

# Healthy Places by Design, North Kingstown, Rhode Island

Town of North Kingstown and West Bay Family YMCA

## Community Survey Town-wide Assessment

Survey Period: October 7—31, 2011

The Town of North Kingstown, working with West Bay Family YMCA and the Rhode Island Department of Health sought to understand resident's 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 the 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.

## What you told us...Survey Results

### Civic Involvement and Community Beliefs

- 67% of respondents have participated in town meetings, 58% in town meetings where the topic was community planning.
- 83% agree that they would be willing to work with policy makers to make changes to improve access to places to be physically active.
- 96% 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

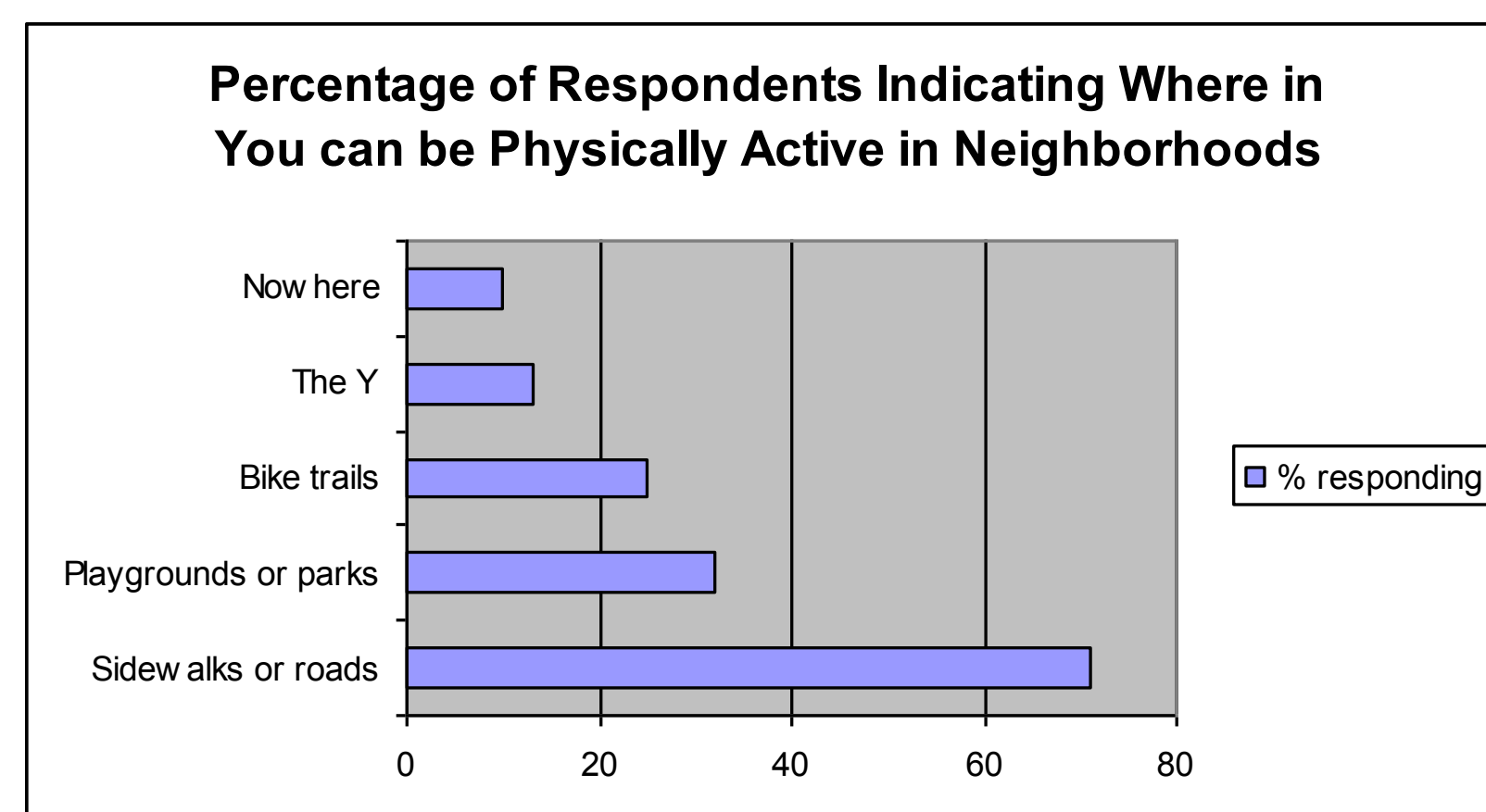
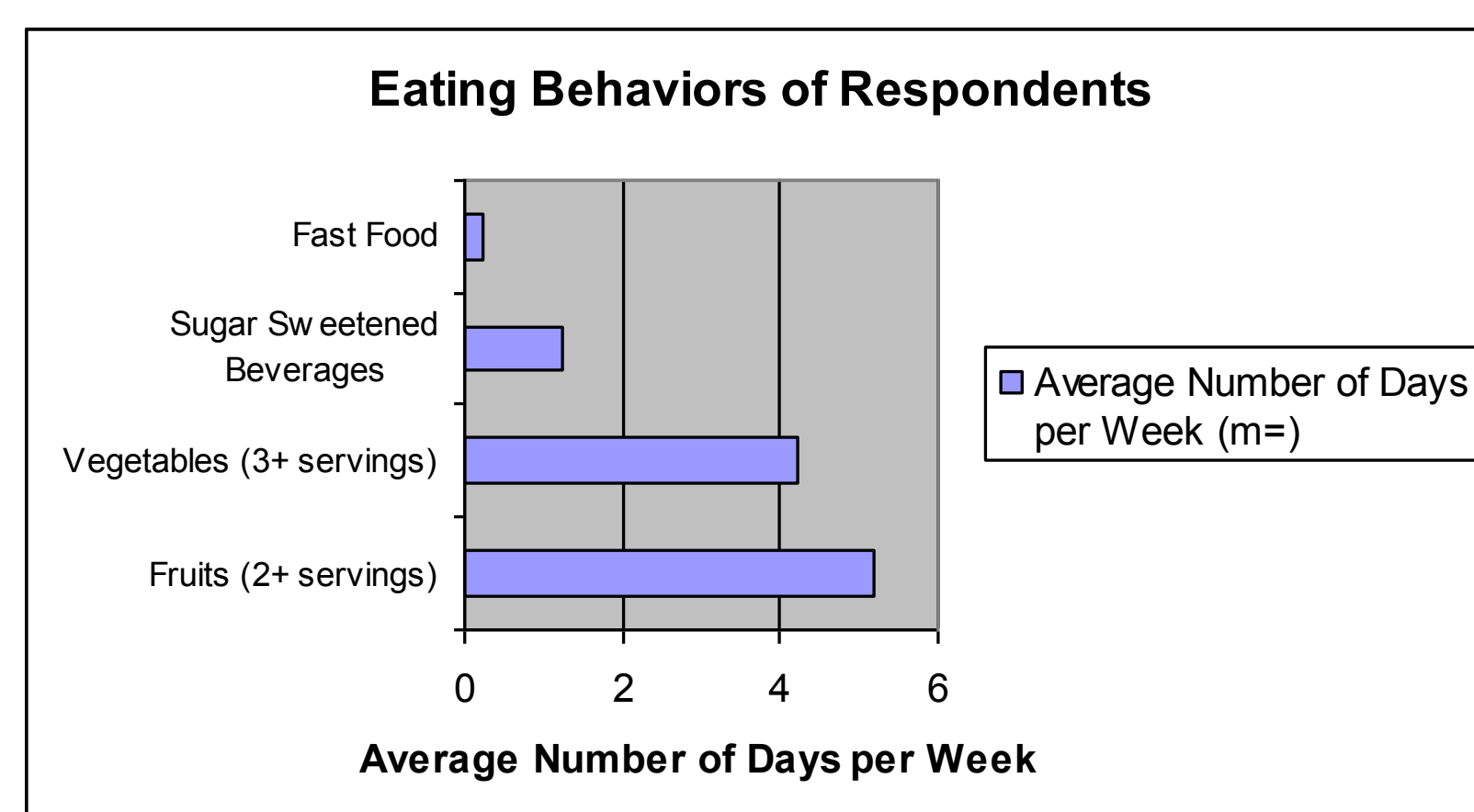
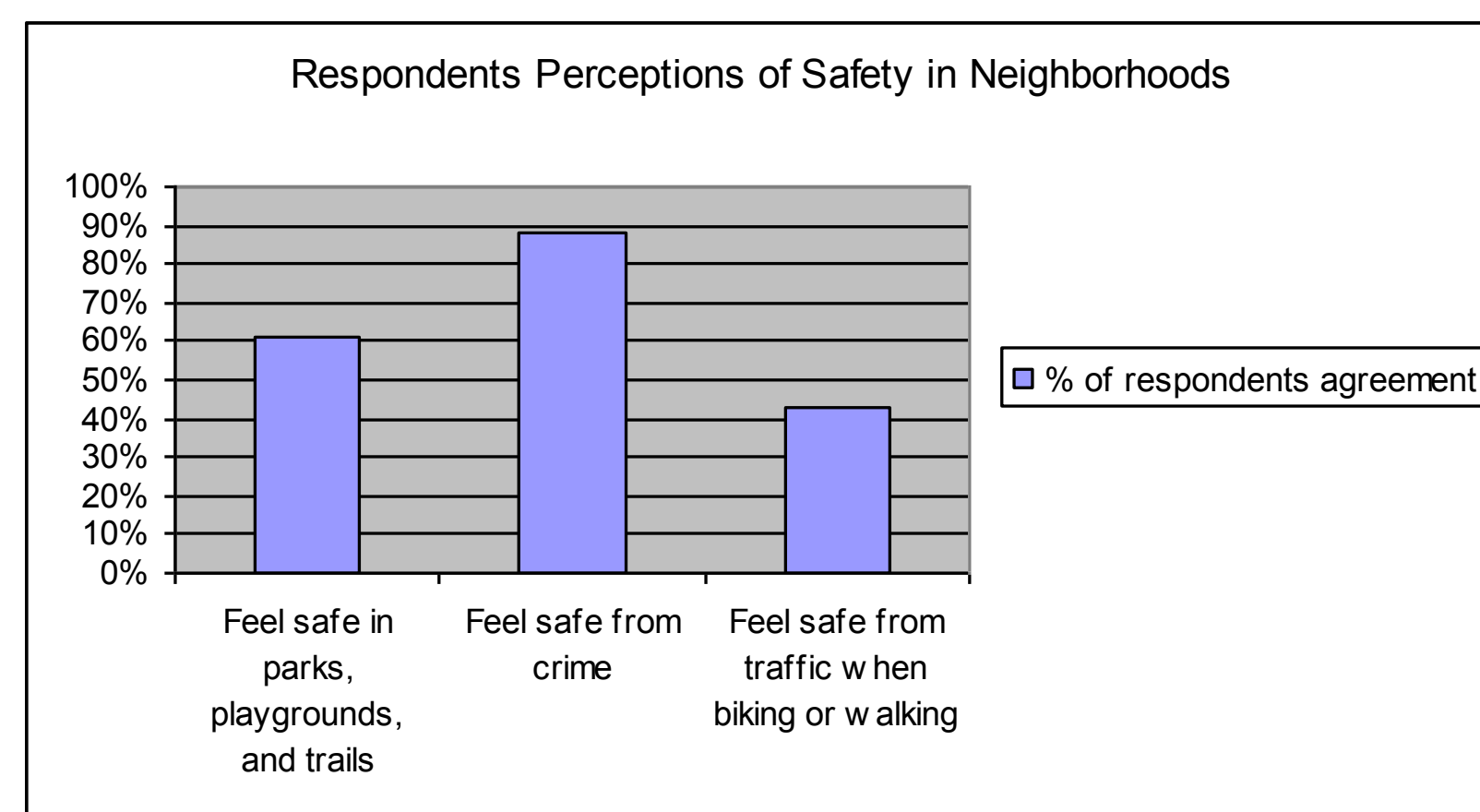
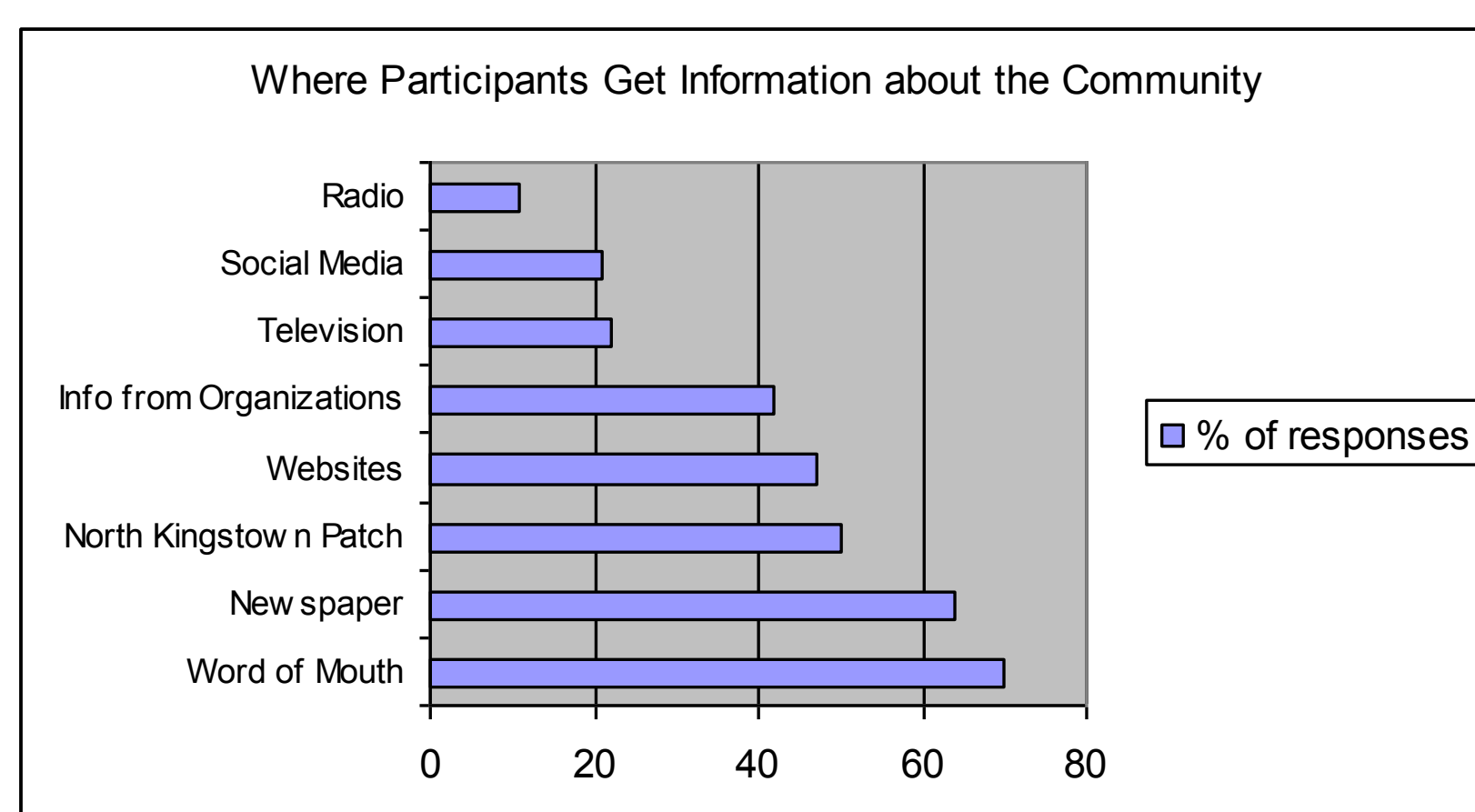
- 63% agree there are places to be physically active in their neighborhood.
- 46% of respondents disagreed that parks, playgrounds, and trails are well maintained and neighborhoods are generally free from litter (19%).
- 44% of respondents agreed that bike trails are easy to access.
- 82% disagreed that 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 for services like dry cleaning, groceries, etc.

### Food Behaviors and Access

- 32% reported there being no store that sells groceries in their neighborhood, while 52% 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.
- 75 (42%) 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%).

### Physical Activity Behaviors Access to Places to be Physically Active

- 88% of respondents have exercised for 30 minutes/more at least one day in the past week. Of these, 68% exercised for 2.5 hours/more during that week.
- 78% of respondents walked/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% report no barriers to being physically active.



North Kingstown  
Rhode Island

