

In 2004 the National Institutes of Health funded a study of how neighborhood “walkability” is related to physical activity and functioning, healthy aging, and quality of life in seniors.



“This research will help us determine how neighborhood design inspires physical activity and enhances the quality of life for elderly people,” said Mayor Greg Nickels.

This is a thank you for participating in the Neighborhood Quality of Life Study for Seniors. We appreciate the enthusiastic support from all of the people who helped us gather this valuable data as study participants. We hope you enjoyed your interactions with our research team and had a pleasant experience participating in the study.

Our goal was to recruit up to 500 people over the age of 65 from all over King County.

- We were successful in meeting our goal with 493 participants enrolled.
- We have over 20 participants who are in their 90’s.
- We have a good balance of men and women.
- We have participants from many areas of King County and over 100 from retirement communities.



*“The survey was fun.
I rather enjoyed it.”
Dolores, Kent*

*“I’m pleased I participated in your
study. It made me aware of my
activities, etc I took for granted.”
Doris, Summit at First Hill*

*“I have never taken part in anything
like a study of any kind. It was as
easy as anything could be. It was nice
to feel I was some small help.”
Veda Jo, Kirkland*

Stanford Prevention
Research Center

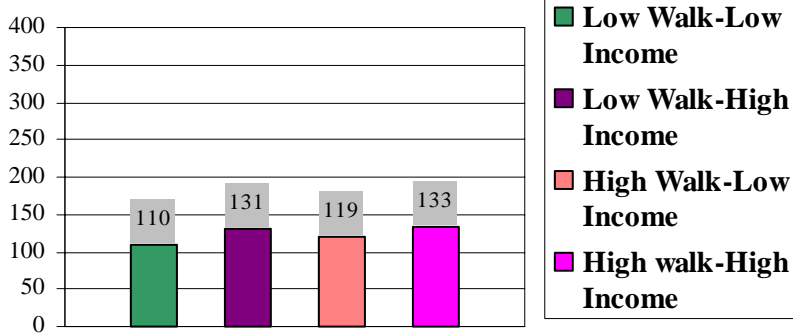
San Diego State
University

Lawrence Frank
& Co., Inc.

Children’s Hospital
University of Washington

This is a preliminary report on recruitment of participants. Another letter summarizing the key results will follow in the coming months. We will be sharing our results with King County officials so they can learn how to help create neighborhoods to support healthy living among seniors.

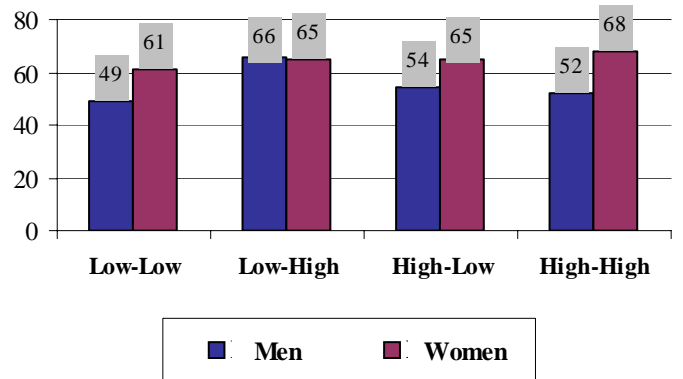
Participation by Walkability - Income Quadrants



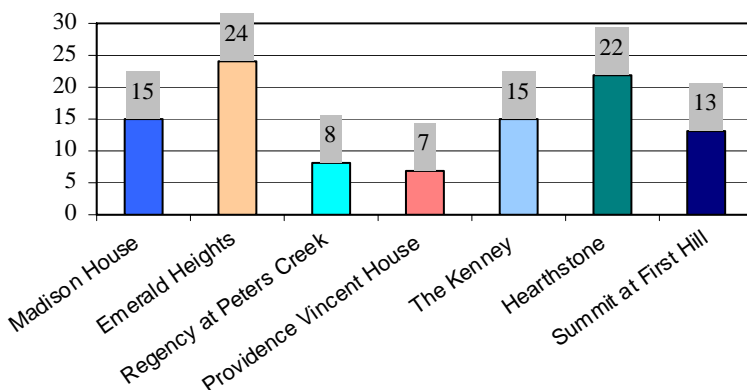
Neighborhoods were selected to represent high and low walkability and high and low income areas of Seattle and King County, Washington. “Walkability” refers to the availability of nearby destinations within walking distance and direct routes to those destinations. We refer to these 4 types of neighborhoods as “quadrants”. We had good participation across all quadrants.

We had good gender balance in all quadrants and are pleased with the number of men who participated in this study. Men are often under-represented in senior research studies.

Gender by Walkability-Income Quadrants



Participants in Retirement Communities



We had good participation in 7 Retirement Communities. We appreciate the support of these communities. We will have much useful health and physical activity information from this understudied group.