



# Active living and neighborhood conditions

Being physically active is one of the most important things people can do to improve their health. Neighborhood conditions, such as

access to shoulders or sidewalks and perceived safety, influence the physical activity levels of residents. To assess neighborhood conditions related to

physical activity, Interact for Health asked questions about neighborhood features on the most recent **Ohio Health Issues Poll (OHIP)**.

## Majority of residents rates neighborhood as good place to walk, jog or bike

Overall, 6 in 10 Ohio adults (62%) rate their neighborhood as an excellent or very good place to walk, jog or bike. Residents in urban counties are more likely to rate their neighborhood as excellent or very good (67%) than rural county/small city residents (55%).

## Nearly 9 in 10 rate neighborhood safe to walk, jog or bike

When asked how safe it is to walk, jog or bike in their neighborhoods, nearly 9 in 10 Ohio residents (85%) rate their neighborhood as safe. Men and women report similar levels of feeling safe, with 86% of men and 85% of women reporting feeling safe walking, jogging or biking in their neighborhood.

## Fewer than 4 in 10 rate sidewalks as excellent or very good

Fewer than 4 in 10 Ohio residents (37%) rate their sidewalks and shoulders as excellent or very good. Nearly 1 in 10 (6%) volunteered that they did not have sidewalks or shoulders in their neighborhood. Many of these respondents live in rural counties/small cities.

Residents who report living at or below 100% of the federal poverty level (FPL)<sup>1</sup> are less likely to report having excellent or very good sidewalks and shoulders. Only 2 in 10 residents (23%) rated their neighborhood as excellent or very good.

<sup>1</sup> 138% of the federal poverty level (FPL) in 2012 was \$31,800 for a family of four; 100% FPL is \$23,050.

## Healthier adults report better neighborhood conditions for physical activity

Adults with excellent or very good self-reported health are more likely to rate their neighborhood as an excellent or very good place to walk, jog or bike (68%) than adults who report fair or poor health (57%). Healthier adults are also more likely to rate their neighborhood as being safe to walk, jog or bike (87%) than adults with fair or poor health (78%). The same trend holds true for sidewalk and shoulder conditions. Adults with excellent or very good health are more likely to rate the condition of their sidewalks and shoulders as excellent or very good (42%) than those who are less healthy (30%).

### Percentage reporting desirable neighborhood conditions by general health status

#### Excellent or very good place to walk, jog or bike

Excellent/very good health 68%

Fair/poor health 57%

#### Safe to walk, bike or jog

Excellent/very good health 87%

Fair/poor health 78%

#### Excellent or very good sidewalks or shoulders

Excellent/very good health 42%

Fair/poor health 30%

These findings unless otherwise noted are from Interact for Health's Ohio Health Issues Poll (OHIP) conducted May 19-June 2, 2013, by the Institute for Policy Research at the University of Cincinnati. A random sample of 868 adults throughout Ohio was interviewed by telephone. This included interviews conducted by both landline telephone and cell phone. In 95 of 100 cases, statewide estimates will be accurate to  $\pm 3.3\%$ . There are other sources of variation inherent in public opinion studies such as non-response, question wording or context effects that can introduce error or bias. For more information about OHIP, please visit [www.interactforhealth.org/ohio-health-issues-poll](http://www.interactforhealth.org/ohio-health-issues-poll). If you have questions about the data in this document, please contact Jennifer Chubinski, Director of Community Research, at 513-458-6608 or [jchubinski@interactforhealth.org](mailto:jchubinski@interactforhealth.org).