

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

## **Adolescent Version**

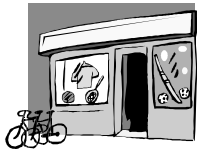
From Active Where? study

Information on scoring can be found at:

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

Suggested reference:

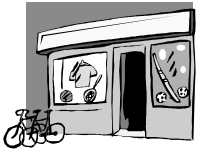
Rosenberg, D. Ding, D., Sallis, J.F., Kerr, J., Norman, G.J., Durant, N., Harris, S.K., & Saelens, B.E. (2009). Neighborhood environment walkability scale for youth (NEWS-Y): Reliability and relationship with physical activity. *Preventive Medicine, 49*, 213-218.



## A. Stores and Other Public Places in Your Neighborhood

About how long would it take you to walk 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.

Ex:	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 Your Neighborhood

About how long would it take you to walk 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 (like soccer, football, softball, tennis, skate park etc.)	1-5 min	6-10 min	11-20 min	20-30 min	30+ 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 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<br>disagree | somewhat<br>disagree | somewhat<br>agree | strongly<br>agree |

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

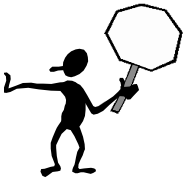
- |                      |                      |                   |                   |
|----------------------|----------------------|-------------------|-------------------|
| 1                    | 2                    | 3                 | 4                 |
| strongly<br>disagree | somewhat<br>disagree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

3. There are many beautiful natural things 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

- |                      |                      |                   |                   |
|----------------------|----------------------|-------------------|-------------------|
| 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 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<br>disagree | somewhat<br>disagree | somewhat<br>agree | strongly<br>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<br>disagree | somewhat<br>disagree | somewhat<br>agree | strongly<br>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<br>disagree | somewhat<br>disagree | somewhat<br>agree | strongly<br>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<br>disagree | somewhat<br>disagree | somewhat<br>agree | strongly<br>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<br>disagree | somewhat<br>disagree | somewhat<br>agree | strongly<br>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<br>disagree | somewhat<br>disagree | somewhat<br>agree | strongly<br>agree |