

International Physical Activity Questionnaire can be found at

<http://www.ipaq.ki.se>

(sehr wichtig)

<http://www.ipaq.ki.se/ipaq.htm>

The purpose of the International Physical Activity Questionnaires (IPAQ) is to provide a set of well-developed instruments that can be used internationally to obtain comparable estimates of physical activity. There are two versions of the questionnaire. The short version is suitable for use in national and regional surveillance systems and the long version provide more detailed information often required in research work or for evaluation purposes.

Rationale:

The public health burden of a sedentary lifestyle has been recognized globally, but until recently, the prevalence and impact of the problem has not been studied in a uniform and systematic fashion. The questionnaire is the most feasible instrument for measuring physical activity in large groups or populations. However, many of the existing instruments are not comparable in the type of activities surveyed (i.e., leisure-time activities only) and format for data collection.

In response to the global demand for comparable and valid measures of physical activity within and between countries, IPAQ was developed for surveillance activities and to guide policy development related to health-enhancing physical activity across various life domains.

IPAQ Development:

In 1996, Dr. Michael Booth of Sydney, Australia, initiated a collaborative effort to develop a valid and reliable questionnaire measuring health-related physical activity suitable for both research and surveillance. An international group of physical activity assessment experts were invited to form a working group, referred to as the International Consensus Group for the Development of an International Physical Activity Questionnaire. A year later, the consensus group came together for a meeting at the World Health Organisation (WHO) in Geneva, Switzerland.

Members of the group participating were: Barbara Ainsworth, Adrian Bauman, Hamadi Benaziza, Steven Blair, Michael Booth, Cora Craig, Alana Diamond, W Drygas, Ulf Ekelund, Peter Fentem, Shigeru Inoue, Deborah Jones, Toshihito Katsumura, Ilona Kickbusch, Vicki Lambert, Brian Martin, Victor Matsudo, Willem van Mechelen, Pekka Oja, Rimma Potemkina, Michael Pratt, Michaael Sjöström, James Sallis, Ilkka Vuori, Alexander Woll, and Agneta Yngve.

Two questionnaires were developed – a short and a long version designed to assess health-related aspects of physical activity and sedentary behaviours. The shorter version of IPAQ was designed for use in surveillance studies, in which space is typically very limited. The longer version was designed to provide a comprehensive evaluation of daily physical activity habits.