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## NHATS Round 6

Section SY [SEDENTARY TIME]

Sequence: 39

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**SY1PRE**

**SY1PRE**

NOT ON FILE

**QUESTION TEXT:**

These next questions are about {your/SP's} daytime activities during the last 7 days.

PRESS 1 AND ENTER TO CONTINUE

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**SY1**

**sy6tvdays**

R6 SY1 HOW MANY DAYS WATCH TV

**QUESTION TEXT:**

On how many of the last 7 days did {you/SP} sit or lay down to watch television?

ENTER NUMBER OF DAYS

**ENTER NUMBER**

Range

0 to 7

REFUSED

DON'T KNOW

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**BOX SY1**

**BOX SY1**

NOT ON FILE

If SY1 = 0, DK, or RF, go to SY2.

Otherwise, go to SY1A

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**SY1A**

**sy6tvhours**

R6 SY1A MORE LESS THAN AN HOUR  
WATCH TV

**QUESTION TEXT:**

On a typical day when {you/SP} sat or laid down to watch television, did {you/he/she} spend less than an hour, more than an hour, or about an hour?

**CODES**

|   |                  |      |
|---|------------------|------|
| 1 | LESS THAN 1 HOUR |      |
| 2 | MORE THAN 1 HOUR | SY1C |
| 3 | ABOUT 1 HOUR     | SY2  |
|   | REFUSED          | SY2  |
|   | DON'T KNOW       | SY2  |

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**SY1B**

**sy6tvmins**

R6 SY1B HOW MANY MINUTES WATCH  
TV

**QUESTION TEXT:**

(On a typical day when {you/SP} sat or laid down to watch television,) about how many minutes did {you/he/she} spend?

**CODES**

|   |                           |
|---|---------------------------|
| 1 | LESS THAN 15 MINUTES      |
| 2 | 15 MINUTES                |
| 3 | BETWEEN 15 AND 30 MINUTES |
| 4 | 30 MINUTES                |
| 5 | BETWEEN 30 AND 45 MINUTES |

- 6 45 MINUTES
- 7 BETWEEN 45 AND 60 MINUTES
- REFUSED
- DON'T KNOW

**PROGRAMMER INSTRUCTIONS:**

Go to SY2.

**SY1C**                                      **sy6tvhrnum**                                      R6 SY1C HOW MANY HOURS WATCH TV

**QUESTION TEXT:**

(On a typical day when {you/SP} sat or laid down to watch television,) about how many hours did {you/he/she} spend?

**CODES**

- 1 ABOUT 1 ½ HOURS
- 2 ABOUT 2 HOURS
- 3 ABOUT 3 HOURS
- 4 ABOUT 4 HOURS
- 5 ABOUT 5 HOURS
- 6 6 OR MORE HOURS
- REFUSED
- DON'T KNOW

**SY2**                                      **sy6compdays**                                      R6 SY2 HOW MANY DAYS USE COMPUTER

**QUESTION TEXT:**

On how many of the last 7 days did {you/SP} sit and use a computer or tablet (like an iPad)?  
ENTER NUMBER OF DAYS

**ENTER NUMBER**

- Range 0 to 7
- REFUSED
- DON'T KNOW

**BOX SY2**                                      **BOX SY2**                                      NOT ON FILE

If SY2 = 0, DK, or RF, go to SY3.  
Otherwise, go to SY2A.

**SY2A**                                      **sy6comphours**                                      R6 SY2A MORE LESS THAN AN HOUR USE COMPUTER

**QUESTION TEXT:**

On a typical day when {you/SP} sat and used a computer or tablet (like an iPad), did {you/he/she} spend less than an hour, more than an hour, or about an hour?

**CODES**

- 1 LESS THAN 1 HOUR
- 2 MORE THAN 1 HOUR                                      SY2C
- 3 ABOUT 1 HOUR                                      SY3

REFUSED  
DON'T KNOW

SY3  
SY3

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**SY2B**

**sy6compmins**

R6 SY2B HOW MANY MINUTES USE  
COMPUTER

**QUESTION TEXT:**

(On a typical day when {you/SP} sat and used a computer or tablet (like an iPad),) about how many minutes did {you/he/she} spend?

**CODES**

- 1 LESS THAN 15 MINUTES
- 2 15 MINUTES
- 3 BETWEEN 15 AND 30 MINUTES
- 4 30 MINUTES
- 5 BETWEEN 30 AND 45 MINUTES
- 6 45 MINUTES
- 7 BETWEEN 45 AND 60 MINUTES
- REFUSED
- DON'T KNOW

**PROGRAMMER INSTRUCTIONS:**

Go to SY3.

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**SY2C**

**sy6comphnum**

R6 SY2C HOW MANY HOURS USE  
COMPUTER

**QUESTION TEXT:**

(On a typical day when {you/SP} sat and used a computer or tablet (like an iPad),) about how many hours did {you/he/she} spend?

**CODES**

- 1 ABOUT 1 ½ HOURS
- 2 ABOUT 2 HOURS
- 3 ABOUT 3 HOURS
- 4 ABOUT 4 HOURS
- 5 ABOUT 5 HOURS
- 6 6 OR MORE HOURS
- REFUSED
- DON'T KNOW

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**SY3**

**sy6talkdays**

R6 SY3 HOW MANY DAYS SIT TALK

**QUESTION TEXT:**

On how many of the last 7 days did {you/SP} sit and talk to friends or family members?

ENTER NUMBER OF DAYS

**ENTER NUMBER**

Range 0 to 7  
REFUSED  
DON'T KNOW

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**BOX SY3**

**BOX SY3**

NOT ON FILE

If SY3 = 0, DK, or RF, go to SY4.

Otherwise, go to SY3A.

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**SY3A****sy6talkhours**R6 SY3A MORE LESS THAN AN HOUR SIT  
TALK**QUESTION TEXT:**

On a typical day when {you/SP} sat and talked to friends or family members, did {you/he/she} spend less than an hour, more than an hour, or about an hour?

**CODES**

|   |                  |      |
|---|------------------|------|
| 1 | LESS THAN 1 HOUR |      |
| 2 | MORE THAN 1 HOUR | SY3C |
| 3 | ABOUT 1 HOUR     | SY4  |
|   | REFUSED          | SY4  |
|   | DON'T KNOW       | SY4  |

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**SY3B****sy6talkmins**

R6 SY3B HOW MANY MINUTES SIT TALK

**QUESTION TEXT:**

(On a typical day when {you/SP} sat and talked to friends or family members,) about how many minutes did {you/he/she} spend?

**CODES**

|   |                           |
|---|---------------------------|
| 1 | LESS THAN 15 MINUTES      |
| 2 | 15 MINUTES                |
| 3 | BETWEEN 15 AND 30 MINUTES |
| 4 | 30 MINUTES                |
| 5 | BETWEEN 30 AND 45 MINUTES |
| 6 | 45 MINUTES                |
| 7 | BETWEEN 45 AND 60 MINUTES |
|   | REFUSED                   |
|   | DON'T KNOW                |

**PROGRAMMER INSTRUCTIONS:**

Go to SY4.

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**SY3C****sy6talkhrnum**

R6 SY3C HOW MANY HOURS SIT TALK

**QUESTION TEXT:**

(On a typical day when {you/SP} sat and talked to friends or family members,) about how many hours did {you/he/she} spend?

**CODES**

|   |                 |
|---|-----------------|
| 1 | ABOUT 1 ½ HOURS |
| 2 | ABOUT 2 HOURS   |
| 3 | ABOUT 3 HOURS   |
| 4 | ABOUT 4 HOURS   |
| 5 | ABOUT 5 HOURS   |
| 6 | 6 OR MORE HOURS |
|   | REFUSED         |
|   | DON'T KNOW      |

**SY4**

**sy6hobbydays**

R6 SY4 HOW MANY DAYS DO HOBBIES

**QUESTION TEXT:**

On how many of the last 7 days did {you/SP} sit by {yourself/himself/herself} and do hobbies or other activities like reading, playing cards, puzzles, or crafts?

ENTER NUMBER OF DAYS

**ENTER NUMBER**

Range 0 to 7  
REFUSED  
DON'T KNOW

**BOX SY4**

**BOX SY4**

**NOT ON FILE**

If SY4 = 0, DK, or RF, go to SY5.

Otherwise, go to SY4A.

**SY4A**

**sy6hobbyhours**

R6 SY4A MORE LESS THAN AN HOUR DO HOBBIES

**QUESTION TEXT:**

On a typical day when {you/SP} sat by {yourself/himself/herself} and did hobbies or other activities like reading, playing cards, puzzles, or crafts, did {you/he/she} spend less than an hour, more than an hour, or about an hour?

**CODES**

1 LESS THAN 1 HOUR  
2 MORE THAN 1 HOUR SY4C  
3 ABOUT 1 HOUR SY5  
REFUSED SY5  
DON'T KNOW SY5

**SY4B**

**sy6hobbymins**

R6 SY4B HOW MANY MINUTES DO HOBBIES

**QUESTION TEXT:**

(On a typical day when {you/SP} sat by {yourself/himself/herself} and did hobbies or other activities like reading, playing cards, puzzles, or crafts,) about how many minutes did {you/he/she} spend?

**CODES**

1 LESS THAN 15 MINUTES  
2 15 MINUTES  
3 BETWEEN 15 AND 30 MINUTES  
4 30 MINUTES  
5 BETWEEN 30 AND 45 MINUTES  
6 45 MINUTES  
7 BETWEEN 45 AND 60 MINUTES  
REFUSED  
DON'T KNOW

**PROGRAMMER INSTRUCTIONS:**

Go to SY5.

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**SY4C**

**sy6hobbyhrnum**

R6 SY4C HOW MANY HOURS DO  
HOBBIES

**QUESTION TEXT:**

(On a typical day when {you/SP} sat by {yourself/himself/herself} and did hobbies or other activities like reading, playing cards, puzzles, or crafts,) about how many hours did {you/he/she} spend?

**CODES**

- |   |                 |
|---|-----------------|
| 1 | ABOUT 1 ½ HOURS |
| 2 | ABOUT 2 HOURS   |
| 3 | ABOUT 3 HOURS   |
| 4 | ABOUT 4 HOURS   |
| 5 | ABOUT 5 HOURS   |
| 6 | 6 OR MORE HOURS |
|   | REFUSED         |
|   | DON'T KNOW      |

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**SY5**

**sy6eatdays**

R6 SY5 HOW MANY DAYS SIT EAT

**QUESTION TEXT:**

On how many of the last 7 days did {you/SP} sit and eat?

ENTER NUMBER OF DAYS

**ENTER NUMBER**

Range 0 to 7  
REFUSED  
DON'T KNOW

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**BOX SY5**

**BOX SY5**

NOT ON FILE

If SY5 = 0, DK, or RF, go to SY6.

Otherwise, go to SY5A.

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**SY5A**

**sy6eathours**

R6 SY5A MORE LESS THAN AN HOUR SIT  
EAT

**QUESTION TEXT:**

On a typical day when {you/SP} sat and ate, did {you/he/she} spend less than an hour, more than an hour, or about an hour?

**CODES**

- |   |                  |      |
|---|------------------|------|
| 1 | LESS THAN 1 HOUR |      |
| 2 | MORE THAN 1 HOUR | SY5C |
| 3 | ABOUT 1 HOUR     | SY6  |
|   | REFUSED          | SY6  |
|   | DON'T KNOW       | SY6  |

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**SY5B**

**sy6eatmins**

R6 SY5B HOW MANY MINUTES SIT EAT

**QUESTION TEXT:**

(On a typical day when {you/SP} sat and ate,) about how many minutes did {you/he/she} spend?

**CODES**

- 1 LESS THAN 15 MINUTES
  - 2 15 MINUTES
  - 3 BETWEEN 15 AND 30 MINUTES
  - 4 30 MINUTES
  - 5 BETWEEN 30 AND 45 MINUTES
  - 6 45 MINUTES
  - 7 BETWEEN 45 AND 60 MINUTES
- REFUSED  
DON'T KNOW

**PROGRAMMER INSTRUCTIONS:**

Go to SY6.

**SY5C**

**sy6**eatnrnm

R6 SY5C HOW MANY HOURS SIT EAT

**QUESTION TEXT:**

(On a typical day when {you/SP} sat and ate,) about how many hours did {you/he/she} spend?

**CODES**

- 1 ABOUT 1 ½ HOURS
  - 2 ABOUT 2 HOURS
  - 3 ABOUT 3 HOURS
  - 4 ABOUT 4 HOURS
  - 5 ABOUT 5 HOURS
  - 6 6 OR MORE HOURS
- REFUSED  
DON'T KNOW

**SY6**

**sy6**drivedays

R6 SY6 HOW MANY DAYS DRIVE OR RIDE

**QUESTION TEXT:**

On how many of the last 7 days did {you/SP} drive or ride somewhere as a passenger?

ENTER NUMBER OF DAYS

**ENTER NUMBER**

Range 0 to 7  
REFUSED  
DON'T KNOW

**BOX SY6**

**BOX SY6**

NOT ON FILE

If SY6 = 0, DK, or RF, go to SY7.

Otherwise, go to SY6A.

**SY6A**

**sy6**drivehours

R6 SY6A MORE LESS THAN AN HOUR DRIVE OR RIDE

**QUESTION TEXT:**

On a typical day when {you/SP} drove or rode somewhere as a passenger, did {you/he/she} spend less than an hour, more than an hour, or about an hour?

**CODES**

- |   |                  |      |
|---|------------------|------|
| 1 | LESS THAN 1 HOUR |      |
| 2 | MORE THAN 1 HOUR | SY6C |
| 3 | ABOUT 1 HOUR     | SY7  |
|   | REFUSED          | SY7  |
|   | DON'T KNOW       | SY7  |

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**SY6B**

**sy6drivemins**

R6 SY6B HOW MANY MINUTES DRIVE OR RIDE

**QUESTION TEXT:**

(On a typical day when {you/SP} drove or rode somewhere as a passenger,) about how many minutes did {you/he/she} spend?

**CODES**

- |   |                           |
|---|---------------------------|
| 1 | LESS THAN 15 MINUTES      |
| 2 | 15 MINUTES                |
| 3 | BETWEEN 15 AND 30 MINUTES |
| 4 | 30 MINUTES                |
| 5 | BETWEEN 30 AND 45 MINUTES |
| 6 | 45 MINUTES                |
| 7 | BETWEEN 45 AND 60 MINUTES |
|   | REFUSED                   |
|   | DON'T KNOW                |

**PROGRAMMER INSTRUCTIONS:**

Go to SY7.

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**SY6C**

**sy6drivehrnum**

R6 SY6C HOW MANY HOURS DRIVE OR RIDE

**QUESTION TEXT:**

(On a typical day when {you/SP} drove or rode somewhere as a passenger,) about how many hours did {you/he/she} spend?

**CODES**

- |   |                 |
|---|-----------------|
| 1 | ABOUT 1 ½ HOURS |
| 2 | ABOUT 2 HOURS   |
| 3 | ABOUT 3 HOURS   |
| 4 | ABOUT 4 HOURS   |
| 5 | ABOUT 5 HOURS   |
| 6 | 6 OR MORE HOURS |
|   | REFUSED         |
|   | DON'T KNOW      |

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**SY7**

**sy6restdays**

R7 SY7 HOW MANY DAYS REST OR NAP

**QUESTION TEXT:**

On how many of the last 7 days did {you/SP} lay down to rest or take a nap?



ENTER NUMBER OF DAYS

ENTER NUMBER

Range 0 to 7  
REFUSED  
DON'T KNOW

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**BOX SY7**

**BOX SY7**

NOT ON FILE

If SY7 = 0, DK, or RF, go to Section CL.

Otherwise, go to SY7A.

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**SY7A**

**sy6resthours**

R6 SY7A MORE LESS THAN AN HOUR  
REST OR NAP

**QUESTION TEXT:**

On a typical day when {you/SP} laid down to rest or take a nap, did {you/he/she} spend less than an hour, more than an hour, or about an hour?

**CODES**

|   |                  |            |
|---|------------------|------------|
| 1 | LESS THAN 1 HOUR |            |
| 2 | MORE THAN 1 HOUR | SY7C       |
| 3 | ABOUT 1 HOUR     | SECTION CL |
|   | REFUSED          | SECTION CL |
|   | DON'T KNOW       | SECTION CL |

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**SY7B**

**sy6restmins**

R6 SY7B HOW MANY MINUTES REST OR  
NAP

**QUESTION TEXT:**

(On a typical day when {you/SP} laid down to rest or take a nap,) about how many minutes did {you/he/she} spend?

**CODES**

|   |                           |
|---|---------------------------|
| 1 | LESS THAN 15 MINUTES      |
| 2 | 15 MINUTES                |
| 3 | BETWEEN 15 AND 30 MINUTES |
| 4 | 30 MINUTES                |
| 5 | BETWEEN 30 AND 45 MINUTES |
| 6 | 45 MINUTES                |
| 7 | BETWEEN 45 AND 60 MINUTES |
|   | REFUSED                   |
|   | DON'T KNOW                |

**PROGRAMMER INSTRUCTIONS:**

Go to Section CL – Closing.

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**SY7C**

**sy6resthrnum**

R6 SY7C HOW MANY HOURS REST OR  
NAP

**QUESTION TEXT:**

(On a typical day when {you/SP} laid down to rest or take a nap,) about how many hours did

{you/he/she} spend?

**CODES**

- 1 ABOUT 1 ½ HOURS
  - 2 ABOUT 2 HOURS
  - 3 ABOUT 3 HOURS
  - 4 ABOUT 4 HOURS
  - 5 ABOUT 5 HOURS
  - 6 6 OR MORE HOURS
- REFUSED  
DON'T KNOW

**PROGRAMMER INSTRUCTIONS:**

Go to Section CL – Closing.

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