

Neighborhood Environment Walkability Scale – Youth (NEWS-Y)

Verżjoni tal-Adolexxenti

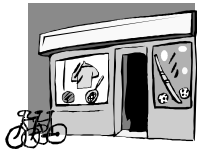
Minn: Active Where? study

Information on scoring can be found at:

<http://www.drjamesallis.sdsu.edu/Documents/NEWS-Yscoring.pdf>

Suggested reference:

Rosenberg, D. Ding, D., Sallis, J.F., Kerr, J., Norman, G.J., Durant, N., Harris, S.K., & Saelens, B.E. (2009). Neighborhood environment walkability scale for youth (NEWS-Y): Reliability and relationship with physical activity. *Preventive Medicine, 49*, 213-218.



A. Hwienet u postijiet pubbliċi oħra fil-lokal tiegħek

Bejn wieħed u ieħor kemm tieħu ħin biex timxi mid-dar sa l-eqreb ħanut jew post imsemmi hawn taħt? Jekk jogħġbok għamel ċirku madwar il-ħin li tieħu biex timxi sa kull post msemmi, anke jekk mhux soltu li tmur hemm. Jekk issoltu tmur bir-rota, niżżel kemm iddum biex tasal bir-rota u mmarka bl-ittra 'R' ħdejn iċ-ċirku.

Eż: grocer	1-5 min	6-10 min	11-20 min	21-30 min	31+ min	ma nafx
1 convenience store/corner store/ grocery store żgħir/mini-market	1-5 min	6-10 min	11-20 min	21-30 min	31+ min	ma nafx
2 supermarket	1-5 min	6-10 min	11-20 min	21-30 min	31+ min	ma nafx
3 ironmonger/hardware store	1-5 min	6-10 min	11-20 min	21-30 min	31+ min	ma nafx
4 ħanut/trakk tal-frott u ħaxix	1-5 min	6-10 min	11-20 min	21-30 min	31+ min	ma nafx
5 pastizzeria	1-5 min	6-10 min	11-20 min	21-30 min	31+ min	ma nafx
6 ħanut tal-ħwejjeg	1-5 min	6-10 min	11-20 min	21-30 min	31+ min	ma nafx
7 uffiċċju tal-Posta	1-5 min	6-10 min	11-20 min	21-30 min	31+ min	ma nafx
8 librerija	1-5 min	6-10 min	11-20 min	21-30 min	31+ min	ma nafx
9 l-iskola tiegħek	1-5 min	6-10 min	11-20 min	21-30 min	31+ min	ma nafx
10 confectioner	1-5 min	6-10 min	11-20 min	21-30 min	31+ min	ma nafx
11 ħanut tal-kotba	1-5 min	6-10 min	11-20 min	21-30 min	31+ min	ma nafx
12 fast-food restaurant (eż. Turkish)	1-5 min	6-10 min	11-20 min	21-30 min	31+ min	ma nafx
13 cafeteria	1-5 min	6-10 min	11-20 min	21-30 min	31+ min	ma nafx
14 bank	1-5 min	6-10 min	11-20 min	21-30 min	31+ min	ma nafx
15 restaurant (mhux 'fast food')	1-5 min	6-10 min	11-20 min	21-30 min	31+ min	ma nafx
16 ħanut tal-videos jew ħanut tal- kompjuter u loġhob	1-5 min	6-10 min	11-20 min	21-30 min	31+ min	ma nafx
17 spiżerija	1-5 min	6-10 min	11-20 min	21-30 min	31+ min	ma nafx
18 hairdresser	1-5 min	6-10 min	11-20 min	21-30 min	31+ min	ma nafx
19 uffiċċini/post tax-xogħol	1-5 min	6-10 min	11-20 min	21-30 min	31+ min	ma nafx
20 bus stop	1-5 min	6-10 min	11-20 min	21-30 min	31+ min	ma nafx
21 stationer	1-5 min	6-10 min	11-20 min	21-30 min	31+ min	ma nafx
22 mużew/knisja	1-5 min	6-10 min	11-20 min	21-30 min	31+ min	ma nafx



B. Postijiet ta' Rikreazzjoni fil-lokal tiegħek

Bejn wieħed u ieħor kemm tieħu ħin biex timxi mid-dar sa l-eqreb post ta' rikreazzjoni imsemmi hawn taħt? Jekk jogħġbok għamel ċirku madwar il-ħin li tieħu biex timxi sa kull post msemmi, anke jekk mhux soltu li tmur hemm. Jekk issoltu tmur bir-rota, niżżel kemm iddum biex tasal bir-rota.

1	post ta' rikreazzjoni jew eżerċizzju msaqqaf (pubbliku jew privat)	1-5 min	6-10 min	11-20 min	21-30 min	31+ min	ma nafx
2	baħar/bajja	1-5 min	6-10 min	11-20 min	21-30 min	31+ min	ma nafx
3	Postijiet fejn tuża r-rota/ tmur hiking / mixi	1-5 min	6-10 min	11-20 min	21-30 min	31+ min	ma nafx
4	Grawnd tal-futbol	1-5 min	6-10 min	11-20 min	21-30 min	31+ min	ma nafx
5	Grawnds oħrajn bħal: Basketball, tennis, skate park, volleyball	1-5 min	6-10 min	11-20 min	21-30 min	31+ min	ma nafx
6	Nursery tal-futbol/skola ta' l-isport	1-5 min	6-10 min	11-20 min	21-30 min	31+ min	ma nafx
7	Klabb taż-żagħżagħ	1-5 min	6-10 min	11-20 min	21-30 min	31+ min	ma nafx
8	Pixxina	1-5 min	6-10 min	11-20 min	21-30 min	31+ min	ma nafx
9	'track' tal-atletika/ġiri	1-5 min	6-10 min	11-20 min	21-30 min	31+ min	ma nafx
10	skola fejn il-grawnds huma aċċessibbli għall-pubbliku	1-5 min	6-10 min	11-20 min	21-30 min	31+ min	ma nafx
11	park pubbliku żgħir	1-5 min	6-10 min	11-20 min	21-30 min	31+ min	ma nafx
12	park pubbliku kbir (eż. Ta'Qali)	1-5 min	6-10 min	11-20 min	21-30 min	31+ min	ma nafx
13	playground pubbliku (bandli)	1-5 min	6-10 min	11-20 min	21-30 min	31+ min	ma nafx
14	spazju miftuħ għal pubbliku li mhux park e.ż. Buskett	1-5 min	6-10 min	11-20 min	21-30 min	31+ min	ma nafx





C. Tip ta' Djar fil-Lokal tieghek

Filwaqt li ta seb dwar il-postijiet fejn jgixxu n-nies fil-lokal tieghek, jekk jogħbok għamel irku madwar ir-risposta għal kull mistoqsija. Il-lokal tieghek hi ona ta' 10-15 minuta mixi f'kull direzzjoni madwar id-dar li tgixxi fiha.

1. How common are separate or stand alone one family homes in your neighborhood?

There are:

- | | | | | |
|------|-------|------|-------|--|
| 1 | 2 | 3 | 4 | 5 |
| None | A few | Some | A lot | All the residences are separate one family homes |

2. How common are connected townhouses or rows of houses in your neighborhood?

There are:

- | | | | | |
|------|-------|------|-------|---|
| 1 | 2 | 3 | 4 | 5 |
| None | A few | Some | A lot | All the residences are townhouses or row houses |

3. How common are multiple family or duplex homes in your neighborhood?

There are:

- | | | | | |
|------|-------|------|-------|---|
| 1 | 2 | 3 | 4 | 5 |
| None | A few | Some | A lot | All the residences are multiple family/duplex homes |

4. How common are apartment or condo buildings in your neighborhood?

There are:

- | | | | | |
|------|-------|------|-------|--|
| 1 | 2 | 3 | 4 | 5 |
| None | A few | Some | A lot | All the residences are in apartment or condo buildings |



D. Access to services

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

1. Stores are within easy walking distance of my home.

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

2. Parking is difficult in local shopping areas.

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

3. There are many places to go (alone or with someone) within easy walking distance of my home.

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

4. From my home, it is easy to walk to a transit stop (bus, subway, train), alone or with someone.

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

5. The streets in my neighborhood are hilly, making my neighborhood difficult to walk in (alone or with someone).

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

6. There are major barriers to walking (alone or with someone) in my local area that make it hard to get from place to place (for example, freeways, railway lines, rivers).

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



E. Streets in my neighborhood

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

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

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

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

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

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

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



F. Places for walking

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

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

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

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

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

3. There is grass/dirt between the streets and the sidewalks in my neighborhood.

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



G. Neighborhood surroundings

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

1. There are trees along the streets in my neighborhood.

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

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

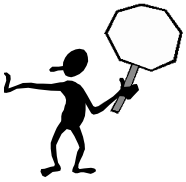
- | | | | |
|----------------------|----------------------|-------------------|-------------------|
| 1 | 2 | 3 | 4 |
| strongly
disagree | somewhat
disagree | somewhat
agree | strongly
agree |

3. There are many beautiful natural things to look at in my neighborhood (e.g., gardens, views).

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

4. There are many buildings/homes in my neighborhood that are nice to look at

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



H. Neighborhood safety

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

1. There is so much traffic along nearby streets that it makes it difficult or unpleasant to walk (alone or with someone) in my neighborhood .

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

2. The speed of traffic on most nearby streets is usually slow (30 mph or less).

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

3. Most drivers go faster than the posted speed limits in my neighborhood.

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

4. My neighborhood streets have good lighting at night.

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

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

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

6. There are crosswalks and signals to help walkers cross busy streets in my neighborhood.

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

7. When walking in my neighborhood there are a lot of exhaust fumes.

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



I. Crime safety

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

1. There is a high crime rate in my neighborhood.

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

2. The crime rate in my neighborhood makes it unsafe to go on walks alone or with someone at night.

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

3. I am worried about being outside alone around my home (like in the yard, driveway, or apartment common area) because I am afraid of being taken or hurt by a stranger.

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

4. I am worried about being outside with a friend around my home because I am afraid of being taken or hurt by a stranger.

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

5. I am worried about being or walking alone or with friends in my neighborhood and local streets because I am afraid of being taken or hurt by a stranger.

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

6. I am worried about being in a local/nearby park because I am afraid of being taken or hurt by a stranger.

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