

Nature's Impact on Human Health Question Bank

INTRODUCTION

Use all of the questions provided or select those that will help you gain the information you are most interested in acquiring.

Sample Introductory Text

Hi, I am with NAME OF ORGANIZATIONS LEADING SURVEY, DESCRIPTION OF ORGS. Thank you for taking the time to give us your thoughts on the connection between you, your community, and nature! Answering any of these questions is completely voluntary. How and if you answer any of these questions will have no effect on your relationship with us. All of the information you provide during this survey will be kept private and confidential. Only summary information representing aggregated responses will be reported publicly. Risks from your participation in this survey are minimal due to the precautions taken to ensure private information is kept secure. There is minimal risk of your individual responses being revealed due to measures we are taking to secure your information. It should take about 15-30 minutes to complete the survey, and you may stop and withdraw from the survey at any time.

By continuing, you agree to take the survey. Have questions about this work? Please contact the project leader, NAME at ORGANIZATION (EMAIL).

GREENSPACE VISITATION AND USE

These questions ask about the connections you have to parks and greenspaces.

In the following questions the word "parks and greenspaces" refers to any public space with natural or managed vegetation, including parks, trees along the street, greenways, public gardens, and accessible wetlands, forests, prairies, and beaches. The "outdoors" is any public space outside your home.

1. In the last 30 days (e.g., July 2020), thinking about INSERT NAME OF EVALUATED GREENSPACE, about how often did or do you usually visit or pass through that space for any reason?
 - Never
 - Once a month
 - 2-3 times a month
 - Once a week
 - 2-3 days a week
 - 4-5 days a week
 - 6-7 days a week
2. In the last 30 days (e.g., July 2020), about how often did or do you usually visit or pass through any parks and greenspaces for any reason?
 - Never
 - Once a month
 - 2-3 times a month
 - Once a week

- 2-3 days a week
 - 4-5 days a week
 - 6-7 days a week
3. Compared to this same time last year (e.g., July 2019), have you visited or passed through any parks and greenspaces more or less frequently in the last 30 days?
- About the same
 - Less frequently
 - More frequently
 -
4. Is the INSERT NAME OF EVALUATED GREENSPACE within a 10 minute walk of your home?
- Yes
 - No
 - Don't know
5. In which of the following activities do you participate for recreation and enjoyment in the outdoors? (Select all that apply)
- Visiting parks or open space
 - Visiting nature play areas (playgrounds)
 - Going on walks or hikes
 - Camping
 - Walking a pet
 - Gardening/landscape maintenance
 - Birdwatching/observing wildlife
 - Playing organized sports
 - Going on picnic/grilling outdoors
 - Meditation or religious gathering
 - Swimming or boating
 - Biking
6. Compared to this same time last year (e.g., July 2019), did you spend more or less time in INSERT NAME OF EVALUATED GREENSPACE on a typical visit in the last 30 days?
- Less time
 - About the same
 - More time
7. What, if anything, contributed to a change in how often you visited or how much time you spent in INSERT NAME OF EVALUATED GREENSPACE?
- "Space provided for answer"
8. Please read each of these statements and answer based on how you feel DURING OR AFTER you visit INSERT NAME OF EVALUATED GREENSPACE. There are no right or wrong answers. Pick the rating that best fits your feeling.
- 8a. I feel calmer after being here

- Strongly Agree
- Agree
- Somewhat Agree
- Neither Agree nor Disagree
- Somewhat Disagree
- Disagree
- Strongly Disagree

8b. I feel welcome here

- Strongly Agree
- Agree
- Somewhat Agree
- Neither Agree nor Disagree
- Somewhat Disagree
- Disagree
- Strongly Disagree

8c. After visiting this place, I always feel restored and relaxed

- Strongly Agree
- Agree
- Somewhat Agree
- Neither Agree nor Disagree
- Somewhat Disagree
- Disagree
- Strongly Disagree

8d. I get new enthusiasm and energy for my everyday routines from here

- Strongly Agree
- Agree
- Somewhat Agree
- Neither Agree nor Disagree
- Somewhat Disagree
- Disagree
- Strongly Disagree

8e. My concentration and alertness clearly increase here

- Strongly Agree
- Agree
- Somewhat Agree
- Neither Agree nor Disagree
- Somewhat Disagree
- Disagree

- Strongly Disagree

8f. I can forget everyday worries here

- Strongly Agree
- Agree
- Somewhat Agree
- Neither Agree nor Disagree
- Somewhat Disagree
- Disagree
- Strongly Disagree

8g. Visiting here is a way of clearing and clarifying my thoughts

- Strongly Agree
- Agree
- Somewhat Agree
- Neither Agree nor Disagree
- Somewhat Disagree
- Disagree
- Strongly Disagree

NEIGHBORHOOD SATISFACTION

These questions ask about the connections you have to your community and the neighborhood you live in.

9. Now thinking about the last 30 days (e.g., July 2020), please mark the boxes that most closely reflect how strongly you agree or disagree with the following statements.

9a. I enjoy living in this neighborhood

- Strongly Agree
- Agree
- Neutral
- Disagree
- Strongly Disagree
- Don't Know/Not Sure

9b. I would find it a great pity if I had to move away

- Strongly Agree
- Agree
- Neutral
- Disagree

- Strongly Disagree
- Don't Know/Not Sure

9c. My neighborhood is very special to me

- Strongly Agree
- Agree
- Neutral
- Disagree
- Strongly Disagree
- Don't Know/Not Sure

9d. I would recommend this neighborhood to my friends as a living place

- Strongly Agree
- Agree
- Neutral
- Disagree
- Strongly Disagree
- Don't Know/Not Sure

9e. I feel very attached to my neighborhood

- Strongly Agree
- Agree
- Neutral
- Disagree
- Strongly Disagree
- Don't Know/Not Sure

9f. My neighborhood means a lot to me

- Strongly Agree
- Agree
- Neutral
- Disagree
- Strongly Disagree
- Don't Know/Not Sure

9g. I do not want to live in another place

- Strongly Agree
- Agree
- Neutral
- Disagree
- Strongly Disagree
- Don't Know/Not Sure

9h. Since INPUT SPECIFIC EVENT/NATURAL DISASTER/DISRUPTION, I've become more engaged and active in my community

- Strongly Agree
- Agree
- Neutral
- Disagree
- Strongly Disagree
- Don't Know/Not Sure

9i. My community has really come together to help each other out during INPUT SPECIFIC EVENT/NATURAL DISASTER/DISRUPTION

10. Compared to this same time last year (e.g., July 2019), do you feel more or less connected to your community and neighborhood in the last 30 days?

- Less connected
- About the same
- More connected

11. I feel like I belong in this neighborhood.

- Strongly Agree
- Agree
- Neither agree nor disagree
- Disagree
- Strongly Disagree

12. I have a say about what goes on in my neighborhood.

- Strongly Agree
- Agree
- Neither agree nor disagree
- Disagree
- Strongly Disagree

13. How often in the past year (e.g., July 2020 to July 2021)

- Never
- Rarely
- Sometimes
- Often
- Always

14. Do you feel like your health is at risk by living in your community?

- Yes/No

15. If you answered yes to the last question above, why?

- “Space Provided for answer”

16. Do any of the following factors prevent you from spending time in parks and greenspaces?

- Don't have enough time
- Temperature too hot or too cold
- Insects/bugs
- Don't feel safe
- Don't have transportation
- Physical/health limitations
- Facilities are inadequate

17. Is there anything else you would like to tell us about any factors that prevent you from spending time in parks and greenspaces?

- “Space provided for answer”

HEAT

18. During the last 30 days (e.g., July 2021), how worried, if at all, are you about the effects of heat waves on the following?

18a. My Personal Health.

- Not at all worried
- A little worried
- Moderately worried
- Very worried
- Extremely worried
- Unsure

18c. The Health of Others in My Family

- Not at all worried
- A little worried
- Moderately worried
- Very worried
- Extremely worried
- Unsure

18d. The Health of Others in my Community

- Not at all worried
- A little worried
- Moderately worried
- Very worried
- Extremely worried
- Unsure

19. Compared to this same time last year (e.g., July 2020), do you feel more or less worried about the effects of heat waves on the following?
20. What, if anything, contributed to a change in how worried you were about the effects of heat waves on the health of you, your family, or your community?
- “Space provided for answer”
21. How do you typically cope during the hottest days of the year? (mark all that apply)
- Use the air conditioning in my or a friend/family member's home
 - Open windows, either during the day or at night
 - Spend time in a community-sponsored 'cooling center'
 - Go to the mall, movie theater, etc./
 - Find a pool, splash pad, or other water features
 - Go to a park
22. What are some of things that you feel could be done to lessen the impact from heat in your community?
- “Space Provided for Answer”

SOCIOECOLOGIC DISRUPTION/BARRIERS TO NATURE

The next questions ask about the impact of the INPUT SPECIFIC EVENT/NATURAL DISASTER/DISRUPTION on how connected you are with others, your community, and parks and greenspaces, since March 2020 (input relevant date). (Insert specific abbreviations relating to Socio ecological event if needed)

23. Compared with before the INSERT SOCIO ECOLOGICAL DISRUPTION (e.g., before DATE OF EVENT), how isolated do you feel from others now?
- Much less isolated now than before the EVENT
 - Somewhat less isolated now than before the EVENT
 - About the same
 - Somewhat more isolated now than before the EVENT
 - Much more isolated now than before the EVENT
 - Prefer not to answer
24. Compared with before the INSERT SOCIO ECOLOGICAL DISRUPTION, how engaged are you with your community now?
- Much less engaged now than before the EVENT
 - Somewhat less engaged now than before the EVENT
 - About the same
 - Somewhat more engaged now than before the EVENT
 - Much more engaged now than before the EVENT
 - Prefer not to answer

25. How many minutes/hours on a typical day are you currently spending in parks and greenspaces since the INSERT SOCIO ECOLOGICAL DISRUPTION (e.g., since DATE OF EVENT)?

- 0 minutes
- 1-30 minutes
- 31-60 minutes
- > 1 hour

26. Is this more or less time than before the INSERT SOCIO ECOLOGICAL DISRUPTION?

- Less time
- No difference
- More

HEALTH & WELL-BEING

We know time in nature may impact health. Here we ask about general health, mental health, stress, worry, and the ability to effect different parts of your life (which are all important to health).

27. In the last 30 days (e.g., January 2021), would you say in general that your health is excellent, very good, good, fair, or poor? (select one)

- Excellent
- Very Good
- Good
- Fair
- Poor
- Don't know/not sure

28. Compared to this same time last year (e.g., July 2020), has your general health gotten better or worse in the last 30 days?

- Gotten worse
- About the same
- Gotten better

29. Now thinking about your mental health in the last 30 days (e.g., January 2021), which includes stress, depression, and problems with emotions, for how many days was your mental health not good?

- Zero days
- 1-7 days
- 8-15 days
- 16-22 days
- 23-30 days

30. Compared to this same time last year (e.g., July 2020), has your mental health gotten better or worse in the last 30 days?

- Gotten worse
- About the same
- Gotten better

31. Do you feel that parks and greenspaces contribute to your overall health?

- Yes
- No

32. What, if anything, about parks and greenspace contribute to your overall health?

- "Space provided for answer"

33. In the last 30 days (e.g., July 2020), please read the following sentences and decide how true they are of you in general.

33a. I can manage to solve difficult problems if I try hard enough

- Never
- Almost never
- Sometimes
- Fairly Often
- Very Often

33b. If someone opposes me, I can find the means and ways to get what I want

- Never
- Almost never
- Sometimes
- Fairly Often
- Very Often

33c. It is easy for me to stick to my aims and accomplish my goals

- Never
- Almost never
- Sometimes
- Fairly Often
- Very Often

33d. I am confident that I could deal effectively with unexpected events

- Never
- Almost never
- Sometimes
- Fairly Often
- Very Often

33e. Thanks to my talents and skills, I know how to handle unexpected situations

- Never
- Almost never
- Sometimes
- Fairly Often
- Very Often

33f. I can solve most problems if I try hard enough

- Never
- Almost never
- Sometimes
- Fairly Often
- Very Often

33g. I can stay calm when facing difficulties because I can handle them

- Never
- Almost never
- Sometimes
- Fairly Often
- Very Often

33h. When I have a problem, I can find several ways to solve it

- Never
- Almost never
- Sometimes
- Fairly Often
- Very Often

33i. If I am in trouble, I can think of a solution

- Never
- Almost never
- Sometimes
- Fairly Often
- Very Often

33j. I can handle whatever comes my way

- Never
- Almost never
- Sometimes
- Fairly Often
- Very Often

34. Compared to this same time last year (e.g., July 2020), do you feel like you are able to affect your life more or less in the last 30 days?

- Less ability to affect my life
- About the same
- More ability to affect my life

35. What, if anything, contributed to a change in your ability to affect your life?

- "Space provided for answer"

DEMOGRAPHICS

36. What is your age range? (please select the appropriate category)

- 20 years or younger
- 21-25 years
- 26-30 years
- 31-35 years
- 36-40 years
- 41-45 years
- 46-50 years
- 51-55 years
- 56-60 years
- 61-65 years
- 66-70 years
- 70+ years

37. Select all boxes that apply.

- Female
- Male
- Transgender
- Non-binary
- Prefer not to answer

38. What is your annual household income from all sources (include total of all wages/salaries, government benefits, pensions, allowances, and other income you USUALLY receive)?

- \$2000 or more a week (\$104,000 or more per year)
- \$1,500-\$1,999 a week (\$78,000-\$103,950 per year)
- \$1,250-\$1,499 a week (\$65,000-\$77,950 per year)
- \$1,000-\$1,249 a week (\$52,000-\$64,950 per year)
- \$800-\$999 a week (\$41,600-\$51,950 per year)
- \$600-\$799 a week (\$31,200-\$41,550 per year)
- \$400-\$599 a week (\$20,800-\$31,150 per year)
- \$300-\$399 a week (\$15,600-\$20,750 per year)
- \$200-\$299 a week (\$10,400-\$15,550 per year)
- \$1-\$199 a week (\$52-\$10,350 per year)

- Prefer not to answer
- Other

39. Select all boxes that apply. Note, you may select more than one group.

- American Indian or Alaska Native (for example: Navajo Nation, Blackfeet Tribe, Mayan, Aztec, Native Village of Barrow Inupiat Traditional Government, Nome Eskimo Community, etc.)
- Asian (for example: Chinese, Filipino, Asian Indian, Vietnamese, Korean, Japanese, etc.)
- Black or African American (for example: African American, Jamaican, Haitian, Nigerian, Ethiopian, Somalian, etc.)
- Hispanic, Latino, or Spanish Origin (for example: Mexican or Mexican American, Puerto Rican, Cuban, Salvadorian, Dominican, Colombian, etc.)
- Middle Eastern or North African (for example: Lebanese, Iranian, Egyptian, Syrian, Moroccan, Algerian, etc.)/ Oriente Medio o Norte de África
- Native Hawaiian or Other Pacific Islander (for example: Native Hawaiian, Samoan, Chamorro, Tongan, Fijian, Marshallese, etc.)
- White (for example: German, Irish, English, Italian, Polish, French, etc.)
- Some other race, ethnicity, or origin

40. What is the highest grade or year of school you completed?

- Never attended school or only attended kindergarten
- Grades 1 through 8 (Elementary and/or middle school)
- Grades 9 through 11 (Some high school)
- Grade 12 or GED (High school graduate)
- College 1 year to 3 years (Some college or technical school)
- College 4 years or more (College graduate)

41. About how many months/years have you lived in this general neighborhood (e.g., in the same zip code)?

- “Space provided for answer”

42. What is the nearest street intersection to your home?

- “Space provided for answer”

43. Would it be OK to get your name, phone number, and email to follow up on future community activities or survey follow-up? (We will never share any of this with any other organization outside of this project)

- Yes (continue to next section)
- No (got to section 11, thank you & submit)

44. Phone number

- “Space provided for answer”

45. Name (First and Last)

- “Space provided for answer”

46. Email

- “Space provided for answer”

47. Would you take this survey again?

- Yes
- No

48. Would you like to provide any additional comments about this survey?

- “Space provided for answer”

THANK YOU & SUBMIT

Thank you so much. This information will be really helpful. We will share results on NAME OF ORGS social media. So feel free to follow us!

INSERT INFO ON HOW YOU WANT PEOPLE TO CONNECT (E.G., WEB, SOCIAL MEDIA, EMAIL)
