

The Physical Activity History (PAH)

Overview: The Physical Activity History (PAH) can be used to rapidly measure a person's exercise and physical activity level. It gives moderately detailed information which can be used to estimate a patient's risk for a variety of medical conditions.

Data collection:

(1) amount of time spent on heavy intensity activities

(2) amount of time spent on moderate intensity activities

Heavy Intensity Activity	Intensity in mets/min	Cutpoint for Frequent Participation
jog or run	8	2 hours/week
vigorous racket sports	8	3 hours/week
bicycle faster than 10 miles per hour	6	2 hours/week
swimming	6	2 hours/week
vigorous exercise class	6	3 hours/week
vigorous dancing	6	3 hours/week
non-job activity (shoveling weight-lifting moving heavy objects)	6	3 hours/week
vigorous job activity (lifting carrying digging)	5	5 hours/week
other strenuous sports (basketball football skating skiing)	8	3 hours/week

where:

- 1 met/min is approximately equal to 1 kilocalorie for a 70 kg man

Moderate Intensity Activity	Intensity in mets/min	Cutpoint for Frequent Participation
non-strenuous sports (softball shooting baskets volleyball ping pong)	4	3 hours/week
take walks hikes walk to work	4	4 hours/week
bowling or golf	3	3 hours/week
home exercises calisthenics	4	3 hours/week
home maintenance and gardening (carpentry painting raking mowing)	4	5 hours/week

Time Spent in Activity during the past year	Participation in Activity
< 1 hour per month	nonparticipation
1 hour up to cutpoint	infrequent
cutpoint or higher	frequent

heavy score in exercise units = SUM for all heavy activities ((intensity in mets/min) * ((number of months of infrequent activity) + (3 * (number of months of frequent activity))))

moderate score in exercise units = SUM for all moderate activities ((intensity in mets/min) * ((number of months of infrequent activity) + (3 * (number of months of frequent activity))))

total score in exercise units = (heavy score) + (moderate score)

Total Activity Score	Female	Male
low	<= 149	<= 278
low to moderate	150 - 284	279 – 468
moderate to high	285 - 467	469 – 699
high	>= 468	>= 700

from Table III page 453

References:

Jacobs DR Jr Hahn LP et al. Validity and reliability of Short Physical Activity History: Cardia and the Minnesota Heart Health Program. J Cardiopulmonary Rehabil. 1989; 9: 448-459.