

Active Living Study for the City of Detroit Lakes, Minnesota

Results of a September 2010 Survey of Detroit Lakes Residents

April 2011



PREFACE

This report, entitled *Active Living Study for the City of Detroit Lakes, Minnesota*, presents the results of a September 2010 survey of residents of the City of Detroit Lakes in Becker 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 Dilworth, Perham, and Breckenridge, 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 Detroit Lakes 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 Detroit Lakes Active Living Committee to develop the survey instrument. Upon approval from the Minnesota Department of Health, a total of 750 surveys were mailed to a random sample of Detroit Lakes 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 208 surveys were returned for a response rate of 28 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

Detroit Lakes residents place high importance on health.

Most residents say that good personal health is “very important” to them (70 percent). The vast majority 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 5 to 7 days a week. The vast majority of parents participate in some form of physical activity with their children at least once a week (91 percent); 22 percent participate 5 to 7 times a week.

Detroit Lakes residents are using sidewalks and trails.

Most residents say that walkable/bikeable destinations are important to them (71 percent). More than one-fourth of residents say they get most of their physical activity using city amenities like parks, sidewalks, and trails (28.4 percent). The majority of residents use the sidewalks and trails for walking/running (75 percent); 34 percent use them for bicycling. The vast majority of residents visited a park/preserve in the last year (90 percent); 32 percent visited at least 20 times. When asked about the importance of possible improvements to the parks system, on average, residents say that enhancing public beach, park, and waterfront areas is their top priority followed by developing and building a city-approved trail system.

Detroit Lakes residents say sidewalks are important to them.

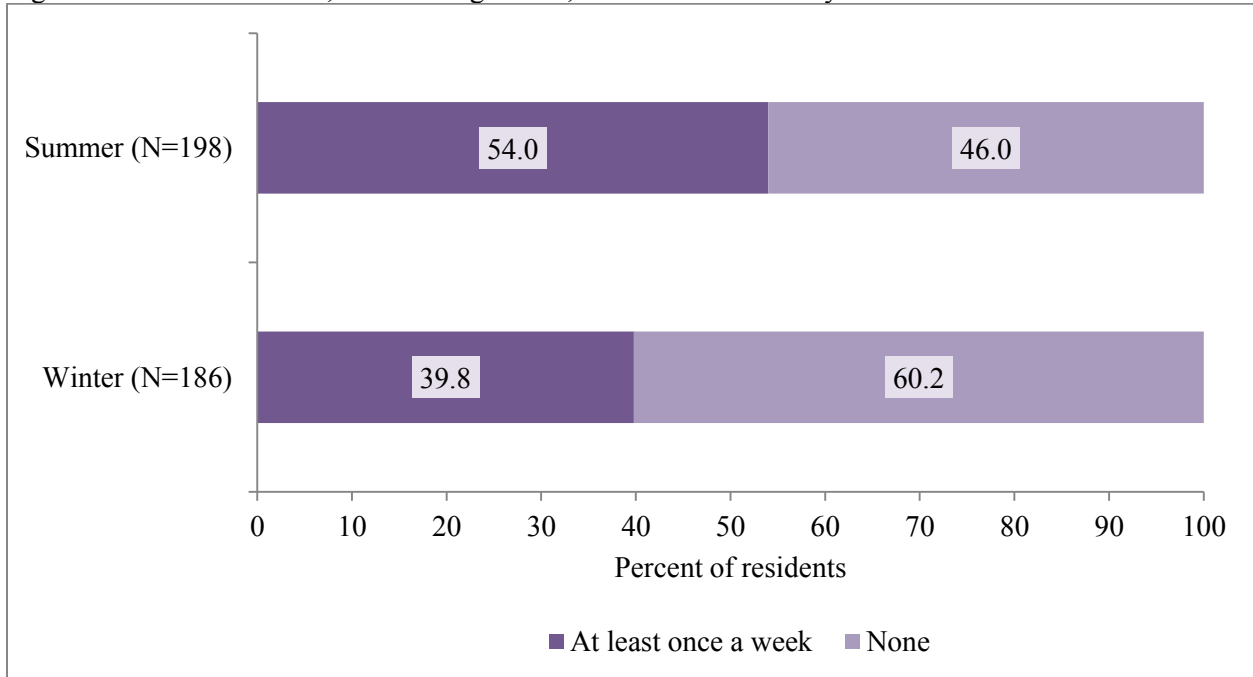
Most residents say that sidewalk maintenance (83 percent) and sidewalk winter care (82 percent) are important to them. On average, there is moderate agreement among residents that the quality of sidewalks in Detroit Lakes is good. Residents, on average, also say it is moderately easy and safe to get around town in a wheelchair, using a walker, or pushing a stroller.

SURVEY RESULTS

Commuting by Foot and by Bicycle

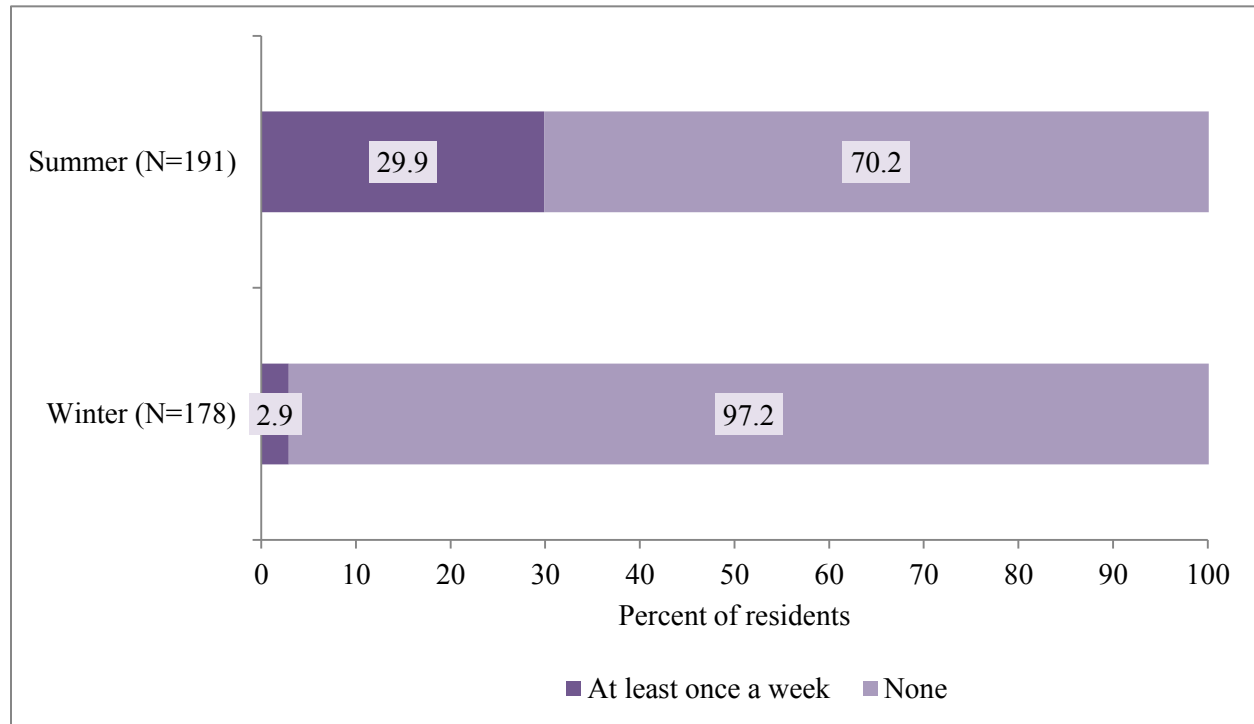
- Commuting activities include going to work/school, going shopping, taking a child to daycare or to school, or running errands. Residents were asked how many times, in an average week, they commute (entirely or partially) by foot and by bicycle, in both summer and winter months (Figures 1 and 2).
- Commuting by foot (*Figure 1, Appendix Table 1*)
 - Half of residents said they commute by foot at least once a week in summer months (54.0 percent); 14.1 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 (39.8 percent); 4.3 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*)
 - Three out of 10 residents said they commute by bicycle at least once a week in summer months (29.9 percent); 4.2 percent said they commute six or more times.
 - Three percent of residents said they commute by bicycle at least once a week in winter months (2.9 percent); less than 1 percent said they commute six or more times (0.6 percent).

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 they would walk to parks, followed by neighborhood retail establishments and restaurants and the post office/public library/city government office (62.0 percent, 54.3 percent, and 53.4 percent, respectively).
 - By riding a bicycle: Residents were most likely to report they would ride a bicycle to parks, followed by a community/recreation center and the post office/public library/city government office (33.2 percent, 28.4 percent, and 25.0 percent, respectively).
 - Other destinations that residents mentioned were the hairstylist, dry cleaner, video rental, and various sporting events. One resident asked to have Central Market Grocery made more accessible to walking or bicycling. 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

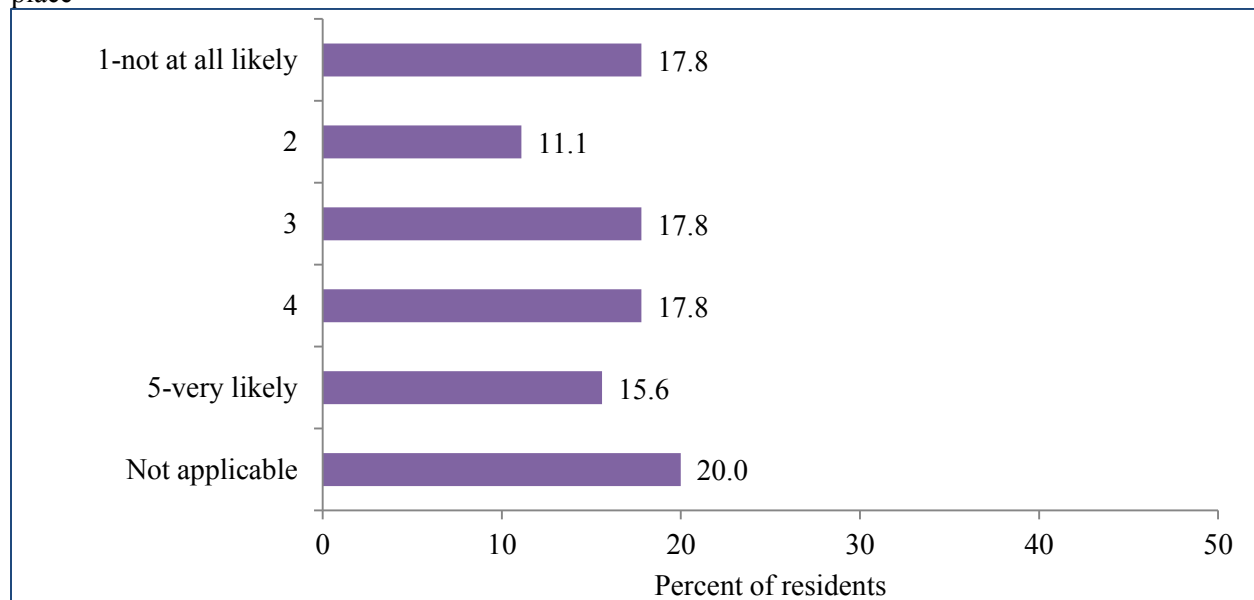
Destinations	Percent of residents by mode of transportation* (N=208)		
	Walking	Riding a bicycle	I would not do either
Community/recreation center	46.2	28.4	31.7
Neighborhood retail and restaurants	54.3	21.2	30.3
Post office/public library/city government office	53.4	25.0	27.4
Parks	62.0	33.2	23.6
Medical facility	38.9	12.0	44.7
Your work place/volunteer site	41.3	20.7	39.9
Your school or your children's school	25.0	12.0	47.1
Your place of worship	34.1	8.7	48.6
Other**	3.4	3.4	15.9

*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 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 somewhat likely to walk or ride their bicycle to school if safety supports were in place (mean=3.03); 15.6 percent of residents said their child(ren) would be "very likely."

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



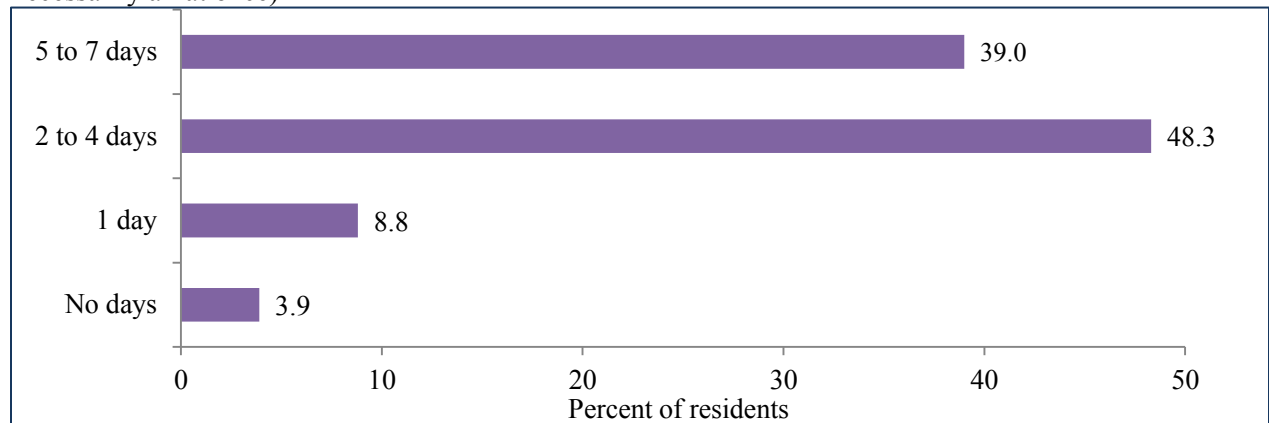
N=45

Mean=3.03 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 (96.1 percent).
 - Nearly two-fifths of residents indicated that they get at least 30 minutes of exercise 5 to 7 days a week (39.0 percent).

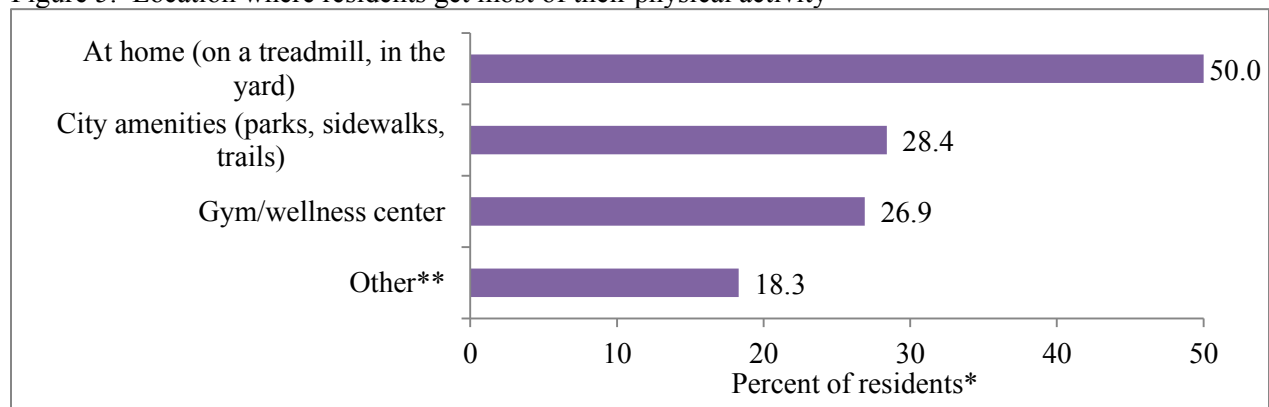
Figure 4. Number of days, in an average week, residents get at least 30 minutes of physical activity (not necessarily all at once)



N=205

- 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 (50.0 percent) and 28.4 percent said they use city parks, sidewalks, and trails.
 - Other locations where residents get physical activity are at work, golfing, and fishing and hunting. See Appendix Table 6 for a complete list of other locations and Appendix Table 6a for general comments.

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



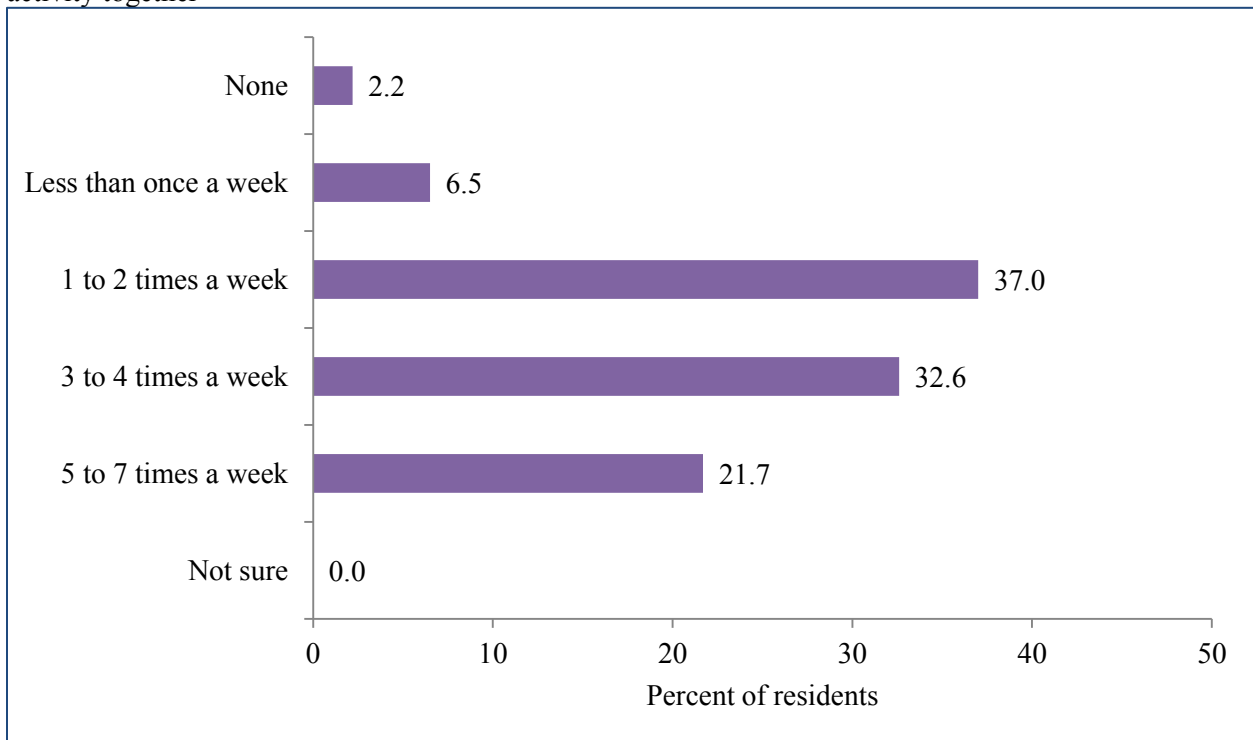
N=208

*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 (91.3 percent); 21.7 percent said they participate in some form of physical activity with their child(ren) 5 to 7 times a week.

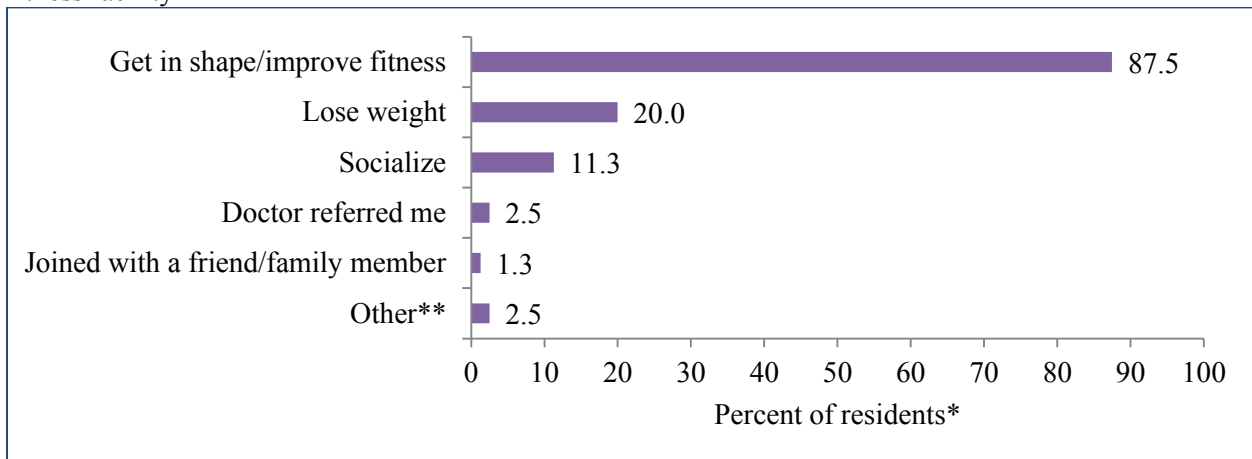
Figure 6. Of residents who are the parent or primary caregiver of a child or children 18 years of age or younger, number of times per week residents and their children participate in some form of physical activity together



N=46

- Residents were asked if they currently belong to a fitness facility; the majority of residents indicated that they do not currently belong to a fitness facility (60.8 percent) (*Appendix Table 8*).
- Residents were then asked to give reasons why they do or do not currently belong to a fitness facility.
 - Of residents who said they do currently belong to a fitness facility, the vast majority of residents said their primary reason is to get in shape or improve fitness (87.5 percent) (*Figure 7, Appendix Table 9*).
 - Other reasons residents mentioned were family activities and to gain weight. See Appendix Table 9 for a complete list.

Figure 7. Of residents who currently belong to a fitness facility, residents’ primary reason for joining a fitness facility



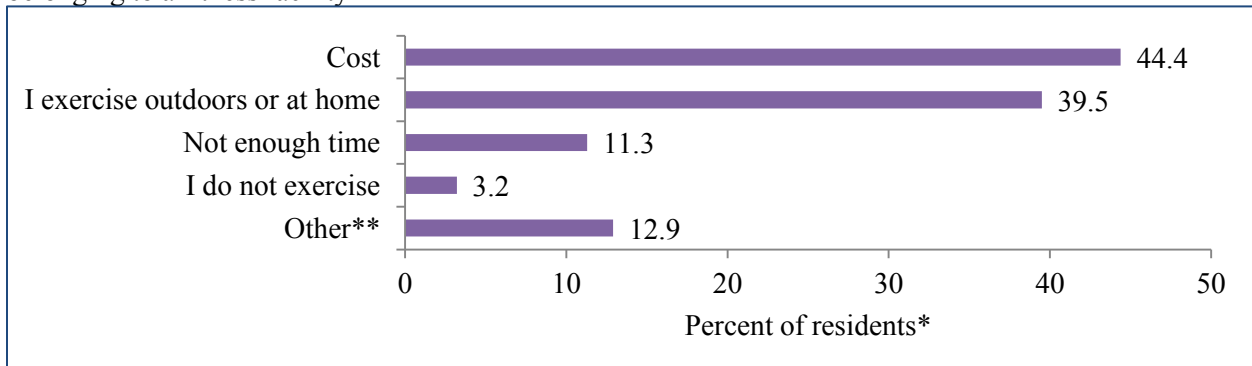
N=80

*Percentages do not total 100.0 due to multiple responses.

**See Appendix Table 9 for a list of “other” responses.

- Of residents who said they do not currently belong to a fitness facility, most said that cost is the primary reason they do not belong (44.4 percent); 39.5 percent said they exercise outdoors or at home (*Figure 8, Appendix Table 10*).
- Other reasons residents mentioned were age, disabilities, and they would rather golf, bowl, or walk. See Appendix Table 10 for a complete list.

Figure 8. Of residents who do not currently belong to a fitness facility, residents’ primary reason for not belonging to a fitness facility



N=124

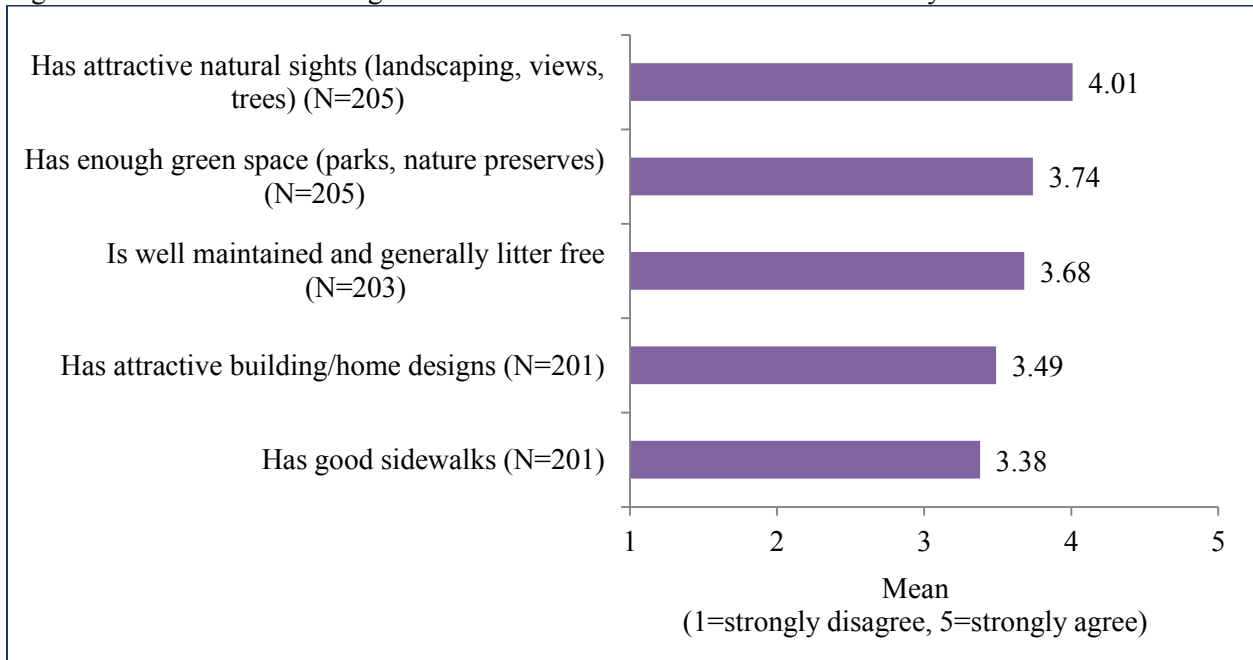
*Percentages do not total 100.0 due to multiple responses.

**See Appendix Table 10 for a list of “other” responses.

Perception of Community

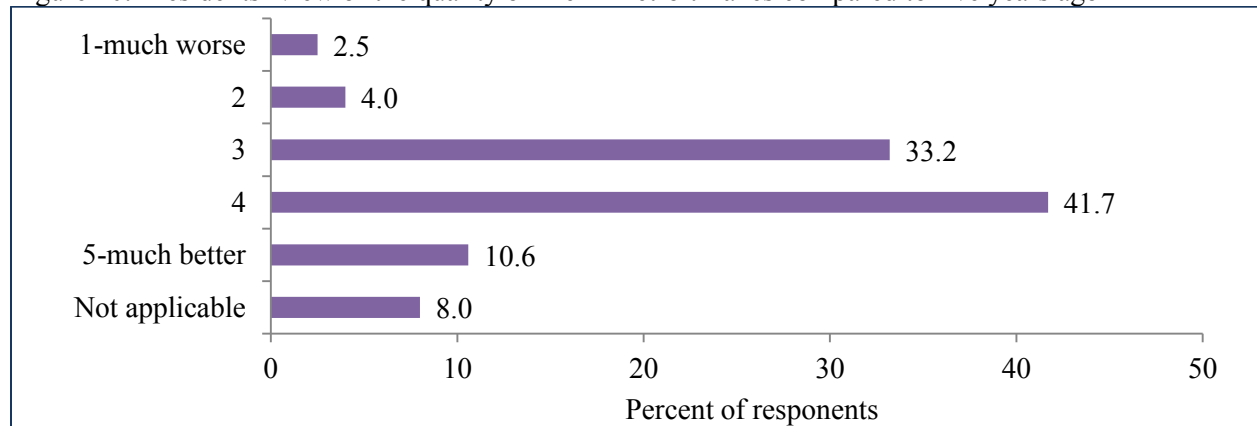
- Residents were asked to indicate their level of agreement with five statements about their community (responses are based on a one to five scale with one being “strongly disagree” and five being “strongly agree”) (Figure 9, Appendix Table 11).
 - Residents agreed the most that their community *has attractive natural sights (landscaping, views, trees)* (mean=4.01).
 - Residents agreed the least that their community *has attractive building/home designs* (mean=3.49) and that their community *has good sidewalks* (mean=3.38).

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 Detroit Lakes has improved slightly over the last five years (mean=3.58); 10.6 percent of residents said the quality of life now is “much better.”

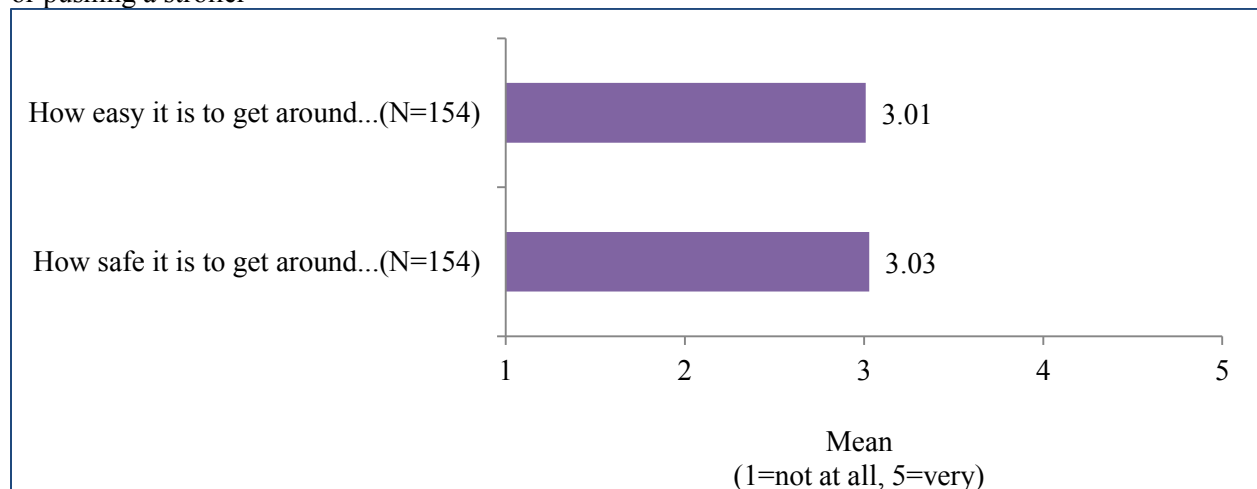
Figure 10. Residents’ view of the quality of life in Detroit Lakes compared to five years ago



N=199
Mean=3.58 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=3.01 and mean=3.03, respectively).
 - Less than one-tenth of residents said it was “not at all easy” and “not at all safe” to get around town in a wheelchair, using a walker, or pushing a stroller (7.1 percent each).

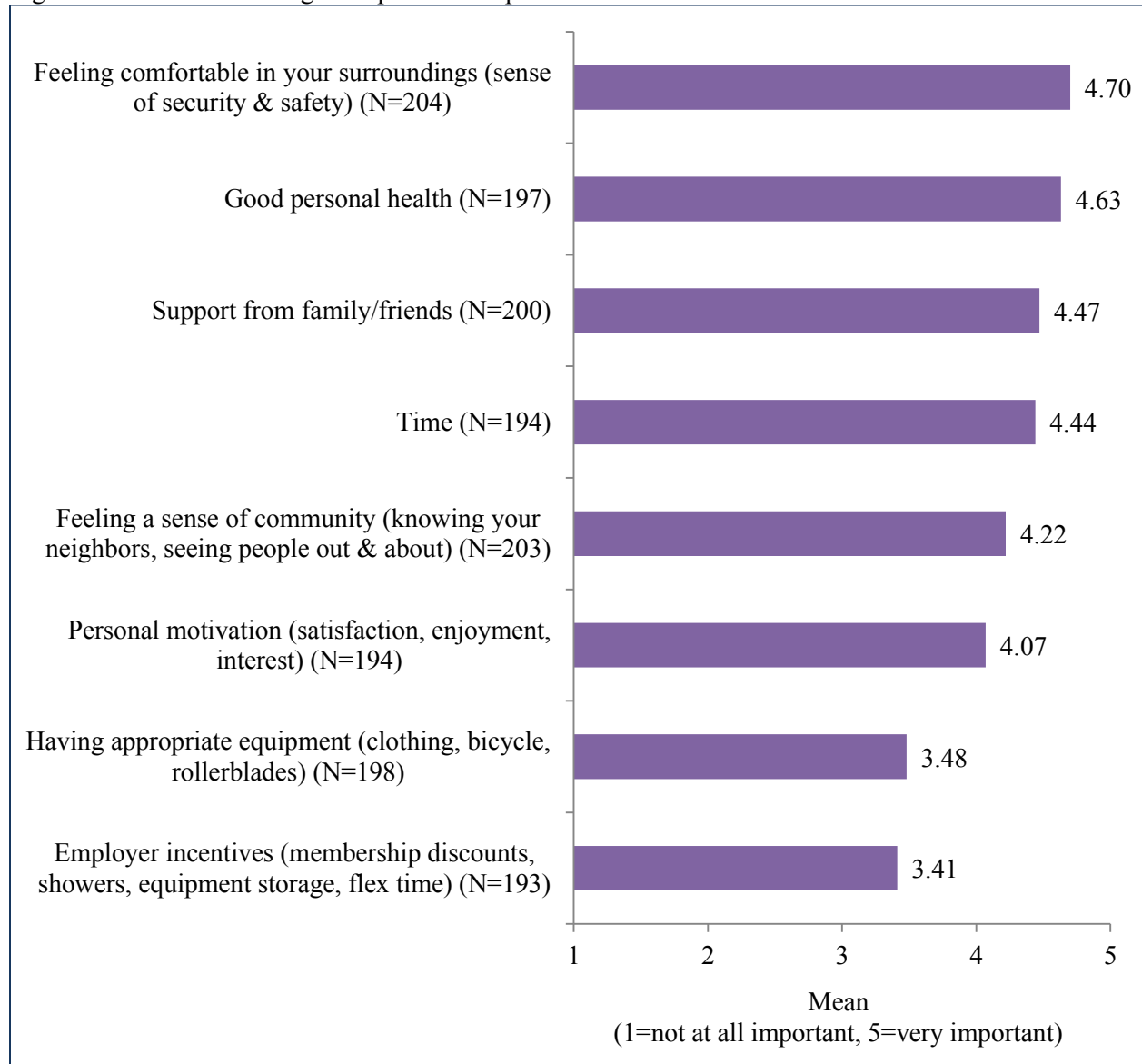
Figure 11. Residents’ rating of how easy and safe it is to get around town in a wheelchair, using a walker, or pushing a stroller



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 security and health (*Figure 12, Appendix Table 15*).
 - Residents gave the highest ratings to the following items:
 - Feeling comfortable in your surroundings (sense of security and safety) (mean=4.70)
 - Good personal health (mean=4.63)
 - Support from family/friends (mean=4.47)
 - Time (mean=4.44)

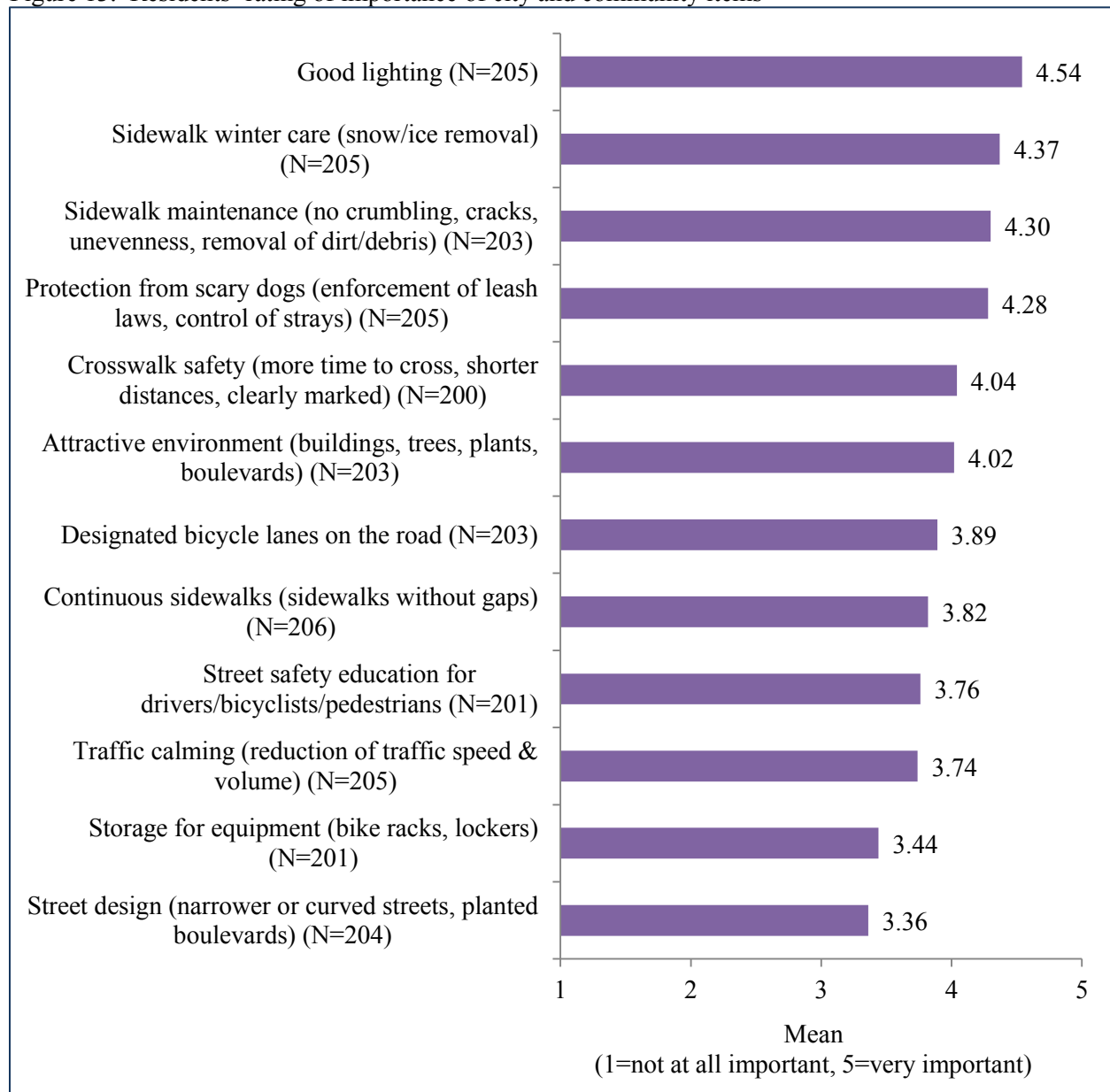
Figure 12. Residents’ rating of importance of personal items



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 a high rating of importance to items concerning safety and maintenance (*Figure 13, Appendix Table 16*).
 - Residents gave the highest ratings to the following items:
 - Good lighting (mean=4.54)
 - Sidewalk winter care (mean=4.37)
 - Sidewalk maintenance (mean=4.30)
 - Protection from scary dogs (mean=4.28)

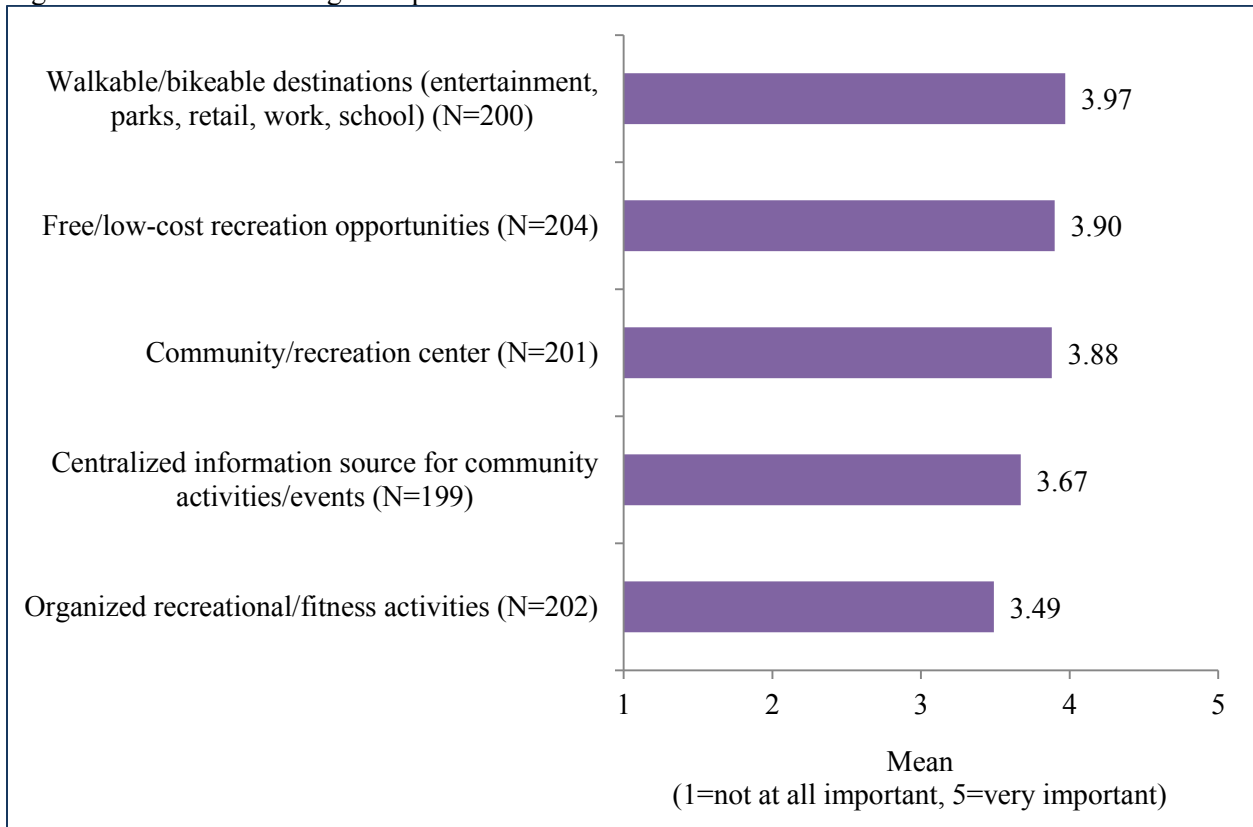
Figure 13. Residents’ rating of importance of city and community items



Importance of Recreation and Entertainment Items

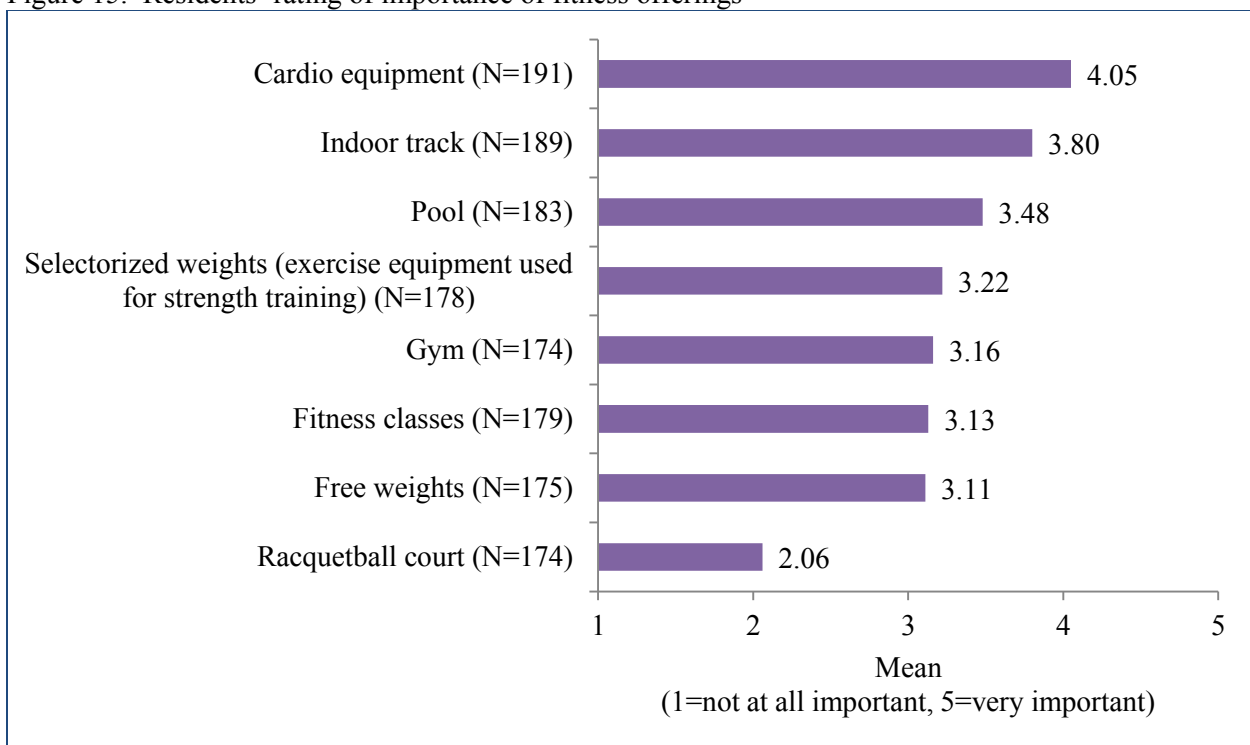
- Residents were asked to rate the importance of various recreation and entertainment items (responses are based on a one to five scale with one being “not at all important” and five being “very important”) (Figure 14, Appendix Table 17).
 - Residents gave the highest ratings to the following items:
 - Walkable/bikeable destinations (mean=3.97)
 - Free/low-cost recreation opportunities (mean=3.90)
 - Community/recreation center (mean=3.88)

Figure 14. Residents’ rating of importance of recreation and entertainment items



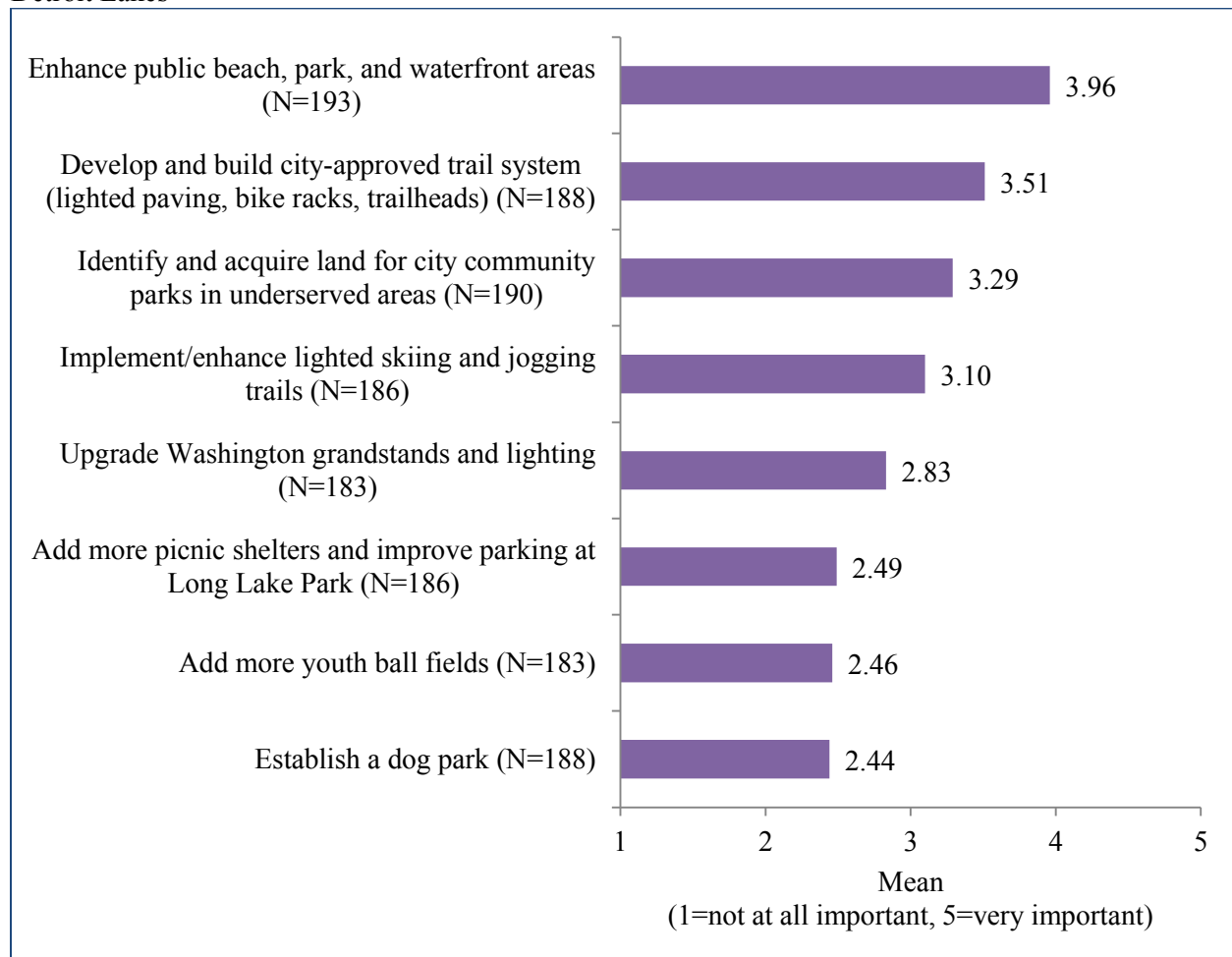
- Residents were asked to rate the importance of fitness offerings (responses are based on a one to five scale with one being “not at all important” and five being “very important”) (*Figure 15, Appendix Table 18*).
 - Residents gave the highest ratings to the following items:
 - Cardio equipment (mean=4.05)
 - Indoor track (mean=3.80)
 - Pool (mean=3.48)
 - Residents gave the lowest ratings to the following items:
 - Racquetball court (mean=2.06)
 - Free weights (mean=3.11)
 - Fitness classes (mean=3.13)

Figure 15. Residents’ rating of importance of fitness offerings



- Residents were asked to rate the importance of possible improvements to the parks system in the City of Detroit Lakes (responses are based on a one to five scale with one being “not at all important” and five being “very important”) (Figure 16, Appendix Tables 19 and 20).
 - Residents gave the highest ratings to the following items:
 - Enhance public beach, park, and waterfront areas (mean=3.96)
 - Develop and build city-approved trail system (lighted paving, bike racks, trailheads) (mean=3.51)
 - Identify and acquire land for city community parks in underserved areas (mean=3.29)
 - Residents gave the lowest ratings to the following items:
 - Establish a dog park (mean=2.44)
 - Add more youth ball fields (mean=2.46)
 - Add more picnic shelters and improve parking at Long Lake Park (mean=2.49)
 - Other possible improvements that residents suggested were resurfacing middle school tennis courts, improving sidewalks by making them continuous and installing curb cuts, and improving soccer fields. See Appendix Table 20 for a complete list of other suggestions.

Figure 16. Residents’ rating of importance of possible improvements to the parks system in the City of Detroit Lakes

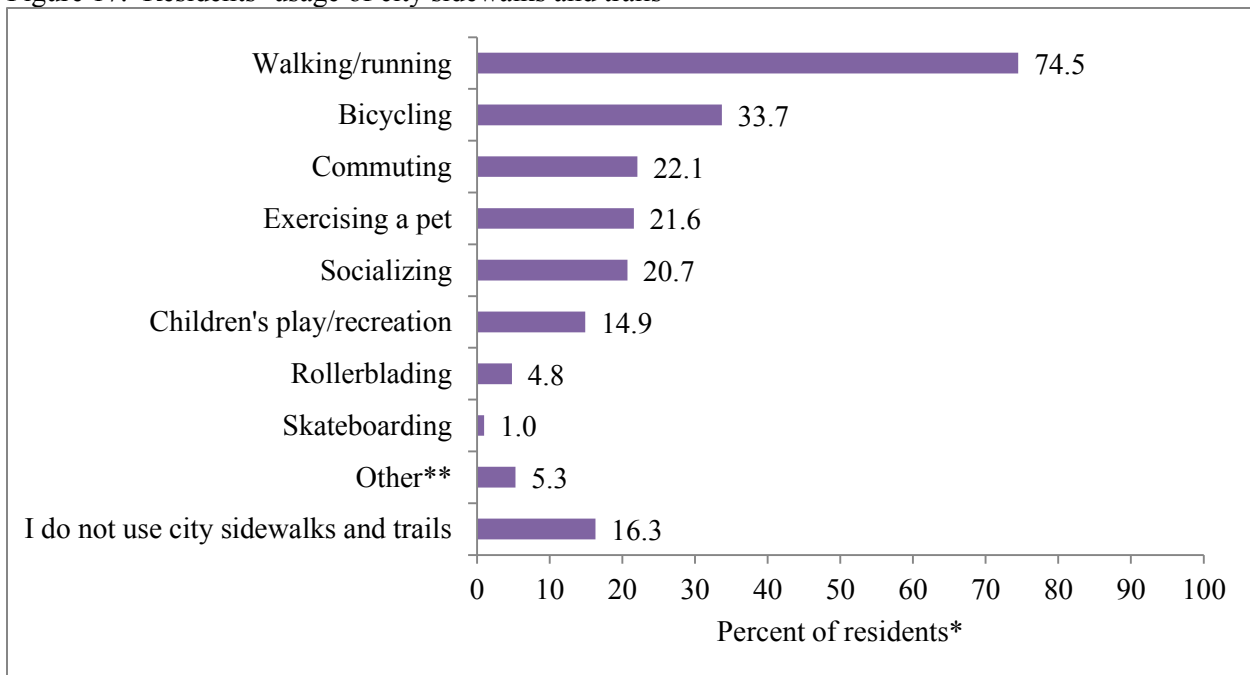


Note: See Appendix Table 20 for “other” suggested improvements to the parks system in the City of Detroit Lakes.

Recreational Opportunities

- Residents were asked how they use city sidewalks and trails (*Figure 17, Appendix Table 21*).
 - Most residents indicated that they are using city sidewalks and trails for walking/running (74.5 percent); 33.7 percent use the sidewalks and trails for bicycling.
 - Approximately one-fifth of residents said they use the sidewalks and trails for commuting (22.1 percent), exercising a pet (21.6 percent), and socializing (20.7 percent).
 - Other ways residents use the city sidewalks and trails include cross-country skiing, snowmobiling, and shopping. See Appendix Table 21 for a complete list.

Figure 17. Residents' usage of city sidewalks and trails



N=208

*Percentages do not total 100.0 due to multiple responses.

**See Appendix Table 21 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, Appendix Table 22*).
 - The top six attractions/recreational activities are as follows:
 - Farmers’ markets (72.6 percent)
 - Walking/bike trails (69.7 percent)
 - Festivals/celebrations/parades (66.3 percent)
 - Parks (64.9 percent)
 - Park amenities (picnic shelters, gazebos, restrooms) (63.0 percent)
 - Concerts (59.6 percent)
 - Other attractions/recreational opportunities that residents mentioned were snow lodge skiing/snowboarding, indoor/outdoor tennis, and bike trails like Park Rapids and Walker. See Appendix Table 22 for a complete list.

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

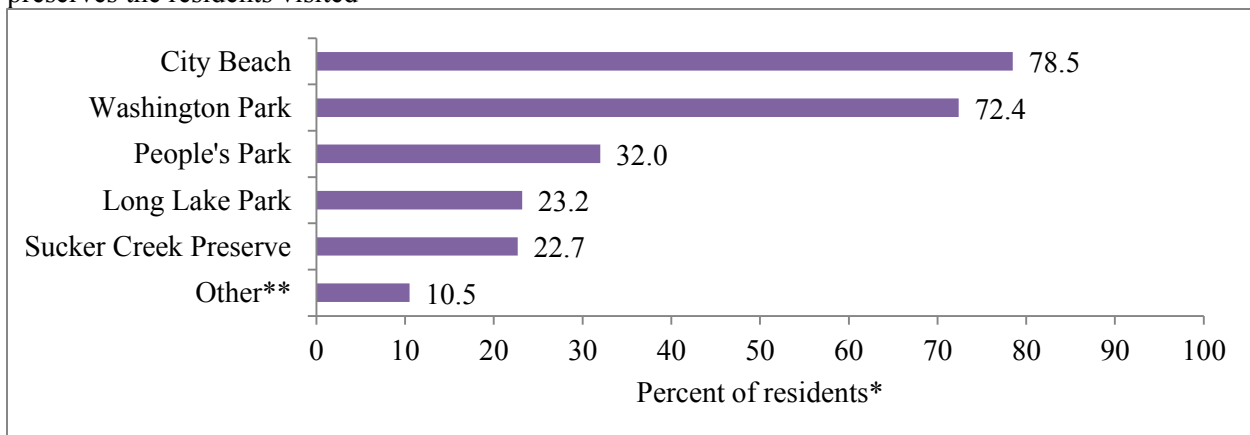
Attractions/recreational opportunities	Percent of residents* (N=208)
Farmers’ markets	72.6
Walking/bike trails	69.7
Festivals/celebrations/parades	66.3
Parks	64.9
Park amenities (picnic shelters, gazebos, restrooms)	63.0
Concerts	59.6
Benches/seating (in parks, downtown)	56.7
Recreation centers/facilities	54.3
Indoor walking facilities	49.5
Craft shows	45.2
Indoor swimming pool	34.6
Fishing (pond, rivers)	34.1
Ice-skating rink	32.2
Outdoor playgrounds	31.3
Botanical gardens/conservatory	31.3
Equipment rental (skis, canoes, skates, bicycles)	26.4
Athletic courts/fields	26.0
Designated snowmobile trails	25.5
Community gardens	24.0
Cross-country ski trails	24.0
Outdoor swimming pool	23.6
Indoor playgrounds	23.6
Outdoor dog park	21.6
Access to river	19.7
Exercise stations/circuits along trails	18.3
Skate/bike park	17.3
Lifetime sports (bocce ball, croquet, horse shoes)	17.3
Indoor dog park	14.9
Cook-offs	13.9
Other**	6.7

*Percentages do not total 100.0 due to multiple responses.

**See Appendix Table 22 for a list of other attractions/recreational opportunities that do/would encourage residents to get out and be active.

- Residents were asked if they have visited a local park or preserve in the last 12 months; the vast majority reported that they have visited one in the last 12 months (89.6 percent) (*Appendix Table 23*).
- Residents were then asked which local parks or preserves they have visited and how often.
 - Of residents who said they have visited a local park or preserve in the last 12 months, approximately three-fourths indicated they visited City Beach and Washington Park (78.5 percent and 72.4 percent, respectively) (*Figure 18, Appendix Table 24*).
 - Other local parks or preserves visited by residents include Dunton Locks, Itasca and Maplewood Parks, and Tamarac National Wildlife Refuge. See Appendix Table 24 for a complete list.
 - Of residents who said they have visited a local park or preserve in the last 12 months, the majority had made at least 6 total visits to the parks or preserves in the last 12 months (71.3 percent); 16.7 percent had made 30 or more total visits (*Figure 19, Appendix Table 25*).

Figure 18. Of residents who visited a local park or preserve in the last 12 months, the local parks or preserves the residents visited

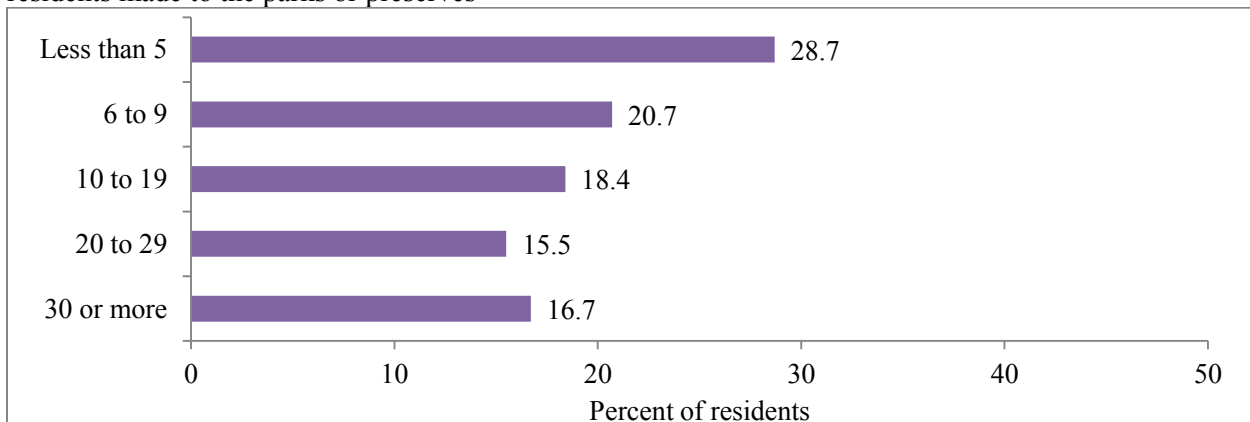


N=181

*Percentages do not total 100.0 due to multiple responses.

**See Appendix Table 24 for a list of “other” local parks and preserves.

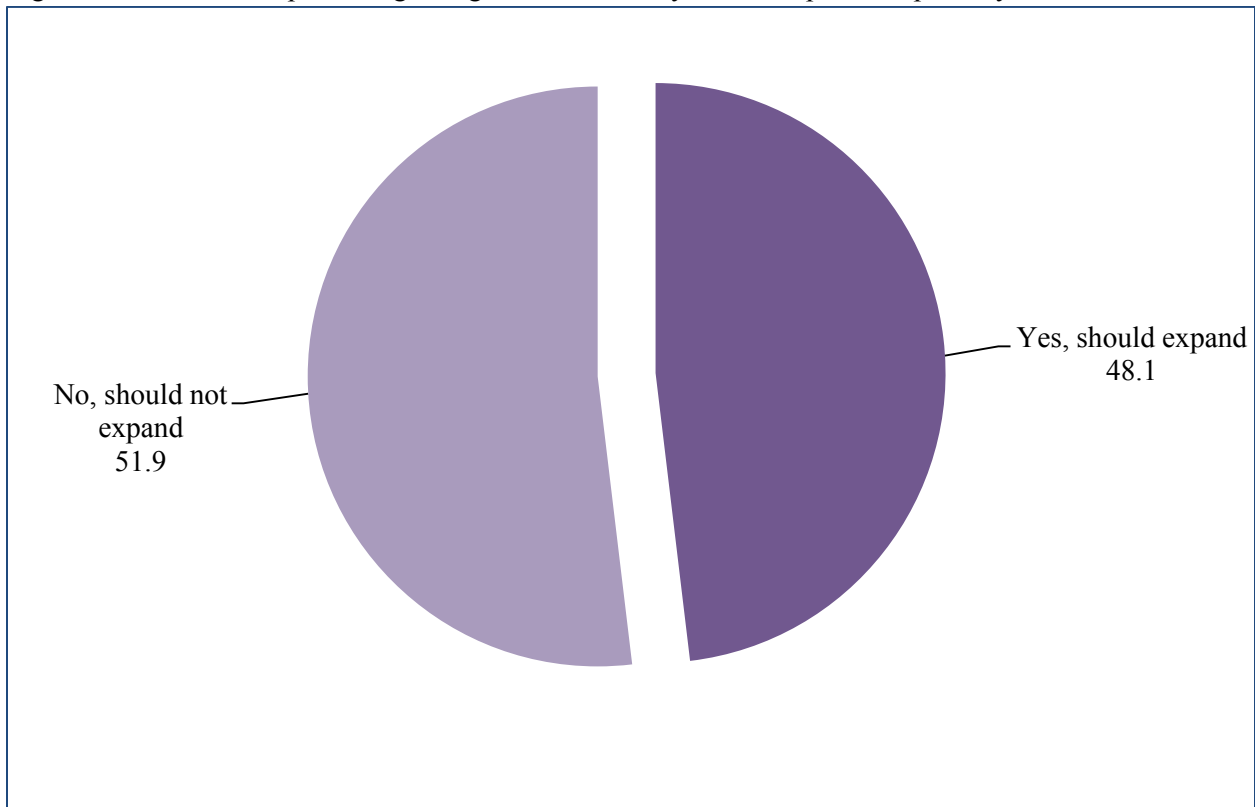
Figure 19. Of residents who visited a local park or preserve in the last 12 months, the total visits the residents made to the parks or preserves



N=174

- Residents were asked if the City should expand the parks system.
 - Slightly more than half of residents said that the City should not expand the parks system (51.9 percent) (Figure 20, Appendix Tables 26 and 27).
 - Residents who thought the City should expand the parks system suggested expanding on the north side of Detroit Lakes and Detroit Mountain. Those who were in favor also suggested that wherever there is land, new parks and green space should be added. Residents who indicated they are not in favor of expanding the parks system suggested improving existing parks. See Appendix Table 27 for a complete list of comments.

Figure 20. Residents' opinion regarding whether the City should expand the parks system



N=185

Note: See Appendix Table 27 for comments regarding whether the City should expand the parks system.

Demographic characteristics of respondents

- Nearly one-fourth of residents are the parent or primary caregiver of a child or children 18 years of age or younger (23.1 percent) (*Appendix Table 28*).
- The majority of residents work or volunteer outside the home (72.7 percent) (*Appendix Table 29*).
- The majority of residents who responded to the survey are female (67.0 percent) (*Appendix Table 30*).
- Half of residents are 30 to 64 years of age (51.9 percent) (*Appendix Table 31*).
- The majority of residents have annual household incomes before taxes of at least \$40,000 (61.8 percent) (*Appendix Table 32*).
- The vast majority of residents are white (96.6 percent) (*Appendix Table 33*).
- The vast majority of residents own their home (89.3 percent) (*Appendix Tables 34*).
- An overwhelming majority of residents who responded to the survey are year-round residents of Detroit Lakes (98.1 percent) (*Appendix Table 35*).

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=198)	During winter months (N=186)
None	46.0	60.2
Once	9.6	10.2
2 to 3 times	16.7	19.9
4 to 5 times	13.6	5.4
6 or more times	14.1	4.3
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 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=191)	During winter months (N=178)
None	70.2	97.2
Once	8.9	0.6
2 to 3 times	11.0	1.7
4 to 5 times	5.8	0.0
6 or more times	4.2	0.6
Total	100.1	100.1

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>Affordable community/rec center</i>
<i>Already are available</i>
<i>Bar</i>
<i>Beach/lake</i>
<i>Car</i>
<i>Hairstylist, dry cleaner, video rental</i>
<i>Make Central Market Grocery more accessible to walk or bike</i>
<i>None are that close by</i>
<i>Personal recreation</i>
<i>Shopping</i>
<i>Sightseeing</i>
<i>Sporting events, hockey, football</i>
<i>We live four miles out of town</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 bicycle to school if safety supports were in place

Likelihood	Percent of residents (N=45)
1-not at all likely	17.8
2	11.1
3	17.8
4	17.8
5-very likely	15.6
Not applicable	20.0
Total	100.0

Mean=3.03 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=205)
No days	3.9
1 day	8.8
2 to 4 days	48.3
5 to 7 days	39.0
Total	100.0

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

Location	Percent of residents* (N=208)
At home (on a treadmill, in the yard)	50.0
City amenities (parks, sidewalks, trails)	28.4
Gym/wellness center	26.9
Other**:	18.3
<i>At work [11]</i>	
<i>At work—stairs</i>	
<i>Golf [3]</i>	
<i>Golf course—snowmobile</i>	
<i>At the Pow Wow</i>	
<i>Garden</i>	
<i>County roads</i>	
<i>Dancing</i>	
<i>Exercise at other site</i>	
<i>Fishing and hunting</i>	
<i>Hwy 59-close to home – would love walking path!</i>	
<i>In the Groove/Dance Dance Revolution arcades/home</i>	
<i>My job</i>	
<i>Outdoor walking</i>	
<i>Retriever training grounds NDRC</i>	
<i>Road</i>	
<i>Run on State Highways</i>	
<i>Running errands, groceries</i>	
<i>Shopping mall</i>	
<i>Snowmobile</i>	
<i>Stretching exercises, golf course (fish house winter walking)</i>	
<i>Walking</i>	
<i>Walking on lake trails</i>	
<i>Walking the Shorewood loop</i>	
<i>Working outdoors/working in the yard</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>Anytime Fitness or my basement workout machines</i>
<i>At home. I am 84 years old</i>
<i>City streets running</i>
<i>Curves</i>
<i>DLCCC</i>
<i>Dunton Locks</i>
<i>Garden</i>
<i>Streets in the city</i>
<i>Home – yard</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=46)
None	2.2
Less than once a week	6.5
1 to 2 times a week	37.0
3 to 4 times a week	32.6
5 to 7 times a week	21.7
Not sure	0.0
Total	100.0

Appendix Table 8. Whether residents currently belong to a fitness facility

Response	Percent of residents (N=204)
Yes	39.2
No	60.8
Total	100.0

Appendix Table 9. Of residents who currently belong to a fitness facility, residents' primary reason for joining a fitness facility

Response	Percent of residents* (N=80)
Get in shape/improve fitness	87.5
Lose weight	20.0
Socialize	11.3
Doctor referred me	2.5
Joined with a friend/family member	1.3
Other:	2.5
<i>Family activities</i>	
<i>Gain weight!</i>	

*Percentages do not total 100.0 due to multiple responses.

Appendix Table 10. Of residents who do not currently belong to a fitness facility, residents' primary reason for not belonging to a fitness facility

Response	Percent of residents* (N=124)
Cost	44.4
I exercise outdoors or at home	39.5
Not enough time	11.3
I do not exercise	3.2
Other:	12.9
<i>93 years old</i>	
<i>Disability</i>	
<i>Free access to fitness centers at work, no membership necessary</i>	
<i>Friendliness of people there</i>	
<i>Had bad experience</i>	
<i>Handicapped</i>	
<i>I like Garage Logic with Joe and Rookie</i>	
<i>I live 4 miles out of the city. My children think I drive too often as it is.</i>	
<i>I walk my dog twice a day outside, work 10 hours a day, so [there is] no time. Would love to swim/walk on track, etc.</i>	
<i>Just lost 75 lbs. running on the highway because [there is] nowhere safe or affordable in the town where I live!</i>	
<i>My wife belongs to DLCCC.</i>	
<i>No interest, [would] rather golf, bowl, or walk</i>	
<i>Too old at 96 years [old]</i>	
<i>Too old [at] 84 years [old]</i>	
<i>We travel a lot so it is difficult to be consistent.</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	
Has attractive natural sights (landscaping, views, trees) (N=205)	4.01	2.0	3.9	24.4	30.2	39.5	100.0
Has enough green space (parks, nature preserves) (N=205)	3.74	4.4	8.3	22.9	38.0	26.3	99.9
Is well maintained and generally litter free (N=203)	3.68	4.9	4.9	25.1	46.8	18.2	99.9
Has attractive building/home designs (N=201)	3.49	2.0	8.5	43.8	29.9	15.9	100.1
Has good sidewalks (N=201)	3.38	5.0	10.0	41.3	29.4	14.4	100.1

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

Statement	Mean	Percent of residents (N=199)						
		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...	3.58	2.5	4.0	33.2	41.7	10.6	8.0	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=154)					
		Ease (1=not at all easy, 5=very easy)					Total
		1	2	3	4	5	
How easy it is to get around	3.01	7.1	20.8	43.5	21.4	7.1	99.9

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=154)					
		Safety (1=not at all safe, 5=very safe)					Total
		1	2	3	4	5	
How safe it is to get around	3.03	7.1	17.5	46.8	22.1	6.5	100.0

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	
Feeling comfortable in your surroundings (sense of security & safety) (N=204)	4.70	0.0	1.0	3.9	19.6	75.5	100.0
Good personal health (N=197)	4.63	0.0	1.0	4.6	24.9	69.5	100.0
Support from family/friends (N=200)	4.47	0.5	1.0	9.0	30.0	59.5	100.0
Time (N=194)	4.44	1.0	1.0	10.3	28.4	59.3	100.0
Feeling a sense of community (knowing your neighbors, seeing people out & about) (N=203)	4.22	0.0	2.5	16.7	36.9	43.8	99.9
Personal motivation (satisfaction, enjoyment, interest) (N=194)	4.07	2.6	2.1	21.6	33.0	40.7	100.0
Having appropriate equipment (clothing, bicycle, rollerblades) (N=198)	3.48	5.6	12.6	31.8	28.3	21.7	100.0
Employer incentives (membership discounts, showers, equipment storage, flex time) (N=193)	3.41	10.9	10.9	29.5	23.8	24.9	100.0

Appendix Table 16. 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=205)	4.54	0.0	1.0	7.8	27.8	63.4	100.0
Sidewalk winter care (snow/ice removal) (N=205)	4.37	2.9	2.9	11.7	19.0	63.4	99.9
Sidewalk maintenance (no crumbling, cracks, unevenness, removal of dirt/debris) (N=203)	4.30	1.5	2.5	12.8	31.0	52.2	100.0
Protection from scary dogs (enforcement of leash laws, control of strays) (N=205)	4.28	2.9	3.9	13.7	21.5	58.0	100.0
Crosswalk safety (more time to cross, shorter distances, clearly marked) (N=200)	4.04	2.5	5.0	18.5	34.5	39.5	100.0
Attractive environment (buildings, trees, plants, boulevards) (N=203)	4.02	0.5	3.0	26.6	33.5	36.5	100.1
Designated bicycle lanes on the road (N=203)	3.89	3.0	10.8	21.2	24.6	40.4	100.0
Continuous sidewalks (sidewalks without gaps) (N=206)	3.82	6.8	5.8	22.3	29.1	35.9	99.9
Street safety education for drivers/bicyclists/pedestrians (N=201)	3.76	6.5	5.5	30.8	20.4	36.8	100.0
Traffic calming (reduction of traffic speed & volume) (N=205)	3.74	2.4	8.8	30.7	28.3	29.8	100.0
Storage for equipment (bike racks, lockers) (N=201)	3.44	6.0	9.5	41.3	21.4	21.9	100.1
Street design (narrower or curved streets, planted boulevards) (N=204)	3.36	7.4	11.8	32.4	34.3	14.2	100.1

Appendix Table 17. 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)	3.97	3.0	3.0	23.0	36.0	35.0	100.0
Free/low-cost recreation opportunities (N=204)	3.90	2.5	6.4	27.0	27.0	37.3	100.2
Community/recreation center (N=201)	3.88	4.0	9.5	20.4	26.9	39.3	100.1
Centralized information source for community activities/events (N=199)	3.67	3.0	6.5	35.2	31.2	24.1	100.0
Organized recreational/fitness activities (N=202)	3.49	3.5	10.4	40.6	25.2	20.3	100.0

Appendix Table 18. Residents' rating of importance of fitness offerings

Fitness offerings	Mean	Percent of residents					Total
		Level of importance (1=not at all important, 5=very important)					
		1	2	3	4	5	
Cardio equipment (N=191)	4.05	8.4	1.6	14.1	28.3	47.6	100.0
Indoor track (N=189)	3.80	11.1	4.2	16.4	29.6	38.6	99.9
Pool (N=183)	3.48	14.2	9.3	23.0	21.3	32.2	100.0
Selectorized weights (exercise equipment used for strength training) (N=178)	3.22	18.0	11.8	19.7	30.9	19.7	100.1
Gym (N=174)	3.16	18.4	12.6	26.4	19.5	23.0	99.9
Fitness classes (N=179)	3.13	20.1	12.3	24.0	21.2	22.3	99.9
Free weights (N=175)	3.11	19.4	13.1	23.4	25.1	18.9	99.9
Racquetball court (N=174)	2.06	49.4	16.7	16.1	13.8	4.0	100.0

Appendix Table 19. Residents' rating of importance of possible improvements to the parks system in the City of Detroit Lakes

Possible improvements	Mean	Percent of residents					Total
		Level of importance (1=not at all important, 5=very important)					
		1	2	3	4	5	
Enhance public beach, park, and waterfront areas (N=193)	3.96	6.7	5.2	16.6	28.0	43.5	100.0
Develop and build city-approved trail system (lighted paving, bike racks, trailheads) (N=188)	3.51	12.2	11.2	17.0	32.4	27.1	99.9
Identify and acquire land for city community parks in underserved areas (N=190)	3.29	14.2	12.1	26.3	24.7	22.6	99.9
Implement/enhance lighted skiing and jogging trails (N=186)	3.10	19.4	12.9	22.0	29.6	16.1	100.0
Upgrade Washington grandstands and lighting (N=183)	2.83	15.3	21.3	36.6	19.1	7.7	100.0
Add more picnic shelters and improve parking at Long Lake Park (N=186)	2.49	29.0	18.8	31.7	15.1	5.4	100.0
Add more youth ball fields (N=183)	2.46	28.4	23.0	29.0	13.7	6.0	100.1
Establish a dog park (N=188)	2.44	39.9	16.0	18.6	11.7	13.8	100.0

Note: See Appendix Table 20 for other suggested improvements to the parks system in the City of Detroit Lakes.

Appendix Table 20. Other suggested improvements to the parks system in the City of Detroit Lakes

Other suggested improvements
<i>Walking trails [2]</i>
<i>Add a beach at Long Lake Park</i>
<i>Add Rec Hall, example: games and events</i>
<i>Better Bowling Alley near Boys and Girls club, need lifeguards</i>
<i>Build or reopen a snow lodge</i>
<i>Burned out street lights. If a citizen didn't call in burned out street lights, they wouldn't get changed! Remember safety and security. Plus, you now charge a fee for street lights so they should work. I've called the police with locations but they don't seem to feel that it is a public safety issue.</i>
<i>Community gardens</i>
<i>Continue to tear down old, abandoned buildings and clean up the community, especially on Washington and Frazee St.</i>
<i>Continuous sidewalks near schools/downtown neighborhoods</i>
<i>How about more eating establishments in DL, a chain of some kind. We have enough parks, our summers are so short.</i>
<i>I find it strange with big liquor store profits, big taxes [on] lake property [the] city can't pay for lifeguards [at] beach.</i>
<i>Identify and clean up lane around the lake for bikers, rollerblade, walk, etc. This could be a tourist attraction!</i>
<i>Improve boating access and parking</i>
<i>Improve Kent Freeman arena</i>
<i>Improve sidewalks, e.g., make them continuous and put in more curb cuts</i>
<i>Improve soccer fields, use natural landscaping (prairie grass, wildflowers,) when feasible</i>
<i>Maintain tennis courts by school</i>
<i>Make fitness center affordable</i>
<i>Make what you have usable and so little kids can play and not get hurt by equipment or hoodlums! Make our lake swimmable.</i>
<i>Maybe you should concentrate on the people that are struggling first; these are not necessary improvements. The people in our community are more important.</i>
<i>More trail areas in/around the city</i>
<i>More winter outdoor activities</i>
<i>Nicer restrooms in parks</i>
<i>No We Fest Bathing in Lake!!!!</i>
<i>North side playground!</i>
<i>Open up the high school track to the public</i>
<i>Outdoor water park, running path on north side of town. Only place to run is around the lake.</i>
<i>Provide through trails and parking for snowmobiles and OHV</i>
<i>Reopen Detroit Mt.</i>
<i>Resurface middle school tennis courts, reduce motorcycle/car speeding along city park now</i>
<i>Skating rink, playground on the north side of town, lifeguards at the beach, community center that poor families can afford</i>
<i>Summer lifeguards</i>
<i>Take down two big signs on beach regarding dogs/cats/alcohol or enforce it</i>
<i>Year round public restrooms</i>

Appendix Table 21. Residents' usage of city sidewalks and trails

Usage of sidewalks and trails	Percent of residents* (N=208)
Walking/running	74.5
Bicycling	33.7
Commuting	22.1
Exercising a pet	21.6
Socializing	20.7
Children's play/recreation	14.9
Rollerblading	4.8
Skateboarding	1.0
I do not use city sidewalks and trails	16.3
Other:	5.3
<i>Shopping [2]</i>	
<i>Business to business</i>	
<i>City tennis courts</i>	
<i>Cross country ski</i>	
<i>Do not live in city</i>	
<i>I am handicapped</i>	
<i>I get my exercise playing golf</i>	
<i>Relaxing</i>	
<i>Retail areas</i>	
<i>Snowmobile trails</i>	
<i>To visit family and friends</i>	
<i>Walk roads and streets</i>	
<i>We live four miles out</i>	

*Percentages do not total 100.0 due to multiple responses.

Appendix Table 22. Other attractions/recreational opportunities that would encourage residents to get out and be active

Other attractions/recreational opportunities
<i>4 wheeler trails</i>
<i>A place for kids like a Chucky Cheese, Skateland</i>
<i>Affordable community/rec center</i>
<i>ATV trails [2]</i>
<i>ATV trails/city access</i>
<i>Better Bowling Alley by Pamida, need lifeguards</i>
<i>Bike trail like Park Rapids-Walker</i>
<i>Detroit Mt. opened</i>
<i>Finish the bike trail!</i>
<i>Handicapped access</i>
<i>In the Groove cabinet w/r23 and memory slots</i>
<i>Indoor/outdoor tennis</i>
<i>Kayaking</i>
<i>Shakespeare in the park plays</i>
<i>Snow lodge skiing/snowboarding</i>
<i>Snowboarding</i>
<i>Tennis courts indoor/outdoor</i>

Appendix Table 23. Whether residents have visited a local park or preserve in the last 12 months

Response	Percent of residents (N=202)
Yes	89.6
No	10.4
Total	100.0

Appendix Table 24. Of residents who visited a local park or preserve in the last 12 months, the local parks or preserves the residents visited

Local parks or preserves	Percent of residents* (N=181)
City Beach	78.5
Washington Park	72.4
People's Park	32.0
Long Lake Park	23.2
Sucker Creek Preserve	22.7
Other:	10.5
<i>Dunton Locks [13]</i>	
<i>Tamarac National Wildlife Refuge [2]</i>	
<i>Itasca [2]</i>	
<i>City park</i>	
<i>DL city park</i>	
<i>City park by pavilion/frisbee golf park</i>	
<i>Fish hatchery</i>	
<i>Maplewood</i>	
<i>Mountain View Rec Area</i>	
<i>Schools</i>	
<i>Snappy baseball park</i>	
<i>Maplelag, Hamden Slough</i>	
<i>Vergas Beach</i>	

*Percentages do not total 100.0 due to multiple responses.

Appendix Table 25. Of residents who visited a local park or preserve in the last 12 months, the total visits residents made to the parks or preserves

Total visits in last 12 months	Percent of residents (N=174)
Less than 5	28.7
6 to 9	20.7
10 to 19	18.4
20 to 29	15.5
30 or more	16.7
Total	100.0

Appendix Table 26. Residents' opinion regarding whether the City should expand the parks system

Response	Percent of residents (N=185)
Yes	48.1
No	51.9
Total	100.0

Appendix Table 27. Comments regarding whether the City should expand the parks system

Comments
<i>Yes – City should expand</i>
<i>North side of town (5)</i>
<i>North side of city and East</i>
<i>North side of town and Hwy 59</i>
<i>North side of town so it's accessible by children and families.</i>
<i>North part of DL</i>
<i>North side</i>
<i>1. Underserved areas 2. A lane around the lake</i>
<i>Add low maintenance large open space/natural areas.</i>
<i>Adding playgrounds within walking distance of all neighborhoods.</i>
<i>Any place.</i>
<i>Anywhere it can to support the different areas of the city.</i>
<i>Anywhere they can! Parks are great.</i>
<i>Around Big Detroit—I'd love to see running trails.</i>
<i>Beach area—people's park area</i>
<i>Buy property for sale next to existing parks and beach for parking.</i>
<i>By the old Washington school, we have no park or ball field anymore for the kids.</i>
<i>Centrally located</i>
<i>City limits</i>
<i>City west side, city north side</i>
<i>City-groomed cross country ski trails and lighting</i>
<i>Community parks near housing</i>
<i>Detroit Lakes Mountain; north side of the city</i>
<i>Detroit Mountain</i>
<i>DL Mt. Ski trails, bike trails ATV trails, hiking trails</i>
<i>I am neither for nor against the park system expansion.</i>
<i>I would vote for it but we do have several parks now—maybe we should maintain/improve what we have.</i>
<i>If possible, replace courthouse park with one in central downtown.</i>
<i>Improve bike/pedestrian trail system and work to incorporate Detroit Mountain.</i>
<i>In new development areas, or have safer ways to cross Hwy 34 and 10 to access downtown parks and services.</i>
<i>In the Lake Forest Circle area.</i>
<i>It would be great!</i>
<i>Longbridge Housing area</i>
<i>Maybe out where the old "Detroit Mountain" was located.</i>
<i>More downtown green space, Detroit Mountain ski area and trails, limited ATV use</i>
<i>More plantings and flowers in the streets.</i>
<i>Need more space to enjoy the time at the park.</i>
<i>New areas of town.</i>
<i>Not sure, but it's important as a town grows to keep adding public open spaces or eventually quality of life decreases.</i>
<i>Over by Brainerd Village Development</i>
<i>Perhaps by Boys and Girls club.</i>
<i>Redo People's Park. It needs new updated pre-K – 6 equipment. Great location by the water.</i>
<i>S.W.</i>
<i>South end of the lake</i>
<i>South of Hwy 10 and West of Hwy 59</i>
<i>South side of Big Detroit Marty Solomon edition</i>
<i>Suburbs!</i>

Comments
<i>Tear down bowling alley and make park there!</i>
<i>The Mountain area</i>
<i>The vacant lot just west of Holiday Inn and park location along the Pelican River</i>
<i>We can't have too much green, rec area.</i>
<i>West side of downtown – can't let the kids run while shopping break</i>
<i>When new areas are annexed to the City, there should be some land for playgrounds for children and benches for others.</i>
<i>Where possible</i>
<i>Where there are no parks in the area and where there are children to use them.</i>
<i>Where there is land available – there needs to be more for people to do.</i>
<i>Wherever there's land and no parks.</i>
<i>Wherever they can acquire land that has a view, trees and a supervised/secured setting.</i>
<i>Cross-country ski trail in Lake Forest addition</i>
<i>No – City should not expand</i>
<i>Enhance the system you have...horseshoe pits.</i>
<i>Expand no, improve yes.</i>
<i>Improve existing parks and make downtown DL more attractive.</i>
<i>Improve what we have.</i>
<i>It's adequate for my husband and me but we're nearly retired.</i>
<i>Just keep up on the ones we have and garbage cleanup, get community more involved, quality over quantity.</i>
<i>Just upgrade what we have. Consider speed bumps near city park/city rec courts.</i>
<i>Let supply and demand work. We need to bring industry in and houses and parks will be built.</i>

Appendix Table 28. 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	23.1
No	76.9
Total	100.0

Appendix Table 29. Whether residents work/volunteer outside the home

Response	Percent of residents (N=205)
Yes	72.7
No	27.3
Total	100.0

Appendix Table 30. Gender of residents

Gender	Percent of residents (N=206)
Male	33.0
Female	67.0
Total	100.0

Appendix Table 31. Age of residents

Age	Percent of residents (N=206)
Younger than 18 years old	0.0
18 to 29	9.2
30 to 44	15.5
45 to 64	36.4
65 to 74	20.4
75 years or older	18.4
Total	99.9

Appendix Table 32. Residents' annual household income before taxes

Annual household income before taxes	Percent of residents (N=191)
Less than \$20,000	13.6
\$20,000 to \$39,999	20.4
\$40,000 to \$69,999	31.9
\$70,000 to \$119,999	19.4
\$120,000 or more	10.5
Do not know	4.2
Total	100.0

Appendix Table 33. Race/ethnicity of residents

Race/ethnicity	Percent of residents* (N=208)
White	96.6
Black/African American	0.0
Native American/Alaska Native	1.4
Asian/Pacific Islander	0.5
Hispanic	1.0
Other	1.0

*Percentages do not total 100.0 due to multiple responses.

Appendix Table 34. Whether residents own or rent home

Tenure	Percent of residents (N=206)
Own	89.3
Rent	9.7
Other:	1.0
<i>Contract for deed</i>	
<i>Own trailer, rent lot</i>	
<i>Rent apartment</i>	
Total	100.0

Appendix Table 35. Whether residents are year-long or seasonal residents of Detroit Lakes

Residence	Percent of residents (N=207)
Year-round	98.1
Seasonal	1.9
Total	100.0



City of Detroit Lakes

1025 Roosevelt Ave., P.O. Box 647 Detroit Lakes MN 56502

September 14, 2010

Dear Resident:

The City of Detroit Lakes and the Detroit Lakes Parks Board 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 Detroit Lakes 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 Detroit Lakes. 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,

Matt Brenk, Mayor
City of Detroit Lakes
1025 Roosevelt Avenue
Detroit Lakes, Minnesota 56502

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

The City of Detroit Lakes is an equal opportunity service provider



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).

<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.



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."



— TURN THE PAGE —→

for more questions about your community.

Q18. Are you a year-round or seasonal resident of Detroit Lakes?

- Year-round
- Seasonal

Q19. Do you currently belong to a fitness facility?

- Yes
- No

Q19a. If yes, what is your primary reason for joining a fitness facility?

- Lose weight
- Get in shape/improve fitness
- Doctor referred me
- Joined with a friend/family member
- Socialize
- Other (please specify) _____

Q19b. If no, what is your primary reason for not belonging to a fitness facility?

- Not enough time
- Cost
- I do not exercise
- I exercise outdoors or at home
- Other (please specify) _____

Q20. Regardless of whether or not you currently belong to a fitness facility, please tell us which of the following offerings are the most important to you. Prioritize the offerings by using a one to five scale, with one being "not at all important" and five being "very important."

Fitness offerings

- a. Cardio equipment
- b. Indoor track
- c. Pool
- d. Gym
- e. Fitness classes
- f. Free weights
- g. Selectorized weights (exercise equipment used for strength training)
- h. Racquetball court

	Not at all important			Very important	
	1	2	3	4	5
a. Cardio equipment	1	2	3	4	5
b. Indoor track	1	2	3	4	5
c. Pool	1	2	3	4	5
d. Gym	1	2	3	4	5
e. Fitness classes	1	2	3	4	5
f. Free weights	1	2	3	4	5
g. Selectorized weights (exercise equipment used for strength training)	1	2	3	4	5
h. Racquetball court	1	2	3	4	5

Q21. Have you visited a local park or preserve in the last 12 months?

- Yes
- No

Q21a. If yes, which ones have you visited? (Fill in the ovals of all that apply).

- Long Lake Park
- Sucker Creek Preserve
- Washington Park
- City Beach
- People's Park
- Other (please specify) _____

Q21b. If yes, how many total visits did you make to the parks or preserve in the last 12 months?

- Less than 5
- 6 to 9
- 10 to 19
- 20 to 29
- 30 or more

(SKIP TO Q22)

Q22. Below is a list of possible improvements to the parks system in the City of Detroit Lakes. 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 these possible improvements is to you.

Possible Improvements

- a. Identify and acquire land for city community parks in underserved areas.
- b. Implement/enhance lighted skiing and jogging trails.
- c. Develop and build city-approved trail system (lighted paving, bike racks, trailheads).
- d. Enhance public beach, park, and waterfront areas.
- e. Upgrade Washington grandstands and lighting.
- f. Establish a dog park.
- g. Add more picnic shelters and improve parking at Long Lake Park.
- h. Add more youth ball fields.
- i. Other (please specify) _____

	Not at all important			Very important	
	1	2	3	4	5
a. Identify and acquire land for city community parks in underserved areas.	1	2	3	4	5
b. Implement/enhance lighted skiing and jogging trails.	1	2	3	4	5
c. Develop and build city-approved trail system (lighted paving, bike racks, trailheads).	1	2	3	4	5
d. Enhance public beach, park, and waterfront areas.	1	2	3	4	5
e. Upgrade Washington grandstands and lighting.	1	2	3	4	5
f. Establish a dog park.	1	2	3	4	5
g. Add more picnic shelters and improve parking at Long Lake Park.	1	2	3	4	5
h. Add more youth ball fields.	1	2	3	4	5
i. Other (please specify) _____	1	2	3	4	5

Q23. Should the City expand the park system?

- Yes
- No

Q23a. If yes, where? _____

Thank you for assisting us with this important survey!