

Assessing Physical Activity

Outcome

To provide community health workers with training to enable them to demonstrate the use of templates to assess food intake and activity accurately and to develop a process to determine prioritisation of messages.

How active are you? Not such an easy question – WHY?

- What do we mean by “active”?
- Does this mean standing up all day as a check out operator?
- Does this mean – moving around a lot – e.g. a postie?
- Does this mean - playing lots of sport?
- Does it mean going to the gym every day for an hour?

We need to ask some open-ended questions to get an understanding of **how much ‘activity’** people have in a day.

Try and ask questions that people cannot answer with a YES or NO or SINGLE word ... try to get people to add lots of information ... prompt people with a nod of you head to keep talking. The more information they can give you the better it is to understand their situation.

It would be helpful to get an idea of the intensity of the activity people do in a day.

- What kind of activities are they doing?
- How much do they puff when doing them?
- How hard or physically demanding are their jobs, hobbies etc?

People may feel we are making a ‘value’ judgement about their activity level – WE need to ensure people do not feel threatened by our questions.

There are two human characteristics that will also make it difficult ... and it is not because people are trying to be dishonest.

The **‘EYE MOUTH’ GAP** and the **‘FOOT BRAIN’ GAP**

People tend to **UNDER REPORT** how much they eat
and **OVER REPORT** how active they are.

Ask questions like:

- Tell me about how much moving around you do during an average week day.
- Do you have a big house to move around in?
- How much movement do you have to do in the morning to get yourself or whānau ready for school or work?
- How do you get to work – do you have to walk very far?
- What kind of activity do you have in your job – describe a typical day for me?
- How do you spend your weekends. What kinds of things do you enjoy doing in your spare time at weekends?
- What are some of the 'chores' you must do at the weekends?
- Describe a typical week day evening at your place starting from about 5.00pm?
- Can you think of any ways you and the whānau might be able to add some more activity to your days?

Activity	How much time you spend doing it (on average)
Sleeping	
Sitting reading	
Listening to music	
Watching TV	
Playing on computer	
Working at a desk	
Working at a computer	
Lying down relaxing	
Talking on the phone	
Sitting at work	
Sitting - having a rest	
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