

International Physical Activity Prevalence Study

SELF-ADMINISTERED ENVIRONMENTAL MODULE

There is increasing interest in the contextual (environmental) barriers that prevent or limit the opportunity to walk and cycle in areas around where we live and work. Factors that are emerging as important include land use, housing density, accessibility to public transport systems, and perceived safety from traffic and crime. Research in this field is still in its infancy and many other factors are also being researched. Moreover currently there are very few well-developed survey instruments addressing this topic.

The International Physical Activity Prevalence Study (IPS) has developed an optional ENVIRONMENTAL MODULE that can be used to assess the environmental factors for walking and bicycling in your neighborhoods. We offer it for use in the IPS Study *in addition to the IPAQ (short form)*. Countries participating in IPS are encouraged to consider ways in which they can extend their participation and study protocols to include the optional ENVIRONMENTAL MODULE.

The ENVIRONMENTAL MODULE has three sets of carefully chosen items that reflect current thinking in this field and in which the reliability and validity of each item has been assessed. We tried to keep the module as short as possible, include the variables that have already shown to be associated with different levels of activity in different countries, and select items that would be of interest and relevant to all countries regardless of the stage of economic development.

The three sets of items re grouped as follows:

CORE (Items 1-7)

RECOMMENDED (Items 8-11)

OPTIONAL (Items 12-17)

All countries that use the ENVIRONMENTAL MODULE *must* ask all CORE items. We encourage you to ask as many RECOMMENDED items as possible. If you have space in your survey and if you are interested in the environmental aspects of physical activity, we provide a small set of OPTIONAL items for use. If your country is able to add more questions on different aspects of the environment than provided here, we can provide other tested items (not shown here) and would be willing to help you make a selection.

We recognize it is unlikely that all the items (CORE, RECOMMENDED AND OPTIONAL) will be asked in a country.

Please note - The wording of items and the response scales should not be changed because this will most likely change the meaning of the questions and prohibit comparison between countries. The relevancy and responses to items will vary greatly across countries, so it is critical to document national differences. We provide guidelines at the end of the survey for the translation process and cultural adaptation to make the items relevant to your country and the language spoken.

INTERNATIONAL PREVALENCE STUDY [IPS] ON PHYSICAL ACTIVITY

Think about the different facilities in and around your neighborhood by this we mean the area ALL around your home that you could walk to in **10-15 minutes**.

1. What is the main type of housing in your neighborhood?

- 1 Detached single-family housing
- 2 Townhouses, row houses, apartments, or condos of 2-3 stories
- 3 Mix of single-family residences and townhouses, row houses, apartments or condos
- 4 Apartments or condos of 4-12 stories
- 5 Apartments or condos of more than 12 stories
- 77 Don't know/Not sure

The next items are statements about your neighborhood related to walking and bicycling.

2. Many shops, stores, markets or other places to buy things I need are within easy walking distance of my home. Would you say that you...

- 1 Strongly disagree
- 2 Somewhat disagree
- 3 Somewhat agree
- 4 Strongly agree
- 77 Don't know/Not sure

3. It is within a 10-15 minutes walk to a transit stop (such as bus, train, trolley, or tram) from my home. Would you say that you...

- 1 Strongly disagree
- 2 Somewhat disagree
- 3 Somewhat agree
- 4 Strongly agree
- 77 Don't know/Not sure

4. There are sidewalks on most of the streets in my neighborhood. Would you say that you...

- 1 Strongly disagree
- 2 Somewhat disagree
- 3 Somewhat agree
- 4 Strongly agree
- 88 Does not apply to my neighborhood
- 77 Don't know/Not sure

5. There are facilities to bicycle in or near my neighborhood, such as special lanes, separate paths or trails, shared use paths for cycles and pedestrians. Would you say that you...

- 1 Strongly disagree
- 2 Somewhat disagree
- 3 Somewhat agree
- 4 Strongly agree
- 88 Does not apply to my neighborhood
- 77 Don't know/Not sure

6. My neighborhood has several **free** or **low cost** recreation facilities, such as parks, walking trails, bike paths, recreation centers, playgrounds, public swimming pools, etc. Would you say that you...

- 1 Strongly disagree
- 2 Somewhat disagree
- 3 Somewhat agree
- 4 Strongly agree
- 77 Don't know/Not sure

7. The crime rate in my neighborhood makes it unsafe to go on walks at night. Would you say that you...

- 1 Strongly disagree
- 2 Somewhat disagree
- 3 Somewhat agree
- 4 Strongly agree
- 77 Don't know/Not sure

8. There is so much traffic on the streets that it makes it difficult or unpleasant to walk in my neighborhood. Would you say that you...

- 1 Strongly disagree
- 2 Somewhat disagree
- 3 Somewhat agree
- 4 Strongly agree
- 88 There are no streets or roads in my neighborhood
- 77 Don't know/Not sure

9. I see many people being physically active in my neighborhood doing things like walking, jogging, cycling, or playing sports and active games. Would you say that you...

- 1 Strongly disagree
- 2 Somewhat disagree
- 3 Somewhat agree
- 4 Strongly agree
- 77 Don't know/Not sure

10. There are many interesting things to look at while walking in my neighborhood. Would you say you...

- 1 Strongly disagree
- 2 Somewhat disagree
- 3 Somewhat agree
- 4 Strongly agree
- 77 Don't know/Not sure

11. How many motor vehicles in working order (e.g., cars, trucks, motorcycles) are there at your household?

- Motor Vehicles
- 77 Don't know/Not sure

12. There are many four-way intersections in my neighborhood. Would you say that you...

- 1 Strongly disagree
- 2 Somewhat disagree
- 3 Somewhat agree
- 4 Strongly agree
- 88 There are no streets or roads in my neighborhood
- 77 Don't know/Not sure

13. The sidewalks in my neighborhood are well maintained (paved, with few cracks) and not obstructed. Would you say that you...

- 1 Strongly disagree
- 2 Somewhat disagree
- 3 Somewhat agree
- 4 Strongly agree
- 77 Don't know/Not sure

14. Places for bicycling (such as bike paths) in and around my neighborhood are well maintained and not obstructed. Would you say that you...

- 1 Strongly disagree
- 2 Somewhat disagree
- 3 Somewhat agree
- 4 Strongly agree
- 77 Don't know/Not sure

15. There is so much traffic on the streets that it makes it difficult or unpleasant to ride a bicycle in my neighborhood. Would you say that you...

- 1 Strongly disagree
- 2 Somewhat disagree
- 3 Somewhat agree
- 4 Strongly agree
- 77 Don't know/Not sure

16. The crime rate in my neighborhood makes it unsafe to go on walks during the day. Would you say that you...

- 1 Strongly disagree
- 2 Somewhat disagree
- 3 Somewhat agree
- 4 Strongly agree
- 77 Don't know/Not sure

17. There are many places to go within easy walking distance of my home. Would you say that you...

- 1 Strongly disagree
- 2 Somewhat disagree
- 3 Somewhat agree
- 4 Strongly agree
- 77 Don't know/Not sure

This is the end of the questionnaire, thank you for participating.