



Active Living Study for the City of Breckenridge, Minnesota

Results of a September 2010 Survey of Breckenridge Residents

April 2011



PREFACE

This report, entitled *Active Living Study for the City of Breckenridge, Minnesota*, presents the results of a September 2010 survey of residents of the City of Breckenridge in Wilkin 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/.

This report, and companion reports about active living in the cities of Detroit Lakes, Dilworth, and Perham, Minnesota, are available on the NDSDC website:
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 Breckenridge 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 North Dakota State Data Center worked closely with the SHIP Community Leadership Team and the Breckenridge 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 Breckenridge utility holders (20 were returned from the postal service as undeliverable lowering our sample to 655). The survey was composed of 23 questions and took approximately 15 minutes to complete. Data collection occurred in September 2010. A total of 237 surveys were returned for a response rate of 36 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

Breckenridge residents place high importance on health.

Most residents say that good personal health is “very important” to them (70 percent). The majority of residents say they get 30 minutes or more of physical activity at least 2 days a week (84 percent); 33 percent get 30 minutes or more of physical activity 5 to 7 days a week. The vast majority of parents surveyed participate in some form of physical activity with their children at least once a week (89 percent); 40 percent participate 5 to 7 times a week.

Breckenridge residents are using sidewalks and trails.

Most residents say that walkable/bikeable destinations are important to them (70 percent). More than one-third of residents say they get most of their physical activity using city amenities like parks, sidewalks, and trails (36 percent). The majority of residents use the sidewalks and trails for walking/running (77 percent); 39 percent use them for bicycling.

Breckenridge residents say sidewalks are important to them.

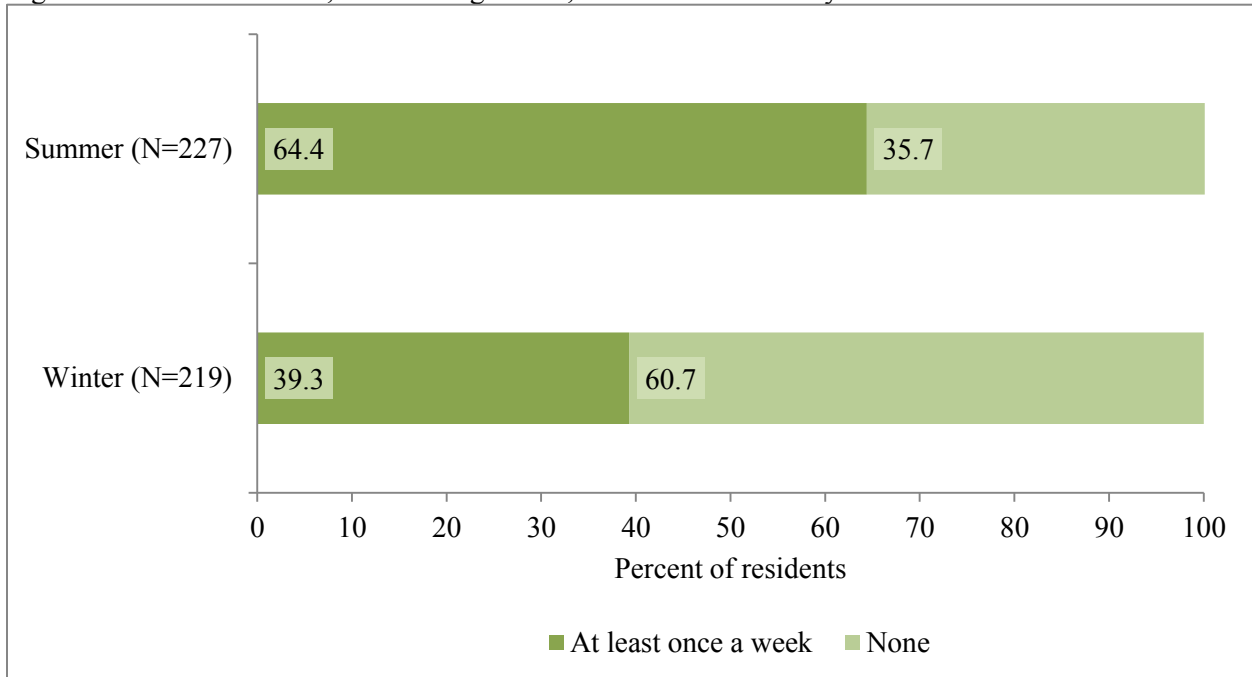
Most residents say that sidewalk maintenance, sidewalk winter care, and continuous sidewalks are important to them (81 percent, 76 percent, and 72 percent, respectively). On average, residents are somewhat satisfied with the number and quality of sidewalks in Breckenridge. When asked about prioritizing future development, on average, residents gave ratings of moderate importance to developing a walk/bike path to the fairgrounds in south Breckenridge, extending the walk/bike path to St. Francis Health Care Campus, and developing a walk/bike path to Jefferson Park.

SURVEY RESULTS

Commuting by Foot and by Bicycle

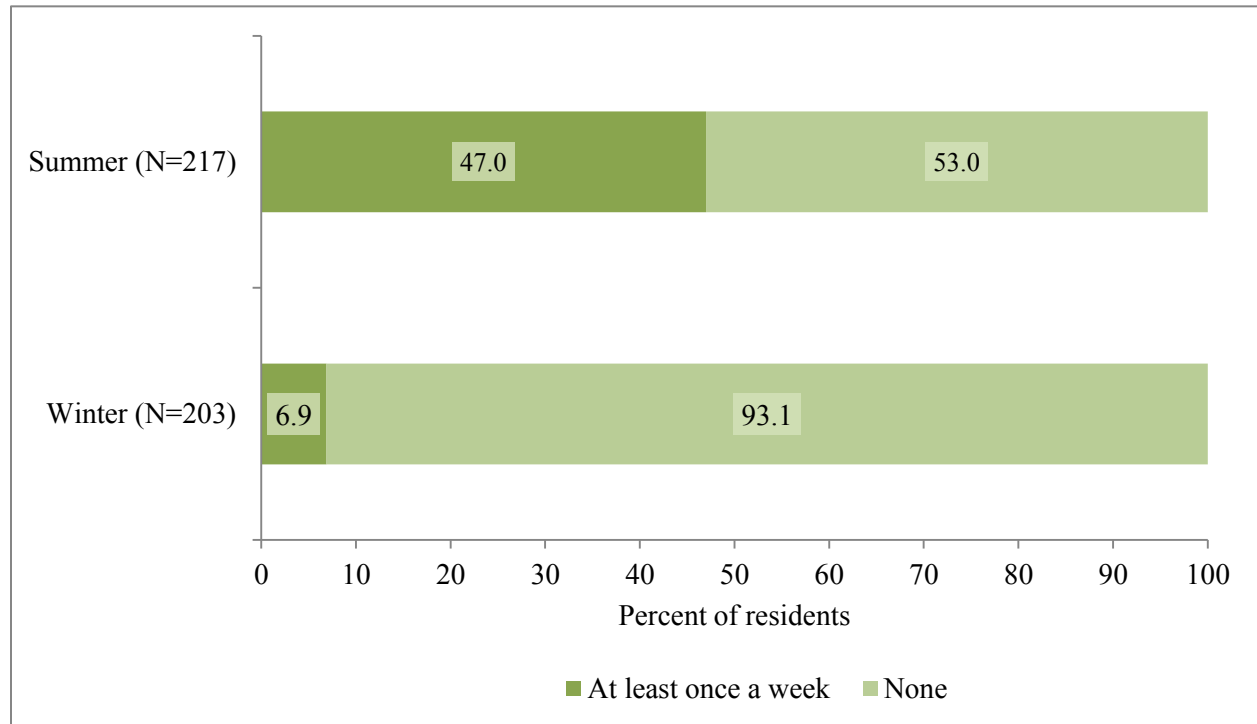
- Commuting activities include: going to work/school, going shopping, taking a child to daycare or to school, or running errands. Residents were asked how many times, in an average week, they commute (entirely or partially) by foot and by bicycle, in both summer and winter months (Figures 1 and 2).
- Commuting by foot (*Figure 1, Appendix Table 1*)
 - Two out of three residents said they commute by foot at least once a week in summer months (64.4 percent); 15.9 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 (39.3 percent); 5.5 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*)
 - Nearly half of residents said they commute by bicycle at least once a week in summer months (47.0 percent); 12.0 percent said they commute six or more times.
 - Seven percent of residents said they commute by bicycle at least once a week in winter months (6.9 percent); 1.5 percent said they 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 would walk to parks (55.7 percent) and to the post office/public library/city government office (55.7 percent); 52.7 percent said would walk to neighborhood retail establishments and restaurants.
 - By riding a bicycle: Residents were most likely to report that they would ride a bicycle to parks (40.5 percent) followed by the post office/public library/city government office and neighborhood retail establishments and restaurants (32.5 percent and 30.4 percent, respectively).
 - Other destinations that residents mentioned were friends' houses, shopping, and St. Francis Medical Center. See Appendix Table 3 for a complete list of other destinations that are not included in Table 1.

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

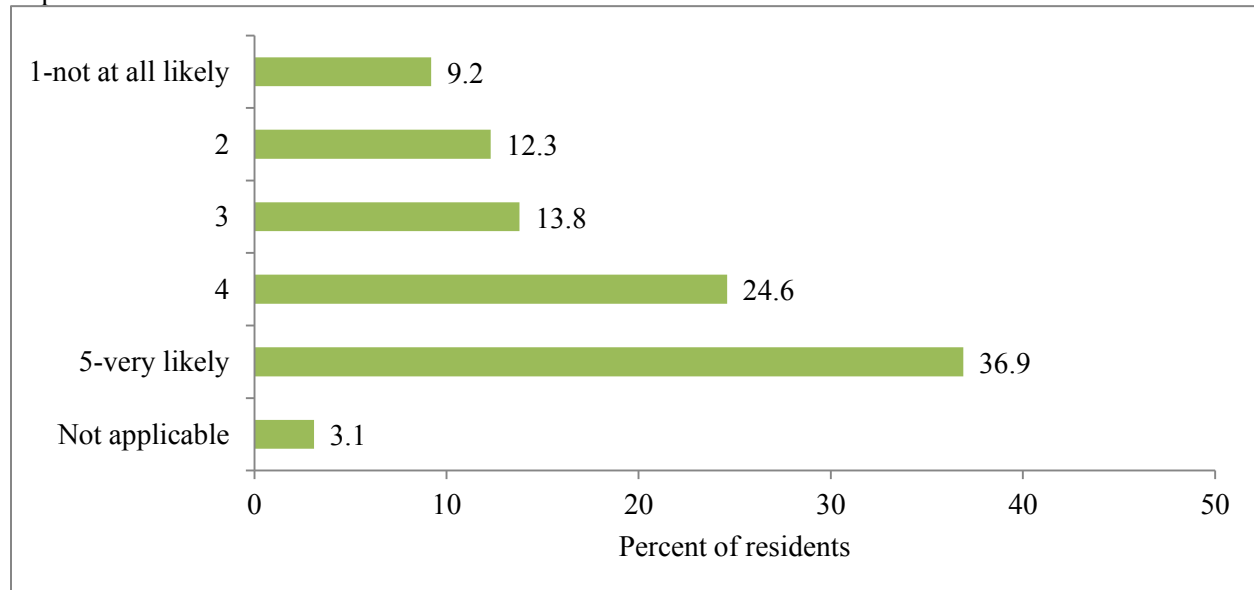
| Destinations | Percent of residents by mode of transportation* (N=237) | | |
|---|---|------------------|-----------------------|
| | Walking | Riding a bicycle | I would not do either |
| Community/recreation center | 38.4 | 28.3 | 36.3 |
| Neighborhood retail and restaurants | 52.7 | 30.4 | 30.0 |
| Post office/public library/city government office | 55.7 | 32.5 | 26.2 |
| Parks | 55.7 | 40.5 | 24.5 |
| Medical facility | 15.6 | 11.8 | 60.3 |
| Your work place/volunteer site | 26.6 | 21.5 | 44.3 |
| Your school or your children's school | 30.0 | 20.7 | 43.5 |
| Your place of worship | 32.9 | 9.7 | 49.8 |
| Other** | 5.5 | 3.8 | 16.0 |

*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 a bicycle to school if safety supports were in place, such as crossing guards, safety patrol, continuous sidewalks, or a walking school bus (responses are based on a one to five scale, with one being "not at all likely" and five being "very likely") (Figure 3, Appendix Table 4).
 - On average, residents said their child(ren) would be likely to walk or ride their bicycle to school if safety supports were in place (mean=3.70); nearly two-fifths of residents said their child(ren) would be "very likely" (36.9 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 a bicycle to school if safety supports were in place



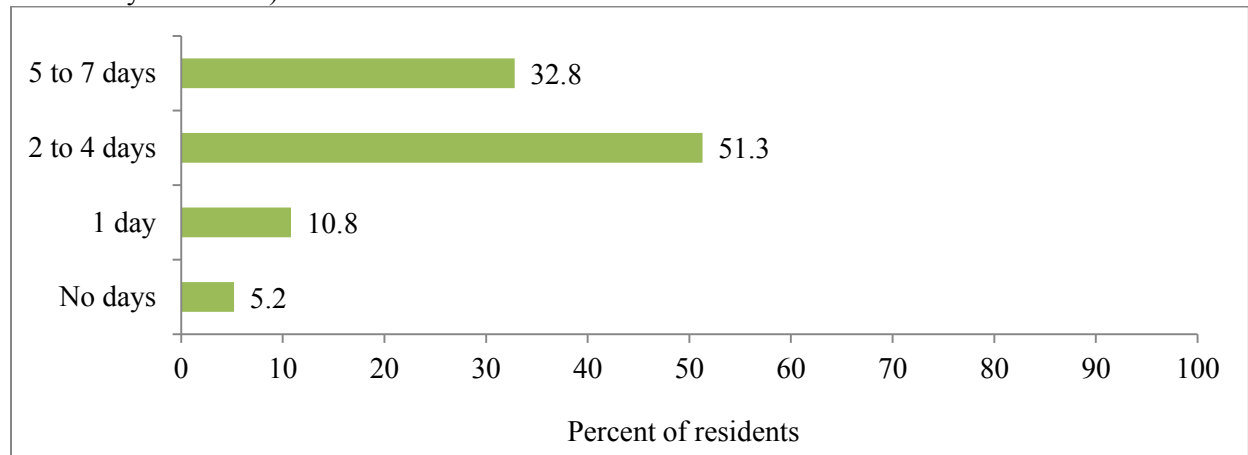
N=65

Mean=3.70 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 (94.9 percent).
 - One-third of residents indicated that they get at least 30 minutes of exercise 5 to 7 days a week (32.8 percent).

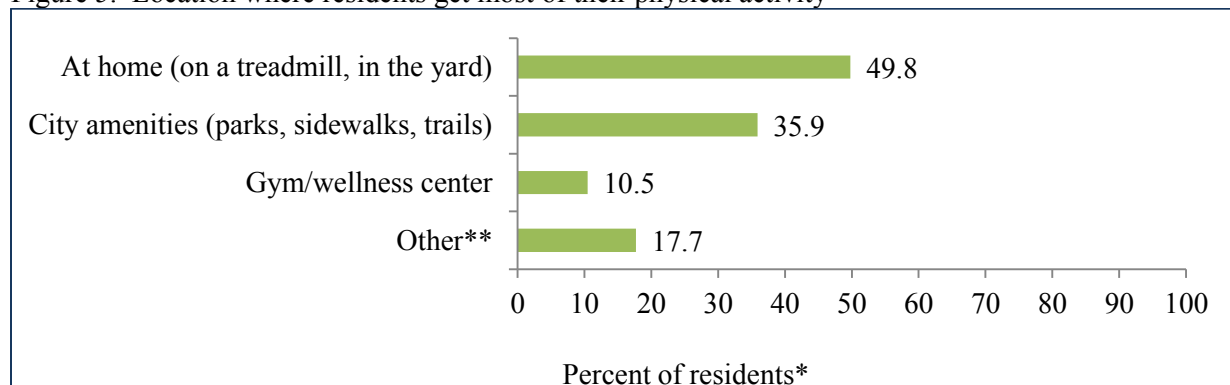
Figure 4. Number of days, in an average week, residents get at least 30 minutes of physical activity (not necessarily all at once)



N=232

- Residents were asked where they get most of their physical activity (*Figure 5, Appendix Tables 6 and 6a*).
 - Half of residents indicated they get most of their physical activity at home (49.8 percent) and 35.9 percent of residents said they use their city’s parks, sidewalks, and trails to get their physical activity.
 - Other locations where residents get most of their physical activity are work, walking the dog, and golfing. 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



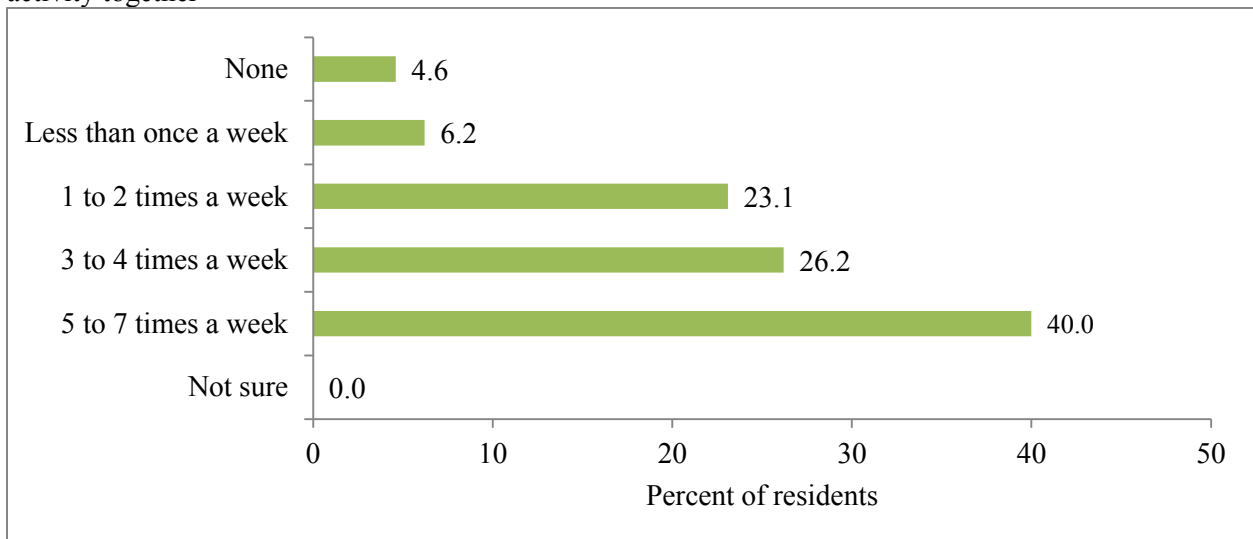
N=237

*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).
 - The vast majority of 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 (89.3 percent); two-fifths said they participate in some form of physical activity with their child(ren) 5 to 7 times a week (40.0 percent).

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=65

- Residents were asked to indicate how often they or members of their household use facilities or do activities in Breckenridge (*Table 2*).
 - The top four most frequently used facilities (at least several times per month) are as follows:
 - Breckenridge Public Library (30.8 percent)
 - Family Aquatic Center and Park (24.1 percent)
 - Bois De Sioux Golf Course (16.3 percent)
 - Sliding Hill (15.5 percent)

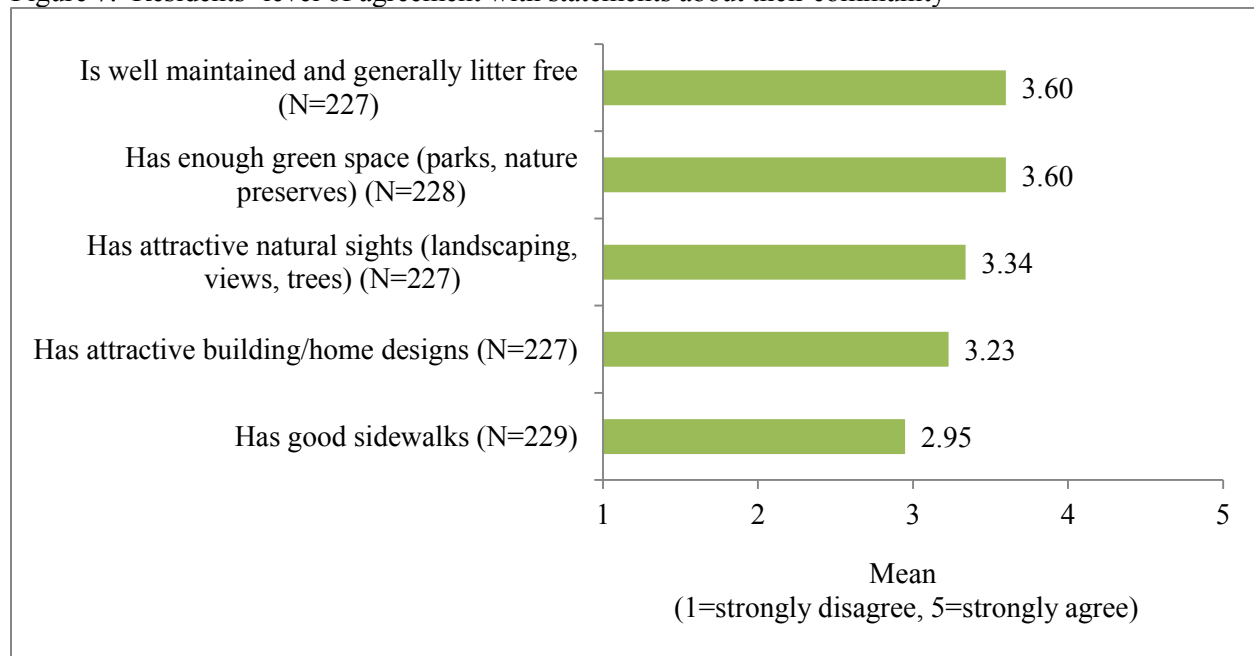
Table 2. Number of times residents and members of their family use the following facilities or do the following activities in Breckenridge

| Facilities/Activities | Percent of residents | | | | | |
|---|----------------------|----------------|-------------------------|--------|------------------------|-------|
| | Never | Once per month | Several times per month | Weekly | Several times per week | Total |
| Family Aquatic Center and Park (N=216) | 59.7 | 16.2 | 9.3 | 3.2 | 11.6 | 100.0 |
| Jefferson Park (N=215) | 72.1 | 14.0 | 8.4 | 3.7 | 1.9 | 100.1 |
| Welles Memorial Park (N=212) | 41.5 | 45.3 | 8.0 | 2.4 | 2.8 | 100.0 |
| Ox Cart Trail Park (N=210) | 67.1 | 18.6 | 7.1 | 4.3 | 2.9 | 100.0 |
| Kid's Corner Park (N=208) | 90.4 | 5.3 | 2.9 | 0.5 | 1.0 | 100.1 |
| Gewalt Park (N=205) | 91.2 | 6.8 | 1.5 | 0.0 | 0.5 | 100.0 |
| Lake Breckenridge Walk/Bike Trail (N=200) | 64.0 | 25.5 | 4.5 | 4.0 | 2.0 | 100.0 |
| Tennis Court (N=206) | 90.3 | 6.8 | 1.5 | 1.0 | 0.5 | 100.1 |
| Breckenridge Community Center (N=205) | 77.1 | 17.1 | 4.4 | 1.0 | 0.5 | 100.1 |
| Sliding Hill (N=213) | 65.7 | 18.8 | 11.3 | 3.3 | 0.9 | 100.0 |
| Skating Rink (N=206) | 74.3 | 16.0 | 6.8 | 1.9 | 1.0 | 100.0 |
| Breckenridge Public Library (N=217) | 32.3 | 36.9 | 16.1 | 9.2 | 5.5 | 100.0 |
| Wilkin County Historical Museum (N=207) | 80.2 | 17.4 | 1.0 | 0.0 | 1.4 | 100.0 |
| Bois De Sioux Golf Course (N=214) | 67.3 | 16.4 | 6.5 | 2.8 | 7.0 | 100.0 |

Perception of Community

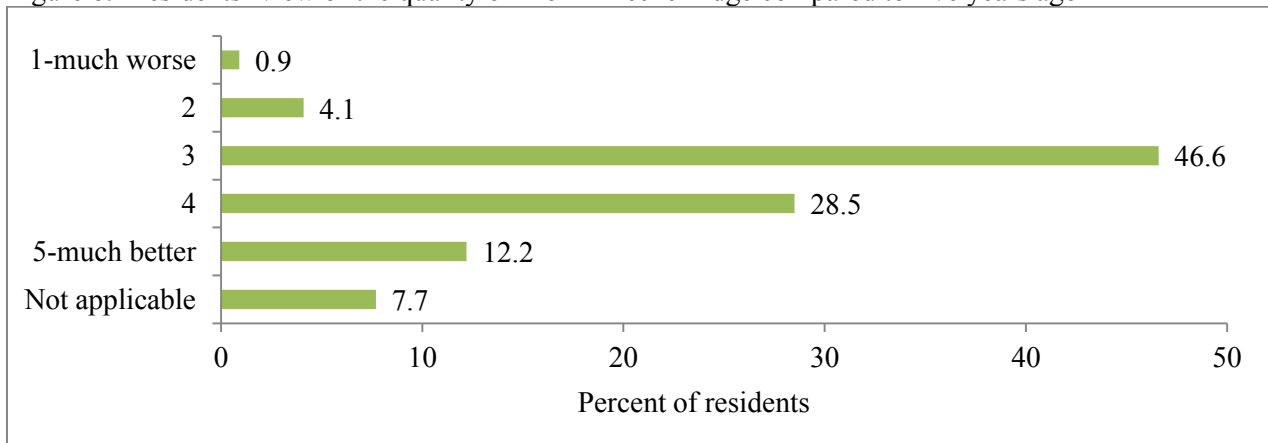
- Residents were asked to indicate their level of agreement with five statements about their community (responses are based on a one to five scale with one being “strongly disagree” and five being “strongly agree”) (Figure 7, Appendix Table 8).
 - Residents agreed the most that their community *is well maintained and generally litter free and has enough green space* (mean=3.60 each)
 - Residents agreed the least that their community *has good sidewalks* (mean=2.95).

Figure 7. 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 8, Appendix Table 9).
 - On average, residents said the quality of life in Breckenridge has improved slightly over the last five years (mean=3.51); 12.2 percent of residents said the quality of life now is “much better.”

Figure 8. Residents’ view of the quality of life in Breckenridge compared to five years ago

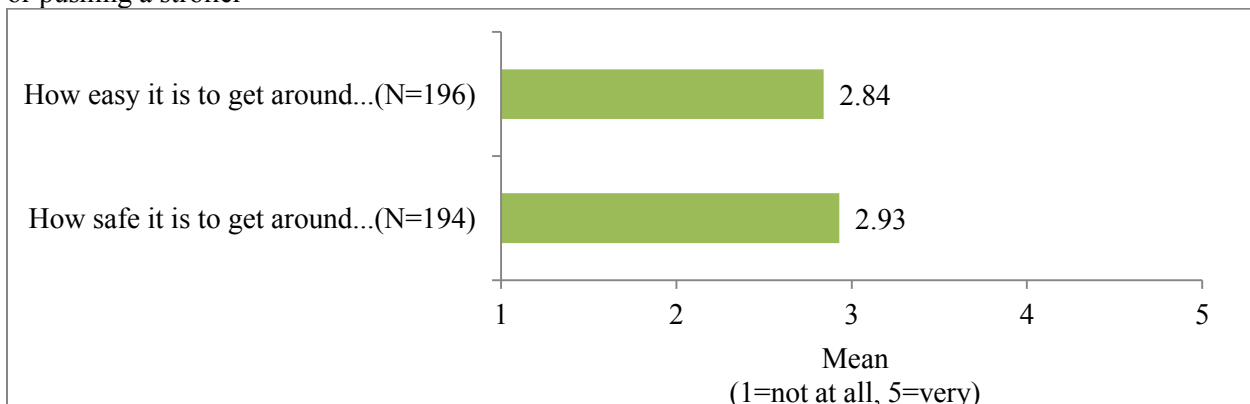


N=221

Mean=3.51 and excludes “not applicable.”

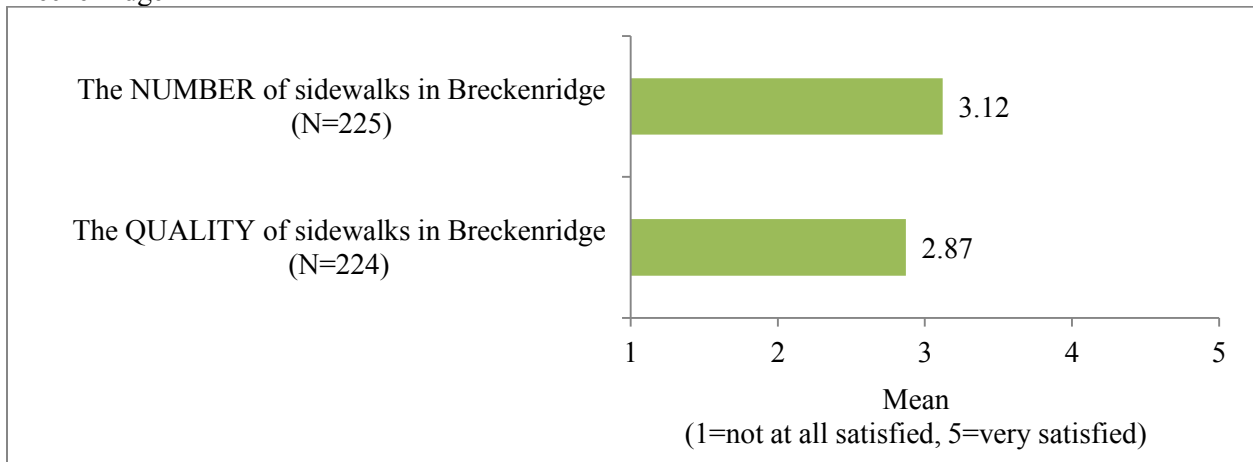
- Residents were asked to rate how easy and safe it is to get around town in a wheelchair, using a walker, or pushing a stroller (responses are based on a one to five scale with one being “not at all easy” or “not at all safe” and five being “very easy” or “very safe”) (Figure 9, Appendix Tables 10 and 11).
 - 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=2.84 and mean=2.93, respectively).
 - One-tenth of residents said it was “not at all easy” to get around town in a wheelchair, using a walker, or pushing a stroller (9.7 percent); 6.7 percent said it was “not at all safe” to get around town in a wheelchair, using a walker, or pushing a stroller.

Figure 9. Residents’ rating of how easy and safe it is to get around town in a wheelchair, using a walker, or pushing a stroller



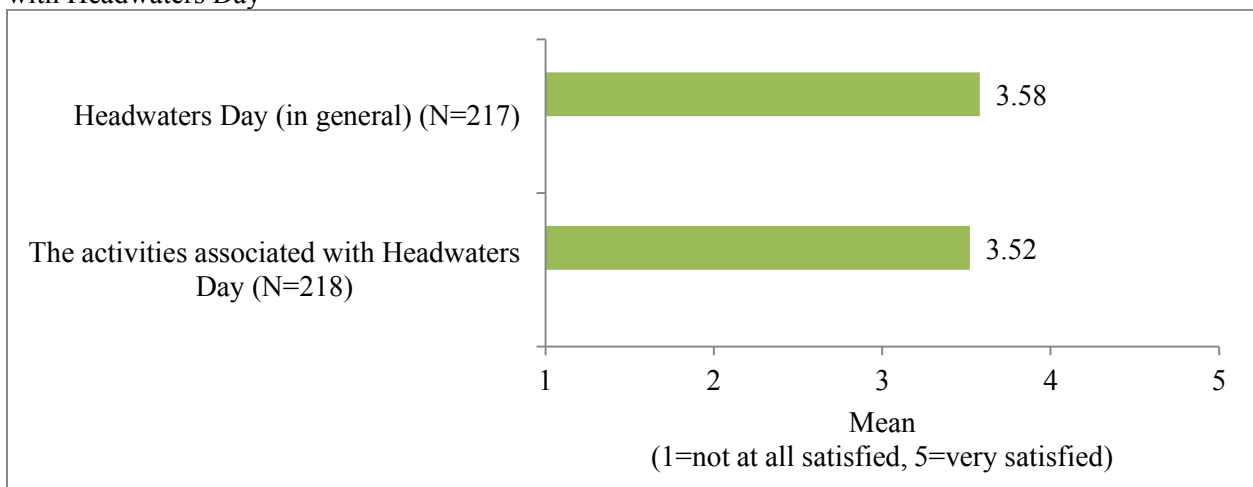
- Residents were asked to rate their satisfaction with the number and quality of sidewalks in Breckenridge (responses are based on a one to five scale with one being “not at all satisfied” and five being “very satisfied”) (Figure 10, Appendix Table 12).
 - On average, residents are somewhat satisfied with the number (mean=3.12) and quality (mean=2.87) of sidewalks in Breckenridge.

Figure 10. Residents’ rating of satisfaction with the NUMBER and QUALITY of sidewalks in Breckenridge



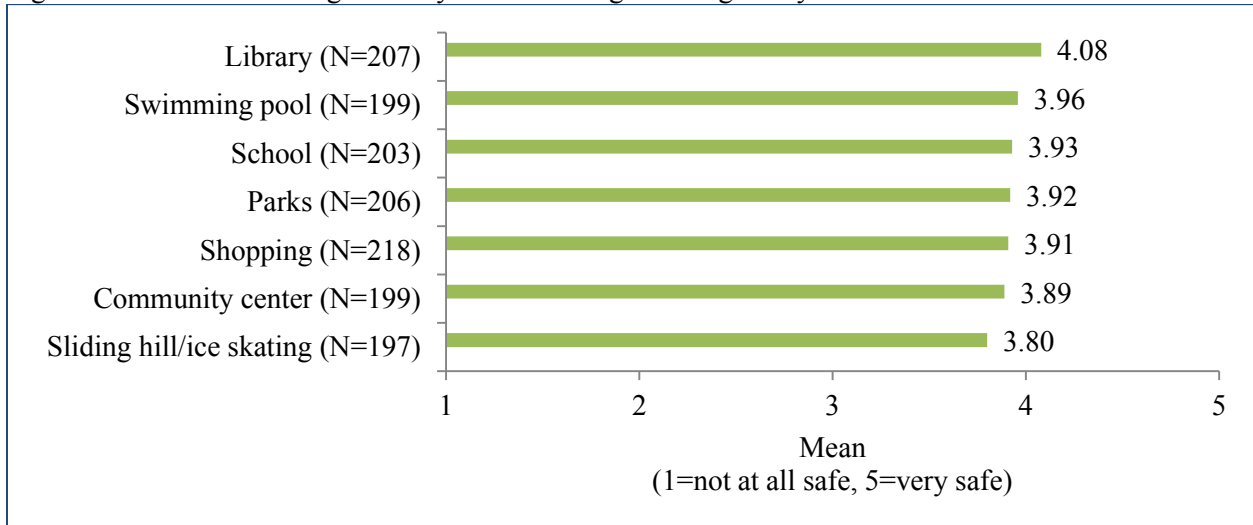
- Residents were also asked to rate their satisfaction with Headwaters Day (in general) and the activities associated with Headwaters Day (responses are based on a one to five scale with one being “not at all satisfied” and five being “very satisfied”) (Figure 11, Appendix Table 13).
 - On average, residents said they are satisfied with Headwaters Day (in general) (mean=3.58) and the activities associated with Headwaters Day (mean=3.52).

Figure 11. Residents’ rating of satisfaction with Headwaters Day (in general) and the activities associated with Headwaters Day



- Residents were asked to rate how safe they feel walking or riding a bicycle to and from certain locations (responses are based on a one to five scale with one being “not at all safe” and five being “very safe”) (Figure 12, Appendix Table 14).
 - Residents gave the highest ratings of safety when walking or riding a bicycle to and from the following locations:
 - Library (mean=4.08)
 - Swimming pool (mean=3.96)
 - School (mean=3.93)

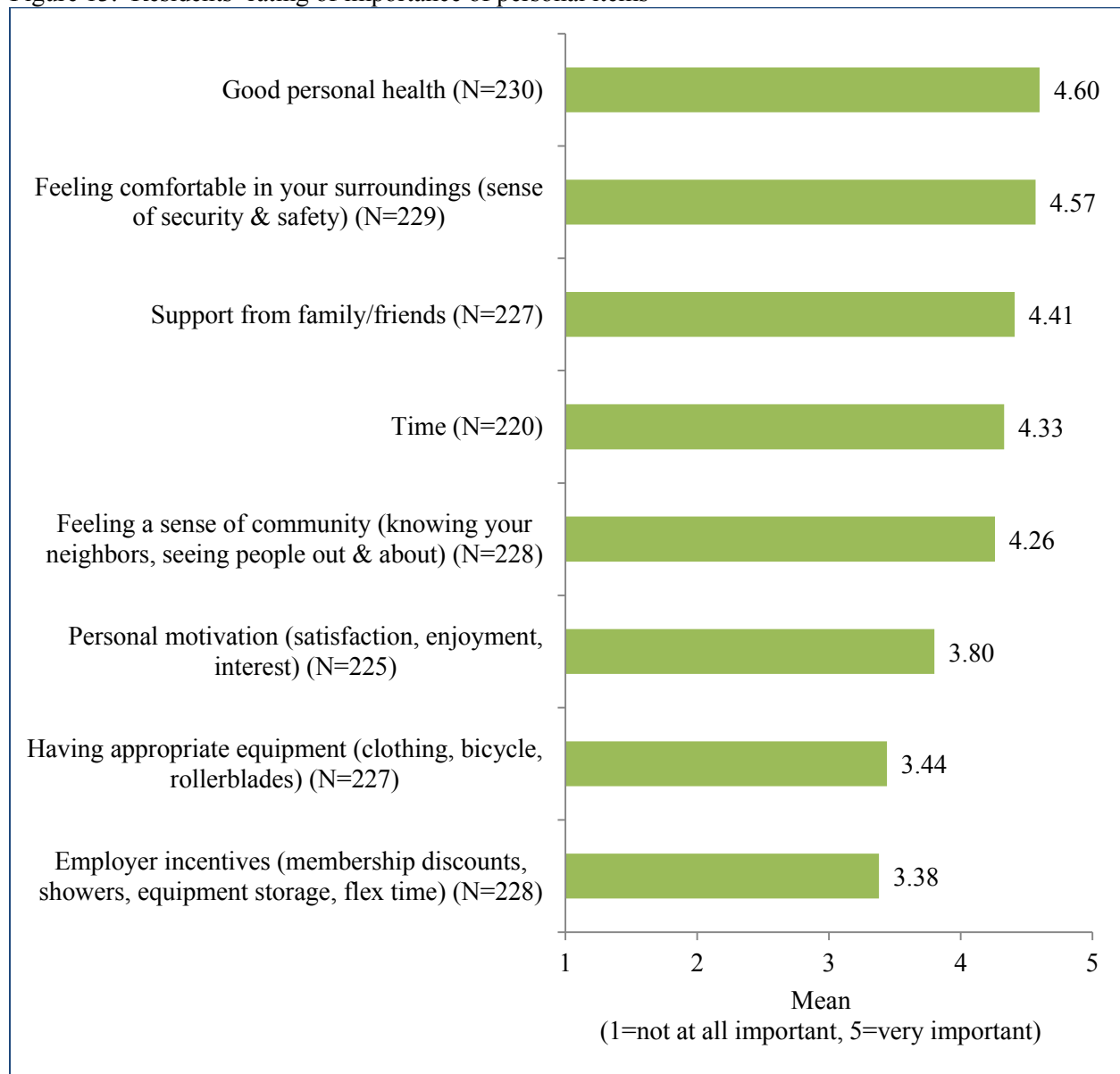
Figure 12. Residents’ rating of safety when walking or riding a bicycle to certain locations



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 security (*Figure 13, Appendix Table 15*).
 - Residents gave the highest ratings to the following items:
 - Good personal health (mean=4.60)
 - Feeling comfortable in your surroundings (sense of security and safety) (mean=4.57)
 - Support from family/friends (mean=4.41)
 - Time (mean=4.33)
 - Feeling a sense of community (mean=4.26)

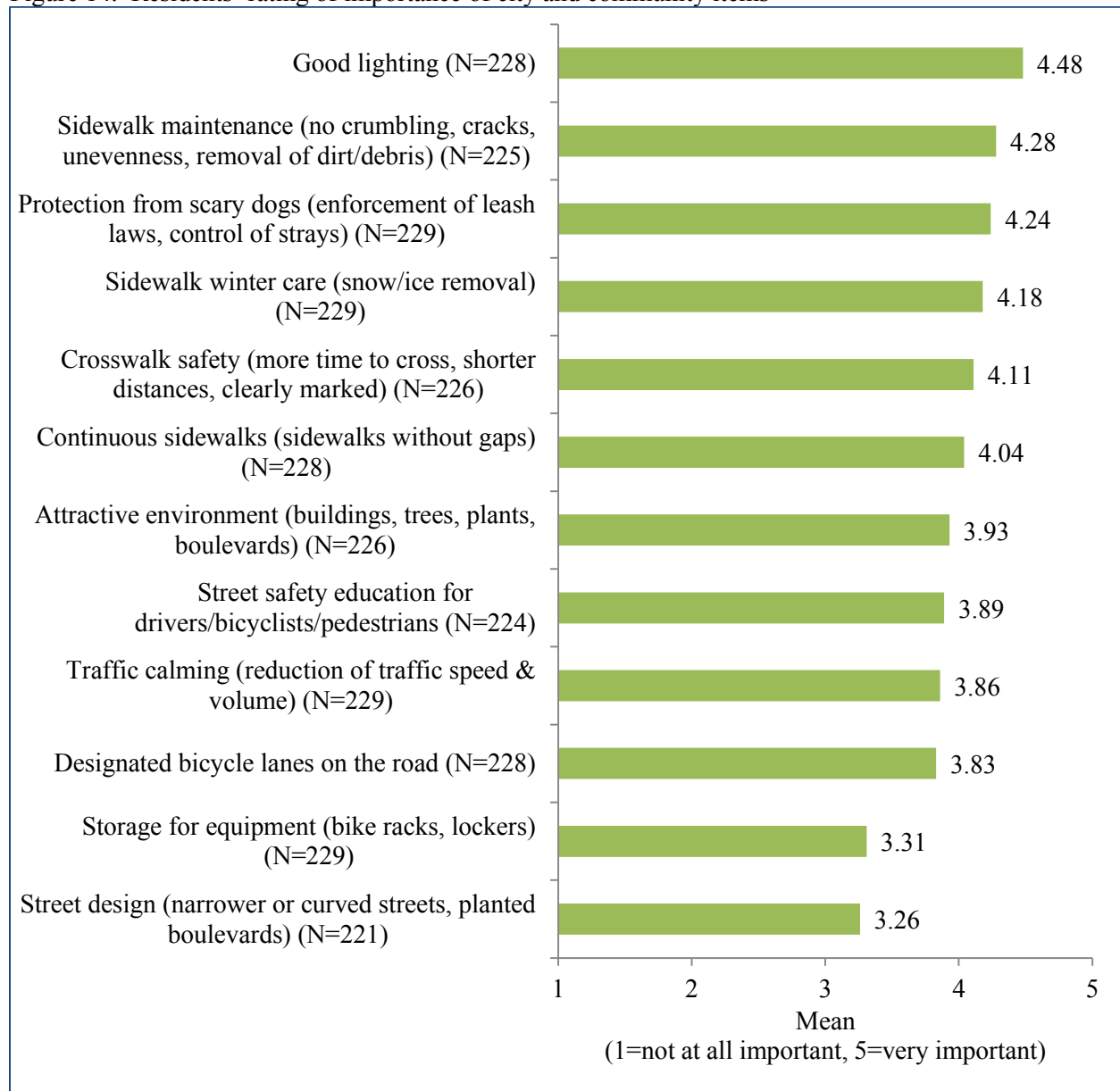
Figure 13. Residents’ rating of importance of personal items



Importance of City and Community Items

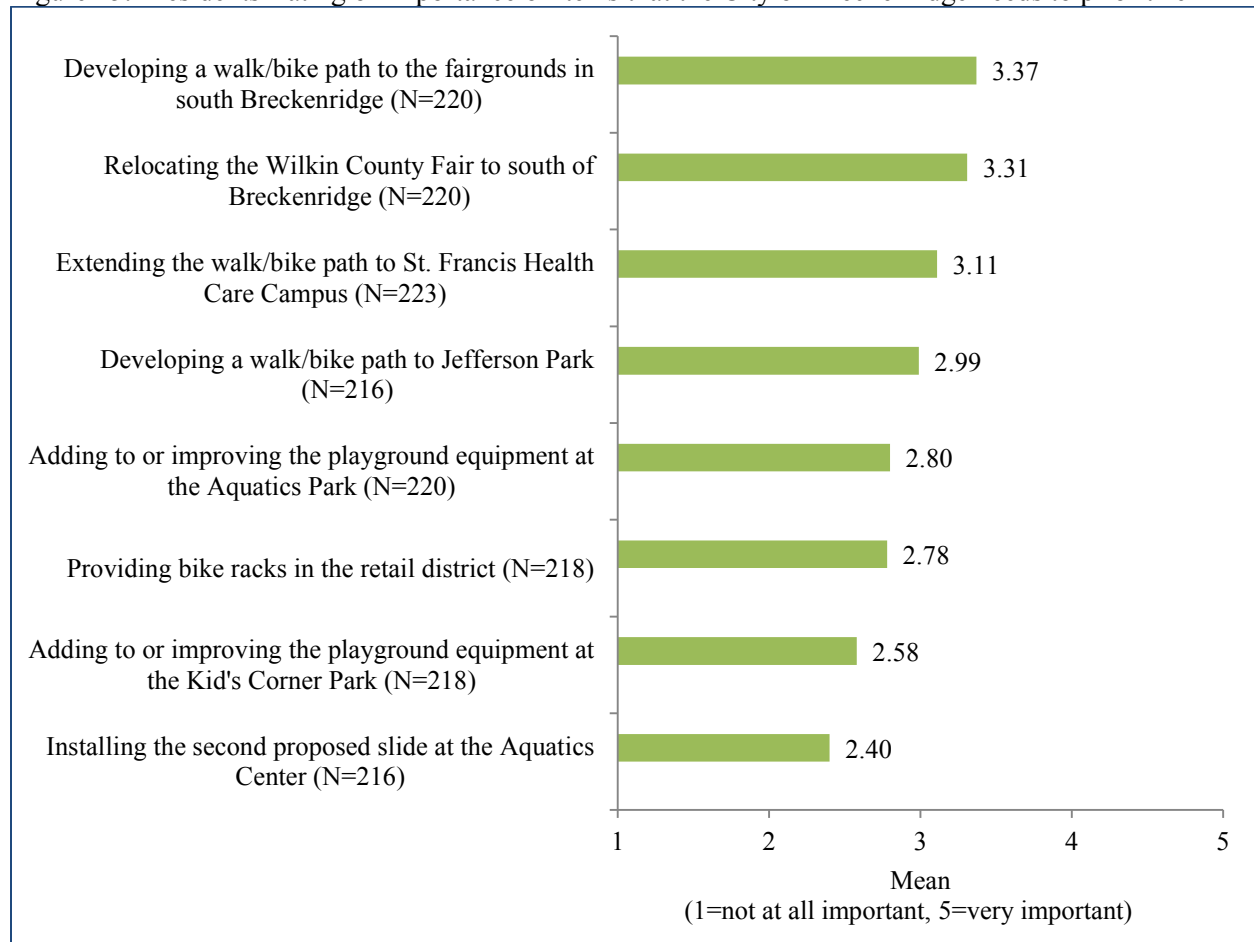
- Residents were asked to rate the importance of various city and community items (responses are based on a one to five scale with one being “not at all important” and five being “very important”). Residents gave high ratings of importance on items concerning safety and maintenance (*Figure 14, Appendix Table 16*).
 - Residents gave the highest ratings to the following items:
 - Good lighting (mean=4.48)
 - Sidewalk maintenance (mean=4.28)
 - Protection from scary dogs (mean=4.24)
 - Sidewalk winter care (mean=4.18)
 - Crosswalk safety (mean=4.11)
 - Continuous sidewalks (mean=4.04)

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



- Residents were also asked for their assistance in prioritizing the importance of other 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”) (Figure 15, Appendix Table 17).
 - Residents gave the highest ratings to the following items:
 - Developing a walk/bike path to fairgrounds in south Breckenridge (mean=3.37)
 - Relocating the Wilkin County Fair to south of Breckenridge (mean=3.31)
 - Extending the walk/bike path to St. Francis Health Care Campus (mean=3.11)
 - Residents gave the lowest ratings to the following items:
 - Installing the second proposed slide at the Aquatics Center (mean=2.40)
 - Adding to or improving the playground equipment at the Kid’s Corner Park (mean=2.58)
 - Providing bike racks in the retail district (mean=2.78)

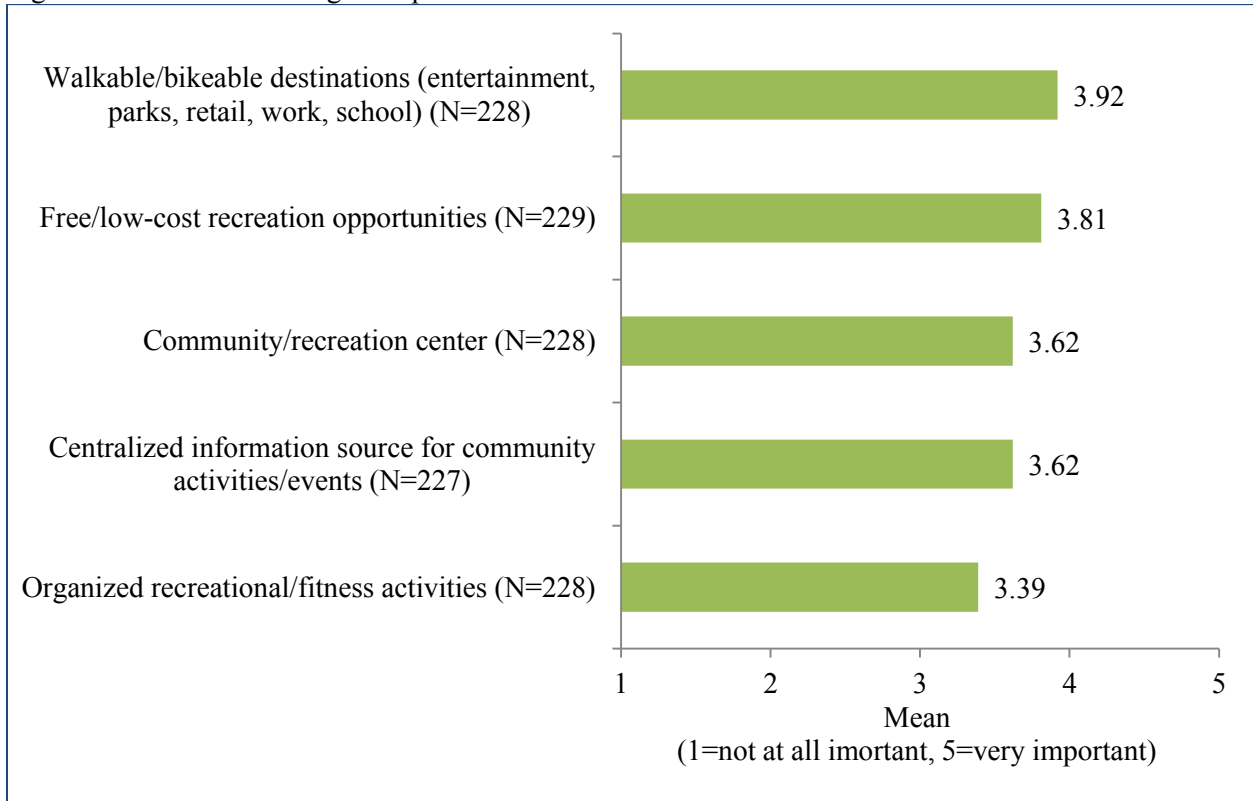
Figure 15. Residents’ rating of importance of items that the City of Breckenridge needs to prioritize



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 16, Appendix Table 18).
 - Residents gave the highest ratings to the following items:
 - Walkable/bikeable destinations (mean=3.92)
 - Free/low-cost recreation opportunities (mean=3.81)

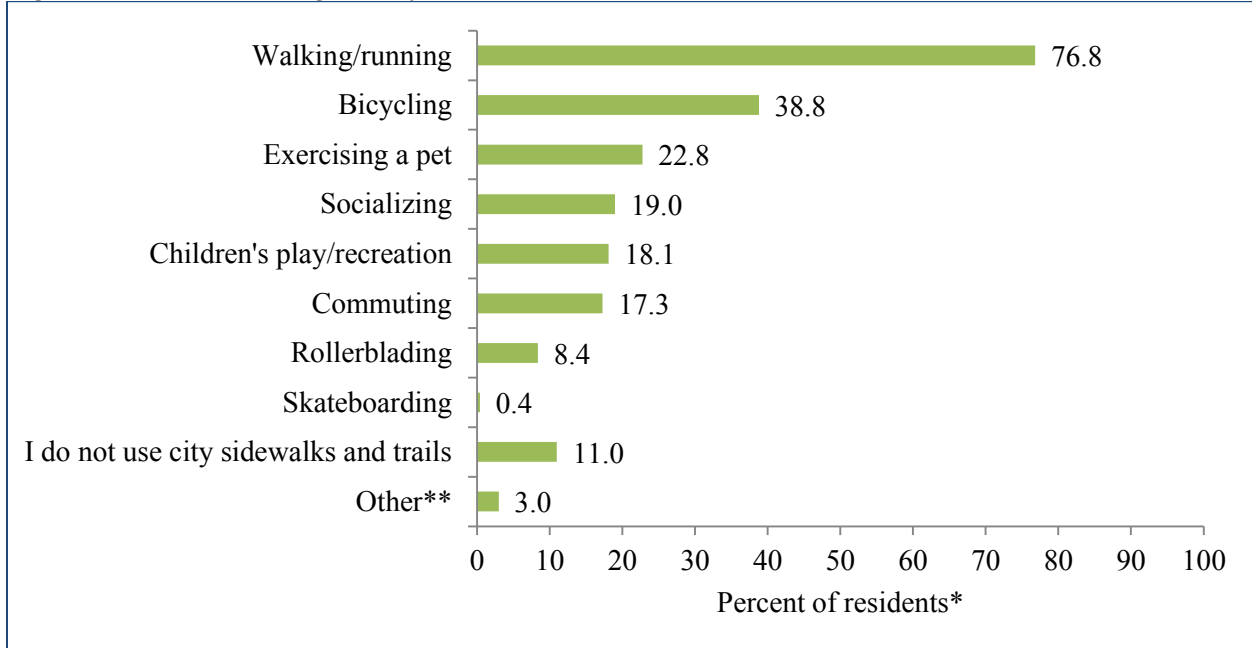
Figure 16. Residents’ rating of importance of recreation and entertainment items



Recreational Opportunities

- Residents were asked how they use city sidewalks and trails (*Figure 17, Appendix Table 19*).
 - Approximately three-fourths of residents said they are using the sidewalks and trails for walking/running (76.8 percent); 38.8 percent use them for bicycling.
 - Nearly one-fourth of residents indicated that they use the sidewalks and trails for exercising a pet (22.8 percent).
 - Approximately one-fifth of residents said they use the sidewalks and trails for socializing, children’s play/recreation, and commuting (19.0 percent, 18.1 percent, and 17.3 percent, respectively).
 - Other ways residents use city sidewalks and trails are for delivering papers, and leisure and exercise. See Appendix Table 19 for a complete list.

Figure 17. Residents’ usage of city sidewalks and trails



N=237

*Percentages do not total 100.0 due to multiple responses.

**See Appendix Table 19 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 3, Appendix Table 20*).
 - The top six attractions/recreational activities are as follows:
 - Walking/bike trails (65.0 percent)
 - Farmers’ markets (62.0 percent)
 - Festivals/celebrations/parades (56.5 percent)
 - Parks (55.7 percent)
 - Park amenities (picnic shelters, gazebos, restrooms) (54.0 percent)
 - Indoor walking facilities (51.9 percent)
 - Other attractions/recreational opportunities that do/would encourage residents to get out and be active are golf, indoor play areas, and tennis courts. See Appendix Table 20 for a complete list.

Table 3. Attractions/recreational opportunities that do/would encourage residents to get out and be active

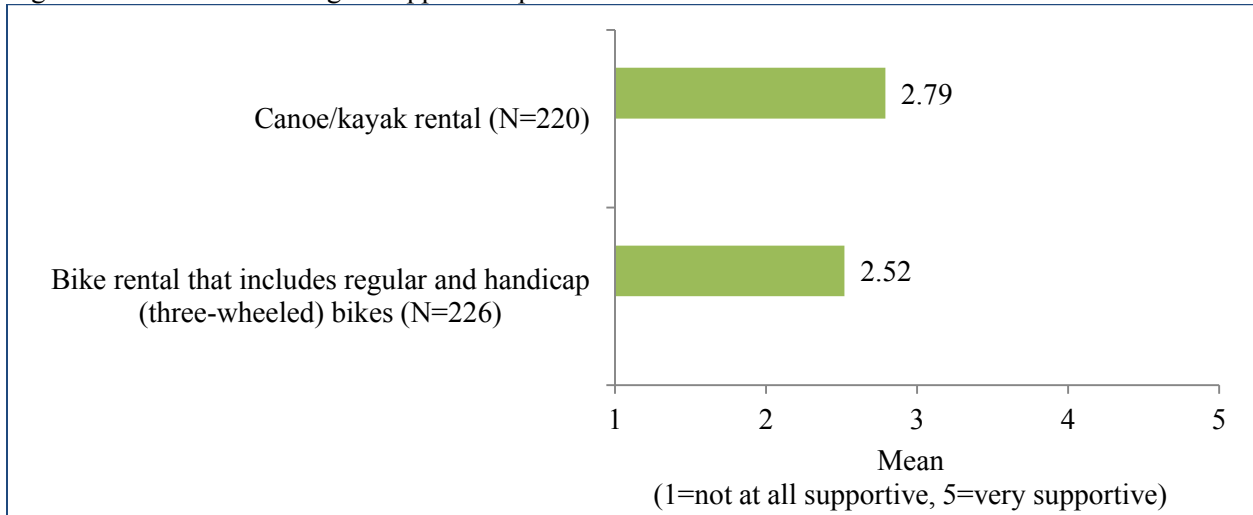
| Attractions/recreational opportunities | Percent of residents* (N=237) |
|--|----------------------------------|
| Walking/bike trails | 65.0 |
| Farmers’ markets | 62.0 |
| Festivals/celebrations/parades | 56.5 |
| Parks | 55.7 |
| Park amenities (picnic shelters, gazebos, restrooms) | 54.0 |
| Indoor walking facilities | 51.9 |
| Concerts | 45.6 |
| Benches/seating (in parks, downtown) | 44.7 |
| Craft shows | 43.0 |
| Recreation centers/facilities | 37.6 |
| Outdoor playgrounds | 35.4 |
| Fishing (pond, rivers) | 33.8 |
| Access to river | 31.6 |
| Indoor swimming pool | 30.8 |
| Athletic courts/fields | 28.3 |
| Outdoor swimming pool | 27.4 |
| Ice-skating rink | 26.6 |
| Outdoor dog park | 25.3 |
| Equipment rental (skies, canoes, skates, bicycles) | 24.9 |
| Botanical gardens/conservatory | 24.5 |
| Exercise stations/circuits along trails | 21.9 |
| Indoor playgrounds | 21.1 |
| Lifetime sports (bocce ball, croquet, horse shoes) | 19.8 |
| Cross-country ski trails | 17.3 |
| Skate/bike park | 16.5 |
| Designated snowmobile trails | 16.5 |
| Cook-offs | 14.8 |
| Indoor dog park | 12.7 |
| Community gardens | 12.2 |
| Other** | 4.6 |

*Percentages do not total 100.0 due to multiple responses.

**See Appendix Table 20 for a list of “other” attractions/recreational opportunities that do/would encourage residents to get out and be active.

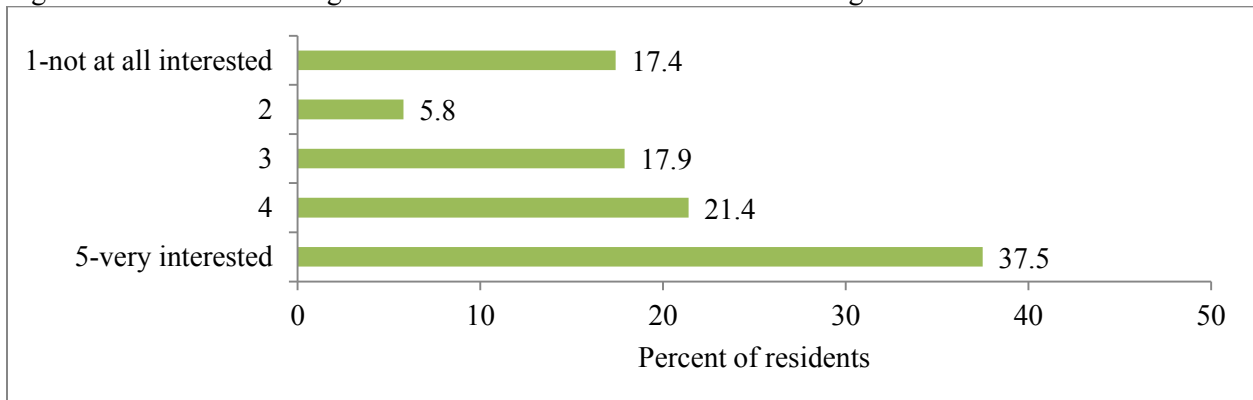
- Residents were asked about their support of certain potential services (responses are based on a one to five scale with one being “not at all supportive” and five being “very supportive”) (*Figure 18, Appendix Table 21*).
 - On average, residents indicated a moderate level of support for the potential canoe/kayak rental service (mean=2.79); 15.5 percent are “very supportive.”
 - On average, residents indicated a moderate level of support for a bike rental that includes regular and handicap (three-wheeled) bikes (mean=2.52); 9.3 percent are “very supportive.”

Figure 18. Residents’ rating of support for potential services



- Residents were asked to indicate their level of interest in having a “full scale” fitness center in Breckenridge, similar to a YMCA, where there are activities for people of all ages (responses are based on a one to five scale with one being “not at all interested” and five being “very interested”) (*Figure 19, Appendix Table 22*).
 - On average, residents indicated that they are interested in having a “full scale” fitness center in Breckenridge (mean=3.56); 37.5 percent said they are “very interested.”

Figure 19. Residents’ rating of interest in a fitness center in Breckenridge similar to a YMCA



N=224
Mean=3.56

Demographic Characteristics of Respondents

- Residents were asked if they are the parent or primary caregiver of a child or children 18 years of age or younger (*Appendix Table 23*).
 - Nearly three-tenths of residents indicated that they are the parent or primary caregiver of a child or children 18 years of age or younger (28.8 percent).
- The majority of residents work or volunteer outside the home (69.3 percent) (*Appendix Table 24*).
- The majority of residents who responded to the survey are female (61.5 percent) (*Appendix Table 25*).
- Approximately half of residents are 45 to 74 years of age (54.2 percent) (*Appendix Table 26*).
- The majority of residents have annual household incomes before taxes of at least \$40,000 (58.7 percent) (*Appendix Table 27*).
- The vast majority of residents are white (97.5 percent) (*Appendix Table 28*).
- The vast majority of residents own their home (87.4 percent) (*see Appendix Table 29*).
- See Appendix Table 30 for additional resident comments.

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=227) | During winter months (N=219) |
| None | 35.7 | 60.7 |
| Once | 9.7 | 8.7 |
| 2 to 3 times | 21.6 | 19.6 |
| 4 to 5 times | 17.2 | 5.5 |
| 6 or more times | 15.9 | 5.5 |
| 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 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=217) | During winter months (N=203) |
| None | 53.0 | 93.1 |
| Once | 10.1 | 1.0 |
| 2 to 3 times | 16.1 | 3.4 |
| 4 to 5 times | 8.8 | 1.0 |
| 6 or more times | 12.0 | 1.5 |
| Total | 100.0 | 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>Friends [2]</i> |
| <i>Friend's house [2]</i> |
| <i>Gas Station [2]</i> |
| <i>Everywhere. I do not own a truck, car, bicycle, etc.</i> |
| <i>For health workouts-spring/fall</i> |
| <i>Jubilee Foods</i> |
| <i>I walk 1-2 miles per day in the country</i> |
| <i>Science School Gym</i> |
| <i>Shopping</i> |
| <i>St. Francis Medical Center</i> |
| <i>Tennis courts</i> |
| <i>YMCA!</i> |
| <i>No destination in particular</i> |
| <i>None of the above</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=65) |
|---------------------|-----------------------------|
| 1-not at all likely | 9.2 |
| 2 | 12.3 |
| 3 | 13.8 |
| 4 | 24.6 |
| 5-very likely | 36.9 |
| Not applicable | 3.1 |
| Total | 99.9 |

Mean=3.70 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=232) |
|-------------------------|------------------------------|
| No days | 5.2 |
| 1 day | 10.8 |
| 2 to 4 days | 51.3 |
| 5 to 7 days | 32.8 |
| Total | 100.1 |

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

| Location | Percent of residents* (N=237) |
|---|-------------------------------|
| At home (on a treadmill, in the yard) | 49.8 |
| City amenities (parks, sidewalks, trails) | 35.9 |
| Gym/wellness center | 10.5 |
| Other**: | 17.7 |
| <i>Work [18]</i> | |
| <i>Work moving and grooving</i> | |
| <i>Ball</i> | |
| <i>Walking outdoors [3]</i> | |
| <i>Walking [2]</i> | |
| <i>Walking at Mall</i> | |
| <i>Walk and Bike</i> | |
| <i>Walking by house</i> | |
| <i>Active work</i> | |
| <i>Along the highway</i> | |
| <i>Dog walking [2]</i> | |
| <i>Bike to work</i> | |
| <i>Country Roads, golf course</i> | |
| <i>Golf</i> | |
| <i>PT</i> | |
| <i>Street/road [2]</i> | |
| <i>Winter—inside</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

| General comments |
|---|
| <i>NDSCS gym [2]</i> |
| <i>Outside—yard [2]</i> |
| <i>Walking on street [3]</i> |
| <i>Just in my home doing stuff and then swim at the wellness center</i> |
| <i>Keeping house (large) and yard up! Vacuuming etc.</i> |

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=65) |
|--------------------------|-----------------------------|
| None | 4.6 |
| Less than once a week | 6.2 |
| 1 to 2 times a week | 23.1 |
| 3 to 4 times a week | 26.2 |
| 5 to 7 times a week | 40.0 |
| Not sure | 0.0 |
| Total | 100.1 |

Appendix Table 8. 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=227) | 3.60 | 2.2 | 9.7 | 30.4 | 41.0 | 16.7 | 100.0 |
| Has enough green space (parks, nature preserves) (N=228) | 3.60 | 4.4 | 8.3 | 30.7 | 36.4 | 20.2 | 100.0 |
| Has attractive natural sights (landscaping, views, trees) (N=227) | 3.34 | 4.0 | 13.2 | 42.7 | 25.1 | 15.0 | 100.0 |
| Has attractive building/home designs (N=227) | 3.23 | 0.9 | 20.3 | 43.2 | 26.0 | 9.7 | 100.0 |
| Has good sidewalks (N=229) | 2.95 | 11.4 | 21.4 | 37.6 | 20.5 | 9.2 | 100.0 |

Appendix Table 9. Residents' view of the quality of life in Breckenridge compared to five years ago

| Statement | Mean* | Percent of residents (N=221) | | | | | Not applicable | Total |
|---|-------|---|-----|------|------|------|----------------|-------|
| | | Quality of life (1=much worse, 5=much better) | | | | | | |
| | | 1 | 2 | 3 | 4 | 5 | | |
| Compared to five years ago, the general quality of life in my community is... | 3.51 | 0.9 | 4.1 | 46.6 | 28.5 | 12.2 | 7.7 | 100.0 |

*Mean excludes "not applicable."

Appendix Table 10. 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=196) | | | | | Total |
|------------------------------|------|---------------------------------------|------|------|------|-----|-------|
| | | Ease (1=not at all easy, 5=very easy) | | | | | |
| | | 1 | 2 | 3 | 4 | 5 | |
| How easy it is to get around | 2.84 | 9.7 | 22.4 | 45.4 | 19.4 | 3.1 | 100.0 |

Appendix Table 11. 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=194) | | | | | Total |
|------------------------------|------|---|------|------|------|-----|-------|
| | | Safety (1=not at all safe, 5=very safe) | | | | | |
| | | 1 | 2 | 3 | 4 | 5 | |
| How safe it is to get around | 2.93 | 6.7 | 19.1 | 51.0 | 20.6 | 2.6 | 100.0 |

Appendix Table 12. Residents' rating of satisfaction with the NUMBER and QUALITY of sidewalks in Breckenridge

| Item | Mean | Percent of residents | | | | | Total |
|--|------|--|------|------|------|------|-------|
| | | Level of satisfaction (1=not at all satisfied, 5=very satisfied) | | | | | |
| | | 1 | 2 | 3 | 4 | 5 | |
| The NUMBER of sidewalks in Breckenridge (N=225) | 3.12 | 10.2 | 16.0 | 39.1 | 20.4 | 14.2 | 99.9 |
| The QUALITY of sidewalks in Breckenridge (N=224) | 2.87 | 11.6 | 23.7 | 38.4 | 19.2 | 7.1 | 100.0 |

Appendix Table 13. Residents' rating of satisfaction with Headwaters Day (in general) and the activities associated with Headwaters Day

| Item | Mean | Percent of residents | | | | | Total |
|---|------|--|-----|------|------|------|-------|
| | | Level of satisfaction (1=not at all satisfied, 5=very satisfied) | | | | | |
| | | 1 | 2 | 3 | 4 | 5 | |
| Headwaters Day (in general) (N=217) | 3.58 | 4.6 | 9.7 | 31.8 | 30.9 | 23.0 | 100.0 |
| The activities associated with Headwaters Day (N=218) | 3.52 | 4.6 | 9.6 | 33.9 | 33.0 | 18.8 | 99.9 |

Appendix Table 14. Residents' rating of safety when walking or riding a bicycle to certain locations

| Locations | Mean | Percent of residents | | | | | Total |
|----------------------------------|------|--|-----|------|------|------|-------|
| | | Level of safety (1=not at all safe, 5=very safe) | | | | | |
| | | 1 | 2 | 3 | 4 | 5 | |
| Library (N=207) | 4.08 | 3.4 | 3.4 | 20.8 | 27.1 | 45.4 | 100.1 |
| Swimming pool (N=199) | 3.96 | 4.0 | 5.5 | 22.6 | 26.1 | 41.7 | 99.9 |
| School (N=203) | 3.93 | 3.9 | 5.9 | 23.2 | 27.1 | 39.9 | 100.0 |
| Parks (N=206) | 3.92 | 2.4 | 6.8 | 24.3 | 29.1 | 37.4 | 100.0 |
| Shopping (N=218) | 3.91 | 4.1 | 7.3 | 19.7 | 31.2 | 37.6 | 99.9 |
| Community center (N=199) | 3.89 | 4.0 | 3.5 | 26.1 | 31.7 | 34.7 | 100.0 |
| Sliding hill/ice skating (N=197) | 3.80 | 5.1 | 4.6 | 27.4 | 31.0 | 32.0 | 100.1 |

Appendix Table 15. Residents' rating of importance of personal items

| Items | Mean | Percent of residents | | | | | |
|---|------|--|------|------|------|------|-------|
| | | Level of importance (1=not at all important, 5=very important) | | | | | Total |
| | | 1 | 2 | 3 | 4 | 5 | |
| Good personal health (N=230) | 4.60 | 0.9 | 0.4 | 6.1 | 23.0 | 69.6 | 100.0 |
| Feeling comfortable in your surroundings (sense of security & safety) (N=229) | 4.57 | 1.3 | 1.7 | 4.8 | 22.7 | 69.4 | 99.9 |
| Support from family/friends (N=227) | 4.41 | 0.9 | 2.6 | 10.6 | 26.4 | 59.5 | 100.0 |
| Time (N=220) | 4.33 | 1.8 | 2.3 | 13.2 | 26.8 | 55.9 | 100.0 |
| Feeling a sense of community (knowing your neighbors, seeing people out & about) (N=228) | 4.26 | 2.2 | 2.2 | 12.7 | 33.3 | 49.6 | 100.0 |
| Personal motivation (satisfaction, enjoyment, interest) (N=225) | 3.80 | 4.9 | 5.3 | 26.2 | 32.0 | 31.6 | 100.0 |
| Having appropriate equipment (clothing, bicycle, rollerblades) (N=227) | 3.44 | 8.4 | 10.6 | 30.8 | 29.1 | 21.1 | 100.0 |
| Employer incentives (membership discounts, showers, equipment storage, flex time) (N=228) | 3.38 | 12.7 | 10.1 | 28.5 | 24.1 | 24.6 | 100.0 |

Appendix Table 16. Residents' rating of importance of city and community items

| Items | Mean | Percent of residents | | | | | |
|---|------|--|------|------|------|------|-------|
| | | Level of importance (1=not at all important, 5=very important) | | | | | Total |
| | | 1 | 2 | 3 | 4 | 5 | |
| Good lighting (N=228) | 4.48 | 1.3 | 0.9 | 8.8 | 26.3 | 62.7 | 100.0 |
| Sidewalk maintenance (no crumbling, cracks, unevenness, removal of dirt/debris) (N=225) | 4.28 | 0.9 | 3.6 | 14.7 | 28.4 | 52.4 | 100.0 |
| Protection from scary dogs (enforcement of leash laws, control of strays) (N=229) | 4.24 | 1.7 | 6.1 | 13.1 | 24.5 | 54.6 | 100.0 |
| Sidewalk winter care (snow/ice removal) (N=229) | 4.18 | 2.2 | 4.8 | 17.0 | 24.5 | 51.5 | 100.0 |
| Crosswalk safety (more time to cross, shorter distances, clearly marked) (N=226) | 4.11 | 1.3 | 7.1 | 16.8 | 29.2 | 45.6 | 100.0 |
| Continuous sidewalks (sidewalks without gaps) (N=228) | 4.04 | 6.1 | 3.1 | 19.3 | 23.7 | 47.8 | 100.0 |
| Attractive environment (buildings, trees, plants, boulevards) (N=226) | 3.93 | 1.8 | 4.0 | 27.4 | 33.2 | 33.6 | 100.0 |
| Street safety education for drivers/bicyclists/pedestrians (N=224) | 3.89 | 4.0 | 8.5 | 20.5 | 28.6 | 38.4 | 100.0 |
| Traffic calming (reduction of traffic speed & volume) (N=229) | 3.86 | 1.7 | 5.7 | 33.2 | 24.0 | 35.4 | 100.0 |
| Designated bicycle lanes on the road (N=228) | 3.83 | 7.0 | 8.8 | 18.0 | 26.3 | 39.9 | 100.0 |
| Storage for equipment (bike racks, lockers) (N=229) | 3.31 | 10.0 | 14.0 | 29.7 | 27.9 | 18.3 | 99.9 |
| Street design (narrower or curved streets, planted boulevards) (N=221) | 3.26 | 11.3 | 10.0 | 37.1 | 24.4 | 17.2 | 100.0 |

Appendix Table 17. Residents' rating of importance of items that the City of Breckenridge needs to prioritize

| Items | Mean | Percent of residents | | | | | |
|--|------|--|------|------|------|------|-------|
| | | Level of importance (1=not at all important, 5=very important) | | | | | Total |
| | | 1 | 2 | 3 | 4 | 5 | |
| Developing a walk/bike path to fairgrounds in south Breckenridge (N=220) | 3.37 | 16.4 | 11.8 | 20.0 | 22.3 | 29.5 | 100.0 |
| Relocating the Wilkin County Fair to south of Breckenridge (N=220) | 3.31 | 22.3 | 9.1 | 15.9 | 20.5 | 32.3 | 100.1 |
| Extending the walk/bike path to St. Francis Health Care Campus (N=223) | 3.11 | 21.1 | 12.1 | 26.5 | 15.2 | 25.1 | 100.0 |
| Developing a walk/bike path to Jefferson Park (N=216) | 2.99 | 22.2 | 11.1 | 29.6 | 19.4 | 17.6 | 99.9 |
| Adding to or improving the playground equipment at the Aquatics Park (N=220) | 2.80 | 28.2 | 10.0 | 29.1 | 19.5 | 13.2 | 100.0 |
| Providing bike racks in the retail district (N=218) | 2.78 | 20.6 | 18.3 | 31.2 | 21.6 | 8.3 | 100.0 |
| Adding to or improving the playground equipment at the Kid's Corner Park (N=218) | 2.58 | 32.6 | 12.8 | 29.4 | 14.7 | 10.6 | 100.1 |
| Installing the second proposed slide at the Aquatics Center (N=216) | 2.40 | 34.7 | 18.1 | 28.2 | 10.6 | 8.3 | 99.9 |

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

| Items | Mean | Percent of residents | | | | | |
|---|------|--|------|------|------|------|-------|
| | | Level of importance (1=not at all important, 5=very important) | | | | | Total |
| | | 1 | 2 | 3 | 4 | 5 | |
| Walkable/bikeable destinations (entertainment, parks, retail, work, school) (N=228) | 3.92 | 3.5 | 6.6 | 19.7 | 34.6 | 35.5 | 99.9 |
| Free/low-cost recreation opportunities (N=229) | 3.81 | 4.8 | 6.1 | 24.5 | 32.3 | 32.3 | 100.0 |
| Community/recreation center (N=228) | 3.62 | 6.6 | 8.8 | 26.3 | 32.5 | 25.9 | 100.1 |
| Centralized information source for community activities/events (N=227) | 3.62 | 4.4 | 11.9 | 25.1 | 34.8 | 23.8 | 100.0 |
| Organized recreational/fitness activities (N=228) | 3.39 | 7.0 | 13.6 | 32.0 | 28.1 | 19.3 | 100.0 |

Appendix Table 19. Residents' usage of city sidewalks and trails

| Usage of sidewalks and trails | Percent of residents* (N=237) |
|---|----------------------------------|
| Walking/running | 76.8 |
| Bicycling | 38.8 |
| Exercising a pet | 22.8 |
| Socializing | 19.0 |
| Children's play/recreation | 18.1 |
| Commuting | 17.3 |
| Rollerblading | 8.4 |
| Skateboarding | 0.4 |
| I do not use city sidewalks and trails | 11.0 |
| Other: | 3.0 |
| <i>Alleys and Streets</i> | |
| <i>Deliver papers for Daily News</i> | |
| <i>Husband disabled in power chair</i> | |
| <i>I walk around the block very seldom; no sidewalks especially across St. from Appletree Ct.</i> | |
| <i>Leisure, exercise</i> | |
| <i>Science School Gym</i> | |
| <i>Usually have only street access for walking</i> | |
| <i>We are in our 80s</i> | |

*Percentages do not equal 100.0 due to multiple responses.

Appendix Table 20. Other attractions/recreational opportunities that do/would encourage residents to get out and be active

| Other attractions/recreational opportunities |
|---|
| <i>A place to 4-wheel</i> |
| <i>ATV trails</i> |
| <i>Ban snowmobiles and ATVs</i> |
| <i>Bigger library</i> |
| <i>Frisbee golf</i> |
| <i>Golf</i> |
| <i>Having Wrestling (pro) in town</i> |
| <i>I'm satisfied</i> |
| <i>Indoor play areas</i> |
| <i>Motorized bicycle trails; less man hole cover pot holes, fill with sand or something</i> |
| <i>Need—None</i> |
| <i>Rent/borrow electric scooter. I can't walk too far.</i> |
| <i>Running path/trails</i> |
| <i>Tennis courts</i> |
| <i>We're gone 6 months of the year</i> |
| <i>YMCA</i> |
| <i>Zoo</i> |

Appendix Table 21. Residents' rating of support for potential services

| Potential services | Mean | Percent of residents | | | | | |
|--|------|---|------|------|------|------|-------|
| | | Level of support (1=not at all supportive, 5=very supportive) | | | | | Total |
| | | 1 | 2 | 3 | 4 | 5 | |
| Canoe/kayak rental (N=220) | 2.79 | 29.5 | 12.3 | 23.2 | 19.5 | 15.5 | 100.0 |
| Bike rental that includes regular and handicap (three-wheeled) bikes (N=226) | 2.52 | 30.1 | 19.5 | 27.9 | 13.3 | 9.3 | 100.1 |

Appendix Table 22. Residents' rating of interest in a fitness center in Breckenridge similar to a YMCA

| Level of interest | Percent of residents (N=224) |
|-------------------------|------------------------------|
| 1-not at all interested | 17.4 |
| 2 | 5.8 |
| 3 | 17.9 |
| 4 | 21.4 |
| 5-very interested | 37.5 |
| Total | 100.0 |

Mean=3.56

Appendix Table 23. Whether residents are the parent or primary caregiver of a child or children 18 years of age or younger

| Response | Percent of residents (N=226) |
|----------|------------------------------|
| Yes | 28.8 |
| No | 71.2 |
| Total | 100.0 |

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

| Response | Percent of residents (N=231) |
|----------|------------------------------|
| Yes | 69.3 |
| No | 30.7 |
| Total | 100.0 |

Appendix Table 25. Gender of residents

| Gender | Percent of residents (N=234) |
|--------|------------------------------|
| Male | 38.5 |
| Female | 61.5 |
| Total | 100.0 |

Appendix Table 26. Age of residents

| Age | Percent of residents (N=234) |
|---------------------------|---------------------------------|
| Younger than 18 years old | 0.0 |
| 18 to 29 | 5.6 |
| 30 to 44 | 21.8 |
| 45 to 64 | 39.7 |
| 65 to 74 | 14.5 |
| 75 years or older | 18.4 |
| Total | 100.0 |

Appendix Table 27. Residents' annual household income before taxes

| Annual household income before taxes | Percent of residents (N=206) |
|--------------------------------------|---------------------------------|
| Less than \$20,000 | 10.2 |
| \$20,000 to \$39,999 | 24.8 |
| \$40,000 to \$69,999 | 29.6 |
| \$70,000 to \$119,999 | 21.8 |
| \$120,000 or more | 7.3 |
| Do not know | 6.3 |
| Total | 100.0 |

Appendix Table 28. Race/ethnicity of residents

| Race/ethnicity | Percent of residents* (N=237) |
|-------------------------------|----------------------------------|
| White | 97.5 |
| Black/African American | 0.0 |
| Native American/Alaska Native | 0.4 |
| Asian/Pacific Islander | 0.4 |
| Hispanic | 0.0 |
| Other: | 0.4 |
| <i>Irish</i> | |

*Percentages do not total 100.0 due to multiple responses.

Appendix Table 29. Whether residents own or rent their home

| Tenure | Percent of residents (N=231) |
|---------------------------|---------------------------------|
| Own | 87.4 |
| Rent | 10.0 |
| Other: | 2.6 |
| <i>Apartment</i> [3] | |
| <i>Rent apartment</i> [3] | |
| <i>Apt. for elderly</i> | |
| <i>Bank owns it</i> | |
| Total | 100.0 |

Appendix Table 30. Additional comments from residents

| Comments |
|---|
| <i>86 and 88 – active days are over, just satisfied at home – the town is convenient and amenities are good for us.</i> |
| <i>I use a walker, can't go very far, have pacemaker, need help acquiring an electric scooter, so I can enjoy like the rest of you.</i> |
| <i>Tear down the abandoned house on the 11th St. 800 block, make homeowner clean up abandoned pickups 400 block</i> |
| <i>Put bike path on dike!</i> |



CITY OF BRECKENRIDGE

420 NEBRASKA AVENUE
BRECKENRIDGE, MINNESOTA 56520



September 14, 2010

Dear Resident:

The City of Breckenridge is 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 Breckenridge 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 Breckenridge. 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,

Clifford W. Barth, Mayor
City of Breckenridge
420 Nebraska Avenue
Breckenridge, Minnesota 56520

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

During Summer Months

During Winter Months

- | | | | |
|--|--|--|--|
| <input type="checkbox"/> None | <input type="checkbox"/> None | <input type="checkbox"/> None | <input type="checkbox"/> None |
| <input type="checkbox"/> Once | <input type="checkbox"/> Once | <input type="checkbox"/> Once | <input type="checkbox"/> Once |
| <input type="checkbox"/> 2 to 3 times | <input type="checkbox"/> 2 to 3 times | <input type="checkbox"/> 2 to 3 times | <input type="checkbox"/> 2 to 3 times |
| <input type="checkbox"/> 4 to 5 times | <input type="checkbox"/> 4 to 5 times | <input type="checkbox"/> 4 to 5 times | <input type="checkbox"/> 4 to 5 times |
| <input type="checkbox"/> 6 or more times | <input type="checkbox"/> 6 or more times | <input type="checkbox"/> 6 or more times | <input type="checkbox"/> 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

| | Walking | Riding bicycle | I would not do either |
|--|--------------------------|--------------------------|--------------------------|
| a. Community/recreation center | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| b. Neighborhood retail and restaurants | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| c. Post office/public library/city government office | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| d. Parks | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| e. Medical facility | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| f. Your work place/volunteer site | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| g. Your school or your children's school | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| h. Your place of worship | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| i. Other (please specify) _____ | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

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...

| | Strongly disagree | | | | Strongly agree |
|---|-------------------|-----|-----|-----|----------------|
| a. Has attractive natural sights (landscaping, views, trees). | (1) | (2) | (3) | (4) | (5) |
| b. Has attractive building/home designs. | (1) | (2) | (3) | (4) | (5) |
| c. Has good sidewalks. | (1) | (2) | (3) | (4) | (5) |
| d. Is well maintained and generally litter free. | (1) | (2) | (3) | (4) | (5) |
| e. Has enough green space (parks, nature preserves). | (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).

| Items | 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.



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.



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."



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for more questions about your community.

Q18. How often do you or members of your household use/do the following facilities/activities in Breckenridge?

| <u>Facilities/activities</u> | Never | Once per month | Several times per month | Weekly | Several times per week |
|--------------------------------------|-------|----------------|-------------------------|--------|------------------------|
| a. Family Aquatic Center and Park | 1 | 2 | 3 | 4 | 5 |
| b. Jefferson Park | 1 | 2 | 3 | 4 | 5 |
| c. Welles Memorial Park | 1 | 2 | 3 | 4 | 5 |
| d. Ox Cart Trail Park | 1 | 2 | 3 | 4 | 5 |
| e. Kids Corner Park | 1 | 2 | 3 | 4 | 5 |
| f. Gewalt Park | 1 | 2 | 3 | 4 | 5 |
| g. Lake Breckenridge Walk/Bike Trail | 1 | 2 | 3 | 4 | 5 |
| h. Tennis Court | 1 | 2 | 3 | 4 | 5 |
| i. Breckenridge Community Center | 1 | 2 | 3 | 4 | 5 |
| j. Sliding Hill | 1 | 2 | 3 | 4 | 5 |
| k. Skating Rink | 1 | 2 | 3 | 4 | 5 |
| l. Breckenridge Public Library | 1 | 2 | 3 | 4 | 5 |
| m. Wilkin County Historical Museum | 1 | 2 | 3 | 4 | 5 |
| n. Bois De Sioux Golf Course | 1 | 2 | 3 | 4 | 5 |

Q19. The City of Breckenridge would like your assistance in prioritizing the following items. Using a one to five scale, with one being "not at all important" and five being "very important," please rate the importance of the following items.

| <u>Items</u> | Not at all important | | | Very important | |
|--|----------------------|---|---|----------------|---|
| a. Extending the walk/bike path to St. Francis Health Care Campus | 1 | 2 | 3 | 4 | 5 |
| b. Developing a walk/bike path to Jefferson Park | 1 | 2 | 3 | 4 | 5 |
| c. Relocating the Wilkin County Fair to south of Breckenridge | 1 | 2 | 3 | 4 | 5 |
| d. Developing a walk/bike path to the fairgrounds in south Breckenridge | 1 | 2 | 3 | 4 | 5 |
| e. Providing bike racks in the retail district | 1 | 2 | 3 | 4 | 5 |
| f. Installing the second proposed slide at the Aquatics Center | 1 | 2 | 3 | 4 | 5 |
| g. Adding to or improving the playground equipment at the Aquatics Park | 1 | 2 | 3 | 4 | 5 |
| h. Adding to or improving the playground equipment at the Kids Corner Park | 1 | 2 | 3 | 4 | 5 |

Q20. The City is also interested in knowing whether or not you are supportive of certain potential services. Using a one to five scale, with one being "not at all supportive" and five being "very supportive," please tell us how supportive you would be of the following potential services in Breckenridge.

| <u>Potential Services</u> | Not at all supportive | | | Very supportive | |
|---|-----------------------|---|---|-----------------|---|
| a. Bike rental that includes regular and handicap (three-wheeled) bikes | 1 | 2 | 3 | 4 | 5 |
| b. Canoe/kayak rental | 1 | 2 | 3 | 4 | 5 |

Q21. 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 Breckenridge | 1 | 2 | 3 | 4 | 5 |
| b. The QUALITY of sidewalks in Breckenridge | 1 | 2 | 3 | 4 | 5 |
| c. Headwaters Day (in general) | 1 | 2 | 3 | 4 | 5 |
| d. The activities associated with Headwaters Day | 1 | 2 | 3 | 4 | 5 |

Q22. In general, how safe do you feel walking/biking to and from each of the following locations? Use a one to five scale, with one being "not at all safe" and five being "very safe."

| <u>Locations</u> | Not at all safe | | | Very safe | |
|-----------------------------|-----------------|---|---|-----------|---|
| a. Shopping | 1 | 2 | 3 | 4 | 5 |
| b. School | 1 | 2 | 3 | 4 | 5 |
| c. Parks | 1 | 2 | 3 | 4 | 5 |
| d. Library | 1 | 2 | 3 | 4 | 5 |
| e. Swimming Pool | 1 | 2 | 3 | 4 | 5 |
| f. Community Center | 1 | 2 | 3 | 4 | 5 |
| g. Sliding hill/ice skating | 1 | 2 | 3 | 4 | 5 |

Q23. Using a one to five scale, with one being "not at all interested" and five being "very interested," how interested are you in having a "full scale" fitness center in Breckenridge, similar to a YMCA, where there are activities for people of all ages?

| | Not at all interested | | | Very interested | |
|--|-----------------------|---|---|-----------------|---|
| | 1 | 2 | 3 | 4 | 5 |

Thank you for assisting us with this important survey!