

# RESIDENTIAL SURVEY OVERVIEW

## Ramsey County Healthy Communities Study

1. The percentage of respondents reporting engagement in physical activities varies with the amount of effort and the needed requirements – equipment, location, or purpose – to undertake the activity. Most respondents report undertaking activities inside their home, lasting at least ten minutes and taking moderate effort; far fewer, though, briskly bicycle to go from place to place for an errand.
2. Significant majorities of both groups report there are walking trails within walking distance from home, walking or bicycle trails within bicycling distance, parks and playgrounds within walking distance of home. Neighborhood scenery and ambience are decidedly positive attributes in both areas. Large majorities report attractive neighborhood natural sights, trees, and interesting things to view as they are out and about.
3. The perceived safety of an area is a key constraint on outdoor recreational activities. Thirty-seven percent of suburban residents and 20% of city residents do not think their neighborhood streets are well-lit at night. Twenty-six percent of city residents think the high crime rate in their neighborhood makes it unsafe to go on walks; only five percent of suburban residents, though, feel the same way. Thirty-four percent of city residents and 25% of suburbanites think it is unsafe for children to walk to school in their neighborhood.
4. The availability and condition of sidewalks is a suburban issue. While a majority of suburban residents note the absence of sidewalks in their immediate neighborhood, almost 40% also report that their sidewalks are not well-maintained. To make walking safe or more convenient in their local area, residents suggest more sidewalks (particularly in the suburbs), better street lighting, better traffic speed control, and increasing police patrolling. For bicycling, residents suggest more bicycle lanes on streets as well as additional bicycle trails.
5. Traffic flow is an impediment to outdoor recreational activities. Twenty-one percent of suburbanites and 34% of city residents report there is so much traffic that it makes it difficult or unpleasant to walk in their neighborhoods. Majorities of the two groups also report an increase in speeding traffic during the past two years on their residential streets.
6. The removal of obstacles to, and the provision of, opportunities for physical activity are important policies to most residents. Almost 75% of both groups regard obstacles to being physically active as key health issues in Ramsey County. Over 95% also think opportunities for physical activities contribute to the general quality of life in Ramsey County. But, less than 60% think opportunities for such activity have increased in the past five years.
7. There is a core of residents in both areas who would work to improve their neighborhood for the promotion of physical activities. Ten percent of city residents and nine percent of suburbanites are “very willing” to work with others in their neighborhood for this purpose.

The survey was administered by telephone to a random sample of 600 residents of the City of Saint Paul and 600 residents of the Ramsey County suburbs between September 26<sup>th</sup> and October 18<sup>th</sup>, 2005. The typical respondent took 24 minutes to complete the questionnaire. The results of this part of the study are projectable to all adult Saint Paul residents and all adult Ramsey County suburban residents within  $\pm 4.1\%$  in 95 out of 100 cases.

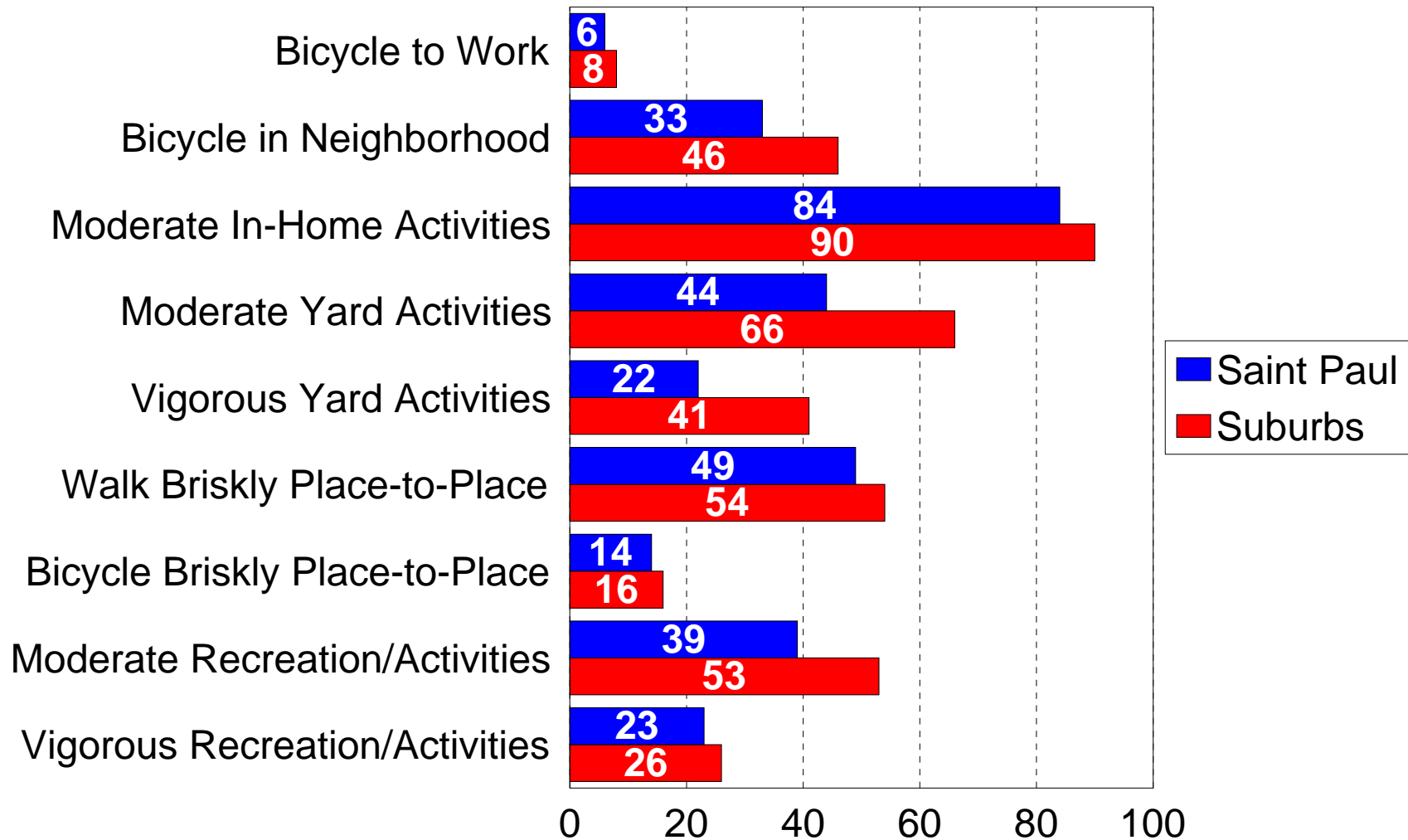
# **Active Communities Study**

## 2005 Ramsey County

Decision Resources, Ltd.

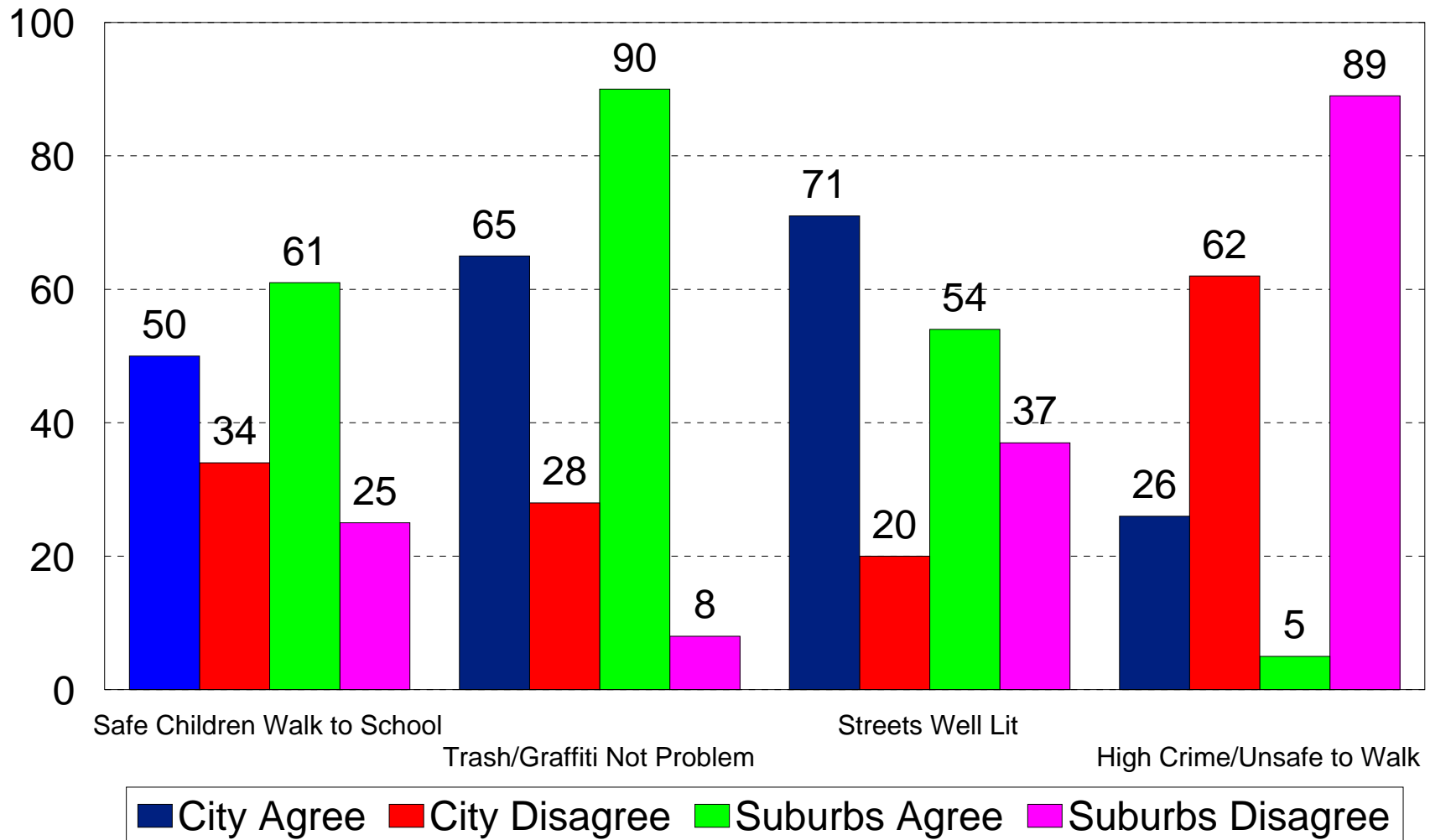
# PHYSICAL ACTIVITIES

2005 Ramsey County Active Communities Study



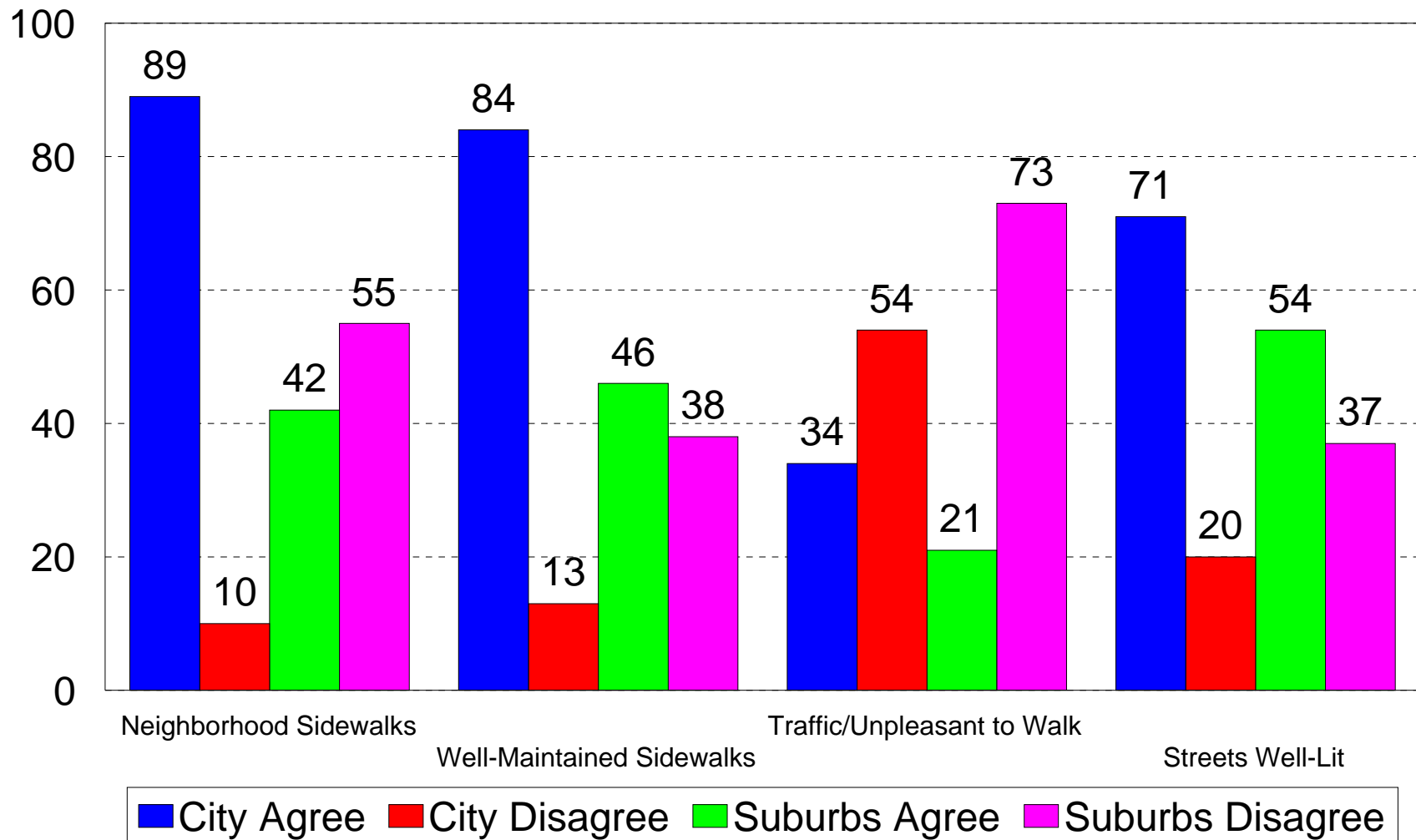
# SAFETY ISSUES

## 2005 Ramsey County Active Communities Study



# CITY-SUBURBAN DIFFERENCES

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# MAKE WALKING SAFER AND MORE CONVENIENT

2005 Ramsey County Active Communities Study

- ① More sidewalks
- ① Better street lighting
- ① More traffic speed control
- ① More police patrolling

# MAKE BICYCLING SAFER AND MORE CONVENIENT

2005 Ramsey County Active Communities Study

- ① More Bicycle Lanes on Streets
- ① Additional Bicycle Trails
- ① More Traffic Speed Control
- ① Emphasis on Education and Awareness