

# **Neighborhood Environment Walkability Scale – Youth (NEWS-Y)**

## **Parent Version**

From Active Where? study

Information on scoring can be found at:

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

Suggested reference:

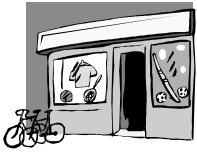
Rosenberg, D. Ding, D., Sallis, J.F., Kerr, J., Norman, G.J., Durant, N., Harris, S.K., & Saelens, B.E. (2009). Neighborhood environment walkability scale for youth (NEWS-Y): Reliability and relationship with physical activity. *Preventive Medicine, 49*, 213-218.

## A. Stores and other public places in the neighborhood where you and your child live



About how long would it take you to walk (on your own, without your children) from your home to the nearest stores or places listed below? Please circle the time it would take you to walk to each place, even if you don't normally go there.

e.g.	gas station	1-5 min	6-10 min	11-20 min	21-30 min	31+ min	don't know
1	convenience/corner store/ small grocery store/bodega	1-5 min	6-10 min	11-20 min	21-30 min	31+ min	don't know
2	supermarket	1-5 min	6-10 min	11-20 min	21-30 min	31+ min	don't know
3	hardware store	1-5 min	6-10 min	11-20 min	21-30 min	31+ min	don't know
4	fruit/vegetable market	1-5 min	6-10 min	11-20 min	21-30 min	31+ min	don't know
5	laundry or dry cleaners	1-5 min	6-10 min	11-20 min	21-30 min	31+ min	don't know
6	clothing store	1-5 min	6-10 min	11-20 min	21-30 min	31+ min	don't know
7	post office	1-5 min	6-10 min	11-20 min	21-30 min	31+ min	don't know
8	library	1-5 min	6-10 min	11-20 min	21-30 min	31+ min	don't know
9	elementary school	1-5 min	6-10 min	11-20 min	21-30 min	31+ min	don't know
10	middle or high school	1-5 min	6-10 min	11-20 min	21-30 min	31+ min	don't know
11	book store	1-5 min	6-10 min	11-20 min	21-30 min	31+ min	don't know
12	fast food restaurant	1-5 min	6-10 min	11-20 min	21-30 min	31+ min	don't know
13	coffee place	1-5 min	6-10 min	11-20 min	21-30 min	31+ min	don't know
14	bank/credit union	1-5 min	6-10 min	11-20 min	21-30 min	31+ min	don't know
15	non-fast food restaurant	1-5 min	6-10 min	11-20 min	21-30 min	31+ min	don't know
16	video store	1-5 min	6-10 min	11-20 min	21-30 min	31+ min	don't know
17	pharmacy/drug store	1-5 min	6-10 min	11-20 min	21-30 min	31+ min	don't know
18	hairdressers/barber shop	1-5 min	6-10 min	11-20 min	21-30 min	31+ min	don't know
19	any offices/worksites	1-5 min	6-10 min	11-20 min	21-30 min	31+ min	don't know
20	bus, subway or train stop	1-5 min	6-10 min	11-20 min	21-30 min	31+ min	don't know



## B. Recreation places in the neighborhood where you and your child live

About how long would it take you to walk (on your own, without your children) from your home to the nearest recreation place listed below? Please circle the time it would take you to walk to each place, even if you don't normally go there.

1	Indoor recreation or exercise facility (public or private)	1-5 min	6-10 min	11-20 min	21-30 min	31+ min	don't know
2	beach, lake, river, or creek	1-5 min	6-10 min	11-20 min	21-30 min	31+ min	don't know
3	bike/hiking/walking trails, paths	1-5 min	6-10 min	11-20 min	21-30 min	31+ min	don't know
4	basketball court	1-5 min	6-10 min	11-20 min	21-30 min	31+ min	don't know
5	other playing fields/courts (e.g., soccer, football, softball, tennis, skate park etc.)	1-5 min	6-10 min	11-20 min	21-30 min	31+ min	don't know
6	YMCA	1-5 min	6-10 min	11-20 min	21-30 min	31+ min	don't know
7	boys and girls club	1-5 min	6-10 min	11-20 min	21-30 min	31+ min	don't know
8	swimming pool	1-5 min	6-10 min	11-20 min	21-30 min	31+ min	don't know
9	walking / running track	1-5 min	6-10 min	11-20 min	21-30 min	31+ min	don't know
10	school with recreation facilities <u>open to the public</u>	1-5 min	6-10 min	11-20 min	21-30 min	31+ min	don't know
11	small public park	1-5 min	6-10 min	11-20 min	21-30 min	31+ min	don't know
12	large public park	1-5 min	6-10 min	11-20 min	21-30 min	31+ min	don't know
13	public playground with equipment	1-5 min	6-10 min	11-20 min	21-30 min	31+ min	don't know
14	public open space (grass or sand/dirt) that is not a park	1-5 min	6-10 min	11-20 min	21-30 min	31+ min	don't know





### C. Types of homes in your neighborhood

While thinking about the places where people live in your neighborhood, please circle an answer for each of the following questions. Your neighborhood is the local area around your home, within a 10-15 minute walk in any direction.

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<br>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<br>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<br>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<br>in apartment or condo buildings |



## D. Access to services

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

1. Stores are within easy walking distance of our 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 for my child to go (alone or with someone) within easy walking distance of our home.

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

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

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

5. The streets in my neighborhood are hilly, making our neighborhood difficult for my child to walk in.

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

6. There are major barriers to walking in our local area that make it hard for my child 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 the neighborhood where you and your child live.

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

- |                      |                      |                   |                   |
|----------------------|----------------------|-------------------|-------------------|
| 1                    | 2                    | 3                 | 4                 |
| strongly<br>disagree | somewhat<br>disagree | somewhat<br>agree | strongly<br>agree |

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

- |                      |                      |                   |                   |
|----------------------|----------------------|-------------------|-------------------|
| 1                    | 2                    | 3                 | 4                 |
| strongly<br>disagree | somewhat<br>disagree | somewhat<br>agree | strongly<br>agree |

3. There are many different routes for getting from place to place in our neighborhood. (My child doesn't have to go the same way every time.)

- |                      |                      |                   |                   |
|----------------------|----------------------|-------------------|-------------------|
| 1                    | 2                    | 3                 | 4                 |
| strongly<br>disagree | somewhat<br>disagree | somewhat<br>agree | strongly<br>agree |



## F. Places for walking

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

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

- |                      |                      |                   |                   |
|----------------------|----------------------|-------------------|-------------------|
| 1                    | 2                    | 3                 | 4                 |
| strongly<br>disagree | somewhat<br>disagree | somewhat<br>agree | strongly<br>agree |

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

- |                      |                      |                   |                   |
|----------------------|----------------------|-------------------|-------------------|
| 1                    | 2                    | 3                 | 4                 |
| strongly<br>disagree | somewhat<br>disagree | somewhat<br>agree | strongly<br>agree |

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

- |                      |                      |                   |                   |
|----------------------|----------------------|-------------------|-------------------|
| 1                    | 2                    | 3                 | 4                 |
| strongly<br>disagree | somewhat<br>disagree | somewhat<br>agree | strongly<br>agree |



## G. Neighborhood surroundings

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

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

- |                      |                      |                   |                   |
|----------------------|----------------------|-------------------|-------------------|
| 1                    | 2                    | 3                 | 4                 |
| strongly<br>disagree | somewhat<br>disagree | somewhat<br>agree | strongly<br>agree |

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

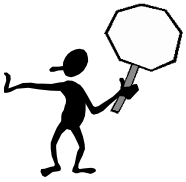
- |                      |                      |                   |                   |
|----------------------|----------------------|-------------------|-------------------|
| 1                    | 2                    | 3                 | 4                 |
| strongly<br>disagree | somewhat<br>disagree | somewhat<br>agree | strongly<br>agree |

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

- |                      |                      |                   |                   |
|----------------------|----------------------|-------------------|-------------------|
| 1                    | 2                    | 3                 | 4                 |
| strongly<br>disagree | somewhat<br>disagree | somewhat<br>agree | strongly<br>agree |

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

- |                      |                      |                   |                   |
|----------------------|----------------------|-------------------|-------------------|
| 1                    | 2                    | 3                 | 4                 |
| strongly<br>disagree | somewhat<br>disagree | somewhat<br>agree | strongly<br>agree |



## H. Neighborhood safety

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

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

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

4. Our 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 our 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 our neighborhood.

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

7. When walking in our 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 our neighborhood.

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

2. The crime rate in our neighborhood makes it unsafe for my child 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 letting my child play outside alone around my home (e.g., yard, driveway, apartment common area) because I am afraid of them being taken or hurt by a stranger.

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

4. I am worried about letting my child be outside with a friend around my home because I am afraid my child will be taken or hurt by a stranger.

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

5. I am worried about letting my child play or walk alone or with friends in my neighborhood and local streets because I am afraid my child will be taken or hurt by a stranger.

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

6. I am worried about letting my child be alone or with friends in a local or nearby park because I am afraid my child will be taken or hurt by a stranger.

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