






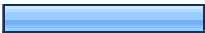







1. On an average day, would you say that you eat balanced meals (proteins, whole grains, dairy, fruits, vegetables, etc.)?

		Response Percent	Response Count
Yes, all the time		40.3%	122
More than half of the time		39.6%	120
About half of the time		13.9%	42
Less than half of the time		5.3%	16
Not at all		1.0%	3
answered question			303
skipped question			1




2. How many servings of fruit (or 100% fruit juice), such as an apple or a banana, did you eat (or drink) yesterday? This does not include fruit-flavored candy, cookies, cake, jam/jelly, or yogurt. Only count fresh or frozen fruit, as well as 100% fruit juice.

		Response Percent	Response Count
0 servings		10.6%	32
1 to 2 servings		50.2%	151
3 to 4 servings		29.9%	90
More than 4 servings		9.3%	28
answered question			301
skipped question			3





3. Yesterday, how many servings of fresh or cooked vegetables such as green salad, green beans, or broccoli did you have? Do not include french fries.

		Response Percent	Response Count
0 servings		12.0%	36
1 to 2 servings		57.1%	172
3 to 4 servings		23.3%	70
More than 4 servings		7.6%	23
answered question			301
skipped question			3


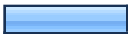



4. Would you be more likely to eat fruits and vegetables if you knew they were grown locally?

		Response Percent	Response Count
Yes		64.0%	192
No		20.7%	62
Not sure		15.3%	46
answered question			300
skipped question			4




5. Now think about the past week. In the past 7 days, how many times did you eat fast food? Include fast food meals eaten at home, at fast food restaurants, carryout, or drive-thru.

		Response Percent	Response Count
0 times or servings		47.6%	138
1 to 2 times or servings		41.4%	120
3 to 4 times or servings		9.0%	26
More than 4 times/servings		2.1%	6
answered question			290
skipped question			14




6. If you ate fast food recently, would you have eaten a more balanced meal if: (Select all that apply.)

		Response Percent	Response Count
Healthy foods were more affordable		28.8%	65
It was easy to get to the store		18.1%	41
The kinds of foods you wanted were available		28.3%	64
You had more time for shopping or cooking		38.9%	88
I wouldn't have changed my food choice		33.2%	75
answered question			226
skipped question			78

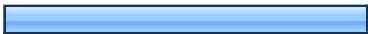


7. In order to increase accessibility to healthy and local foods, do you think the City should provide more opportunities for community gardening, local growing programs, and farmers' markets in Encinitas?

		Response Percent	Response Count
Yes		80.2%	231
No		8.0%	23
Not sure		11.8%	34
answered question			288
skipped question			16





8. Do you think that there should be a limit on the amount and/or location of convenience stores, drive-thru, and/or fast food restaurants?

		Response Percent	Response Count
Yes		55.5%	156
No		33.5%	94
Not sure		11.0%	31
answered question			281
skipped question			23






9. When is the last time you visited a medical doctor or nurse practitioner for an annual health check-up or a specific health problem?

		Response Percent	Response Count
0-6 months year		54.3%	152
6 months to 1 year ago		27.1%	76
More than 1 year ago		18.6%	52
I've never had a medical health check-up		0.0%	0
		answered question	280
		skipped question	24






10. When is the last time you last visited a dentist, dental clinic, dental hygienist, or other dental specialist?

		Response Percent	Response Count
0-6 months year		64.9%	183
6 months to 1 year ago		18.1%	51
More than 1 year ago		16.3%	46
I've never had a dental check-up		0.7%	2
		answered question	282
		skipped question	22




11. During the past 4 weeks, to what extent has a physical ailment or pain interfered with your usual daily activities (work, family responsibilities, social commitments, or housework)?

		Response Percent	Response Count
Not at all		54.6%	154
Slightly		30.5%	86
Moderately		8.9%	25
Quite a bit		4.6%	13
Extremely		1.4%	4
answered question			282
skipped question			22




12. During the past 4 weeks, to what extent has an emotional health problem interfered with your normal social activities with family, friends, neighbors, or groups?

		Response Percent	Response Count
Not at all		73.7%	205
Slightly		16.9%	47
Moderately		3.6%	10
Quite a bit		4.0%	11
Extremely		1.8%	5
answered question			278
skipped question			26

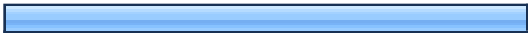


13. In the past year, have you had two weeks or more where you felt sad or depressed or lost interest or pleasure in things that you usually cared about or enjoyed?

		Response Percent	Response Count
Yes		20.2%	56
No		74.7%	207
Not sure		5.1%	14
answered question			277
skipped question			27





14. Was there ever a time during the past year when you felt that you might need to see a professional because of problems with your mental health, emotions, nerves, or your use of alcohol or drugs?

		Response Percent	Response Count
Yes		19.5%	54
No		78.7%	218
Not sure		1.8%	5
answered question			277
skipped question			27




15. Is there a place or source that you usually go to when you are sick or need advice about your health?

		Response Percent	Response Count
Yes		78.5%	216
No		16.4%	45
Not sure		5.1%	14
answered question			275
skipped question			29




16. How would you rate the accessibility of healthcare and health services in Encinitas?

		Response Percent	Response Count
Very good		41.4%	113
Good		33.3%	91
Average		24.5%	67
Poor		0.0%	0
Very poor		0.7%	2
answered question			273
skipped question			31




17. During the past 7 days did you do any moderate or vigorous physical activities in your free time for at least 10 minutes, other than walking?

		Response Percent	Response Count
Yes		83.3%	230
No		15.9%	44
Not sure		0.7%	2
answered question			276
skipped question			28




18. Are there any commercial services or shopping opportunities within walking distance to your home?

		Response Percent	Response Count
Yes		72.6%	201
No		26.4%	73
Not sure		1.1%	3
answered question			277
skipped question			27





19. Have you been to a park in the past 30 days?

		Response Percent	Response Count
Yes		80.9%	224
No		18.4%	51
Not sure		0.7%	2
answered question			277
skipped question			27

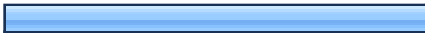


20. Is there a park, playground, or open space within walking distance of your home?

		Response Percent	Response Count
Yes		88.8%	245
No		10.5%	29
Not sure		0.7%	2
answered question			276
skipped question			28


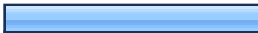

21. In general, is the overall quality of recreational opportunities in Encinitas better than other cities?

		Response Percent	Response Count
Yes		50.5%	139
About the same		29.5%	81
No		6.9%	19
Not sure		13.1%	36
answered question			275
skipped question			29






22. Think about a park and/or recreation facility nearest to your home. Do you feel that the park amenities or improvements are designed to accommodate a range of ages and abilities?

		Response Percent	Response Count
Yes		63.5%	174
No		23.4%	64
Not sure		13.1%	36
answered question			274
skipped question			30










23. Do you feel that your transportation needs are adequately met?

		Response Percent	Response Count
Yes		56.1%	151
No		38.3%	103
Not sure		5.6%	15
answered question			269
skipped question			35




24. How often do you bicycle for transportation?

		Response Percent	Response Count
Daily		1.5%	4
A few times a week		11.1%	30
2-3 times a month		9.2%	25
A few times a year		22.1%	60
Never		56.1%	152
answered question			271
skipped question			33






25. What bikeway improvements or programs are the most important to encourage more bike ridership? (Select all that apply.)

		Response Percent	Response Count
Provide wider bike lanes on roads		57.7%	143
Separate bike riding facilities from cars		62.9%	156
Provide a better interconnected system		52.8%	131
Provide a wayfinding signage program		20.2%	50
Address problems and conflicts at intersections		38.7%	96
Bike rider and car driver education		34.3%	85
Roadway maintenance and/or hazard removal		37.9%	94
Bicycle detection at signalized intersections		29.0%	72
None of the above		4.0%	10
		answered question	248
		skipped question	56

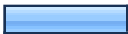



26. Is public health important to you?

		Response Percent	Response Count
Yes		88.8%	237
Somewhat		9.0%	24
No		2.2%	6
answered question			267
skipped question			37






27. In general, how often are people in your neighborhood willing to help each other?

		Response Percent	Response Count
All of the time		15.5%	41
Most of the time		53.2%	141
Some of the time		22.6%	60
Just a little bit		8.3%	22
Never		0.4%	1
answered question			265
skipped question			39

28. If a major disaster like an earthquake occurred, how many days would you be able to stay in your home without anyone shopping for additional supplies or water?

		Response Percent	Response Count
Less than 2 days		18.0%	48
2-4 days		43.1%	115
4-7 days		24.3%	65
Over a week		14.6%	39
		answered question	267
		skipped question	37

29. In general, how would you rate your health?

		Response Percent	Response Count
Very good		46.1%	118
Good		41.4%	106
Average		10.5%	27
Poor		1.6%	4
Very poor		0.4%	1
		answered question	256
		skipped question	48

30. Are you male or female?

		Response Percent	Response Count
Male		35.5%	91
Female		64.5%	165
answered question			256
skipped question			48

31. Which community do you live in?

		Response Percent	Response Count
Olivenhain		7.6%	16
New Encinitas		20.4%	43
Encinitas		31.3%	66
Leucadia		23.2%	49
Cardiff-by-the-sea		17.5%	37
Other or I live outside of the City (please specify)			42
answered question			211
skipped question			93