

Healthy Community Survey

A component of
Healthy Places by Design

Prepared, distributed, collected and analyzed through a partnership between:
The Town of North Kingstown
The West Bay YMCA
Rhode Island Department of Health



North Kingstown Community Survey Summary

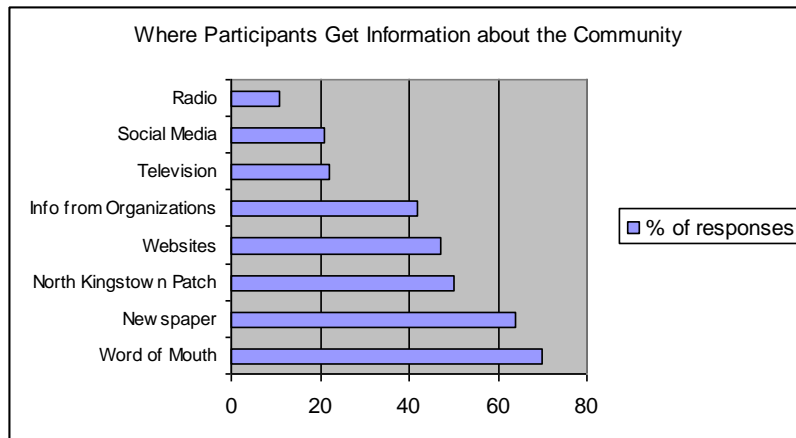
The Town of North Kingstown, working with West Bay Family YMCA and the Rhode Island Department of Health, sought to understand residents' exercise and eating behaviors, attitudes, and beliefs through the administration of a ten-minute survey. The information collected through the survey will be used to develop policies that are supportive of healthy lifestyles as part of the Healthy Places by Design project. Information gathered from survey will be kept anonymous.

Survey Administration and Outreach

- The survey was open for responses from October 7 to 31, 2011.
- 180 complete surveys were returned.
- The survey link was emailed, posted on the project website and in the North Kingstown Patch, and hard copies were distributed in 5 locations across town. A Letter to the Editor was published in the North Kingstown Standard Times. Please see the full report for further details.

Survey Results Summary

Civic Involvement and Community Beliefs

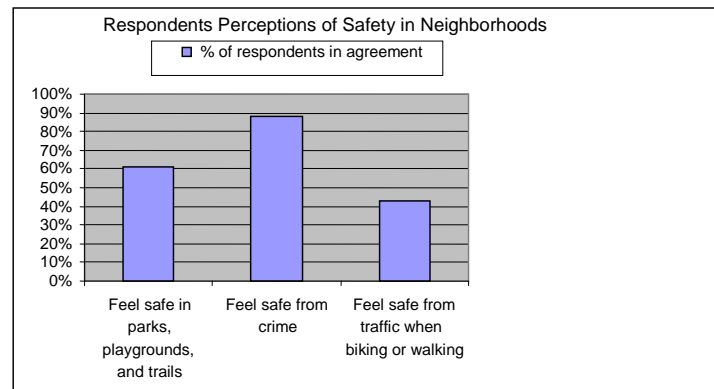


- 67% of respondents have participated in town meetings. 58% in town meetings where the topic was community planning.
- 83% of respondents agree¹ that they would be willing to work with policy makers to make changes to improve access to places to be physically active.
- 96% of respondents agree that their community is a good place for them to live.

- About half of respondents agree that policy makers and city officials listen to residents' concerns and are willing to make positive changes (51%).

Safety and Appearance of Neighborhoods

- 63% of respondents agree there are places to be physically active in their neighborhood
- 46% of respondents disagreed with the statement that parks, playgrounds, and trails are well maintained and that neighborhoods are generally free from litter (19%)
- 44% of respondents agreed that bike trails are easy to access
- 82% disagreed² that there are sidewalks on most of the streets in their neighborhoods and 38% of respondents disagreed that sidewalks were well maintained



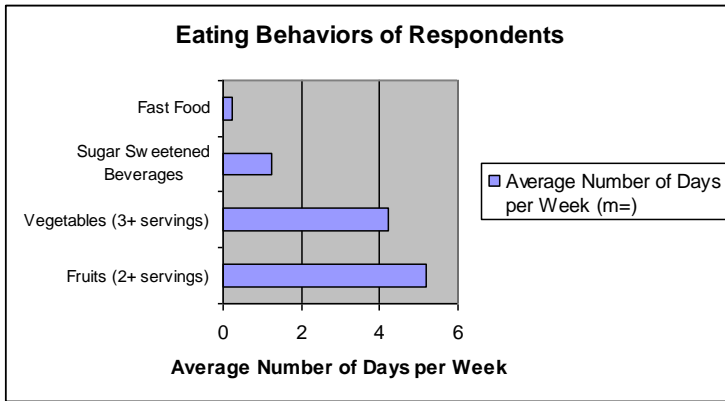
- 72% disagreed that there are places to walk to for services like dry cleaning, groceries, etc.

¹ In this report, agreement includes those who responded either "agree" or "strongly agree".

² In this report, disagreement includes those who responded either "disagree" or "strongly disagree".

Food Behaviors and Access

- 32% of respondents reported there being no store that sells groceries in their neighborhood³.

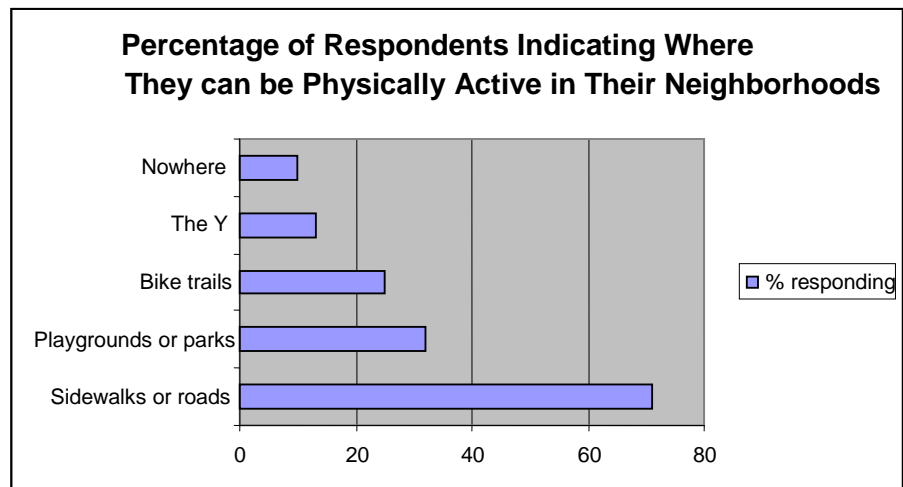


- 52% of respondents report that stores in their neighborhoods *do not* sell fruits and vegetables.
- 74% of respondents get groceries most often from a store outside of their neighborhood but “not too far away”.
- 90% of all respondents go most often to a supermarket and get there by driving (97%).
- 75 (42%) of respondents garden at home and only 1 respondent gardens in a community garden.

- 99% of respondents find fresh fruits and vegetables available to buy at the store they go to most often.
- Respondents find the price of fruits and vegetables to be “moderate” (81%) and the quality “moderate” or “high” (98%).
- 63% of respondents have no barriers to purchasing fresh fruits and vegetables in North Kingstown. 22% find cost to be a barrier. Additional barriers included: lack of convenient farmers’ markets/stands (9%), lack of availability in local stores (4%), low quality in local stores (3%), and dislike of fruits and vegetables themselves (0.5%) or for their families (1%).

Physical Activity Behaviors and Access to Places to be Active

- 88% of survey respondents have exercised for 30 minutes or more at least one day in the past week. Of these responders, 68% exercised for 2.5 hours or more during that week.
- 78% of survey respondents walked or biked for transportation in the past week.
- Barriers to physical activity include: no sidewalks/sidewalks are poorly maintained in my neighborhood (31%), not having time (22%), not having parks or playgrounds in neighborhood (18%), 12% are too tired, and 9% state that “there are no places I want to walk to in my neighborhood.” 30% of respondents report no barriers to being physically active.



³ For this survey, neighborhood is defined as the area within a 10 minute walk (or half mile) from home.

North Kingstown Detailed Survey Results

Survey open: October 7-31, 2011

Total Responses: 199 surveys started, 180 surveys completed

Survey Administration and Outreach

1. Emailed survey link to 2,200 West Bay YMCA families
2. Distributed 50 hard copy surveys to 5 locations in town: North Kingstown Free Library, Davisville Library, West Bay Family YMCA, Beechwood Senior Center, and North Kingstown Town Hall. Additional hard copies (~30) distributed at the Beechwood Senior Center Men's Breakfast
3. Posted the link on the Healthy Places by Design project website, Facebook page, and the North Kingstown Patch
4. Letter to editor in the North Kingstown Standard Times with survey link published

How to Read This Report

1. For each question, the number of respondents who answered the question is represented as "(N=#)". For example, for the question on Neighborhoods, below, N=219, means that 219 people answered that specific question.
2. The number of responses for each answer is depicted as "n=#". For example, in the question below, 48 respondents indicated that they lived in "Wickford", therefore n=48.
3. The percentage of respondents indicating a particular response is represented as (#), just after the response number. The percentage is determined as the proportion of answer responses "n=#", out of the total question respondents "(N=#)". For example, the percentage of respondents who indicated that they live in Wickford in the below question is 22%, or 48 out of 219.
4. For the Demographic questions, the most frequent response is shown in **bold**.
5. Throughout the report, "Agreement" includes those who responded either "Agree" or "Strongly Agree" and "Disagreement" includes those who responded either "Disagree" or "Strongly Disagree".
6. For this survey, neighborhood is defined as the area within a 10 minute walk (or half mile) from home.

Demographics:

*Neighborhoods (N=219)**

1. In North Kingstown but not in any village listed	n=73	(33)
2. Wickford	n=48	(22)
3. Davisville	n=22	(10)
4. Hamilton	n=14	(6)
5. Lafayette	n=13	(6)
6. Saunderstown	n=13	(6)
7. Wickford Junction	n=9	(4)
8. Slocum	n=4	(2)
9. Allenton	n=3	(1)
10. I do not live in North Kingstown	n=20	(9)

*A response of "I do not live in North Kingstown" resulted in ineligibility for responding to the survey, meaning that though 219 people responded to this question, only 199 people were able to submit surveys.

Gender (N=180)

Female	n=122	(67.8)
Male	n=57	(31.7)
Prefer not to answer	n=1	(.56)

Age (N=181)

18 – 30	n=8	(4.4)
31 – 45	n=61	(33.7)
46 – 64	n=80	(44.2)
65+	n=32	(17.7)

Race (N=179)

Non-Hispanic	n=176	(98.3)
Hispanic	n=3	(1.7)

Ethnicity (N=185)

American Indian/Alaskan Native	n=1	(.54)
Asian	n=1	(.54)
Black/African American	n=0	(0)
Native Hawaiian/Pacific Islander	n= 0	(0)
White	n=172	(93)
Other	n= 1	(.54)
Prefer not to answer	n=5	(2.7)

Education (N=181)

High School	n=11	(6.1)
Community College	n=8	(4.4)
Some college	n=21	(11.6)
Bachelor's degree	n=64	(35.4)
Graduate Degree	n=71	(39.2)
Other	n=6	(3.3)

Yearly income (N=177)

Less than \$25,000	n=13	(7.3)
\$25,000 - \$50,000	n=21	(11.9)
\$50,000 - \$75,000	n=18	(10.2)
\$75,000 - \$100,000	n=28	(15.8)
\$100,000 - \$150,000	n=38	(21.5)
\$150,000 or more	n=26	(14.7)
Prefer not to answer	n=33	(18.6)

Additional demographics

Mean # children in household = 1.07

Mean # adults in household = 1.95

99% English spoken most often at home

96% Registered voters

5.1% Food stamp recipients

2.8% WIC recipients

Limitations of this survey

Although attempts were made to distribute the survey as widely as possible (via email, hard copy, etc.), the survey population was a convenience sample. This means that respondents were not randomly chosen and results may differ slightly from the behaviors and attitudes of the town in general. When we compared the survey population to the Census data, we found that the population taking this survey was more educated and had higher incomes than the North Kingstown population as a whole. Also, more women than men took the survey.

Survey Responses:

Civic Involvement and Community Beliefs

- 69% of respondents get information about what is going on in the community by “word of mouth” followed by the newspaper (64%), the North Kingstown Patch (49%), websites (47%) and “information from community organizations” (42%).
- 67% of respondents belong to a social, religious, neighborhood or community organization.
- 122 respondents (67%) have participated in town meetings, and of those respondents, 70 (58%) participated in town meetings where the topic was community planning.
- 83% of respondents agree with the statement “I would be willing to work with my community’s policy makers to make changes to improve access to places to be physically active.” 74% would work to improve access to healthy foods.
- About half of respondents agree that policy makers and city officials listen to residents’ concerns (54%), care about the community’s health (53%), and are willing to make positive changes (51%).
- 96% of respondents agree that their community is a good place for them to live.
- Respondents believe that their neighbors can be counted on to help if someone is destructive to a nearby place (78%) or if someone is physically threatened or injured in their neighborhood (84%).

Safety and Appearance of Neighborhoods

- 113 respondents (63%) agree with the statement that “Besides the streets, there are places to be physically active in my neighborhood.”
- 150 respondents (82%) disagree with the statement that there are sidewalks on most of the streets in their neighborhoods. 38% of respondents disagreed with the statement that sidewalks are well maintained, and 44% of respondents answered “not applicable” likely due to the absence of sidewalks in their respective neighborhoods.
- 81 (44%) of respondents strongly disagreed (72% disagree or strongly disagree) with the statement that there are places to walk to for services like dry cleaning, groceries, post office, or library. 51 respondents (28%) agreed or strongly agreed that there were services available to which to walk.
- 66% of respondents agreed that in their neighborhoods there are attractive outdoor areas, parks, playgrounds, and trails are well maintained (54%), and that their neighborhoods are generally free from litter (81%). However, only 44% of respondents agree that bike trails are easy to get to.
- 61% of respondents feel safe in parks, playgrounds, and trails in their neighborhoods, 88% free safe from *crime* when “walking or riding my bike”. However, only 43% of respondents feel safe from *traffic* when walking or bike riding.

Food Behaviors and Access

- On average, respondents eat 2 or more servings of fruits on 5 days per week (m=5.2 days).
- Respondents on average eat 3 or more servings of vegetables 4 days per week (m=4.2 days).
- Survey respondents eat fast food on average less than one day a week (m=0.25 days) and drink sugar sweetened beverages about 1 day a week (m=1.22 days).
- 32% of respondents reported there being no store that sells groceries in their neighborhood. Where stores that sell groceries are available within respondents’ neighborhoods, the most common types included convenience stores (38%), supermarkets (31%), small markets (13%), farmers’ markets/stands (11%), Walmart (8%), Target (1%).
- 52% of respondents report that stores in their neighborhoods *do not* sell fruits and vegetables.

- 74% of respondents get groceries most often from a store outside of their neighborhood but “not too far away”. 19% get groceries in their neighborhood.
- 90% of all respondents go most often to a supermarket for groceries. The majority of respondents get there by driving (97%).
- 99% of respondents find fresh fruits and vegetables available to buy at the store they go to most often. Most respondents find the price of these fruits and vegetables to be “moderate” (81%) although 15% report the price as “high”. 98% report the quality of fresh fruits and vegetables as “moderate” or “high”.
- 63% of respondents have no barriers to purchasing fresh fruits and vegetables in North Kingstown. 22% find cost to be a barrier. Additional barriers included: lack of convenient farmers’ markets/stands (9%), lack of availability in local stores (4%), low quality in local stores (3%), and dislike of fruits and vegetables themselves (0.5%) or for their families (1%).
- 75 (42%) of respondents garden at home and 1 respondent (.56%) in a community garden.

Physical Activity Behaviors and Access to Places to be Active

- 88% of survey respondents have exercised for 30 minutes or more at least one day in the past week. Of these responders, 68% exercised for 2.5 hours or more during that week.
- 78% of survey respondents walked or biked for transportation in the past week, where only 3% used public transportation.
- 71% of respondents can exercise in their neighborhoods on the sidewalks or roads. 32% of respondents can exercise at playgrounds or parks, on bike trails (25%), and at the YMCA (13%). Almost 10% of respondents feel they cannot exercise anywhere in their neighborhood.
- 39% of respondents exercise outside of their neighborhood compared to respondents who exercise inside their neighborhood (33%) or at home (23%).
- Barriers to physical activity include: no sidewalks/sidewalks are poorly maintained in my neighborhood (31%), not having time (22%), and not having parks or playgrounds in neighborhood (18%). 12% are too tired and 9% state that “there are no places I want to walk to in my neighborhood.”
- 30% of respondents report no barriers to being physically active.