

**STRICTLY
CONFIDENTIAL**

**NATIONAL SURVEY OF HEALTH AND DEVELOPMENT
(Medical Research Council)**

**Canynge Hall, Whiteladies Road, Bristol, BS8 2PR
Telephone (0272) 24161 Ext.1197**

LEISURE TIME ACTIVITIES

Please look over the questions in this next section, which is all about what you have done recently in your spare time. Think mainly about the last 4 weeks, but please note that sometimes we want to know about the last 7 days. **When you come to something that you have done, all you have to do is put a tick (✓) in the box next to it.**

✓ These boxes are for you	These boxes are for the nurse																										
1. Cycling and Walking																											
<i>Not counting going to and from work</i>																											
(a) Have you been on a bicycle in the last 7 days?	<table border="0"> <tr> <td style="text-align: center;">No. times last week</td> <td style="text-align: center;">Total time spent last week (hours) (mins)</td> </tr> <tr> <td style="text-align: center;">[][] [][]</td> <td style="text-align: center;">[][][][] . [][][] [16-21]</td> </tr> <tr> <td style="text-align: center;">BIKEN82</td> <td style="text-align: center;">BIKEM82</td> </tr> <tr> <td colspan="2" style="text-align: center;">↓</td> </tr> <tr> <td style="text-align: center;">last month</td> <td style="text-align: center;">last month</td> </tr> <tr> <td style="text-align: center;">[][] [][]</td> <td style="text-align: center;">[][][][]</td> </tr> <tr> <td style="text-align: center;">WLKN82</td> <td style="text-align: center;">WLKM82</td> </tr> <tr> <td colspan="2" style="text-align: center;">↓</td> </tr> <tr> <td style="text-align: center;">last month</td> <td style="text-align: center;">last month</td> </tr> <tr> <td style="text-align: center;">[][] [][]</td> <td style="text-align: center;">[][][][]</td> </tr> <tr> <td style="text-align: center;">WLKON82</td> <td style="text-align: center;">WLKOM82</td> </tr> <tr> <td colspan="2" style="text-align: center;">↓</td> </tr> <tr> <td colspan="2" style="text-align: center;">WLKOH82</td> </tr> </table>	No. times last week	Total time spent last week (hours) (mins)	[][] [][]	[][][][] . [][][] [16-21]	BIKEN82	BIKEM82	↓		last month	last month	[][] [][]	[][][][]	WLKN82	WLKM82	↓		last month	last month	[][] [][]	[][][][]	WLKON82	WLKOM82	↓		WLKOH82	
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last month	last month																										
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WLKON82	WLKOM82																										
↓																											
WLKOH82																											
(b) Have you done any walking for pleasure over rough or hilly ground (at least half an hour) in the last 4 weeks?	<table border="0"> <tr> <td colspan="2" style="text-align: center;">BIKEH82</td> </tr> <tr> <td style="text-align: center;">last month</td> <td style="text-align: center;">last month</td> </tr> <tr> <td style="text-align: center;">[][] [][]</td> <td style="text-align: center;">[][][][]</td> </tr> <tr> <td style="text-align: center;">WLKN82</td> <td style="text-align: center;">WLKM82</td> </tr> <tr> <td colspan="2" style="text-align: center;">↓</td> </tr> <tr> <td style="text-align: center;">last month</td> <td style="text-align: center;">last month</td> </tr> <tr> <td style="text-align: center;">[][] [][]</td> <td style="text-align: center;">[][][][]</td> </tr> <tr> <td style="text-align: center;">WLKON82</td> <td style="text-align: center;">WLKOM82</td> </tr> <tr> <td colspan="2" style="text-align: center;">↓</td> </tr> <tr> <td colspan="2" style="text-align: center;">WLKOH82</td> </tr> </table>	BIKEH82		last month	last month	[][] [][]	[][][][]	WLKN82	WLKM82	↓		last month	last month	[][] [][]	[][][][]	WLKON82	WLKOM82	↓		WLKOH82							
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last month	last month																										
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WLKON82	WLKOM82																										
↓																											
WLKOH82																											
(c) Have you done any other sort of walking for pleasure (at least half an hour) in the last 4 weeks?	<table border="0"> <tr> <td style="text-align: center;">last month</td> <td style="text-align: center;">last month</td> </tr> <tr> <td style="text-align: center;">[][] [][]</td> <td style="text-align: center;">[][][][]</td> </tr> <tr> <td style="text-align: center;">WLKN82</td> <td style="text-align: center;">WLKM82</td> </tr> <tr> <td colspan="2" style="text-align: center;">↓</td> </tr> <tr> <td style="text-align: center;">last month</td> <td style="text-align: center;">last month</td> </tr> <tr> <td style="text-align: center;">[][] [][]</td> <td style="text-align: center;">[][][][]</td> </tr> <tr> <td style="text-align: center;">WLKON82</td> <td style="text-align: center;">WLKOM82</td> </tr> <tr> <td colspan="2" style="text-align: center;">↓</td> </tr> <tr> <td colspan="2" style="text-align: center;">WLKOH82</td> </tr> </table>	last month	last month	[][] [][]	[][][][]	WLKN82	WLKM82	↓		last month	last month	[][] [][]	[][][][]	WLKON82	WLKOM82	↓		WLKOH82									
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last month	last month																										
[][] [][]	[][][][]																										
WLKON82	WLKOM82																										
↓																											
WLKOH82																											

2. Car Maintenance (and boats)							
<i>In your spare time</i>							
(a) Have you done any washing or waxing and polishing in the last 4 weeks?	<table border="0"> <tr> <td style="text-align: center;">No. times last month</td> <td style="text-align: center;">Total time spent (to nearest hour) last month</td> </tr> <tr> <td style="text-align: center;">[][] [][]</td> <td style="text-align: center;">[][][][] [34-37]</td> </tr> <tr> <td style="text-align: center;">CARWN82</td> <td style="text-align: center;">CARWH82</td> </tr> </table>	No. times last month	Total time spent (to nearest hour) last month	[][] [][]	[][][][] [34-37]	CARWN82	CARWH82
No. times last month	Total time spent (to nearest hour) last month						
[][] [][]	[][][][] [34-37]						
CARWN82	CARWH82						
(b) Have you done any major repairs or maintenance (more than changing a wheel or replacing plugs or oil filter) in the last 4 weeks?	<table border="0"> <tr> <td style="text-align: center;">last month</td> <td style="text-align: center;">last month</td> </tr> <tr> <td style="text-align: center;">[][] [][]</td> <td style="text-align: center;">[][][][]</td> </tr> <tr> <td style="text-align: center;">CARRN82</td> <td style="text-align: center;">CARRH82</td> </tr> </table>	last month	last month	[][] [][]	[][][][]	CARRN82	CARRH82
last month	last month						
[][] [][]	[][][][]						
CARRN82	CARRH82						

3. Gardening															
<i>In your spare time</i>															
(a) Do you do any regular gardening during the summer (at least once a week)?	<table border="0"> <tr> <td style="text-align: center;">Average No. times per week</td> <td style="text-align: center;">Total time spent on average (to nearest hour) per week</td> </tr> <tr> <td style="text-align: center;">[][] [][]</td> <td style="text-align: center;">[][][][]</td> </tr> <tr> <td style="text-align: center;">GRDEN82</td> <td style="text-align: center;">GRDEH82</td> </tr> </table>	Average No. times per week	Total time spent on average (to nearest hour) per week	[][] [][]	[][][][]	GRDEN82	GRDEH82								
Average No. times per week	Total time spent on average (to nearest hour) per week														
[][] [][]	[][][][]														
GRDEN82	GRDEH82														
(b) Do you do any regular gardening in the winter (at least once a month)?	<table border="0"> <tr> <td style="text-align: center;">per month</td> <td style="text-align: center;">per month</td> </tr> <tr> <td style="text-align: center;">[][] [][]</td> <td style="text-align: center;">[][][][] [46-49]</td> </tr> <tr> <td style="text-align: center;">GRDMN82</td> <td style="text-align: center;">GRDMH82</td> </tr> </table>	per month	per month	[][] [][]	[][][][] [46-49]	GRDMN82	GRDMH82								
per month	per month														
[][] [][]	[][][][] [46-49]														
GRDMN82	GRDMH82														
(c) Have you done any of these things in the garden in the last 4 weeks?	<table border="0"> <tr> <td style="text-align: center;">No. times last month</td> <td style="text-align: center;">Total time spent (to nearest hour) last month</td> </tr> <tr> <td style="text-align: center;">[][] [][]</td> <td style="text-align: center;">[][][][] [50-53]</td> </tr> <tr> <td style="text-align: center;">RUFGN82</td> <td style="text-align: center;">RUFGH82</td> </tr> <tr> <td style="text-align: center;">[][] [][]</td> <td style="text-align: center;">[][][][]</td> </tr> <tr> <td style="text-align: center;">DIGN82</td> <td style="text-align: center;">DIGH82</td> </tr> <tr> <td style="text-align: center;">[][] [][]</td> <td style="text-align: center;">[][][][]</td> </tr> <tr> <td style="text-align: center;">CHOPN82</td> <td style="text-align: center;">CHOPH82</td> </tr> </table>	No. times last month	Total time spent (to nearest hour) last month	[][] [][]	[][][][] [50-53]	RUFGN82	RUFGH82	[][] [][]	[][][][]	DIGN82	DIGH82	[][] [][]	[][][][]	CHOPN82	CHOPH82
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RUFGN82	RUFGH82														
[][] [][]	[][][][]														
DIGN82	DIGH82														
[][] [][]	[][][][]														
CHOPN82	CHOPH82														
Clearing rough ground	[][] [][]														
Digging earth or compost heap	[][] [][]														
Tree felling, sawing or chopping wood	[][] [][]														

✓ These boxes are for you	These boxes are for the nurse				
3.(c) (continued)					
Moving earth, landscaping, levelling, rolling	<table border="0"> <tr> <td style="text-align: center;">[][] [][]</td> <td style="text-align: center;">[][][][]</td> </tr> <tr> <td style="text-align: center;">ERTHN82</td> <td style="text-align: center;">ERTHH82</td> </tr> </table>	[][] [][]	[][][][]	ERTHN82	ERTHH82
[][] [][]	[][][][]				
ERTHN82	ERTHH82				
Cutting grass with scythe or shears	<table border="0"> <tr> <td style="text-align: center;">[][] [][]</td> <td style="text-align: center;">[][][][]</td> </tr> <tr> <td style="text-align: center;">GRSSN82</td> <td style="text-align: center;">GRSSH82</td> </tr> </table>	[][] [][]	[][][][]	GRSSN82	GRSSH82
[][] [][]	[][][][]				
GRSSN82	GRSSH82				
Planting or transplanting trees, shrubs, bushes	<table border="0"> <tr> <td style="text-align: center;">[][] [][]</td> <td style="text-align: center;">[][][][] [70-73]</td> </tr> <tr> <td style="text-align: center;">TREEN82</td> <td style="text-align: center;">TREEH82</td> </tr> </table>	[][] [][]	[][][][] [70-73]	TREEN82	TREEH82
[][] [][]	[][][][] [70-73]				
TREEN82	TREEH82				
Mowing grass or hedge cutting	<table border="0"> <tr> <td style="text-align: center;">[][] [][]</td> <td style="text-align: center;">[][][][]</td> </tr> <tr> <td style="text-align: center;">MOWN82</td> <td style="text-align: center;">MOWH82</td> </tr> </table>	[][] [][]	[][][][]	MOWN82	MOWH82
[][] [][]	[][][][]				
MOWN82	MOWH82				
Planting or transplanting flowers, seeds, seedlings outdoors	<table border="0"> <tr> <td style="text-align: center;">[][] [][]</td> <td style="text-align: center;">[][][][] [7-10]</td> </tr> <tr> <td style="text-align: center;">PLNTN82</td> <td style="text-align: center;">PLNTH82</td> </tr> </table>	[][] [][]	[][][][] [7-10]	PLNTN82	PLNTH82
[][] [][]	[][][][] [7-10]				
PLNTN82	PLNTH82				
Hoeing, pruning, raking, weeding	<table border="0"> <tr> <td style="text-align: center;">[][] [][]</td> <td style="text-align: center;">[][][][]</td> </tr> <tr> <td style="text-align: center;">HOEN82</td> <td style="text-align: center;">HOEH82</td> </tr> </table>	[][] [][]	[][][][]	HOEN82	HOEH82
[][] [][]	[][][][]				
HOEN82	HOEH82				
(d) Have you done anything else in the garden in the last 4 weeks?	<table border="0"> <tr> <td style="text-align: center;">[][] [][]</td> <td style="text-align: center;">[][][][]</td> </tr> <tr> <td style="text-align: center;">GELSN82</td> <td style="text-align: center;">GELSH82</td> </tr> </table>	[][] [][]	[][][][]	GELSN82	GELSH82
[][] [][]	[][][][]				
GELSN82	GELSH82				

4. Do-it-Yourself					
<i>In your spare time</i>					
(a) Have you done any of these Do-it-Yourself things in the last 4 weeks?	<table border="0"> <tr> <td style="text-align: center;">No. times last month</td> <td style="text-align: center;">Total time spent (to nearest hour) last month</td> </tr> <tr> <td style="text-align: center;">[][] [][]</td> <td style="text-align: center;">[][][][]</td> </tr> </table>	No. times last month	Total time spent (to nearest hour) last month	[][] [][]	[][][][]
No. times last month	Total time spent (to nearest hour) last month				
[][] [][]	[][][][]				
Bricklaying	<table border="0"> <tr> <td style="text-align: center;">[][] [][]</td> <td style="text-align: center;">[][][][]</td> </tr> <tr> <td style="text-align: center;">BRCKN82</td> <td style="text-align: center;">BRCKH82</td> </tr> </table>	[][] [][]	[][][][]	BRCKN82	BRCKH82
[][] [][]	[][][][]				
BRCKN82	BRCKH82				
Building with stone (including rockeries)	<table border="0"> <tr> <td style="text-align: center;">[][] [][]</td> <td style="text-align: center;">[][][][]</td> </tr> <tr> <td style="text-align: center;">STONN82</td> <td style="text-align: center;">STONH82</td> </tr> </table>	[][] [][]	[][][][]	STONN82	STONH82
[][] [][]	[][][][]				
STONN82	STONH82				
Concreting, laying paving stones, foundations, soakaways	<table border="0"> <tr> <td style="text-align: center;">[][] [][]</td> <td style="text-align: center;">[][][][] [27-30]</td> </tr> <tr> <td style="text-align: center;">CONCN82</td> <td style="text-align: center;">CONCH82</td> </tr> </table>	[][] [][]	[][][][] [27-30]	CONCN82	CONCH82
[][] [][]	[][][][] [27-30]				
CONCN82	CONCH82				
Demolishing stone, brick, concrete structures (e.g. walls & paths)	<table border="0"> <tr> <td style="text-align: center;">[][] [][]</td> <td style="text-align: center;">[][][][]</td> </tr> <tr> <td style="text-align: center;">DMOLN82</td> <td style="text-align: center;">DEMOLH82</td> </tr> </table>	[][] [][]	[][][][]	DMOLN82	DEMOLH82
[][] [][]	[][][][]				
DMOLN82	DEMOLH82				
Erecting shed, fence, gate, door	<table border="0"> <tr> <td style="text-align: center;">[][] [][]</td> <td style="text-align: center;">[][][][]</td> </tr> <tr> <td style="text-align: center;">SHEDN82</td> <td style="text-align: center;">SHEDH82</td> </tr> </table>	[][] [][]	[][][][]	SHEDN82	SHEDH82
[][] [][]	[][][][]				
SHEDN82	SHEDH82				
Moving heavy objects, such as furniture, building materials	<table border="0"> <tr> <td style="text-align: center;">[][] [][]</td> <td style="text-align: center;">[][][][]</td> </tr> <tr> <td style="text-align: center;">MOVEN82</td> <td style="text-align: center;">MOVEH82</td> </tr> </table>	[][] [][]	[][][][]	MOVEN82	MOVEH82
[][] [][]	[][][][]				
MOVEN82	MOVEH82				
Rubbing down walls	<table border="0"> <tr> <td style="text-align: center;">[][] [][]</td> <td style="text-align: center;">[][][][]</td> </tr> <tr> <td style="text-align: center;">RUBN82</td> <td style="text-align: center;">RUBH82</td> </tr> </table>	[][] [][]	[][][][]	RUBN82	RUBH82
[][] [][]	[][][][]				
RUBN82	RUBH82				
Painting outdoors, repairs to outside of house	<table border="0"> <tr> <td style="text-align: center;">[][] [][]</td> <td style="text-align: center;">[][][][]</td> </tr> <tr> <td style="text-align: center;">PNTON82</td> <td style="text-align: center;">PNTOH82</td> </tr> </table>	[][] [][]	[][][][]	PNTON82	PNTOH82
[][] [][]	[][][][]				
PNTON82	PNTOH82				
Painting inside, wallpapering	<table border="0"> <tr> <td style="text-align: center;">[][] [][]</td> <td style="text-align: center;">[][][][] [51-54]</td> </tr> <tr> <td style="text-align: center;">CARPN82</td> <td style="text-align: center;">CARPH82</td> </tr> </table>	[][] [][]	[][][][] [51-54]	CARPN82	CARPH82
[][] [][]	[][][][] [51-54]				
CARPN82	CARPH82				
Sawing, planing wood, woodwork, (e.g. putting up shelves, cupboards)	<table border="0"> <tr> <td style="text-align: center;">[][] [][]</td> <td style="text-align: center;">[][][][]</td> </tr> <tr> <td style="text-align: center;">WIREN82</td> <td style="text-align: center;">WIREH82</td> </tr> </table>	[][] [][]	[][][][]	WIREN82	WIREH82
[][] [][]	[][][][]				
WIREN82	WIREH82				
Electrical wiring	<table border="0"> <tr> <td style="text-align: center;">[][] [][]</td> <td style="text-align: center;">[][][][]</td> </tr> <tr> <td style="text-align: center;">APPLN82</td> <td style="text-align: center;">APPLH82</td> </tr> </table>	[][] [][]	[][][][]	APPLN82	APPLH82
[][] [][]	[][][][]				
APPLN82	APPLH82				
Repairing major appliances (e.g. washing machine)	<table border="0"> <tr> <td style="text-align: center;">[][] [][]</td> <td style="text-align: center;">[][][][]</td> </tr> </table>	[][] [][]	[][][][]		
[][] [][]	[][][][]				

(b) Have you done any other Do-it-Yourself things in the last 4 weeks?

✓ These boxes are for you

These boxes are for the nurse

✓ These boxes are for you

These boxes are for the nurse

DIY1N82 DIY1H82

DIY2N82 DIY2H82

6. Have you done anything at work, in the home or during your spare time that made you feel warm in the last 4 weeks?

WRM1

WRM2

WRM3

No. Times last month Average time each occasion (hours) (mins)

N 82 H 82 M 82 [55-60]

N 82 H 82 M 82

N 82 H 82 M 82 [67-72]

5. Sports, Outdoor Activities and Exercises

In your spare time

(a) Have you taken part in any of these sports or outdoor activities in the last 4 weeks?

No. Times last month

Total time spent (to nearest hour) last month

7. Have you done anything at work, in the home or during your spare time that made you perspire in the last 4 weeks?

PRS1

PRS2

PRS3

No. Times Average time each occasion (hours) (mins)

N 82 H 82 M 82 [7-12]

N 82 H 82 M 82

N 82 H 82 M 82

Badminton BADSN82

Bowls BWLSN82

Cricket CRCKN82

Exercises like press-ups, sit-ups etc. at home FITN82

Exercises like press-ups, sit-ups etc. at a gym GYMN82

Football (including refereeing) FOOTN82

Golf GOLFN82

Hill or mountain climbing CLMBN82

Jogging JOGN82

Rowing ROWN82

Running or athletics RUNN82

Sailing SAILN82

Squash or rackets SQUAN82

Swimming SWIMN82

Table tennis TTENN82

Tennis TENNN82

Yoga YOGAN82

Water skiing WSKIN82

Volleyball VBLLN82

Scuba Diving SDIVN82

Basketball BBLLN82

Fishing FISHN82

Riding RIDEN82

Movement to music MMUSN82

Weight training WTRNN82

Ballroom dancing BDANN82

Other dancing ODANN82

(b) Have you taken part in any other sports or outdoor activities in the last 4 weeks?

ACT1N82

ACT2N82

ACT1H82

ACT2H82

(d) Hours spent driving for any other reason

hours

DRLEH82 DRLEM82

DROTH82 DROTM82

10. In the last 7 days how many hours have you spent driving a vehicle or motor bike?

(a) Total hours driving to and from work in the last 7 days

hours

(b) Hours spent driving in the course of your work

hours

(c) Hours spent driving in your leisure time (including shopping)

hours

(d) Hours spent driving for any other reason

hours

OOB1

OOB2

OOB3

N 82 H 82 M 82 [25-30]

N 82 H 82 M 82

N 82 H 82 M 82

Average no. of flights or stairs

[43-47]

STIRN82 STIRH82

Total Time hours mins

[] [] [] []

DRTWH82 DRTWM82

[] [] [] []

DRCWH82 DRCWM82

[] [] [] []

DRLEH82 DRLEM82

[] [] [] [] [62-65]

DROTH82 DROTM82

WH 17.8.88

17.8.88

[B24]

[71-74]

[B22]

[7-10]

[27-30]

[47-50]

[63-66]

[71-74]

[B23]

[7-10]

[27-30]

11. And now, please look at the following statements and see how they apply to you. Do they describe you very well, fairly well, a little or not at all? **Please circle the number opposite the words that best describe you.**

Characteristics and qualities that describe you: **COMP82**
 (a) Being hard-driving and competitive very well 1 [66]
 fairly well 2
 a little 3
 not at all 4

PREST82
 (b) Usually pressed for time very well 1
 fairly well 2
 a little 3
 not at all 4

BOSS82
 (c) Being bossy or dominating very well 1
 fairly well 2
 a little 3
 not at all 4

BEST82
 (d) Having a strong need to be the best at most things very well 1
 fairly well 2
 a little 3
 not at all 4

GOBL82
 (e) Eating too quickly very well 1
 fairly well 2
 a little 3
 not at all 4

12. If you have a regular job, How have you been feeling at the end of an average day at work?

JPRES82
 (a) Often felt very pressed for time Yes 0
 No 1

JSTAY82
 (b) Work stayed with you so you were thinking about it after working hours Yes 0
 No 1

JSTR82
 (c) Work often stretched you to the very limits of your energy and capacity Yes 0
 No 1

JDIS82
 (d) Often felt uncertain, uncomfortable or dissatisfied with how well you were doing Yes 0
 No 1

IMP82
 13. Do you get upset when you have to wait for something? Yes 0
 No 1 [75]

Last of all have you had any difficulty with day to day life due to health problems?

Because of illness, accident or anything related to your health, do you have difficulty with any of the following that has gone on for two weeks or more? **If so - please put a tick (✓) in the boxes**

	<i>Was this caused by illness, injury or ill health?</i>	<i>Has it lasted for the last 2 weeks?</i>	
Walking without help	HWLK82 <input type="checkbox"/>	HWLK282 <input type="checkbox"/>	[7,8]
Getting outside the house without help	HOH82 <input type="checkbox"/>	HOH282 <input type="checkbox"/>	
Crossing the road without help	HCRD82 <input type="checkbox"/>	HCRD282 <input type="checkbox"/>	
Travelling on a bus or train without help	HTR82 <input type="checkbox"/>	HTR282 <input type="checkbox"/>	
Getting in or out of bed or chair without help	HBED82 <input type="checkbox"/>	HBED282 <input type="checkbox"/>	
Dressing or undressing without help	HDRS82 <input type="checkbox"/>	HDR282 <input type="checkbox"/>	[17,18]
Kneeling or bending without help	HKNE82 <input type="checkbox"/>	HKNE282 <input type="checkbox"/>	
Going up and down stairs without help	HSTR82 <input type="checkbox"/>	HSTR282 <input type="checkbox"/>	
Having a bath or all over wash without help	HBTH82 <input type="checkbox"/>	HBTH282 <input type="checkbox"/>	
Holding or gripping (for example a comb or pen) without help	HGRP82 <input type="checkbox"/>	HGRP282 <input type="checkbox"/>	
Getting to and using the toilet without help	HLOO82 <input type="checkbox"/>	HLOO282 <input type="checkbox"/>	[27,28]
Eating or drinking without help	HEAT82 <input type="checkbox"/>	HEAT282 <input type="checkbox"/>	

Because of your health do you have ...

Difficulty seeing newspaper print even with glasses	HSEE82 <input type="checkbox"/>	HSEE282 <input type="checkbox"/>	
Difficulty recognising people across the street even with glasses	HREC82 <input type="checkbox"/>	HREC282 <input type="checkbox"/>	
Difficulty hearing a conversation even with hearing aid	HHER82 <input type="checkbox"/>	HHER282 <input type="checkbox"/>	
Difficulty speaking	HSPK82 <input type="checkbox"/>	HSPK282 <input type="checkbox"/>	[37,38]

Because of your health do you have difficulty ...

Preparing or cooking a hot meal without help	HCK82 <input type="checkbox"/>	HCK282 <input type="checkbox"/>	[39,40]
Doing housework without help	HHWK82 <input type="checkbox"/>	HHWK282 <input type="checkbox"/>	
Visiting family or friends	HVIS82 <input type="checkbox"/>	HVIS282 <input type="checkbox"/>	
Doing any of your hobbies or spare time activities	HHOB82 <input type="checkbox"/>	HHOB282 <input type="checkbox"/>	
Doing paid work of any kind	HWKA82 <input type="checkbox"/>	HWKA282 <input type="checkbox"/>	
Doing paid work of your choice	HWKC82 <input type="checkbox"/>	HWKC282 <input type="checkbox"/>	[49,50]