

SURVEY NAME

NATIONWIDE- UNITED HEALTH WALKING SURVEY

DATE

Monday, March 2, 2020

Demographics

Total responses

1067

Age groups

**18 - 24 (7.69%), 25 - 34 (19.87%), 35 - 44 (19.4%),
45 - 54 (18.93%), > 54 (34.11%)**

Country

United States

Gender

Female (59.04%), Male (40.96%)

Q1

TYPE: SINGLE SELECTION

How often do you go for walks?

#	ANSWERS	ANSWERS(%)	COUNT
A1	Never	2.53%	27
A2	Rarely	14.71%	157
A3	A few times a month	18.65%	199
A4	1-2 days a week	16.49%	176
A5	3-4 days a week	18.65%	199
A6	5-6 days a week	11.90%	127
A7	Everyday	17.06%	182

TOTAL UNIQUE RESPONDENTS 1067

Q3

TYPE: SINGLE SELECTION

How many years have you been going on walks regularly?

#	ANSWERS	ANSWERS(%)	COUNT
A1	< 1 year	7.68%	39
A2	1-2 years	12.99%	66
A3	2-3 years	15.55%	79
A4	3-5 years	14.37%	73
A5	> 5 years	47.83%	243
A6	Do not know	1.57%	8

TOTAL UNIQUE RESPONDENTS 508

Q4

TYPE: MULTIPLE SELECTION

Where do you regularly walk when the weather is “okay”?

#	ANSWERS	RESPONDENTS(%)	ANSWERS(%)	COUNT
A1	Gym	17.91%	10.42%	91
A2	Treadmill at home	16.54%	9.62%	84
A3	Parks/forests	45.47%	26.46%	231
A4	Side walks/streets	82.68%	48.11%	420
A5	Other	9.25%	5.38%	47

TOTAL UNIQUE RESPONDENTS 508

Q5

TYPE: MULTIPLE SELECTION

What do you enjoy doing while walking?

#	ANSWERS	RESPONDENTS(%)	ANSWERS(%)	COUNT
A1	Meditation	28.54%	13.65%	145
A2	Brainstorming/Thinking	59.45%	28.44%	302
A3	Learn something via audio book	11.81%	5.65%	60
A4	Listen to a podcast	20.87%	9.98%	106
A5	Listen to music	64.57%	30.89%	328
A6	Take pictures	23.82%	11.39%	121

TOTAL UNIQUE RESPONDENTS 508

Q6

TYPE: SINGLE SELECTION

What originally motivated you to begin walking regularly?

#	ANSWERS	ANSWERS(%)	COUNT
A1	A family member motivated me to walk.	8.86%	45
A2	A friend or acquaintance motivated me to walk.	5.31%	27
A3	A health care professional motivated me to walk.	13.98%	71
A4	An organization in my community motivated me to walk.	0.98%	5
A5	I heard or read about the benefits of walking in the media.	6.69%	34
A6	I just decided to walk on my own.	39.96%	203
A7	The organization I work for motivated me to walk.	1.57%	8
A8	Getting a dog motivated me to walk.	13.39%	68
A9	I don't remember the reason.	3.54%	18
A10	Other	5.71%	29

TOTAL UNIQUE RESPONDENTS 508

Q7

TYPE: MULTIPLE SELECTION

What is the reason you do not go for walks more frequently?

#	ANSWERS	RESPONDENTS(%)	ANSWERS(%)	COUNT
A1	Tired or lacking energy	27.19%	15.25%	152
A2	Health problems	24.51%	13.74%	137
A3	Class/gym membership is too expensive	3.40%	1.91%	19
A4	Don't have enough time	30.23%	16.95%	169
A5	Bad weather	33.63%	18.86%	188
A6	Self-conscious	7.51%	4.21%	42
A7	Don't have anyone to exercise with	13.60%	7.62%	76
A8	No place to stop and rest	4.29%	2.41%	24
A9	No place to walk	9.30%	5.22%	52
A10	Afraid of getting hurt	5.55%	3.11%	31
A11	No safe place to exercise or walk	10.55%	5.92%	59
A12	Too much to learn to exercise	1.97%	1.10%	11
A13	Other	6.62%	3.71%	37

TOTAL UNIQUE RESPONDENTS 559

Q8

TYPE: SINGLE SELECTION

Are there pedestrian trails (walking or running paths, hiking trails, etc.) in or near your neighborhood that are easy to get to?

#	ANSWERS	ANSWERS(%)	COUNT
A1	Yes	63.36%	676
A2	No	32.52%	347
A3	I don't know	4.12%	44

TOTAL UNIQUE RESPONDENTS 1067

Q9

TYPE: SINGLE SELECTION

Do you own one or more dogs?

#	ANSWERS	ANSWERS(%)	COUNT
A1	Yes	50.52%	539
A2	No	49.48%	528

TOTAL UNIQUE RESPONDENTS 1067

Q10

TYPE: SINGLE SELECTION

Please select the statement that most applies to you:

#	ANSWERS	ANSWERS(%)	COUNT
A1	I walk equally to take care of my pet and also for other reasons such as to exercise or to relax.	76.58%	412
A2	I walk equally to take care of my pet and also to get to a specific destination.	9.67%	52
A3	I walk mainly to take care of my pet.	13.75%	74

TOTAL UNIQUE RESPONDENTS 538

Q11

TYPE: MATRIX, SINGLE SELECTION

How beneficial do you believe walking regularly is to you in terms of your:

#	ANSWERS	NOT BENEFICIAL AT ALL	SOMEWHAT BENEFICIAL	MOSTLY BENEFICIAL	EXTREMELY BENEFICIAL
A1	General Well-Being	2.06%	17.90%	28.96%	51.08%
A2	Physical Fitness	1.88%	16.98%	35.74%	45.40%
A3	Ability To Do Things	2.35%	20.83%	37.90%	38.93%
A4	Confidence	4.97%	24.11%	35.93%	34.99%
A5	Level Of Breathlessness	7.62%	25.02%	35.47%	31.89%

TOTAL UNIQUE RESPONDENTS 1067

Q12

TYPE: MATRIX, SINGLE SELECTION

Please select your level of agreement with the following statements:

#	ANSWERS	ALMOST ALWAYS	MOST OF THE TIME	SOME OF THE TIME	ALMOST NEVER	NEVER
A1	I have a hard time feeling relaxed	11.06%	21.56%	43.58%	18.74%	5.06%
A2	I feel like I don't have enough time to do everything	19.04%	24.30%	34.15%	17.26%	5.25%
A3	I feel stressed overall	14.84%	20.09%	39.53%	18.31%	7.23%

TOTAL UNIQUE RESPONDENTS 1067

Q13

TYPE: SINGLE SELECTION

If you were to have a “bucket list” of hikes, which of the following US hikes is at the top of your list?

#	ANSWERS	ANSWERS(%)	COUNT
A1	Appalachian Trail (Eastern United States)	19.96%	213
A2	Grand Canyon Rim-to-Rim (Arizona, USA)	21.37%	228
A3	Kalalau Trail (Hawaii, USA)	24.84%	265
A4	Garden of the Gods (Colorado Springs, USA)	10.68%	114
A5	Zion Narrows (Zion National Park, Utah)	4.78%	51
A6	Pacific Crest Trail (Western United States)	9.47%	101
A7	Half Dome (Yosemite National Park, USA)	8.90%	95

TOTAL UNIQUE RESPONDENTS 1067

Q14

TYPE: SINGLE SELECTION

If you were to have a “bucket list” of hikes, which of the following international hikes is at the top of your list?

#	ANSWERS	ANSWERS(%)	COUNT
A1	Cinque Terre National Park (Italy, Europe)	27.09%	289
A2	Everest Base Camp (Nepal/Tibet,China)	9.37%	100
A3	Kilimanjaro (Tanzania, Africa)	15.28%	163
A4	Overland Track (Tasmania, Australia)	17.81%	190
A5	Routeburn Track (New Zealand)	15.84%	169
A6	Tour du Mont Blanc (Europe)	14.62%	156

TOTAL UNIQUE RESPONDENTS 1067

Q15

TYPE: SINGLE SELECTION

In what type of residence do you live?

#	ANSWERS	ANSWERS(%)	COUNT
A1	Separate or stand alone one family home	62.51%	667
A2	Connected townhouses or row of houses	7.69%	82
A3	Multiple family or duplex home	6.56%	70
A4	Apartment or condo building	20.24%	216
A5	Other	3.00%	32

TOTAL UNIQUE RESPONDENTS 1067

Q16

TYPE: SINGLE SELECTION

Would you say that you are physically more active, less active, about as active as other people your age?

#	ANSWERS	ANSWERS(%)	COUNT
A1	More active	42.08%	449
A2	Less active	31.12%	332
A3	Same	26.80%	286

TOTAL UNIQUE RESPONDENTS 1067

Q17

TYPE: SINGLE SELECTION

How often do you walk a mile or more at a time, without resting?

#	ANSWERS	ANSWERS(%)	COUNT
A1	Everyday	15.28%	163
A2	4-6 days a week	16.68%	178
A3	2-3 days a week	23.90%	255
A4	1 day a week	8.43%	90
A5	Less than 1 day a week	15.46%	165
A6	Never	20.24%	216

TOTAL UNIQUE RESPONDENTS 1067

Q18

TYPE: SINGLE SELECTION

How important is exercise to you?

#	ANSWERS	ANSWERS(%)	COUNT
A1	Extremely important	25.49%	272
A2	Very Important	31.40%	335
A3	Moderately Important	26.80%	286
A4	Slightly Important	12.65%	135
A5	Not At All Important	3.66%	39

TOTAL UNIQUE RESPONDENTS 1067

Q19

TYPE: SINGLE SELECTION

What is your preferred method of staying active?

#	ANSWERS	ANSWERS(%)	COUNT
A1	Walking	52.76%	563
A2	Running	4.22%	45
A3	Gym	9.65%	103
A4	Hiking	7.03%	75
A5	Swimming	7.03%	75
A6	Surfing	0.66%	7
A7	Yoga	5.81%	62
A8	Pilates	0.94%	10
A9	Dance	4.22%	45
A10	Weight Lifting	5.62%	60
A11	Team Sports	2.06%	22

TOTAL UNIQUE RESPONDENTS 1067

Q20

TYPE: SINGLE SELECTION

Do you use a digital device to track how much you walk? (i.e. watch, smartphone, etc)

#	ANSWERS	ANSWERS(%)	COUNT
A1	Yes	44.05%	470
A2	No	55.95%	597

TOTAL UNIQUE RESPONDENTS 1067

Q21

TYPE: SINGLE SELECTION

On a perfect day, where would you prefer to walk?

#	ANSWERS	ANSWERS(%)	COUNT
A1	Beach	65.79%	702
A2	Mountain	34.21%	365

TOTAL UNIQUE RESPONDENTS 1067

Q22

TYPE: SINGLE SELECTION

On a perfect day, where would you prefer to walk?

#	ANSWERS	ANSWERS(%)	COUNT
A1	Countryside	79.66%	850
A2	City	20.34%	217

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