

IPEN-Adult Survey

The following items are the main questions used for the IPEN Adult Study. **Please retain all items**, even if it does not apply for your country. There are a few notes in red about items and response coding. Please feel free to add questions of special interest, and let us know as soon as possible so we can inform other countries who could adopt them. Or, you could work with multiple countries to develop new items for your region. We will post back-translations of each survey for investigators to access.

Questions about your neighborhood

We would like to find out more information about the way that you perceive or think about your neighborhood. Please answer the following questions about your neighborhood and yourself.

Types of homes in your neighborhood

Please circle the answer that best applies to you and your neighborhood. Your neighborhood is the local area around your home, within a 10-15 minute walk in any direction.

N_RD_1. How common are detached single-family residences in your neighborhood?

1	2	3	4	5
None	A few	Some	Most	All

N_RD_2. How common are multi-family houses of 1-3 stories in your neighborhood?

1	2	3	4	5
None	A few	Some	Most	All

N_RD_3. How common are multi-family houses of 4-6 stories in your neighborhood?

1	2	3	4	5
None	A few	Some	Most	All

N_RD_4. How common are multi-family houses of 7-12 stories in your neighborhood?

1	2	3	4	5
None	A few	Some	Most	All

N_RD_5. How common are multi-family houses of 13-20 stories in your neighborhood?

1	2	3	4	5
None	A few	Some	Most	All

N_RD_6. How common are multi-family houses of over 20 stories in your neighborhood?

1	2	3	4	5
None	A few	Some	Most	All

Stores, facilities, and other things in your neighborhood

About how long would it take to get from your home to the nearest businesses or facilities listed below if you walked to them? Please put only one check mark (√) for each business or facility.

Note: Response codes
 1=31+ min, 2=21-30 min, 3=11-20 min,
 4=6-10 min, 5=1-5 min, -888=Don't know,
 LUD_19 -777=Not applicable

	Minutes to walk from your home					
	1-5 min	6-10 min	11-20 min	21-30 min	31+ min	Don't know
Example: Gas Station		√				
LUD_1: Convenience or small grocery store						
LUD_2: Supermarket						
LUD_3: Hardware store						
LUD_4: Fruit/vegetable market						
LUD_5: Laundry/dry cleaners						
LUD_6: Clothing store						
LUD_7: Post office						
LUD_8: Library						
LUD_9: Elementary school						
LUD_10: Other school						
LUD_11: Bookstore						
LUD_12: Fast food restaurant						
LUD_13: Coffee place						
LUD_14: Bank/credit union						
LUD_15: Non-fast food restaurant						
LUD_16: Video store						
LUD_17: Pharmacy/drug store						

LUD_18: Salon/barber shop						
LUD_19: Your job or school (check here if Not applicable _____)						
LUD_20: Bus or train stop						
LUD_21: Park						
LUD_22: Recreation center						
LUD_23: Gym or fitness facility						

Access to services

Please circle the answer that best applies to you and your neighborhood. both local and within walking distance mean within a 10-15 minute walk from your home.

N_LA_1: I can do most of my shopping at local stores.

1	2	3	4
strongly disagree	somewhat disagree	somewhat agree	strongly agree

N_LA_2: Stores are within easy walking distance of my home

1	2	3	4
strongly disagree	somewhat disagree	somewhat agree	strongly agree

N_LA_3: There are many places to go within easy walking distance of my home.

1	2	3	4
strongly disagree	somewhat disagree	somewhat agree	strongly agree

N_LA_4: It is easy to walk to a transit stop (bus, train) from my home.

1	2	3	4
strongly disagree	somewhat disagree	somewhat agree	strongly agree

N_SI_1: Parking is difficult in local shopping areas.

1	2	3	4
strongly disagree	somewhat disagree	somewhat agree	strongly agree

N_SI_3: The streets in my neighborhood are hilly, making my neighborhood difficult to walk in.

1	2	3	4
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strongly
disagree

somewhat
disagree

somewhat
agree

strongly
agree

N_SI_4_wording2: There are major barriers to walking in my neighborhood that make it hard to get from place to place (for example, freeways, railway lines, rivers, canyons, hillsides).

1

2

3

4

strongly
disagree

somewhat
disagree

somewhat
agree

strongly
agree

Note N_SI_4_wording2 uses alternate wording from Original NEWS item.

Streets in my neighborhood

Please circle the answer that best applies to you and your neighborhood.

N_SC_1: The distance between intersections in my neighborhood is usually short (100 yards or less; the length of a football field or less).

1

2

3

4

strongly
disagree

somewhat
disagree

somewhat
agree

strongly
agree

N_SC_2: There are many four-way intersections in my neighborhood.

1

2

3

4

strongly
disagree

somewhat
disagree

somewhat
agree

strongly
agree

N_SC_3: There are many alternative routes for getting from place to place in my neighborhood (I don't have to go the same way every time).

1

2

3

4

strongly
disagree

somewhat
disagree

somewhat
agree

strongly
agree

N_SI_2: The streets in my neighborhood do not have many cul-de-sacs (dead-end streets).

1

2

3

4

strongly
disagree

somewhat
disagree

somewhat
agree

strongly
agree

Places for walking and cycling

Please circle the answer that best applies to you and your neighborhood.

N_IS_1: There are sidewalks on most of the streets in my neighborhood.

1

2

3

4

strongly
disagree

somewhat
disagree

somewhat
agree

strongly
agree

N_IS_2: The sidewalks in my neighborhood are well maintained (paved, even, and not a lot of cracks).

1

2

3

4

strongly
disagree

somewhat
disagree

somewhat
agree

strongly
agree

N_IS_3: There are bicycle or pedestrian trails in or near my neighborhood that are easy to get to.

1	2	3	4
strongly disagree	somewhat disagree	somewhat agree	strongly agree

N_IS_4: Sidewalks are separated from the road/traffic in my neighborhood by parked cars.

1	2	3	4
strongly disagree	somewhat disagree	somewhat agree	strongly agree

N_IS_5: There is a grass/dirt strip that separates the streets from the sidewalks in my neighborhood.

1	2	3	4
strongly disagree	somewhat disagree	somewhat agree	strongly agree

N_IS_6: It is safe to ride a bike in or near my neighborhood.

1	2	3	4
strongly disagree	somewhat disagree	somewhat agree	strongly agree

N_IS_7: My neighborhood streets are well lit at night.

1	2	3	4
strongly disagree	somewhat disagree	somewhat agree	strongly agree

N_IS_8: Walkers and bikers on the streets in my neighborhood can be easily seen by people in their homes.

1	2	3	4
strongly disagree	somewhat disagree	somewhat agree	strongly agree

N_IS_9: There are crosswalks and pedestrian signals to help walkers cross busy streets in my neighborhood.

1	2	3	4
strongly disagree	somewhat disagree	somewhat agree	strongly agree

N_IS_10: The crosswalks in my neighborhood help walkers feel safe crossing busy streets.

1	2	3	4
strongly disagree	somewhat disagree	somewhat agree	strongly agree

N_SI_5: I see and speak to other people when I am walking in my neighborhood.

1	2	3	4
strongly disagree	somewhat disagree	somewhat agree	strongly agree

Neighborhood surroundings

Please circle the answer that best applies to you and your neighborhood.

N_AE_1: There are trees along the streets in my neighborhood.

1	2	3	4
strongly disagree	somewhat disagree	somewhat agree	strongly agree

N_AE_2: Trees give shade for the sidewalks in my neighborhood.

1	2	3	4
strongly disagree	somewhat disagree	somewhat agree	strongly agree

N_AE_3: There are many interesting things to look at while walking in my neighborhood.

1	2	3	4
strongly disagree	somewhat disagree	somewhat agree	strongly agree

N_AE_4: My neighborhood is generally free from litter.

1	2	3	4
strongly disagree	somewhat disagree	somewhat agree	strongly agree

N_AE_5: There are many attractive natural sights in my neighborhood (such as landscaping, views).

1	2	3	4
strongly disagree	somewhat disagree	somewhat agree	strongly agree

N_AE_6: There are attractive buildings/homes in my neighborhood.

1	2	3	4
strongly disagree	somewhat disagree	somewhat agree	strongly agree

Traffic safety

Please circle the answer that best applies to you and your neighborhood.

N_TH_1: There is so much traffic along the street I live on that it makes it difficult or unpleasant to walk in my neighborhood.

1	2	3	4
strongly disagree	somewhat disagree	somewhat agree	strongly agree

N_TH_2: There is so much traffic along nearby streets that it makes it difficult or unpleasant to walk in my neighborhood.

1	2	3	4
strongly disagree	somewhat disagree	somewhat agree	strongly agree

N_TH_3: The speed of traffic on the street I live on is usually slow (30 mph or less).

1	2	3	4
strongly	somewhat	somewhat	strongly

	disagree	disagree	agree	agree
N_TH_4: The speed of traffic on most nearby streets is usually slow (30 mph or less).	1	2	3	4
	strongly disagree	somewhat disagree	somewhat agree	strongly agree
N_TH_5: Most drivers exceed the posted speed limits while driving in my neighborhood.	1	2	3	4
	strongly disagree	somewhat disagree	somewhat agree	strongly agree
N_TH_6: When walking in my neighborhood there are a lot of exhaust fumes (such as from cars, buses).	1	2	3	4
	strongly disagree	somewhat disagree	somewhat agree	strongly agree

Crime safety

Please circle the answer that best applies to you and your neighborhood.

N_CR_1: There is a high crime rate in my neighborhood.	1	2	3	4
	strongly disagree	somewhat disagree	somewhat agree	strongly agree
N_CR_2: The crime rate in my neighborhood makes it unsafe to go on walks during the day.	1	2	3	4
	strongly disagree	somewhat disagree	somewhat agree	strongly agree
N_CR_3: The crime rate in my neighborhood makes it unsafe to go on walks at night.	1	2	3	4
	strongly disagree	somewhat disagree	somewhat agree	strongly agree
N_CR_4: My neighborhood is safe enough so that I would let a 10-year-old boy walk around my block alone in the daytime.	1	2	3	4
	strongly disagree	somewhat disagree	somewhat agree	strongly agree

Your Physical Activity

*We are interested in finding out about the kinds of physical activities that people do as part of their everyday lives. The questions are about the time you spent being physically active in the **last 7 days**. They include questions about activities you do at work, as part of your house and yard work, to get from place to place, and in your spare time for recreation, exercise or sport. Your answers are important.*

Please answer each question even if you do not consider yourself to be an active person.

Job-related physical activity

The first section is about your work. This includes paid jobs, farming, volunteer work, course work and any other unpaid work that you did outside your home. Do not include unpaid work you might do around your home, like housework, yard work, general maintenance, and caring for your family. These are asked in a later section: **Housework, house maintenance and caring for family.**

I_JOB_1: Do you currently have a job or do any unpaid work outside your home?

1. Yes
0. No [If No, go to the next section: **Transportation physical activity**]

The next questions are about all the physical activity you did in the **last 7 days** as part of your paid or unpaid work. This does not include traveling to and from work.

I_JOB_2: During the last 7 days, on how many days did you do vigorous physical activities like heavy lifting, digging, heavy construction, or climbing up stairs as part of your work? Think about *only* those physical activities that you did for at least 10 minutes at a time.

_____ **days per week** or **none** [If none, go to question I_JOB_4]

I_JOB_3: How much time did you usually spend **on ONE of those days** doing vigorous physical activities as part of your work?

_____ **hours** _____ **minutes per day**

I_JOB_4: Again, think about *only* those physical activities that you did for at least 10 minutes at a time. During the last 7 days, on how many days did you do moderate physical activities like carrying light loads as part of your work? Please do not include walking.

_____ **days per week** or **none** [If none, go to I_JOB_6]

I_JOB_5: How much time did you usually spend **on ONE of those days** doing moderate physical activities as part of your work?

_____ **hours** _____ **minutes per day**

I_JOB_6: During the last 7 days, on how many days did you *walk* for at least 10 minutes at a time as part of your work? Please do not count any walking you did to travel to or from work.

_____ **days per week** or **none** [If none, go to the next section: **Transportation physical activity**]

I_JOB_7: How much time did you usually spend **on ONE of those days** walking as part your work?

_____ **hours** _____ **minutes per day**

Transportation Physical Activity

These questions are about how you traveled from place to place, including to places like work, stores, movies and so on.

I_TRA_1: During the last 7 days, on how many days did you travel in a motor vehicle like a train, bus car or tram?

_____ days per week or none [If none, go to I_TRA_3]

I_TRA_2: How much time did you usually spend on **ONE of those days** traveling in a car, bus, train or other kind of motor vehicle?

_____ hours _____ minutes per day

Now think only about the bicycling and walking you might have done to travel to and from work, to do errands, or to go from place to place.

I_TRA_3: During the last 7 days, on how many days did you bicycle for at least 10 minutes at a time to go from place to place?

_____ days per week or none [If none, go to I_TRA_5]

I_TRA_4: How much time did you usually spend on **ONE of those days** to bicycle from place to place?

_____ hours _____ minutes per day

I_TRA_5: During the last 7 days, on how many days did you walk for at least 10 minutes at a time to go from place to place?

_____ days per week or none [If none, go to the next section: **Housework, house maintenance and caring for family**]

I_TRA_6: How much time did you usually spend on **ONE of those days** walking from place to place?

_____ hours _____ minutes per day

Housework, house maintenance and caring for family

This section is about some of the physical activities you might have done in the last 7 days in and around your home, like housework, gardening, yard work, general maintenance work, and caring for your family.

I_HOU_1: Think about only those physical activities that you did for at least 10 minutes at a time. During the last 7 days, on how many days did you do vigorous physical activities like heavy lifting, chopping wood, shoveling snow, or digging in the garden or yard?

_____ days per week or none [If none, go to I_HOU_3]

I_HOU_2: How much time did you usually spend on **ONE of those days** doing vigorous physical activities in the garden or yard?

_____ hours _____ minutes per day

I_HOU_3: Again, think about *only* those physical activities that you did for at least 10 minutes at a time. During the last 7 days, on how many days did you do moderate activities like carrying light loads, sweeping, washing windows, and raking in the garden or yard?

_____ days per week or none [If none, go to I_HOU_5]

I_HOU_4: How much time did you usually spend **on ONE of those days** doing moderate physical activities in the garden or yard?

_____ hours _____ minutes per day

I_HOU_5: Once again, think about *only* those physical activities that you did for at least 10 minutes at a time. During the last 7 days, on how many days did you do moderate activities like carrying light loads, washing windows, scrubbing floors and sweeping inside your home?

_____ days per week or none [If none, go to the next section: **Recreation, sport and leisure-time physical activity**]

I_HOU_6: How much time did you usually spend **on ONE of those days** doing moderate physical activities inside your home?

_____ hours _____ minutes per day

Recreation, sport and leisure-time physical activity

This section is about all the physical activities that you did in the last 7 days solely for

recreation, sport, exercise or leisure. Please do not include any activities you have already mentioned.

I_LEI_1: Not counting any walking you have already mentioned, during the last 7 days, on how many days did you walk for at least 10 minutes at a time in your leisure time?

_____ days per week or none [If none, go to I_LEI_3]

I_LIE_2: How much time did you usually spend **on ONE of those days** walking in your leisure time?

_____ hours _____ minutes per day

I_LEI_3: Think about *only* those physical activities that you did for at least 10 minutes at a time. During the last 7 days, on how many days did you do vigorous physical activities like aerobics, running, fast bicycling, or fast swimming in your leisure time?

_____ days per week or none [If none, go to I_LEI_5]

I_LIE_4: How much time did you usually spend **on ONE of those days** doing vigorous physical activities in your leisure time?

_____ hours _____ minutes per day

I_LEI_5: Again, think about *only* those physical activities that you did for at least 10 minutes at a time. During the last 7 days, on how many days did you do moderate physical activities like bicycling at a regular pace, swimming at a regular pace, and doubles tennis in your leisure time?

_____ days per week or none [If none, go to the next section: **Time spent sitting**]

I_LEI_6: How much time did you usually spend on **ONE of those days** doing moderate physical activities in your leisure time?

_____ hours _____ minutes per day

Time spent sitting

The last questions are about the time you spend sitting while at work, at home, while doing course work and during leisure time. This may include time spent sitting at a desk, visiting friends, reading or sitting or lying down to watch television. Do not include any time spent sitting in a motor vehicle that you have already listed.

I_SIT_1: During the last 7 days, how much time did you usually spend sitting on a weekday?

_____ hours _____ minutes per week day

I_SIT_2: During the last 7 days, how much time did you usually spend sitting on a weekend day?

_____ hours _____ minutes per weekend day

Activity checklist

This part of the survey is about your activities over the past 7 days, not including time you might spend doing these activities at work. There are no right or wrong answers. Please be as accurate and honest as possible.

For each activity listed, answer two questions:

1. On how many days did you do the activity in the past 7 days? If none, put "0".
2. On average, how many minutes did you do the activity on the days that you did it?

LEISURE ACTIVITY	How many days in last 7 days?	On average, how many minutes did you do this activity each day?
1. Computer /Internet for leisure	_____ days Sed_Comp_d_wk	_____ minutes per day Sed_Comp_m_dy
2. Video games	_____ days Sed_Vgam_d_wk	_____ minutes per day Sed_Vgam_m_dy
3. Reading	_____ days Sed_Read_d_wk	_____ minutes per day Sed_Read_m_dy
4. Television or video watching	_____ days Sed_Tele_d_wk	_____ minutes per day Sed_Tele_m_dy
5. Driving or riding in a car	_____ days Sed_Driv_d_wk	_____ minutes per day Sed_Driv_m_dy

Other Information

Quality of life

Please circle one answer.

Psy_QOL_Hlth:1. In general, would you say that your health is:

1. Excellent
2. Very Good
3. Good
4. Fair
5. Poor

Satisfaction with Life Scale

Below are five statements with which you may agree or disagree. Using the 1-7 scale below, indicate your agreement with each item by placing the appropriate number on the line preceding that item.

Please be open and honest in your responding. The 7-point scale is as follows:

- 1 = strongly disagree
- 2 = disagree
- 3 = slightly disagree
- 4 = neither agree nor disagree
- 5 = slightly agree
- 6 = agree
- 7 = strongly agree

- ___ Psy_LifeSat_1: In most ways my life is close to my ideal.
- ___ Psy_LifeSat_2: The conditions of my life are excellent.
- ___ Psy_LifeSat_3: I am satisfied with my life.
- ___ Psy_LifeSat_4: So far I have gotten the important things I want in life.
- ___ Psy_LifeSat_5: If I could live my life over, I would change almost nothing.

Reasons for moving here

Please rate how important each of the following reasons was in your decision to move to your neighborhood. For each reason, please circle a number between 1 and 5, with 1 = not at all important and 5= very important.

	<i>Not at all important</i>		<i>Somewhat important</i>		<i>Very important</i>
ReasMove_1: Affordability/Value	1	2	3	4	5
ReasMove_2: Closeness to open space (e.g. parks)	1	2	3	4	5
ReasMove_3: Closeness to job or school	1	2	3	4	5
ReasMove_4: Closeness to public transportation	1	2	3	4	5
ReasMove_5: Desire for nearby shops and services	1	2	3	4	5
ReasMove_6: Ease of walking	1	2	3	4	5

ReasMove_7: Sense of community	1	2	3	4	5
ReasMove_8: Safety from crime	1	2	3	4	5
ReasMove_9: Quality of schools	1	2	3	4	5
ReasMove_10: Closeness to recreational facilities	1	2	3	4	5
ReasMove_11: Access to freeways	1	2	3	4	5

Demographic information

Please print clearly.

Age_final: Age: _____

Gender_final: Are you:

1. Male
2. Female

ht_cm_final: Height: _____ centimeters

wt_kg_final: Weight: _____ kilograms

educ_3grp_final: What was your highest education level completed? (Please check one).

1. Less than high school or equivalent
2. Completed high school or equivalent
3. More than high school or equivalent

marital_2grp_final: What is your marital status? (Please circle one).

1. Not married, nor living with partner
2. Married/living with partner

Mot_Veh_num_r: How many driveable motor vehicles (cars, trucks, motorcycles) are there at your household? _____