

Telephone Questionnaire
Community Core Indicators of Activity Friendliness

Hello, I'm _____ and I'm calling for the Saint Louis University Prevention Research Center. Your phone number has been chosen randomly to be included in the study, and we'd like to ask you some questions about the way you perceive or think about your community. Are you a resident of this household? Are you 18 years or older?

The interview will take about 20 minutes. We will try to get through the questions as quickly as possible. Your participation is completely voluntary. You have the right to refuse to be interviewed or to refuse to answer any question. There are no right or wrong answers and your information is kept strictly confidential.

Are you ready to begin?

SECTION A: HEALTH

I'd like to start with a question about you.

Section A-1. Perceived general health status

1. Would you say that in general your health is:

[Please read.]

Excellent	1
Very Good	2
Good	3
Fair	4

or

Poor	5
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[Do not read.]

Don't know/Not sure.....	777
Refused	999

SECTION B: COMMUNITY ENVIRONMENT

At this time, I'd like to ask some questions about your community.

Although individuals define their "community" in many different ways, we are interested in the community as it refers to *the place in which you live*. This typically includes your neighborhood and the neighborhoods within a 10-minute walk from your home. We understand that you may visit other places or communities regularly but we are most interested in the community or place closest to your home.

Section B-1. Promotion

The first question has to do with *events or programs* in your community. These may be sponsored by a wide variety of institutions, organizations or groups located in or around your community, for example: coalitions, churches, the health department, or organizations such as the American Heart Association. For each item, please indicate "yes" if it has taken place *in your community* in the past year.

2. Have any the following taken place in your community in the past year?

	Yes	No	For Children Only	Don't Know/ Not Sure	Refused
a. Health fairs or seminars?.....	1	0	2	777	999
b. Organized physical activity events (for example, walks, runs)?.....	1	0	2	777	999
c. Clubs for physical activity (for example, walking, biking)?.....	1	0	2	777	999
d. Sports leagues for adults or youth?.....	1	0	2	777	999
e. Other organized community recreational events (for example, community walking tour, community parade)?.....	1	0	2	777	999

[Interviewer clarification: If the respondent replies “yes,” please ask if the event or programs are for adults, children, or both.]

[Interviewer clarification: If the respondent indicates that the event or program is only available to children, please indicate a “2” instead of a “1.”]

[Interviewer clarification: Community is defined as the place where you live, including your neighborhood and the neighborhoods within a 10-minute walk from your home.]

The next question has to do with **how frequently** you receive information about physical activity **in your community**. This information may include advertisements or promotions for community recreational facilities, programs, or general information about physical activity. We are interested in the physical activities that people do as part of their everyday lives. Think about the activities you do at work, as part of your house and yard work, to get from place to place, and in your spare time for recreation, exercise or sport.

3. How frequently do you observe the following in your community?

	Never	Rarely	Sometimes	Often	Don't Know/ Not Sure	Refused
a. Billboards or signs that encourage you to be physically active?.....	1	2	3	4	777	999
b. Community newspaper articles or newsletters that encourage you to be physically active?.....	1	2	3	4	777	999
c. Other types of encouragement from the community (for example, local radio programs, local television advertisements)?.....	1	2	3	4	777	999

[Interviewer clarification: Remember, this information may include advertisements or promotions for community recreational facilities, programs, or general information about physical activity.]

[Interviewer clarification: Think only about the information you receive in your community.]

[Interviewer clarification: Community is defined as the place where you live, including your neighborhood and the neighborhoods within a 10-minute walk from your home.]

Section B-2. Facilities

The next few questions are about the *places* available to engage in physical activity *in your community*. These places may include local schools, community recreational centers or gyms, parks, and trails for walking and biking. In addition, this section includes questions about the physical activity *equipment* available such as a batting cage and basketball hoops at a park, or weight machines at the community recreational center.

4. Please indicate whether you agree with the following statements.

	Strongly Agree	Agree	Disagree	Strongly Disagree	Don't Know	Refused
a. There are many places to be physically active in my community not including streets for walking or jogging.....	1	2	3	4	777	999
b. There is equipment available for physical activity in my community.....	1	2	3	4	777	999

[Interviewer clarification: After you read each statement, ask the participant “Do you strongly agree, agree, disagree, or strongly disagree?”]

[Interviewer clarification: Think only about the facilities in your community. Community is defined as the place where you live, including your neighborhood and the neighborhoods within a 10-minute walk from your home.]

5. Thinking about how public money is spent on parks and other recreation facilities, which of the following statements is most accurate?

[Please read]

- My community almost always gets its fair share 1
- My community often gets its fair share 2
- My community seldom gets its fair share 3

or

- My community never gets its fair share..... 4

[Do not read]

- Don't know/Not sure 777
- Refused 999

[Interviewer clarification: Community is defined as the place where you live, including your neighborhood and the neighborhoods within a 10-minute walk from your home.]

6. Do you think government funds should be spent to build and maintain places where people can be physically active, such as:

	Yes	No	Don't Know/ Not Sure	Refused
a. Parks?.....	1	0	777	999
b. Public recreation centers, gyms, or fitness facilities?.....	1	0	777	999
c. Trails for walking or biking?.....	1	0	777	999
d. Schools that allow the public to use their facilities for physical activity?.....	1	0	777	999
e. Public swimming pools not associated with the above facilities?	1	0	777	999

7. How many minutes would it take you to **walk** from your home to the **nearest...**?

	Minutes	Time > 60 Minutes	Don't Know/ Not Sure	Refused
a. Park?.....	_____	555	777	999
b. Public recreation centers, gyms, or fitness facilities?.....	_____	555	777	999
c. Trail for walking or biking?.....	_____	555	777	999
d. Schools that allow the public to use their facilities for physical activity?.....	_____	555	777	999
e. Public swimming pool not associated with the above facilities?..	_____	555	777	999
f. Fitness centers, health clubs, YMCAs, or other facilities that require memberships?.....	_____	555	777	999

[Interviewer clarification: If the estimated time to get to the nearest facility is over an hour, please indicate “555” for the response.]

8. During the last 30 days, on how many days did you use the **nearest...**?

	Number Of Days	Don't Know/ Not Sure	Refused
a. Park?.....	_____	777	999
b. Public recreation centers, gyms, or fitness facilities?.....	_____	777	999
c. Trail for walking or biking?.....	_____	777	999
d. Schools that allow the public to use their facilities for physical activity?.....	_____	777	999
e. Public swimming pool not associated with the above facilities?.....	_____	777	999
f. Fitness centers, health clubs, YMCAs, or other facilities that require memberships?.....	_____	777	999

9. Do you have to pay to use the...? Equipment at the...?

	No Fee	Yes Facility Fee	Yes Equipment Fee	Yes Fee for Both	Don't Know	N/A	Refused
a. Park?.....	0	1	2	3	777	888	999
b. Public recreation centers, gyms, or fitness facilities?.....	0	1	2	3	777	888	999
c. Trail for walking or biking?.....	0	1	2	3	777	888	999
d. School with public facilities?.....	0	1	2	3	777	888	999
e. Public swimming pool?.....	0	1	2	3	777	888	999
f. Fitness centers, health clubs, YMCAs, or other facilities that require memberships?	0	1	2	3	777	888	999

[Interviewer clarification: For each question, ask the respondent if they have to pay to use the facility followed by whether they have to pay to use equipment at the facility.]

[Interviewer clarification: Paying taxes is not included in paying to use the facility.]

[Interviewer clarification: Remember, equipment may include a range of items such as a batting cage, basketball hoops, or weight machines.]

Section B-3. Land Use Environment

Now, I am going to ask you more questions about places *in your community*. Again, this refers to the places in your neighborhood and the neighborhoods within a 10-minute walk from your home.

10. Please indicate whether you agree with the following statement.

	Strongly Agree	Agree	Disagree	Strongly Disagree	Don't Know	Refused
There are many destinations (for example, a store, a workplace, a place of worship) to go within easy walking distance from my home.....	1	2	3	4	777	999
I often walk to places near my home.....	1	2	3	4	777	999

[Interviewer: If respondent answers “strongly disagree,” refuses or does not know, skip to Question 12.]

[Interviewer clarification: After you read the statement, ask the participant “Do you strongly agree, agree, disagree, or strongly disagree?”]

[Interviewer clarification: Think only about the facilities in your community. Community is defined as the place where you live, including your neighborhood and the neighborhoods within a 10-minute walk from your home.]

11. How many minutes would it take you to *walk* from your home to the *nearest*...?

	Minutes	Time > 60 Minutes	Don't Know/ Not Sure	Refused
a. Convenience or small grocery store?.....	_____	555	777	999
b. Supermarket?.....	_____	555	777	999
c. Laundry or dry cleaners?.....	_____	555	777	999
d. Post office?.....	_____	555	777	999
e. Library?.....	_____	555	777	999
f. Elementary or junior high school?.....	_____	555	777	999
g. High school, college or university campus?.....	_____	555	777	999
h. Fast food restaurant?.....	_____	555	777	999
i. Other restaurant?.....	_____	555	777	999
j. Coffee shop?.....	_____	555	777	999
k. Bank or credit union?.....	_____	555	777	999
l. Pharmacy or drug store?.....	_____	555	777	999
m. Place of worship (for example, church, synagogue)?.....	_____	555	777	999

[Interviewer clarification: If the estimated time to get to the nearest facility is over an hour, please indicate “555” for the response.]

[Interviewer clarification: If the respondent does not have a religious preference, ask about the nearest religious institution in the last item.]

Section B-4. Transportation and Street-Scale Environment

I have a few more questions about facilities *in your community*. This set of questions has to do with *transportation facilities*. Transportation facilities include streets and highways for those traveling by automobile, sidewalks and trails for pedestrians, bike lanes and pathways for bicyclists, and buses or subways for those traveling by public transit. In this section, we are *only* interested in transportation facilities *for pedestrians, bicyclists, and those traveling by public transit*.

12. Please indicate whether you agree with the following statements.

	Strongly Agree	Agree	Disagree	Strongly Disagree	Don't Know	Doesn't Apply	Refused
There are sidewalks on most of the streets in my community.....	1	2	3	4	777	888	999
There are shoulders on the streets that allow for safe walking or biking.....	1	2	3	4	777	888	999
There are bike lanes on most of the streets in my community.....	1	2	3	4	777	888	999
It is easy to walk to a bus stop, train or subway station from my home.....	1	2	3	4	777	888	999

[Interviewer clarification: After you read the statement, ask the participant “Do you strongly agree, agree, disagree, or strongly disagree?”]

[Interviewer clarification: Think only about the facilities in your community. Community is defined as the place where you live, including your neighborhood and the neighborhoods within a 10-minute walk from your home.]

13. Thinking about how public money is spent on transportation facilities for pedestrians, bicyclists, and those traveling by public transit, which of the following statements is most accurate?

[Please read]

- My community almost always gets its fair share..... 1
- My community often gets its fair share 2
- My community seldom gets its fair share 3

or

- My community never gets its fair share..... 4

[Do not read]

- Don't know/Not sure 777
- Refused 999

[Interviewer clarification: Community is defined as the place where you live, including your neighborhood and the neighborhoods within a 10-minute walk from your home.]

14. Do you think government funds should be spent on transportation facilities for pedestrians, bicyclists, and those traveling by public transit, such as:

	Yes	No	Don't Know/ Not Sure	Refused
a. Sidewalk improvements?.....	1	0	777	999
b. Bicycle lanes?.....	1	0	777	999
c. Signals and signs for pedestrians and bicyclists?.....	1	0	777	999
d. Crosswalks for pedestrians and bicyclists?.....	1	0	777	999
e. Public transit improvements?.....	1	0	777	999
f. Safe routes for kids to walk or bike to school?.....	1	0	777	999
g. Walking/biking trails or paths?.....	1	0	777	999

Section B-5. Organizational Environment

The following questions are about organizations *in your community*.

[Interviewer clarification: Community is defined as the place where you live, including your neighborhood and the neighborhoods within a 10-minute walk from your home.]

15. Do you belong to any neighborhood or community organizations such as block clubs, parent teacher associations, volunteer service organizations, political or advocacy groups, etc.?

Yes 1
No 0

[Do not read]

Don't know/Not sure 777
Refused 999

16. Have you gotten together with any social clubs or coalitions for activities such as music, playing cards, sports or other hobbies in the past year?

Yes 1
No 0

[Do not read]

Don't know/Not sure 777
Refused 999

17. Do you belong to any religious institutions or organizations (for example, a church or other place of worship, a prayer group, a religious society)?

Yes 1
No 0

[Do not read]

Don't know/Not sure 777
Refused 999

Section B-6. Aesthetics

Now I'm going to ask you questions about *your neighborhood surroundings*. Your neighborhood is defined as the street you live on and the adjoining streets within a 5-minute walk from your home. This time include only your immediate neighborhood in your responses to the questions.

18. Overall, how would you rate your neighborhood as a place to be physically active? Would you say...

[Please read]

Very pleasant 1
Somewhat pleasant 2
Not very pleasant 3

or

Not at all pleasant 4

[Do not read]

Don't know/Not sure 777
Refused 999

19. Please indicate whether you agree with the following statements.

	Strongly Agree	Agree	Disagree	Strongly Disagree	Don't Know	Refused
a. There are many interesting things to look at while walking in my neighborhood.....	1	2	3	4	777	999
b. There are trees along the streets in my neighborhood.....	1	2	3	4	777	999
c. My neighborhood is well maintained.....	1	2	3	4	777	999
d. My neighborhood is generally free from garbage, litter, or broken glass.....	1	2	3	4	777	999

[Interviewer clarification: After you read each statement, ask the participant “Do you strongly agree, agree, disagree, or strongly disagree?”]

[Interviewer clarification: We are interested in the street you live on and the adjoining streets within a 5-minute walk from your home.]

Section B-7. Social Environment

In this next set of questions, I am going to ask you about people *in your neighborhood*. Remember, your neighborhood is defined as the street you live on and the adjoining streets within a 5-minute walk from your home. These questions are about your neighbors or others who may visit your neighborhood.

20. Please indicate whether you agree with the following statements.

	Strongly Agree	Agree	Disagree	Strongly Disagree	Don't Know	Refused
a. Most people in your neighborhood can be trusted.....	1	2	3	4	777	999
b. Your neighbors can be counted on to help in various ways if someone is destructive to a nearby place where people are physically active (for example, park, trail, or recreation center).....	1	2	3	4	777	999
c. Your neighborhood is a good place for you to live.....	1	2	3	4	777	999
d. People in your neighborhood share the same values.....	1	2	3	4	777	999
e. Most people in your neighborhood would try to take advantage of you if they got a chance.....	1	2	3	4	777	999

[Interviewer clarification: After you read each statement, ask the participant “Do you strongly agree, agree, disagree, or strongly disagree?”]

[Interviewer clarification: We are interested in the street you live on and the adjoining streets within a 5-minute walk from your home.]

The next two questions have to do with safety.

21. How safe from crime do you feel while you are walking or riding your bike in your neighborhood? Would you say:

[Please read]

- Extremely safe 1
- Quite safe 2
- Slightly safe 3

or

- Not at all safe 4

[Do not read]

- Don't know/Not sure 777
- Refused 999

[Interviewer clarification: We are interested in the street you live on and the adjoining streets within a 5-minute walk from your home.]

22. How safe from traffic do you feel while you are walking or riding your bike in your neighborhood? Would you say:

[Please read]

- Extremely safe 1
- Quite safe 2
- Slightly Safe..... 3

or

- Not at all safe 4

[Do not read]

- Don't know/Not sure 777
- Refused 999

[Interviewer clarification: We are interested in the street you live on and the adjoining streets within a 5-minute walk from your home.]

Section B-8. Food Environment

In this next set of questions, I am going to ask you about the availability, cost and quality of food *in your community*. This includes the stores or markets where you shop for food. Remember, community is defined as the place where you live, including your neighborhood and the neighborhoods within a 10-minute walk from your home.

22a-c. Think about how you would rate the availability, cost and quality of low fat foods where you shop.

	Never	Rarely	Sometimes	Often	Don't Know/ Not Sure	Refused
a. How often are low fat foods available where you shop?.....	1	2	3	4	777	999
b. How often are high quality low fat foods available where you shop?.....	1	2	3	4	777	999
c. How often are low cost low fat foods available where you shop?.....	1	2	3	4	777	999

[Interviewer clarification: Examples of low fat foods: skim, ½ or 1% milk; lean meats like turkey; reduced fat condiments; pretzels; fruits and vegetables. Please consider fresh, frozen, canned and dried fruits and vegetables as well as juice.]

The next few questions are about eating fast food, including when you eat at the fast food restaurants, go through the drive-thru, carry-out or have it delivered.” [If parent asks for examples:] “For example, McDonalds™, Kentucky Fried Chicken™, Pizza Hut™, Subway™, and Taco Bell™ . You may include other fast food restaurants when answering the questions. These are just examples.

22d. How often do you eat fast food?

Times per day _____
 Times per week _____
 Times per month _____

OR

Times per year _____

[Do not read]

Don't know/Not sure.....777
 Refused999

SECTION C: BEHAVIOR

In the next section, we are interested in the physical activities that people do as part of their everyday lives in the communities in which they live, work and play. I am going to ask you about the time you spent being physically active in the last 7 days. First, I'd like to ask you the following question.

23a1. Do you currently have a physical impairment or disability that has *prevented* you from being able to walk or ride a bicycle during the last seven days?

Yes [<insert skip pattern here]..... 1
 No.....2

[Do not read.]

Don't know/Not sure.....777
 Refused999

[Interviewer clarification: This **includes** a permanent disability, a chronic disability, or an injury (such as broken leg or broken spine).]

For the next questions, please answer each question even if you do not consider yourself to be an active person. Think about the activities you do at work, as part of your house and yard work, to get from place to place, and in your spare time for recreation, exercise or sport.

Section C-8. Job Related Physical Activity

The first questions are about your work. This includes paid jobs, farming, volunteer work, course work and any other unpaid work that you did outside your home. Do not include unpaid work you might do *around your home*, like housework, yard work, general maintenance, and caring for your family. I will ask you about these later.

23a. Do you currently have a job or do any unpaid work *outside your home*?

Yes [Go to 23b]..... 1
 No [Go to 24a].....2

[Do not read.]

Don't know/Not sure.....777
 Refused999

[Interviewer clarification: This also **includes** credit and non-credit classes or course work. It also **includes** volunteer work and time spent looking for work. It does **not include** unpaid house or yard work, nor caring for dependents. This will be asked in a later section.]

23b. Please estimate the total distance in miles *from your home to work*.

Miles

[Do not read.]

Don't know/Not sure.....777

Refused999

[Interviewer probe: An average distance is being sought. If the respondent can't answer because they take alternate routes to and from work, ask: "What is the average distance you travel from home to work?"]

Miles

The following questions are about all the physical activity you did as part of your paid or unpaid work. This does *not include* traveling to and from work.

First, think about all the *vigorous* activities which take *hard physical effort* that you did *as part of your work*. Vigorous activities make you breathe much harder than normal. These may include things like heavy lifting, digging, heavy construction work, or climbing up stairs. Think about *only* those vigorous physical activities that you did for at least 10 minutes at a time.

23c. During the last 7 days, on how many days did you do *vigorous* physical activities *as part of your work*?

Days per week

[Do not read.]

Don't know/Not sure.....777

Refused999

[Interviewer clarification: Think about only those physical activities that you did for at least 10 minutes at a time.]

[Interviewer: Work includes paid and unpaid work as well as course work. Include all jobs and volunteer work.]

[Interviewer: If respondent answers "zero," refuses or does not know, skip to Question 23e.]

23d. How much time in total did you usually spend on one of those days doing *vigorous* physical activities *as part of your work*?

Hours.....

Minutes

[Do not read.]

Don't know/Not sure.....777

Refused999

[Interviewer clarification: Think about only those physical activities that you did for at least 10 minutes at a time.]

[Interviewer probe: An average time per day is being sought. If the respondent can't answer because the pattern of time spent varies widely from day to day, or includes time spent doing a variety of paid and unpaid work, ask: "What is the total amount of time you spent over the last 7 days doing vigorous physical activities as part of your work?"]

Hours.....

Minutes

Now think about activities which take *moderate physical effort* that you did *as part of your work*. Moderate physical activities make you breathe somewhat harder than normal and may include activities like carrying light loads. Do not include walking. Again, think about *only* those moderate physical activities that you did for at least 10 minutes at a time.

- 23e. During the last 7 days, on how many days did you do *moderate* physical activities *as part of your work*?
 Days per week _____
[Do not read.]
 Don't know/Not sure.....777
 Refused999

[Interviewer clarification: Think about only those physical activities that you did for at least 10 minutes at a time.]

[Interviewer: Work includes paid and unpaid work as well as course work. Include all jobs and volunteer work.]

[Interviewer: If respondent answers "zero," refuses or does not know, skip to Question 23g.]

- 23f. How much time in total did you usually spend on one of those days doing *moderate* physical activities *as part of your work*?
 Hours..... _____
 Minutes _____
[Do not read.]
 Don't know/Not sure.....777
 Refused999

[Interviewer clarification: Think about only those physical activities that you did for at least 10 minutes at a time.]

[Interviewer probe: An average time per day is being sought. If the respondent can't answer because the pattern of time spent varies widely from day to day, or includes time spent doing a variety of paid and unpaid work, ask: "What is the total amount of time you spent over the last 7 days doing vigorous physical activities as part of your work?"]

Hours..... _____
 Minutes _____

Now think about the time you spend *walking* for at least 10 minutes at a time *as part of your work*. Please do not include any walking you did to travel to or from work.

- 23g. During the last 7 days, on how many days did you *walk as part of your work*?
 Days per week _____
[Do not read.]
 Don't know/Not sure.....777
 Refused999

[Interviewer clarification: Think about only the walking that you did for at least 10 minutes at a time.]

[Interviewer: Include all jobs.]

[Interviewer: If respondent answers "zero," refuses or does not know, skip to Question 24a.]

- 23h. How much time in total did you usually spend on one of those days *walking as part of your work?*
- Hours.....
- Minutes.....
- [Do not read.]**
- Don't know/Not sure.....777
- Refused.....999

[Interviewer clarification: Think about only the walking that you did for at least 10 minutes at a time.]

[Interviewer probe: An average time per day is being sought. If the respondent can't answer because the pattern of time spent varies widely from day to day, or includes time spent in multiple jobs, ask: "What is the total amount of time you spent walking over the last 7 days as part of your work?"]

Hours.....

Minutes.....

Section C-9. Transportation Physical Activity

Now think about how you traveled from place to place, including places like work, stores, movies and so on.

- 24a. During the last 7 days, on how many days did you travel in a motor vehicle like a train, bus, car or tram?
- Days per week.....
- [Do not read.]**
- Don't know/Not sure.....777
- Refused.....999

[Interviewer: If respondent answers "zero," refuses or does not know, skip to Question 24c.]

- 24b. How much time in total did you usually spend on one of those days *traveling in a car, bus, train or other kind of motor vehicle?*
- Hours.....
- Minutes.....
- [Do not read.]**
- Don't know/Not sure.....777
- Refused.....999

[Interviewer probe: An average time per day is being sought. If the respondent can't answer because the pattern of time spent varies widely from day to day, ask: "What is the total amount of time you spent over the last 7 days traveling in a motor vehicle?"]

Hours.....

Minutes.....

Now think *only* about the *bicycling* you did to travel to and from work, to do errands, or to go from place to place. *Only* include bicycling that you did for at least 10 minutes at a time.

- 24c. During the last 7 days, on how many days did you bicycle *to go from place to place?*
- Days per week.....
- [Do not read.]**
- Don't know/Not sure.....777
- Refused.....999

[Interviewer clarification: Think about only the bicycling that you did for at least 10 minutes at a time.]

[Interviewer: If respondent answers "zero," refuses or does not know, skip to Question 24e.]

- 24d. How much time in total did you usually spend on one of those days *bicycling from place to place*?
 Hours.....
 Minutes

[Do not read.]

Don't know/Not sure.....777
 Refused999

[Interviewer clarification: Think about only the bicycling that you did for at least 10 minutes at a time.]

[Interviewer probe: An average time per day is being sought. If the respondent can't answer because the pattern of time spent varies widely from day to day, ask: "What is the total amount of time you spent bicycling over the last 7 days to travel from place to place?"]

Hours.....
 Minutes

Now think *only* about the *walking* you did to travel to and from work, to do errands, or to go from place to place. *Only* include walking that you did for at least 10 minutes at a time.

- 24e. During the last 7 days, on how many days did you walk *to go from place to place*?
 Days per week

[Do not read.]

Don't know/Not sure.....777
 Refused999

[Interviewer clarification: Think about only the walking that you did for at least 10 minutes at a time.]

[Interviewer: If respondent answers "zero," refuses or does not know, skip to Question 24g.]

- 24f. How much time in total did you usually spend on one of those days *walking from place to place*?
 Hours.....
 Minutes

[Do not read.]

Don't know/Not sure.....777
 Refused999

[Interviewer clarification: Think about only the walking that you did for at least 10 minutes at a time.]

[Interviewer probe: An average time per day is being sought. If the respondent can't answer because the pattern of time spent varies widely from day to day, ask: "What is the total amount of time you spent walking over the last 7 days to travel from place to place?"]

Hours.....
 Minutes

[Interviewer: If Question 23a = 1, then go to Question 24g. If not, skip to Question 25a.]

[Interviewer: If Question 24c > 0, then go to Question 24g. If not, skip to Question 25a.]

Now think *only* about your travel from *home to work*. Specifically, the *bicycling* you did to travel to and from *work*.

- 24g. During the last 7 days, how many days did you *bicycle from your home to work*?
 Days per week

[Do not read.]

Don't know/Not sure.....777
 Refused999

[Interviewer: If respondent answers "zero," refuses or does not know, skip to Question 3i.]

- 24h. How much time in total did you usually spend on one of those days *bicycling from your home to work*?
 Hours.....
 Minutes.....
[Do not read.]
 Don't know/Not sure.....777
 Refused.....999

[Interviewer probe: An average time per day is being sought. If the respondent can't answer because the pattern of time spent varies widely from day to day, ask: "What is the total amount of time you spent bicycling over the last 7 days to travel from home to work?"]

Hours.....
 Minutes.....

[Interviewer: If Question 24e > 0, then go to Question 24g. If not, skip to Question 25a.]

Now think *only* about the *walking* you did to travel to and from *work*.

- 24i. During the last 7 days, how many days did you *walk from your home to work*?
 Days per week.....
[Do not read.]
 Don't know/Not sure.....777
 Refused.....999

[Interviewer: If respondent answers "zero," refuses or does not know, skip to Question 25a.]

- 24j. How much time in total did you usually spend on one of those days *walking from your home to work*?
 Hours.....
 Minutes.....
[Do not read.]
 Don't know/Not sure.....777
 Refused.....999

[Interviewer probe: An average time per day is being sought. If the respondent can't answer because the pattern of time spent varies widely from day to day, ask: "What is the total amount of time you spent bicycling over the last 7 days to travel from home to work?"]

Hours.....
 Minutes.....

Section C-10. Housework, House Maintenance and Caring for Family

Now think about how the physical activities you have done in the last 7 days *in and around your home*, like housework, gardening, yard work, general maintenance work and caring for your family.

First, think about *vigorous* activities which take *hard physical effort* that you did *in the garden or yard*. Vigorous activities make you breathe much harder than normal and may include heavy lifting, chopping wood, shoveling snow or digging. Again, think about only those vigorous physical activities that you did for at least 10 minutes at a time.

- 25a1. Do you currently have a garden or yard or do you participate in the care of a community garden?
- Yes 1
 No [*<insert skip pattern here>*] 2
- [Do not read.]**
- Don't know/Not sure.....777
 Refused999

[Interviewer clarification: A community garden is one that is located near the people who need it and run by the people of the community interested in horticulture and using it to improve the quality of life and the appearance of the community. Community gardens empower individuals, knit together a stronger community, beautify local areas, produce fresh and nutritious food, and provide valuable recreational, spiritual and therapeutic opportunities.]

- 25a. During the last 7 days, on how many days did you do **vigorous** physical activities in the garden or yard?
- Days per week _____
- [Do not read.]**
- Don't know/Not sure.....777
 Do not have a garden or yard.....888
 Refused999

[Interviewer clarification: Think about only those physical activities that you did for at least 10 minutes at a time.]

[Interviewer: If respondent answers "zero," refuses or does not know, skip to Question 25c.]

[Interviewer: If respondent answers "do not have a garden or yard," skip to Question 25e.]

- 25b. How much time in total did you usually spend on one of those days **doing vigorous** physical activities in the garden or yard?
- Hours..... _____
 Minutes _____
- [Do not read.]**
- Don't know/Not sure.....777
 Refused999

[Interviewer clarification: Think about only those physical activities that you did for at least 10 minutes at a time.]

[Interviewer probe: An average time per day is being sought. If the respondent can't answer because the pattern of time spent varies widely from day to day, ask: "What is the total amount of time you spent over the last 7 days doing vigorous physical activities in the garden or yard?"]

Hours..... _____
 Minutes _____

Now think about activities which take **moderate physical effort** that you did **in the garden or yard**. Moderate activities make you breathe somewhat harder than normal and may include carrying light loads, sweeping, washing windows and raking. Again, include only those moderate physical activities that you did for at least 10 minutes at a time.

- 25c. During the last 7 days, on how many days did you do **moderate** physical activities in the garden or yard?
- Days per week _____
- [Do not read.]**
- Don't know/Not sure.....777
 Refused999

[Interviewer clarification: Think about only those physical activities that you did for at least 10 minutes at a time.]

[Interviewer: If respondent answers "zero," refuses or does not know, skip to Question 25e.]

25d. How much time in total did you usually spend on one of those days *doing moderate* physical activities in the garden or yard?

Hours.....
 Minutes

[Do not read.]

Don't know/Not sure.....777
 Refused999

[Interviewer clarification: Think about only those physical activities that you did for at least 10 minutes at a time.]

[Interviewer probe: An average time per day is being sought. If the respondent can't answer because the pattern of time spent varies widely from day to day, ask: "What is the total amount of time you spent over the last 7 days doing moderate physical activities in the garden or yard?"]

Hours.....
 Minutes

Now think about activities which take at least *moderate physical effort* that you did *inside your home*. Examples include carrying light loads, washing windows, scrubbing floors and sweeping. Include only those moderate physical activities that you did for at least 10 minutes at a time.

25e. During the last 7 days, on how many days did you do *moderate* physical activities inside your home?

Days per week

[Do not read.]

Don't know/Not sure.....777
 Refused999

[Interviewer clarification: Think about only those physical activities that you did for at least 10 minutes at a time.]

[Interviewer clarification: During the last 7 days, on how many days did you do activities that take at least moderate effort inside your home?]

[Interviewer: If respondent answers "zero," refuses or does not know, skip to Question 26a.]

25f. How much time in total did you usually spend on one of those days *doing moderate* physical activities inside your home?

Hours.....
 Minutes

[Do not read.]

Don't know/Not sure.....777
 Refused999

[Interviewer clarification: Think about only those physical activities that you did for at least 10 minutes at a time.]

[Interviewer probe: An average time per day is being sought. If the respondent can't answer because the pattern of time spent varies widely from day to day, ask: "What is the total amount of time you spent over the last 7 days doing moderate physical activities in the garden or yard?"]

Hours.....
 Minutes

Section C-11. Recreation, Sport and Leisure-Time Physical Activity

Now think about how all the physical activities that you did in the last 7 days *solely for recreation, sport, exercise and leisure*. Please do *not* include any activities you have already mentioned.

- 26a. *Not counting any walking you have already mentioned*, during the last 7 days, on how many days did you walk for at least 10 minutes at a time *in your leisure time*?

Days per week _____

[Do not read.]

Don't know/Not sure.....777

Refused999

[Interviewer clarification: Think about only the walking that you did for at least 10 minutes at a time.]

[Interviewer: If respondent answers "zero," refuses or does not know, skip to Question 26c.]

- 26b. How much time in total did you usually spend on one of those days *walking in your leisure time*?

Hours..... _____

Minutes _____

[Do not read.]

Don't know/Not sure.....777

Refused999

[Interviewer clarification: Think about only the walking that you did for at least 10 minutes at a time.]

[Interviewer probe: An average time per day is being sought. If the respondent can't answer because the pattern of time spent varies widely from day to day, ask: "What is the total amount of time you spent over the last 7 days walking in your leisure time?"]

Hours..... _____

Minutes _____

Now think about *other* physical activities you did in your leisure time for at least 10 minutes at a time.

First, think about *vigorous* activities which take hard physical effort that you did *in your leisure time*. Examples include aerobics, running, fast bicycling or fast swimming.

[Interviewer clarification: Vigorous activities make you breathe much harder than normal.]

- 26c. During the last 7 days, on how many days did you do *vigorous* physical activities *in your leisure time*?

Days per week _____

[Do not read.]

Don't know/Not sure.....777

Refused999

[Interviewer clarification: Think about only the walking that you did for at least 10 minutes at a time.]

[Interviewer: If respondent answers "zero," refuses or does not know, skip to Question 26e.]

26d. How much time in total did you usually spend on one of those days **doing vigorous** physical activities **in your leisure time**?

Hours.....
Minutes

[Do not read.]

Don't know/Not sure.....777
Refused999

[Interviewer clarification: Think about only those physical activities that you did for at least 10 minutes at a time.]

[Interviewer probe: An average time per day is being sought. If the respondent can't answer because the pattern of time spent varies widely from day to day, ask: "What is the total amount of time you spent over the last 7 days doing vigorous physical activities in your leisure time?"]

Hours.....
Minutes

Now think about activities which take **moderate physical effort** that you did **in your leisure time**. Examples include bicycling at a regular pace, swimming at a regular pace and doubles tennis. Again, include only those moderate activities that you did for at least 10 minutes at a time.

[Interviewer clarification: Moderate activities make you breathe somewhat harder than normal.]

26e. During the last 7 days, on how many days did you do **moderate** physical activities **in your leisure time**?

Days per week

[Do not read.]

Don't know/Not sure.....777
Refused999

[Interviewer clarification: Think about only the walking that you did for at least 10 minutes at a time.]

[Interviewer: If respondent answers "zero," refuses or does not know, skip to Question 27a.]

26f. How much time in total did you usually spend on one of those days **doing moderate** physical activities **in your leisure time**?

Hours.....
Minutes

[Do not read.]

Don't know/Not sure.....777
Refused999

[Interviewer clarification: Think about only those physical activities that you did for at least 10 minutes at a time.]

[Interviewer probe: An average time per day is being sought. If the respondent can't answer because the pattern of time spent varies widely from day to day, ask: "What is the total amount of time you spent over the last 7 days doing moderate physical activities in your leisure time?"]

Hours.....
Minutes

Section C-12. Time Spent Sitting

The next questions are about the time that you spent **sitting** during the last 7 days. Include time spent at work, at home, while doing course work and during leisure time. This may include time spent sitting at a desk, visiting friends, reading or sitting or lying down to watch television. Do not include any time spent sitting in a motor vehicle that you have already told me about.

27a. During the last 7 days, how much time in total did you usually spend **sitting on a weekday**?

Hours.....
Minutes

[Do not read.]

Don't know/Not sure.....777
Refused999

[Interviewer clarification: Include time spent lying down (awake) as well as sitting.]

[Interviewer probe: An average time per day is being sought. If the respondent can't answer because the pattern of time spent sitting varies widely from day to day, ask: "How much time in total did you spend sitting on Wednesday?"]

Hours.....
 Minutes

27b. During the last 7 days, how much time in total did you usually spend *sitting on a weekend day*?

Hours.....
 Minutes

[Do not read.]

Don't know/Not sure.....777
 Refused999

[Interviewer clarification: Include time spent lying down (awake) as well as sitting.]

[Interviewer probe: An average time per day is being sought. If the respondent can't answer because the pattern of time spent sitting varies widely from day to day, ask: "How much time in total did you spend sitting on Saturday?"]

Hours.....
 Minutes

Section C-12. Diet Behavior

Now think about the meals and snacks you have had in the last 7 days. Please include only the *low fat foods* you have chosen to eat. Low fat foods include things like skim, ½ or 1% milk; lean meats like turkey; reduced fat condiments; pretzels; fruits and vegetables.

27b1. During the last 7 days, on how many days did you choose *low fat foods* for meals and snacks?

Days per week

[Do not read.]

Don't know/Not sure.....777
 Refused999

[Interviewer clarification: Think about only the low fat foods you have had for meals and snacks.]

[Interviewer: If respondent answers "zero," refuses or does not know, skip to Question 29.]

27b2. On days when you selected low fat foods, how many meals or snacks included *low fat foods*?

Number of meals or snacks.....

[Do not read.]

Don't know/Not sure.....777
 Refused999

[Interviewer clarification: Think about only the low fat foods you have had for meals and snacks.]

Now we would like you to think about your *typical serving size* for meals or snacks. A serving size can be small, small to average, average, average to large, or large. Some examples of an average serving size include: 1 slice of bread, ½ cup of pasta; ½ cup chopped raw or cooked vegetables, 1 cup leafy vegetables, 8 ounces of milk, 6 ounces of juice, 3 ounces of meat, or 1 egg..

- 27b3. Would you say that your *typical serving size* is small, small to average, average, average to large, or large?
- Small 1
 - Small to average 2
 - Average 3
 - Average to large 4
- or**
- Large 5
- [Do not read.]**
- Don't know/Not sure 777
 - Refused 999

- 27b4. Again, a *serving of vegetables* is a half cup of any vegetable (not including potatoes) or 1 cup of salad greens. During the past 7 days, how many average daily servings of vegetables did you usually eat?
- Enter servings per day _____
 - Never 888
 - Don't know/Not sure 777
 - Refused 999

- 27b5. A *serving of fruit* is defined as one piece of fruit or 6 ounces of 100% fruit juice. During the past 7 days, about how many average daily servings of fruit did you eat, including 100% juices?
- Enter servings per day _____
 - None 888
 - Don't know/Not sure 777
 - Refused 999

SECTION D: INDIVIDUAL & INTERPERSONAL SUPPORTS & CONSTRAINTS

Okay that concludes the sections about your physical activity. Now, I have some other questions about you.

Section D-1. Worksite

28. Are you currently:
- [Please read.]**
- Employed for wages - full-time 1
 - Employed for wages - part-time 2
 - Self-employed 3
 - Out of work for less than 1 year 4
 - Out of work for more than 1 year 5
 - Homemaker 6
 - Student 7
 - Retired 8
- or**
- Disabled and unable to work 9
- [Do not read.]**
- Don't know/Not sure 777
 - Refused 999

[Interviewer clarification: If respondent answered 1, 2 or 3 to Question 28, go to Question 29. Otherwise, go to Question 33.]

29. Does your workplace provide support or incentives for you to be physically active?
- Yes 1
 - No.....0
- [Do not read]**
- Don't know/Not sure.....777
 - Refused999

[Interviewer clarification: If respondent answered 1 to Question 29, go to Question 30. Otherwise, go to Question 31.]

30. What types of support or incentives does your workplace provide to promote physical activity?
- [Read only as prompts. Check all that apply.]**
- Encouragement to walk or bike to work 1
 - Encouragement to take public transit to work 2
 - Prizes for carpooling 3
 - Time or breaks during the work day for physical activity 4
 - Facilities for physical activity (e.g., gym, trail, locker room, shower) 5
 - Equipment for physical activity (e.g., treadmill, cycle, weights) 6
 - Offers personal services (e.g., fitness test, counseling) 7
 - Offers group services (e.g., exercise classes, health fair) 8
 - Provides resource materials (e.g., brochures, posters, videos)..... 9
 - Subsidizes health club memberships 10
 - Sponsors sports teams 11
 - Offers reduced health insurance premiums for active employees 12
 - Provides other monetary incentives for physical activity 13
 - Other (specify):_____ 14

31. Does your workplace have safe and accessible stairways that employees can use?
- [Read only as prompts]**
- Yes 1
 - No safe stairways for employees to use.2
- or**
- No stairs at all.3
- [Do not read]**
- Don't know/Not sure.....777
 - Refused999

In the next question, I will ask you about the director or head manager of the place where you work. For this question, this leader is the person or people in charge of setting worksite policies and sponsoring worksite promotions. For example, your Chief Executive Officer (CEO), your Director of Health Promotion, or Benefits Director?

32. What importance does the director or manager of the place where you work put on being physically active?
- [Please read]**
- Very important 1
 - Important.2
 - Somewhat important 3
- or**
- Not at all important4
- [Do not read]**
- Don't know/Not sure.....777
 - Refused999

Section D-2. Social Support

At this time, I'd like to ask some questions about the parts of your life that support or keep you from being physically active.

[Interviewer: If 23c = 0 and 23e = 0 and 23g = 0 and 24c = 0 and 24e = 0 and 24g = 0 and 24i = 0 and 25a = 0 and 25c = 0 and 25e = 0 and 26a = 0 and 26c = 0 and 26e = 0, then skip to question 35.]

33. Do you usually engage in physical activity or exercise:

[Please read]

Alone..... 1

or

With someone 2

[Do not read]

Don't know/Not sure 777

Refused 999

[Interviewer: If respondent answered 2 to Question 33, go to Question 34. Otherwise, go to Question 35.]

34. With whom do you exercise most of the time?

[Read only as prompts]

Friends 1

Neighbors..... 2

Club or class..... 3

Spouse/partner 4

Children 5

Pets 6

Other family members/relatives..... 7

Other (specify):..... 8

[Do not read]

Don't know/Not sure 777

Refused 999

35. Please indicate whether you agree with the following statements.

	Strongly Agree	Agree	Disagree	Strongly Disagree	Don't Know	Refused
a. If you needed assistance getting a ride to either an exercise class or a place to be physically active (for example: walking trail or shopping mall), people in your neighborhood would help.....	1	2	3	4	777	999
b. A lot of people in your neighborhood are physically active.....	1	2	3	4	777	999
c. If you had someone like a friend or family member to walk or bike with, chances are that you would be more physically active.....	1	2	3	4	777	999
d. Your friends encourage you to be physically active.....	1	2	3	4	777	999
e. You have at least one friend who would commit to walk or bike with you.....	1	2	3	4	777	999
f. Relatives encourage you to be physically active.....	1	2	3	4	777	999
g. You have at least one relative who would commit to walk or bike with you.....	1	2	3	4	777	999

[Interviewer clarification: After you read each statement, ask the participant "Do you strongly agree, agree, disagree, or strongly disagree?"]

Section D-3. Individual Characteristics

36. I am going to read you some things that may interfere with or prevent you from being physically active. For each one, tell me how often it interferes or prevents you from being physically active.

	Never	Rarely	Sometimes	Often	Don't Know/ Not Sure	Refused
a. I don't have time.....	1	2	3	4	777	999
b. I am too tired.....	1	2	3	4	777	999
c. I am not in good health.....	1	2	3	4	777	999
d. I don't have the energy to be physically active.....	1	2	3	4	777	999
e. I don't have the motivation to be physically active.....	1	2	3	4	777	999

Section D-4. Sociodemographic and Other Factors

37. What is your age?

Enter age in years _ _

[Do not read]

Don't know/Not sure.....777

Refused.....999

38. Are you:

Male0

or

Female1

39. Are you:

[Please read.]

Married1

A member of an unmarried couple.....2

Divorced3

Widowed.....4

Separated5

or

Never been married.....6

[Do not read.]

Don't know/Not sure.....777

Refused.....999

40. What is your zip code?

..... _ _ _ _ _

Don't know/Not sure..... 77777

Refused..... 99999

41. Is your annual household income from all sources:

[Please read.]

- | | | |
|----|--|---|
| a. | Less than \$ 25,000 [If "no," ask e; if "yes," ask b] | 1 |
| | (\$20,000 to less than \$25,000) | |
| b. | Less than \$ 20,000 [if "yes," ask c] | 2 |
| | (\$15,000 to less than \$20,000) | |
| c. | Less than \$ 15,000 [if "yes," ask d] | 3 |
| | (\$10,000 to less than \$15,000) | |
| d. | Less than \$ 10,000 [if "yes," go to question 56] | 4 |
| e. | Less than \$ 35,000 [If "no," ask f] | 5 |
| | (\$25,000 to less than \$35,000) | |
| f. | Less than \$ 50,000 [If "no," ask g] | 6 |
| | (\$35,000 to less than \$50,000) | |
| g. | Less than \$ 75,000 [If "no," ask h] | 7 |
| | (\$50,000 to less than \$75,000) | |

or

- | | | |
|----|--------------------------|------|
| h. | \$75,000 or more | 8 |
| | [Do not read.] | |
| | Don't know/Not sure..... | .777 |
| | Refused..... | .999 |

42. How many automobiles, vans, and trucks are kept at home for use by members of this household?

[Read only as prompts.]

- | | |
|------------------|---|
| None..... | 0 |
| One..... | 1 |
| Two..... | 2 |
| Three..... | 3 |
| Four..... | 4 |
| Five..... | 5 |
| Six or more..... | 6 |

[Do not read]

- | | |
|--------------------------|------|
| Don't know/Not sure..... | .777 |
| Refused..... | .999 |

43. What is the highest grade or year of school you completed?

[Read only as prompts.]

- | | |
|---------------------------------------|---|
| Eighth grade or less..... | 1 |
| Some high school..... | 2 |
| High school or GED certificate..... | 3 |
| Some technical school..... | 4 |
| Some college..... | 5 |
| College graduate..... | 6 |
| Post grad or professional degree..... | 7 |

[Do not read]

- | | |
|--------------------------|------|
| Don't know/Not sure..... | .777 |
| Refused..... | .999 |

44. What is your race? Would you say:

[Please read.]

	Yes	No	Don't Know/Not Sure	Refused
a. White	1	0	777	999
b. Black/African-American	1	0	777	999
c. Asian, Pacific Islander	1	0	777	999
d. American Indian, Alaskan Native	1	0	777	999
e. Asian Indian	1	0	777	999
f. Chinese	1	0	777	999
g. Filipino	1	0	777	999
h. Japanese	1	0	777	999
i. Korean	1	0	777	999
j. Vietnamese	1	0	777	999
k. Native Hawaiian	1	0	777	999
l. Guamanian or Chamorro	1	0	777	999
m. Samoan	1	0	777	999

or

n. Other (specify): _____ 1

45. Are you of Hispanic origin, such as Mexican American, Latin American, Puerto Rican, or Cuban?

Yes, Mexican, Mexican American, Chicano	1
Yes, Puerto Rican	2
Yes, Cuban	3
Yes, Other Spanish/Hispanic/Latino (Specify: _____)	4
No	0

[Do not read.]

Don't know/Not sure	777
Refused	999

48. About how much do you weigh without shoes?

Weight in pounds	_____
Don't know/Not sure	777
Refused	999

49. About how tall are you without shoes?

Height (ft./in.)	___/___
Don't know/Not sure	777
Refused	999

CLOSING STATEMENT

That's my last question. Everyone's answers will be combined to give us information about health and physical activity practices of people and their perception of their neighborhood.

Thank you very much for your time and cooperation.