

***“Your Towpath to Healthy Living” Survey***

**First, we would like to find out a little about your knowledge and use of the C&O Canal National Historical Park.**

1. Were you aware that the C&O Canal National Historical Park has a towpath available for recreation nearby? *(please check one box)*
  - Yes
  - No (skip to...# 9)
  
2. How did you first find out about the towpath in the C&O Canal NHP? *(please check one box)*
  - Word of mouth
  - Local newspaper article
  - Saw towpath
  - Brochure
  - Driving past
  - Workplace flyer
  - Internet web site
  - Workplace email
  - Park ranger
  - Workplace poster
  - Roadside signage
  - Other (please specify) \_\_\_\_\_
  
3. When was the first time you used the towpath in the C&O Canal NHP? *(please check one box)*
  - Never, have not used the towpath
  - Less than 1 month ago
  - 7-11 months ago
  - 1-3 months ago
  - 1-3 years ago
  - 4-6 months ago
  - More than 3 years ago
  
4. When you use the towpath in the C&O Canal NHP, do you usually use it for: *(please check one box)*
  - Recreation (sport, exercise, leisure, or other types of relaxation)
  - Transportation (commuting to and from work, stores, or other places you need or want to visit)
  - Both recreation and transportation
  - Other (please specify) \_\_\_\_\_
  
- 5a. In general, when you visit the towpath in the C&O Canal NHP, what are the main reasons for using the trail? *(Please check all that apply)*
  - exercise
  - experience nature
  - lose weight
  - to be outdoors
  - reduce stress
  - get away from other people
  - relax
  - experience peace and quiet
  - get away from usual demands of life
  - spend time with family
  - reflect on my spiritual values
  - be with members of my group
  - other (please specify) \_\_\_\_\_
  
- 5b. Of the reasons you selected above, in general, what is your primary reason for using the towpath? *(please write in your response)* \_\_\_\_\_

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6. When you are on the towpath for recreational purposes, what activity do you usually do? *(please check one box)*
- walk     jog or run     bicycle  
 walk the dog  
 other (please specify) \_\_\_\_\_
7. How do you usually get to the towpath in the C&O Canal NHP? *(please check one box)*
- walk     jog or run  
 bicycle     bus  
 automobile  
 other (please specify) \_\_\_\_\_
8. Who are you usually with when you use this towpath? *(please check one box)*
- By myself     Family  
 Friends     Co-workers  
 Family & friends     Other organized group  
 Pet  
 Other (please specify) \_\_\_\_\_

**Now, we'd like to know about your level of physical activity.**

9. At this time, would you say that your overall health is: *(please check one box)*
- Excellent  
 Very Good  
 Good  
 Fair  
 Poor  
 Don't know/not sure
10. Experts say that getting regular physical activity means doing moderate activities, such as walking briskly, for at least 30 minutes on 5 or more days of the week. At this time, are you regularly physically active according to the definition above? *(please check one box)*
- yes, I have been for more than 6 months  
 yes, I have been for less than 6 months  
 no, but I intend to in the next 30 days  
 no, but I intend to in the next 6 months  
 no, and I do not intend to in the next 6 months
11. Think about the time you spent **walking** in the **last 7 days**. This includes at work and at home, walking to travel from place to place, and any other walking that you might do solely for recreation, sport, exercise, or leisure. \_\_\_\_\_ days per week  
 No walking (skip to... #15)

During the **last 7 days**, on how many days did you **walk** for at least 10 minutes at a time? *(please write in the number of days)*

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12. How much time did you usually spend **walking** on one \_\_\_\_\_ **hours per day**  
of those days? \_\_\_\_\_ **minutes per day**  
 Don't know/Not sure
13. How many days did you **walk** on the **C&O Canal NHP towpath** for \_\_\_\_\_ days per week  
at least 10 minutes at a time at a moderate pace? (*please write in the*  No walking on C&O  
*number of days*) Canal NHP towpath (skip  
to...#15)
14. How much time did you usually spend walking on the \_\_\_\_\_ **hours per day**  
**C&O Canal NHP towpath** on one of those days? \_\_\_\_\_ **minutes per day**  
 Don't know/Not sure

**Next, we would like to hear about your overall experiences on the C&O NHP towpath**

15. What do you like the most about the  place to exercise  
C&O NHP towpath?  free to use  
(*please check one box*)  distances are marked  
 convenient location  
 scenic beauty  
 good surface  
 lighting  
 other walkers/bicyclist present on trail, etc.  
 safety  
 other (please specify) \_\_\_\_\_
16. What would you most like to see  lighting  cleanliness  
improved? (*please check one box*)  bathrooms  drinking fountains  
 smoother surface  wider surface  
 safety from traffic  trail markers  
 other (please specify):  
\_\_\_\_\_
17. Overall, how would you rate the  very poor  
quality of your experience on the  poor  
C&O NHP towpath? (*please check*  okay  
*one box*)  good  
 very good

**We would now like to ask you a few questions about your opinions regarding walking for exercise.**

18. Please indicate your level of agreement or disagreement in regards to the following statements:

	<i>(Please place a check in one box for each statement.)</i>	Strongly Disagree	Disagree	Undecided	Agree	Strongly Agree
a.	Walking is a good way to spend time with people who are important to me.					
b.	Walking is a good time for me to catch up with my friends/family.					
c.	People who are important to me encourage me to walk regularly.					
d.	It is important to me that my family and friends know I walk for exercise.					
e.	Walking is a good way to ensure I have good health.					
f.	Walking is a good way to control my weight.					
g.	In order to get the benefits of walking, it has to be hard work.					
h.	Walking helps me deal with stress.					
i.	Walking is a good way to enjoy the outdoors.					
j.	I can find time to walk.					
k.	Walking can be fun.					
l.	I am too tired to walk.					
m.	I get plenty of exercise at my job.					
n.	I don't have the motivation to walk.					
o.	I have an injury or health condition that limits my ability to walk.					
p.	National Parks provide opportunities for me to improve my health by walking.					
q.	In the next two months, I intend to walk for exercise—at least 30 minutes a day, and 5 days a week.					
r.	In the next two months, it is likely that I will be able to walk for exercise—at least 30 minutes a day, and 5 days a week.					

**Finally, we'd like to know a little about you.**

19. Where are you currently employed? \_\_\_\_\_  
(please write in the name of your employer)
20. Do you intend to participate in the "Your Towpath to Healthy Living Challenge" as: (please check one box)  
 A member of a team  
 An individual
21. Are you Hispanic or Latino? (please check one box)  yes  no
22. Please select one or more of the following categories to best describe your race.  
 American Indian or Alaska native  
 Asian  
 Black or African American  
 Native Hawaiian or Pacific Islander  
 White
23. What is the highest grade in school you have completed? (please check one box)  
 Some high school or less  
 high school graduate or GED  
 some college  
 college graduate  
 some graduate school  
 graduate degree  
 doctoral or professional degree
24. What is your age? (please write in your answer) \_\_\_\_\_
25. Are you: (please check one)  female  male
26. What is the postal zip code where you live? (please write in your answer) \_\_\_\_\_

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**PRIVACY ACT and PAPERWORK REDUCTION ACT statement:**

16 U.S.C. 1a-7 authorizes collection of this information. This information will be used by park managers to better serve the public. Response to this request is voluntary. No action may be taken against you for refusing to supply the information requested. Your name is requested for follow-up mailing purposes only. When analysis of the questionnaire is completed, all name and address files will be destroyed. Thus the permanent data will be anonymous. Please do not put your name or that of any member of your group on the questionnaire. An agency may not conduct or sponsor, and a person is not required to respond to, a collection of information unless it displays a currently valid OMB control number.

Person collecting and analyzing information: Dave Smaldone, Ph.D., Recreation, Parks & Tourism Program, PO Box 6125, West Virginia University, Morgantown, WV 26506-6125; (304) 293-2941

**Burden estimate statement:** Public reporting burden for this form is estimated to average 15 minutes per response. Direct comments regarding the burden estimate or any other aspect of this form to: Kevin Brandt, Superintendent, C&O Canal National Historical Park, 1850 Dual Highway, Suite 100; Hagerstown, MD 21740-6620.