

# Active Living Study for the City of Perham, Minnesota

Results of a September 2010 Survey of Perham Residents

April 2011





## PREFACE

This report, entitled *Active Living Study for the City of Perham, Minnesota*, presents the results of a September 2010 survey of residents of the City of Perham in Otter Tail County, Minnesota.

This study was conducted by the North Dakota State Data Center (NDSDC) on behalf of the Minnesota Statewide Health Improvement Program (SHIP) for Becker, Clay, Otter Tail, and Wilkin counties in Minnesota. Funding for the study was provided through the SHIP grant through the Minnesota Department of Health as part of the 2008 Health Care Reform Legislation in Minnesota. For more information about SHIP, please go to: [www.health.state.mn.us/healthreform/ship/](http://www.health.state.mn.us/healthreform/ship/).

This report, and companion reports about active living in the cities of Detroit Lakes, Dilworth, and Breckenridge, Minnesota, are available on the NDSDC website: [www.ndsu.edu/sdc/publications/research.htm#SHIP-ActiveLiving](http://www.ndsu.edu/sdc/publications/research.htm#SHIP-ActiveLiving).

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# EXECUTIVE SUMMARY

## Introduction

The key objective of this study was for the Minnesota Statewide Health Improvement Program (SHIP) to explore ways in which the City of Perham can create an environment that encourages its residents to become and stay active through choices in their daily routines.

## Study Design and Methodology

The staff at the North Dakota State Data Center worked closely with the SHIP Community Leadership Team and the Perham Active Living Committee to develop the survey instrument. Upon approval from the Minnesota Department of Health, a total of 675 surveys were mailed to a random sample of Perham utility holders. The survey was composed of 23 questions and took approximately 15 minutes to complete. Data collection occurred in September 2010. A total of 209 surveys were returned for a response rate of 31 percent.

Key findings are presented and supplemented with open-ended responses. The findings have been categorized according to the following themes: *Commuting by Foot and by Bicycle, Physical Activity, Perception of Community, Importance of Personal Items, Importance of City and Community Items, Importance of Recreation and Entertainment Items, Recreational Opportunities, and Demographic Characteristics of Respondents*. Appendix Tables representing survey data results have also been included. The survey cover letter and instrument are provided at the end of this report.

## Summary of Survey Results

*Perham residents place high importance on health.*

Most residents say that good personal health is “very important” to them (73 percent) and 61 percent of residents were “very supportive” of required physical education for K through 8<sup>th</sup> grade. The vast majority of residents say they get 30 minutes or more of physical activity at least 2 days a week (87 percent); 39 percent get 30 minutes or more of physical activity 5 to 7 days a week. Most parents participate in some form of physical activity with their children at least once a week (84 percent); 21 percent participate 5 to 7 times a week.

*Perham residents are using sidewalks and trails.*

A majority of residents say that walkable/bikeable destinations are important to them (64 percent). Two-fifths of residents say they get most of their physical activity using city amenities like parks, sidewalks, and trails (38 percent). Most residents use the sidewalks and trails for walking/running (82 percent); two-fifths use them for bicycling.

Residents were asked to prioritize city projects in the context of the budget problems the city is experiencing. On average, residents say that resurfacing the walk/bike path; linking the bike path to areas such as the school, hospital, or Krauss Park; and extending the walk/bike path to loop around Paul Miller Park are seen as moderately important projects.

*Perham residents say sidewalks are important to them.*

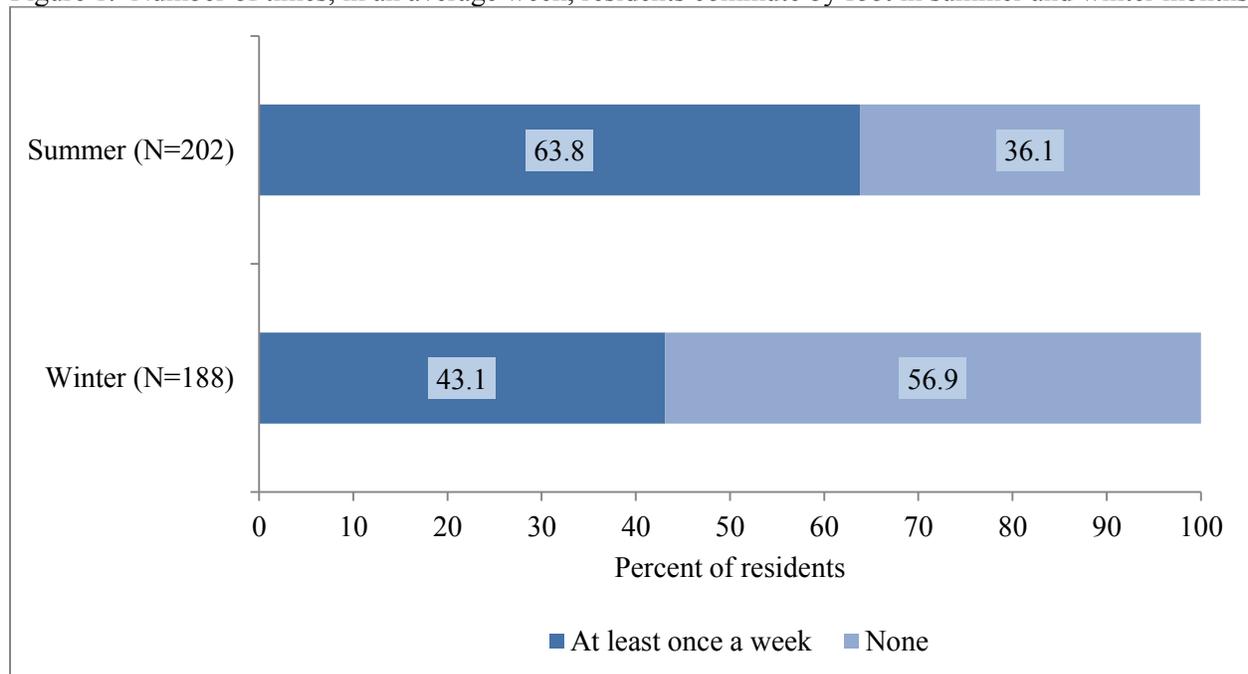
Most residents say that sidewalk maintenance (78 percent) and sidewalk winter care (75 percent) are important to them. On average, residents are moderately satisfied with the number and quality of sidewalks in Perham.

# SURVEY RESULTS

## Commuting by Foot and by Bicycle

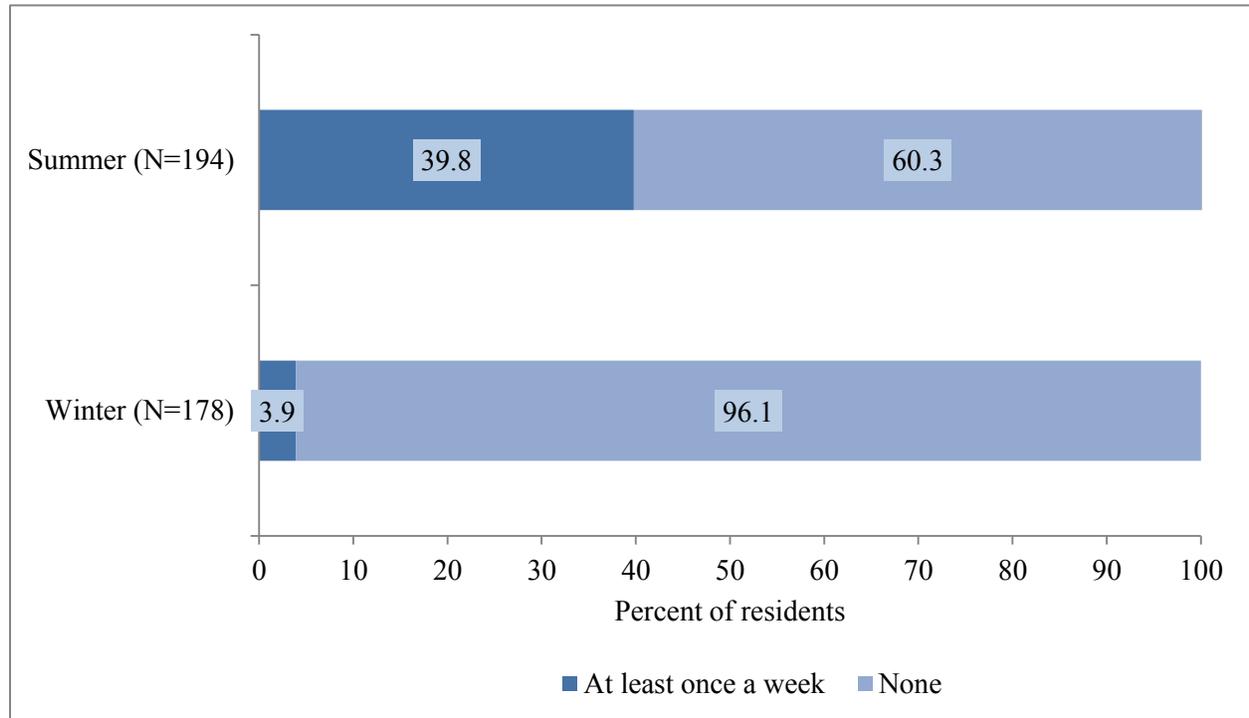
- Commuting activities include going to work/school, going shopping, taking a child to daycare or to school, or running errands. Residents were asked how many times, in an average week, they commute (entirely or partially) by foot and by bicycle, in both summer and winter months (Figures 1 and 2).
- Commuting by foot (*Figure 1, Appendix Table 1*)
  - Nearly two-thirds of residents said they commute by foot at least once a week in summer months (63.8 percent); 19.3 percent said they commute six or more times.
  - Two out of five residents said they commute by foot at least once a week in winter months (43.1 percent); 8.0 percent said they commute six or more times.

Figure 1. Number of times, in an average week, residents commute by foot in summer and winter months



- Commuting by bicycle (*Figure 2, Appendix Table 2*)
  - Two out of five residents said they commute by bicycle at least once a week in summer months (39.8 percent); 12.4 percent commute six or more times.
  - Four percent of residents said they commute by bicycle at least once a week in winter months (3.9 percent); 1.1 percent commute six or more times.

Figure 2. Number of times, in an average week, residents commute by bicycle in summer and winter months



- Residents were asked what destinations they would travel to, by walking or by riding a bicycle, if the destinations were within 15 minutes (*Table 1, Appendix Table 3*).
  - By walking: Residents were most likely to indicate that they walk to neighborhood retail establishments and restaurants, followed by the post office/public library/city government office and parks (59.3 percent, 56.0 percent, and 52.6 percent, respectively).
  - By riding a bicycle: Residents were most likely to report that they ride a bicycle to parks, followed by the post office/public library/city government office and the community/recreation center (34.0 percent, 32.1 percent, and 30.6 percent, respectively).
  - Other destinations that residents mentioned were the dentist, Senior Center, and the golf course. One resident said that all the listed destinations are within 15 minutes of walking or bicycling, but they usually drive. See Appendix Table 3 for a complete list.

Table 1. Destinations residents would travel to if they were within 15 minutes by mode of transportation

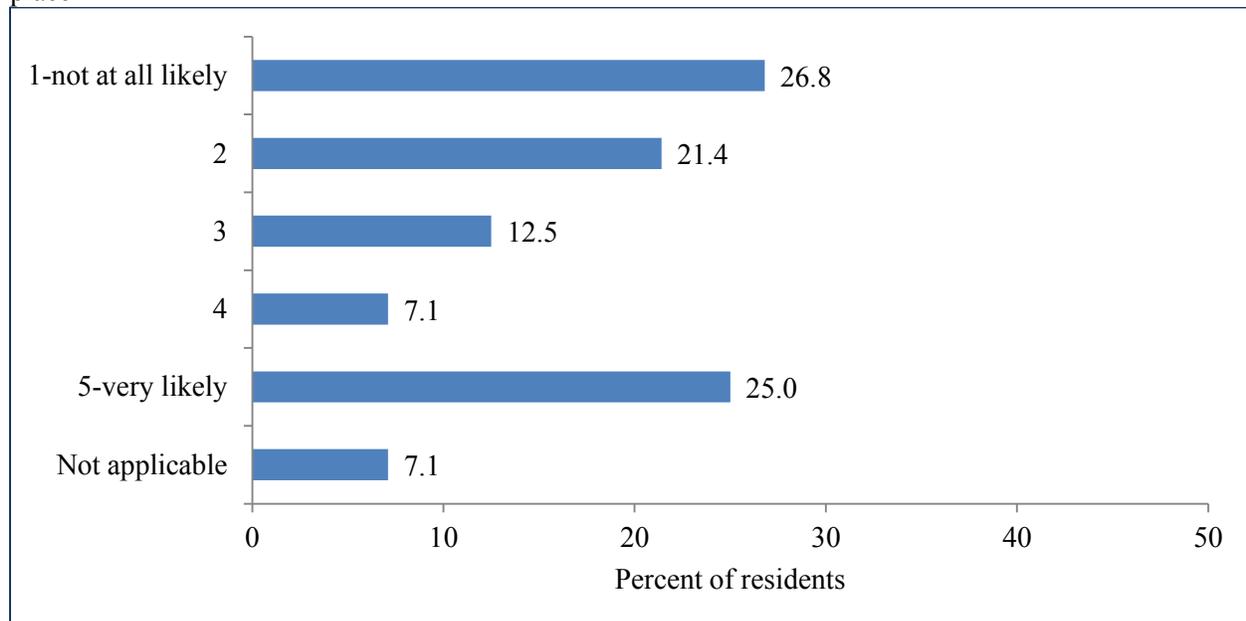
Destinations	Percent of residents by mode of transportation* (N=209)		
	Walking	Riding a bicycle	I would not do either
Community/recreation center	43.5	30.6	35.4
Neighborhood retail and restaurants	59.3	21.1	29.7
Post office/public library/city government office	56.0	32.1	23.9
Parks	52.6	34.0	27.3
Medical facility	35.4	16.3	49.8
Your work place/volunteer site	35.4	27.8	41.1
Your school or your children's school	26.3	12.4	48.3
Your place of worship	41.1	10.0	44.0
Other**	4.3	1.9	12.9

\*Percentages do not total 100.0 due to multiple responses.

\*\*See Appendix Table 3 for a list of "other" destinations.

- Residents who indicated that they are the parent or primary caregiver of a child or children 18 years of age or younger were asked how likely their child(ren) would be to walk or ride bicycle to school if safety supports were in place, such as crossing guards, safety patrol, continuous sidewalks, or a walking school bus (Figure 3, Appendix Table 4).
  - On average, residents said their child(ren) would be somewhat likely to walk or ride their bicycle to school if safety supports were in place (mean=2.81). One-fourth of residents said their child(ren) would be "very likely" (25.0 percent).

Figure 3. Of residents who are the parent or primary caregiver of a child or children 18 years of age or younger, likelihood the residents' children would walk or ride bicycle to school if safety supports were in place



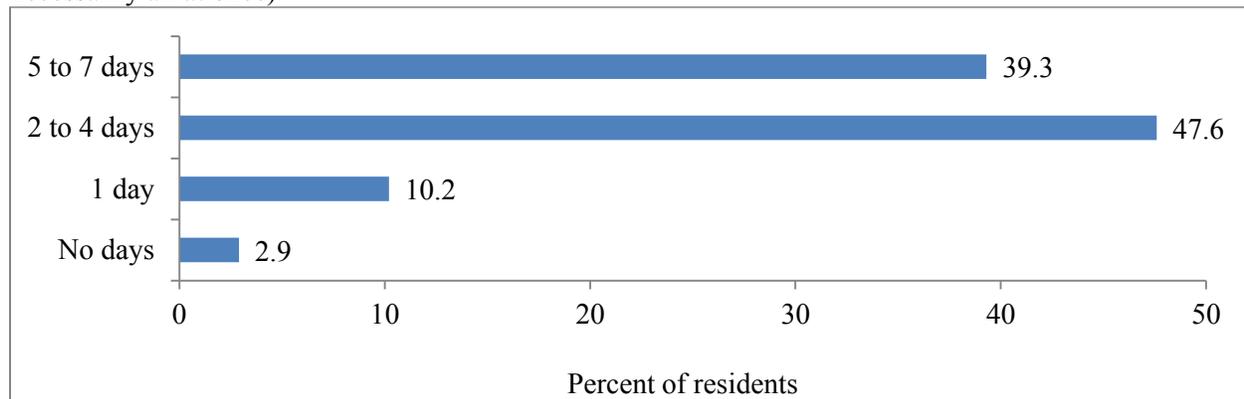
N=56

Mean=2.81 and excludes "not applicable."

## Physical Activity

- Residents were asked how many days, in an average week, they get at least 30 minutes of physical activity (not necessarily all at once) (*Figure 4, Appendix Table 5*).
  - The vast majority of residents reported that they get at least 30 minutes of exercise at least one day a week (97.1 percent).
  - Two-fifths of residents indicated that they get at least 30 minutes of exercise 5 to 7 days a week (39.3 percent).

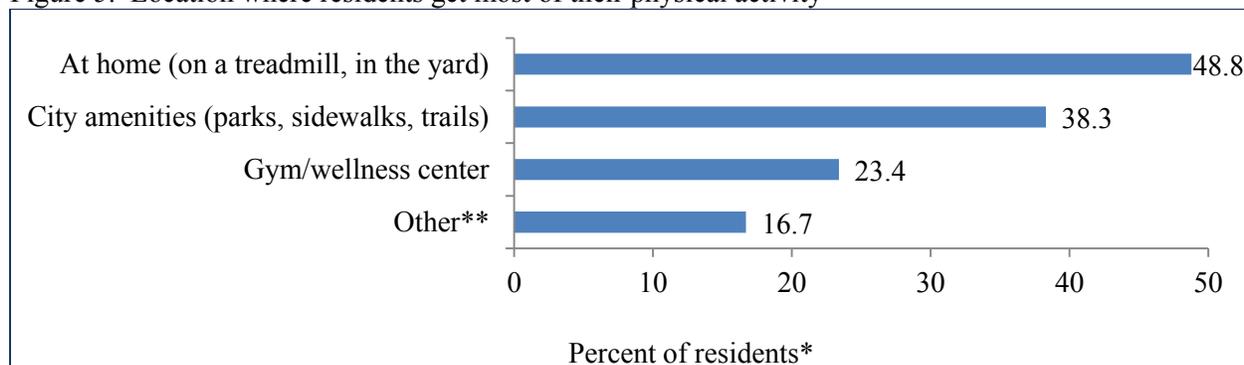
Figure 4. Number of days, in an average week, residents get at least 30 minutes of physical activity (not necessarily all at once)



N=206

- Residents were asked where they get most of their physical activity (*Figure 5, Appendix Tables 6 and 6a*).
  - Nearly half of residents said they get most of their physical activity at home (48.8 percent); 38.3 percent said they get their physical activity using city parks, sidewalks, and trails.
  - Other locations where residents said they get most of their physical activity were at work and walking. See Appendix Table 6 for a complete list and Appendix Table 6a for general comments.

Figure 5. Location where residents get most of their physical activity



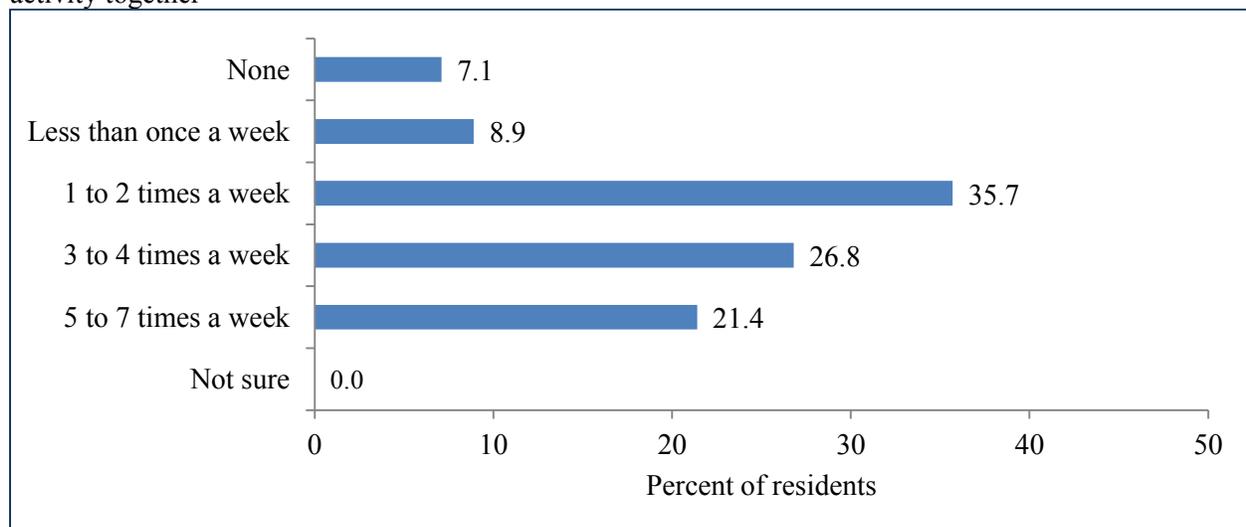
N=209

\*Percentages do not total 100.0 due to multiple responses.

\*\*See Appendix Table 6 for “other” locations where residents get most of their physical activity and 6a for general comments.

- Residents who are the parent or primary caregiver of a child or children 18 years of age or younger were asked the number of times per week they participate in some form of physical activity with their child(ren) (*Figure 6, Appendix Table 7*).
  - Most parents or primary caregivers of children 18 years of age or younger said that they participate in some form of physical activity with their child(ren) at least once a week (83.9 percent); 21.4 percent said they participate in some form of physical activity with their child(ren) 5 to 7 times a week.

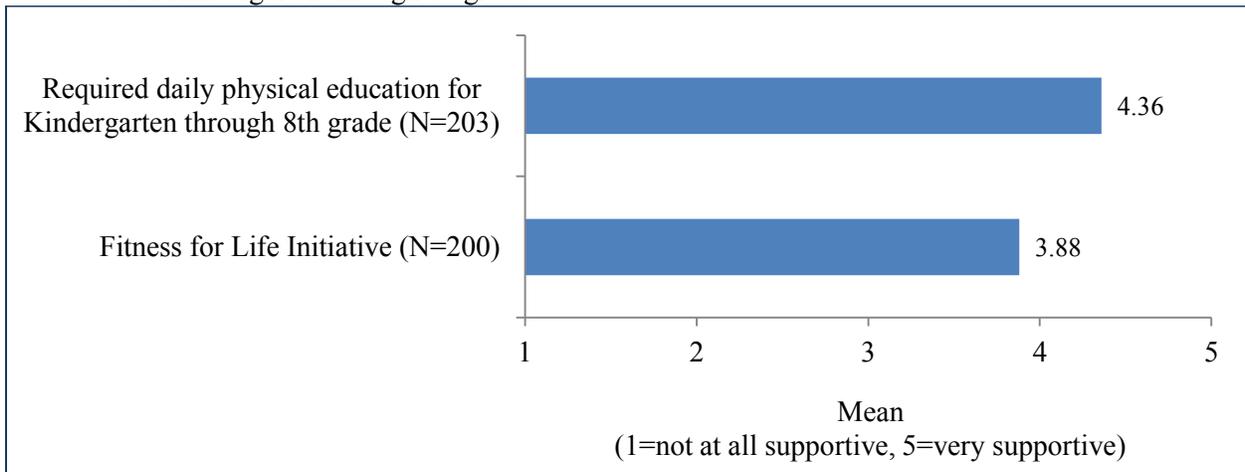
Figure 6. Of residents who are the parent or primary caregiver of a child or children 18 years of age or younger, number of times per week residents and their children participate in some form of physical activity together



N=56

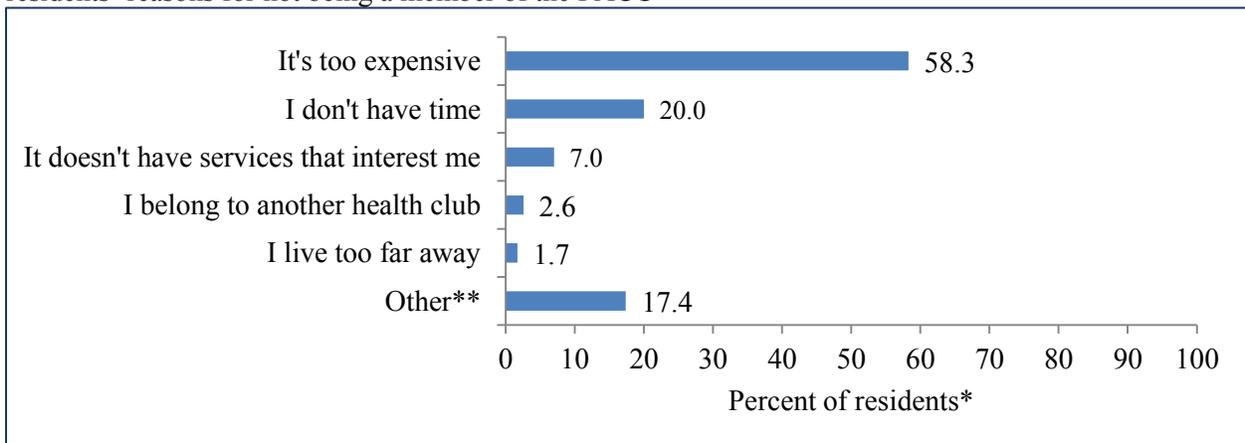
- Residents were informed about Perham Public School’s Fitness for Life Initiative, the goals of which are to improve standardized test scores, reduce discipline referrals, and reduce childhood obesity and diabetes. It was also noted that results after one year have demonstrated an improvement in academic testing and personal fitness, but more time is needed in order to determine whether there are decreases in the proportions of obese and morbidly obese children.
- Residents were asked to rate their support of the Fitness for Life Initiative as well as their support for required daily physical education for Kindergarten through 8<sup>th</sup> grade (responses are based on a one to five scale with one being “not at all supportive” and five being “very supportive”) (*Figure 7, Appendix Table 8*).
  - On average, residents indicated that they are supportive of the Fitness for Life Initiative (mean=3.88); two-fifths of residents are “very supportive” (39.0 percent).
  - Residents also indicated a high level of support for required daily physical education for Kindergarten through 8<sup>th</sup> grade (mean=4.36); 61.1 percent of residents are “very supportive.”

Figure 7. Residents' rating of support for the Fitness for Life Initiative and required daily physical education for Kindergarten through 8<sup>th</sup> grade



- Residents were asked if they are a member of the Perham Area Community Center (PACC); approximately two-fifths of residents said they are members of the PACC (43.9 percent) (*Appendix Table 9*).
- Those who are not currently members of the PACC were asked why they are not currently members (*Figure 8, Appendix Table 10*).
  - The majority of residents said they are not currently members of the PACC because it is too expensive (58.3 percent); 20.0 percent said they don't have time.
  - Other reasons residents gave for not being a member of the PACC were age, disabilities, they exercise at home, and health reasons.

Figure 8. Of residents who are not currently a member of the Perham Area Community Center (PACC), residents' reasons for not being a member of the PACC



N=115

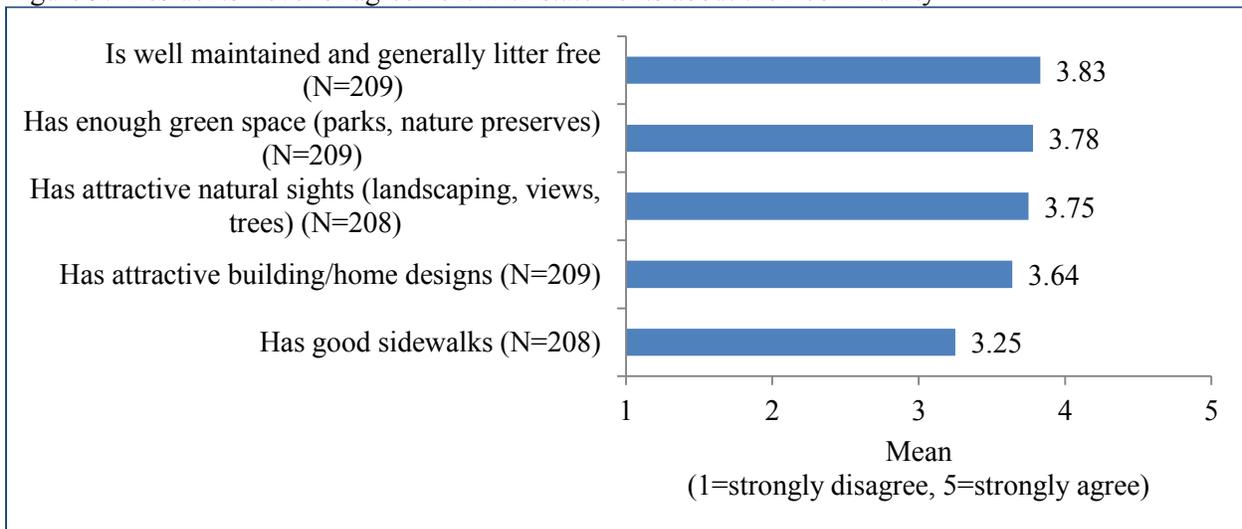
\*Percentages do not total 100.0 due to multiple responses.

\*\*See Appendix Table 10 for a list of "other" reasons.

## Perception of Community

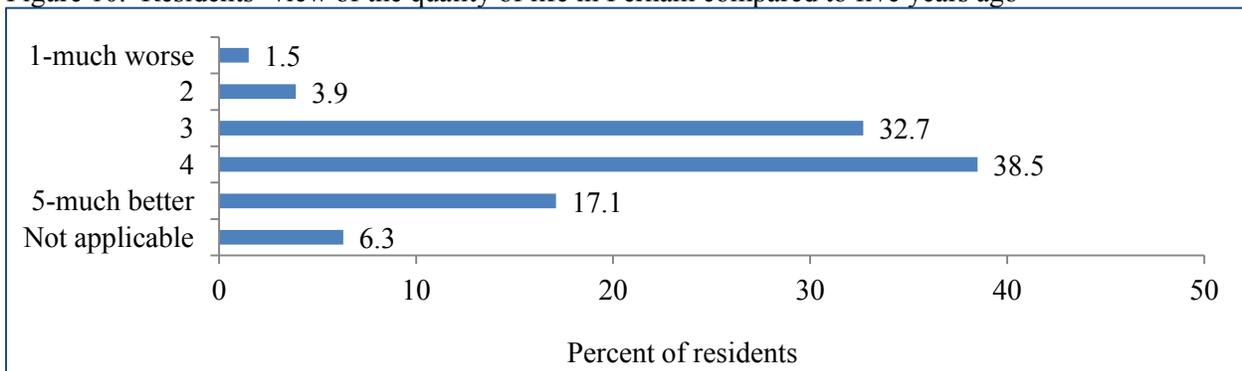
- Residents were asked to indicate their level of agreement with five statements about their community (responses are based on a one to five scale with one being “strongly disagree” and five being “strongly agree”) (Figure 9, Appendix Table 11).
  - Residents agreed the most that their community *is well maintained and generally litter free* (mean=3.83).
  - Residents agreed the least that their community *has attractive building/home designs* (mean=3.64) and that their community *has good sidewalks* (mean=3.25).

Figure 9. Residents’ level of agreement with statements about their community



- Residents were asked to rate the general quality of life in their community compared to five years ago (responses are based on a one to five scale with one being “much worse” and five being “much better;” mean excludes “not applicable”) (Figure 10, Appendix Table 12).
  - On average, residents said the quality of life in Perham has improved slightly over the last five years (mean=3.70); nearly one-fifth of residents said the quality of life now is “much better” (17.1 percent).

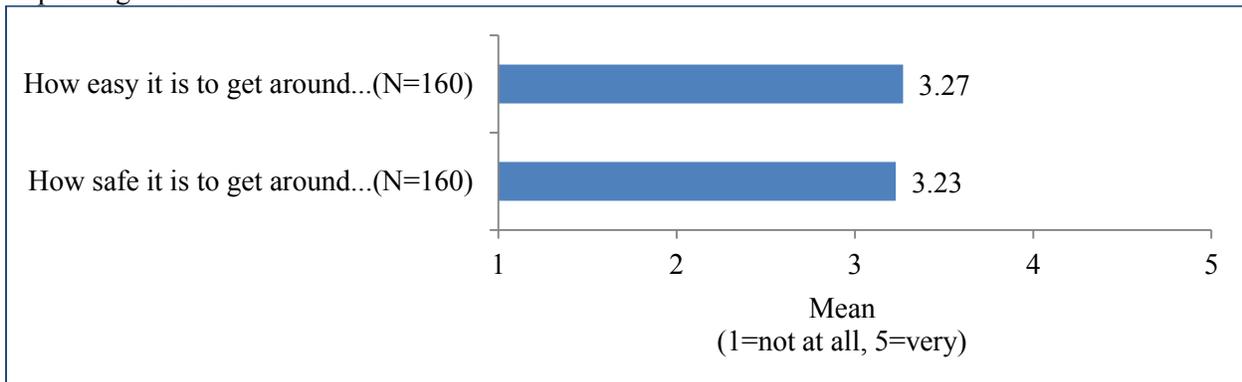
Figure 10. Residents’ view of the quality of life in Perham compared to five years ago



N=205  
Mean=3.70 and excludes “not applicable.”

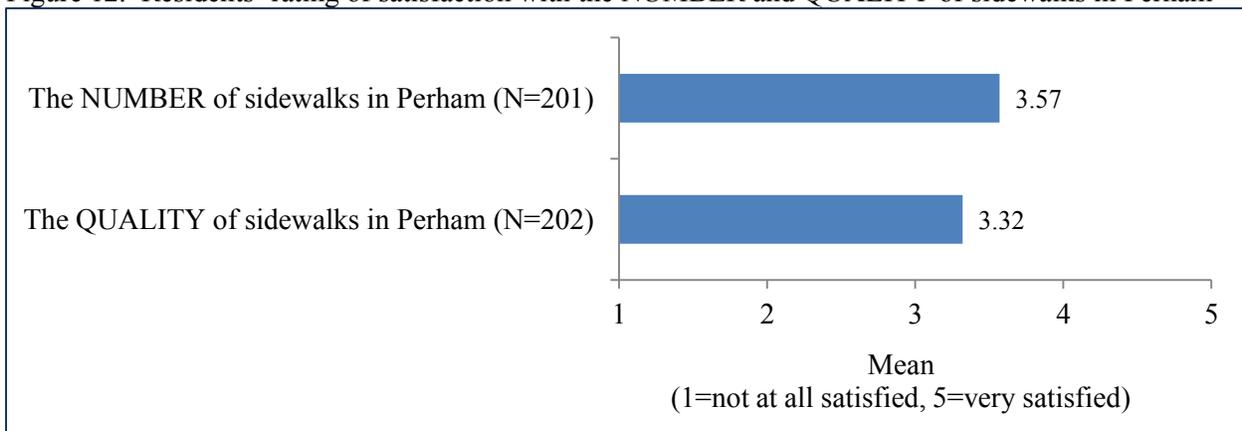
- Residents were asked to rate how easy and safe it is to get around town in a wheelchair, using a walker, or pushing a stroller (responses are based on a one to five scale with one being “not at all easy” or “not at all safe” and five being “very easy” or “very safe”) (Figure 11, Appendix Tables 13 and 14).
  - On average, residents said it is somewhat easy and somewhat safe to get around town in a wheelchair, using a walker, or pushing a stroller (mean=3.27 and mean=3.23, respectively).
  - Three percent of residents said it is “not at all easy” or “not at all safe” to get around town in a wheelchair, using a walker, or pushing a stroller (2.5 percent and 3.1 percent, respectively).

Figure 11. Residents’ rating of how easy and safe it is to get around town in a wheelchair, using a walker, or pushing a stroller



- Residents were asked to rate their satisfaction with the number and quality of sidewalks in Perham (responses are based on a one to five scale with one being “not at all satisfied” and five being “very satisfied”) (Figure 12, Appendix Table 15).
  - On average, residents were somewhat satisfied with the number (mean=3.57) and quality (mean=3.32) of sidewalks in Perham.

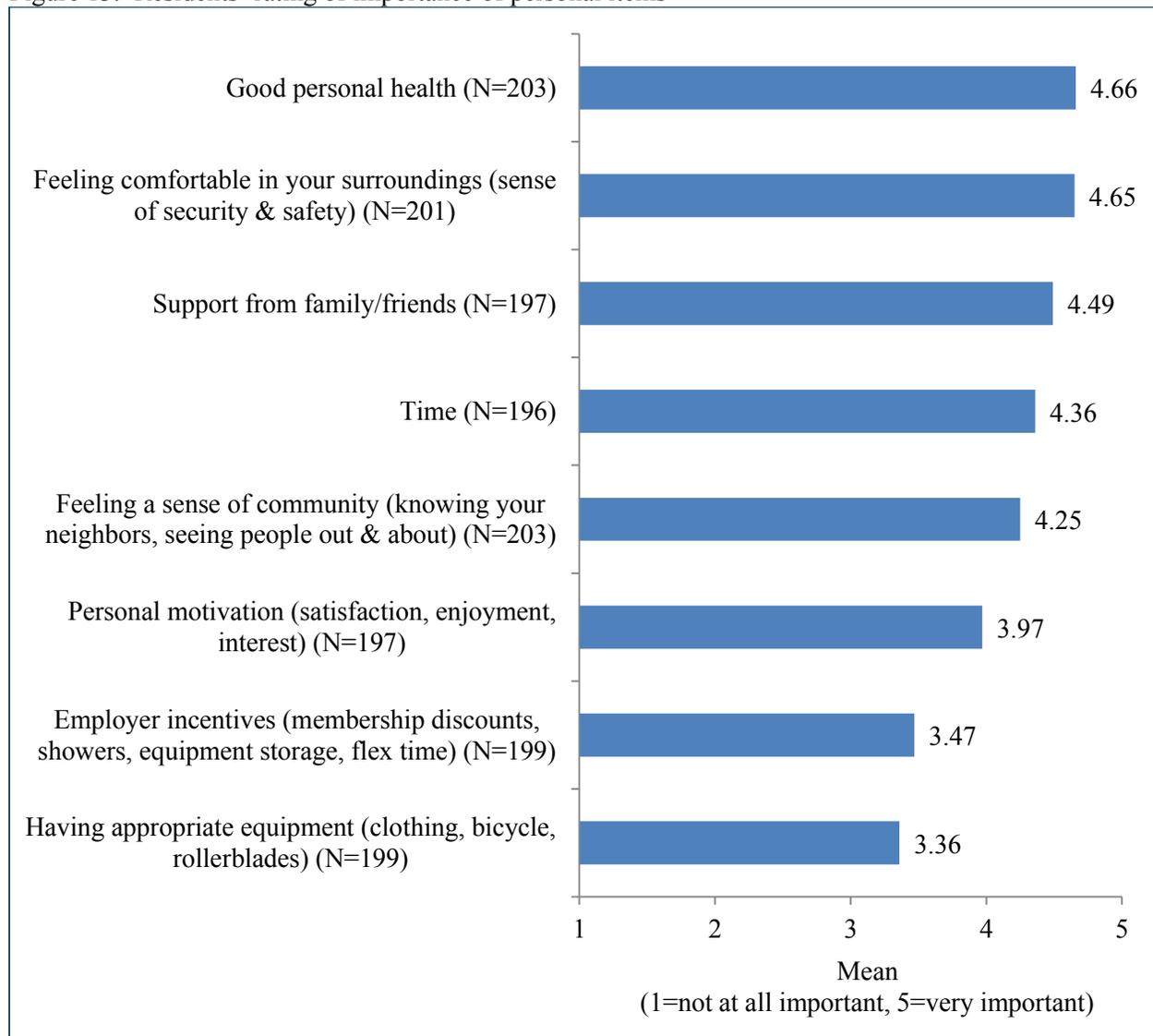
Figure 12. Residents’ rating of satisfaction with the NUMBER and QUALITY of sidewalks in Perham



## Importance of Personal Items

- Residents were asked to rate the importance of various personal items (responses are based on a one to five scale with one being “not at all important” and five being “very important”). Residents gave high ratings of importance on items concerning health and safety (*Figure 13, Appendix Table 16*).
  - Residents gave the highest ratings to the following items:
    - Good personal health (mean=4.66)
    - Feeling comfortable in your surroundings (sense of security and safety) (mean=4.65)
    - Support from family/friends (mean=4.49)
    - Time (mean=4.36)
    - Feeling a sense of community (mean=4.25)

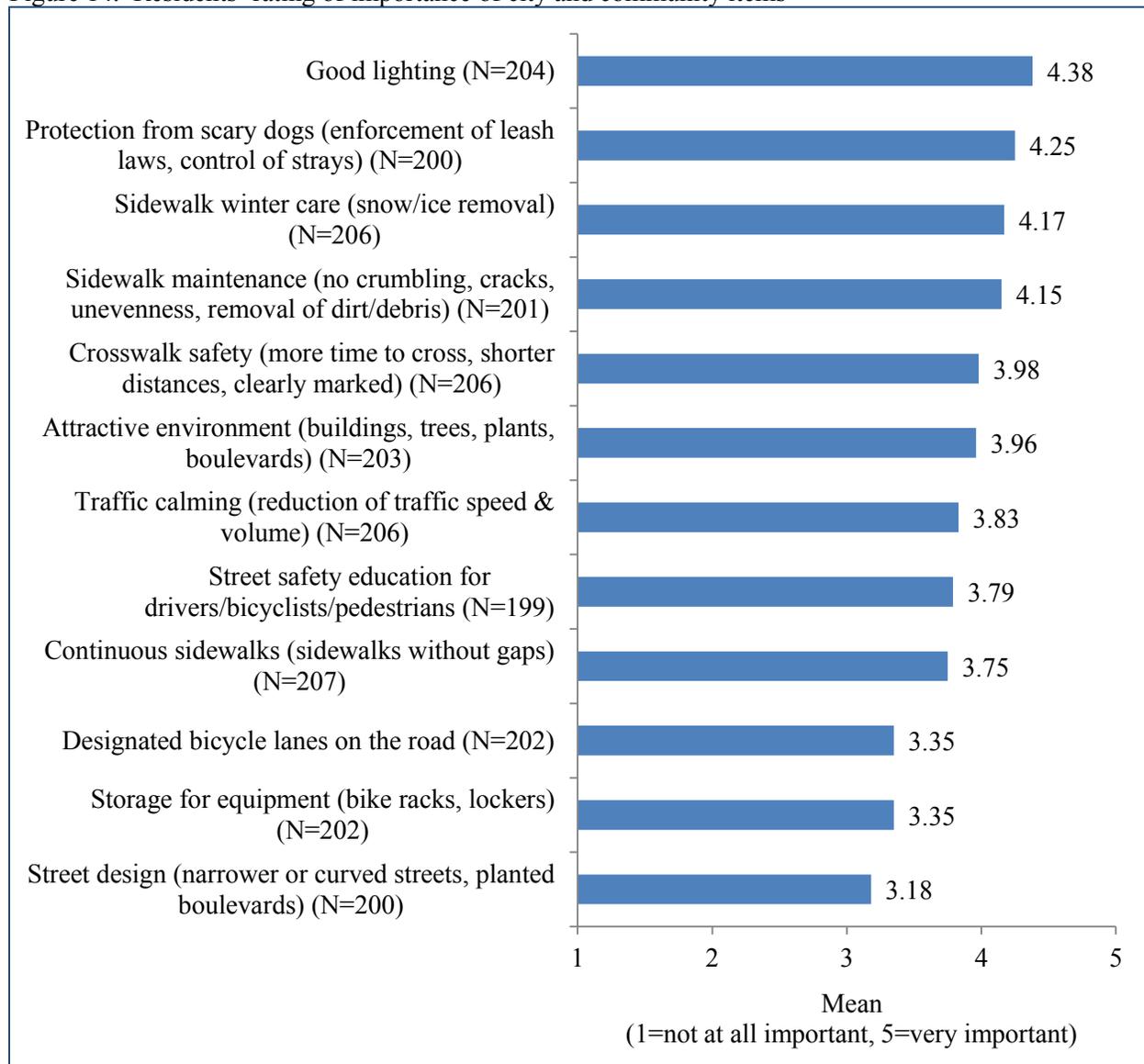
Figure 13. Residents’ rating of importance of personal items



## Importance of City and Community Items

- Residents were asked to rate the importance of various city and community items (responses are based on a one to five scale with one being “not at all important” and five being “very important”). Residents gave high ratings of importance on items concerning safety and maintenance (*Figure 14, Appendix Table 17*).
  - Residents gave the highest ratings to the following items:
    - Good lighting (mean=4.38)
    - Protection from scary dogs (enforcement of leash laws, control of strays) (mean=4.25)
    - Sidewalk winter care (snow/ice removal) (mean=4.17)
    - Sidewalk maintenance (no crumbling, cracks, unevenness, removal of dirt/debris) (mean=4.15)

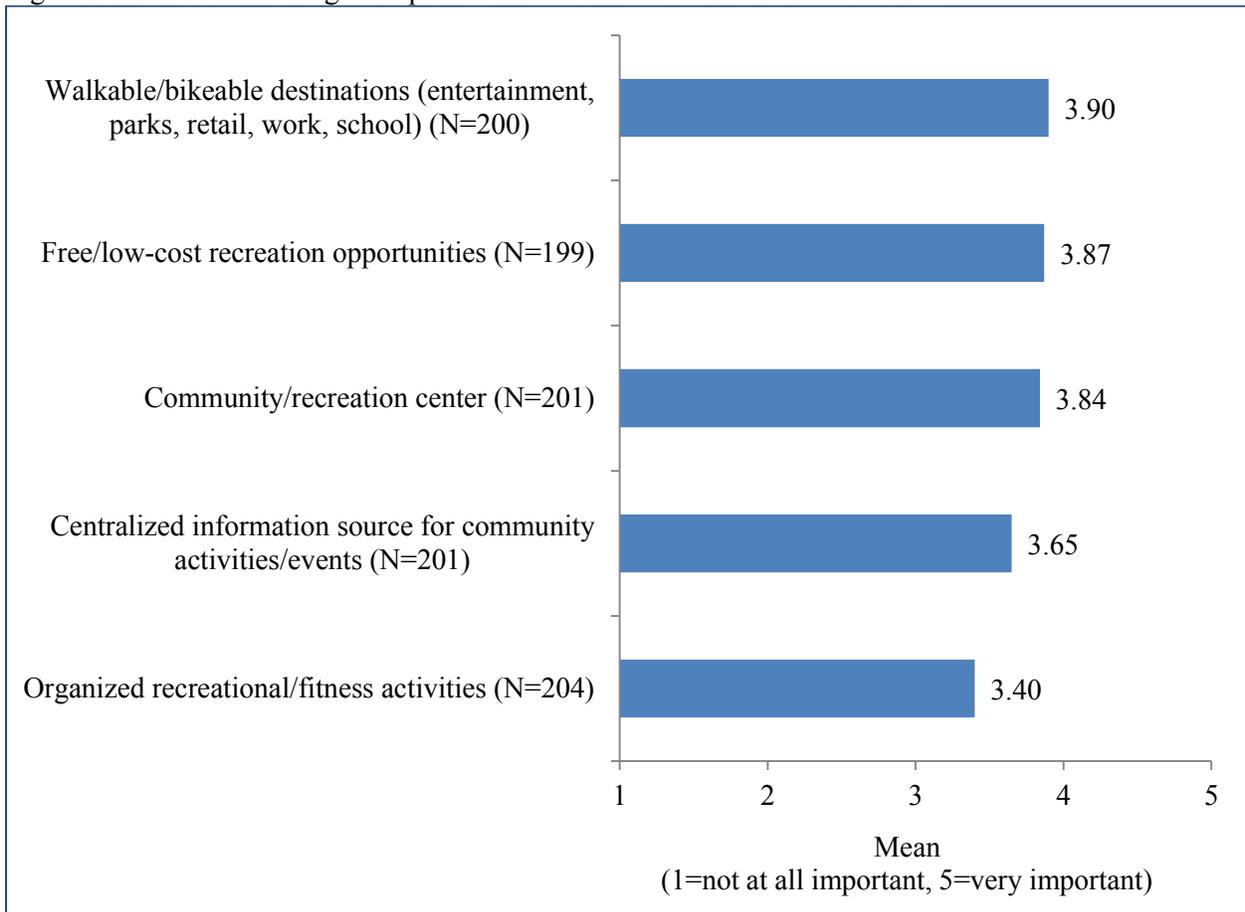
Figure 14. Residents’ rating of importance of city and community items



## Importance of Recreation and Entertainment Items

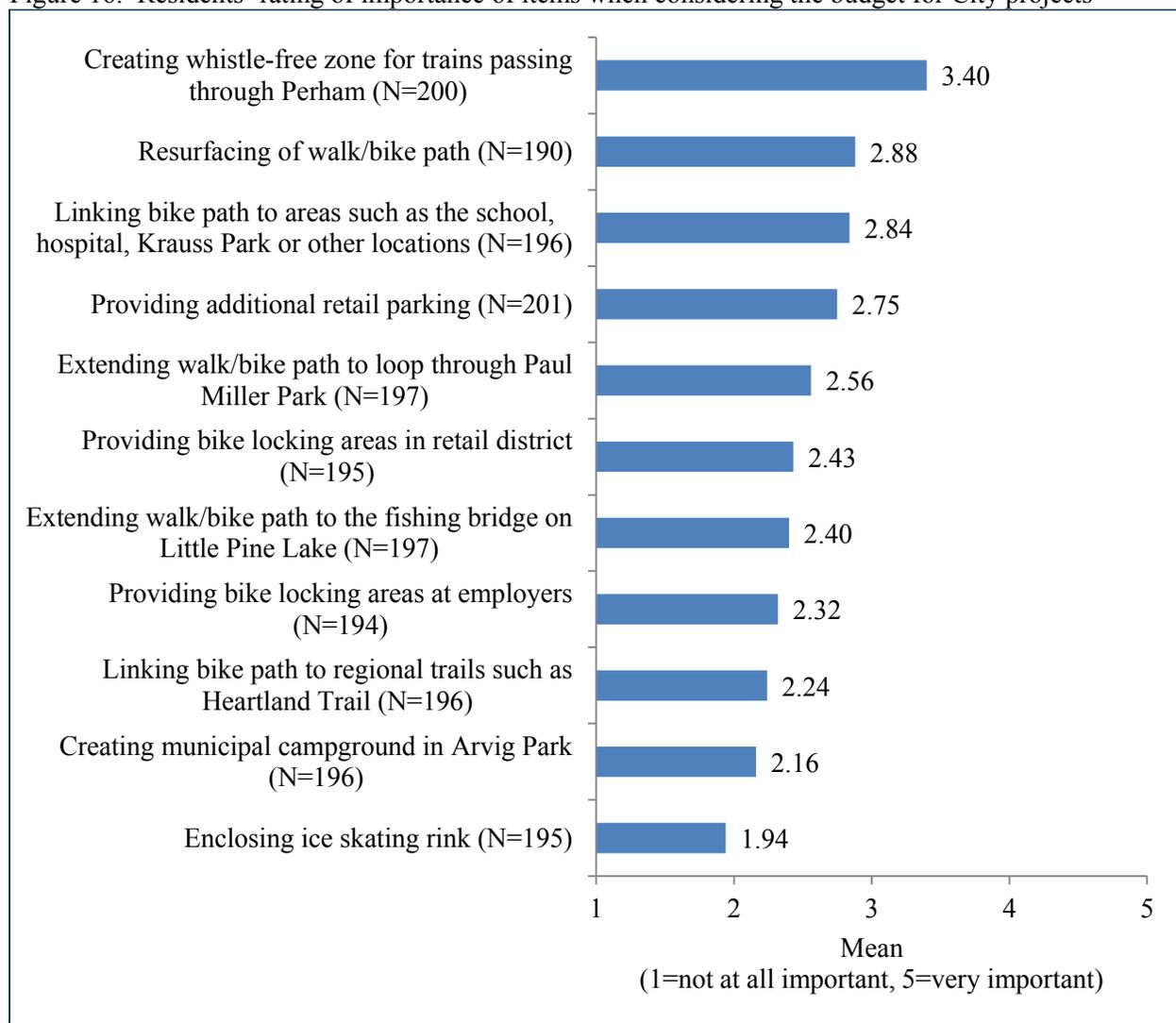
- Residents were asked to rate the importance of various recreation and entertainment items (responses are based on a one to five scale with one being “not at all important” and five being “very important”) (Figure 15, Appendix Table 18).
  - Residents gave the highest ratings to the following items:
    - Walkable/bikeable destinations (entertainment, parks, retail, work, school) (mean=3.90)
    - Free/low-cost recreation opportunities (mean=3.87)
    - Community/recreation center (mean=3.84)

Figure 15. Residents’ rating of importance of recreation and entertainment items



- Residents were informed that the City of Perham is experiencing budget problems and is struggling with funding of city projects. Residents were then asked to rate the importance of various items when considering the budget for city projects (responses are based on a one to five scale with one being “not at all important” and five being “very important”) (Figure 16, Appendix Table 19).
  - Residents gave the highest ratings of importance to the following items:
    - Creating whistle-free zone for trains passing through Perham (mean=3.40)
    - Resurfacing of walk/bike path (mean=2.88)
    - Linking bike path to areas such as the school, hospital, Krauss park or other locations (mean=2.84)
  - Residents gave the lowest ratings of importance to the following items:
    - Linking bike path to regional trails such as Heartland Trail (mean=2.24)
    - Creating municipal campground in Arvig Park (mean=2.16)
    - Enclosing ice skating rink (mean=1.94)

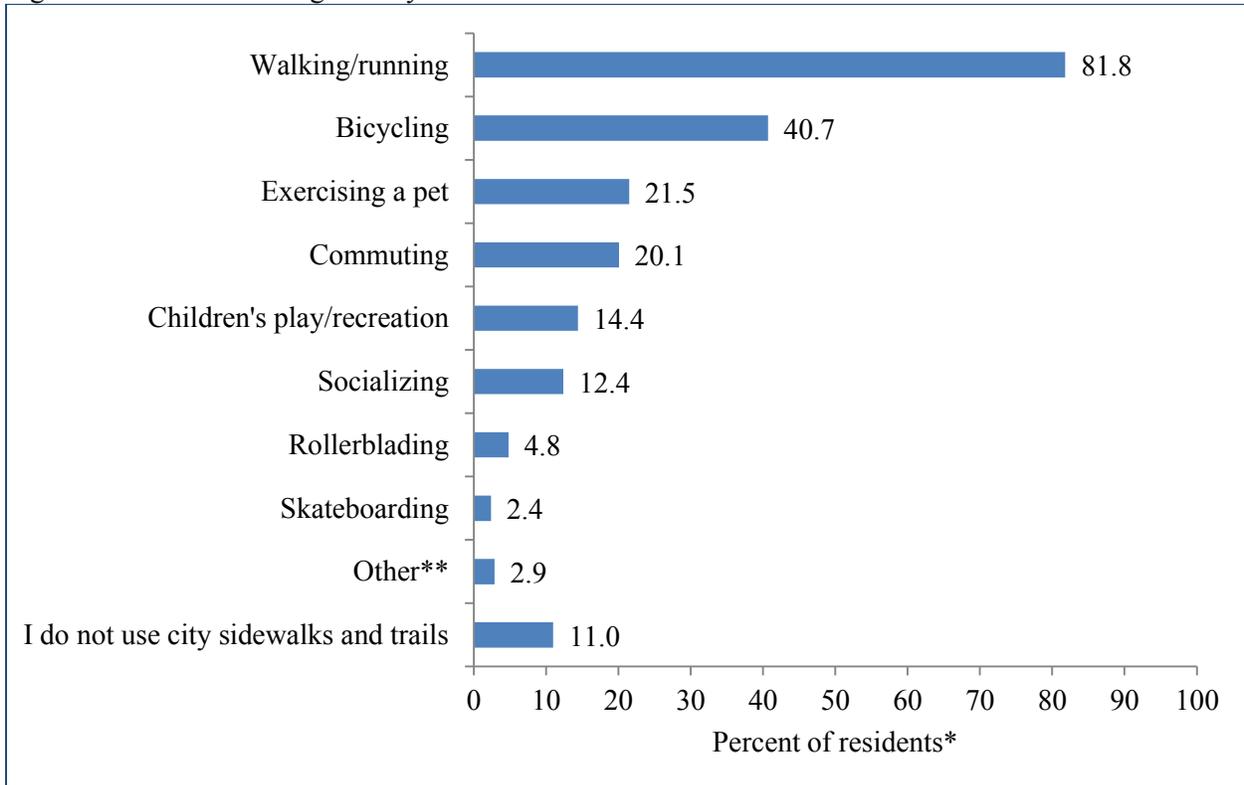
Figure 16. Residents’ rating of importance of items when considering the budget for City projects



## Recreational Opportunities

- Residents were asked how they use city sidewalks and trails (*Figure 17, Appendix Table 20*).
  - The majority of residents indicated they are using city sidewalks and trails for walking/running (81.8 percent); 40.7 percent are using them for bicycling.
  - One-fifth of residents said they use the sidewalks and trails for exercising a pet (21.5 percent) and one-fifth for commuting (20.1 percent).

Figure 17. Residents' usage of city sidewalks and trails



N=209

\*Percentages do not total 100.0 due to multiple responses.

\*\*See Appendix Table 20 for a list of "other" responses.

- Residents were asked what attractions and recreational opportunities do/would encourage them to get out and be active (*Table 2*).
  - The top seven attractions/recreational activities are as follows:
    - Walking/bike trails (72.2 percent)
    - Festivals/celebrations/parades (66.5 percent)
    - Farmers’ markets (56.0 percent)
    - Park amenities (picnic shelters, gazebos, restrooms) (55.0 percent)
    - Indoor walking facilities (50.7 percent)
    - Benches/seating (in parks, downtown) (50.7 percent)
    - Parks (50.2 percent)

Table 2. Attractions/recreational opportunities that do/would encourage residents to get out and be active

Attractions/recreational opportunities	Percent of residents* (N=209)
Walking/bike trails	72.2
Festivals/celebrations/parades	66.5
Farmers’ markets	56.0
Park amenities (picnic shelters, gazebos, restrooms)	55.0
Indoor walking facilities	50.7
Benches/seating (in parks, downtown)	50.7
Parks	50.2
Recreation centers/facilities	44.0
Concerts	41.6
Fishing (pond, rivers)	38.8
Craft shows	36.8
Outdoor playgrounds	36.8
Indoor swimming pool	27.8
Athletic courts/fields	22.5
Equipment rental (skis, canoes, skates, bicycles)	22.0
Botanical gardens/conservatory	21.5
Access to river	20.1
Outdoor dog park	19.1
Lifetime sports (bocce ball, croquet, horse shoes)	19.1
Ice-skating rink	18.7
Community gardens	18.2
Designated snowmobile trails	18.2
Cook-offs	17.7
Outdoor swimming pool	16.3
Indoor playgrounds	15.3
Cross-country ski trails	14.8
Skate/bike park	14.4
Exercise stations/circuits along trails	13.4
Indoor dog park	11.0
Other:	5.3
<i>4 wheeler trails [2]</i>	
<i>Golf/golf course [2]</i>	
<i>We don’t need more if there are budgeting issues.</i>	
<i>Community ed.</i>	
<i>Dances</i>	
<i>Bathrooms at all 4 corners of bike/walk path on Hwy 51</i>	
<i>Good softball fields and more garbages on bike trail with dog bags</i>	
<i>Restrooms on trails</i>	
<i>Drive in</i>	

\*Percentages do not total 100.0 due to multiple responses.

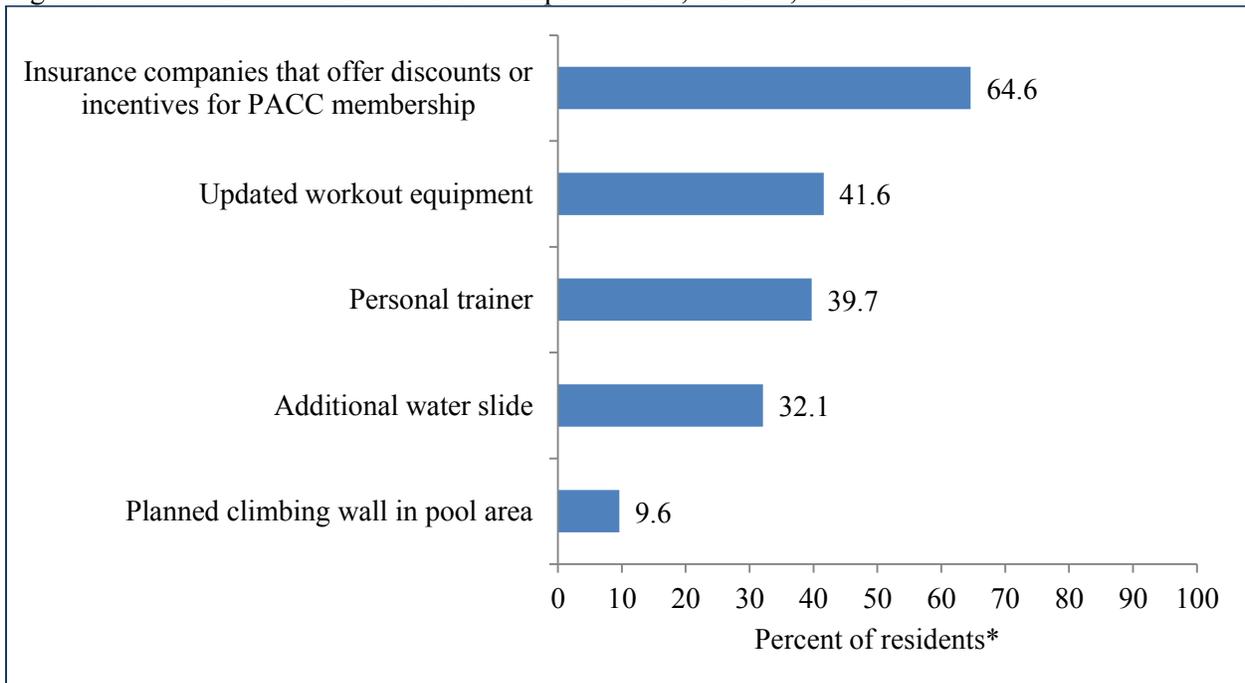
- Residents were asked how often they use facilities or do activities in Perham (*Table 3*).
  - The top three most frequently used facilities/activities (at least several times per month) are as follows:
    - Walk, bike trail (54.3 percent)
    - Perham Area Community Center (43.0 percent)
    - Perham Public Library (31.8 percent)

Table 3. How frequently residents use facilities/activities in Perham

Facilities/activities	Percent of residents					
	Several times per week	Weekly	Several times per month	Once per month	Never	Total
Perham Public Library (N=195)	3.1	11.8	16.9	41.5	26.7	100.0
Walk, bike trail (N=197)	25.9	9.1	19.3	17.8	27.9	100.0
Perham Area Community Center (PACC) (N=195)	20.5	9.2	13.3	7.2	49.7	99.9
Paul Miller Park (N=188)	1.6	1.1	12.2	34.0	51.1	100.0
Neighborhood public playground (N=188)	3.7	4.8	12.2	21.3	58.0	100.0
Perham Lakeside Golf Course (N=191)	5.8	1.0	5.8	15.7	71.7	100.0
ITOW Veteran's Museum (N=192)	1.6	0.5	2.1	14.6	81.3	100.1
Softball fields (N=186)	1.6	1.6	5.4	5.4	86.0	100.0
Soccer field (N=189)	1.1	0.5	4.2	6.3	87.8	99.9
Ice skating rink (N=191)	0.0	0.5	3.7	6.8	89.0	100.0
History Museum of East Otter Tail County (N=192)	1.0	0.0	2.1	7.8	89.1	100.0
Tennis (N=188)	0.5	0.0	1.6	3.2	94.7	100.0
Volleyball (N=190)	0.0	0.0	1.1	2.6	96.3	100.0
Bocce ball (N=191)	0.0	0.0	0.5	0.5	99.0	100.0

- Residents were asked which Perham Area Community Center (PACC) improvements, services, and incentives they are aware of (*Figure 18, Appendix Table 21*).
  - The majority of residents indicated they are aware of insurance companies that offer discounts or incentives for PACC membership (64.6 percent).
  - Two-fifths of residents said they are aware of the updated workout equipment (41.6 percent) and two-fifths are aware of the personal trainer (39.7 percent).
  - One-third of residents are aware of the additional water slide (32.1 percent); 9.6 percent are aware of the planned climbing wall in the pool area.

Figure 18. Residents’ awareness of PACC improvements, services, and incentives



N=209

\*Percentages do not total 100.0 due to multiple responses.

## Demographic Characteristics of Respondents

- Approximately one-fourth of residents indicated that they are the parent or primary caregiver of a child or children 18 years of age or younger (28.6 percent) (*Appendix Table 22*).
- Residents were asked where they do most of their shopping (*Appendix Table 23*). Perham was the top location (73.8 percent) followed by Detroit Lakes (17.9 percent).
- Three-fourths of residents said they work or volunteer outside the home (74.6 percent) (*Appendix Table 24*).
- Two-thirds of residents who responded to the survey are female (64.3 percent) (*Appendix Table 25*).
- Approximately half of residents are 30 to 64 years of age (53.2 percent) (*Appendix Table 26*).
- Approximately half of residents have annual household incomes before taxes of at least \$40,000 (53.0 percent) (*Appendix Table 27*).
- The vast majority of residents are white (98.1 percent) (*Appendix Table 28*).
- The vast majority of residents own their home (91.3 percent) (*Appendix Table 29*).

# APPENDICES

## Appendix Tables

Appendix Table 1. Number of times, in an average week, residents commute by foot in summer and winter months

Number of times per week by foot	Percent of residents	
	During summer months (N=202)	During winter months (N=188)
None	36.1	56.9
Once	9.9	12.8
2 to 3 times	25.2	15.4
4 to 5 times	9.4	6.9
6 or more times	19.3	8.0
Total	99.9	100.0

Note: Commuting activities include going to work/school, going shopping, taking a child to daycare or to school, or running errands. Residents were asked to count only commuting that they do entirely or partially on foot.

Appendix Table 2. Number of times, in an average week, residents commute by bicycle in summer and winter months

Number of times per week by bicycle	Percent of residents	
	During summer months (N=194)	During winter months (N=178)
None	60.3	96.1
Once	5.2	1.7
2 to 3 times	16.5	1.1
4 to 5 times	5.7	0.0
6 or more times	12.4	1.1
Total	100.1	100.0

Note: Commuting activities include going to work/school, going shopping, taking a child to daycare or to school, or running errands. Residents were asked to count only commuting that they do entirely or partially by bicycle.

Appendix Table 3. Other destinations residents would travel to if they were within 15 minutes

Other destinations
<i>All are within walking or bicycling but we usually drive</i>
<i>Dentist</i>
<i>Friend's home</i>
<i>Golf course if they had lockers</i>
<i>Grocery store/bank</i>
<i>NA</i>
<i>Pick up heart medicine at Pamida Perham</i>
<i>Senior Center</i>
<i>TOPS meeting</i>
<i>Work</i>

Appendix Table 4. Of residents who are the parent or primary caregiver of a child or children 18 years of age or younger, likelihood the residents' children would walk or ride a bicycle to school if safety supports were in place

Likelihood	Percent of residents (N=56)
1-not at all likely	26.8
2	21.4
3	12.5
4	7.1
5-very likely	25.0
Not applicable	7.1
Total	99.9

Mean=2.81 and excludes "not applicable."

Appendix Table 5. Number of days, in an average week, residents get at least 30 minutes of physical activity (not necessarily all at once)

Number of days per week	Percent of residents (N=206)
No days	2.9
1 day	10.2
2 to 4 days	47.6
5 to 7 days	39.3
Total	100.0

Appendix Table 6. Location where residents get most of their physical activity

Location	Percent of residents* (N=209)
At home (on a treadmill, in the yard)	48.8
City amenities (parks, sidewalks, trails)	38.3
Gym/wellness center	23.4
Other**:	16.7
<i>Work [18]</i>	
<i>Walking [5]</i>	
<i>Ballrooms</i>	
<i>Bike trail</i>	
<i>Bowling alley, work, golf course</i>	
<i>Commuting and general activity</i>	
<i>Golf course</i>	
<i>Janitor work</i>	
<i>Riding to work</i>	
<i>Work/Lake activity</i>	

\* Percentages do not total 100.0 due to multiple responses.

\*\*See Appendix Table 6a for a list of general comments in regards to "other" locations.

Appendix Table 6a. General comments regarding other locations where residents get most of their physical activity

Comments
PACC [3]
Walk on street
Walking in my neighborhood
Walking sidewalks
Clean streets, home yardwork
Mowing lawn

Appendix Table 7. Of residents who are the parent or primary caregiver of a child or children 18 years of age or younger, number of times per week residents and their children participate in some form of physical activity together

Number of times per week	Percent of residents (N=56)
None	7.1
Less than once a week	8.9
1 to 2 times a week	35.7
3 to 4 times a week	26.8
5 to 7 times a week	21.4
Not sure	0.0
Total	99.9

Appendix Table 8. Residents' rating of support for the Fitness for Life Initiative and required daily physical education for Kindergarten through 8<sup>th</sup> grade

Programs	Percent of residents						Total
	Level of support (1=not at all supportive, 5=very supportive)						
	Mean	1	2	3	4	5	
The Fitness for Life Initiative (N=200)	3.88	5.5	5.5	24.0	26.0	39.0	100.0
Required daily physical education for Kindergarten through 8 <sup>th</sup> grade (N=203)	4.36	2.0	3.4	12.3	21.2	61.1	100.0

Appendix Table 9. Whether residents are members of the Perham Area Community Center (PACC)

Response	Percent of residents (N=205)
Yes	43.9
No	56.1
Total	100.0

Appendix Table 10. Of residents who are not currently a member of the Perham Area Community Center (PACC), residents' reasons for not being a member of the PACC

Reason	Percent of residents* (N=115)
It's too expensive	58.3
I don't have time	20.0
It doesn't have services that interest me	7.0
I belong to a health club other than PACC	2.6
I live too far away	1.7
Other reasons:	17.4
<i>Exercise at home [5]</i>	
<i>Disabled [2]</i>	
<i>Age</i>	
<i>Cost and time of day</i>	
<i>Discontinued for health reasons</i>	
<i>Health hearing impaired and rheumatoid arthritis</i>	
<i>Heart trouble. I have a hole in my heart can't overdo it ok.</i>	
<i>Hours don't always work for me</i>	
<i>I walk outside and on my treadmill</i>	
<i>Lazy</i>	
<i>No childcare for working parents</i>	
<i>Too old, unable</i>	
<i>Was at one time, just was not going there</i>	
<i>We exercise outdoors; our dog</i>	

\*Percentages do not total 100.0 due to multiple responses.

Appendix Table 11. Residents' level of agreement with statements about their community

Statement: My community...	Mean	Percent of residents					Total
		Level of agreement (1=strongly disagree, 5=strongly agree)					
		1	2	3	4	5	
Is well maintained and generally litter free (N=209)	3.83	2.9	9.1	19.1	39.7	29.2	100.0
Has enough green space (parks, nature preserves) (N=209)	3.78	2.9	10.0	23.9	32.1	31.1	100.0
Has attractive natural sights (landscaping, views, trees) (N=208)	3.75	2.4	8.7	29.3	31.3	28.4	100.1
Has attractive building/home designs (N=209)	3.64	2.4	5.7	36.8	35.4	19.6	99.9
Has good sidewalks (N=208)	3.25	7.2	14.4	37.5	27.9	13.0	100.0

Appendix Table 12. Residents' view of the quality of life in Perham compared to five years ago

Statement	Mean*	Percent of residents (N=205)						
		Quality of life (1=much worse, 5=much better)					Not applicable	Total
		1	2	3	4	5		
Compared to five years ago, the general quality of life in my community is...	3.70	1.5	3.9	32.7	38.5	17.1	6.3	100.0

\*Mean excludes "not applicable."

Appendix Table 13. Residents' rating of how easy it is to get around town in a wheelchair, using a walker, or pushing a stroller

Ease of getting around	Mean	Percent of residents (N=160)					
		Ease (1=not at all easy, 5=very easy)					Total
		1	2	3	4	5	
How easy it is to get around	3.27	2.5	11.9	49.4	28.8	7.5	100.1

Appendix Table 14. Residents' rating of how safe it is to get around town in a wheelchair, using a walker, or pushing a stroller

Safety of getting around	Mean	Percent of residents (N=160)					
		Safety (1=not at all safe, 5=very safe)					Total
		1	2	3	4	5	
How safe it is to get around	3.23	3.1	13.1	50.0	25.0	8.8	100.0

Appendix Table 15. Residents' rating of satisfaction with the NUMBER and QUALITY of sidewalks in Perham

Sidewalks	Mean	Percent of residents					
		Level of satisfaction (1=not at all satisfied, 5=very satisfied)					Total
		1	2	3	4	5	
The NUMBER of sidewalks in Perham (N=201)	3.57	5.5	9.5	31.3	30.3	23.4	100.0
The QUALITY of sidewalks in Perham (N=202)	3.32	8.4	10.4	37.1	28.7	15.3	99.9

Appendix Table 16. Residents' rating of importance of personal items

Items	Mean	Percent of residents						Total
		Level of importance (1=not at all important, 5=very important)						
		1	2	3	4	5		
Good personal health (N=203)	4.66	1.0	0.5	3.4	22.2	72.9	100.0	
Feeling comfortable in your surroundings (sense of security & safety) (N=201)	4.65	0.5	1.0	5.0	19.9	73.6	100.0	
Support from family/friends (N=197)	4.49	1.0	1.0	8.1	27.4	62.4	99.9	
Time (N=196)	4.36	0.5	2.6	12.2	30.1	54.6	100.0	
Feeling a sense of community (knowing your neighbors, seeing people out & about) (N=203)	4.25	1.0	2.0	15.8	34.0	47.3	100.1	
Personal motivation (satisfaction, enjoyment, interest) (N=197)	3.97	3.0	1.5	24.4	37.1	34.0	100.0	
Employer incentives (membership discounts, showers, equipment storage, flex time) (N=199)	3.47	11.6	11.1	23.6	26.6	27.1	100.0	
Having appropriate equipment (clothing, bicycle, rollerblades) (N=199)	3.36	7.0	11.6	37.2	26.6	17.6	100.0	

Appendix Table 17. Residents' rating of importance of city and community items

Items	Mean	Percent of residents						Total
		Level of importance (1=not at all important, 5=very important)						
		1	2	3	4	5		
Good lighting (N=204)	4.38	0.5	3.4	10.3	28.9	56.9	100.0	
Protection from scary dogs (enforcement of leash laws, control of strays) (N=200)	4.25	3.0	3.0	14.5	25.5	54.0	100.0	
Sidewalk winter care (snow/ice removal) (N=206)	4.17	3.4	5.8	15.5	20.9	54.4	100.0	
Sidewalk maintenance (no crumbling, cracks, unevenness, removal of dirt/debris) (N=201)	4.15	2.0	4.0	16.4	31.8	45.8	100.0	
Crosswalk safety (more time to cross, shorter distances, clearly marked) (N=206)	3.98	3.4	6.3	16.5	36.4	37.4	100.0	
Attractive environment (buildings, trees, plants, boulevards) (N=203)	3.96	1.5	3.9	23.6	39.4	31.5	99.9	
Traffic calming (reduction of traffic speed & volume) (N=206)	3.83	3.9	6.3	27.7	27.7	34.5	100.1	
Street safety education for drivers/bicyclists/pedestrians (N=199)	3.79	4.5	8.5	23.1	30.7	33.2	100.0	
Continuous sidewalks (sidewalks without gaps) (N=207)	3.75	6.8	10.1	22.7	22.2	38.2	100.0	
Designated bicycle lanes on the road (N=202)	3.35	14.9	12.9	22.3	22.3	27.7	100.1	
Storage for equipment (bike racks, lockers) (N=202)	3.35	8.9	9.9	37.1	25.2	18.8	99.9	
Street design (narrower or curved streets, planted boulevards) (N=200)	3.18	12.0	13.5	35.5	23.0	16.0	100.0	

Appendix Table 18. Residents' rating of importance of recreation and entertainment items

Items	Mean	Percent of residents					Total
		Level of importance (1=not at all important, 5=very important)					
		1	2	3	4	5	
Walkable/bikeable destinations (entertainment, parks, retail, work, school) (N=200)	3.90	2.0	5.0	29.0	29.5	34.5	100.0
Free/low-cost recreation opportunities (N=199)	3.87	3.5	8.5	21.1	31.2	35.7	100.0
Community/recreation center (N=201)	3.84	4.0	10.0	22.4	25.4	38.3	100.1
Centralized information source for community activities/events (N=201)	3.65	2.5	9.0	31.8	34.8	21.9	100.0
Organized recreational/fitness activities (N=204)	3.40	4.9	16.7	32.4	26.0	20.1	100.1

Appendix Table 19. Residents' rating of importance of items when considering the budget for City projects

Items	Mean	Percent of residents					Total
		Level of importance (1=not at all important, 5=very important)					
		1	2	3	4	5	
Creating whistle-free zone for trains passing through Perham (N=200)	3.40	25.0	8.5	11.0	13.0	42.5	100.0
Resurfacing of walk/bike path (N=190)	2.88	26.3	14.2	23.7	16.3	19.5	100.0
Linking bike path to areas such as the school, hospital, Krauss Park or other locations (N=196)	2.84	27.6	13.3	23.5	18.9	16.8	100.1
Providing additional retail parking (N=201)	2.75	24.4	20.9	25.4	14.4	14.9	100.0
Extending walk/bike path to loop through Paul Miller Park (N=197)	2.56	37.1	11.7	23.9	12.7	14.7	100.1
Providing bike locking areas in retail district (N=195)	2.43	34.4	19.0	23.6	15.4	7.7	100.1
Extending walk/bike path to the fishing bridge on Little Pine Lake (N=197)	2.40	41.6	14.2	19.8	11.7	12.7	100.0
Providing bike locking areas at employers (N=194)	2.32	37.1	22.7	19.1	12.9	8.2	100.0
Linking bike path to regional trails such as Heartland Trail (N=196)	2.24	43.9	14.8	23.0	9.7	8.7	100.1
Creating municipal campground in Arvig Park (N=196)	2.16	44.4	19.4	20.4	7.7	8.2	100.1
Enclosing ice skating rink (N=195)	1.94	49.7	21.0	18.5	7.2	3.6	100.0

Appendix Table 20. Residents' usage of city sidewalks and trails

Usage of sidewalks and trails	Percent of residents* (N=209)
Walking/running	81.8
Bicycling	40.7
Exercising a pet	21.5
Commuting	20.1
Children's play/recreation	14.4
Socializing	12.4
Rollerblading	4.8
Skateboarding	2.4
I do not use city sidewalks and trails	11.0
Other:	2.9
<i>Clean house and garage, yard work—clean streets</i>	
<i>Do not have sidewalks on our block</i>	
<i>What sidewalks? None outside downtown</i>	
<i>Going in and out of local businesses</i>	
<i>I am 94 years old. We do not leave the house.</i>	
<i>Shopping</i>	
<i>Walk on sometimes</i>	

\*Percentages do not total 100.0 due to multiple responses.

Appendix Table 21. Residents' awareness of PACC improvements, services, and incentives

Improvements, services, incentives	Percent of residents* (N=209)
Insurance companies that offer discounts or incentives for PACC membership	64.6
Updated workout equipment	41.6
Personal trainer	39.7
Additional water slide	32.1
Planned climbing wall in pool area	9.6

\*Percentages do not total 100.0 due to multiple responses.

Appendix Table 22. Whether residents are the parent or primary caregiver of a child or children 18 years of age or younger

Response	Percent of residents (N=199)
Yes	28.6
No	71.4
Total	100.0

Appendix Table 23. Area where residents do most of their shopping

Area	Percent of residents (N=168)
Perham	73.8
Detroit Lakes	17.9
Fargo	3.0
Fergus Falls	1.2
Wadena	0.6
Twin Cities	0.6
Alexandria	0.0
St. Cloud	0.0
Other:	3.0
<i>Brainerd [3]</i>	
<i>Catalogs or online</i>	
<i>Cheaper prices</i>	
<i>Fargo clothing/DL groceries</i>	
<i>Fargo for clothes—everything else I shop for in Perham</i>	
<i>No longer live in Perham</i>	
<i>Sometimes DL</i>	
<i>Wal-Mart</i>	
Total	100.1

Appendix Table 24. Whether residents work/volunteer outside the home

Response	Percent of residents (N=205)
Yes	74.6
No	25.4
Total	100.0

Appendix Table 25. Gender of residents

Gender	Percent of residents (N=207)
Male	35.7
Female	64.3
Total	100.0

Appendix Table 26. Age of residents

Age	Percent of residents (N=207)
Younger than 18 years old	0.0
18 to 29	9.2
30 to 44	15.0
45 to 64	38.2
65 to 74	20.3
75 years or older	17.4
Total	100.1

Appendix Table 27. Residents' annual household income before taxes

<b>Annual household income before taxes</b>	<b>Percent of residents (N=183)</b>
Less than \$20,000	13.1
\$20,000 to \$39,999	29.0
\$40,000 to \$69,999	26.8
\$70,000 to \$119,999	20.2
\$120,000 or more	6.0
Do not know	4.9
Total	100.0

Appendix Table 28. Race/ethnicity of residents

<b>Race/ethnicity</b>	<b>Percent of residents* (N=209)</b>
White	98.1
Black/African American	0.5
Native American/Alaska Native	0.5
Asian/Pacific Islander	0.0
Hispanic	1.4
Other	0.0

\*Percentages do not total 100.0 due to multiple responses.

Appendix Table 29. Whether residents own or rent their home

<b>Tenure</b>	<b>Percent of residents (N=207)</b>
Own	91.3
Rent	8.2
Other:	0.5
<i>Hoping to buy in Spring</i>	
<i>We own the trailer, rent lot</i>	
Total	100.0

## CITY OF PERHAM

125 Second Avenue NE \* PO Box 130 \* Perham, Minnesota 56573 \* Phone (218) 346-4455 \* Fax (218) 346-9364

September 14, 2010

Dear Resident:

The City of Perham and the Perham Park Board are collaborating with the Statewide Health Improvement Program to conduct a city-wide written survey centered on the concept of Active Living. This written survey will help the City explore opportunities to make Perham a more active and healthy place to live through the community's design.

The goal of the written survey is to gather input from residents on their satisfaction on topics such as sidewalks, trails, crosswalks, park amenities, and opportunities for walking and biking in the community.

The survey is also sponsored by the Becker, Clay, Otter Tail and Wilkin Counties. Statewide Health Improvement Program (SHIP), an integral part of Minnesota's nation-leading 2008 health reform law, strives to help Minnesotans lead longer, healthier lives by preventing the chronic disease risk factors of tobacco use and exposure, poor nutrition and physical inactivity. SHIP seeks to create sustainable, systemic changes in schools, worksites, communities and health care organizations that make it easier for Minnesotans to incorporate healthy behaviors into their daily lives.

The SHIP collaborative has contracted with the North Dakota State Data Center at North Dakota State University to conduct the survey. Your household was randomly selected for this survey from a list of all residential addresses in Perham. The survey is voluntary and you may leave blank any question you do not wish to answer. All responses are anonymous. Please take a few minutes to complete this important survey. For your convenience, we have enclosed a postage-paid return envelope. In order to be included in the results, it is important that we have your survey returned by **Friday, October 1, 2010**. The results of this survey will be made available to the public this fall.

If you have any questions about this survey, feel free to call Dr. Richard Rathge at 701-231-8621 or Patrick Hollister, SHIP Active Living Planner at 218-329-1809.

Thank you for your participation.

Sincerely,



Timothy Meehl, Mayor  
City of Perham  
PO Box 130  
Perham, Minnesota 56573



Richard W. Rathge, Director  
North Dakota State Data Center  
North Dakota State University  
PO Box 6050, Dept. 8000  
Fargo, North Dakota 58108-6050



Statewide Health Improvement Program SHIP

# Active Living Survey

The Minnesota Statewide Health Improvement Program (SHIP) is exploring ways in which your city can create an environment that encourages its residents to become active and stay active through choices in their daily routines. Please take a few moments to complete this important survey. **Examples are provided in parentheses for clarification in some questions.**

- Use a pencil or blue or black pen.
- Fill bubbles completely.
- Do not mark answers with Xs or ✓s.

Correct Mark:

Incorrect Marks:



Q1. How do you use your city's sidewalks and trails? (Choose all that apply.)

- Walking/running     Skateboarding     Children's play/recreation     Other (please specify) \_\_\_\_\_  
 Exercising a pet     Bicycling     Socializing  
 Rollerblading     Commuting     I do not use city sidewalks and trails

Commuting activities include: going to work/school, going shopping, taking a child to daycare or to school, or running errands. For question 2, please count only commuting that you do entirely or partially on foot or by bicycle.

Q2. Please indicate how many times, in an average week, you commute by **foot** and by **bicycle**.

### FOOT

### BICYCLE

#### During Summer Months

#### During Winter Months

- None
- Once
- 2 to 3 times
- 4 to 5 times
- 6 or more times

- None
- Once
- 2 to 3 times
- 4 to 5 times
- 6 or more times

#### During Summer Months

#### During Winter Months

- None
- Once
- 2 to 3 times
- 4 to 5 times
- 6 or more times

- None
- Once
- 2 to 3 times
- 4 to 5 times
- 6 or more times

Q3. For each mode of transportation (walking and riding bicycle) please tell us which of the following destinations you would travel to if they were within **15 minutes**. (Choose all that apply for each mode.)

#### Possible Destinations

- a. Community/recreation center
- b. Neighborhood retail and restaurants
- c. Post office/public library/city government office
- d. Parks
- e. Medical facility
- f. Your work place/volunteer site
- g. Your school or your children's school
- h. Your place of worship
- i. Other (please specify) \_\_\_\_\_

	Walking	Riding bicycle	I would not do either
a.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
f.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
g.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
h.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
i.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Q4. Using a one to five scale, with one being "strongly disagree" and five being "strongly agree," please tell us your level of agreement with each of the following statements about your community.

#### My community...

- a. Has attractive natural sights (landscaping, views, trees).
- b. Has attractive building/home designs.
- c. Has good sidewalks.
- d. Is well maintained and generally litter free.
- e. Has enough green space (parks, nature preserves).

	Strongly disagree				Strongly agree
a.	①	②	③	④	⑤
b.	①	②	③	④	⑤
c.	①	②	③	④	⑤
d.	①	②	③	④	⑤
e.	①	②	③	④	⑤

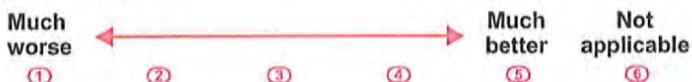
Q5. Using a one to five scale, with one being "not at all important" and five being "very important," please tell us how important each of the following items are to you (regardless of whether you currently have them).

<u>Items</u>	Not at all important					Very important				
a. Continuous sidewalks (sidewalks without gaps)	1	2	3	4	5	1	2	3	4	5
b. Sidewalk winter care (snow/ice removal)	1	2	3	4	5	1	2	3	4	5
c. Sidewalk maintenance (no crumbling, cracks, unevenness, removal of dirt/debris)	1	2	3	4	5	1	2	3	4	5
d. Traffic calming (reduction of traffic speed & volume)	1	2	3	4	5	1	2	3	4	5
e. Street design (narrower or curved streets, planted boulevards)	1	2	3	4	5	1	2	3	4	5
f. Crosswalk safety (more time to cross, shorter distances, clearly marked)	1	2	3	4	5	1	2	3	4	5
g. Street safety education for drivers/bicyclists/pedestrians	1	2	3	4	5	1	2	3	4	5
h. Designated bicycle lanes on the road	1	2	3	4	5	1	2	3	4	5
i. Good lighting	1	2	3	4	5	1	2	3	4	5
j. Attractive environment (buildings, trees, plants, boulevards)	1	2	3	4	5	1	2	3	4	5
k. Walkable/bikeable destinations (entertainment, parks, retail, work, school)	1	2	3	4	5	1	2	3	4	5
l. Protection from scary dogs (enforcement of leash laws, control of strays)	1	2	3	4	5	1	2	3	4	5
m. Feeling comfortable in your surroundings (sense of security & safety)	1	2	3	4	5	1	2	3	4	5
n. Organized recreational/fitness activities	1	2	3	4	5	1	2	3	4	5
o. Free/low-cost recreation opportunities	1	2	3	4	5	1	2	3	4	5
p. Community/recreation center	1	2	3	4	5	1	2	3	4	5
q. Centralized information source for community activities/events	1	2	3	4	5	1	2	3	4	5
r. Employer incentives (membership discounts, showers, equipment storage, flex time)	1	2	3	4	5	1	2	3	4	5
s. Personal motivation (satisfaction, enjoyment, interest)	1	2	3	4	5	1	2	3	4	5
t. Good personal health	1	2	3	4	5	1	2	3	4	5
u. Time	1	2	3	4	5	1	2	3	4	5
v. Support from family/friends	1	2	3	4	5	1	2	3	4	5
w. Feeling a sense of community (knowing your neighbors, seeing people out & about)	1	2	3	4	5	1	2	3	4	5
x. Storage for equipment (bike racks, lockers)	1	2	3	4	5	1	2	3	4	5
y. Having appropriate equipment (clothing, bicycle, rollerblades)	1	2	3	4	5	1	2	3	4	5

Q6. Please indicate which of the following attractions and recreational opportunities do/would encourage you to get out and be active. (Choose all that apply from each of the three columns.)

- |  |   |   |
|--|---|---|
| <input type="checkbox"/> Farmer's markets              | <input type="checkbox"/> Athletic courts/fields   | <input type="checkbox"/> Festivals/celebrations/parades                       |
| <input type="checkbox"/> Concerts                      | <input type="checkbox"/> Fishing (pond, rivers)   | <input type="checkbox"/> Exercise stations/circuits along trails              |
| <input type="checkbox"/> Community gardens             | <input type="checkbox"/> Cross-country ski trails | <input type="checkbox"/> Lifetime sports (bocce ball, croquet, horse shoes)   |
| <input type="checkbox"/> Cook-offs                     | <input type="checkbox"/> Skate/bike park          | <input type="checkbox"/> Indoor walking facilities                            |
| <input type="checkbox"/> Craft shows                   | <input type="checkbox"/> Outdoor playgrounds      | <input type="checkbox"/> Benches/seating (in parks, downtown)                 |
| <input type="checkbox"/> Parks                         | <input type="checkbox"/> Ice-skating rink         | <input type="checkbox"/> Botanical gardens/conservatory                       |
| <input type="checkbox"/> Indoor swimming pool          | <input type="checkbox"/> Access to river          | <input type="checkbox"/> Equipment rental (skis, canoes, skates, bicycles)    |
| <input type="checkbox"/> Outdoor swimming pool         | <input type="checkbox"/> Indoor playgrounds       | <input type="checkbox"/> Park amenities (picnic shelters, gazebos, restrooms) |
| <input type="checkbox"/> Walking/bike trails           | <input type="checkbox"/> Indoor dog park          | <input type="checkbox"/> Designated snowmobile trails                         |
| <input type="checkbox"/> Recreation centers/facilities | <input type="checkbox"/> Outdoor dog park         | <input type="checkbox"/> Other (please specify) _____                         |

Q7. Using a one to five scale, with one being "much worse" and five being "much better," compared to five years ago, the general quality of life in my community is...



Q8a. Using a one to five scale, with one being "not at all easy" and five being "very easy," please tell us how easy it is to get around town in a wheelchair, using a walker, or pushing a stroller.

Not at all easy ← (1) (2) (3) (4) (5) → Very easy

Q8b. Using a one to five scale, with one being "not at all safe" and five being "very safe," please tell us how safe it is to get around town in a wheelchair, using a walker, or pushing a stroller.

Not at all safe ← (1) (2) (3) (4) (5) → Very safe

Q9. How many days, in an average week, do you get at least 30 minutes (not necessarily all at once) of physical activity?

- No days
- 1 day
- 2 to 4 days
- 5 to 7 days

Q10. Where do you get most of your physical activity?

- At home (on a treadmill, in the yard)
- Gym/wellness center
- City amenities (parks, sidewalks, trails)
- Other (specify) \_\_\_\_\_

**Please tell us about you.**

Q11. Do you work/volunteer outside the home?

- Yes
- No

Q12. What is your gender?

- Male
- Female

Q13. What is your age?

- Younger than 18 years old
- 18 to 29
- 30 to 44
- 45 to 64
- 65 to 74
- 75 years or older

Q14. What is your approximate annual household income before taxes?

- Less than \$20,000
- \$20,000 to \$39,999
- \$40,000 to \$69,999
- \$70,000 to \$119,999
- \$120,000 or more
- Do not know

Q15. What best describes your race/ethnicity? (Choose all that apply.)

- White
- Black/African American
- Native American/Alaska Native
- Asian/Pacific Islander
- Hispanic
- Other (specify) \_\_\_\_\_

Q16. Do you own or rent your home?

- Own
- Rent
- Other (specify) \_\_\_\_\_

Q17. Are you the parent or primary caregiver of a child or children 18 years of age or younger?

- Yes
- No

→ Q17a. How many times a week do you and your child(ren) participate in some form of physical activity together (play in the yard, go to the park, take a walk, go swimming, go for a bicycle ride, etc.)?

- None
- Less than once a week
- 1 to 2 times a week
- 3 to 4 times a week
- 5 to 7 times a week
- Not sure

Q17b. If safety supports were in place (i.e., crossing guards, safety patrol, continuous sidewalks, walking school bus), how likely would your child(ren) be to walk or ride bicycle to school? Use a one to five scale, with one being "not at all likely" and five being "very likely."

Not at all likely ← (1) (2) (3) (4) (5) → Very likely      Not applicable (6)

**— TURN THE PAGE —→**  
for more questions about your community.

Q18. How often do you use/do the following facilities/activities in Perham?

	Never	Once per month	Several times per month	Weekly	Several times per week
a. Perham Area Community Center (PACC)	1	2	3	4	5
b. Walk, bike trail	1	2	3	4	5
c. Softball fields	1	2	3	4	5
d. Soccer field	1	2	3	4	5
e. Paul Miller Park	1	2	3	4	5
f. Perham Lakeside Golf Course	1	2	3	4	5
g. Tennis	1	2	3	4	5
h. Bocce ball	1	2	3	4	5
i. Ice skating rink	1	2	3	4	5
j. Volleyball	1	2	3	4	5
k. Neighborhood public playground	1	2	3	4	5
l. Perham Public Library	1	2	3	4	5
m. ITOW Veteran's Museum	1	2	3	4	5
n. History Museum of East Otter Tail County	1	2	3	4	5

Q19. The City of Perham is experiencing budget problems, and is struggling with funding of city projects. Using a one to five scale, with one being "not at all important" and five being "very important," please rate the importance the following items should have when considering the budget for city projects.

Items	Not at all important			Very important	
a. Extending walk/bike path to loop through Paul Miller Park	1	2	3	4	5
b. Extending walk/bike path to the fishing bridge on Little Pine Lake	1	2	3	4	5
c. Linking bike path to areas such as the school, hospital, Krauss Park or other locations	1	2	3	4	5
d. Linking bike path to regional trails such as Heartland Trail	1	2	3	4	5
e. Resurfacing of walk/bike path	1	2	3	4	5
f. Creating whistle-free zone for trains passing through Perham	1	2	3	4	5
g. Creating municipal campground in Arvig Park	1	2	3	4	5
h. Enclosing ice skating rink	1	2	3	4	5
i. Providing additional retail parking	1	2	3	4	5
j. Providing bike locking areas in retail district	1	2	3	4	5
k. Providing bike locking areas at employers	1	2	3	4	5

Q20. Using a one to five scale, with one being "not at all satisfied" and five being "very satisfied," how satisfied are you with:

	Not at all satisfied			Very satisfied	
a. The NUMBER of sidewalks in Perham	1	2	3	4	5
b. The QUALITY of sidewalks in Perham	1	2	3	4	5

Q21. In the fall of 2009, Perham Public School initiated a "Fitness for Life" program. The goals of this program are to improve standardized test scores, reduce discipline referrals, and reduce childhood obesity and diabetes. Results after one year have demonstrated an improvement in academic testing and personal fitness; however, more time is needed in order to determine whether there are decreases in the proportions of obese and morbidly obese children. Using a one to five scale, with one being "not at all supportive" and five being "very supportive," please tell us how supportive you are of:

	Not at all supportive			Very supportive	
a. The "Fitness for Life" Initiative	1	2	3	4	5
b. Required daily physical education for Kindergarten through 8th grade	1	2	3	4	5

Q22. Are you a member of the Perham Area Community Center (PACC)?

- Yes  
 No → If no, why not?  
 It doesn't have services that interest me  
 I live too far away  
 It's too expensive  
 I don't have time  
 I belong to a health club other than PACC  
 Other reason (please specify) \_\_\_\_\_

Q23. Please tell us which of the following PACC improvements, services, and incentives that you are aware of (Fill in the ovals of all that apply).

- Updated workout equipment  
 Additional water slide  
 Planned climbing wall in pool area  
 Personal trainer  
 Insurance companies that offer discounts or incentives for PACC membership

Q24. Where do you do most of your shopping? (Choose one.)

- Perham     Detroit Lakes     Alexandria     Fargo     Other (specify) \_\_\_\_\_  
 Wadena     Fergus Falls     St. Cloud     Twin Cities

**Thank you for assisting us with this important survey!**