

## Activity Questionnaire of Rantanen et al for Older Women in the Women's Health and Aging Study (WHAS)

Overview:

A questionnaire of physical activity was used in the Women's Health and Aging Study (WHAS) performed on women in Baltimore. The scores correlate with muscle strength. The authors are from Johns Hopkins the University of Jyvaskyla (Finland) and NIH.

Parameters:

- (1) number of blocks walked in past week
- (2) number of flights of stairs climbed in past week
- (3) number of moderate to strenuous activities done in the past two weeks

Activity	Finding	Points
number of blocks walked in past week	0	0
	1 to 5	1
	$\geq 6$	2
number of flights of stairs climbed in past week	0	0
	2 to 21	1
	$\geq 22$	2
heavy household chores in past 2 weeks	no	0
	yes	1
heavy outdoor work chores in past 2 weeks	no	0
	yes	1
regular exercise in past 2 weeks	no	0
	yes	1
dancing in past 2 weeks	no	0
	yes	1
bowling in past 2 weeks	no	0
	yes	1

where:

- A conversion from miles to blocks is being estimated as 12 blocks as equivalent to 1 mile.
- The scale does not provide for climbing 1 flight of stairs in the past week.
- The 5 activities selected for 2 week review were those found to be most common in the study population. Other activities probably could be substituted.

activity score = SUM(points for all 7 parameters)

Interpretation: • minimum score: 0

• maximum score: 9

• The score correlates with hand grip and knee extension strengths in older women. It is inversely correlated with degree of motor disability.

<b>Score</b>	<b>Physical Activity</b>
0	very inactive
1 to 3	slightly active
$\geq 4$	moderately active

References:

Onder G Penninx BWJH et al. Relation between use of angiotensin-converting enzyme inhibitors and muscle strength and physical function in older women: an observational study. *Lancet*. 2002; 359: 926-930.

Rantanen T Guralnik JM et al. Disability physical activity and muscle strength in older women: The Women's Health and Aging Study. *Arch Phys Med Rehabil*. 1999; 80: 130-135.