

**2022 National Park Service  
Wellness Challenge Survey  
Digital Badge Collection  
(PILOT)**

**NOTE TO REVIEWER:** Each of the seven national parks serving as NPS Wellness Challenge pilot project host sites, will promote the Wellness Challenge on their park’s “Things to Do” page. From there, visitors to the park’s Wellness Challenge page can learn about a set of wellness challenge activities organized into three wellness challenge categories: physical wellness, mental wellness, and learning wellness

**Claim Your Badge Here Prompt.** From the park’s Wellness Challenge page participants will be given a prompt to let them know they can claim participation badges, digitally and through a rubber stamp in the park, with this message:

“Once you complete the challenges, **Claim your badge here**. You can also get a rubber stamp to add to your Park Passport Book at the Visitor Center.”

**Right Click to Download Your Badge Prompt.** The “Claim your badge” hyperlink will drive participants to page where they can see the three digital badges available for that park, alongside a listing of the activities for each badge. Badge selections made will reveal participation distribution across the challenge categories and activities in the park (physical, mental, and learning).

“High five for living up to the wellness challenge at [park name]. Once you have completed one or more of the wellness challenge activities at [park name] you can claim your badge!

Right click on the badge of your choosing. Then you can download it for printing, and save it as a photo for sharing on social media.”

**Invitation to a Brief Survey Prompt.** On this same page there will be an invitation for wellness challenge participants to answer a brief survey —and get access to a Wellness Challenge Completion Certificate.

“Get Your Completion Certificate Here. **Answer our brief survey, to get your Wellness Challenge Completion Certificate** for [park name]”

## 2022 National Park Service Wellness Challenge Survey (PILOT)

**PAPERWORK REDUCTION and PRIVACY ACT STATEMENT:** The Paperwork Reduction Act requires us to tell you why we are collecting this information, how we will use it, and whether or not you have to respond. We are authorized by the National Park Service Protection Interpretation and Research in System (54 USC §100702) to collect this information. The purpose of this information collection is to evaluate the effectiveness of the NPS Wellness Challenge pilot program in seven national parks in Missouri. The data collected will be summarized to evaluate visitor uses and expectations during their visit at WOTR. Your responses to this collection are completely voluntary and will remain anonymous. You can end the process at any time and will not be penalized in any way for choosing to do so. Your participation poses only minimal risks. Data collected will only be reported in aggregates and no individually identifiable responses will be reported. A Federal agency may not conduct or sponsor, and you are not required to respond to, a collection of information unless it displays a currently valid OMB Control Number (1024-0224).

**BURDEN STATEMENT:** The average time is about 8 minutes to complete and return this questionnaire. You may send comments concerning the burden estimates or any aspect of this information collection to: Diana Allen, Chief, Office of Public Health/Health Promotion Branch at [Diana\\_Allen@nps.gov](mailto:Diana_Allen@nps.gov); or Phadrea Ponds NPS Information Collection Clearance Officer at [pponds@nps.gov](mailto:pponds@nps.gov).

**NOTE TO REVIEWER: Survey Question 1 are park/site-specific questions. The respondent will only answer the questions at the participation site.**

**Survey Introduction.** How was your wellness challenge experience? Please answer following questions about your wellness challenge experience at [park name] and you can claim your Wellness Challenge Completion Certificate. Please select all the *wellness challenge activities* that you and your personal group completed during the Wellness Challenge at [park name]. Mark all that apply.

### **Gateway Arch National Park**

**Q1.** Please select all the *wellness challenge activities* that you and your personal group competed during the Wellness Challenge at **Gateway Arch National Park**. Mark all that apply.

- Physical Wellness Challenge at Gateway Arch National Park
  - Rise to the West
  - Carve Your Own Path
  - Move Along the Mississippi River
  - Other (please describe) \_\_\_\_\_
- Learning Wellness Challenge at Gateway Arch National Park
  - Report for Duty
  - Monument to the Dream
  - Visit the Museum
  - Other (please describe) \_\_\_\_\_
- Mental Wellness Challenge at Gateway Arch National Park
  - A View from the Top
  - A Moment of Reflection
  - Explore with Lewis & Clark
  - Other (please describe) \_\_\_\_\_

### **George Washington Carver National Monument**

**Q1.** Please select all the *wellness challenge activities* that you and your personal group competed during the Wellness Challenge at **George Washington Carver National Monument**. Mark all that apply.

- Physical Wellness Challenge at George Washington Carver National Monument
  - Pack a Picnic
  - Explore with Young Carver
  - From Woodlands to Prairies
  - Other (please describe) \_\_\_\_\_
- Learning Wellness Challenge at George Washington Carver National Monument
  - The Legacy of Carver
  - Tour the Carver Trail
  - Report for Duty
  - Other (please describe) \_\_\_\_\_
- Mental Wellness Challenge at George Washington Carver National Monument
  - Capture a Memory
  - A Contemplative Experience
  - Embrace Your Creativity
  - Other (please describe) \_\_\_\_\_

### Harry S. Truman National Historic Site

**Q1.** Please select all the *wellness challenge activities* that you and your personal group competed during the Wellness Challenge at **Harry S. Truman National Historic Site**. Mark all that apply.

- Physical Wellness Challenge at Harry S. Truman National Historic Site
  - On Pace with a President
  - A Visit to the Library
  - Truman's Neighborhood Tour
  - Other (please describe) \_\_\_\_\_
- Learning Wellness Challenge at Harry S. Truman National Historic Site
  - Stop by the Noland House
  - The Origin of Common Sense
  - Reader to Farmer
  - Other (please describe) \_\_\_\_\_
- Mental Wellness Challenge at Harry S. Truman National Historic Site
  - Write a Letter
  - Focus on Nature
  - Pat the Ginkgo Tree
  - Other (please describe) \_\_\_\_\_

### Ozark National Scenic Riverways

**Q1.** Please select all the *wellness challenge activities* that you and your personal group competed during the Wellness Challenge at **Ozark National Scenic Riverways**. Mark all that apply.

- Physical Wellness Challenge at Ozark National Scenic Riverways
  - A Paddler's Paradise
  - Reach New Elevations
  - Paws in the Park
  - Other (please describe) \_\_\_\_\_
- Learning Wellness Challenge at Ozark National Scenic Riverways
  - A Detective in Nature
  - Discover Geological Wonders
  - Ask a Ranger
  - Other (please describe) \_\_\_\_\_
- Mental Wellness Challenge at Ozark National Scenic Riverways
  - Serenity at Alley Spring
  - Refresh Your Mind at Big Spring
  - Picture This
  - Other (please describe) \_\_\_\_\_

### Ulysses S. Grant National Historic Site

**Q1.** Please select all the *wellness challenge activities* that you and your personal group competed during the Wellness Challenge at **Ulysses S. Grant National Historic Site**. Mark all that apply.

- Physical Wellness Challenge
  - Move Through History
  - A Place Called Home
  - Tour White Haven Estate
  - Other (please describe) \_\_\_\_\_
- Learning Wellness Challenge
  - Grant's Life and Accomplishments
  - The Legacy of Freedom
  - Bicentennial Celebration
  - Other (please describe) \_\_\_\_\_
- Mental Wellness Challenge
  - Pause in the Summer Kitchen
  - Let Nature Speak
  - Tree Time
  - Other (please describe) \_\_\_\_\_

### Wilson's Creek National Battlefield

**Q1.** Please select all the *wellness challenge activities* that you and your personal group competed during the Wellness Challenge at **Wilson's Creek National Battlefield**. Mark all that apply.

- Physical Wellness Challenge at Wilson's Creek National Battlefield
  - Move on the Tour Road
  - Explore with Your Animal Companion
  - In the Steps of Soldiers
  - Other (please describe) \_\_\_\_\_
- Learning Wellness Challenge at Wilson's Creek National Battlefield
  - Battlefield Museum
  - Seek and Find
  - Report for Duty
  - Other (please describe) \_\_\_\_\_
- Mental Wellness Challenge at Wilson's Creek National Battlefield
  - Reflect at Wilson's Creek
  - Let Nature Surprise You
  - Ponder on the Porch
  - Other (please describe) \_\_\_\_\_

## Ste. Genevieve National Historical Park

**Q1.** Please select all the *wellness challenge activities* that you and your personal group competed during the Wellness Challenge at **Ste. Genevieve National Historical Park**. Mark all that apply.

- Physical Wellness Challenge at Ste. Genevieve National Historical Park
  - Move Through History
  - Levee Trail Adventure
  - Stretch Outside
- Learning Wellness Challenge Ste. Genevieve National Historical Park
  - Houses of History
  - Ask a Ranger
  - Making a Home
- Mental Wellness Challenge at Ste. Genevieve National Historical Park
  - Embrace Your Creativity
  - Stop and Smell the Roses
  - Revisit the Past

**###**

### **END PARK SPECIFIC QUESTIONS**

**Q2.** Overall, how would you rate your Wellness Challenge experience at [park name]? (CHECK ONE)

- Very Poor
- Poor
- Fair
- Good
- Excellent

**Q3.** What are the main reasons you participated in the Wellness Challenge at [park name]? Select all that apply.

#### Physical Health

- To get exercise
- To keep physically fit
- To improve my cardiovascular health
- To recover from an illness
- To lose weight

#### Mental Health

- To relax
- To reduce stress
- To improve mood
- To relieve anxiety

#### Learning Experience

- To experience new and different things
- To think about my personal values
- To gain new knowledge
- To exercise my brain

Social Experience

- To do something with my family
- To be with members of my group
- To be with people who enjoy the same things I do
- To meet new people

Nature Experience

- To experience nature
- To be close to nature
- To find inspiration in nature

**Q4.** *Did you establish/start a healthy habit or routine that formed as a result of participating in the Wellness Challenge?*

- Yes
  - If yes, what is it? Select all that apply.**
  - Walking
  - Nature Journaling
  - Getting outside
  - Visiting parks
- No
  - If answered “no”.**

*What are some of the challenges you faced that kept you from starting a new healthy habit or routine as a result of participating in the Wellness Challenge at [park name]? Select all that apply.*

- I don't have the time to visit a National Park
- The cost is too high
- The areas are too crowded
- I cannot afford to take a trip to a National Park
- None of my family or friends will join me
- I don't know much about National Parks
- Too far to drive
- Lack of information about natural areas (i.e., parks)
- I would not feel safe
- I am not interested in visiting a National Park
- There is a lack of racial diversity in Parks
- I don't hike or camp so there is no reason to go to a National Park
- I can recreate in places closer to home for free
- National Parks are for other people
- Wildlife scares me
- The amenities I need are not there (grills, water faucets, rest rooms, picnic tables)
- Don't know where to go or what to do
- Want more luxury accommodations
- Would travel if more people of my race/ethnicity employed there
- I have too many other leisure interests
- Not interested in participating in outdoor recreation activities
- Afraid of getting hurt or being attacked
- Too busy with family responsibilities
- Transportation problems
- Negative previous experience

**Q5.** *the best of your recollection, before your visit to [park name] when was the last time you visited any local parks, recreation or natural areas?*

- Never
- Within the past week
- Within the past week to two weeks
- Within the past two weeks to a month
- Within the past month to six months
- Within the past six months to a year
- Within the past year to two years
- Over two years
- Don't know/Not sure

**Q6.** *Did anyone in your personal group have physical conditions that made it difficult to access or participate in park activities or services?*

- NO
- YES

→ If **YES**, on this visit what activities or services did the person(s) have difficulty accessing or participating in?

(Please describe) \_\_\_\_\_

→Because of the physical condition, which specific difficulties did the person(s) have?  
Please select **all** that apply.

- Hearing (difficulty hearing ranger programs, bus drivers, audio-visual exhibits or programs, or information desk staff even with hearing aid)
- Visual (difficulty in seeing exhibits, directional signs, visual aids that are part of programs even with prescribed glasses or due to blindness)
- Mobility (difficult in accessing facilities, services, or programs even with walking aid and/or wheelchairs)
- Other (Please specify) \_\_\_\_\_

**Q7.** When planning to visit Missouri National Parks, how did you obtain information about the Wellness Challenge? Please select **all that apply**.

- Did not obtain information prior to this visit
- Previous visits
- Friends/relatives/word of mouth
- Park staff/volunteer at an event in my community
- Walking/driving by and saw park signs
- Window clings
- Television/radio/newspapers/magazines
- [NPS SITE] website
- Visitor Center
- Social media
- Mobile app
- Brochure or pamphlet
- Doctor referral (park prescription, walk with a doc, etc)
- Other (Please specify) \_\_\_\_\_

**Q8.** Which of these categories best indicates your race? Answer only for yourself. Please select one or more.

- American Indian or Alaska Native
- Asian
- Black or African American
- Native Hawaiian or other Pacific Islander
- White

For you only, are you Hispanic or Latino?

- YES
- NO

**Q9.** What year were you born? \_\_\_\_\_

**Q10.** What is your gender? \_\_\_\_\_