

VALIDITY OF A NEIGHBOURHOOD PHYSICAL ACTIVITY QUESTIONNAIRE (N-IPAQ)

Self-reported questionnaires can measure physical activity (PA) levels but few take into account the location in which physical activity was undertaken.

A recent study* compared self-reported PA using the N-IPAQ to objectively measured PA using an accelerometer and global positioning systems (GPS) device.



Accelerometers

Measure total PA

GPS Monitors

Measure location



Results

Residents, on average, reported their neighbourhood PA as approximately 400m from their home.



The N-IPAQ provides good estimates of neighbourhood-based PA¹ and can better inform research investigating the factors affecting neighbourhood physical activity levels.

*For more information:

Frehlich, L., Friedenreich, C., Nettel-Aguirre, A., Schipperijn, J., & McCormack, G. R. (2018). Using Accelerometer/GPS Data to Validate a Neighborhood-Adapted Version of the International Physical Activity Questionnaire (IPAQ). *Journal for the Measurement of Physical Behaviour*, 1(4), 181-190. doi:10.1123/jmpb.2018-0016

References:

1. Frehlich, L., Friedenreich, C., Nettel-Aguirre, A., & McCormack, G. R. (2018). Test-retest reliability of a modified International Physical Activity Questionnaire (IPAQ) to capture neighbourhood physical activity. *Journal of Human Sport and Exercise*, 13(1), 174-187. doi:10.14198/jhse.2018.131.17



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