

Chapter 11

Physical Function and Activity

BACKGROUND AND PURPOSE

This panel assesses the participant's perception of his/her ability to carry out activities of daily living. It asks about the participant's current social capabilities as well as the ease with which specific activities can be completed. It also asks about changes in frequency of engaging in the activity as well as changes in the way in which the activity is carried out.

ADMINISTRATION

This form can be either administered by the study staff at the in-person examination, distributed to the participant at the in-person examination and completed on their own, or mailed to those not seen in person. If self-administered, participants will be asked to carefully complete the survey and return it to the appropriate Field Center in the supplied self-addressed, stamped envelope. Upon receiving the completed survey, study staff will review the document for accuracy, and if needed, will contact the participant by telephone for clarification.

DEFINITIONS

Physical Function:

Difficulty in performing tasks - Performing the task requires more than a minimal amount of effort, or causes symptoms such as shortness of breath, emotional stress, etc.

Activities:

1. Getting out of a bed or chair - Arising from a sitting or lying position to a standing position or transferring from bed to chair.
2. Bathing - Getting water, soap, towel and other necessary items and washing oneself.
3. Walking around your home - Walking from room to room or within one room of the person's principal residence.
4. Walking one quarter of a mile - Participant walks this distance without stopping for more than five minutes.
5. Walking up ten steps - Ascending from one story of a building to another without stopping for more than one minute.

Physical Activity: Movement produced by skeletal muscles which results in energy expenditure.

EQUIPMENT

None. Enter data on paper form.

METHODS

Social Capabilities: Questions 1 and 2 attempt to measure the participant's ability to socialize *with people outside of one's home/living facility*. Contact with family members who live with the participant do not count as social interaction nor do daily interactions with staff/other residents in a nursing home or other assisted living-type facilities. However, arranged 'visits', 'get-togethers', 'social events', etc. would count as social activities in that these 'events' go above and beyond normal, daily and unarranged contact with people. The participant will choose the best response which most closely estimates how often s/he interacts with others and how often s/he spends an entire day alone in a typical week. A typical week is one in which no unusual activities/obligations have occurred. Please use the Response Form in **Appendix B** for Question 1.

Physical Function: Questions 3-7 involve the participant's current functional status. Please note the skip patterns on this form. For questions 3a, 4a, 5a, etc., participants should check the appropriate box to indicate whether s/he has difficulty completing the specified task.

For questions 3b, 4b, 5b, etc, participants should check the appropriate box to indicate how much difficulty [he/she] experiences when getting in/out of bed or chairs, bathing or showering, walking across a small room, etc. Please use the Response Form provided in **Appendix B** for Q3b, 4b and 5b.

For those who reply "Yes" to 3a through 7a, they should proceed to 3b, 4b, 5b, etc., respectively so they can indicate "How much difficulty" they experience for each task. For example, if a participant responds to Q3a (difficulty rising from bed/chair) as "Yes", [he/she] should then proceed to answer Q3b. If the participant selects any other category other than "yes" [he/she] will skip Q3b and Q3c and proceed directly to Q4a, for Q3 and to Q5a for Q4.

For Q3c-7c, indicate whether or not the participant receives help to complete the specified task. Please note skip patterns.

For Q6a and Q7a, persons responding "Yes", should proceed to Q6b to indicate how much difficulty [he/she] has in performing the task. If "No" to Q6a, then the person should skip to Q6d. The same pattern holds for Q7a. Regardless of the response to Q6c and 7c, the person should proceed to Q7a from Q6c and then to Q8a from Q7c. For Q6c and possibly Q7c, a "doesn't do" response is included as an option.

Vision and Hearing: The focus of Questions 8 and 9 is to assess the participant's ability to see and hear. The participant will reply with either Yes or No for whether [he/she] wears glasses/contact lenses (Q8a) or hearing aid (Q9a). The participant is then asked to rate his/her vision (Q8a) with corrective lenses if worn and hearing (Q9b) with hearing device if used by circling one of the 5 available categories ranging from Excellent Vision or Hearing to Blind or Deaf.

Activity Participation: Questions 10a-b assess the participant's current participation in activities over the past two weeks. The respondent is first asked to indicate whether s/he has walked outside the home in the past two weeks by choosing Yes or No. If the participant selects "Yes", s/he will proceed to Q10b to indicate the number of days s/he walked in the past two weeks by selecting one of the categories and then proceed to the Physical Activity and Exercise Section. If the participant selects "No", s/he will skip to Q10c to indicate why s/he did not do any walking in the past two weeks. If neither category is applicable, the respondent may check "Other" and specify the reason. **PLEASE NOTE: That the activities of running and walking are two distinctly different activities. If a person reports that s/he walks casually, then this activity should be considered as physical activity. If the person reports engaging in "power walking" (walking at a quick pace for an extended period), this can be considered vigorous exercise along with running.**

Historical Physical Activity and Exercise: The focus of Questions **11-12** is to measure the participant's physical activity habits at the time when *[he/she]* was 50 years old. They will select one response to indicate whether they did any regular walking for at least one hour in a typical week. Those who reply as "Yes" will proceed to **Q11b** while all others will proceed to **Q12a** which assesses whether the participant engaged in vigorous activity for at least one hour in a typical week when they were 50 years old. If participant is not yet 50 years old, replace “around 50 years old” with his/her current age. Again, the participant is asked to select the best response and all those who select "Yes" will proceed to **Q12b** while all others will end the survey.

PLEASE NOTE: The activities of running and walking are two distinctly different activities. If a person reports that *[he/she]* walks casually, then this activity should be considered as physical activity. If the person reports *[he/she]* is engaged in "power walking" (walking at a quick pace for an extended period), this can be considered vigorous exercise, along with running.

PLEASE ALSO NOTE: If the Respondent reports participating in a fitness class (i.e. Curves), heavy landscaping or other moderate activity as "Vigorous Activity", then vigorous activity can be endorsed on this survey form.