The Council For A Healthy Dent County
Community Survey

You are being asked to volunteer to participate in a research study funded by MU Extension. This research is being conducted as part of the MU Extension Healthy Lifestyle Initiative. The MU Extension Healthy Lifestyle Initiative is working with The Council for a Healthy Dent County to create a healthy community that supports the availability of healthy, affordable, locally-produced food and safe, accessible physical activity. The first phase of the Healthy Lifestyle Initiative consists of obtaining information from community residents to assess community needs and direct local planning to improve community health.

When you are invited to participate in research, you have the right to be informed about the study procedures so that you can decide whether you want to agree to participate.

You will be asked to answer a survey consisting of a series of questions about physical activity and food. The survey will take approximately fifteen minutes to complete.

Your participation is voluntary. You do not have to participate in the study if you do not want to. You may refuse to be in the study and nothing will happen. You may stop at any time without penalty or loss of benefits to which you are otherwise entitled.

Your participation in this study is not expected to cause you any risks greater than those encountered in everyday life. The information collected is anonymous and your identity and participation will remain confidential.

If you have any questions about the research study, you can contact Jana Porter with the MU Extension Healthy Lifestyle Initiative at 573-884-5416 and/or the Campus Institutional Review Board at 573-882-9585.

Please return completed surveys to:
Ray Walden
TCRC Coordinator
1200 W. Rolla Road
Salem, MO 65560
(573)729-8163
(FAX) 573-729-8393
rwalden@missouri.edu

Which of the following prevent you from getting regular physical activity? (Check all that apply)

- Self consciousness about my looks when exercising
- Lack of equipment
- Lack of interest in exercise or physical activity
- Lack of good weather
- Lack of self-discipline or motivation
- Lack of facilities or space
- Lack of time
- Lack of knowledge on how to exercise
- Lack of energy
- Poor health
- Lack of an exercise partner
- Fear of injury
- Lack of enjoyment from exercise or physical activity
- Lack of facilities or space
- Lack of transportation
- Lack of safe places to exercise

What town do you live in or live closest to?
_____________________________________

Do you live in the city limits?

- Yes
- No

Do you think local government funds should be spent to build and maintain places where people can be physically active?

- Yes
- No

What is your annual household income?

- Less than $20,000
- $20,000 to $29,999
- $30,000 to $49,999
- Over $50,000

What race or ethnic group do you identify with?

- African American or Black alone
- Asian alone
- Hispanic or Latino alone
- American Indian and Alaska Native alone
- White alone
- Native Hawaiian and Other Pacific Islander alone
- Some Other Race alone
- Two or more races

What is your highest educational level?

- Less than high school graduate
- High school diploma or GED
- Some college
- College degree or higher

Do you have school-aged children living in your home?

- Yes
- No

Thank you for your time and input.

What is your gender?

- Male
- Female

What is your age?

- 18-25 years
- 26-39 years
- 40-54 years
- 55-64 years
- 65-80 years
- Over 80 years

What is your annual household income?

- Less than $20,000
- $20,000 to $29,999
- $30,000 to $49,999
- Over $50,000

What race or ethnic group do you identify with?

- African American or Black alone
- Asian alone
- Hispanic or Latino alone
- American Indian and Alaska Native alone
- White alone
- Native Hawaiian and Other Pacific Islander alone
- Some Other Race alone
- Two or more races

What is your highest educational level?

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Do you have school-aged children living in your home?

- Yes
- No

Thank you for your time and input.
Would you say that in general your health is:

- Excellent
- Good
- Poor

Are you satisfied with your current health status?

- Yes
- No

Are you attempting to improve your health status by changing your food choices?

- Currently
- In the next 30 days
- In the next 6 months
- No changes planned

Why are you physically active? (Select your top three reasons)

- To look and feel better
- For relaxation and enjoyment
- To lose weight
- To walk pets
- To maintain health
- To get from one place to another
- To improve health
- To meet people and spend time with friends
- Part of a personal fitness plan
- My job requires me to be physically active

Why do you eat the food that you eat? (Select your top three reasons)

- It is easy to prepare
- It is easily available
- I know how to cook it
- Helps me control my weight
- Tastes good
- It is locally produced
- Looks good
- It is ready to eat and convenient
- It is healthy
- Reasonably priced
- Organically or naturally grown
- It is familiar

Which of the following items would help you increase your physical activity level? (Check all that apply)

- Safe and clean parks and trails with lights for use after dark
- Sport leagues for all ages
- Personal fitness services (e.g. personal trainers)
- Group exercise programs
- Sport facilities
- Health/fitness community center
- Classes that teach you safe and proper methods of exercising
- Ability to walk to stores
- Exercise facilities at your church
- Exercise facilities at the senior center
- Adequate neighborhood sidewalks
- Community recreation center/gym
- Indoor swimming pools
- Public access to school track or gym
- A friend or family member to exercise with
- Outdoor swimming pools

Which of the following items would help you eat more fruits and vegetables? (Check all that apply)

- Grocery stores that provide a larger variety and/or quantity of fruits and vegetables
- A community garden (e.g. a place to grow your own fruits and vegetables)
- Classes on how to grow and store your own fruits and vegetables
- Cooking classes (e.g. classes that teach you how to select, prepare and cook fruits and vegetables)
- Availability of fruits and vegetables at convenience stores
- A larger selection of fruits and vegetables at farmer’s markets
- Reasonably priced fruits and vegetables
- Locally produced fruits and vegetables
- A local farmer’s market

Has your doctor or health care provider done any of the following? (Check all that apply)

- Advised you to become more physically active or eat healthier foods
- Helped you to develop a plan to increase your physical activity or your consumption of healthier foods
- Followed up with you to see if you have increased your physical activity or consumption of healthier foods
- Given you materials regarding being physically active or eating healthy
- Not applicable

Does your church, synagogue or temple sponsor any of the following programs? (Check all that apply)

- Walking clubs
- Group exercise clubs
- Exercise reward programs
- Organized sports
- Not applicable

Which of the following reasons contribute to an unhealthy lifestyle among adults in your community? (Select the top three reasons)

- Lack of awareness about food choices for good health
- Lack of knowledge about how much and what to do for physical activity
- Cost of healthful foods
- Safety concerns: physical environment and crime
- Lack of time
- Convenience of fast food restaurants and vending machines
- Not a personal priority
- Limited income
- Limited healthful food options
- Cost of joining facilities and/or sport participation
- Too much screen time (e.g. TV, video games, computer)

Which of the following reasons contribute to an unhealthy lifestyle among children in your community? (Select the top three reasons)

- Schools foods choices
- Lack of adult supervision
- Reduced physical education and recess time
- Convenience of fast food restaurants and vending machines
- Too much screen time
- Organized sports cost too much
- Parents don’t model healthy behaviors
- Safety concerns: physical environment and crime
- Coaches/teachers don’t model healthy behaviors
- Lack of awareness about healthful food choices

Which of the following reasons contribute to an unhealthy lifestyle among adults in your community? (Select the top three reasons)

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- Convenience of fast food restaurants and vending machines
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