

# Mott Poll Questions



C.S. MOTT  
CHILDREN'S HOSPITAL  
UNIVERSITY OF MICHIGAN HEALTH

## *Physical Activity*

*The following questions were answered by parents with children age 18-25 years old.*

Q1. Describe your [x]-year-old adult child's usual level of physical activity

1. Very active
2. Moderately active
3. Minimally active
4. Inactive

Q2. What types of physical activity does your [x]-year-old adult child typically do? *Select all that apply.*

1. Organized sports (team or individual)
2. Working out with exercise equipment
3. Running, brisk walking, or other cardio exercise
4. Outdoor activity
5. "Active fun" (dancing, skating, etc.)
6. Work-related activity
7. Other
8. None

Q3. What gets in the way of your [x]-year-old adult child getting enough physical activity? *Select all that apply.*

1. Time
2. Cost
3. Preferred activities are not available
4. No one to do it with
5. Not interested in being active
6. Our family just isn't very active
7. Medical condition or physical limitation
8. Mental health concerns
9. Screen time / gaming
10. Nothing

Q4. In the past year, what have you done to get your [x]-year-old adult child to be physically active?

	Tried, successful	Tried, unsuccessful	Have not tried
a. Gave verbal encouragement			
b. Offered reward			
c. Did activity/exercise with child			
d. Suggested options to try			
e. Enrolled child in activity			
f. Paid for activity that child selected			

Q5. Do you think your [x]-year-old adult child's level of physical activity will cause health problems?

1. Yes, already happening
2. Yes, in the future
3. No

Q6. Do you think your [x]-year-old adult child's level of activity has had a negative impact on their employment opportunities?

1. Yes
2. No
3. Unsure

Q7. In the past two years, has a healthcare provider talked with your [x]-year-old adult child about their fitness and/or physical activity?

1. Yes
2. No
3. Unsure

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