

Appendix A

What is your age in years?

What is your gender? (please mark ONE box)

- ☐ Male
- ☐ Female
- ☐ Other or choose not to answer

With which race do you primarily identify? (please mark ONE box)

- ☐ American Indian or Alaska Native
- ☐ Asian
- ☐ Black or African American
- ☐ Latino or Spanish
- ☐ Native Hawaiian or other Pacific Islander
- ☐ White
- ☐ Some other race or multiple races

Do you have an impairment or health problems that limit your ability to walk?

- ☐ Yes
- ☐ No

Do you own a vehicle?

- ☐ Yes
- ☐ No

Think only about the walking you might have done to travel to and from work, to do errands, or to go from place to place. (note: count only walking from place to place, do not count walking you may have done for recreation or exercise)

During the last 7 days, on how many days did you walk for at least 10 minutes at a time to go from place to place? If none, please enter 0.

☐ days per week _____

Skip To: Q19 If Now think only about the walking you might have done to travel to and from work, to do errands, o... = days per week

How much time did you usually spend on ONE of those days walking from place to place?

☐ hours per day _____

☐ minutes per day _____

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? If none, please enter 0.

☐ days per week _____

Skip To: Q21 If Not counting any walking you have already mentioned, during the last 7 days, on how many days did... = days per week

How much time did you usually spend on ONE of those days walking in your leisure time

☐ hours per day _____

☐ minutes per day _____

Think about all the vigorous activities that you did in the last 7 days. Vigorous physical activities refer to activities that take hard physical effort and make you breathe much harder than normal. Think only about those physical activities that you did for at least 10 minutes at a time. Not counting any walking you have already mentioned, during the last 7 days, on how many days did you do vigorous physical activities like heavy lifting, digging, aerobics, or fast bicycling? If none, please enter 0.

☐ days per week _____

Skip To: Q23 If Think about all the vigorous activities that you did in the last 7 days. Vigorous physical activi... = days per week

How much time did you usually spend doing **vigorous** physical activities on one of those days?

☐ hours per day _____

☐ minutes per day _____

Think about all the moderate activities that you did in the last 7 days. Moderate activities refer to activities that take moderate physical effort and make you breathe somewhat harder than normal. Think only about those physical activities that you did for at least 10 minutes at a time. During the last 7 days, on how many days did you do moderate physical activities like carrying light loads, bicycling at a regular pace, or doubles tennis? If none, please enter 0.

☐ days per week _____

Skip To: Q28 If Think about all the moderate activities that you did in the last 7 days. Moderate activities ref... = days per week

How much time did you usually spend doing moderate physical activities on one of those days?

☐ hours per day _____

☐ minutes per day _____

Neighborhood Environment Walkability Scale (NEWS) - Abbreviated

We would like to find out more information about the way that you perceive or think about your neighborhood. Please answer the following questions about your neighborhood and yourself.

A. Types of residences in your neighborhood

Please select the answer that best applies to you and your immediate neighborhood (within a 15 minute walk of your home).

	None	A few	Some	Most	All
1. How common are detached single-family residences in your immediate neighborhood?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. How common are townhouses or row houses of 1-3 stories in your immediate neighborhood?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. How common are apartments or condos 1-3 stories in your immediate neighborhood?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. How common are apartments or condos 4-6 stories in your immediate neighborhood?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. How common are apartments or condos 7-12 stories in your immediate neighborhood?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. How common are apartments or condos more than 13 stories in your immediate neighborhood?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

B. Stores, facilities, and other things in your neighborhood

About how long would it take to get from your home to the nearest businesses or facilities listed below if you walked to them? Please select one for each business or facility.

	1-5 min	6-10 min	11-20 min	21-30 min	30+ min	I don't know (or for #19: N/A)
1. Convenience/ small grocery store	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. Supermarket	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. Hardware store	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. Fruit/vegetable market	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. Laundry/dry cleaners	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. Clothing store	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. Post office	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. Library	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. Elementary school	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. Other schools	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11. Book store	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12. Fast food restaurant	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13. Coffee shop	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
14. Bank/credit union	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

15. Non-fast food restaurant

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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16. Red box or movie rental

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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17. Pharmacy/drug store

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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18. Salon/barber shop

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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19. Your job or school

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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20. Bus or train stop

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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21. Park

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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22. Recreation center

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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23. Gym or fitness facility

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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C. Access to services

Please select the answer that best applies to you and your neighborhood. Both local and within walking distance mean within a 15 minute walk from your home.

	Strongly disagree	Somewhat disagree	Somewhat agree	Strongly agree
1. Stores are within easy walking distance to my home.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. Parking is difficult in local shopping areas.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. There are many places to go within easy walking distance of my home.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. It is easy to walk to a transit stop (bus, train) from my home.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. The streets in my neighborhood are well maintained, making my neighborhood easy to walk.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. Walking from place to place in my local area is easy because there are few or no barriers (for example, freeways, railway lines, etc.)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. I would walk more if I had easy access to a bus.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. I would walk more if I had easy access to a light rail.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. There are no single entry communities in my neighborhood (either gated or un-gated communities which have only one or two entrances in and out of the complex).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

D. Streets in my neighborhood

Please select the answer that best applies to you and your neighborhood.

	Strongly disagree	Somewhat disagree	Somewhat agree	Strongly agree
1. The streets in my neighborhood <u>do not</u> have many cul-de-sacs (dead-end streets).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. The distance between intersections in my neighborhood is usually short (100 yards or less; the length of a football field or less).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. There are many alternative routes for getting from place to place in my neighborhood (I don't have to go the same way every time).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. The distance between marked crosswalks in my neighborhood (either at mid-block or an intersection) is usually short (100 yards or less; the length of a football field or less).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

E. Places for walking and cycling

Please select the answer that best applies to you and your neighborhood.

	Strongly disagree	Somewhat disagree	Somewhat agree	Strongly agree
1. There are sidewalks on most of the streets in my neighborhood.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. Sidewalks are separated from the road/traffic in my neighborhood by parked cars.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. There is a grass/dirt strip that separates the streets from the sidewalks in my neighborhood.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. There are designated bike lanes within my neighborhood.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. There is ample shade for walking and cycling in my neighborhood.				

F. Neighborhood surroundings

Please select the answer that best applies to you and your neighborhood.

	Strongly disagree	Somewhat disagree	Somewhat agree	Strongly agree
1. There are trees along the streets in my neighborhood.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. There are many interesting things to look at while walking in my neighborhood.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. There are many attractive natural sights in my neighborhood (such as landscaping, views)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. There are attractive buildings/homes in my neighborhood.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

G. Neighborhood safety

Please select the answer that best applies to you and your neighborhood.

	Strongly disagree	Somewhat disagree	Somewhat agree	Strongly agree
1. The speed of traffic on most nearby streets is usually slow (30 mph or less).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. My neighborhood streets are well lit at night.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. Walkers and bikers on the streets in my neighborhood can be easily seen by people in their homes.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. There are crosswalks and pedestrian signals to help walkers cross busy streets in my neighborhood.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. Most drivers <u>exceed</u> the posted speed limits while driving in my neighborhood.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. There is a high crime rate in my neighborhood.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. The crime rate in my neighborhood makes it unsafe to go on walks <u>during the day</u> .	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. The crime rate in my neighborhood makes it unsafe to go on walks <u>at night</u> .	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. There is so much traffic along nearby streets that it makes it difficult or unpleasant to walk in my neighborhood.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. Most streets in my neighborhood have many lanes (4 or more lanes).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Page Break

H. Social Health

Please select the answer that best applies to you and your neighborhood.

	Strongly Disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly Agree
1. I feel like I belong around here.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. I enjoy living around here.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. I feel different from people around here.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. I think of the area around here as a real home not just a place.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. Given the opportunity I would like to move away from here.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. I think this a good place to bring up children.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. I regularly stop and talk with people around here.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

How likely is it that people around here would intervene if:

	Not at all likely	Quite likely	Very likely
1. Children were truanting from school and hanging around on street corners.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. Children were spray-painting graffiti on a local building.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. Children were showing disrespect to an adult.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. A fight was breaking out in front of their house.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Think about the neighborhood or area in which you live.

	Not at all	Just a little	Moderately well	Extremely well
1. In general, how well do you feel you know your neighbors?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. How well do you trust your neighbors?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

How often do you do any of the following?

	Often (At least once a month)	Sometimes (At least once a year)	Never
1. Participate in community or religious activities.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. Participate in a voluntary or local community group.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. Go to a leisure center.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. Go on a social outing.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. Go to the library.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Are you actively involved in any of the following clubs or associations?

	Yes	No
1. Sports or sport supporters club.	<input type="radio"/>	<input type="radio"/>
2. Hobby or interest group.	<input type="radio"/>	<input type="radio"/>
3. Political party.	<input type="radio"/>	<input type="radio"/>
4. Neighborhood Watch scheme.	<input type="radio"/>	<input type="radio"/>
5. Parent Teacher Association.	<input type="radio"/>	<input type="radio"/>
6. Tenants' group.	<input type="radio"/>	<input type="radio"/>
7. Residents' group.	<input type="radio"/>	<input type="radio"/>
8. Neighborhood council.	<input type="radio"/>	<input type="radio"/>
9. Student organization.	<input type="radio"/>	<input type="radio"/>
10. Sorority/Fraternity.	<input type="radio"/>	<input type="radio"/>