

Active Living Ramsey County!

2005 Residential Survey

Report, Frequencies
and Graphics

Decision Resources, Ltd.
April 2006

Active Living Ramsey County!
2005 Residential Survey

Analysis

REPORT OF MAJOR FINDINGS

Ramsey County Active Communities Study

Methodology:

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 26th and October 18th, 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.

Physical Activity:

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.

Physical Activity	City of Saint Paul	Ramsey County Suburbs
Bicycle to work	6%	8%
Bicycle in Neighborhood	33%	46%
Moderate In-Home Activities	84%	90%
Moderate Yard Activities	44%	66%
Vigorous Yard Activities	22%	41%
Walk Briskly from Place to Place	49%	54%
Bicycle Briskly from Place to Place	14%	16%
Moderate Recreational Activities	39%	53%
Vigorous Recreational Activities	23%	26%

Respondents in both samples were categorized by the number of activities they report undertaking. An individual was awarded two points if he/she regularly undertakes a vigorous activity; one point was awarded if an individual regularly undertakes a moderate activity or occasionally undertakes a vigorous activity. An individual was given no points if they either occasionally undertake a moderate activity or did not undertake an activity at all.

“Inactives” are individuals who score three or less points. They are 57% of the Saint Paul sample and 32% of the Ramsey County suburbs sample. Inactives in the City of

Saint Paul are especially prominent among singles, married individuals with children, renters, over 45 year olds, and Wards 5-7 residents. In the suburbs, they are concentrated among singles, married individuals with children, renters, and over 55 year olds.

“Actives” score three to five points. They are 33% of the Saint Paul samples and 45% of the Ramsey County suburbs sample. In the City of Saint Paul, they are found most often among married individuals and 25-44 year olds. In the Ramsey County suburbs, they are apt to be married individuals with no children, renters, and 35-64 year olds.

“Enthusiasts” are respondents scoring six or more points. In the City of Saint Paul they represent 11%, while in suburban Ramsey County, they are 23%. In Saint Paul, they are encountered most often among married individuals with children, home owners, Non-English speaking households, health club members, 25-54 year olds, and Wards 1, 3 & 4 residents. In suburban Ramsey County, they tend to be married individuals with children, home owners, health club members, 35-54 year olds, and men.

Nearby Recreational Opportunities and Attractive Natural Features:

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, shade trees, 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. Majorities in both samples report there are destinations and bus stops within walking distance from their residence; but, city residents are more apt to report the nearness of both amenities.

	City of Saint Paul		Ramsey County Suburbs	
	Agree	Disagree	Agree	Disagree
There are walking trails within walking distance from my home.	63%	30%	76%	22%
There are walking or bicycle trails within bicycling distance from my home.	79%	13%	83%	10%
There are parks and playgrounds within walking distance from my home.	92%	7%	92%	7%
There are interesting things to look at while walking in my neighborhood, such as scenery or buildings.	74%	21%	79%	17%
Trash or graffiti is not a problem in my neighborhood.	65%	28%	90%	8%
There are trees along the streets in my immediate neighborhood.	99%	1%	93%	6%

	City of Saint Paul		Ramsey County Suburbs	
	Agree	Disagree	Agree	Disagree
There are attractive natural sights in my neighborhood, such as landscaping and scenery.	74%	18%	88%	8%
There are destinations such as shopping or entertainment opportunities, service businesses, or places to recreate within walking distance from my home.	71%	25%	57%	40%
The nearest bus stop is within walking distance from my home.	95%	5%	71%	20%

Public Safety Issues:

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. And, majorities of both groups think speeding traffic has increased on neighborhood residential streets.

	City of Saint Paul		Ramsey County Suburbs	
	Agree	Disagree	Agree	Disagree
It is safe for children to walk to school in my neighborhood.	50%	34%	61%	25%
My neighborhood streets are well lit at night.	71%	20%	54%	37%
The high crime rate in my neighborhood makes it unsafe to go on walks.	26%	62%	5%	89%
During the past two years, speeding traffic has increased on the residential streets of my neighborhood.	53%	31%	52%	35%

Activity Level and Neighborhood Characteristics:

Certainly, the demographic background of the respondent – age, health, club or league participation – play the greatest role in determining membership in each of the three activity categories. Using multiple regression analysis on each sample data set, activity level was defined as the dependent variable. All of the perception statements – Questions 4-19 – were defined as the independent variable set. In both regressions, while the

statistically significant independent variables differed, the explained variation was a 15%; in contrast, demographic variables explained 65% of the variation in activity levels.

Among Saint Paul residents, projected activity levels increase when respondents:
A) strongly agree that “there are walking and bicycle trails within bicycling distance from my home;” and,
B) strongly agree that “there are interesting things to look at while walking in my neighborhood, such as scenery or buildings.

Among suburban Ramsey County residents, projected activity levels increase when respondents:
A) strongly agree that “it is safe for children to walk to school in my neighborhood;”
B) strongly agree that “there are interesting things to look at while walking in my neighborhood, such as scenery or buildings;” and,
C) strongly agree that “trash or graffiti is not a problem in my neighborhood.”

Neighborhood amenities, then, directly impact individual activity levels.

Availability and Condition of Sidewalks:

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.

	City of Saint Paul		Ramsey County Suburbs	
	Agree	Disagree	Agree	Disagree
There are sidewalks along the streets in my immediate neighborhood.	89%	10%	42%	55%
The sidewalks in my neighborhood are well-maintained.	84%	13%	46%	38%

Neighborhood Traffic Flow:

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.

	City of Saint Paul		Ramsey County Suburbs	
	Agree	Disagree	Agree	Disagree
During the past two years, speeding traffic has increased on the residential streets of my neighborhood.	53%	31%	52%	35%
There is so much traffic that it makes it difficult or unpleasant to walk in my neighborhood.	34%	54%	21%	73%

Commuting to Work:

The 63% of Saint Paul residents and 64% of suburban Ramsey County residents who work outside of the home were asked about their commutes and their employers. The typical city residents lives 6.9 miles from his/her job site; in the suburbs, the typical commute is 9.7 miles. Even so, 15% of city residents live within two miles of work, and 28% of suburbanites live within five miles of work.

Only 13% of Saint Paul residents working outside of the home either walk or bicycle to work, even just once per week. Among suburbanites, nine percent do so. In both cases, distance to the job site correlates negatively to walking and bicycling to work.

Suburban residents are more apt to report their employer has a formal plan or strategy for promoting healthy lifestyles and physical activities for its employees. Twenty-six percent of the employers of Saint Paul residents and 42% of the employers of Ramsey County suburban residents have a plan or strategy. Fifteen percent of the employers of both groups also formally promote healthy lifestyles and physical activities for family members.

Physical Activity as a County Priority:

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.

	City of Saint Paul		Ramsey County Suburbs	
	Agree	Disagree	Agree	Disagree
Obstacles to being physically active – including obesity, pedestrian safety and bicycle safety – are key health issues in Ramsey County.	78%	8%	73%	14%
Opportunities for physical activity – such as trails, parks, ballfields, swimming areas, gymnasiums, or recreation centers – contribute to the general quality of life in Ramsey County.	95%	3%	97%	2%
The opportunities for physical activity in Ramsey County have increased during the past five years.	54%	14%	57%	9%

Volunteerism:

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. Additionally, 40% of city residents and 45% of suburban residents are “somewhat willing” to work with others on this issue.

Conclusions and Implications:

1. ***A surprisingly large percentage of both city and suburban residents are “inactive” in undertaking physical activities.*** In the City of Saint Paul, a large majority, 57%, qualify for the “inactive” category. In the Ramsey County suburbs, just under one-third, 32%, are “inactive.” These baseline figures demonstrate the need for further efforts to encourage activity and provide opportunities and venues for recreation.
2. ***Cities and counties can take actions which impact the activity level of their citizens.*** Conveniently located trails and playgrounds impact the amount of activities household members will undertake. Similarly, the safer the recreational opportunities are perceived, the greater the activity level of neighborhood residents. Also, the elimination of “markers” of neighborhood deterioration – trash and graffiti – will result in an increase in activity levels.
3. ***The logical starting point for fostering more physical activity is a multi-pronged County/local effort to encourage residents to walk more,*** including for example:
 - A. Prioritizing the construction of more trails and sidewalks in areas where current infrastructure is not within walking or biking distance.
 - B. Encouraging the completion of connected trail systems – between neighborhoods, recreational facilities, and commercial centers.
 - C. Increasing the sense of public safety on existing and planned trails – lighting, patrolling, and emergency call boxes.

- D. Increasing the sense of public safety on key sidewalks through traffic calming efforts and clearly marked pedestrian crossings at intersections.
- E. Placing an emphasis on scenery and vistas along trails and well-traveled residential area sidewalks through public and private landscaping, identifying interesting sightlines, and public art projects.
- F. Through neighborhood associations, encouraging area walks, trail and sidewalk clean-up days, and contests concurrent with block parties.

Active Living Ramsey County!
2005 Residential Survey

Survey

DECISION RESOURCES, LTD.
3128 Dean Court
Minneapolis, Minnesota 55416

2005 HEALTHY COMMUNITIES
RAMSEY COUNTY
FINAL September, 2005

**SAINT PAUL SAMPLE
(N=600)**

Hello, I'm _____ of Decision Resources, Ltd., a nationwide polling firm located in Minneapolis. We are interested in your opinions and suggestions about issues facing your community. I want to assure you that all individual responses will be held strictly confidential; only summaries of the entire sample will be reported. (DO NOT PAUSE)

First, I would like to read you a short list of statements. For each one, please tell me if you strongly agree with that statement, agree, neither agree nor disagree, disagree, or strongly disagree with it.

STA AGR NAD DIS STD DKR

- | | | | | | | |
|---|-----|-----|-----|-----|-----|-----|
| 1. Obstacles to being physically active -- including obesity, pedestrian safety and bicycle safety -- are key health issues in Ramsey County. | 22% | 56% | 9% | 8% | 0% | 4% |
| 2. Opportunities for physical activity -- such as trails, parks, ballfields, swimming areas, gymnasiums, or recreation centers -- contribute to the general quality of life in Ramsey County. | 32% | 63% | 3% | 2% | 1% | 0% |
| 3. The opportunities for physical activity in Ramsey County have increased during the past five years. | 11% | 43% | 22% | 12% | 2% | 12% |
| 4. There are attractive natural sights in my neighborhood, such as landscaping and scenery. | 18% | 56% | 8% | 17% | 1% | 0% |
| 5. It is safe for children to walk to school in my neighborhood. | 9% | 41% | 12% | 24% | 10% | 4% |

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6. There are destinations such as shopping or entertainment opportunities, service businesses, or places to recreate within walking distance from my home.	14%	57%	5%	21%	4%	0%
7. The nearest bus stop is within walking distance from my home.	30%	65%	1%	4%	1%	1%
8. There are sidewalks along the streets in my immediate neighborhood.	25%	64%	2%	8%	2%	0%
9. The sidewalks in my neighborhood are well-maintained.	19%	65%	3%	11%	2%	1%
10. There are walking trails within walking distance from my home.	16%	47%	4%	26%	4%	4%
11. There are walking or bicycle trails within bicycling distance from my home.	20%	59%	3%	11%	2%	5%
12. There are parks and playgrounds within walking distance from my home.	26%	66%	2%	6%	1%	0%
13. There are trees along the streets in my immediate neighborhood.	33%	66%	0%	1%	0%	0%
14. There are interesting things to look at while walking in my neighborhood, such as scenery or buildings.	18%	56%	6%	18%	3%	0%
15. Trash or graffiti is not a problem in my neighborhood.	15%	50%	7%	25%	3%	0%
16. There is so much traffic that it makes it difficult or unpleasant to walk in my neighborhood.	4%	30%	12%	44%	10%	1%
17. My neighborhood streets are well lit at night.	12%	59%	9%	18%	2%	1%

- 18. During the past two years, speeding traffic has increased on the residential streets of my neighborhood. 14% 39% 14% 27% 4% 2%
- 19. The high crime rate in my neighborhood makes it unsafe to go on walks. 3% 23% 11% 50% 12% 1%

Moving on....

- 20. Do you work at a location outside of your home? YES.....63%
NO.....37%
DON'T KNOW/REFUSED.....0%

IF "YES," ASK:

- 21. Thinking about the last six months, on average how many days per week did you walk or bicycle to work? ZERO.....88%
ONE DAY.....2%
TWO DAYS.....1%
THREE DAYS.....1%
FOUR DAYS.....1%
FIVE DAYS.....6%
SIX DAYS.....1%
SEVEN DAYS.....1%
DON'T KNOW/REFUSED.....0%
- 22. About how many miles is it from your home to your place of work? DON'T KNOW/REFUSED.....2%
LESS THAN TWO MILES...15%
THREE TO FIVE MILES...25%
SIX TO TEN MILES.....35%
OVER TEN MILES.....23%
- 23. Does your employer have a formal plan or strategy for promoting healthy lifestyles and physical activities for its employees? YES.....26%
NO.....73%
DON'T KNOW/REFUSED.....1%

24. Does your employer have a formal plan or strategy for promoting healthy lifestyles and physical activities for family members? (WAIT FOR RESPONSE) How about for non-employee residents of the surrounding community?

YES/YES.....	2%
YES/NO.....	14%
NO/YES.....	1%
NO/NO.....	80%
DON'T KNOW/REFUSED.....	3%

25. Are there any changes you would make in your local area to make walking more convenient or safer? (IF "YES," ASK:) What would they be?

DON'T KNOW/REFUSED, 3%; NO, 59%; MORE TRAFFIC SPEED CONTROL, 7%; BETTER STREET LIGHTING, 9%; MORE POLICE PATROLLING, 10%; FIX AND REPAIR SIDEWALKS, 2%; MORE SIDEWALKS, 5%; SCATTERED, 5%.

26. When was the last time you rode a bicycle in your neighborhood -- within the past day, within the past week, within the past month, within the past year, within the past two years, or longer than two years ago?

WITHIN THE PAST DAY....	4%
WITHIN THE PAST WEEK..	13%
WITHIN THE PAST MONTH..	10%
WITHIN THE PAST YEAR...	6%
WITHIN PAST TWO YEARS..	1%
LONGER THAN TWO YEARS..	62%
DON'T KNOW/REFUSED.....	4%

IF RESPONSE IS 1, 2, 3, 4, OR 5, ASK:

27. Are there any changes you would make in your local area to make bicycling more convenient or safer? (IF "YES," ASK:) What would they be?

DON'T KNOW/REFUSED, 1%; NO, 57%; MORE TRAFFIC SPEED CONTROL, 6%; MORE BIKE TRAILS, 7%; MORE SIDEWALKS, 3%; BIKE LANES ON STREETS, 15%; LESS TRAFFIC CONGESTION, 2%; MORE EDUCATION AND AWARENESS, 4%; SCATTERED, 5%.

More and more, people have limited time for volunteerism and must prioritize their activities. Keeping in mind your own situation....

28. How willing would you be work together with others in improving your neighborhood to promote the physical activity of residents in your area -- very willing, somewhat willing, not too willing, or not at all willing?

VERY WILLING.....	10%
SOMEWHAT WILLING.....	40%
NOT TOO WILLING.....	18%
NOT AT ALL WILLING....	32%
DON'T KNOW/REFUSED.....	1%

Now, let's talk about all the activities you do at home in a usual seven day week....

29. On how many days do you undertake activities inside your home lasting at least ten minutes and taking moderate effort, such as scrubbing or sweeping?

ZERO.....	16%
ONE DAY.....	11%
TWO DAYS.....	15%
THREE DAYS.....	13%
FOUR DAYS.....	9%
FIVE DAYS.....	9%
SIX DAYS.....	2%
SEVEN DAYS.....	25%
DON'T KNOW/REFUSED.....	1%

IF GREATER THAN ZERO, ASK:

30. On the days you undertake these activities, on average how many hours and/or minutes do you spend?

LESS THAN 30 MINUTES, 16%; 30 MINUTES, 22%; 31 TO 60 MINUTES, 35%; 61 TO 120 MINUTES, 21%; OVER 120 MINUTES, 6%.

31. Do you have a garden or yard you maintain at your residence?

YES.....	51%
NO.....	49%
DON'T KNOW/REFUSED.....	0%

IF "YES," ASK:

32. On how many days in a usual week, WEATHER PERMITTING, do you undertake activities in your garden or yard lasting at least ten minutes and taking moderate physical effort, such as sweeping, raking, using a power mower, or using a non-motorized hedge trimmer?

ZERO.....	14%
ONE DAY.....	29%
TWO DAYS.....	26%
THREE DAYS.....	15%
FOUR DAYS.....	5%
FIVE DAYS.....	4%
SIX DAYS.....	0%
SEVEN DAYS.....	7%
DON'T KNOW/REFUSED.....	1%

IF GREATER THAN ZERO, ASK:

33. On the days you undertake these activities, on average how many hours and/or minutes do you spend?

LESS THAN 30 MINUTES, 4%; 30 MINUTES, 22%; 31 TO 60 MINUTES, 40%; 61 TO 120 MINUTES, 27%; OVER 120 MINUTES, 7%.

34. On how many days in a usual week, WEATHER PERMITTING, do you undertake activities in the garden or year which last for at least ten minutes and take vigorous or hard effort, such as chopping wood, digging, or shoveling snow?
- | | |
|-------------------------|-----|
| ZERO..... | 55% |
| ONE DAY..... | 21% |
| TWO DAYS..... | 15% |
| THREE DAYS..... | 5% |
| FOUR DAYS..... | 1% |
| FIVE DAYS..... | 0% |
| SIX DAYS..... | 0% |
| SEVEN DAYS..... | 2% |
| DON'T KNOW/REFUSED..... | 2% |

IF GREATER THAN ZERO, ASK:

35. On the days you undertake these activities, on average how many hours and/or minutes do you spend?

LESS THAN 30 MINUTES, 12%; 30 MINUTES, 28%; 31 TO 60 MINUTES, 38%; 61 TO 120 MINUTES, 18%; OVER 120 MINUTES, 5%.

Now, let's talk about any walking or bicycling you do to go from place to place in a typical week. First, let's talk about walking outside from your home....

36. On how many days in a usual week, WEATHER PERMITTING, do you walk briskly, for at least ten minutes, to go from place to place? Please do not include walking that you do strictly for recreation or as an exercise workout.
- | | |
|-------------------------|-----|
| ZERO..... | 51% |
| ONE DAY..... | 7% |
| TWO DAYS..... | 9% |
| THREE DAYS..... | 11% |
| FOUR DAYS..... | 4% |
| FIVE DAYS..... | 10% |
| SIX DAYS..... | 1% |
| SEVEN DAYS..... | 7% |
| DON'T KNOW/REFUSED..... | 0% |

IF GREATER THAN ZERO, ASK:

37. On the days you walk briskly from place to place, on average how many hours and/or minutes do you spend?

LESS THAN 30 MINUTES, 24%; 30 MINUTES, 28%; 31 TO 60 MINUTES, 33%; 61 TO 120 MINUTES, 10%; OVER 120 MINUTES, 5%.

Now, turning to bicycling....

38. On how many days in a usual week, WEATHER PERMITTING, do you bicycle briskly, for at least ten minutes, to go from place to place for an errand? Again, please do not include bicycling that you do strictly for recreation or as an exercise workout.

ZERO.....	86%
ONE DAY.....	5%
TWO DAYS.....	5%
THREE DAYS.....	2%
FOUR DAYS.....	1%
FIVE DAYS.....	1%
SIX DAYS.....	0%
SEVEN DAYS.....	0%
DON'T KNOW/REFUSED.....	0%

IF GREATER THAN ZERO, ASK:

39. On the days you bicycle briskly from place to place, on average how many hours and/or minutes do you spend?

LESS THAN 30 MINUTES, 20%; 30 MINUTES, 14%; 31 TO 60 MINUTES, 48%; 61 TO 120 MINUTES, 11%; OVER 120 MINUTES, 8%.

Now, think about all the activities that you do in your leisure time for recreation or exercise in a usual week. Please do not include any activities we just discussed -- that is, gardening or yard work, walking briskly from place to place, or bicycling briskly from place to place....

40. On how many days in a usual week, WEATHER PERMITTING, do you undertake activities in your leisure time, lasting for at least ten minutes, and taking moderate effort like doubles tennis, easy cycling, recreational basketball, or casual swimming?

ZERO.....	66%
ONE DAY.....	10%
TWO DAYS.....	12%
THREE DAYS.....	5%
FOUR DAYS.....	2%
FIVE DAYS.....	2%
SIX DAYS.....	1%
SEVEN DAYS.....	2%
DON'T KNOW/REFUSED.....	0%

IF GREATER THAN ZERO, ASK:

41. On the days you undertake moderate effort leisure time activities, on average how many hours and/or minutes do you spend?

LESS THAN 30 MINUTES, 7%; 30 MINUTES, 16%; 31 TO 60 MINUTES, 47%; 61 TO 120 MINUTES, 25%; OVER 120 MINUTES, 5%.

42. On how many days in a usual week, WEATHER PERMITTING, do you undertake activities in your leisure time, lasting for at least ten minutes, and taking vigorous or major effort like jogging, fast swimming, speed cycling, or playing high intensity sports like soccer?

ZERO.....	77%
ONE DAY.....	6%
TWO DAYS.....	6%
THREE DAYS.....	6%
FOUR DAYS.....	2%
FIVE DAYS.....	2%
SIX DAYS.....	0%
SEVEN DAYS.....	1%
DON'T KNOW/REFUSED.....	0%

IF GREATER THAN ZERO, ASK:

43. On the days you undertake vigorous or major effort leisure time activities, on average how many hours and/or minutes do you spend?

LESS THAN 30 MINUTES, 9%; 30 MINUTES, 13%; 31 TO 60 MINUTES, 59%; 61 TO 120 MINUTES, 15%; OVER 120 MINUTES, 5%.

Now, just a few more questions for demographic purposes....

44. Approximately how many years have you lived at your present location?

LESS THAN TWO YEARS....	9%
TWO TO FIVE YEARS.....	19%
FIVE TO TEN YEARS.....	27%
TEN TO TWENTY YEARS....	23%
20 TO 30 YEARS.....	14%
OVER THIRTY YEARS.....	8%
DON'T KNOW/REFUSED.....	0%

45.	Which of the following best describes your household: (READ)	SINGLE/NO OTHER.....31%
	A. Single, no other family at home.	SINGLE PARENT.....6%
	B. Single parent with children at home.	MAR/PARTN/CHILDREN....25%
	C. Married or partnered, with children at home.	MAR/PARTN/NO CHILD....35%
	D. Married or partnered with no children or no children at home.	SOMETHING ELSE.....3%
	E. Something else.	DON'T KNOW/REFUSED.....0%

IF 2 OR 3, ASK:

46.	Is any member of your household involved in a youth sports league, outside of school?	YES.....45%
		NO.....55%
		DON'T KNOW/REFUSED.....0%
47.	Is any member of your household involved in an adult sports league?	YES.....12%
		NO.....88%
		DON'T KNOW/REFUSED.....0%
48.	Do you own or rent your present residence?	OWN.....54%
		RENT.....46%
		REFUSED.....0%
49.	Is a language other than English spoken in your home? ("IF YES," ASK:) What is it?	NO.....91%
		SPANISH.....2%
		HMONG.....4%
		SOMALI.....0%
		RUSSIAN, GERMAN.....3%
50.	Do you have a physical limitation that makes it difficult to access nearby recreational areas?	YES.....17%
		NO.....83%
		DON'T KNOW/REFUSED.....0%
51.	Are you a member of a health club?	YES.....19%
		NO.....81%
		DON'T KNOW/REFUSED.....0%

52.	Which of the following categories represents your ethnicity -- White, African-American, Hispanic-Latino, Asian-Pacific Islander, Native American, or something else? (IF "SOMETHING ELSE," ASK:) What would that be?	WHITE.....68% AFRICAN-AMERICAN.....13% HISPANIC-LATINO.....4% ASIAN-PACIFIC ISLAND..12% NATIVE AMERICAN.....2% SOMETHING ELSE.....0% MIXED/BI-RACIAL.....1% DON'T KNOW.....0% REFUSED.....0%
53.	What is your age, please?	18-24.....4% 25-34.....20% 35-44.....26% 45-54.....18% 55-64.....14% 65 AND OVER.....19% REFUSED.....0%
54.	Gender	MALE.....48% FEMALE.....52%
55.	City/Suburbs	SAINT PAUL.....100% SUBURBAN RAMSEY CO.....0%
56.	Area of Residence	ST. PAUL WARD ONE.....15% ST. PAUL WARD TWO.....14% ST. PAUL WARD THREE...14% ST. PAUL WARD FOUR....14% ST. PAUL WARD FIVE....15% ST. PAUL WARD SIX.....15% ST. PAUL WARD SEVEN...15%

DECISION RESOURCES, LTD.
3128 Dean Court
Minneapolis, Minnesota 55416

2005 HEALTHY COMMUNITIES
RAMSEY COUNTY
FINAL September, 2005

**RAMSEY COUNTY SUBURBS SAMPLE
(N=600)**

Hello, I'm _____ of Decision Resources, Ltd., a nationwide polling firm located in Minneapolis. We are interested in your opinions and suggestions about issues facing your community. I want to assure you that all individual responses will be held strictly confidential; only summaries of the entire sample will be reported. (DO NOT PAUSE)

First, I would like to read you a short list of statements. For each one, please tell me if you strongly agree with that statement, agree, neither agree nor disagree, disagree, or strongly disagree with it.

STA AGR NAD DIS STD DKR

- | | | | | | | |
|---|-----|-----|-----|-----|----|-----|
| 1. Obstacles to being physically active -- including obesity, pedestrian safety and bicycle safety -- are key health issues in Ramsey County. | 17% | 56% | 10% | 12% | 2% | 3% |
| 2. Opportunities for physical activity -- such as trails, parks, ballfields, swimming areas, gymnasiums, or recreation centers -- contribute to the general quality of life in Ramsey County. | 34% | 63% | 1% | 2% | 0% | 1% |
| 3. The opportunities for physical activity in Ramsey County have increased during the past five years. | 10% | 47% | 19% | 8% | 1% | 16% |
| 4. There are attractive natural sights in my neighborhood, such as landscaping and scenery. | 18% | 70% | 4% | 7% | 1% | 1% |
| 5. It is safe for children to walk to school in my neighborhood. | 10% | 51% | 8% | 20% | 5% | 6% |

	STA	AGR	NAD	DIS	STD	DKR
6. There are destinations such as shopping or entertainment opportunities, service businesses, or places to recreate within walking distance from my home.	14%	43%	3%	34%	6%	0%
7. The nearest bus stop is within walking distance from my home.	17%	54%	2%	16%	4%	6%
8. There are sidewalks along the streets in my immediate neighborhood.	11%	31%	2%	42%	13%	0%
9. The sidewalks in my neighborhood are well-maintained.	12%	34%	11%	28%	10%	5%
10. There are walking trails within walking distance from my home.	14%	62%	2%	19%	3%	1%
11. There are walking or bicycle trails within bicycling distance from my home.	17%	66%	2%	9%	1%	4%
12. There are parks and playgrounds within walking distance from my home.	23%	69%	1%	6%	1%	1%
13. There are trees along the streets in my immediate neighborhood.	26%	67%	1%	5%	1%	0%
14. There are interesting things to look at while walking in my neighborhood, such as scenery or buildings.	15%	64%	5%	15%	2%	0%
15. Trash or graffiti is not a problem in my neighborhood.	22%	68%	3%	6%	2%	0%
16. There is so much traffic that it makes it difficult or unpleasant to walk in my neighborhood.	3%	18%	6%	61%	12%	1%
17. My neighborhood streets are well lit at night.	10%	44%	7%	31%	6%	2%

18. During the past two years, speeding traffic has increased on the residential streets of my neighborhood. 13% 39% 10% 30% 5% 4%

19. The high crime rate in my neighborhood makes it unsafe to go on walks. 1% 4% 5% 70% 19% 1%

Moving on....

20. Do you work at a location outside of your home? YES.....64%
 NO.....36%
 DON'T KNOW/REFUSED.....0%

IF "YES," ASK:

21. Thinking about the last six months, on average how many days per week did you walk or bicycle to work? ZERO.....91%
 ONE DAY.....1%
 TWO DAYS.....2%
 THREE DAYS.....2%
 FOUR DAYS.....1%
 FIVE DAYS.....1%
 SIX DAYS.....0%
 SEVEN DAYS.....2%
 DON'T KNOW/REFUSED.....0%

22. About how many miles is it from your home to your place of work? DON'T KNOW/REFUSED.....2%
 FIVE MILES OR LESS....28%
 SIX TO TEN MILES.....26%
 11 TO 15 MILES.....23%
 16 TO 25 MILES.....14%
 OVER 25 MILES.....6%

23. Does your employer have a formal plan or strategy for promoting healthy lifestyles and physical activities for its employees? YES.....42%
 NO.....54%
 DON'T KNOW/REFUSED.....4%

24. Does your employer have a formal plan or strategy for promoting healthy lifestyles and physical activities for family members? (WAIT FOR RESPONSE) How about for non-employee residents of the surrounding community?

YES/YES.....	10%
YES/NO.....	13%
NO/YES.....	2%
NO/NO.....	69%
DON'T KNOW/REFUSED.....	7%

25. Are there any changes you would make in your local area to make walking more convenient or safer? (IF "YES," ASK:) What would they be?

DON'T KNOW/REFUSED, 2%; NO, 57%; MORE TRAFFIC SPEED CONTROL, 4%; BETTER STREET LIGHTING, 6%; MORE POLICE PATROLLING, 2%; MORE SIDEWALKS, 24%; SCATTERED, 5%.

26. When was the last time you rode a bicycle in your neighborhood -- within the past day, within the past week, within the past month, within the past year, within the past two years, or longer than two years ago?

WITHIN THE PAST DAY....	5%
WITHIN THE PAST WEEK..	16%
WITHIN THE PAST MONTH..	16%
WITHIN THE PAST YEAR...	9%
WITHIN PAST TWO YEARS..	2%
LONGER THAN TWO YEARS..	49%
DON'T KNOW/REFUSED.....	4%

IF RESPONSE IS 1, 2, 3, 4, OR 5, ASK:

27. Are there any changes you would make in your local area to make bicycling more convenient or safer? (IF "YES," ASK:) What would they be?

NO, 52%; MORE TRAFFIC SPEED CONTROL, 2%; BETTER STREET LIGHTING, 3%; MORE BIKE TRAILS, 21%; FIX AND REPAIR SIDEWALKS, 2%; MORE SIDEWALKS, 3%; BIKE LANES ON STREETS, 8%; MORE EDUCATION AND AWARENESS, 4%; SCATTERED, 5%.

More and more, people have limited time for volunteerism and must prioritize their activities. Keeping in mind your own situation....

28. How willing would you be work together with others in improving your neighborhood to promote the physical activity of residents in your area -- very willing, somewhat willing, not too willing, or not at all willing?

VERY WILLING.....	9%
SOMEWHAT WILLING.....	45%
NOT TOO WILLING.....	22%
NOT AT ALL WILLING....	23%
DON'T KNOW/REFUSED.....	2%

Now, let's talk about all the activities you do at home in a usual seven day week....

29. On how many days do you undertake activities inside your home lasting at least ten minutes and taking moderate effort, such as scrubbing or sweeping?

ZERO.....	10%
ONE DAY.....	13%
TWO DAYS.....	14%
THREE DAYS.....	14%
FOUR DAYS.....	7%
FIVE DAYS.....	10%
SIX DAYS.....	3%
SEVEN DAYS.....	29%
DON'T KNOW/REFUSED.....	0%

IF GREATER THAN ZERO, ASK:

30. On the days you undertake these activities, on average how many hours and/or minutes do you spend?

LESS THAN 30 MINUTES, 16%; 30 MINUTES, 24%; 31 TO 60 MINUTES, 29%; 61 TO 120 MINUTES, 19%; OVER 120 MINUTES, 12%.

31. Do you have a garden or yard you maintain at your residence?

YES.....	71%
NO.....	29%
DON'T KNOW/REFUSED.....	0%

IF "YES," ASK:

32. On how many days in a usual week, WEATHER PERMITTING, do you undertake activities in your garden or yard lasting at least ten minutes and taking moderate physical effort, such as sweeping, raking, using a power mower, or using a non-motorized hedge trimmer?

ZERO.....	6%
ONE DAY.....	31%
TWO DAYS.....	26%
THREE DAYS.....	16%
FOUR DAYS.....	7%
FIVE DAYS.....	4%
SIX DAYS.....	1%
SEVEN DAYS.....	8%
DON'T KNOW/REFUSED.....	1%

IF GREATER THAN ZERO, ASK:

33. On the days you undertake these activities, on average how many hours and/or minutes do you spend?

LESS THAN 30 MINUTES, 6%; 30 MINUTES, 13%; 31 TO 60 MINUTES, 40%; 61 TO 120 MINUTES, 29%; OVER 120 MINUTES, 13%.

34. On how many days in a usual week, WEATHER PERMITTING, do you undertake activities in the garden or year which last for at least ten minutes and take vigorous or hard effort, such as chopping wood, digging, or shoveling snow?
- | | |
|-------------------------|-----|
| ZERO..... | 37% |
| ONE DAY..... | 34% |
| TWO DAYS..... | 14% |
| THREE DAYS..... | 6% |
| FOUR DAYS..... | 1% |
| FIVE DAYS..... | 0% |
| SIX DAYS..... | 1% |
| SEVEN DAYS..... | 2% |
| DON'T KNOW/REFUSED..... | 6% |

IF GREATER THAN ZERO, ASK:

35. On the days you undertake these activities, on average how many hours and/or minutes do you spend?

LESS THAN 30 MINUTES, 12%; 30 MINUTES, 27%; 31 TO 60 MINUTES, 38%; 61 TO 120 MINUTES, 17%; OVER 120 MINUTES, 6%.

Now, let's talk about any walking or bicycling you do to go from place to place in a typical week. First, let's talk about walking outside from your home....

36. On how many days in a usual week, WEATHER PERMITTING, do you walk briskly, for at least ten minutes, to go from place to place? Please do not include walking that you do strictly for recreation or as an exercise workout.
- | | |
|-------------------------|-----|
| ZERO..... | 45% |
| ONE DAY..... | 10% |
| TWO DAYS..... | 9% |
| THREE DAYS..... | 10% |
| FOUR DAYS..... | 5% |
| FIVE DAYS..... | 10% |
| SIX DAYS..... | 2% |
| SEVEN DAYS..... | 9% |
| DON'T KNOW/REFUSED..... | 1% |

IF GREATER THAN ZERO, ASK:

37. On the days you walk briskly from place to place, on average how many hours and/or minutes do you spend?

LESS THAN 30 MINUTES, 31%; 30 MINUTES, 27%; 31 TO 60 MINUTES, 32%; 61 TO 120 MINUTES, 7%; OVER 120 MINUTES, 4%.

Now, turning to bicycling....

38. On how many days in a usual week, WEATHER PERMITTING, do you bicycle briskly, for at least ten minutes, to go from place to place for an errand? Again, please do not include bicycling that you do strictly for recreation or as an exercise workout.

ZERO.....	80%
ONE DAY.....	7%
TWO DAYS.....	3%
THREE DAYS.....	3%
FOUR DAYS.....	0%
FIVE DAYS.....	1%
SIX DAYS.....	1%
SEVEN DAYS.....	1%
DON'T KNOW/REFUSED.....	4%

IF GREATER THAN ZERO, ASK:

39. On the days you bicycle briskly from place to place, on average how many hours and/or minutes do you spend?

LESS THAN 30 MINUTES, 16%; 30 MINUTES, 36%; 31 TO 60 MINUTES, 39%; 61 TO 120 MINUTES, 9%.

Now, think about all the activities that you do in your leisure time for recreation or exercise in a usual week. Please do not include any activities we just discussed -- that is, gardening or yard work, walking briskly from place to place, or bicycling briskly from place to place....

40. On how many days in a usual week, WEATHER PERMITTING, do you undertake activities in your leisure time, lasting for at least ten minutes, and taking moderate effort like doubles tennis, easy cycling, recreational basketball, or casual swimming?

ZERO.....	44%
ONE DAY.....	12%
TWO DAYS.....	12%
THREE DAYS.....	12%
FOUR DAYS.....	5%
FIVE DAYS.....	5%
SIX DAYS.....	2%
SEVEN DAYS.....	5%
DON'T KNOW/REFUSED.....	3%

IF GREATER THAN ZERO, ASK:

41. On the days you undertake moderate effort leisure time activities, on average how many hours and/or minutes do you spend?

LESS THAN 30 MINUTES, 8%; 30 MINUTES, 21%; 31 TO 60 MINUTES, 40%; 61 TO 120 MINUTES, 21%; OVER 120 MINUTES, 11%.

42. On how many days in a usual week, WEATHER PERMITTING, do you undertake activities in your leisure time, lasting for at least ten minutes, and taking vigorous or major effort like jogging, fast swimming, speed cycling, or playing high intensity sports like soccer?

ZERO.....	70%
ONE DAY.....	5%
TWO DAYS.....	5%
THREE DAYS.....	7%
FOUR DAYS.....	3%
FIVE DAYS.....	3%
SIX DAYS.....	1%
SEVEN DAYS.....	2%
DON'T KNOW/REFUSED.....	4%

IF GREATER THAN ZERO, ASK:

43. On the days you undertake vigorous or major effort leisure time activities, on average how many hours and/or minutes do you spend?

LESS THAN 30 MINUTES, 8%; 30 MINUTES, 15%; 31 TO 60 MINUTES, 48%; 61 TO 120 MINUTES, 23%; OVER 120 MINUTES, 6%.

Now, just a few more questions for demographic purposes....

44. Approximately how many years have you lived at your present location?

LESS THAN TWO YEARS....	8%
TWO TO FIVE YEARS.....	19%
FIVE TO TEN YEARS.....	21%
TEN TO TWENTY YEARS....	25%
20 TO 30 YEARS.....	16%
OVER THIRTY YEARS.....	12%
DON'T KNOW/REFUSED.....	0%

45.	Which of the following best describes your household: (READ)	SINGLE/NO OTHER.....19%
	A. Single, no other family at home.	SINGLE PARENT.....3%
	B. Single parent with children at home.	MAR/PARTN/CHILDREN....28%
	C. Married or partnered, with children at home.	MAR/PARTN/NO CHILD....47%
	D. Married or partnered with no children or no children at home.	SOMETHING ELSE.....3%
	E. Something else.	DON'T KNOW/REFUSED.....1%

IF 2 OR 3, ASK:

46.	Is any member of your household involved in a youth sports league, outside of school?	YES.....42%
		NO.....58%
		DON'T KNOW/REFUSED.....0%
47.	Is any member of your household involved in an adult sports league?	YES.....20%
		NO.....80%
		DON'T KNOW/REFUSED.....0%
48.	Do you own or rent your present residence?	OWN.....78%
		RENT.....22%
		REFUSED.....0%
49.	Is a language other than English spoken in your home? ("IF YES," ASK:) What is it?	NO.....94%
		SPANISH.....2%
		HMONG.....1%
		RUSSIAN, GERMAN.....3%
50.	Do you have a physical limitation that makes it difficult to access nearby recreational areas?	YES.....13%
		NO.....87%
		DON'T KNOW/REFUSED.....0%
51.	Are you a member of a health club?	YES.....25%
		NO.....75%
		DON'T KNOW/REFUSED.....0%

52.	Which of the following categories represents your ethnicity -- White, African-American, Hispanic-Latino, Asian-Pacific Islander, Native American, or something else? (IF "SOMETHING ELSE," ASK:) What would that be?	WHITE.....90% AFRICAN-AMERICAN.....5% HISPANIC-LATINO.....3% ASIAN-PACIFIC ISLAND...2% NATIVE AMERICAN.....0% SOMETHING ELSE.....0% MIXED/BI-RACIAL.....1% DON'T KNOW.....0% REFUSED.....1%
53.	What is your age, please?	18-24.....3% 25-34.....11% 35-44.....19% 45-54.....24% 55-64.....23% 65 AND OVER.....20% REFUSED.....0%
54.	Gender	MALE.....48% FEMALE.....52%
55.	City/Suburbs	SAINT PAUL.....0% SUBURBAN RAMSEY CO...100%
56.	Area of Residence	ARDEN HILLS.....4% FALCON HEIGHTS.....3% LAUDERDALE.....1% LITTLE CANADA.....4% MAPLEWOOD.....16% MOUNDS VIEW.....6% NEW BRIGHTON.....10% NORTH OAKS.....2% NORTH SAINT PAUL.....5% ROSEVILLE.....15% SAINT ANTHONY.....1% SHOREVIEW.....12% VADNAIS HEIGHTS.....6% WHITE BEAR LAKE.....10% WHITE BEAR TOWNSHIP...5%

Active Living Ramsey County!
2005 Residential Survey

Graphics

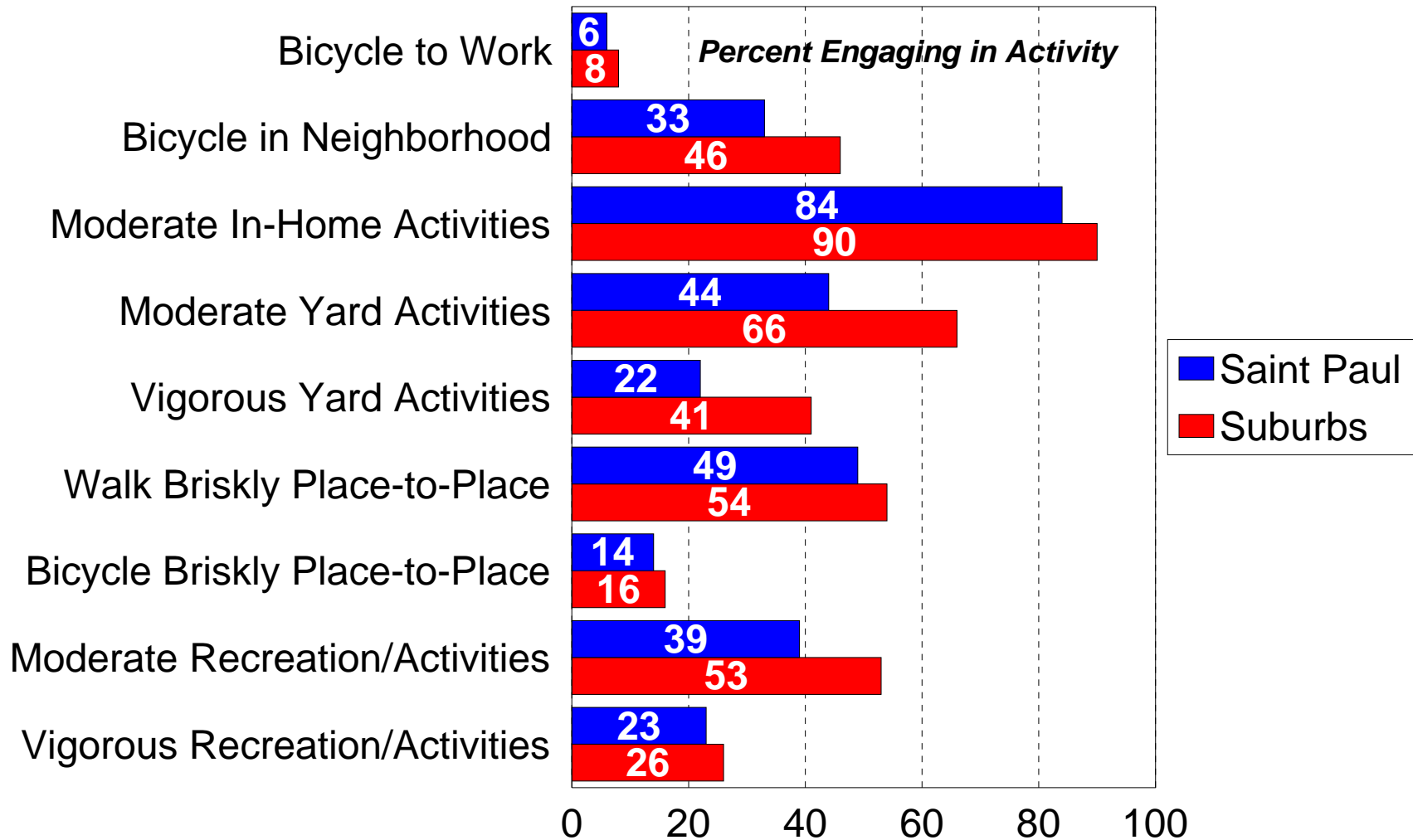
Key Issues and Differences between the City and its Suburbs

2005 Ramsey County Active Communities
Study

Decision Resources, Ltd.

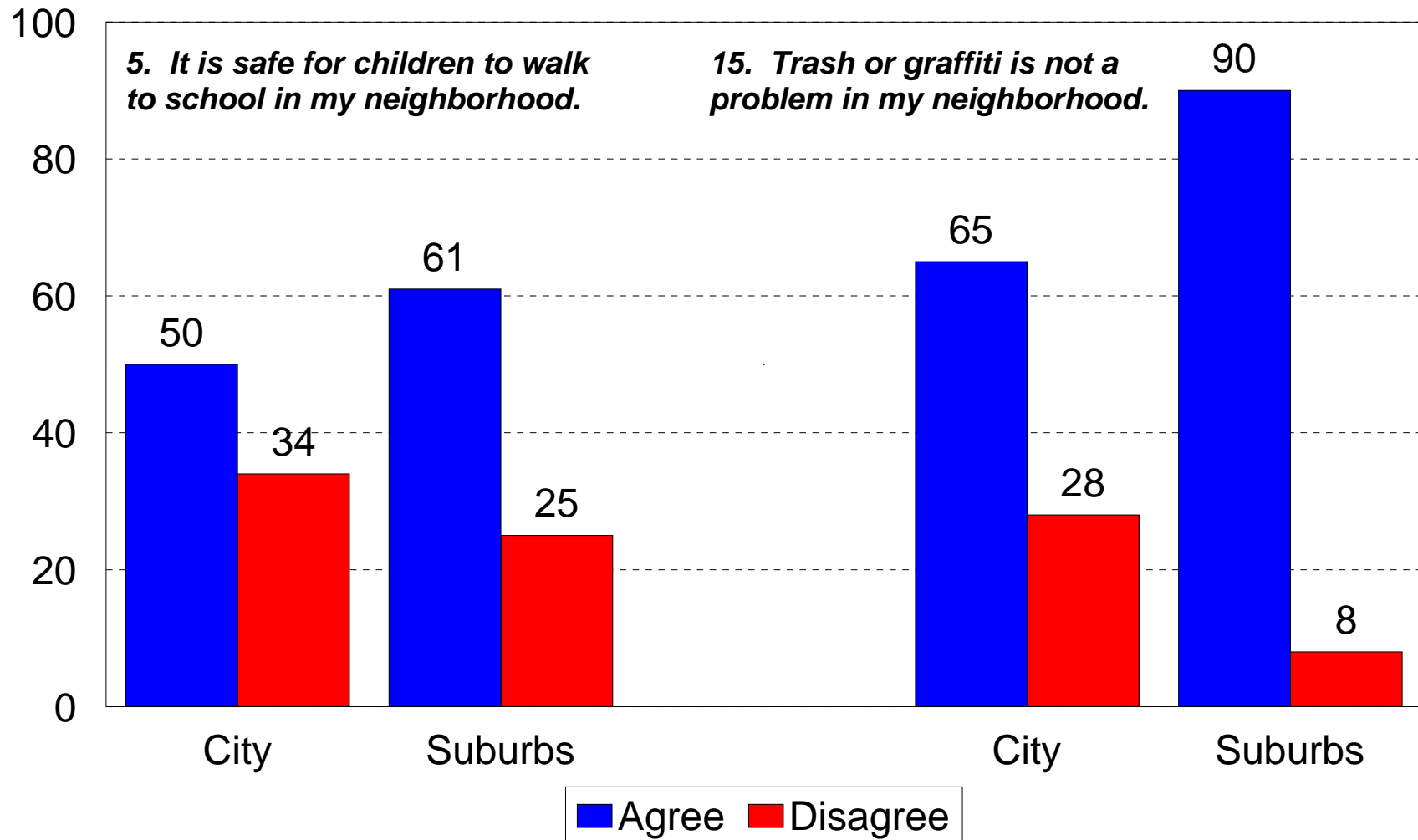
PHYSICAL ACTIVITIES

2005 Ramsey County Active Communities Study



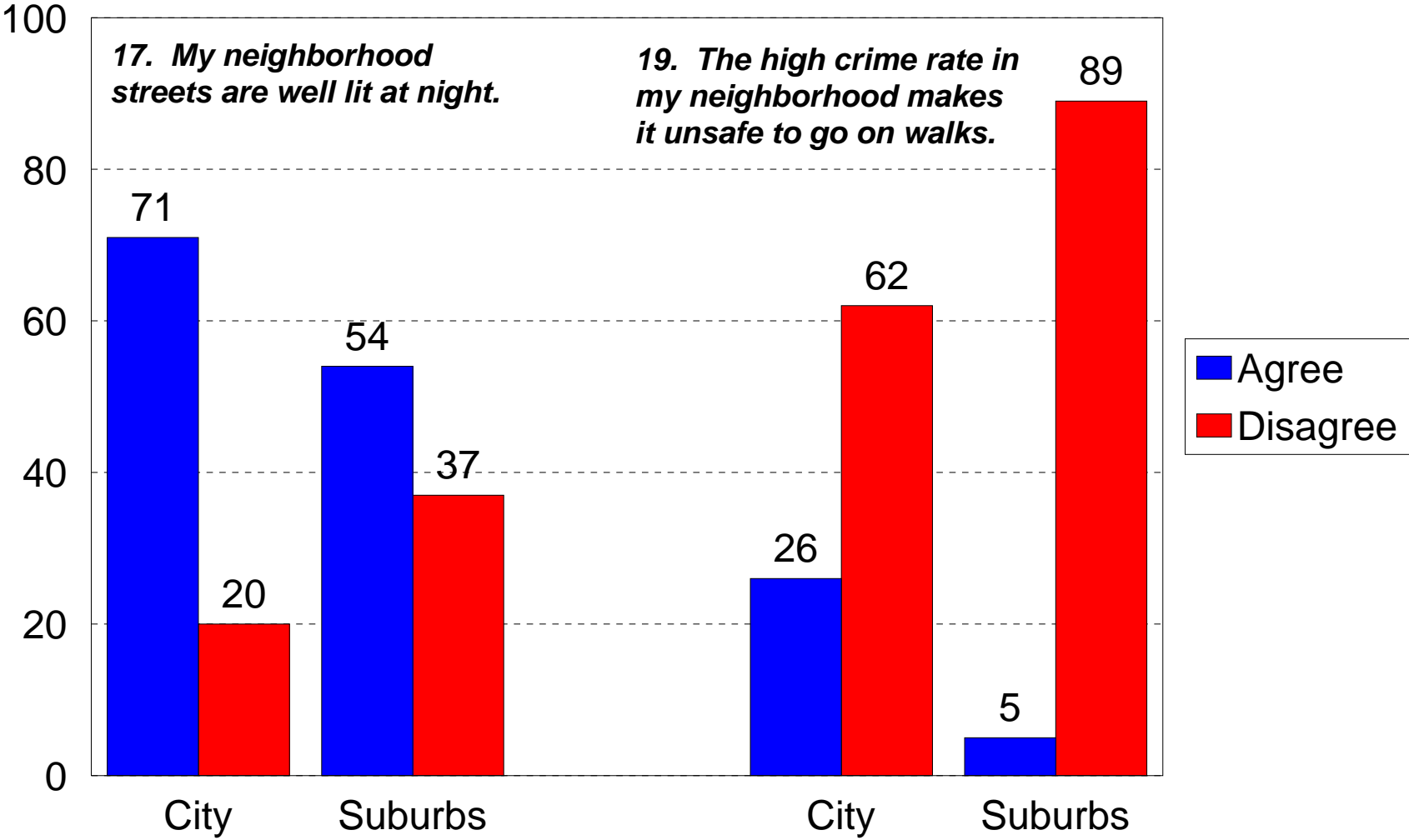
SAFETY ISSUES I

2005 Ramsey County Active Communities Study



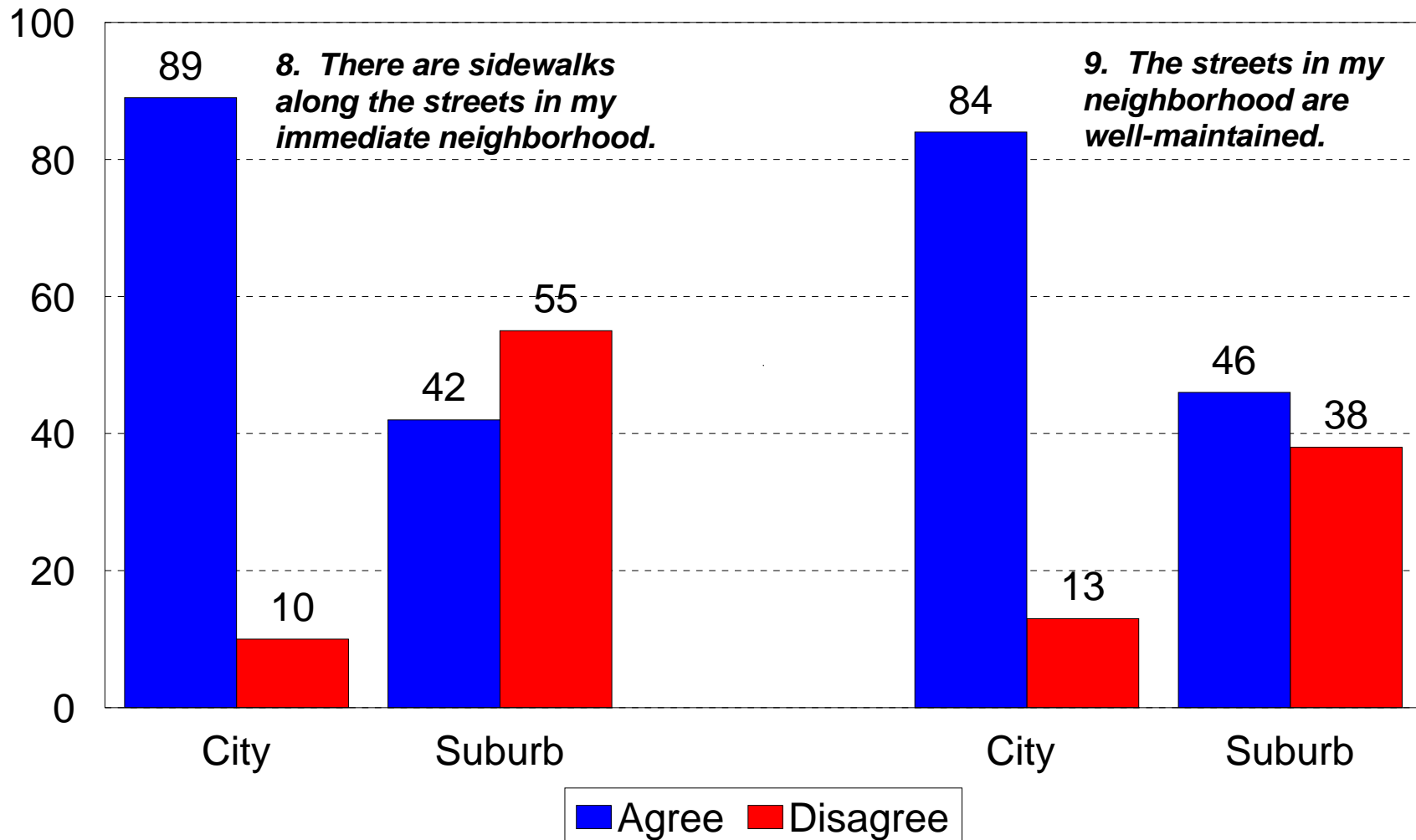
SAFETY ISSUES II

2005 Ramsey County Active Communities Study



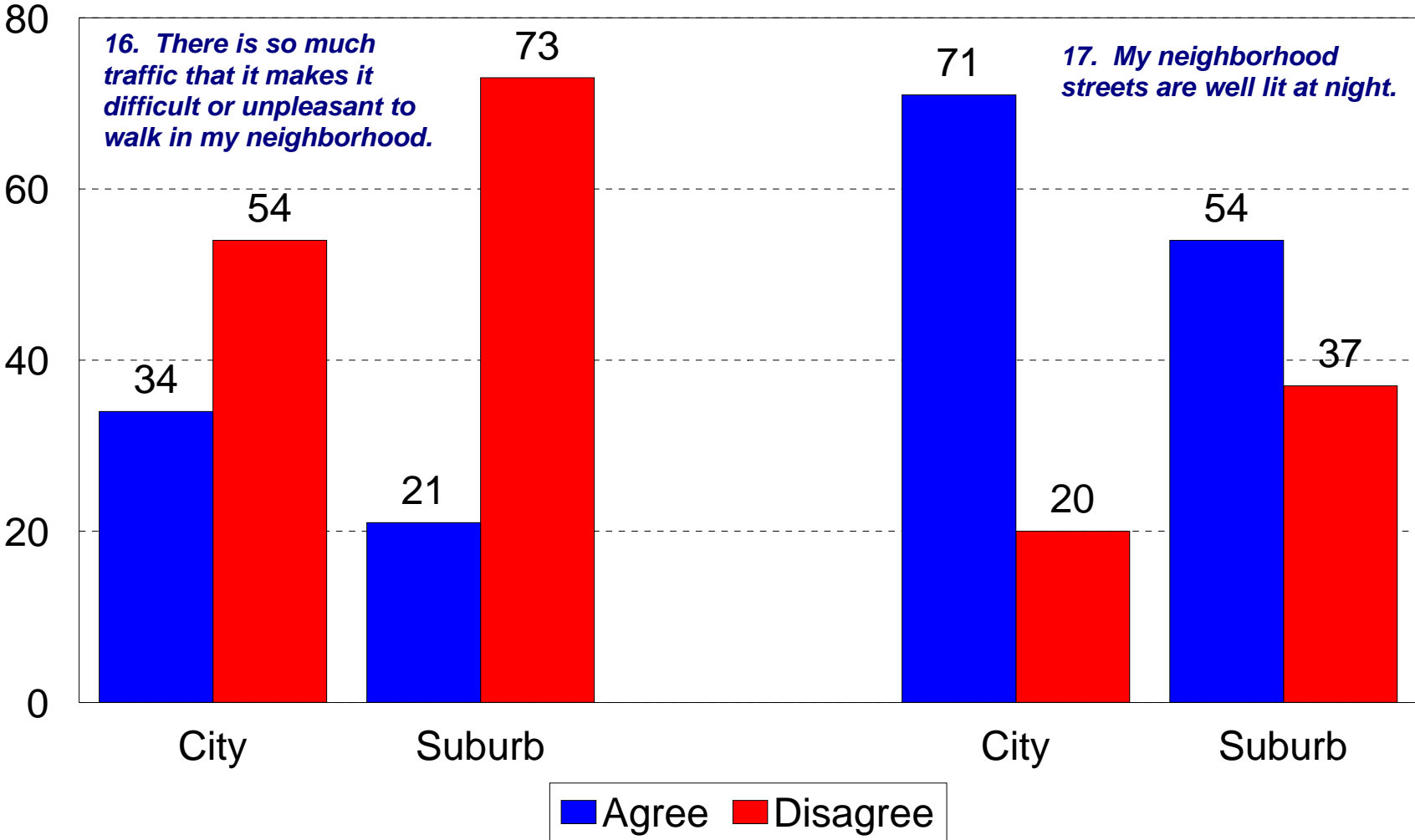
CITY-SUBURBAN DIFFERENCES I

2005 Ramsey County Active Communities Study



CITY-SUBURBAN DIFFERENCES II

2005 Ramsey County Active Communities Study



WAYS TO MAKE WALKING SAFER AND MORE CONVENIENT

2005 Ramsey County Active Communities Study

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

WAYS TO MAKE BICYCLING SAFER AND MORE CONVENIENT

2005 Ramsey County Active Communities Study

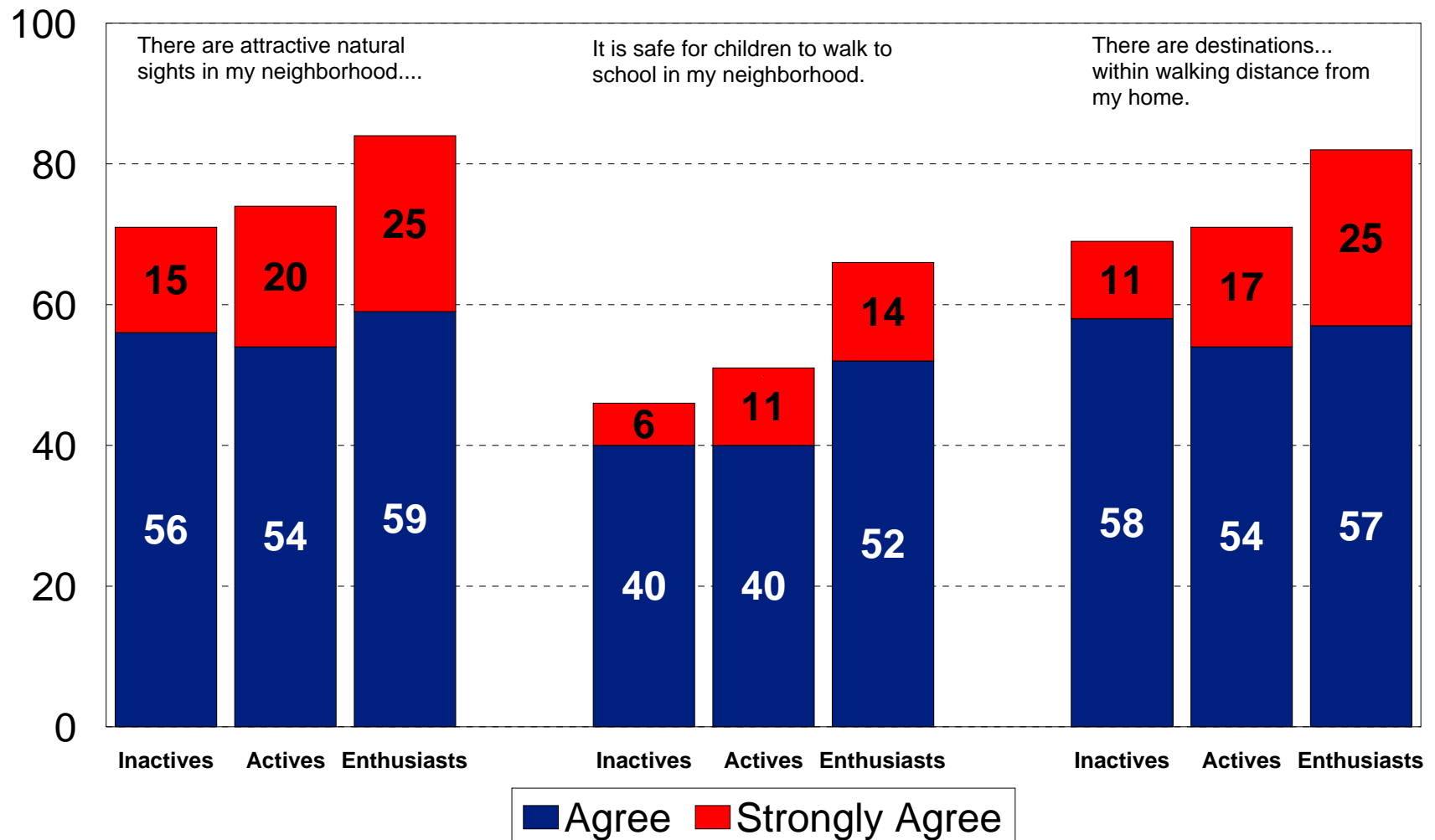
- More Bicycle Lanes on Streets
- Additional Bicycle Trails
- More Traffic Speed Control
- Emphasis on Education and Awareness

Inactivity and Neighborhood Amenities

2005 Ramsey County Active Communities
Study

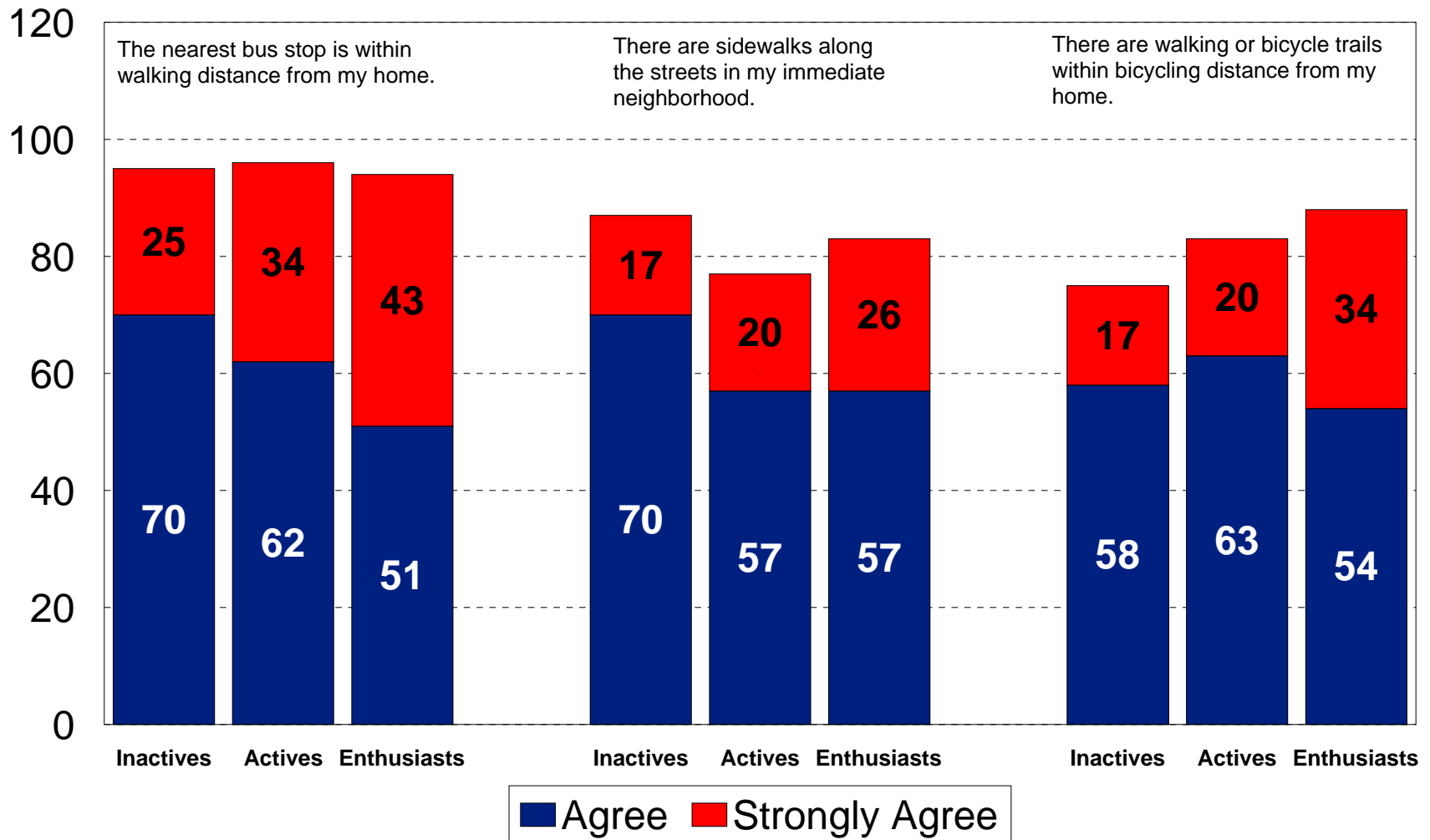
Inactivity and Neighborhood Aspects I

2005 City of Saint Paul Active Communities Study



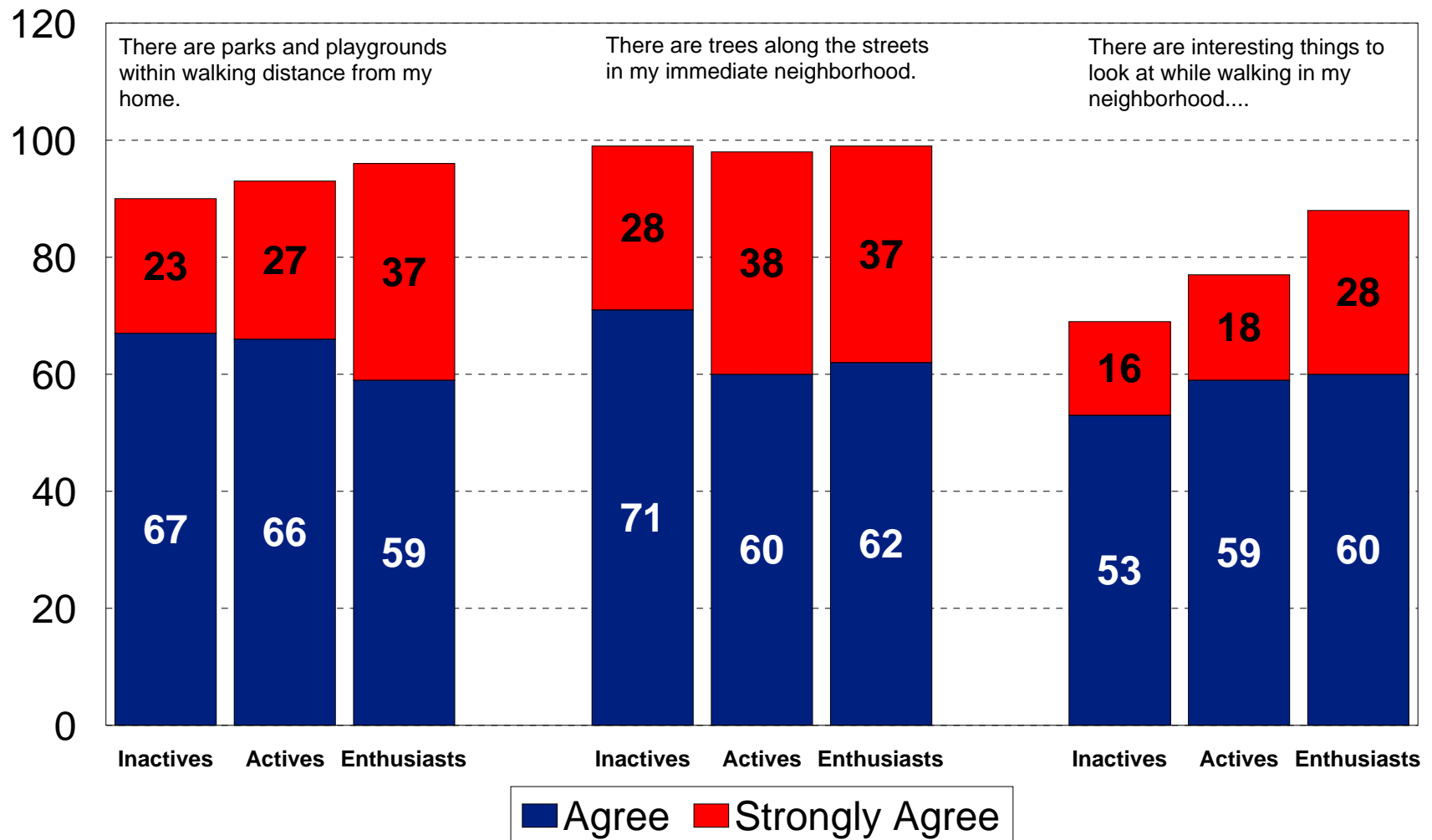
Inactivity and Neighborhood Aspects II

2005 City of Saint Paul Active Communities Study



Inactivity and Neighborhood Aspects III

2005 City of Saint Paul Active Communities Study



Inactivity and Neighborhood Aspects I

2005 Ramsey County Suburbs Active Communities Study

