



Data Collection Worksheet

Please Note: The Data Collection Worksheet (DCW) is a tool to aid integration of a PhenX protocol into a study. The PhenX DCW is not designed to be a data collection instrument. Investigators will need to decide the best way to collect data for the PhenX protocol in their study. Variables captured in the DCW, along with variable names and unique PhenX variable identifiers, are included in the PhenX Data Dictionary (DD) files.

Think about the different facilities in and around your neighborhood. By this we mean the area ALL around your home that you could walk to in **10-15 minutes**.

1. What is the main type of housing in your neighborhood?
 - 1 Detached single-family housing
 - 2 Townhouses, row houses, apartments, or condos of 2-3 stories
 - 3 Mix of single-family residences and townhouses, row houses, apartments or condos
 - 4 Apartments or condos of 4-12 stories
 - 5 Apartments or condos of more than 12 stories
 - 77 Don't know/Not sure

The next items are statements about your neighborhood related to walking and bicycling

2. Many shops, stores, markets or other places to buy things I need are within easy walking distance of my home. Would you say that you...
 - 1 Strongly disagree
 - 2 Somewhat disagree
 - 3 Somewhat agree
 - 4 Strongly agree
 - 77 Don't know/Not sure
3. It is within a 10-15 minute walk to a transit stop (such as bus, train, trolley, or tram) from my home. Would you say that you...
 - 1 Strongly disagree
 - 2 Somewhat disagree
 - 3 Somewhat agree
 - 4 Strongly agree
 - 77 Don't know/Not sure
4. There are sidewalks on most of the streets in my neighborhood. Would you say that you...
 - 1 Strongly disagree
 - 2 Somewhat disagree

- 3 Somewhat agree
- 4 Strongly agree
- 88 Does not apply to my neighborhood
- 77 Don't know/Not sure

5. There are facilities to bicycle in or near my neighborhood, such as special lanes, separate paths or trails, shared use paths for cycles and pedestrians. Would you say that you...

- 1 Strongly disagree
- 2 Somewhat disagree
- 3 Somewhat agree
- 4 Strongly agree
- 88 Does not apply to my neighborhood
- 77 Don't know/Not sure

6. My neighborhood has several free or low cost recreation facilities, such as parks, walking trails, bike paths, recreation centers, playgrounds, public swimming pools, etc. Would you say that you...

- 1 Strongly disagree
- 2 Somewhat disagree
- 3 Somewhat agree
- 4 Strongly agree
- 77 Don't know/Not sure

7. The crime rate in my neighborhood makes it unsafe to go on walks at night. Would you say that you...

- 1 Strongly disagree
- 2 Somewhat disagree
- 3 Somewhat agree
- 4 Strongly agree
- 77 Don't know/Not sure

8. There is so much traffic on the streets that it makes it difficult or unpleasant to walk in my neighborhood. Would you say that you...

- 1 Strongly disagree
- 2 Somewhat disagree
- 3 Somewhat agree
- 4 Strongly agree
- 88 There are no streets or roads in my neighborhood
- 77 Don't know/Not sure

9. I see many people being physically active in my neighborhood doing things like walking, jogging, cycling, or playing sports and active games. Would you say that you...

- 1 Strongly disagree

- 2 Somewhat disagree
- 3 Somewhat agree
- 4 Strongly agree
- 77 Don't know/Not sure

10. There are many interesting things to look at while walking in my neighborhood. Would you say you...

- 1 Strongly disagree
- 2 Somewhat disagree
- 3 Somewhat agree
- 4 Strongly agree
- 77 Don't know/Not sure

11. How many motor vehicles in working order (e.g., cars, trucks, motorcycles) are there at your household?

- ____ Motor Vehicles
- 77 Don't know/Not sure

12. There are many four-way intersections in my neighborhood. Would you say that you...

- 1 Strongly disagree
- 2 Somewhat disagree
- 3 Somewhat agree
- 4 Strongly agree
- 88 There are no streets or roads in my neighborhood
- 77 Don't know/Not sure

13. The sidewalks in my neighborhood are well maintained (paved, with few cracks) and not obstructed. Would you say that you...

- 1 Strongly disagree
- 2 Somewhat disagree
- 3 Somewhat agree
- 4 Strongly agree
- 77 Don't know/Not sure

14. Places for bicycling (such as bike paths) in and around my neighborhood are well maintained and not obstructed. Would you say that you...

- 1 Strongly disagree
- 2 Somewhat disagree
- 3 Somewhat agree
- 4 Strongly agree
- 77 Don't know/Not sure

15. There is so much traffic on the streets that it makes it difficult or

unpleasant to ride a bicycle in my neighborhood. Would you say that you...

- 1 Strongly disagree
- 2 Somewhat disagree
- 3 Somewhat agree
- 4 Strongly agree
- 77 Don't know/Not sure

16. The crime rate in my neighborhood makes it unsafe to go on walks during the day. Would you say that you...

- 1 Strongly disagree
- 2 Somewhat disagree
- 3 Somewhat agree
- 4 Strongly agree
- 77 Don't know/Not sure

17. There are many places to go within easy walking distance of my home. Would you say that you...

- 1 Strongly disagree
- 2 Somewhat disagree
- 3 Somewhat agree
- 4 Strongly agree
- 77 Don't know/Not sure

This is the end of the questionnaire, thank you for participating.

Scoring Instructions

With the full scale, you can create a more extensive summary score for activity-friendliness.

- a. Group responses 4 and 5 for item 1.
- b. Reverse score items 1, 7, 8, 15 and 16.
- c. Take a mean of items 1 through 17 (excluding item 11). This new overall PANES score should have a range of 1 to 4, with higher values indicating greater environmental support for physical activity. PANES subscales can also be created using the item grouping approach outlined below and in Sallis et al. 2010.

The items can be categorized into different constructs in case researchers want to look at the constructs separately:

Residential Density: item 1 (typically dichotomized as single family = 0 and all other = 1)

Land Use Mix: items 2 and 17

Transit Access: item 3

Pedestrian Infrastructure: items 4 and 13

Bicycling Infrastructure: items 5 and 14

Recreation Facilities: item 6

Street Connectivity: item 12

Crime Safety: items 7rev and 16rev

Traffic Safety: items 8rev and 15rev

Pedestrian Safety: item 9

Aesthetics: item 10

Item 11 (vehicles in household) is often used as a covariate in analyses

Protocol source: <https://www.phenxtoolkit.org/protocols/view/291201>