



PennState
Harrisburg

Center for Survey Research

Statewide Comprehensive Outdoor Recreation Plan Minority Focus Groups

Conducted for:

**Pennsylvania Department of Conservation
& Natural Resources**

Prepared by:

**Center for Survey Research
Penn State Harrisburg**

June 2019

Table of Contents

Key Findings.....	ii
Introduction.....	1
Methodology.....	1
Institutional Review Board.....	1
Site Selection.....	1
Moderator’s Guide	1
Participant Recruiting.....	2
Procedures	2
Demographic Characteristics of Participants	2
Data Analysis	3
Study Limitations	3
Discussion.....	4
APPENDIX A - MODERATOR’S GUIDE	10
APPENDIX B - MAIL INVITATION 1	12
APPENDIX C - MAIL INVITATION 2	13
APPENDIX D - INFORMED CONSENT	14
APPENDIX E - INTAKE FORM.....	15
APPENDIX F - DEMOGRAPHIC CHARACTERISTICS OF PARTICIPANTS	17

KEY FINDINGS

1. Participation in Outdoor Recreation

- Almost all focus group participants reported that they engaged in some type of outdoor recreation.
- The few participants that did not take part in outdoor recreation indicated that they did not have time or were just not interested.
- All participants shared that most of their outdoor recreation was done at neighborhood or community parks, trails, or sports fields.
- Convenience, proximity, and safety were the main reasons participants chose their local parks and trails for outdoor recreation.
- Participation in outdoor recreation varied greatly depending on the time of year and day of the week. For most participants, nice weather and weekends were the best times to enjoy and participate in outdoor recreation activities.

2. Benefits & Challenges of Outdoor Recreation

- There was general agreement that improving health, relieving stress, and fresh air were benefits of outdoor recreation.
- Participants also associated outdoor recreation with people.
- Challenges or drawbacks of outdoor recreation mentioned by both groups included mosquito and insect bites and high pollen levels.

3. Familiarity with Recreation Areas

- Generally, focus group participants were familiar with local and community parks rather than state parks, trails, or forests.

4. Safety in Recreation Areas

- Participants in both groups agreed that they felt safe in recreation areas near their home.
- Safety on trails was a concern for most participants. Both groups shared that since these areas tend to be unlit and more wooded, they did not feel as safe.

- For participants in the African American group, going to parks in areas outside of their neighborhood or community were concerning due to worries of racism or stereotyping.

5. Feeling Welcome at Recreation Areas

- Most participants in the African American group indicated that they felt uncomfortable in certain recreation areas. This group noted that this was usually the case in recreation areas, parks, or at events where they did not encounter many other minorities.
- Participants in the Hispanic group stated that they felt welcome at most outdoor recreation areas.

6. Use of Neighborhood Parks

- Both groups agreed that neighborhood parks were mostly used for sports, exercise, and play areas for children.

7. Health & Wellness

- Improving mental and physical health was a main motivation to get outside that was discussed by both groups.
- Drug concerns, especially increases in opioid use and overdosing, was a health concern for their community that was shared by each group.
- Obesity and mental health issues were concerns for their community expressed by participants in the African American group.
- Participants in the Hispanic group focused the discussion of their community concerns on insect born illnesses.
- When asked for ideas to make their communities healthier, participants in each group focused on a different area. While participants in the African American group discussed improvements to education, employment opportunities, and increased funding, those in the Hispanic group focused mainly on providing more activities for children and the under-privileged.
- Many participants in both groups shared that they did engage in some type of physical activity even if it was not related to parks or outdoor recreation.

- Time was the main challenge faced by participants in both groups in maintaining or increasing their physical activity.
- For most participants in both groups having a doctor advise spending more time exercising outside would not affect their behavior.

8. Technology & Information About Recreation

- Internet searches were the main way that participants in both groups would use to find information about recreation areas and community resources for recreation. Participants felt this was the easiest, fastest, and most reliable way to access this information.
- Facebook events were noted by participants in the Hispanic group as a way they would search for information on recreation opportunities and events in their community.
- Social media apps such as Facebook, Twitter, and Instagram were used by almost all focus group participants. In fact, most stated that they would use apps to get information about outdoor recreation.
- Only a few participants in each group reported using wearable technology to track outdoor exercise. Those individuals that did used either an Apple watch, Fitbit, or an exercise app like My Fitness Pal.

INTRODUCTION

The Center for Survey Research (CSR) at Penn State Harrisburg conducted two focus groups of minorities on behalf of the Pennsylvania Department of Conservation & Natural Resources (DCNR). One group focused on Black/African Americans, and the second on Hispanic/Latinos. The goal of the discussions was to explore the views and opinions of minorities on outdoor recreation. Data collected during the focus groups will help inform DCNR's Statewide Comprehensive Outdoor Recreation Plan. Sixteen minorities participated in the discussions in April and June 2019 at the Penn State Harrisburg campus in Middletown, Pennsylvania.

METHODOLOGY

Institutional Review Board

The study protocol, recruiting materials, consent form, intake form, and final moderator's guide were covered under study number 00011522 by Penn State University's Office for Research Protections. The study was classified as non-research status.

Site Selection

The focus groups were held in the focus group facility in Church Hall on the campus of Penn State Harrisburg. This location was selected since it was central to the area, easily accessible, and convenient for participants. The facility also allowed staff from DCNR to view the focus group discussions from behind a one-way mirror.

Moderator's Guide

CSR staff worked in consultation with staff from DCNR to develop a moderator's guide of questions for use in the focus group. Discussion topics included: definition of outdoor recreation, participation and views of outdoor recreation, familiarity with, location of, use, and feelings about outdoor recreation areas in their community, health and wellness, and technology use. See Appendix A for a copy of the moderator's guide that was used during the sessions.

Participant Recruiting

A mail invitation was the main recruiting tool utilized by CSR staff. A listed household sample with age (18 to 65 years of age) and race targets was purchased from Marketing Systems Group in Horsham, Pennsylvania. The sample included potential participants with zip codes within a 20-mile radius of the Penn State Harrisburg campus. A total of 600 mail invitations were sent out to recruit for the focus group of Black/African Americans, and 1,000 mail invitations were sent to recruit for the Hispanic/Latino focus group. A copy of the mail invitations can be found in Appendices B and C.

Interested participants were directed to contact CSR via phone, toll-free voicemail, or email to indicate their interest. CSR then selected participants to ensure a good mix of individuals were included in the focus group session. After this process, participants were given final confirmation of the location of the session via email. Reminder emails were placed the day before the session, and a reminder text was sent the day of the session to confirm attendance.

Procedures

The focus groups were conducted by CSR staff members experienced with qualitative methods and facilitation; one researcher moderated the discussion while the other served as a note taker. Prior to the start of each group, participants reviewed a consent form and completed an intake form designed to collect demographic information (Appendices D and E respectively). A meal was available prior to and during the session. The sessions lasted approximately 90 minutes and included 8 participants in each.

Demographic Characteristics of Participants

Focus group participants ranged in age from 23 to 66, with a mean age of 44.19 years old. Over three-fifths of participants were male (62.5%). Half of the focus group participants identified as Hispanic (53.3%). Three-fifths of participants reported they were Black/African American, while just over one quarter identified as “Other” race. Over two-thirds of participants had a two-year degree or some college education (66.7%). Participants mostly identified as married or living with a partner (68.8%), and a majority indicated they had children either minor or non-minor (93.3%). Children of participants ranged in age from less than a year old to 37, with a mean age of 17.64 years old. Over three quarters of participants reported working full-time (68.8%) or part-time (12.5%). Income was varied greatly among participants. See Appendix F for a full table of participant demographic characteristics.

Data Analysis

A notes-based approach to analysis was used for the focus group utilizing the detailed notes of the discussion. Key themes were identified from the notes taken by the assistant moderator.

Study Limitations

The rigorous qualitative research methods used for this study are useful for exploration and discovery, for context and depth, and for interpretation of the topics discussed during the sessions. It should be noted that although this type of research provides rich, detailed responses, the results are not generalizable to the populations being studied. Rather, one should think of the concept of transferability, in other words, whether or not the findings can transfer to another environment or situation¹.

¹ Krueger, R. A., & Casey, M. (2000). *Focus groups: A practical guide for applied research* (3rd ed.). Thousand Oaks, CA: Sage Publications, Inc.
Center for Survey Research
Penn State Harrisburg

DISCUSSION

Focus group participants shared their views and opinions regarding participation and views of outdoor recreation; familiarity with, location of, use, and feelings about outdoor recreation areas in their community; health and wellness; and technology use. This information is incorporated and organized by topics discussed during the focus groups.

Participation in Outdoor Recreation

Almost all focus group participants reported that they engaged in some type of outdoor recreation.

For many of the participants, their outdoor recreation was walking. Other types of outdoor recreation noted by participants included: playing sports, camping, hiking, fishing, running, or swimming.

The few participants that did not take part in outdoor recreation indicated that they did not have time or were just not interested. One participant in the Hispanic group noted that they watched their children play sports but did not participate in any outdoor recreation themselves. This group was the minority as most participants did engage in outdoor activities and recreation.

All participants shared that most of their outdoor recreation was done at neighborhood or community parks, trails, or sports fields. Some participants did travel outside of the area for activities such as camping, hiking, or fishing. Participants shared the names of some of their local parks, which include: City Island, Reservoir Park, Wildwood, Rocky Ridge, and the Greenbelt trail around Harrisburg.

Convenience, proximity, and safety were the main reasons participants chose their local parks and trails for outdoor recreation. Familiarity with park locations and the people that frequent them was very important to focus group participants. Other reasons for choosing to visit certain parks or trails included that the park was well maintained or had nice amenities such as a swimming pool or restroom facilities.

Participation in outdoor recreation varied greatly depending on the time of year and day of the week. For most participants, nice weather and weekends were the best times to enjoy and participate in outdoor recreation activities. During these times, participants averaged spending 1-3 hours on weekdays and 3-12+ hours on weekends on outdoor recreation.

Benefits & Challenges of Outdoor Recreation

There was general agreement that improving health, relieving stress, and fresh air were benefits of outdoor recreation. Participants discussed feeling better when they were outside. Other benefits noted by participants included observing nature (wildlife, plants, and trees), and vitamin D.

Participants also associated outdoor recreation with people. Spending time with family was a benefit shared by the Hispanic group. On the other hand, participants in the African American group discussed outdoor recreation in relation to the social aspect of interacting and getting to spend time with people in their neighborhood.

Challenges or drawbacks of outdoor recreation mentioned by both groups included mosquito and insect bites and high pollen levels. In fact, over half of the focus group participants reported having seasonal allergies. Participants in the African American group noted that heat, dogs off leash, lack of bathroom facilities, and drama were also drawbacks of outdoor recreation. On the other hand, challenges shared by participants in the Hispanic group included ticks and accessibility, especially for those with handicaps or medical issues.

Familiarity with Recreation Areas

Generally, focus group participants were familiar with local and community parks rather than state parks, trails, or forests. While some participants did visit state parks and trails, most did so to participate in specific activities such as camping, boating, or fishing. Amenities available at parks they visited included: playgrounds, sports fields/courts, pavilions, trail markers for distance, and restroom facilities.

Safety in Recreation Areas

Participants in both groups agreed that they felt safe in recreation areas near their home. They noted that parks that were well lit, close to home, and had people from their neighborhood around who would make them feel safe. Most often these were parks, trails, and areas that were directly in their neighborhood or community.

Safety on trails was a concern for most participants. Both groups shared that since these areas tend to be unlit and more wooded, they did not feel as safe. Participants also noted that they would not visit these areas alone due to concerns about not being able to see if there were people in the woods or the possibility of encountering wild animals on a trail.

For participants in the African American group, going to parks in areas outside of their neighborhood or community were concerning due to worries of racism or stereotyping. This included many parks in the suburbs. As one participant in this group stated, “I feel safer knowing the people around look like me and my family.”

Feeling Welcome at Recreation Areas

Most participants in the African American group indicated that they felt uncomfortable in certain recreation areas. This group noted that this was usually the case in recreation areas, parks, or at events where they did not encounter many other minorities. Participants shared examples of feeling uncomfortable or having people stare at them like they did not belong and were not welcome. This included parks and trails in the suburbs outside of Harrisburg, the Renaissance Faire, and while boating on the Susquehanna River during Kipona.

On the other hand, participants in the Hispanic group stated that they felt welcome at most outdoor recreation areas. Participants shared examples of visiting parks and attending events where they met many nice people and other families. This group did discuss that feeling welcome mainly depended on the community where they were visiting and how welcoming they made you feel even if you were not a local.

Use of Neighborhood Parks

Both groups agreed that neighborhood parks were mostly used for sports, exercise, and play areas for children. Additionally, participants noted that community events, family gatherings, and classes were also held in some neighborhood parks. Participants shared some of the events held in their neighborhoods including 5k races, festivals, music concerts, and recreation classes.

Health & Wellness

Improving mental and physical health was a main motivation to get outside that was discussed by both groups. Participants noted that taking a break, relaxing, and getting fresh air were ways that they enjoyed downtime and de-stressing from work or school. Other motivations for getting outside included enjoying nice weather, spending time with family, or socializing.

Drug concerns, especially increases in opioid use and overdosing, was a health concern for their community that was shared by each group. Participants expressed worry about many of the overdoses occurring in public spaces like community parks or businesses. This was something that the participants recognized as an issue not just in their own communities but also statewide and nationwide.

Obesity and mental health issues were concerns for their community expressed by participants in the African American group. Several participants noted that many of their communities do not have places where children can access healthy foods and snacks. Mental health issues were also discussed by this group as a concern that could lead to other health and wellness problems.

Participants in the Hispanic group focused the discussion of their community concerns on insect born illnesses. This included concerns about ticks and the prevalence of Lyme Disease, as well as mosquitos infected with West Nile Virus. Other community health concerns noted by this group included radiation concerns from Three Mile Island and flooding concerns, especially in areas near the Susquehanna River.

When asked for ideas to make their communities healthier, participants in each group focused on a different area. While participants in the African American group discussed improvements to education, employment opportunities, and increased funding, those in the Hispanic group focused mainly on providing more activities for children and the under-privileged. Groups noted that improvements made in some of these areas would have a ripple affect on individuals within the community to help improve overall health not just physical health.

Many participants in both groups shared that they did engage in some type of physical activity even if it was not related to parks or outdoor recreation. This included going to the gym, working out using

home exercise equipment, cleaning, or walking their dog. There were several participants who indicated that they did not have time or interest in doing physical activities.

Time was the main challenge faced by participants in both groups in maintaining or increasing their physical activity. Participants discussed responsibilities for work, school, or family that took up a lot of their time. Other challenges faced by participants included lack of energy, lack of discipline, and medical issues which made it difficult to exercise.

For most participants in both groups, having a doctor advise spending more time exercising outside would not affect their behavior. While many would be interested in exercising more or spending time outside, it is a lack of time that really is the biggest challenge. Participants noted that doctors cannot fix that problem. A few participants indicated that they may try to spend more time exercising outside if recommended by their doctor, but most agreed that it was up to the individual to find their own motivation.

Technology & Information About Recreation

Internet searches were the main way that participants in both groups would use to find information about recreation areas and community resources for recreation. Participants felt this was the easiest, fastest, and most reliable way to access this information. Other ways participants would gather information about recreation using community newsletters, brochures, or local organizations.

Facebook events were noted by participants in the Hispanic group as a way they would search for information on recreation opportunities and events in their community. Participants discussed that many times when they access Facebook, they can see events that are occurring even outside of their community which is very helpful. They noted they could also see if friends were going to events using the social media app.

Social media apps such as Facebook, Twitter, and Instagram were used by almost all focus group participants. In fact, most stated that they would use apps to get information about outdoor recreation. Groups also discussed that many of these apps easily allow you to search for information or

use hashtags to find the information you are looking for. They could also use the apps to get reviews and opinions of other people on the different outdoor recreation activities or locations they would find.

Only a few participants in each group reported using wearable technology to track outdoor exercise. Those individuals that did used either an Apple watch, Fitbit, or an exercise app like My Fitness Pal. Participants who did not use wearable technology shared that they either did not have something to track exercise or if they did would forget to use it while outside exercising.

APPENDIX A – MODERATOR’S GUIDE

Good Evening! Thank you for attending tonight’s focus group session to explore outdoor recreation in Pennsylvania sponsored by the Pennsylvania Department of Conservation and Natural Resources. My name is Nicole Sturges and I will be leading the discussion. This is Steph Wehnau and she will be assistant moderator and note taker. We are with Penn State Harrisburg’s Center for Survey Research.

Please be assured that anything you say here today will be kept confidential and we will not use names or any other identifying information in any of our reports. Also, please remember that anything we discuss during this session should not leave this room. We want you to feel comfortable sharing your opinions and experiences – there are no right or wrong answers. There will be no repercussions for speaking your mind and sharing how you feel.

So, what is going to happen this evening? I will pose a series of questions to you. This is intended to be a discussion so feel free to talk to each other and not just direct your response to me. I am just here to facilitate. Let’s begin by having each person introduce themselves. Please share your first name only and where you are from.

First, I would like to begin by having you think about outdoor recreation.

1. When you think of outdoor recreation, what comes to mind? How would you describe outdoor recreation?

In order to make sure we are all on the same page, please think of outdoor recreation using this definition: Outdoor recreation includes any activities you do outside for fun, such as walking, running, swimming, hunting, birdwatching, and many other examples.

2. What types of outdoor recreation activities to you do?
 - a. If you do not participate in outdoor recreation activities, why?
3. Where do you typically go for outdoor recreation? Why those locations?
4. How much time to you typically spend outside doing outdoor recreation activities? Per weekday? Per weekend?
 - a. If you do not spend much time outside for recreation, why not?
5. What do you see as benefits to spending time outside? What are the drawbacks or challenges to spending time outside?

Now I would like you to think about recreation areas like parks, trails, state parks or forests, or open space.

6. Are you familiar with any of these outdoor recreation areas near your home? What are they? Where are they? What amenities do they have?
 - a. Parks
 - b. State parks or forests
 - c. Trails or open space
7. Do you spend time in any of these outdoor recreation spaces? If not, why?
8. Can you access parks, trails, and open space in your near your home safely? Why or why not?
 - a. What factors make you feel safe or unsafe when you are outside?
9. Do you feel welcome at parks, trails, and open space?

10. How are parks used by the community in your neighborhood?
11. What motivates you to get outside?

Next, I would like to ask you a few questions about health and wellness.

12. Thinking about your community (not just yourself), what are the health concerns?
13. What are the potential solutions to these health issues or concerns? Any ideas to make your community healthier?
14. Now thinking of just yourself, what do you do for physical activity? This can be anything not just activities related to parks or outdoor recreation.
15. What challenges or issues do you personally face in maintaining or increasing your physical activity?
16. If your doctor advised you to spend more time exercising outside, would you do so? Why or why not?

Finally, I would like to ask you a few questions about technology.

17. Where do you get information about recreation areas, community resources for recreation, and activities? Get into specifics. When you want to get information about recreation areas or activities, where do you go, what do you do?
18. Do you use social media? What do you use? Would you use any of these to get information about outdoor recreation? Why or why not?
19. Do you use wearable technology (i.e. Fitbit, apple watch, other tracker, etc.)? Do you use this wearable technology to track outdoor exercise? Why or why not?

APPENDIX B – MAIL INVITATION 1

The Penn State Harrisburg Center for Survey Research (CSR) is conducting a research study on behalf of the Pennsylvania Department of Conservation and Natural Resources to explore the views of Black/African Americans on outdoor recreation in Pennsylvania. We would like to invite you to participate in a focus group discussion with 8-10 others. **You do not need to participate in outdoor recreation in order to take part in the study!**

We will be conducting a focus group discussion at **Penn State Harrisburg in Middletown, PA on Wednesday, April 24 from 6:00 pm to 8:00 pm**. Participants will receive \$100 and a meal as a token of our appreciation for your time and effort.

You MUST first contact the research team to indicate your interest in participating. The team will then review and select individuals to participate in the focus group to ensure a good mix of adults are included in the discussion. Individuals selected to participate will receive a confirmation with additional information including the exact location of the discussion on campus. **Only participants confirmed by the research team that arrive on time and stay for the entire focus group session will be eligible to receive the \$100 incentive.**

Your name will not be attached to any comments you share with us. Also, I want to emphasize that once at the session, anything you do there will be completely voluntary, and you will be free to leave at any time for any reason.

FOCUS GROUP REQUIREMENTS

In order to be considered, participants must be 18 years of age or older and identify as Black/African American.

If you are eligible, please contact the Center for Survey Research and answer the questions below. You can email us at focusgroups@psu.edu or call our toll-free voicemail to leave a message: 1-888-988-2572. A member of the research team will get back to you as soon as possible. You must provide **all** the following information in order to be considered.

1. Your name (first and last)
2. Your age (we are trying to get a good mix of individuals in this session)
3. Whether or not you participate in outdoor recreation
4. The date of the focus group you are interested in attending (April 24)
5. An email address **and** phone number to reach you (if you do not have email, please let us know!)

Once the focus group session is full, a waiting list of eligible and interested individuals will be created in the event that spots open up! I hope you will be able to join us and be a part of this important research.

Sincerely,
Nicole L. Sturges
Assistant Director, Center for Survey Research

APPENDIX C – MAIL INVITATION 2

The Penn State Harrisburg Center for Survey Research (CSR) is conducting a research study on behalf of the Pennsylvania Department of Conservation and Natural Resources to explore the views of Hispanics on outdoor recreation in Pennsylvania. We would like to invite you to participate in a focus group discussion with 8-10 others. **You do not need to participate in outdoor recreation in order to take part in the study!**

We will be conducting the focus group at **Penn State Harrisburg in Middletown, PA on Tuesday, June 11 from 6:00 pm to 8:00 pm**. Participants will receive \$100 and a meal as a token of our appreciation for your time and effort.

You MUST first contact the research team to indicate your interest in participating. The team will then review and select individuals to participate in the focus group to ensure a good mix of adults are included in the discussion. Individuals selected to participate will receive a confirmation with additional information including the exact location of the discussion on campus. **Only participants confirmed by the research team that arrive on time will be eligible to receive the \$100 incentive.**

Your name will not be attached to any comments you share with us. Also, I want to emphasize that once at the session, anything you do there will be completely voluntary, and you will be free to leave at any time for any reason.

FOCUS GROUP REQUIREMENTS

In order to be considered, participants must be 18 years of age or older and identify as Hispanic.

If you are eligible, please contact the Center for Survey Research and answer the questions below. You can email us at focusgroups@psu.edu or call our toll-free voicemail to leave a message: 1-888-988-2572. A member of the research team will get back to you as soon as possible. You must provide **all** the following information in order to be considered.

1. Your name (first and last)
2. Your age (we are trying to get a good mix of individuals in this session)
3. Whether or not you participate in outdoor recreation
4. The date of the focus group you are interested in attending (June 11)
5. An email address **and** phone number to reach you (if you do not have email, please let us know!)

Once the focus group session is full, a waiting list of eligible and interested individuals will be created in the event that spots open up! I hope you will be able to join us and be a part of this important research.

Sincerely,
Nicole L. Sturges
Assistant Director, Center for Survey Research

APPENDIX D – INFORMED CONSENT

Title of Project: Pennsylvania Department of Conservation & Natural Resources Statewide Outdoor Recreation Study Focus Groups

Project Team Lead: Center for Survey Research at Penn State Harrisburg

Telephone Number: 717-948-4323; email – csr@psu.edu

You are being invited to volunteer to participate in a research study. This summary explains information about this research.

- This research will explore views of minorities on outdoor recreation in Pennsylvania.
- You will be led by an experienced moderator in a guided discussion for about 2 hours, which will be live streamed using a web camera. Penn State University research team members will take notes during the discussion, and several members of the research team will be viewing the live stream video. Prior to the discussion, you will complete an intake form of questions about yourself. Notes and recordings will be used by the research team during analysis.
- All responses will be kept completely confidential. Your name and any other personally identifiable information will not be attached to comments or quotations used in reporting.

If you have questions or concerns, you should contact the Center for Survey Research at csr@psu.edu or 717-948-4323.

Your participation is voluntary and you may decide to stop at any time. You do not have to answer any questions that you do not want to answer.

Your participation implies your voluntary consent to participate in the research.

APPENDIX E – INTAKE FORM

Please complete this brief focus group intake form. Responses are confidential and cannot be linked back to you because your personal information is **NOT** connected to the data. Completion of this Focus Group Intake Form implies your consent to use this demographic information during qualitative analysis. Thank you!

1. **What is your age?** _____ years
2. **What is your zip code?** _____
3. **Do you consider yourself Hispanic or Latino?**
 - Yes
 - No
4. **Are you . . . ?**
 - Female
 - Male
5. **What is your race? Select all that apply.**
 - White
 - Black/African American
 - Asian/Pacific Islander
 - American Indian/Native Alaskan
 - Other, please specify: _____
6. **What category best describes your educational level?**
 - Less than high school
 - High school diploma or GED
 - Some college
 - Two-year degree
 - Four-year college graduate
 - Graduate work
7. **What is your marital status?**
 - Single/never married
 - Married or living with a partner
 - Separated
 - Divorced
 - Widowed
 - Other

8. Do you have children (either adult children or minor children)?

- Yes
- No

9. How old are your children? _____

10. With respect to employment, are you...? (Select all that apply)

- Currently working full-time
- Currently working part-time
- Currently not working, but looking for work
- Retired – not working and not looking for work
- Disabled – not working and not looking for work
- Not working and not looking for work
- Full-time student
- Part-time student

11. What is your total annual household income, before taxes?

- Under \$10,000
- \$10,000 to \$19,999
- \$20,000 to \$39,999
- \$40,000 to \$59,999
- \$60,000 to \$74,999
- \$75,000 to \$99,999
- \$100,000 to \$124,999
- \$125,000 to \$149,999
- \$150,000 or more

APPENDIX F – DEMOGRAPHIC CHARACTERISTICS OF PARTICIPANTS

Average Age	44.19	
	Number	Percent
Gender		
Female	6	37.5%
Male	10	62.5%
Ethnicity – Hispanic/Latino		
No	7	46.7%
Yes	8	53.3%
Race		
White only	2	13.3%
Black/African American only	9	60.0%
Other race only	4	26.7%
Education		
High school diploma or GED	1	6.7%
Some college	6	40.0%
Two-year degree	4	26.7%
Four-year college graduate	1	6.7%
Graduate work	3	20.0%
Marital Status		
Single/never married	4	25.0%
Married/living with a partner	11	68.8%
Separated	1	6.3%
Children (either minor or non-minor)		
Yes	14	93.3%
No	1	6.7%
Employment Status		
Currently working full-time	11	68.8%
Currently working part-time	2	12.5%
Retired	1	6.3%
Disabled	1	6.3%
Full-time student	1	6.3%
Household Income		
Under \$10,000	2	13.3%
\$10,000 to \$19,999	1	6.7%
\$20,000 to \$39,999	1	6.7%
\$40,000 to \$59,999	3	20.0%
\$60,000 to \$74,999	1	6.7%
\$75,000 to \$99,999	2	13.3%
\$100,000 to \$124,999	1	6.7%
\$125,000 to \$149,999	2	13.3%
\$150,000 or more	2	13.3%