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Introduction

Thank you for agreeing to participate in this survey.

This survey collects important information about your household's physical activity, usage of parks, play and social connection within your neighbourhood. The survey is being conducted as part of a larger study that is focused on evaluating the impact of a multi-year play initiative for families living in North Central Calgary.

This survey takes **approximately 20-30 minutes** to complete. Feel free to complete the survey on a computer or a mobile device (smartphone, tablet, etc.) We value your opinions. To make our study useful, we need as many questions answered as possible. All the information you provide is strictly confidential.

It is important that you are fully informed about the study. Therefore, before you begin the survey, we ask that you read the **Study Information and Consent Form** on the following page.

Study Information and Participant Consent Form

Study Information and Consent Form

TITLE:

North Central Calgary Community Survey on Physical Activity, Play, Parks Use and Social Connection

INVESTIGATORS:

Jennie Petersen (*Study Coordinator*)

Contact: jennie.petersen@ucalgary.ca

Dr. Gavin McCormack (*Principal Investigator*)

Contact: 403-220-8193 or gmccorma@ucalgary.ca

Dr. Patricia Doyle-Baker (*Principal Investigator*)

Contact: pdoyleba@ucalgary.ca

This consent form is only part of the process of informed consent. It should give you the basic idea of what the research is about and what your participation will involve. If you would like more detail about something mentioned here, or information not included here, please ask. Take the time to read this carefully and to understand any accompanying information.

To participate in this study, the person must be **18 years of age or older**. We will ask that only **one adult per household** fills out the survey.

BACKGROUND:

This survey collects important information about your household's physical activity, park use, play and social connection within your neighbourhood. The survey is being conducted as part of a larger study that is focused on evaluating the impact of a community-based play initiative for individuals and families living in north central Calgary.

WHAT IS THE PURPOSE OF THE STUDY?

The purpose of this study is to evaluate the impact of a community-based play initiative taking place in north central Calgary. The online survey is being conducted as part of a larger study that is focused on evaluating the impact of a multi-year play initiative for families living in North Central Calgary.

WHAT WOULD I HAVE TO DO?

We are asking participants to complete an online survey. The survey should take **about 20-30 minutes to complete**. The survey will ask about physical activity, sedentary behavior, park use and social connection.

GENERAL INSTRUCTIONS:

This survey will take approximately 30-minutes of your time. We ask that you do not wait longer than two weeks to complete the survey from the time you receive the postcard. It is very important that all the information that you provide is your own, and not the opinion or views of other people.

*For security reasons you will be required to enter your unique identification (ID) number (**provided on the postcard we sent to you**), and your household postal code to gain access to the online survey.*

WHAT ARE THE RISKS?

The survey includes questions that could be distressing for some people. Please be aware that you can choose not to answer questions that cause you distress.

WILL I BENEFIT IF I TAKE PART?

There are no immediate benefits to taking part. If, however, you complete the online survey, you will be provided with one family drop-in pass to the Vivo recreation centre (\$30 value) as a thank you for your participation in the study. If you complete the online survey, we will also enter you into a draw to win one of two \$500 VISA gift cards. The information

you provide may help improve the health and well-being of others in your community.

DO I HAVE TO PARTICIPATE?

Your participation in this study is **voluntary**. If you choose to participate, you are **free to withdraw your consent at any time**. You may contact the research team to have your data removed from the study. Data cannot be withdrawn after the results have been published or otherwise shared. Publications should occur two months after data collection is complete. Your participation in this study is very important. We value your responses and contribution.

WILL I BE PAID FOR PARTICIPATING, OR DO I HAVE TO PAY FOR ANYTHING?

We will provide you with a family drop-in pass to the Vivo recreation center (\$30 value) as a thank you for completing the online survey. If you complete the online survey, your name will also be entered into a draw to win one of two \$500 VISA gift cards. You will not have to pay anything to participate.

WILL MY RECORDS BE KEPT PRIVATE?

Any information you provide is **confidential**. All personally identifiable information will be separated from the questionnaires. You will be asked to provide personally identifiable information including your email address, so we can send you a family drop-in pass to Vivo, as well as contact the winners of the \$500 VISA gift cards. Your information will be stored in a lockable filing cabinet and in a lockable office within Faculty of Medicine. The information will only be accessible to Dr. Gavin McCormack and Dr. Patricia Doyle-Baker (Principal Investigators) and the research assistants supporting this project. Computers and databases containing data from this study are password protected. These computers are only made available to the research team. Only grouped data will be summarized for any presentation or publication of results. We will ask you about your sex, gender, age, education, income, and ethnicity information. We will group the data you provide with data from other participants. Grouping data ensures that your data remains anonymous when presenting the results.

Please note you will be asked to complete an online version of the survey. The online survey is hosted by "Qualtrics", which is a web survey company. Data is stored on Qualtrics servers located in Canada. The privacy statement for Qualtrics can be viewed at <https://www.qualtrics.com/privacy-statement/>. **Your information will not be shared or disclosed to any third party.**

IF I SUFFER A RESEARCH-RELATED INJURY, WILL I BE COMPENSATED?

If you suffer an injury because of participating in this research, no compensation will be provided to you by the University of Calgary. You still have all your legal rights. Nothing said in this consent form alters your right to seek damages.

PROVIDING INFORMED CONSENT

Before beginning the online surveys you will be asked to **check a box** indicating that **you have understood to your satisfaction the information about your participation in the research project and agree to participate**. In no way does this waive your legal rights nor release the investigators or involved institutions from their legal and professional responsibilities. You are free to withdraw from the study at any time without jeopardizing your health care.

If you have further questions about matters related to this research, please contact:

Jennie Petersen (Study Coordinator)
Contact: jennie.petersen@ucalgary.ca

Dr. Gavin McCormack (Principal Investigator)
Contact: 1-403-220-8193 or gmccorma@ucalgary.ca

Dr. Patricia Doyle-Baker (Principal Investigator)
Contact: 1-403-220-7034 or pdoyleba@ucalgary.ca

If you have any questions about your rights as a possible participant in this research, please contact the Chair, **Conjoint Health Research Ethics Board**, University of Calgary at 403-220-7990.

Provide consent

By selecting "*I consent to participating in the study*" below, you acknowledge that you have understood to your satisfaction the information regarding your participation in this study and are volunteering to participate.

☐ I consent to participating in the study

Participant Identification

Please enter the code provided on the postcard that was sent to you in the mail:

Please enter your postal code (e.g., T2X1K4)

Please enter your email below:

Questions About You

1. What is your age (*in years*)?

Age in years...

2. The following questions are about sex at birth and gender.

Sex refers to sex assigned at birth. Gender refers to current gender which may be different from sex assigned at birth and may be different from what is indicated on legal documents.

What was your sex at birth?

- ☐ Male
- ☐ Female
- ☐ Prefer not to answer
- ☐ Do not know

3. What is your gender?

- ☐ Male
- ☐ Female
- ☐ Prefer not to answer
- ☐ Do not know

☐ You don't have an option that applies to me. I identify as:

Your Knowledge and Awareness of Vivo Programs

4. Have you heard of or are you aware of Vivo for Healthier Generations (Recreation Centre)?

- ☐ Yes

☐ No

5a. Have you heard of or are you aware of the following physical activity programs in your neighbourhood? (*select all that apply*)

- ☐ The Vivo Play Project
- ☐ The Vivo Play Ambassador Project
- ☐ The Vivo Community Play Hub
- ☐ GenH Play Project
- ☐ I've never heard of any of these

5b. Have you ever participated in any of the following physical activity programs in your neighbourhood? (*select all that apply*)

- ☐ The Vivo Play Project
- ☐ The Vivo Play Ambassador Project
- ☐ The Vivo Community Play Hub
- ☐ GenH Play Project
- ☐ I've never participated in any of these

Your Physical Activity

We are interested in finding out about the kinds of physical activities that people do as part of their everyday lives. The next questions will ask you about the time you spent being physically active in the **last 7 days**.

Please answer each question even if you do not consider yourself to be an active person.

Think about the activities you do at work, as part of your house and yard work, to get from place to place, and in your spare time for recreation, exercise or sport.

6a. Think about all the **vigorous** activities that you did in the **last 7 days**.

"Vigorous physical activities" refer to activities that take hard physical effort and make you breathe much faster than normal.

Think only about those activities that you did for **at least 10 minutes at a time**.

During the **last 7 days**, on how many days did you do **vigorous** physical activities (*e.g., heavy lifting, digging, aerobics, fast biking, etc.*)?

Number of days...

6b. How much time did you usually spend doing **vigorous** physical activities on **one** of those days?

Number of minutes...

7a. Think about all the **moderate activities** that you did in the **last 7 days**. "**Moderate activities**" refer to activities that take moderate physical effort and make you breathe somewhat harder than normal.

Think only about those activities that you did for **at least 10 minutes at a time**.

During the **last 7 days**, on how many days did you do **moderate** physical activities (*e.g., carrying light loads, bicycling at a regular pace, doubles tennis, etc.*)? Please do not include brisk walking here, include this activity in question 8 below.

Number of days...

7b. How much time did you usually spend doing **moderate** physical activities on **one** of those days?

Number of minutes...

8a. 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 have done solely for recreation, sport, exercise, or leisure.

During the **last 7 days**, on how many days did you walk for **at least 10 minutes at a time**?

Number of days...

8b. How much time did you **usually** spend walking on **one** of those days?

Number of minutes...

9. Think about the time you spent **sitting** during the **last 7 days**.

Include time spent at work, at home, while doing course work, and during leisure time. This may include time spent sitting at a desk, visiting friends, reading, or sitting or lying down to watch television or using an electronic device.

During the **last 7 days**, how much time did you **usually** spend sitting on **one** of those days?

Number of minutes...

10. Think about the time that you spent **watching television or using other screen-based electronic devices** outside of your workplace during the **last 7 days**.

In an **average work week**, how much time **per day** do you usually spend watching television or using other screen-based electronic devices **outside of your workplace?** (e.g., videogames, computer games, DVD/movies, internet, email, etc.)

Number of minutes...

Your Park Use

Please answer the following questions about park use.

By "**park**", we mean a public park or public outdoor recreation area in the neighbourhood that is designed for active or passive use.

11. Who were you with on your **last** park visit? (*select all that apply*)

- ☐ No one, I was alone
- ☐ Friend(s)
- ☐ Family member(s)
- ☐ Pet(s)
- ☐ Members of an organized group
- ☐ Vivo Play Ambassador program
- ☐ Do not know
- ☐ Other (please specify)

12. What activities did you do during your **last** park visit? (*select all that apply*)

- ☐ Walking/ hiking
- ☐ Picnicking
- ☐ Wildlife viewing (e.g. bird watching)
- ☐ Jogging / running
- ☐ Relaxing
- ☐ Photographing/ Viewing nature
- ☐ Biking
- ☐ Reading
- ☐ Sightseeing
- ☐ Rollerblading
- ☐ Fishing
- ☐ Playing with kids
- ☐ Group sports
- ☐ Tennis
- ☐ Swimming
- ☐ Martial arts/ Tai Chi
- ☐ Yoga
- ☐ Do not know
- ☐ Other (please specify)

13. Was your **last** park visit in your neighbourhood?

- ☐ Yes
- ☐ No
- ☐ Do not know
- ☐ Other (please specify)
-

14a. Have you visited a park within the **last month** (*i.e., last 30 days*)?

- ☐ Yes
- ☐ No

14b. How many days did you visit a park in the **last month** (*i.e., last 30 days*)?

Number of days...

14c. During your **last** park visit, how much time did you spend in the park?

Number of minutes...

14d. Of the time that you spent in a park during your **last** park visit, how much time did you spend being **physically active**?

Being physically active means doing physical movement rather than sitting (*e.g., walking, biking, etc.*)

Number of minutes...

15. To what extent, if any, have your behaviours changed since the COVID-19 (Corona virus) pandemic? Compare your current to your previous behaviours when responding to the following statements.

	A lot more frequently	A little more frequently	About the same	A little less frequently	A lot less frequently	Not applicable
Walk in my neighbourhood alone	☐	☐	☐	☐	☐	☐
Walk in my neighbourhood with family members	☐	☐	☐	☐	☐	☐
Walk to a store, café, or shop	☐	☐	☐	☐	☐	☐
Be physically active inside my home	☐	☐	☐	☐	☐	☐
Be physically active outdoors alone	☐	☐	☐	☐	☐	☐
Be physically active outdoors with family members	☐	☐	☐	☐	☐	☐
Watch television	☐	☐	☐	☐	☐	☐
Play video games	☐	☐	☐	☐	☐	☐
Use screen-based devices (smart phone, computers, etc. - not television)	☐	☐	☐	☐	☐	☐
Drive in motor vehicle (in your vehicle or with someone else)	☐	☐	☐	☐	☐	☐
Use public transit	☐	☐	☐	☐	☐	☐
Spend time outdoors	☐	☐	☐	☐	☐	☐
Visit parks	☐	☐	☐	☐	☐	☐
Use pathways	☐	☐	☐	☐	☐	☐
Interact with your neighbour face to face	☐	☐	☐	☐	☐	☐
Talk to others in your neighbourhood face to face (at a park, on a sidewalk or pathway)	☐	☐	☐	☐	☐	☐
Undertake social distancing (deliberately maintaining distance between you and other people)	☐	☐	☐	☐	☐	☐

Child in the Household

16. Are there any **children** (*aged 17 years or younger*) living in your household?

- ☐ Yes
☐ No

17. How many children **younger than 5 years** are currently living in your household

Number of children...

18

. How many children **aged 5 years to 17 years** are currently living in your household?

Number of children...

For the remainder of this section, if there is more than one child between the ages of 5 and 17 years living in your household, please think about the child that has the next upcoming birthday.

19. What is the child's age in years?

Age in years...

20. Please indicate the child's gender:

- ☐ Male
☐ Female
☐ Other (please specify)

21. Which of the following **ethnic or cultural groups** does **your child belong to**?

(please select all that apply)

- ☐ Caucasian
- ☐ South Asian (e.g., East Indian, Pakistani, Sri Lankan, etc.)
- ☐ Chinese
- ☐ African
- ☐ Filipino
- ☐ Latin American
- ☐ Arabian
- ☐ Southeast Asian (e.g., Vietnamese, Cambodian, Malaysian, Laotian, etc.)
- ☐ West Asian (e.g., Iranian, Afghan, etc.)
- ☐ Korean
- ☐ Japanese
- ☐ Do not know
- ☐ Prefer not to answer
- ☐ Other (please specify)

Your Child's Physical Activity: Page 1

22. Please think about that child's physical activity participation.

"Moderate to vigorous" physical activity refers to activities that increase heartbeat or breathing.

This can include play, brisk walking, swimming, biking, gardening, running, or any other activity that causes increases in breathing and heart rate.

Over the **past 7 days**, how many days was this child **moderate to vigorously** active for a total of **at least 60 minutes per day**?

Number of days...

23. In a **typical week**, how many days is this child **moderate to vigorously** active for a total of **at least 60 minutes per day**?

Number of days...

24. Over the **past 30 days**, on average, how many hours **per day** did this child **sit and watch TV or videos**?

- ☐ Less than 1 hour
- ☐ 1 hour
- ☐ 2 hours
- ☐ 3 hours
- ☐ 4 hours
- ☐ 5 or more hours

25. Over the **past 30 days**, on average, how many hours **per day** did this child use a **computer or play video games**?

- ☐ Less than 1 hour
- ☐ 1 hour
- ☐ 2 hours
- ☐ 3 hours
- ☐ 4 hours
- ☐ 5 or more hours

26. Over the **past 30 days**, on average, how many hours **per day** did this child use a **screen-based electronic device (other than a computer or television)**?

- ☐ Less than 1 hour
- ☐ 1 hour
- ☐ 2 hours
- ☐ 3 hours
- ☐ 4 hours
- ☐ 5 or more hours

Your Child's Physical Activity: Page 2

27. Please think about that child's participation in play.

"Play" is defined as any type of fun or enjoyable activity where a child chooses what they want to do (*excluding sedentary, screen-based activities*).

In the **past 7 days**, how many days did this child engage in play?

Number of days...

28. How many days does this child participate in play in a **typical week**?

Number of days...

29. How often does this child engage in the following:

	Always	Frequently	Sometimes	Never	N/A
Plays, walks, or bicycles in their neighbourhood alone	☐	☐	☐	☐	☐
Plays, walks, or bicycles in their neighbourhood with friends or siblings	☐	☐	☐	☐	☐
Plays, walks, or bicycles in their neighbourhood with an adult present	☐	☐	☐	☐	☐
Plays in a neighbourhood park or playground alone?	☐	☐	☐	☐	☐
Plays in a neighbourhood park or playground with friends or siblings	☐	☐	☐	☐	☐
Plays in a neighbourhood park or playground with an adult present	☐	☐	☐	☐	☐

Your Child's Park Use

30. When this child travels to a park, how do they usually get there?

- ☐ Walk
- ☐ Bike
- ☐ Driven by car

- ☐ Public transit
- ☐ Other (please specify)
- ☐ Do not know

31. What types of **play activities** did the child do during their **last park visit**?
(please select all that apply)

- ☐ Do not know, I was not with the child during their last park visit
- ☐ Child has never visited a park
- ☐ Playing with ball or object (e.g., kicking/throwing a ball, playing Frisbee, etc.)
- ☐ Tag and chase games
- ☐ Playing with a pet
- ☐ Playing on playground equipment
- ☐ Play (general)
- ☐ Exploring
- ☐ Climbing
- ☐ Make believe games
- ☐ Hiding related games
- ☐ Playing with friends or siblings
- ☐ Making new friends
- ☐ Other (please specify)

32. What types of **recreational activities** did the child do during their **last park visit**? (please select all that apply)

- ☐ Cannot indicate because I was not with the child during the last park visit
- ☐ Child has never visited a park
- ☐ Walking/ hiking
- ☐ Jogging/ running
- ☐ Biking
- ☐ Rollerblading
- ☐ Group sports
- ☐ Individual sports
- ☐ Martial arts/ Tai Chi
- ☐ Picnicking

- ☐ Relaxing
☐ Reading
☐ Fishing
☐ Tennis
☐ Yoga
☐ Wildlife viewing (e.g. birdwatching)
☐ Viewing/ photographing nature
☐ Sightseeing
☐ Swimming
☐ Other (please specify)

33. How many days in the **last month** (*i.e., last 30 days*) did this child visit a park?

Number of days...

34. During this child's **last park visit**, how much time did they spend in the park?

Number of minutes...

35. To what extent, has this child's behaviours changed since the COVID-19 (Corona virus) pandemic? Compare this child's current to their previous behaviours when responding to the following statements.

	A lot more frequently	A little more frequently	About the same	A little less frequently	A lot less frequently	Not applicable
Physically active in the home	☐	☐	☐	☐	☐	☐
Physically active outdoors	☐	☐	☐	☐	☐	☐
Watches television	☐	☐	☐	☐	☐	☐
Plays video games	☐	☐	☐	☐	☐	☐
Uses screen-based devices (smart phone, computers, etc. - not television/ video games)	☐	☐	☐	☐	☐	☐

	A lot more frequently	A little more frequently	About the same	A little less frequently	A lot less frequently	Not applicable
Plays at the park	☐	☐	☐	☐	☐	☐
Plays at other public spaces (sports fields, courts)	☐	☐	☐	☐	☐	☐
Spends time with friends outdoors	☐	☐	☐	☐	☐	☐
Spends time with friends indoors	☐	☐	☐	☐	☐	☐

Social Connections in Your Neighbourhood

36. How would you describe your sense of belonging in your neighbourhood?

- ☐ Very weak
☐ Weak
☐ Strong
☐ Very Strong

37. How do you feel about your current neighbourhood?

- ☐ Delighted
☐ Pleased
☐ Mostly satisfied
☐ Mixed feelings
☐ Mostly dissatisfied
☐ Unhappy
☐ Terrible

38. How many of your close friends live in your neighbourhood?

Number of close friends...

39. How many of your neighbours do you know on a first name basis?

Number of neighbours...

40. How many of your neighbours have you invited to family events?

Number of neighbours...

41. Please select the answer that you feel best describes the following statements:

	Strongly agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree
People in this neighbourhood are willing to help their neighbours	☐	☐	☐	☐	☐
This is a close-knit neighbourhood	☐	☐	☐	☐	☐
People in this neighbourhood can be trusted	☐	☐	☐	☐	☐
People in this neighbourhood generally get along with each other	☐	☐	☐	☐	☐
People in this neighbourhood share the same values	☐	☐	☐	☐	☐

42. The current COVID-19/ Corona virus situation is:

- ☐ An extremely serious problem
- ☐ A very serious problem
- ☐ A somewhat serious problem
- ☐ Not a serious problem
- ☐ Not sure/ don't know

43. How anxious are you as a result of the current COVID-19/ Corona virus situation?

- ☐ Extremely anxious
- ☐ Very anxious
- ☐ Somewhat anxious

- ☐ Not anxious at all
- ☐ Not sure/ don't know

Few Final Questions About You

44. What ethnic or cultural groups on the following list do **you belong to**? (*please select all that apply*)

- ☐ Caucasian
- ☐ South Asian (e.g., East Indian, Pakistani, Sri Lankan, etc.)
- ☐ Chinese
- ☐ African
- ☐ Filipino
- ☐ Latin American
- ☐ Arabian
- ☐ Southeast Asian (e.g., Vietnamese, Cambodian, Malaysian, Laotian, etc.)
- ☐ West Asian (e.g., Iranian, Afghan, etc.)
- ☐ Korean
- ☐ Japanese
- ☐ Do not know
- ☐ Prefer not to answer
- ☐ Other (please specify)

45. What is your best estimate of your **total gross annual household income** received by all household members, from all sources, before taxes and deductions, **during the year ending on December 31, 2019**?

Estimated annual income...

46. What is your **current** employment status? (*If you are self-employed, choose full-time or part-time as appropriate*)

- ☐ Working full-time
- ☐ Working part-time
- ☐ Not employed, but looking for work

- ☐ Homemaker
- ☐ Student
- ☐ Retired
- ☐ Other (please specify)

47. What is the highest level of formal education you have **completed**?

- ☐ Completed some high school
- ☐ Completed high school
- ☐ Completed trade, technical, or vocation school, apprenticeship training, or technical CEGEP
- ☐ Completed diploma from a community college or university, pre-university CEGEP, or non-university certificate
- ☐ Completed a Bachelor degree
- ☐ Completed a Graduate degree (e.g., PhD, masters, etc.)
- ☐ Other (please specify)

48. What is your current relationship status?

- ☐ Married or Common Law
- ☐ Divorced
- ☐ Separated
- ☐ Widowed
- ☐ Single, never married
- ☐ Other (please specify)

49. How many years have you lived in your current neighbourhood?

Number of years...

50. Including yourself, how many **adults** (*aged 18 years or older*) are currently living in your household?

Number of adults...

51. Does your household have a dog?

- ☐ Yes
- ☐ No

Permission to Contact

52. Do you wish to be contacted by our team for opportunities to participate in future activities related to this study?

- ☐ Yes
- ☐ No

**Thank you for taking the time to complete this survey.
You have been entered into the VISA gift card draw.**

Powered by Qualtrics