Physical Activity Behavior Adults, Rapid Assessment of Physical Activity (RAPA)

What is the behavior/issue being measured? The Rapid Assessment of Physical Activity (RAPA) was developed to provide an easily administered and interpreted means of assessing levels of physical activity among adults older than 50 years.\(^1\) It was validated against CHAMPS (Community Healthy Activities Model Program for Seniors) and compared with the BRFS and PACE (Physician-based Assessment and Counseling for Exercise); the RAPA tested better. The survey is available in English, Mexican Spanish, European Spanish, and Vietnamese.

In addition, the RAPA has been revised and validated for use as a telephone-based measurement tool for assessing physical activity (Telephone Assessment of Physical Activity or TAPA). This may be particularly useful for programs evaluating longer-term outcomes at a third time point scheduled some period of time after an intervention has ended.

All versions of the RAPA can be accessed in PDF from the website of the University of Washington’s Health Promotion Research Center. [http://depts.washington.edu/hprc/resources/products-tools/rapa/](http://depts.washington.edu/hprc/resources/products-tools/rapa/) The TAPA questionnaire is available in the appendix of this article: [http://www.cdc.gov/pcd/issues/2008/jan/06_0143.htm?s_cid=pcd51a24_e](http://www.cdc.gov/pcd/issues/2008/jan/06_0143.htm?s_cid=pcd51a24_e)

Who is the target audience? This instrument was validated for older audiences but it can be used with adults of all ages.

References