

Yesler Terrace Food and Fitness Survey Report

Assessing Household Access to Food and Fitness

Seattle Housing Authority

Joyce Tseng

Seattle Housing Authority

Travis English

University of Washington

ACKNOWLEDGEMENTS

Support for this report was provided in part by a grant from the Robert Wood Johnson Foundation and by the Seattle Housing Authority.

The research for this report was conducted with indispensable assistance from:

Fitsum Abraha (Seattle Housing Authority)
James Krieger (Public Health - Seattle King County)
Kathlyn Paananen (Seattle Housing Authority)
Valerie Baldisserotto (Public Health - Seattle King County)
Xuan Che-Osser (Seattle Housing Authority)
Branden Born (University of Washington)
Erin MacDougall

A special thanks to those who assisted with translation and conducted interviews:

Michael Neguse
Sahra Farah
Neighborhood House

TABLE OF CONTENTS

EXECUTIVE SUMMARY	4
SURVEY FINDINGS.....	6
RECOMMENDATIONS.....	10
APPENDIX A.....	20
DATA ANALYSIS.....	20
SECTION A: FOOD.....	20
SECTION B: EXERCISE AND WALKING.....	36
SECTION C: CHILDREN AND EXERCISE	40
DEMOGRAPHICS OF RESPONDENTS.....	43
SURVEY METHODS	45

EXECUTIVE SUMMARY

Seattle Housing Authority is engaged in a comprehensive planning effort using smart growth principles to redevelop **Yesler Terrace** into a new neighborhood with over 3,500 mixed-income housing units. Full transformation will take up to 15 years and will be accomplished with an investment of nearly \$2 billion in public and private funds. In order to determine what design features and strategies may promote healthy eating and fitness in the future at Yesler Terrace, SHA surveyed Yesler Terrace families on their current access to and behaviors around food and physical activity.

Surveying took place from November 2012 through mid-January 2013. All 483 Yesler Terrace heads of households were mailed a letter and the survey, and were instructed to either mail it back with a self-addressed stamped envelope or hand-deliver it to the SHA Property Management (PM) office. The survey was translated into five languages and was available in the PM office. In addition, SHA contracted with Neighborhood House and two multilingual outreach workers to survey households in Amharic, Khmer, Somali, Tigrinya, and Vietnamese at community meetings, one-on-one meetings, and over the phone. Every household that responded to the survey was mailed a \$15 gift card to Safeway. Of the 483 households, 309 households responded to the survey, which was a 64% participation rate.

The survey findings indicated, overall, most respondents do have physical access to healthy food and are physically active. Regardless, the survey also shows there are areas to improve upon.

In regards to food, there are six grocery stores within .5 miles¹ of Yesler Terrace in which some

¹ According to the USDA, "High access is defined as less than or equal to 1/2 mile of a supermarket. Medium

residents do most of their shopping.² The distance traveled, via walking, ranges between .2 miles to .5 miles depending on the household's location within Yesler Terrace. It is also important to note that each of these six grocery stores cater mostly to the diverse Asian ethnicities in the area. This may not satisfy the needs of all current residents nor the changing demographics and increased population post-redevelopment.

Many residents also travel more than .5 miles for most of their groceries. For example, some households travel a greater distance than needed to visit a farmer's market or choose to shop at a Safeway that is several miles further than the closest Safeway store. The survey also revealed that some food assistance programs, either voucher or in-person programs, may be under utilized. For example there may be a gap between the number of households that qualify for food assistance versus the number that report using such a program within the last year.

In terms of physical activity, most residents exercise, and do so by walking around Yesler Terrace. Surprisingly, seniors are more active than all other age groups. However, the survey also shows that most households have concerns about their safety due to criminal activity and traffic.

access defined as more than 1/2 mile but less than or equal to one mile from a supermarket. Low access defined as more than one mile from a supermarket."

² The survey does not adequately determine whether or not other factors impede on household's ability to access food. For example, topographical issues such as steep hills, or socio-cultural issues and cost, may inhibit access to healthy food.

Children most often play in their home or their backyard versus playgrounds and other facilities in Yesler Terrace. While respondents indicated that there are enough activities, facilities and adult supervision, they also indicated they are concerned about criminal activity and traffic.

Recommendations have been made based on the survey findings as well as other factors such as the transformation Yesler Terrace is about to undergo, which includes an increase in the number of low-income households and the addition of market-rate housing. Also, many of the recommendations reflect the current set of design guidelines being used to plan the redevelopment, specifically, principals related to Complete Streets and Crime Prevention Through Environmental Design (CPTED).

There are several opportunities to improve residents access to food through both the built environment and programming.

Highlighted recommendations on food access include:

- Create a mixed-use commercial space for a small grocery store, café, and ethnic-specific “deli counters” run by individual owners all under one roof.
- Ensure safe pedestrian access to grocery stores within walking distance.
- Given the expected population increase post-redevelopment, continue to promote and expand community garden plots and programming that assists residents with growing, processing and preparing fresh food.
- Conduct further research to better understand why there is a gap between the number of households that qualify for

voucher and/or in-person food assistance programs versus the number of households that actually participate in such programs.

Resident’s ability to be physically active can be enhanced by creating a pedestrian-friendly and safe environment. Key recommendations include:

- Implement “complete streets” and CPTED principals in the design of the new development.
- Work with Community Police Team (CPT) officer, Seattle Neighborhood Group Initiative, and the property management staff to design an educational initiative focused on safety at Yesler Terrace.
- Develop a program of late night community activities. For example, night markets.
- Conduct further research to determine the duration and vigor of resident’s exercise – are they getting enough exercise?

Children need a safe physical environment and places to play in order to thrive. Main recommendations include:

- Apply CPTED principals to playgrounds, bus stops, and walking paths frequented by children.
- Create a walk to school program.
- Assess what outdoor play equipment and amenities children want to see at Yesler Terrace.
- Partner with an organization such as Bike Works to provide children with bicycling safety education and opportunities to earn a bicycle.

SURVEY FINDINGS

The following findings are based on an analysis of the survey data. They are divided into three sections based on food access, exercise and walking, and children and exercise.

Section A. Where and how are Yesler Terrace households getting their food?

- Seventy-seven percent of those surveyed shop for groceries at least once a week.
- Of the 122 households captured in the survey whose primary language is Vietnamese, 97% shop at least once a week.
- Of the 67 households captured in the survey whose primary language is Somali, 51% shop at least once a week for food items. The remaining 49% of Somali speakers shop only 2-3 times a month.
- Nearly all survey respondents buy groceries from supermarkets (99%) within 1.5 miles of Yesler Terrace. The most popular nearby supermarkets are Safeway (55%), QFC (53%), Viet Wah (42%), Red Apple (40%), and Lam's Seafood (27%).
- Sixty-five percent of respondents buy groceries from small grocers within 1.5 miles of Yesler Terrace. The stores most frequented include those in the Little Saigon/Chinatown-International District - Hau Hau Market (28%) and Dong Sing Market (24%), and Towfiq Halal Meat (20%) and Deli and East African Imports (18%).
- Many people also buy groceries from farmer's markets (30%) and food banks (23%). Respondents most frequently mentioned using the Columbia City Farmer's Market (42%) and the Northwest Harvest Food Bank (17%) of all the nearby locations.
- It is worth noting that while the Columbia City Farmer's Market is the most cited, it is further than 1.5 miles from Yesler Terrace and further away than each of the other cited farmer's markets.
- Of the 294 respondents who shop at stores more than 1.5 miles from Yesler Terrace, 24% travel 18+ miles to WinCo, 19% shop at a Safeway (Rainier) 1.4 miles further than the closest Safeway to Yesler Terrace.
- People use a wide range of places to get most of their groceries. Safeway (31%), Lam's Seafood (18%), Viet Wah (13%), QFC (12%), and Red Apple (12%) were the ones most frequently mentioned.
- There are six grocery stores within .5 miles in which households purchase most of their groceries.
- A majority of respondents listed multiple modes of transportation to get to the store where they shop most. When disaggregated, 56% of respondents travel by bus, 50% walk, 39% drove their own vehicle and 19% ride free in someone else's vehicle.
- The most common buses that people use are the #60 (24% of respondents), #7 (19%), #27 (10%), and #3,4 (12% collectively).
- The #60 bus is used most frequently (36%) to access stores in Little Saigon/Chinatown/International District.
- Few respondents were dissatisfied with the stores that they shop at most. Only

seventeen percent felt that the store they shop at the most could have a better selection of meats. 14% disagree that the store they shop at most has low food prices. 14% also disagree that the store they shop at most is easy to get to.

- A majority of people used cash/check/debit card (68%) and EBT (67%) to pay for most of their groceries.
- All the grocery stores where respondents shop the most accept SNAP/EBT and/or WIC
- The top five food items include vegetables (56%), fruits (42%), milk (40%), meat (36%) and chicken (30%). The most unique food item was goat meat – chosen by eight respondents.
- In regards to dietary needs, thirty-two percent of respondents are vegan or vegetarian, and twenty-five percent surveyed said that they require a halal diet. Also, some respondents that marked “vegan/vegetarian” are only so during certain times.
- One hundred (32%) households answered that they maintain a vegan/vegetarian diet and 25% maintain a halal diet. Several respondents who answered vegan/vegetarian only practiced such a diet on specific days.
- Ninety-two percent reported that they use some form of food assistance. The four programs used most by respondents last year were food stamps/EBT (85%), food banks (31%), school lunch and breakfast program (17%), and WIC (11%). It is surprising that not more people use the food bank, the Saturday Free Market³ (6%), or nutrition programs for the elderly (4%).

³ Food Not Bombs distributes free food donated by participating grocery stores.

Additionally, while 53 respondents use the School Lunch and Breakfast Program and 23 use the Summer Food Service Program⁴ for their children, there were 103 respondents who have children that are five to eighteen years of age.

- Only 3% of respondents reported eating at least five half-cup servings of fruits and vegetables a day, which is the minimum amount recommended by the World Health Organization. In comparison, 26.8% of King County adults eat at least five servings of fruits and vegetables a day, based on Public Health – Seattle King County data from 2009.
- Sixty-five percent of survey participants eat a half-cup serving of fruits and vegetables one to four times a day, while thirty-one percent eat a half-cup serving less than once a day.
- An overwhelming number of respondents said that they would eat more fruits and vegetables if there were lower prices where they shop (94%), better quality fruits and vegetables where they shop (92%), a new or improved store within walking distance (89%), more selection of produce where they shop (88%), and if more stores accepted SNAP or WIC (86%).
- On one hand, respondents stated that they have reasonable access to fresh and affordable produce within 1.5 miles of Yesler Terrace (based on responses to questions 2, 3 and 5 listed in Appendix A). On the other hand, respondents answered that they would be much more likely to consume more fruits and vegetables if there was improved quality and selection of produce and lower prices (from question

⁴ This program is funded by the USDA and provides no-cost breakfasts, lunches, and snacks for kids and teens ages 1-18.

10), which highlights the discrepancy or conflict between the responses given.

- Thirty-nine (13%) of those surveyed have their own backyard garden while only 12 (4%) respondents have their own plot in the community garden.
- Based on a conversation with the P-Patch coordinator for Yesler Terrace, there are 60 plots available for Yesler residents and only 30 full-time gardeners. It is probable that in some households, more than one person had a garden plot. Possible reasons that attribute to the low turnout are: sense of ownership of the gardens by current gardeners (not welcoming to new gardeners) and lack of mentorship for new gardeners and the time commitment and labor required to maintain a garden.
- Fifty-six percent of participants said that they would use a grocery store if it was part of Yesler Terrace, 46% would use a farmer's market, and 21% would use a garden plot if it were available (4% more than those who said they currently garden in their backyard or garden plot).

Section B. How active are Yesler Terrace residents within the Yesler neighborhood and surrounding areas?

- A large majority of respondents get their exercise within the neighborhood –by walking or running in the neighborhood (70%), exercising at home (61%), using the Yesler Community Center (17%), and gardening (10%).
- Fourteen percent said that they do have a physical condition that affects their ability to walk but also answered questions that imply they are mobile and not affected to

such a degree that they cannot walk.

- Most respondents walk around Yesler Terrace to get exercise (74%) and to go to the bus stop (51%). Only 3% of those who are able to walk reported that they do not walk around Yesler Terrace for any reason.
- Fifty-nine percent of respondents report walking every day and 20% report walking a few times a week. Based on head of household age, respondents that are 65 and over tend to walk more often either almost every day (65%) than those head of households that are under 65 years of age.
- People expressed that they avoid walking around Yesler Terrace mainly due to the weather (70%) and when it is dark (66%). Thirty-nine percent of respondents expressed that they avoid walking around Yesler because of the criminal activity, and 30% expressed they avoid walking when there is traffic.
- Somali respondents expressed a greater concern for walking around Yesler Terrace because of criminal activity (65% versus 39% of all respondents) and traffic (47% versus 30% of all respondents).
- Fifty-two percent of respondents who are ages 21-49 avoided walking around Yesler Terrace because of criminal activity, while only 36% of respondents who are 50-64 years old and 35% of respondents 65 and older expressed concerned over criminal activity.

Section C. Where are children of Yesler Terrace physically active, and are their barriers that prevent them from being more active outdoors?

- Only 33% of respondents have children aged 5-18. Of those, 67% are 5-12 years old.
- A majority of children and youth (ages 5-18) walk to school (59%), and many also take the school bus (39%), the family car (29%), and the public transit bus (21%). No respondents reported that their children biked to school.
- Eighty-four percent of respondents thought that their children felt safe traveling to and from school.
- Children and youth are physically active at least once a week mostly inside their homes (78%), in their backyards (69%), and at the Yesler Community Center (63%). A majority of children get exercise at least once a week outside of Yesler Terrace at parks (59%) and indoor facilities (56%), and seem to spend a little more time in these locations than in locations in Yesler Terrace such as the gardens, playgrounds and fields (53%) or the streets and sidewalks (53%).
- Forty-seven percent of respondents reported that their children never bike around Yesler Terrace, and 34% never use the gardens, fields, and playgrounds in Yesler Terrace while 28% never use the local streets or sidewalks around Yesler Terrace.
- A majority of respondents somewhat or strongly agreed that there are many other children playing outside (71%), that there are many activities to choose from (61%), and that there is enough play equipment (61%). At the same time, a majority of respondents somewhat or strongly agreed that there is lots of crime (57%) and traffic (62%), which makes it unsafe for their children to play outside. (While respondents believe it is unsafe to play outside, it does not necessarily mean they do not allow their children to play outside).
- People reported that most of their children's physical activity occurs either in the house, backyard or at the Yesler Community Center. This may be a direct result of their concern of criminal activity and traffic (sentiments which are reflected from 24e and 24f). However, a majority also responded that they see lots of children play outside (24a-d), which confuses this outcome. It is uncertain as to whether respondents feel that the outdoor environment and amenities support physical activity regardless of whether or not their children use them or not.

Recommendations

Recommendations are based on the above findings and have been grouped by issue. For example, issues related to grocery stores or other retail have been categorized as “Healthy Retail”. Each group includes recommendations related to the built environment, programming and further research.

The built environment column includes recommendations that require a physical change to the environment. They also include guiding principles for design and recommend partnerships to help implement physical changes. Several of the recommendations reflect the current set of design guidelines being used to plan the redevelopment, specifically, principals related to Complete Streets and Crime Prevention Through Environmental Design (CPTED). The programming column includes recipes for better understanding the needs of the community, ideas that help foster and strengthen community, and partnerships that aim to improve some of the residents concerns about Yesler Terrace. Further research is needed in some areas to better understand resident’s issues about access to food and fitness. Most of the recommendations in this column can be bundled into a single survey for future use. Other recommendations will require a variety of research methods.

Food Access		Healthy Retail
Built Environment	Programming	Need Further Research
<p>1. Develop a centrally located multi-use commercial space in Yesler Terrace to house under one roof a mix of grocery store, café and ethnic specific “deli” counters. While the survey shows that there may not be a need for a full size grocery it did show that some residents’ ability to access food could be improved by shortening the distance to the nearest grocery store.</p> <p>2. Consider having one or more uses (café, walk-up food window, etc...) in the commercial space extend into an outdoors space (sidewalk, courtyard, etc...) and be accessible during late evening/night hours. This helps create a sense of safety by having “eyes on the street”.</p> <p>3. Three factors may indicate the need for full- to mid-size grocery store as the new development comes to fruition: 1) the density within Yesler Terrace will greatly increase. 2) The limited number of grocers within .5 miles may not be sufficient for increased density. 3) Parking restraints may impact residents’ ability to access their preferred grocers.</p>	<p>1. Provide assistance and resources for those who are interested in starting a food related business. Possibly collaborate with a business incubator program.</p> <p>2. Work with small businesses to establish a plan to accept SNAP/EBT and WIC. Assist with navigating barriers that make it difficult to accept these benefits.</p> <p>3. Raise awareness about food assistance programs with residents. There appears to be a gap between the number of households that qualify for these programs and the number that actually use them. This includes informing residents about such programs as “Fresh Bucks Bonus Program” and other programs used at farmer’s markets.</p>	<p>1. Use creative participatory projects to gather input from residents about what type of items they would like to see in local retail stores. Create a billboard near the new site that allows residents to post/write what they want. “I wish I could buy _____ at my store”</p> <p>2. Determine whether there are residents that would be interested in starting a food related business. This could include a food cart, operating an outdoor market stall or a small retail space.</p> <p>3. Clarify what the challenges are that prevent households from eating more fruits and vegetables and why people may not be accessing food assistance programs that they qualify for.</p> <p>4. Determine whether or not a grocery store in Yesler Terrace could benefit surrounding neighborhoods. This could be done through a GIS mapping exercise that examines how far residents have to travel to the nearest grocery store. A more thorough, but more costly, study could be done using a survey.</p>

		<p>5. A further study can be done to determine whether or not grocery stores within .5 miles adequately serve the diversity of ethnicities residing in Yesler Terrace.</p>
--	--	--

Food Access **Farmer's Market**

Built Environment	Programming	Need Further Research
<ol style="list-style-type: none"> 1. Since many residents are traveling 3.5 miles to buy local goods at a farmer's market, then it shows there may be a market or need for one within the community. 2. Create a permanent covered space for outdoor markets. Also, consider storage space for weekly vendors. The space can be used to support a market garden, weekly farmer's market, night markets, weekly flea market, food carts/trucks and festivals. 3. Arrange for market space to be located within close proximity to commercial space. Retail businesses will benefit from the influx of farmer's market shoppers. The farmer's market will benefit from retailer's customer base. 	<ol style="list-style-type: none"> 1. Work with farmer's market associations to determine how to establish a successful market. 2. Work with existing farmer's market to establish a plan to accept SNAP/EBT benefits. 3. Encourage the City of Seattle to renew the "Fresh Bucks Bonus Program". This program doubles the spending power of SNAP/EBT benefits up to \$10 at farmer's markets. There is a movement to secure funding in City of Seattle's budget. 4. Continue supporting the Saturday Free Market and work with other food assistance programs to establish a mobile food bank. 	<ol style="list-style-type: none"> 1. Better understand why some residents prefer to travel to a farmer's market that is further than the closest two markets. 2. Determine what else beyond the need for low-prices and high quality produce would make a farmer's market successful at Yesler Terrace. Also, figure out how to attract farmers and vendors who can be selective about the locations at which they choose to sell. 3. Determine whether there are residents that would be interested in selling items at a farmer's market, and if so what?

Food Access		Transportation
Built Environment	Programming	Need Further Research
<ol style="list-style-type: none"> 1. Ensure easy access to bus routes #60, #7, #3, #4 and #27. These are the most frequently used bus routes for accessing nearby grocery stores. Work with King County Metro to ensure that bus routes #60 and #27 continue to directly service Yesler Terrace. 2. Provide lighted, safe and direct walking paths to bus routes #7, #3 and #4. Once the new Hillclimb is constructed, consider relocating the #7 bus stop from the corner of S. Jackson St. and 12th Ave. S. to the bottom of the Hillclimb at S. Jackson St. and 10th Ave. S. (need to determine if residents prefer to walk up 12th Ave. or climb the steps). This will minimize the distance resident's walk with groceries when using the #7. 	<ol style="list-style-type: none"> 1. Develop a multi-lingual map that shows nearby stores that accept SNAP/EBT and/or WIC benefits. Also label bus and walking routes that provide access to these stores. This can be helpful for incoming residents. 2. Develop a walking map of Yesler Terrace and the surrounding communities. Include points of interest, distances and services. 	<ol style="list-style-type: none"> 1. Determine if there is demand for a public or private grocery shuttle service to provide easier access to stores not easily accessible by bus or walking. Nearly sixty-two percent of survey respondents use a vehicle to shop for groceries. Nearly one-third of those carpoled and four percent either took a taxi or paid someone else to drive.

Food Access		Growing Food
Built Environment	Programming	Need Further Research
<ol style="list-style-type: none"> 1. Increase the number of community plots to meet the demand of low-income residents and future market-rate households. Reserve an adequate number of plots for low-income Yesler Terrace residents. Take into consideration that current residents will no longer have a yard to garden plus the increased number of low-income households following the redevelopment. 2. Consider planting a perennial edible landscape throughout Yesler Terrace. Include fruit and nut trees, berries and low-lying herb shrubs. 3. Build two to three bread ovens at Yesler Terrace parks. Amenities such as this can encourage people to share their cultural food traditions and to be more involved in growing food, while also building community. For example, during the summer months, pizza dough can be provided one day per week and residents can be asked to bring toppings from their garden.⁵ 	<ol style="list-style-type: none"> 1. Partner with GroundUp Organics or other organization to develop a mentorship program and skill building workshops (i.e. food preservation, storage) for new gardeners. Provide a space for a seed bank and/or encourage a seed-sharing program, to reduce costs. 2. Partner with an organization such as Solid Ground or City Fruit to harvest and distribute fruit from Yesler Terrace's edible landscape to low-income residents. Or, assist residents that want to self-organize a harvest group. 3. Encourage food related businesses to partner with community gardens to compost food waste, which can also be used an educational tool. Also, composting can be turned into a small business (see compostnow.org). 4. Create a horticultural therapy garden for elderly residents or residents with physical and/or mental disabilities. The principals of horticultural therapy are also used with at risk youth and 	<ol style="list-style-type: none"> 1. Research the feasibility of creating a market garden. Determine whether or not there is demand. If so, consider offering small-business assistance.

⁵ Toronto is experimenting with bread ovens in public parks.

<http://dufferinpark.ca/oven/wiki/wiki.php>

<http://www.pps.org/reference/awoodfiredcommunal/>

	<p>people with emotional and social disabilities.</p> <p>5. Collaborate with an organization such as Community Kitchens Northwest to provide cooking classes for residents. The classes should focus on the preparation of fresh whole foods and include all age groups.</p> <p>6. Partner with an organization to develop workshops on race, class and gender in our food system. Awareness about why food access issues exist can empower residents to make their own changes to become more food secure.</p>	
--	---	--

Exercise and Walking		Exercise
Built Environment	Programming	Need Further Research
<ol style="list-style-type: none"> 1. Provide intergenerational opportunities for exercising outdoors – such as exercise stations, playfields, open spaces and gardens. 2. Provide a network of walking paths that allow for views and vistas, that lead to commonly used destinations and points of interest. 3. Consider integrating bicycling infrastructure into the new development. Include bike lanes, bike racks and storage. Work with the city to create a direct link to the Mountain to Sound bike trail. 4. Prioritize space for retailers that promote physical activity, such as an affordable fitness center, a bicycle shop, or a running store. 	<ol style="list-style-type: none"> 1. Implement multi-lingual way-finding strategies. Create mile markers and educational markers that depict historical moments or interesting facts about Yesler Terrace and/or that describe the history of areas that can be viewed from Yesler Terrace – tools that make walking in Yesler Terrace more interesting. 2. Create a walking map detailing several walking loops with neighborhood resources, and tie this map to the way-finding signage discussed in 1. 3. Support residents to use outdoor spaces for organizing walking groups and classes/sessions for activities such as tai chi or yoga. Provide stipends to residents who lead these activities. 4. Partner with an organization such as Cascadian Bike Club and/or Bike Works to provide residents of all ages with bicycling education opportunities and organize bicycling events. 	<ol style="list-style-type: none"> 1. Solicit ideas from the community about types of exercise related programming and amenities they would like to see in Yesler Terrace. Cover an outdoor wall in chalkboard paint and ask residents to write what it is they want. “I want YCC to offer _____ classes” 2. Conduct a survey to determine the duration and vigor of residents’ exercise.

Exercise and Walking		Physical Condition	
Built Environment		Programming	Need Further Research
<ol style="list-style-type: none"> 1. Provide intermittent resting spaces for residents who have difficulty walking because of a physical condition. For example, benches or raised planter boxes with a wide edge. 2. Ensure that all walkways meet ADA standards and are smooth, wide and clear of obstacles. Consider placing decorative railing intermittently along buildings that abut sidewalks. 		<ol style="list-style-type: none"> 1. Create a horticultural therapy garden for elderly residents or residents with physical and/or mental disabilities. 	

Exercise and Walking		Walkability Concerns	
Built Environment	Programming	Need Further Research	
<ol style="list-style-type: none"> 1. Illuminate walkways at night. Use light fixtures evenly to illuminate the area and avoid creating bright spots and shadows. 2. Provide covered spaces along walking paths and at bus stops. Consider stand-alone structures or awnings that partially cover sidewalks. This allows residents protection from weather. 3. Use complete street strategies to slow traffic and make streets and sidewalks safe for all users. 4. Clearly define crosswalks. Use raised crosswalks. Use texture changes in the street to slow vehicles prior to crosswalks. Consider using flashing lights on busier streets to indicate the crosswalk is in use. Provide red crossing flags at each crosswalk. 5. Apply Criminal Prevention Through Environmental Design (CPTED) principals to help manage criminal activity and create a general sense of safety in Yesler Terrace. 	<ol style="list-style-type: none"> 1. Work with Community Police Team (CPT) officer and Seattle Neighborhood Group Initiative, and the property management staff to design an educational program focused on safety at Yesler Terrace. 2. Develop a program of late night community activities. For example: night markets, dance performances, music performances, games/sports, programming for teens, and cookouts/barbeques. 	<ol style="list-style-type: none"> 1. Determine why Somalis have a greater concern about criminal activity than other language groups. 2. Better understand why heads of households' ages 21-49 are more concerned about criminal activity than other age groups. 	

Children and Exercise		School and Physical Activities
Built Environment	Programming	Need Further Research
<ol style="list-style-type: none"> 1. Ensure that school bus stops are sheltered, located in a safe place and are easily accessible. Apply CPTED principals when designing and locating bus stops. 2. Partner with an organization such as KaBOOM! to develop safe modern playgrounds separated into age appropriate areas that have intergenerational amenities nearby. 3. Build well-lit playfields using CPTED principles. 4. See all recommendations under “Exercise and Walking – Walkability Concerns” 	<ol style="list-style-type: none"> 1. Develop a <i>Walk to School Program</i>. Work with community members, schools, police department, PTA and other organizations to develop safe routes to school. Create a map for new residents. Identify community members who can chaperone students as they walk to school. 2. Partner with groups that organize leagues and activities for low-income youth to ensure that the Yesler Terrace playfields rare accessible to all. 3. Partner with an organization such as Bike Works to provide children with bicycling safety education and opportunities to earn a bicycle. 4. Provide space for a children’s garden where gardening education can take place. 	<ol style="list-style-type: none"> 1. Determine what Yesler Terrace children want in regards to play equipment and amenities.

Appendix A

Data Analysis

The data analysis section is based on survey responses. The analyses were complicated by several factors:

- Households marked several answers when asked to provide one. This made it difficult to cross analyze some of the data. For example, when trying to determine what source of transportation households used to access the place they shop the most, the analysis was narrowed down to those that provided one response for where they shop the most.
- Some responses did not correspond with other answers. For example, one resident reported that they use bus #60 to access Costco. The #60 does not go near Costco. Also, two respondents reported they walk to Wal-Mart. The nearest Wal-Mart is 12.4 miles from Yesler Terrace.
- The authors had to research some of the write-in answer to determine what the respondent was referencing. For example, some respondents marked that they shop at a farmer's market and for location wrote-in "Rainier". The only farmer's market located on Rainier Ave. is the Columbia City Farmer's Market. The same applies to food banks.

SECTION A: FOOD

1. How often do you or other family members shop for groceries?

1a. Frequency of shopping

Answer	Number (n = 309)	Percentage
3 or more times a week	96	31%
2 times a week	85	28%
Once a week	55	18%
2-3 times a month	67	22%
Once a month or less	5	2%
No Response	1	100%

1b. Frequency of shopping based on language of respondent¹

Frequency	Vietnamese (n = 122)		Somali (n = 67)		Tigrinya (n = 16)		Amharic (n = 11)		Cantonese (n = 7)		Other (n = 12)	
	#	%	#	%	#	%	#	%	#	%	#	%
3 or more times a week	54	44%	18	27%	5	31%	1	9%	1	14%	5	42%
2 times a week	46	38%	7	11%	2	13%	6	55%	4	57%	3	25%
Once a week	18	15%	9	13%	4	25%	1	9%	2	29%	3	25%
2-3 times a month	4	3%	33	49%	4	25%	3	27%	0	0%	1	8%
Once a month or less	0	0%	0	0%	1	6%	0	0%	0	0%	0	0%

¹Language for each household was determined by a property management list, survey interviewers knowledge of household and residents surname. Language was only determined for 236 households compared to 291 who responded to how often they get most of their groceries. Because of the discrepancy we were only allowed to analyze 236 households.

2. Where do you or other family members go to get groceries?

[Check all that apply and write in your answer]

This question is divided into four categories of distributors: (2a) Small grocers within 1.5 miles, (2b) supermarkets within 1.5 miles, (2c) farmers markets/produce stands within 1.5 miles and (2d) grocery stores farther than 1.5 miles from Yesler Terrace.

2a. Small grocers within 1.5 miles of Yesler Terrace¹

Answer	Number (n = 309)	Percentage
Hau Hau Market (12th and Jackson)	87	28%
Dong Sing Market (6th & Jackson)	74	24%
Towfiq Halal Meat and Deli (23rd & Rainier)	61	20%
East African Imports (23rd & Jackson)	57	18%
LV Produce (9th and Jackson)	18	6%
Amy's Merkato (29th & Cherry)	11	4%
Other	60	19%
No Response	107	35%
Other		
Minh Tam	28	9%
Dong Hing (Jackson & 10th)	2	1%
Somali Mini Market	2	1%
Other (single responses)	28	9%

2b. Supermarkets within 1.5 miles of Yesler Terrace

Answer	Number (n = 309)	Percentage
Safeway (23rd & Madison/ 15th & John)	171	55%
QFC (On Broadway)	164	53%
Viet Wah (10th & Jackson)	130	42%
Red Apple (23rd & Jackson)	123	40%
Grocery Outlet (4th & Massachusetts)	64	21%
Uwajimaya (5th & Weller)	43	14%
Cash and Carry (4th & Holgate)	38	12%
Trader Joe's (18th & Madison)	19	6%
Kress IGA (3rd & Pike)	13	4%
Other	93	30%
No Response	3	1%
Other		
Lam's Seafood (King & 12 th)	83	27%
Other (single responses)	10	3%

2c. Farmer's markets/produce stands within 1.5 miles of Yesler Terrace

Answer	Number (n = 309)	Percentage
Farmer's Market/Produce Stand	92	30%
Food Bank	72	23%
Other	1	0.3%
No Response	175	57%

2c.1. Name of farmer's markets/produce stand¹

Farmer's Market/Produce Stand	Number (n = 92)	Percentage
Columbia City	39	42%
Pike Place Market	3	3%
Broadway	2	2%
Madrona	1	1%
Harborview MC	1	1%
Macpherson's Produce	3	3%
Unknown location	43	47%

¹Columbia City Farmer's Market is not within 1.5 miles of Yesler Terrace

2c.2. Name of food banks

Food Bank	Number (n = 72)	Percentage
Northwest Harvest (Cherry St.)	12	17%
Asian Counseling and Referral Service	4	6%
Rainier Valley	4	6%
Centerstone (CAMP) ¹	4	6%
Yesler Terrace	2	3%
YMCA	1	1%
Unknown	45	63%

¹Some respondents wrote in CAMP. However, the food bank has changed its name to Centerstone

2d. Places farther than 1.5 miles from Yesler Terrace

Answer	Number (n = 309)	Percentage
WinCo*	73	24%
Safeway	60	19%
Costco	34	11%
QFC	18	6%
Wal-Mart*	10	3%
Sam's Club	9	3%
Grocery Outlet	8	3%
Red Apple	5	2%
Albertson's	3	1%
Fred Meyer	3	1%
Ranch 99*	3	1%
Saars	3	1%
Trader Joe's	2	1%
Cash and Carry	2	1%
Walgreens	1	0.3%
Other	15	5%

*Located outside Seattle boundaries

3. Which place do you get most of groceries?

3a. Place where residents get most of their groceries¹

Answer	Number (n = 309)	Percentage
Safeway	91	29%
Lam's Seafood [#]	53	17%
Viet Wah [#]	37	12%
QFC	36	12%
Red Apple	23	7%
WinCo Foods*	17	6%
Hau Hau Market [#]	12	4%
Grocery Outlet	10	3.2%
Costco	9	3%
Dong Sing [#]	6	2%
Chinatown	6	2%
Minh Tam [#]	5	1.6%
Trader Joe's	4	1.3%
Food Assistance Program	4	1.3%
Cash and Carry	3	1%
Towfiq	3	1%
Uwajimaya	3	1%
Wal-Mart*	3	1%
Walgreens	2	0.6%
Sam's Club	2	0.6%
DK Market	1	0.3%
Dong Hing [#]	1	0.3%
Haramian	1	0.3%
IGA	1	0.3%
Marwa Halal	1	0.3%
Other	10	3.2%
No Response	18	6%

* Located outside Seattle boundaries

[#] Grocery stores within .5 miles of Yesler Terrace

¹ Some respondents gave more than one response

3b. Where residents shop based on language of respondent¹

Grocery Store	Vietnamese (n = 138)		Somali (n = 65)		Tigrinya (n = 23)		Amharic (n = 13)		Cantonese (n = 10)		Other (n = 11)	
	#	%	#	%	#	%	#	%	#	%	#	%
Safeway	18	13%	30	46%	9	39%	4	31%	1	10%	2	18%
Lam's Seafood	50	36%							1	10%	2	18%
Viet Wah	32	23%					1	8%	1	10%		
QFC	4	3%	6	9%	4	17%	3	23%	2	20%	1	9%
Red Apple			12	18%	5	22%	1	8%				
WinCo Foods	2	1%	5	8%							1	9%
Hau Hau Market	7	5%			1	4%			1	10%	1	9%
Grocery Outlet												
Costco	3	2%	1	2%			3	23%				
Dong Sing	5	4%							1	10%		
Chinatown	2	1%									3	27%
Minh Tam	5	4%										
Trader Joe's												
Food Assistance	1	1%			1	4%						
Cash and Carry			1	2%	1	4%						
Towfiq			3	5%								
Uwajimaya	1	1%							2	20%		
Wal-Mart	3	2%										
Walgreens			2	3%								
Sam's Club			2	3%								
DK Market							1	8%				
Dong Hing									1	10%		
Haramian			1	2%								
Kress IGA												
Marwa Halal			1	2%								
Other	5	4%	1	2%	2	9%					1	9%

¹Language for each household was determined by a property management list, survey interviewers' knowledge of household and residents surname. Language was only determined for 236 households compared to 291 who responded to where they get most of their groceries. Because of the discrepancy we were only allowed to analyze 236 households.

4. For the place WHERE YOU SHOP THE MOST, how do you usually get there? [Select one]

4a. Mode of transportation¹

Answer	Number (n = 309)	Percentage
Bus	174	56%
Walk	153	50%
Own Vehicle	119	39%
Ride free in someone's vehicle	58	19%
Cab/pay someone to drive	11	4%
Bike	4	1%
Rent a car/Zipcar	0	0%
Other	17	6%
No Response	1	0.3%

¹ Some respondents gave more than one response

4b. Mode of transportation to access place where residents get most of their groceries¹

Mode of Transportation	Safeway (n = 69)		Lam's Seafood (n = 37)		Viet Wah (n = 26)		QFC (n = 24)		Red Apple (n = 18)		WinCo Foods (n = 16)	
	#	%	#	%	#	%	#	%	#	%	#	%
Multimodal ²	29	42%	*14	38%	*14	54%	10	42%	13	72%	4	25%
Bus	15	22%	1	3%	1	4%	8	33%	3	17%	0	0%
Walk	2	3%	12	32%	5	19%	1	4%	0	0%	0	0%
Own vehicle	16	23%	5	14%	4	15%	3	13%	1	6%	6	38%
Bike	0	0%	0	0%	0	0%	0	0%	0	0%	0	0%
Ride free in someone's vehicle	4	6%	4	11%	2	8%	1	4%	1	6%	6	38%
Cab/Pay someone to drive	1	1%	0	0%	0	0%	0	0%	0	0%	0	0%
Rent a car/Zipcar	0	0%	0	0%	0	0%	0	0%	0	0%	0	0%
Other	2	3%	1	3%	0	0%	1	4%	0	0%	0	0%

*Eight respondents chose a combination of bus/walk

¹ Only households that provided one response for where they shop the most were included in this analysis

² Multimodal includes households that provided more than one response

4c. Bus routes residents use to access where they get most of their groceries¹

Answer	Number (n = 309)	Percentage
#60	75	24%
#7	58	19%
#27	32	10%
#4	20	6%
#3	20	6%
#9	16	5%
#36	7	2.3%
#43	5	1.6%
#8	4	1.3%
#14	4	1.3%
#10	3	1.0%
#49	3	1.0%
#16	2	0.6%
#2	2	0.6%
#48	2	0.6%
Other	10	3.2%
No Responses	173	56%

¹ Respondents were asked to provide a bus route if "bus" was their selection for how they get to where they get most of their groceries. Some respondents gave more than one response.

4d. Bus route used to get to the place where residents get most of their groceries¹

Where Shop the Most	Bus #60 (n = 75)		Bus #7 (n = 58)		Bus #27 (n = 24)		Bus #3, 4 (n = 24)	
	#	%	#	%	#	%	#	%
Little Saigon/Chinatown -International District	27	36%	25	43%	4	17%	3	13%
Safeway	16	21%	21	36%	14	58%	11	46%
QFC	15	20%	7	12%	5	21%	2	8%
Red Apple	4	5%	4	7%	7	29%	7	29%
Costco	2	3%	1	2%	0	0%	0	0%
Other in Seattle	7	9%	3	5%	3	13%	4	17%
Outside Seattle	3	4%	2	3%	1	4%	0	0%
No response	4	5%	3	5%	2	8%	1	4%

¹ Some the resident's responses about bus routes do not match their answer about where they get most of their groceries. For example, the #60 does not go near Costco, nor does the #27 go near Safeway

4e. Distance residents walk to place they shop the most

Distance	Number (n = 118)	Percentage
0.5 miles or less	74	63%
Greater than 0.5 miles	44	37%

5. For the place WHERE YOU SHOP THE MOST, please tell us what you think about these statements:

a. The food is of good quality and freshness.	Number (n = 309)	Percentage
Strongly Agree	172	56%
Somewhat Agree	115	37%
Strongly Disagree	12	4%
Somewhat Disagree	10	3%
No response	0	0%

b. The store has a good selection of fruits and vegetables.	Number (n = 309)	Percentage
Strongly Agree	163	53%
Somewhat Agree	123	40%
Somewhat Disagree	13	4%
Strongly Disagree	10	3%
No response	0	0%

c. The store has a good selection of meats.	Number (n = 309)	Percentage
Strongly Agree	150	49%
Somewhat Agree	101	33%
Somewhat Disagree	22	7%
Strongly Disagree	32	10%
No response	4	1%

d. The store has low food prices.	Number (n = 309)	Percentage
Strongly Agree	142	46%
Somewhat Agree	120	39%
Somewhat Disagree	24	8%
Strongly Disagree	18	6%
No response	5	2%

e. Those that work there treat me with respect.	Number (n = 309)	Percentage
Strongly Agree	154	50%
Somewhat Agree	125	40%
Somewhat Disagree	16	5%
Strongly Disagree	11	4%
No response	3	1%

f. The store is clean.	Number (n = 309)	Percentage
Strongly Agree	163	53%
Somewhat Agree	113	36%
Somewhat Disagree	18	6%
Strongly Disagree	12	4%
No response	3	1%

g. The store is easy to get to.	Number (n = 309)	Percentage
Strongly Agree	179	58%
Somewhat Agree	84	27%
Somewhat Disagree	24	8%
Strongly Disagree	18	6%
No response	4	1%

6. How do you pay for most of your groceries? [Select one]**6a. Forms of payment¹**

Answer	Number (n = 309)	Percentage
Cash/Check/Debit Card	209	68%
Supplemental Nutrition Assistance Program (SNAP) / Electronic Benefits Transfer (EBT) Card	208	67%
Special Supplemental Nutrition Program for Women, Infants and Children (WIC)	11	4%
Credit Card	10	3%
Other (Ecash)	1	0.3%
No response	7	2%

¹Some respondents gave more than one response

6b. Different combinations of how residents pay for food

Different combinations of payments used by households	Number (n = 309)	Percentage
Cash & EBT	106	35.1%
Cash/Check/Debit Card	89	29.5%
EBT	85	28.1%
Cash, EBT, WIC	6	2.0%
Cash, Credit Card & EBT	5	1.7%
EBT & WIC	4	1.3%
Cash & Credit Card	2	0.7%
Credit Card & EBT	2	0.7%
Credit Card	1	0.3%
Cash & WIC	1	0.3%
Other (Ecash)	1	0.3%
No Response	7	2%

6c. Number of households that use EBT and/or WIC at the place they shop most

Grocery Store	Users of EBT and/or WIC (n = 211)		ALL respondents (n = 309)	
	Number	Percentage	Number	Percentage
Safeway	56	27%	91	29%
Lam's Seafood	48	23%	53	17%
Viet Wah	31	15%	37	12%
QFC	20	9%	36	12%
Red Apple	11	5%	24	8%
WinCo Foods	12	6%	17	6%
Hau Hau Market	7	3%	12	4%
Grocery Outlet	7	3%	11	4%
Costco	5	2%	9	3%
Dong Sing	6	3%	6	2%
Chinatown	6	3%	6	2%
Minh Tam	5	2%	5	2%
Trader Joe's	3	1%	4	1%
Food Assistance Program	1	0%	4	1%
Cash and Carry	1	0%	3	1%
Towfiq	1	0%	3	1%
Uwajimaya	2	1%	3	1%
Wal-Mart	1	0.5%	3	1%
Walgreens	1	0.5%	2	1%
Sam's Club	0	0%	2	1%
DK Market	1	0.5%	1	0.3%
Dong Hing	1	0.5%	1	0.3%
Haramian	1	0.5%	1	0.3%
IGA	0	0%	1	0.3%
Marwa Halal	0	0%	1	0.3%
Other	7	3%	10	3%
No response	11	5%	17	6%

7. What are the top five food items that you purchase every week?¹

Top 10 most purchased food items	Number (n = 309)	Percentage
Vegetables	174	56%
Fruits	131	42%
Milk	123	40%
Meat	112	36%
Chicken	92	30%
Rice	89	29%
Fish	82	27%
Bananas	77	25%
Bread	64	21%
Eggs	51	17%
No Response	1	0.3%

¹Over 100 food items were listed. These represent the top 10 food items listed by respondents. Some respondents listed particular food items while others listed food groups such as meat. Many respondents listed items that were given as an example within the text of the survey. Also, some respondents provided more than five food items.

8. Which of these have you or those in your family used this year? [Check all that apply]

Answer	Number (n = 309)	Percentage
Food stamps/EBT	263	85%
Food Bank	97	31%
School lunch and/or breakfast program	53	17%
WIC	34	11%
Summer food service program	23	7%
Saturday Free Market/Food not bombs	17	6%
Nutrition program for the elderly	11	4%
Meals on Wheels program	0	0%
Other	7	2%
None of these	20	6%
No response	5	2%

9. How often do you eat about a half-cup of fruit or vegetables? [Select one]

Answer	Number (n = 309)	Percentage
1 time a week or less	31	10%
2 - 6 times a week	64	21%
1 time a day	121	39%
2 – 4 times a day	80	26%
5 or more times a day	10	3%
No response	3	1%

10. Would any of the following help you and your family eat more fruits or vegetables?

a. Lower prices where I/we shop	Number (n = 309)	Percentage
Very Likely	197	64%
Somewhat Likely	92	30%
Somewhat Unlikely	12	4%
Very Unlikely	6	2%
No response	2	1%

b. Better quality fruits and vegetables where I/we shop	Number (n = 309)	Percentage
Very Likely	185	60%
Somewhat Likely	99	32%
Somewhat Unlikely	17	6%
Very Unlikely	6	2%
No response	2	1%

c. More selection of fruits and vegetables where I/we shop	Number (n = 309)	Percentage
Very Likely	190	61%
Somewhat Likely	83	27%
Somewhat Unlikely	21	7%
Very Unlikely	8	3%
No response	7	2%
Total Respondents	309	100%

d. New or improved store within walking distance	Number (n = 309)	Percentage
Very Likely	200	65%
Somewhat Likely	75	24%
Somewhat Unlikely	16	5%
Very Unlikely	13	4%
No response	5	2%

e. More stores accepting SNAP/EBT or WIC	Number (n = 309)	Percentage
Very Likely	192	62%
Somewhat Likely	73	24%
Somewhat Unlikely	11	4%
Very Unlikely	24	8%
No response	9	3%

**11. Do you currently get fruits and vegetables from any of the following gardens?
[Check all that apply]**

Answer	Number (n = 309)	Percentage
Your own backyard garden	39	13%
Your own plot in a community garden	12	4%
From your neighbor or friend's garden	26	8%
Donated from a program or organization	27	9%
Other	2	1%
Planting flowers to use as an altar offering	1	
Front yard garden and fruit tree	1	
None of the above	224	72%
No response	3	1%

12. Would you use any of these places if they were part of Yesler Terrace? [Check all that apply]

Answer	Number (n = 309)	Percentage
A grocery store ¹	173	56%
A farmer's market	142	46%
Garden/P-Patch plot	64	21%
Food carts/trucks	37	12%
None of the above	99	32%
No response	3	1%

¹Some respondents noted they would use a grocery store if the prices were low.

13. Do any of these dietary needs apply to you? [Check all that apply]

Answer	Number (n = 309)	Percentage
Vegan/Vegetarian ¹	100	32%
Halal	77	25%
Gluten-Free	15	5%
Kosher	4	1%
Other	14	5%
Diabetic	4	
None	174	56%
No response	3	1%

¹Several respondents noted they were vegan/vegetarian on certain days or only two days per month

SECTION B: EXERCISE AND WALKING

14. Where do you exercise?¹ [Check all that apply]

Answer	Ages 21-49 (n = 100)		Ages 50-64 (n = 99)		65 and older (n = 103)		Combined (n = 309)	
	#	%	#	%	#	%	#	%
Walking/running in the neighborhood	70	70%	66	67%	75	73%	216	70%
At home	61	61%	67	68%	56	54%	189	61%
Parks	11	11%	17	17%	12	12%	41	13%
At the Yesler Community Center	27	27%	17	17%	8	8%	52	17%
A garden	9	9%	15	15%	8	8%	32	10%
Walking at the mall	9	9%	13	13%	7	7%	30	10%
At another community center	11	11%	7	7%	5	5%	23	7%
Biking in the neighborhood	11	11%	2	2%	2	2%	15	5%
A swimming pool	4	4%	5	5%	6	6%	15	5%
Physical therapy	2	2%	7	7%	4	4%	13	4%
A private gym or fitness center	2	2%	5	5%	5	5%	12	4%
I don't exercise	0	0%	3	3%	5	5%	9	3%
Exercise class	3	3%	2	2%	1	1%	6	2%
Other	9	9%	2	2%	1	1%	12	4%
At work	5		1		1		7	
Walk to destination	3		1		7		11	
Bailey Gatzert	1		0		0		1	
Senior Center			3		0		3	
Tai Chi and Qi Gong			1		0		1	
No response	2	2%	0	0%	0	0%	2	1%

¹We did not ask the respondents for their age on the survey. This age data was extrapolated from February 2012 data based on household unit numbers, and assumes that the person who actually filled out the survey is the same individual that is listed as the sole head of household. The age was not available for seven of the households.

15. Do you have a physical condition that affects your ability to walk?

[If yes, skip to Section C]

Answer	Number (n = 309)	Percentage
No - Answered walking questions	225	73%
No - Skipped questions	2	1%
No Total	227	73%
Yes - Answered walking questions ¹	43	14%
Yes - Skipped questions	19	6%
Yes Total	62	20%
No Response-Answered walking questions	19	6%
No Response - Skipped to Section C	1	0.3%
No response Total	20	6%

¹ Some mentioned that while they have health issues that affects their ability to walk, that they still do walk. A total of 287 individuals answered the walking questions, despite their physical condition that affects their ability to walk.

16. When you walk around Yesler Terrace, what are the reasons you walk?

[Check all that apply]

Answer	Those with no walking disability (n = 225)		Total respondents (n = 287)	
	Number	Percentage	Number	Percentage
Exercise	165	73%	211	74%
Going to the bus stop	112	50%	146	51%
Visiting neighbors or friends	67	30%	114	40%
Going to a specific place	79	35%	108	38%
Enjoying the outdoors	75	33%	94	33%
Going out with children	48	21%	70	24%
I don't walk around Yesler Terrace	7	3%	9	3%
Walking my dog	4	2%	7	2%
Other	5	2%	11	4%
Walking to church	4		8	

17. On average, how often do you go for walks around Yesler Terrace?¹**17a. How often residents go for walks based on whether they walk for exercise.**

Answer	Responded in #16 that they walk for exercise (n = 210)		Responded in #16 that they do not walk for exercise (n = 77)	
	#	%	#	%
Almost every day	139	66%	31	40%
A few times a week	44	21%	12	16%
A few times a month	16	8%	8	10%
Rarely	8	4%	28	26%
Never	3	1%	6	8%

¹One individual that responded that they walk for exercise did not respond to this question.

17b. How often residents go for walks based on age range

Answer	Ages 21-49 ¹ (n = 95)		Ages 50-64 (n = 88)		65 and over (n = 98)		All respondents (n = 287)	
	#	%	#	%	#	%	#	%
Almost every day	52	55%	49	56%	64	65%	170	59%
A few times a week	15	16%	20	23%	20	20%	56	20%
A few times a month	12	13%	8	9%	4	4%	24	8%
Rarely	12	13%	9	10%	7	7%	28	10%
Never	4	4%	2	2%	3	3%	9	3%

¹We did not ask the respondents for their age on the survey. This age data was extrapolated from February 2012 data based on household unit numbers, and assumes that the person who actually filled out the survey is the same individual that is listed as the sole head of household. The age was not available for six of the households.

18. Do you ever avoid walking around Yesler Terrace for any of these reasons?
[Check all that apply]

18a. Reasons respondents avoid walking based on primary language spoken¹

Answer	Vietnamese (n = 95)		Somali (n = 62)		Tigrinya (n = 11)		All respondents (n = 287)	
	#	%	#	%	#	%	#	%
Dark	77	81%	39	63%	6	55%	190	66%
Weather	80	84%	38	61%	6	55%	202	70%
Traffic	33	35%	29	47%	1	9%	87	30%
Criminal Activity	26	27%	40	65%	5	45%	113	39%
Other	1	1%	5	8%	0	0%	21	7%
None	5	5%	9	15%	4	36%	34	12%

¹ Language categories based on those who requested assistance in filling out the survey in that specific language. The top three languages were selected out of eight languages based on having the highest numbers of respondents.

18b. Reasons respondents avoid walking based on age¹

Answer	Ages 21-49 (n = 96)		Ages 50-64 (n = 88)		Ages 65 and over (n = 97)		All respondents (n = 287)	
	#	%	#	%	#	%	#	%
Dark	58	60%	59	67%	69	71%	190	66%
Weather	64	67%	59	67%	75	77%	202	70%
Traffic	29	30%	28	32%	27	28%	87	30%
Criminal Activity	50	52%	32	36%	34	35%	113	39%
Other	8	8%	10	11%	3	3%	21	7%
None	17	18%	7	8%	9	9%	34	12%

¹ We did not ask the respondents for their age on the survey. This age data was extrapolated from February 2012 data based on household unit numbers, and assumes that the person who actually filled out the survey is the same individual that is listed as the sole head of household. The age was not available for six of the households.

SECTION C: CHILDREN AND EXERCISE

19. Do you have any children ages 5 to 18 that live in your home? [If No, end the survey]

Answer	Number (n = 309)	Percentage
Households with kids 5-18	103	33%

20. For your YOUNGEST CHILD that is between 5 and 18 years old, how old is that child?

Age of youngest child	Number (n = 103)	Percentage
5	15	14.6%
6	10	9.7%
7	11	10.7%
8	4	3.9%
9	8	7.8%
10	9	8.7%
11	7	6.8%
12	5	4.9%
13	7	6.8%
14	2	1.9%
15	7	6.8%
16	4	3.9%
17	6	5.8%
18	4	3.9%
unknown	4	3.9%

21. For your YOUNGEST CHILD, how does this child arrive to school on most days?¹
[Check all that apply]

Answer	Ages 5-12 (n = 69)		Ages 13-18 (n = 30)		All Respondents (n = 103)	
	Number	Percentage	Number	Percentage	Number	Percentage
Walk	44	64%	16	53%	61	59%
Take the school bus	26	38%	12	40%	40	39%
The family car	17	25%	11	37%	30	29%
Take the public transit bus	7	10%	12	40%	22	21%
Carpool	1	1%	1	3%	2	2%
Child does not go to school	1	1%	0	0%	1	1%
Bike	0	0%	0	0%	0	0%
No response	2	3%	0	0%	2	2%

¹Four respondents did not provide the age of their youngest child.

22. Do you think your YOUNGEST CHILD feels safe traveling to and from school?

Answer	Number (n = 103)	Percentage
Yes	87	84%
No	14	14%
No response	2	2%

23. How often is your YOUNGEST CHILD physically active in the following places?¹

Answer (n = 103)	Never		1-3 times/ month		Once a week		2-3 times/ week		4 or more times/ week		No response	
	#	%	#	%	#	%	#	%	#	%	#	%
a. Inside your home	9	9%	11	11%	3	3%	5	5%	72	70%	3	3%
b. In your backyard	17	17%	10	10%	10	10%	10	10%	51	50%	5	5%
c. Local streets/sidewalk around Yesler	29	28%	13	13%	17	17%	13	13%	25	24%	6	6%
d. Biking around Yesler	48	47%	6	6%	13	13%	12	12%	17	17%	7	7%
e. Garden/field/playground in Yesler	35	34%	9	9%	14	14%	19	18%	22	21%	4	4%
f. At the Community Center	20	19%	12	12%	20	19%	13	13%	32	31%	6	6%
g. Indoor facility outside Yesler	21	20%	17	17%	15	15%	14	14%	29	28%	7	7%
h. Park outside Yesler	23	22%	15	15%	13	13%	19	18%	29	28%	4	4%

¹One respondent mentioned that her child was handicapped, thus the child “never” played in any of the places listed. This person’s answers are included in the table above.

24. In regards to your child’s physical activity OUTDOORS in YESLER TERRACE, how do you feel about the following statements?

Answer (n = 103)	Strongly Agree		Somewhat Agree		Somewhat Disagree		Strongly Disagree		No Response	
	#	%	#	%	#	%	#	%	#	%
a. There are many activities to choose from.	25	24%	38	37%	20	19%	17	17%	3	3%
b. There is enough play equipment (e.g. playset, basketball hoop, etc).	19	18%	44	43%	18	17%	19	18%	3	3%
c. There is enough adult supervision.	24	23%	34	33%	21	20%	20	19%	4	4%
d. There are many other children playing outside.	32	31%	41	40%	16	16%	11	11%	3	3%
e. There is lots of crime (e.g. strangers, gangs, drugs) which makes it unsafe to play.	24	23%	35	34%	23	22%	18	17%	3	3%
f. There is lots of traffic which makes it unsafe to play.	27	26%	37	36%	15	15%	19	18%	5	5%

DEMOGRAPHICS OF RESPONDENTS

A. Those that completed the survey with the help of an interpreter¹

Interpreter language	Respondent Number (n = 309)	Respondent Percentage	Known Universe ²	Respondent/ Universe
Vietnamese	98	31.72%	127	77.17%
Somali	65	21.04%	72	90.28%
Tigrinya	15	4.85%	28	53.57%
Amharic	7	2.27%	19	36.84%
Cantonese	6	1.94%	16	37.50%
Khmer	3	0.97%	5	60.00%
Oromo	2	0.65%	16	12.50%
Mandarin	1	0.32%	2	50.00%
TOTAL - RECEIVED INTERPRETER ASSISTANCE	197	63.75%	285	69.12%
TOTAL - FILLED OUT BY THEMSELVES	112	36.25%		

¹ Neighborhood House was contracted to do outreach and surveying in Khmer and Vietnamese and 2 other individuals were contracted to do outreach and surveying in Amharic, Somali, Tigrinya

² Known universe is based off February 2012 data of those households that requested interpreter services in these specific languages

B. Race

Race	Respondent Number (n = 309)	Respondent Percentage	Universe Number ²	Universe Percentage
Alaska Native/American Indian	4	1.29%	13	2.70%
Asian/Asian American	140	45.31%	206	42.74%
Black/African American	131	42.39%	214	44.40%
Caucasian	30	9.71%	48	9.96%
Native Hawaiian/Pacific Islander	1	0.32%	1	0.21%
Unknown	3	0.97%		

We did not ask the respondents for their identified race on the survey. This race information was extrapolated from February 2012 data based on household unit numbers. This assumes that the person who actually filled out the survey is the same individual that is listed as the sole head of household.

² The total number of households was based on October 2012 data. We mailed surveys to a total of 483 heads of households

C. Respondents' Age¹

Age range	Number (n = 309)	Percentage
21-29	15	4.9%
30-39	33	10.7%
40-49	52	16.8%
50-59	52	16.8%
60-64	47	15.2%
Age 21-64	199	64.4%
65-69	30	9.7%
70-79	52	16.8%
80-89	20	6.5%
90-95	1	0.3%
Ages 65+	103	33.3%
Age unknown	7	2.3%

¹We did not ask the respondents for their age on the survey. This age data was extrapolated from February 2012 data based on household unit numbers, and assumes that the person who actually filled out the survey is the same individual that is listed as the sole head of household. The age was not available for seven of the households.

SURVEY METHODS

E. How respondents turned in the survey¹

How respondents turned in the survey	Number (n = 309)	Percentage
Multilingual Interviewers		
- In Vietnamese and Khmer	96	31.1%
- In Somali	67	21.7%
- In Amharic and Tigrinya	12	3.9%
Total Surveys from Interviewers	175	56.6%
Received through U.S. Postal Service	38	12.3%
Returned to Property Management Office	32	10.4%
Returned to PM office - After receiving flyer ²	30	9.7%
Completed over the phone with coordinator	23	7.4%
Assisted by Property Management Office	8	2.6%
Completed surveys with no unit #	3	1.0%

¹There was an issue with the return envelope mailing address, and in some cases, the post office cited it as an insufficient address. Therefore, there were quite a few people who mailed their survey in which were not received. These people were instructed by the interviewers and property management to fill out another survey and to turn them into the Property Management Office or to the multi-lingual interviewers.

² A flyer and survey was hung up on every household door to let people know that there was an extension on the survey deadline and to request that people complete and return the survey again if they had sent it through the mail.

F. Survey language which respondents used to complete the survey¹

The language of the survey questions	Number (n = 309)	Percentage
English - without interpreter assistance	112	36%
English ² - with interpreter assistance	111	36%
Somali - all with interpreter assistance	52	17%
Vietnamese - with interpreter assistance	32	10%
Vietnamese - without interpreter assistance	1	0.3%
Mandarin	1	0.3%
Amharic	0	0%
Tigrinya	0	0%

¹The survey was translated into the 5 major languages known to be spoken by households of Yesler Terrace.

² Although a survey was conducted by an interviewer in a language other than English, in some cases the Interviewer completed the written survey in English.