- about 2 or more hours per day

(COSI)



SIMPLE Modules for Physical Activity

Set 3b | Survey Questions & Answer Categories

Physical Activity at Secondary Schools



Public policy

In your country, is physical education a compulsory school curriculum subject in lower secondary school?

In your country, is physical education a compulsory school curriculum subject in upper secondary school?

(4th Worldwide Survey of Quality Physical Education)



Community

-



Organizational

Within the policy framework of the compulsory school programme, how much time is allocated to the physical education curriculum each week in lower secondary schools?

Within the policy framework of the compulsory school programme, how much time is allocated to the physical education curriculum each week in upper secondary schools?

(4th Worldwide Survey of Quality Physical Education)



Interpersonal

-



Individual

Over the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day? Please add up all the time you spent in physical activity each day.

- 0 days
- 1 day
- 2 days
- 3 days
- 4 days
- 5 days
- 6 days
- 7 days

(HBSC)