



## Neighborhood Activities Questionnaire

Id#:

Acrostic:

NADT2

Date:



Month



Day





Year

The following questions refer to the places where you do some of your usual activities such as food shopping and exercising and what it is like to live in your neighborhood. Your answers to these questions will help us study if things about people's neighborhoods are related to their risk of getting heart disease or stroke. This knowledge may help us develop better ways to prevent cardiovascular disease. Remember that there are no right or wrong answers to these questions. We are interested in your opinions of what it is like to live in your neighborhood.

- 1 About how far from your home is the place (or group of places) where your household does most of its food shopping? *Hand participant response card A.*

NAFOOD2

- 1 mile or less  
 More than 1 mile but less than 5 miles  
 5-10 miles  
 More than 10 miles  
 Don't know

- 2 About how much of your household food shopping would you say is done within a 20 minute walk (or about a mile) from your home? *Hand participant response card B.*

NAFD202

- All or almost all of it  
 Most of it  
 About half of it  
 Some of it  
 None or almost none of it  
 Don't know

- 3 In what kind of food stores does your household do most of its food shopping? If you use several types of stores, please tell me the one you use most often.

NASTTYP2

- Supermarkets or large superstores  
 Small grocery stores, bodegas or delis  
 Convenience stores (like Seven-Eleven)  
 Specialty stores (e.g. Italian specialty stores, health food stores, or others)  
 Don't know

- 4 In an average week how often do you eat a meal from a fast food place (such as McDonalds, KFC, Taco Bell, or take-out pizza places)? By meals we mean breakfast, lunch or dinner. Include the times you take-out or order food as well as the times when you eat at the fast food place.

Hand participant response card C.

- NAFF2**
- Never → **SKIP TO QUESTION 6**
- Less than once a week
- 1-2 times a week
- 3-4 times a week
- Five or more times a week

- 5 In an average week how often do you eat a meal (eat-in, order, or take out) from a fast food place which is located within a mile (or a 20 minute walk) from your home? By meals we mean breakfast, lunch or dinner. Hand participant response card C.

- NAFF202**
- Never → **SKIP TO QUESTION 6**
- Less than once a week
- 1-2 times a week
- 3-4 times a week
- Five or more times a week

Now we would like to ask you some questions about your exercise habits.

- 6 Do you exercise at least once a week? By exercise we mean walking for exercise, going for a jog or swim, participating in sports or exercise classes, or using training equipment or machines.

- NAEXERC2**  No → **SKIP TO QUESTION 10**
- Yes

- 7 Which of the places listed below do you use most often to get exercise? If you use more than one type of place, please tell me the one you use most often. If you use different places in different seasons, please tell me the place you use most often overall.

- NAEXFAC2**
- Public parks, public pools or other public recreational facilities such as community centers that are free and open to the public
- Streets or sidewalks
- School facilities
- Church facilities
- Private gyms, clubs, dance studios
- YMCAs / YWCAs
- Your own home → **SKIP TO QUESTION 10**

8 About how far from your home is the place you use most often to get exercise? *Hand participant response card A.*

- NAEXFAR2**
- 1 mile or less
  - More than 1 mile but less than 5 miles
  - 5-10 miles
  - More than 10 miles

9 When you get exercise, how often do you do it within about a 20 minute walk (or about a mile) from your home? *Hand participant response card D.*

- NAEX202**
- All or almost all the time
  - Most of the time
  - About half of the time
  - Some of the time
  - None or almost none of the time

10 Now I would like to ask you some questions about facilities which may or may not be available in your area. Please tell me if there are any of the following within a 20 minute walk (about a mile) from your home.

	Yes	No	Don't Know	
a. Public park	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<b>NAPARK2</b>
b. Public sports field, basketball court or tennis court	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<b>NAFIELD2</b>
c. Public pool or beach	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<b>NAPOOL2</b>
d. Schools, colleges, or community centers with recreational facilities that are free and open to the public	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<b>NASCHL2</b>
e. Gyms, health/fitness clubs or pools that you have to join and pay for	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<b>NAGYM2</b>
f. YMCAs or YWCAs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<b>NAYMCA2</b>
g. Bicycle path (in the street or in a park)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<b>NABIKE2</b>
h. Are there sidewalks in your neighborhood?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<b>NASDWLK2</b>

11 For each of the statements that I will read you now, please tell me whether you agree by choosing the best option on the card. In answering these questions, please think of your neighborhood as the area within about a 20 minute walk (or about a mile) from your home.

Hand participant response card E.

		Strongly agree	Agree	Neutral (neither agree nor disagree)	Disagree	Strongly disagree
a.	It is pleasant to walk in my neighborhood	<b>NAPLEAS2</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b.	My neighborhood is attractive	<b>NAATTR2</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c.	There is a lot of trash and litter on the street in my neighborhood	<b>NATRASH2</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d.	My neighborhood is friendly	<b>NAFRND2</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e.	The trees in my neighborhood provide enough shade	<b>NASHADE2</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
f.	My neighborhood has heavy traffic	<b>NATRAF2</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
g.	There is a lot of noise in my neighborhood	<b>NANOISE2</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
h.	In my neighborhood it is easy to walk to places	<b>NAWALK2</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
i.	There are stores within walking distance of my home	<b>NASTORE2</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
j.	In my neighborhood, the streets and sidewalks are in good condition	<b>NASTRT2</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
k.	I often see other people walking in my neighborhood	<b>NAOTHWK2</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
l.	I often see other people exercise (for example jog, bicycle, play sports) in my neighborhood	<b>NAOTHEX2</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
m.	I feel safe walking in my neighborhood day or night	<b>NASAFE2</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
n.	Violence is a problem in my neighborhood	<b>NAVIOL2</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
o.	A large selection of fresh fruits and vegetables is available in my neighborhood	<b>NAFRUIT2</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
p.	A large selection of low fat products is available in my neighborhood	<b>NALOWET2</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
q.	There are many opportunities to purchase fast foods in my neighborhood (fast foods includes places like McDonalds, Taco Bell, KFC, and take-out pizza places)	<b>NAFAST2</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

12 I am going to read you a list of organizations. Please tell me if you regularly join in the activities of these organizations *with people in your neighborhood*.

- |  | Yes                   | No                                    |
|--|-----------------------|---------------------------------------|
| a. A neighborhood association like a block association, a homeowner or tenant association or a crime watch group | <input type="radio"/> | <input type="radio"/> <b>NABLOCK2</b> |
| b. Religious groups or charitable organizations  | <input type="radio"/> | <input type="radio"/> <b>NACHAR2</b>  |
| c. Parent-teacher associations or other school support or service groups   | <input type="radio"/> | <input type="radio"/> <b>NAPTA2</b>   |
| d. Youth organizations such as youth sports leagues or the scouts  | <input type="radio"/> | <input type="radio"/> <b>NAYOUTH2</b> |
| e. Clubs or associations for senior citizens or older people   | <input type="radio"/> | <input type="radio"/> <b>NASRCIT2</b> |
| f. A labor union   | <input type="radio"/> | <input type="radio"/> <b>NALABOR2</b> |
| g. A professional, trade, farm or business association   | <input type="radio"/> | <input type="radio"/> <b>NAPROF2</b>  |
| h. Adult sports clubs or leagues or an outdoor activity club   | <input type="radio"/> | <input type="radio"/> <b>NASPORT2</b> |
| i. A literary, art, discussion or study group or a musical, dancing or singing group                             | <input type="radio"/> | <input type="radio"/> <b>NAART2</b>   |
| j. Any other hobby club or society   | <input type="radio"/> | <input type="radio"/> <b>NAHOBBY2</b> |
| k. Ethnic, nationality or civil rights organizations   | <input type="radio"/> | <input type="radio"/> <b>NACIVIL2</b> |
| l. Other public interest groups, political groups or party committees  | <input type="radio"/> | <input type="radio"/> <b>NAPOLIT2</b> |

**13** On an average week about how much time would you say that you spend in your neighborhood? When thinking of the time you spend in your neighborhood include the time you spend in your home (including sleeping time) as well as the time you spend doing things in your neighborhood. Tell me the best option for each of the time periods I will read to you.

*Hand participant response card D.*

	All or almost all of the time	Most of the time	About half of the time	Some of the time	None or almost none of the time
<b>Saturday and Sunday</b>					
Days (8 am to 6 pm)	<input type="radio"/> <b>NASSDAY</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Evenings (6-9 pm)	<input type="radio"/> <b>NASSEVE</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Night (9 pm to 8 am)	<input type="radio"/> <b>NASSNIT</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Monday through Friday</b>					
Days (8 am to 6 pm)	<input type="radio"/> <b>NAMFDAY</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Evenings (6-9 pm)	<input type="radio"/> <b>NAMFEVE</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Night (9 pm to 8 am)	<input type="radio"/> <b>NAMFNIT</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**14** How long have you lived in this neighborhood? Think of your neighborhood as the area within a 20 minute walk or about a mile from your home.

If one year or more, specify number of years  
(round to the nearest whole year)

 

**NAYRS2**

If less than one year, specify the number of months  
(round to the nearest whole month)

 

**NAMONS2**

Thank you very much for answering this questionnaire. It will help us understand what it is like to live in your neighborhood and how neighborhoods may affect people's health.

For MESA Field Center Use Only:

Interviewer ID: **NATID2**

Reviewer ID: **NARID2**

Data Entry ID: **NADID2**