**Calculation IPAQ**

Data collected with IPAQ can be reported as a continuous measure. One measure of

the volume of activity can be computed by weighting each type of activity by its

energy requirements defined in METs to yield a score in MET–minutes. METs are

multiples of the resting metabolic rate and a MET-minute is computed by multiplying

the MET score of an activity by the minutes performed. MET-minute scores are

equivalent to kilocalories for a 60 kilogram person. Kilocalories may be computed

from MET-minutes using the following equation: MET-min x (weight in kilograms/60

kilograms). MET-minutes/day or MET-minutes/week can be presented although the

latter is more frequently used and is thus suggested.

The selected MET values were derived from work undertaken during the IPAQ

Reliability Study undertaken in 2000-20013. Using the Ainsworth et al. Compendium

(Med Sci Sports Med 2000) an average MET score was derived for each type of

activity. For example; all types of walking were included and an average MET value

for walking was created. The same procedure was undertaken for moderate-intensity

activities and vigorous-intensity activities. The following values continue to be used

for the analysis of IPAQ data: Walking = 3.3 METs, Moderate PA = 4.0 METs and

Vigorous PA = 8.0 METs. Using these values, four continuous scores are defined:

Walking MET-minutes/week = 3.3 \* walking minutes \* walking days

Moderate MET-minutes/week = 4.0 \* moderate-intensity activity minutes \* moderate days

Vigorous MET-minutes/week = 8.0 \* vigorous-intensity activity minutes \* vigorous-intensity days

Total physical activity MET-minutes/week = sum of Walking + Moderate + Vigorous METminutes/

week scores.

The IPAQ sitting question is an additional indicator variable of time spent in

sedentary activity and is not included as part of any summary score of physical

activity. Data on sitting should be reported as median values and interquartile ranges.

To-date there are few data on sedentary (sitting) behaviours and no well-accepted

thresholds for data presented as categorical levels.