

Connect to Walk

Community Survey

Wharton, NJ



INTRODUCTION

Connect to Walk is a project of the Morris Park Alliance, the Morris County Park Commission and your local community. In the interest of providing physical activity opportunities through walking and biking, the project committee researches the community and its current resources and amenities. Materials are then provided that include project summary, recommendations for connections, and maps. Materials are prepared by the project team including Montclair State University students working with The Nomad Group.

The purpose of this survey is to assess resident interests and provide a more customized recommendation for connections for physical activity. The survey will take approximately 10 minutes.

Your answers will not be connected to your name in any way (**this survey is anonymous**) and you do not have to answer any questions you do not feel comfortable answering. However, the more questions you answer, the more information we will have to make Wharton a healthier community for all.

If you have any questions about Connect to Walk, this survey, or if you would like to be involved in this initiative, please contact Denise Lanza at dlanza@morrisparks.net. Thank you for your time and participation!

ABOUT YOU: DEMOGRAPHIC INFORMATION

1) HOW OLD ARE YOU?

- | | | | |
|----------------------------------|----------------------------------|----------------------------------|--------------------------------------|
| <input type="checkbox"/> 15 - 19 | <input type="checkbox"/> 35 - 39 | <input type="checkbox"/> 55 - 59 | <input type="checkbox"/> 75 - 79 |
| <input type="checkbox"/> 20 - 24 | <input type="checkbox"/> 40 - 44 | <input type="checkbox"/> 60 - 64 | <input type="checkbox"/> 80 - 84 |
| <input type="checkbox"/> 25 - 29 | <input type="checkbox"/> 45 - 49 | <input type="checkbox"/> 65 - 69 | <input type="checkbox"/> 85 or older |
| <input type="checkbox"/> 30 - 34 | <input type="checkbox"/> 50 - 54 | <input type="checkbox"/> 70 - 74 | |

2) WHAT IS YOUR GENDER IDENTITY?

- Male Female You do not have an option that applies to me (please specify _____)

3) WHAT IS YOUR RACE? (PLEASE CHECK ALL THAT APPLY)

- White Black or African American Asian Indian
- Other Asian including Japanese, Chinese, Korean, Vietnamese, and Filipino/a
- Pacific Islander including Native Hawaiian, Samoan, Guamanian/Chamorro
- American Indian or Alaskan Native
- You do not have an option that applies to me (please specify)_____

4) ARE YOU OF HISPANIC, LATINO, OR SPANISH ORIGIN?

- Yes No

5) DO YOU SPEAK A LANGUAGE OTHER THAN ENGLISH AT HOME?

- No Yes If yes, what language do you speak at home? _____

6) WHAT IS THE HIGHEST LEVEL OF EDUCATION THAT YOU HAVE FINISHED?

- Less than 9th grade 9-12th grade, no diploma
 High school graduate (or GED/ equivalent) Associate's Degree or Vocational Training
 Some college (no degree) Bachelor's degree
 Graduate or professional degree Other (please specify): _____

7) HOW WOULD YOU DESCRIBE YOUR HOUSEHOLD INCOME?

- Low-income Middle-income High-income

8) WHAT IS YOUR EMPLOYMENT STATUS?

- Employed full-time (40+ hours/week) Employed part time (up to 39 hours/week)
 Unemployed and looking for work Unemployed and not looking for work
 Student Retired
 Homemaker Self-Employed
 Unable to work

9) WHERE DO YOU LIVE?

Town Name: _____

Street Name: _____

Zip Code: _____

PHYSICAL ACTIVITY

For purposes of this survey "physical activity" means movements of your body that work muscles and require more energy than resting, such as walking, yoga, gardening, biking, sports, etc.

10) WOULD YOU SAY THAT YOU ARE MORE OR LESS PHYSICALLY ACTIVE THAN OTHER PEOPLE YOUR AGE?

- More active than other people my age Less physically active than other people my age

11) IN AN AVERAGE WEEK, HOW MANY DAYS DO YOU ENGAGE IN LEISURE-TIME PHYSICAL ACTIVITY FOR 30 MINUTES OR MORE?

By leisure-time, we mean activity that isn't a part of your job or commute.

_____ days

12) HOW WOULD YOU DESCRIBE YOUR AVERAGE LEISURE-TIME PHYSICAL ACTIVITY?

- Mild (active, but don't usually break a sweat)
- Moderate (heart rate goes up, and usually break a sweat)
- Strenuous (rapid breathing, heart rate goes up a lot, always break a sweat)

13) HOW OFTEN DO YOU ENGAGE IN THE FOLLOWING ACTIVITIES? (type an X in the box that corresponds with your answer)

	Never/rarely	Less than once a month	About once a month	2-3 times a month	Once a week	More than once a week
Swimming						
Hiking/Backpacking						
Walking for Exercise/Pleasure (does not include walking for transportation)						
Walking as Transportation (to get from place-to-place)						
Biking/Cycling for Exercise/Pleasure (does not include biking for transportation)						
Biking/Cycling for Transportation (to get from place-to-place)						
Doing Yard Work (mowing, watering, weeding)						
Aerobics/Cardio						
Yoga/Pilates/Floor Exercises						
Exercise with Weights/Weightlifting						
Running/Jogging						
Organized Sports (soccer, tennis, baseball, basketball, golf, football, etc.)						
Fishing						

14) WHICH OF THE FOLLOWING THINGS DO YOU CONSIDER BEFORE WALKING OR BIKING IN YOUR COMMUNITY?

- Safety
- Traffic Speed
- Distance to stores, restaurants or other amenities
- I do not walk or bike in my community
- Location/condition of sidewalks
- Traffic Density (# of cars)
- # of other people walking or biking
- Other (please specify) _____

15) DO YOU FEEL THAT YOU GET ENOUGH PHYSICAL ACTIVITY?

- Yes. Please say why you selected this option: _____
- No. Please say why you selected this option: _____

16) IN THE PAST YEAR, HAVE YOU BECOME MORE OR LESS PHYSICALLY ACTIVE THAN IN PREVIOUS YEARS?

More active. Please say why you selected this option: _____

Less active. Please say why you selected this option: _____

About the same as in previous years

17) IF YOU HAVE CHILDREN, APPROXIMATELY HOW MANY HOURS A DAY DO THEY SPEND OUTSIDE (IF THE WEATHER IS NICE)?

_____ hours

I do not have children

18) APPROXIMATELY HOW MANY HOURS A DAY DO YOU SPEND ON MOBILE DEVICES, TV, OR VIDEO GAMES?

_____ hours

PARKS AND RECREATION AREAS

19) IN THE PAST 12 MONTHS, HAVE YOU VISITED A PARK OR RECREATION AREA?

Yes

No

20) HOW EASY IS IT TO GET TO A PARK IN/NEAR YOUR COMMUNITY?

Very Easy

Somewhat Easy

Somewhat Difficult

Very Difficult

21) WHAT ACTIVITIES DO YOU PARTICIPATE IN AT THE PARK?

22) SUGGESTIONS: (DO YOU HAVE ANY SUGGESTIONS OR COMMENTS ABOUT MAKING PHYSICAL ACTIVITY EASIER FOR RESIDENTS IN THE COMMUNITY?)

OPTIONAL: (IF YOU WOULD LIKE US TO FOLLOW UP WITH YOU OR CONTACT YOU, OR YOU WOULD LIKE TO BE INVOLVED IN THESE EFFORTS, PLEASE PROVIDE THE FOLLOWING INFORMATION):

Name: _____

E-mail: _____