

*“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. How did you first find out about the towpath in the C&O Canal NHP? *(please check one box)*

<input type="checkbox"/> word of mouth	<input type="checkbox"/> local newspaper article
<input type="checkbox"/> saw towpath	<input type="checkbox"/> brochure
<input type="checkbox"/> driving past	<input type="checkbox"/> workplace flyer
<input type="checkbox"/> internet web site	<input type="checkbox"/> workplace email
<input type="checkbox"/> park ranger	<input type="checkbox"/> workplace poster
<input type="checkbox"/> roadside signage	
<input type="checkbox"/> other (please specify) _____	
  
2. When was the first time you used the towpath in the C&O Canal NHP? *(please check one box)*

<input type="checkbox"/> Never, have not used the towpath
<input type="checkbox"/> less than 1 month ago <input type="checkbox"/> 7-11 months ago
<input type="checkbox"/> 1-3 months ago <input type="checkbox"/> 1-3 years ago
<input type="checkbox"/> 4-6 months ago <input type="checkbox"/> more than 3 years ago
  
3. If you use the towpath in the C&O Canal NHP, do you usually use it for: *(please check one box)*

<input type="checkbox"/> recreation (sport, exercise, leisure, or other types of relaxation)
<input type="checkbox"/> transportation (commuting to and from work, stores, or other places you need or want to visit)
<input type="checkbox"/> both recreation and transportation
<input type="checkbox"/> other (please specify) _____
  
4. In general, when you visit the towpath in the C&O, what are your most important main reasons for using the trail? *(Please write the number 1 next to your most important purpose, and a number 2 next to your second most important purpose)*

___ exercise	___ experience nature
___ lose weight	___ to be outdoors
___ reduce stress	___ get away from other people
___ to relax	___ get away from usual demands of life
___ experience peace and quiet	___ reflect on my spiritual values
___ spend time with family	___ other (please specify) _____
___ to be with members of my group	
___ be in an historical setting	
  
5. When you are on the towpath for recreational purposes, what activity do you usually do? *(please check one box)*

<input type="checkbox"/> walk	<input type="checkbox"/> jog or run	<input type="checkbox"/> bicycle
<input type="checkbox"/> walk the dog	<input type="checkbox"/> other (please specify) _____	
  
6. How do you usually get to the towpath in the C&O Canal NHP?

<input type="checkbox"/> walk	<input type="checkbox"/> jog or run	<input type="checkbox"/> bicycle	<input type="checkbox"/> automobile
<input type="checkbox"/> bus	<input type="checkbox"/> other (please specify) _____		

*(please check one box)*

7. Who are you usually with when you use this towpath?  
*(please check one box)*
- nobody/self                       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.**

8. 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
9. 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
10. 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... # 14)

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)*

11. How much time did you usually spend **walking** on one of those days? \_\_\_\_\_ **hours per day**  
 \_\_\_\_\_ **minutes per day**  
 Don't know/Not sure
12. During the **last 7 days**, how many days did you **walk specifically** on the **C&O Canal NHP towpath** for at least 10 minutes at a time at a moderate pace? *(please write in the number of days)* \_\_\_\_\_ days per week  
 No walking on C&O Canal NHP towpath (skip to... # 14)
13. How much time did you usually spend walking on the **C&O Canal NHP towpath** on one of those days? \_\_\_\_\_ **hours per day**

OMB control #:

Expiration date:

\_\_\_\_\_ minutes per day

Don't know/Not sure

14. In the last two months, has the number of times you walk/run on the C&O NHP towpath:  
*(please place a check mark in the appropriate box, and then write in a reason, as needed)*

increased – why?  
 \_\_\_\_\_

decreased – why?  
 \_\_\_\_\_

stayed the same

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 C&O NHP towpath? *(please check one box)*

- place to exercise
- free to use
- 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 improved? *(please check one box)*

- lighting
- bathrooms
- smoother surface
- safety
- other (please specify):  
 \_\_\_\_\_
- cleanliness
- drinking fountains
- wider surface
- trail markers

17. Overall, how would you rate the quality of your experience on the C&O NHP towpath?  
*(please check one box)*

- very poor
- poor
- okay
- 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.					
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 improve or maintain my 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.					

**The next section deals with your participation in the “Your Towpath to Healthy Living Challenge”**

19. In the past 2 months, do you remember receiving any flyers at your worksite related to the “Your Towpath to Healthy Living Challenge”? *(please check one)*  Yes  No, skip to...# 22
20. How many flyers did you receive in the last two months? *(please write in the number)* \_\_\_\_\_ Number of flyers received  
 Don't know/not sure
21. Of the flyers you received, how many did you read? *(please write in the number)* \_\_\_\_\_ Number read
22. In the past 2 months, do you remember receiving any emails related to the “Your Towpath to Healthy Living Challenge”? *(please check one)*  Yes  No, skip to...# 25
23. How many emails did you receive in the last two months? *(please write in the number)* \_\_\_\_\_ Number of emails received  
 Don't know/not sure
24. Of the emails you received, how many did you read? *(please write in the number)* \_\_\_\_\_ Number read
25. Were you aware that the C&O Canal NHP provided special ranger-led walks along the Canal towpath during the “Your Towpath to Healthy Living Challenge”? *(please check one)*  Yes  No (skip to #27)
26. In the past 2 months, have you participated in a ranger-led walk sponsored by the “Your Towpath to Healthy Living Challenge”? *(please check one)*  Yes, and if so how many?  
\_\_\_\_\_  
 No
27. Were you aware that the C&O Canal NHP has podcasts available on their website? *(please check one)*  Yes  
 No, please skip to...# 31
28. In the past 2 months, have you downloaded any C&O Canal NHP podcasts? *(please check one)*  Yes, and if so how many?  
\_\_\_\_\_  
 No, please skip to...#31
29. In the past 2 months, have you listened to any C&O Canal NHP podcasts while you walked? *(please check one)*  Yes, and if so, how many different podcasts did you listen to?  
\_\_\_\_\_  
 No, please skip to...#31
30. In the past 2 months, please estimate how many days you listened to any C&O Canal NHP podcasts while walking? *(please write in the number)* Total number of days: \_\_\_\_\_

**In this section, please indicate your level of agreement in regards to the following statements:**

	Strongly Disagree	Disagree	Undecided	Agree	Strongly Agree
31. During the past two months, <b>just knowing</b> I was part of a team participating in the “Your Towpath to Healthy Living Challenge” motivated me to walk.					
32. During the past two months, <b>actually walking with my team members</b> motivated me to walk more than I would have walked on my own.					
33. During the past two months, being able to track my individual and team progress online motivated me to walk.					
34. During the past two months, receiving flyers about walking in the “Your Towpath to Healthy Living Challenge” motivated me to walk.					
35. During the past two months, receiving emails about walking in the “Your Towpath to Healthy Living Challenge” motivated me to walk.					
36. During the past two months, listening to C&O Canal NHP podcasts motivated me to walk.					
37. During the past two months, participating in the C&O Canal NHP ranger-led walks motivated me to walk.					

38. In general, did participating in the “Your Towpath to Healthy Living Challenge” increase your use of the C&O Canal NHP for walking? *(please check one)*  Yes  
 No  
 Don’t know
39. During the last 2 months, was there anything else that motivated you to walk? *(please list)* \_\_\_\_\_
40. What was the **most important thing** that motivated you to walk for exercise in the last 2 months? *(please write in your response)* \_\_\_\_\_
41. During the last 2 months, was there anything that prevented you from walking? *(please write in your response)* \_\_\_\_\_
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**Finally, we’d like to know a little about you.**

42. Where are you currently employed? \_\_\_\_\_  
*(please write in the name of your employer)*
43. Are you participating in the “Your Towpath to Healthy Living Challenge” as: *(please check one box)*  A member of a team  
 An individual
44. Are you Hispanic or Latino? *(please check one)*  yes  no
45. 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
46. What is the highest grade in school you have completed? *(please check one)*  Some high school or less  
 high school graduate or GED  
 some college  
 college graduate  
 some graduate school  
 graduate degree  
 doctoral or professional degree
47. What is your age? *(please write in your answer)* \_\_\_\_\_
48. Are you: *(please check one)*  female  male

OMB control #:

Expiration date:

**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 20 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.