

## The Rural Active Living Perceived Environmental Support Scale (RALPESS)

**Directions:** This survey asks you questions about your town and the area where you live. There are questions that ask you about the town center, indoor and outdoor exercise areas, community buildings, and sidewalks and roadways.

It should take you 15-20 minutes to complete the survey.

Here are some things to think about as you take the survey.

- **The Area around your home** - This includes your home and yard; the streets, parks, and fields around your home; and the homes close to your home.
- **Your Town** - the community or town is closest to you home (i.e. **where you go to work, to school, or to shop**).
- **INDOOR exercise areas** - think about **indoor** places people use to be active, such as indoor pools, recreation centers, YMCAs, gyms, fitness centers, exercise rooms, sports courts, skate areas, or areas with exercise or sports gear (balls, treadmills, etc) in your town. These are places you can either get in free or pay to use.
- **OUTDOOR exercise areas** in your town – think about **outdoor** places that are designed for physical activity, such as pools, sports fields, sports courts, skate areas, tracks, trails, parks, lakes, rivers, or playgrounds. Please consider all outdoor areas in your town when answering the questions.
  - **Public places** are FREE to use, like parks, trails, tracks at schools.
  - **Private places** you have to PAY money to use, like private pools, fitness clubs.

<b>These questions have to do with INDOOR AREAS</b>						
<b>Please check one answer for each statement <input checked="" type="checkbox"/></b>		<b>Strongly Disagree</b>	<b>Disagree</b>	<b>Agree</b>	<b>Strongly Agree</b>	<b>Don't Know</b>
1.	My town has private indoor exercise areas (pay to use).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2.	The indoor exercise areas are nice to use and well kept (there is little or no trash, no broken glass, and equipment works).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3.	The indoor exercise areas in my town are generally safe.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4.	My town offers indoor exercise activities (programs, sports teams, classes, lessons, etc).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5.	There is equipment for physical activity or exercise at the indoor exercise areas in my town.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6.	There are choices of activities for physical activity or exercise at the indoor exercise areas in my town.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

- **Private places** you have to PAY money to use, like private pools, fitness clubs.

<b>These questions have to do with OUTDOOR AREAS</b>						
<b>Please check one answer for each statement <input checked="" type="checkbox"/></b>		<b>Strongly Disagree</b>	<b>Disagree</b>	<b>Agree</b>	<b>Strongly Agree</b>	<b>Don't Know</b>
7.	Outdoor exercise areas in my town have available restrooms.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8.	Outdoor exercise areas in my town have water fountains.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9.	There are sufficient police officers or sheriffs patrolling the outdoor areas in my town where people could be physically active or exercise.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

<b>These questions have to do with the TOWN CENTER in your community</b>						
<b>Please check one answer for each statement <input checked="" type="checkbox"/></b>		<b>Strongly Disagree</b>	<b>Disagree</b>	<b>Agree</b>	<b>Strongly Agree</b>	<b>Don't Know</b>
10.	There are shopping areas and places to eat in the town center.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11.	There are sidewalks in the town center.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12.	The sidewalks are nice to use in the town center (they are shaded, there are pleasant things to look at, no trash).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13.	The sidewalks are nice to use in the town center (they are well kept and not uneven).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14.	The streets are marked where I should cross in the town center or there are crosswalks.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15.	The area around the town center has working streetlights.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16.	There is equipment for physical activity or exercise in the town center at indoor places.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17.	There is equipment for physical activity or exercise in the town center at outdoor places.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18.	There are several choices of activities for physical activity or exercise in the town center.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

<b>These questions have to do with the SCHOOLS in your community</b>						
<b>Please check one answer for each statement <input checked="" type="checkbox"/></b>		<b>Strongly Disagree</b>	<b>Disagree</b>	<b>Agree</b>	<b>Strongly Agree</b>	<b>Don't Know</b>
19.	The school(s) in my town has playground(s) with equipment.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20.	There is equipment for physical activity or exercise at the school(s).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
21.	There are choices of activities for physical activity or exercise at the school(s).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

<b>These questions have to do with the CHURCHES in your community</b>		<b>Strongly Disagree</b>	<b>Disagree</b>	<b>Agree</b>	<b>Strongly Agree</b>	<b>Don't Know</b>
<b>Please check one answer for each statement</b> <input checked="" type="checkbox"/>						
22.	My town has churches with indoor recreational areas for exercise open to the public.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
23.	My town has churches with outdoor recreational areas for exercise open to the public.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
24.	I can use the indoor church areas for physical activity or exercise.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
25.	I can use the outdoor church areas for physical activity or exercise.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
26.	Churches in my town offer exercise or physical activity programming or activities.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
27.	Churches in my town have public playgrounds with equipment.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
28.	Churches in my town encourage exercise or being physically active.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

<b>These questions have to do with AREAS AROUND YOUR HOME</b>		<b>Strongly Disagree</b>	<b>Disagree</b>	<b>Agree</b>	<b>Strongly Agree</b>	<b>Don't Know</b>
<b>Please check one answer for each statement</b> <input checked="" type="checkbox"/>						
29.	There are crosswalks in the area around my home.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
30.	The roads around my home have a place to walk or ride a bike next to the road (shoulder, bike lane, built path, etc).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
31.	The roads around my home have good lighting.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
32.	There are sidewalks on most of the roads in the area around my home.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
33.	There are sidewalks in the area I live that connect places so that you can walk from place to place (like connecting a store to the post office).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>