
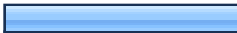













1. On an average day, would you say that you eat balanced meals (proteins, whole grains, dairy, fruits, vegetables, etc.)?

		Response Percent	Response Count
Yes, all the time		46.5%	33
More than half of the time		35.2%	25
About half of the time		9.9%	7
Less than half of the time		4.2%	3
Not at all		4.2%	3
answered question			71
skipped question			3




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		5.6%	4
1 to 2 servings		59.7%	43
3 to 4 servings		31.9%	23
More than 4 servings		2.8%	2
answered question			72
skipped question			2





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		15.3%	11
1 to 2 servings		55.6%	40
3 to 4 servings		23.6%	17
More than 4 servings		5.6%	4
answered question			72
skipped question			2






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

		Response Percent	Response Count
Yes		49.3%	35
No		23.9%	17
Not sure		26.8%	19
answered question			71
skipped question			3




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		51.5%	34
1 to 2 times or servings		34.8%	23
3 to 4 times or servings		9.1%	6
More than 4 times/servings		4.5%	3
answered question			66
skipped question			8




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		22.9%	11
It was easy to get to the store		8.3%	4
The kinds of foods you wanted were available		16.7%	8
You had more time for shopping or cooking		35.4%	17
I wouldn't have changed my food choice		41.7%	20
answered question			48
skipped question			26





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		81.5%	53
No		6.2%	4
Not sure		12.3%	8
answered question			65
skipped question			9




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		43.8%	28
No		39.1%	25
Not sure		17.2%	11
answered question			64
skipped question			10




9. Do you use any assistance for your grocery shopping?

		Response Percent	Response Count
No		88.7%	55
No, but I would like assistance		3.2%	2
Yes, from my friends or family		6.5%	4
Yes, from my help/aids		0.0%	0
I pay for home delivery service		1.6%	1
answered question			62
skipped question			12






10. 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		64.1%	41
6 months to 1 year ago		21.9%	14
More than 1 year ago		14.1%	9
I've never had a medical health check-up		0.0%	0
answered question			64
skipped question			10





11. 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		75.0%	48
6 months to 1 year ago		10.9%	7
More than 1 year ago		14.1%	9
I've never had a dental check-up		0.0%	0
answered question			64
skipped question			10




12. 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		47.7%	31
Slightly		29.2%	19
Moderately		13.8%	9
Quite a bit		6.2%	4
Extremely		3.1%	2
answered question			65
skipped question			9




13. 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		71.4%	45
Slightly		15.9%	10
Moderately		11.1%	7
Quite a bit		1.6%	1
Extremely		0.0%	0
answered question			63
skipped question			11




14. 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		22.2%	14
No		71.4%	45
Not sure		6.3%	4
answered question			63
skipped question			11

15. 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		14.3%	9
No		81.0%	51
Not sure		4.8%	3
answered question			63
skipped question			11

16. 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		85.9%	55
No		9.4%	6
Not sure		4.7%	3
answered question			64
skipped question			10

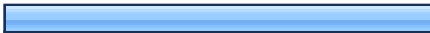

17. How would you rate the accessibility of healthcare and health services in Encinitas?

		Response Percent	Response Count
Very good		53.3%	32
Good		25.0%	15
Average		20.0%	12
Poor		0.0%	0
Very poor		1.7%	1
answered question			60
skipped question			14



18. 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		71.4%	45
No		27.0%	17
Not sure		1.6%	1
answered question			63
skipped question			11




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

		Response Percent	Response Count
Yes		64.1%	41
No		35.9%	23
Not sure		0.0%	0
answered question			64
skipped question			10

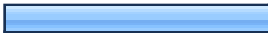



20. Have you been to a park in the past 30 days?

		Response Percent	Response Count
Yes		62.9%	39
No		37.1%	23
Not sure		0.0%	0
answered question			62
skipped question			12




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

		Response Percent	Response Count
Yes		76.6%	49
No		18.8%	12
Not sure		4.7%	3
answered question			64
skipped question			10




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

		Response Percent	Response Count
Yes		39.3%	24
About the same		27.9%	17
No		9.8%	6
Not sure		23.0%	14
answered question			61
skipped question			13




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

		Response Percent	Response Count
Yes		55.7%	34
No		19.7%	12
Not sure		24.6%	15
answered question			61
skipped question			13




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

		Response Percent	Response Count
Yes		60.7%	37
No		29.5%	18
Not sure		9.8%	6
answered question			61
skipped question			13






25. Do you (or have you recently) participated in any senior shuttle or transportation program?

		Response Percent	Response Count
Yes		6.6%	4
No		91.8%	56
Not sure		1.6%	1
answered question			61
skipped question			13




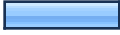
26. Is public health important to you?

		Response Percent	Response Count
Yes		81.4%	48
Somewhat		13.6%	8
No		5.1%	3
answered question			59
skipped question			15

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

		Response Percent	Response Count
All of the time		16.9%	10
Most of the time		30.5%	18
Some of the time		40.7%	24
Just a little bit		8.5%	5
Never		3.4%	2
answered question			59
skipped question			15

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		8.5%	5
2-4 days		40.7%	24
4-7 days		33.9%	20
Over a week		16.9%	10
answered question			59
skipped question			15

29. Do you have an emergency preparedness bag or kit in your home, car or office?

		Response Percent	Response Count
Yes		39.0%	23
No		55.9%	33
Not sure		5.1%	3
answered question			59
skipped question			15



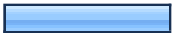


30. In general, how would you rate your health?

		Response Percent	Response Count
Very good		38.6%	22
Good		40.4%	23
Average		15.8%	9
Poor		5.3%	3
Very poor		0.0%	0
answered question			57
skipped question			17

31. Are you male or female?

		Response Percent	Response Count
Male		42.6%	23
Female		57.4%	31
answered question			54
skipped question			20

32. Which community do you live in?

		Response Percent	Response Count
Olivenhain		5.7%	3
New Encinitas		11.3%	6
Encinitas		24.5%	13
Leucadia		24.5%	13
Cardiff-by-the-sea		34.0%	18
Other or I live outside of the City (please specify)			2
answered question			53
skipped question			21