

Community-Level Policies, Practices, and Environmental Factors For Healthy Eating and Active Living

**Healthy People 2010
Objective 22.1, 22.2**

Increase the proportion of trips made by walking and bicycling

Indicators:

<p>1. Identify the types of and availability of physical activity or recreation facilities within your community:</p>	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="padding: 5px;">Type of Facility</th> <th style="padding: 5px;">Facility Name/Location</th> <th style="padding: 5px;">Public or Private?</th> <th style="padding: 5px;">Fee for service? YES/NO</th> </tr> </thead> <tbody> <tr><td style="padding: 5px;">Pools</td><td></td><td></td><td></td></tr> <tr><td style="padding: 5px;">Parks</td><td></td><td></td><td></td></tr> <tr><td style="padding: 5px;">Playgrounds</td><td></td><td></td><td></td></tr> <tr><td style="padding: 5px;">Basketball Courts</td><td></td><td></td><td></td></tr> <tr><td style="padding: 5px;">Ball fields</td><td></td><td></td><td></td></tr> <tr><td style="padding: 5px;">Soccer fields</td><td></td><td></td><td></td></tr> <tr><td style="padding: 5px;">Skate/rollerblade parks</td><td></td><td></td><td></td></tr> <tr><td style="padding: 5px;">Ice skating rinks</td><td></td><td></td><td></td></tr> <tr><td style="padding: 5px;">Tracks</td><td></td><td></td><td></td></tr> <tr><td style="padding: 5px;">Fitness Centers (include YMCAs)</td><td></td><td></td><td></td></tr> <tr><td style="padding: 5px;">Community Centers</td><td></td><td></td><td></td></tr> <tr><td style="padding: 5px;">Tennis/racquet courts</td><td></td><td></td><td></td></tr> <tr><td style="padding: 5px;">Golf courses</td><td></td><td></td><td></td></tr> </tbody> </table>	Type of Facility	Facility Name/Location	Public or Private?	Fee for service? YES/NO	Pools				Parks				Playgrounds				Basketball Courts				Ball fields				Soccer fields				Skate/rollerblade parks				Ice skating rinks				Tracks				Fitness Centers (include YMCAs)				Community Centers				Tennis/racquet courts				Golf courses			
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<p>2. What is the current supply of park and recreation facilities (in acres) compared to the population of the community?</p>	<p>_____ acres</p>																																																								
<p>3. What percentage of the population has park and recreation facilities and services within walking distance(1/2 mile)?</p>	<p>_____ %</p>																																																								
<p>4. Does your city/town have regulations or policies promoting inclusion of recreation facilities (bikeways, sidewalks, pedestrian walkways) with new construction?</p>	<p><input type="checkbox"/> Yes <input type="checkbox"/> No</p>																																																								

5. Number of organizations, including faith-based groups, campaigns, programs, or groups within the community advocating recommendations for physical activity/active living.	_____
6. What percentage of the adult population participate in physically active park & recreation program activities? (YMCA, schools)	_____ %
7. Does your community have a publication (i.e., parks and recreation directory, online resources, walking trail maps) that lists physical activity resources, classes, and programs available to the community?	<input type="checkbox"/> Yes <input type="checkbox"/> No
8. Does your community have a Farmer's Market?	<input type="checkbox"/> Yes <input type="checkbox"/> No
9. Does your community have a community garden program?	<input type="checkbox"/> Yes <input type="checkbox"/> No
10. Does your community have a local Food Bank?	<input type="checkbox"/> Yes <input type="checkbox"/> No
11. Percentage of supermarkets or retail food outlets offering fresh produce for sale.	_____
11a. Percentage of retail food service outlets or restaurants posting nutrition information on foods/meals available for purchase.	_____
11b. Percentage of retail food service outlets or restaurants offering reduced portion sizes of food/meals at price reduction or per request.	_____
12. Number of campaigns, programs, or groups within the community advocating healthy eating/recommended nutrition practices.	_____
13. What percentage of residential streets has sidewalks in your community?	_____ %
13a. What percentage of neighborhood and residential streets have "curb cuts" or "curb ramps" that provide a gradual transition from the sidewalk to the roadway (i.e., for bicycles and wheelchairs)?	_____ %
13b. Are there ordinances within the community that prohibit non-pedestrian use (i.e., bicycling, rollerblading, etc.) of the sidewalks?	<input type="checkbox"/> Yes <input type="checkbox"/> No
13c. Are traffic-calming strategies (i.e., speed bumps, narrow streets) permitted by local policies and used to limit motor vehicle speeds or volumes?	<input type="checkbox"/> Yes <input type="checkbox"/> No
13d. Are there regulations/policies in place to assess the need for additional sidewalks in the community?	<input type="checkbox"/> Yes <input type="checkbox"/> No
13e. Do local policies provide for sidewalk maintenance by public agencies, at public expense?	<input type="checkbox"/> Yes <input type="checkbox"/> No
13f. Is there scheduled maintenance of the sidewalks and streets in the community?	<input type="checkbox"/> Yes <input type="checkbox"/> No
13g. Does your community have a policy that requires lighting to enhance safety on sidewalks?	<input type="checkbox"/> Yes <input type="checkbox"/> No
14. How many miles of walking/biking trails in your community?	_____
14a. Are there regulations/policies in place to assess the need for additional walking and biking trails in your community?	<input type="checkbox"/> Yes <input type="checkbox"/> No
14b. Is there scheduled maintenance of the walking and biking trails in your community?	<input type="checkbox"/> Yes <input type="checkbox"/> No
14c. Does your community have a policy that requires lighting to enhance safety on walking and biking trails?	<input type="checkbox"/> Yes <input type="checkbox"/> No
14d. Does your community have a policy that requires all public buildings to have bike racks or bike storing facilities?	<input type="checkbox"/> Yes <input type="checkbox"/> No

