Del Rey Well-Being Index

Welcome to the Del Rey Well-Being Index Survey!

The purpose of the Del Rey Well-Being Index is to define, measure and act to improve our quality of life in Del Rey. We will use the findings from the overall results to help us better understand the well-being of our residents, business/property owners and stakeholders in Del Rey.

The survey will take about 8-10 minutes to complete.

Your responses are confidential and will not be linked to you as an individual. Your responses will be combined with all the others who take the survey for an aggregated data analysis. Your input is a vital part of creating an accurate and relevant measure of well-being in Del Rey.

If you have any questions about this index, please contact Mika Kim at mika.kim@delreync.org.

Thanks for your input!

* Required

Del Rey Well-Being Scale

Rate your topics according to their importance to you:

1. **Community Vitality** *
   
   Volunteer Time, Safety, Trust
   
   *Mark only one oval.*

   
   | 1 | 2 | 3 | 4 | 5 |
   |
   | - |   |   |   |   |

https://docs.google.com/forms/d/1-oNKmCBrdM7mi8Kw7jplQS4UOLX2rjahAYZbg_6ZagE/edit
2. **Education, Culture & Arts**
   Access, Participation, Spectatorship of Arts & Cultural Activities
   *Mark only one oval.*

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3. **Environment**
   Access to Nature, Pollution, Conservation & Preservation Efforts
   *Mark only one oval.*

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4. **Health**
   Energy Level, Performance of Everyday Activities, Exercise
   *Mark only one oval.*

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5. **Social Support**
   Family & Friends, Feeling Lonely, Care For or Loved
   *Mark only one oval.*

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6. **Governance**
   Confidence in Government, Involvement, Influence
   *Mark only one oval.*

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7. **Time Balance**
   Sufficiency of Time to Complete Tasks, Leisure Time, Enjoyment of Activities
   *Mark only one oval.*

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8. **Psychological Well-Being**
   Optimism, Positivity, Purpose, Sense of Accomplishment
   *Mark only one oval.*

   1 2 3 4 5
   -  -  -  -  -  

9. **Work Experience**
   Productivity, Achievement, Autonomy, Sense of Fair Payment
   *Mark only one oval.*

   1 2 3 4 5
   -  -  -  -  -  

10. **Material Well-Being**
    Financial Security, Meeting Basic Needs
    *Mark only one oval.*

    1 2 3 4 5
    -  -  -  -  -  

**Del Rey Satisfaction with Life**

Please imagine a ladder with steps numbered 0 at the bottom to 10 at the top. Suppose we say that the top of the ladder represents the best possible life for you and the bottom of the ladder represents the worst possible.

11. **Which step of the ladder do you feel you personally stand at the present time?**
    *Mark only one oval.*

    0 1 2 3 4 5 6 7 8 9 10
    Worst possible life for you
    Best possible life for you

12. **All things considered, how satisfied are you with life as a whole nowadays?**
    *Mark only one oval.*

    0 1 2 3 4 5 6 7 8 9 10
    Not at all satisfied
    Extremely satisfied
13. **Taking all things considered, how happy would you say you are?** *
   *Mark only one oval.*

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<tr>
<th>0</th>
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<th>6</th>
<th>7</th>
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<tr>
<td>Extremely unhappy</td>
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<td></td>
<td></td>
<td>Extremely happy</td>
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**Community Vitality**

14. **How satisfied are you with your personal safety in your neighborhood?**
   *Mark only one oval.*

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</thead>
<tbody>
<tr>
<td>Very dissatisfied</td>
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15. **Imagine that you lost your wallet that contained one hundred dollars. Please indicate how likely you think it would be to have all of your money returned to you if it was found by someone who lives close by**
   *Mark only one oval.*

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<tbody>
<tr>
<td>Not at all likely</td>
<td></td>
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16. **In the past 12 months, how much of your time have you spent to volunteer or give towards charitable organizations?**
   *Mark only one oval.*

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<tbody>
<tr>
<td>Never</td>
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**Education, Culture & Arts**

17. **How would you describe your feeling of belonging in your neighborhood?**
   *Mark only one oval.*

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<tbody>
<tr>
<td>Very weak</td>
<td></td>
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</table>
18. **How often do you feel uncomfortable or out of place in your neighborhood because of your ethnicity, culture, race, skin color, language, gender, sexual orientation, or religion?**

   *Mark only one oval.*

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<tbody>
<tr>
<td>Very often or always</td>
<td></td>
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19. **How satisfied are you with the access to activities to develop skills through education?**

   *Mark only one oval.*

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<tbody>
<tr>
<td>Very dissatisfied</td>
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**Environment**

20. **How healthy is your physical environment?**

   *Mark only one oval.*

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<tbody>
<tr>
<td>Not at all</td>
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21. **How satisfied are you with the efforts being made to preserve the natural environment in your neighborhood?**

   *Mark only one oval.*

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<tbody>
<tr>
<td>Very dissatisfied</td>
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22. **How satisfied are you with the opportunities that you have to enjoy nature?**

   *Mark only one oval.*

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<tbody>
<tr>
<td>Very dissatisfied</td>
<td></td>
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**Health**

23. **How is your health in general?**

   *Mark only one oval.*

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<tbody>
<tr>
<td>Very bad</td>
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24. **How satisfied are you with your ability to perform your daily activities?**  
*Mark only one oval.*

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<tbody>
<tr>
<td>Very dissatisfied</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Very satisfied</td>
<td></td>
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25. **How satisfied are you with the quality of your exercise?**  
*Mark only one oval.*

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<tbody>
<tr>
<td>Very dissatisfied</td>
<td></td>
<td></td>
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<tr>
<td>Very satisfied</td>
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**Social Support**

26. **How satisfied are you with your personal relationships?**  
*Mark only one oval.*

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<tbody>
<tr>
<td>Very dissatisfied</td>
<td></td>
<td></td>
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<tr>
<td>Very satisfied</td>
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27. **There are people in my life who really care about me**  
*Mark only one oval.*

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<tbody>
<tr>
<td>Strongly disagree</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Strongly agree</td>
<td></td>
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28. **I feel close to the people in my neighborhood**  
*Mark only one oval.*

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<tbody>
<tr>
<td>Strongly disagree</td>
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<tr>
<td>Strongly agree</td>
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**Governance**

29. **How satisfied are you with the job being done by the Del Rey Neighborhood Council?**  
*Mark only one oval.*

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<tbody>
<tr>
<td>Very dissatisfied</td>
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<tr>
<td>Very satisfied</td>
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30. **The public officials in Del Rey pay attention to what people think**  
*Mark only one oval.*

```
1 2 3 4 5
Strongly disagree Strongly agree
```

31. **People in Del Rey can influence our public officials**  
*Mark only one oval.*

```
1 2 3 4 5
Strongly disagree Strongly agree
```

## Time Balance

32. **In a typical week, how much of your time are you able to spend doing the things you enjoy?**  
*Mark only one oval.*

```
1 2 3 4 5
None of my time All of my time
```

33. **In the last week, I have had enough time to do what I needed to do**  
*Mark only one oval.*

```
1 2 3 4 5
Strongly disagree Strongly agree
```

34. **How satisfied are you with the balance between the time you spend at work and the time you spend with other aspects of life?**  
*Mark only one oval.*

```
1 2 3 4 5
Very dissatisfied Very satisfied
```

## Psychological Well-Being

To what extent do you agree with the following statements?

35. **I lead a purposeful and meaningful life**  
*Mark only one oval.*

```
1 2 3 4 5
Strongly disagree Strongly agree
```
36. **I am engaged and interested in my daily activities**  
*Mark only one oval.*

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<tr>
<td>Strongly disagree</td>
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<tr>
<td>Strongly agree</td>
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37. **I am optimistic about my future**  
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<tr>
<td>Strongly disagree</td>
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<tr>
<td>Strongly agree</td>
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**Work**

38. **All things considered, how satisfied are you with your present work?**  
*Mark only one oval.*

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<tbody>
<tr>
<td>Very dissatisfied</td>
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<tr>
<td>Very satisfied</td>
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39. **How much of the time do you find your work stressful?**  
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<tbody>
<tr>
<td>All of the time</td>
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<tr>
<td>None of the time</td>
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40. **Considering all my efforts and achievements at work, I feel I get paid appropriately**  
*Mark only one oval.*

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<tr>
<td>Strongly disagree</td>
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<tr>
<td>Strongly agree</td>
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**Material Well-Being**

41. **In general, how much stress do you feel about your personal finances?**  
*Mark only one oval.*

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<tbody>
<tr>
<td>Overwhelming stress</td>
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<tr>
<td>No stress at all</td>
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42. **How frequently do you find yourself just getting by financially and living paycheck to paycheck?**  
*Mark only one oval.*

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<tbody>
<tr>
<td>All the time</td>
<td>Never</td>
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43. **In the past 12 months, I could not pay bills (water or phone bill, credit cards, etc) on time**  
*Mark only one oval.*

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<tbody>
<tr>
<td>At least once a month</td>
<td>Never</td>
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**Demographic Information**

Lastly, we would like to ask you some questions about yourself. This will help us to better understand the well-being of the Del Rey neighborhood.

44. **What is your current age?**

........................................................................................................................................

45. **Which gender do you identify as?**  
*Mark only one oval.*

- Male
- Female
- Other: ................................................................................................................................

46. **Please select your ethnic group (check all that apply)**

*Check all that apply.*

- White, non Hispanic
- Black, non Hispanic
- Hispanic/Latino
- Chinese
- Filipino
- Japanese
- Korean
- Vietnamese
- American Indian or Alaska Native
- Native Hawaiian or other Pacific Islander
- Other: ................................................................................................................................

https://docs.google.com/forms/d/1-oNKmCBrdM7mi8Kw7jpIQS4UOLX2rjahAYZbg_6ZagE/edit
47. **What is your current marital status?**
   
   Check all that apply.
   
   - Married
   - Domestic partnership
   - Never married
   - Divorced
   - Separated
   - Widowed
   - Other: .................................................................

48. **In terms of employment, which of the following options best describes your current work situation?**
   
   Check all that apply.
   
   - A full time employee
   - A part time employee
   - Working independently / self employed
   - A volunteer at an organization
   - Unemployed looking for work
   - Retired
   - Homemaker
   - Student or in training

49. **Which of the following best describes your diet?**
   
   Check all that apply.
   
   - Vegan
   - Vegetarian
   - Mixed diet of fruit, vegetables and with meat no more than twice a week
   - Regular meat (every or every other day)
   - Lots of meat (particularly bacon or burgers)

50. **On average, how many times per week would you take 30 minutes or more of moderate exercise, such as a brisk walk, cycle, active recreation - sufficient to cause you to breathe more deeply?**
   
   Check all that apply.
   
   - None
   - 1-2 times
   - 3-4 times
   - 5 times
   - 6 times or more
51. **How many people currently reside in your household, including you?**

..............................................................

52. **Do you have any children under 18?**

*Mark only one oval.*

☐ Yes

☐ No

53. **How important are your spiritual beliefs to the way you live your life?**

*Mark only one oval.*

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<tbody>
<tr>
<td>Not at all</td>
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54. **What is the highest level of education that you have completed?**

*Mark only one oval.*

☐ Less than a High School Diploma

☐ High School Diploma

☐ Technical / Vocational School

☐ Some College

☐ College Graduate

☐ Postgraduate Degree

55. **What was your total household income from all sources last year?**

*Check all that apply.*

☐ < $10,000

☐ $10,000 - $19,000

☐ $20,000 - $29,999

☐ $30,000 - $39,999

☐ $40,000 - $49,999

☐ $50,000 - $74,999

☐ $75,000 - $99,999

☐ $100,000 0 $124,999

☐ > $125,000

56. **How many years have you lived in Del Rey?**

..............................................................
57. **What is your ZIP code?**

58. **Email address**
   Please provide us with this if you'd like to receive a notification in the future with all the compiled results of the surveys

59. **What would you like to do to improve your overall well-being in our community?**