

## **STEP 2: Conducting a Community Health Assessment COMMUNITY SAMPLE SURVEY**

### **Community Sample Sidewalk Survey**

Conducting a series of anonymous surveys within the community can provide a sense of the impact of the obesity epidemic locally and to continue raising awareness of the obesity prevention planning process underway. Opinion information provides viewpoints from the community about health awareness, needs and perceived health problems. It reflects community values and other qualitative factors not provided by the quantitative data. Also, the process of collecting opinion data provides an opportunity to inform more community members about the planning process and helps build community support for carrying out health programs.

Conducting a survey of the community at large can be a big task. To be representative, respondents should be randomly selected from the entire community. Examples of locations to collect communitywide data includes: malls, health fairs, or by placing mail-in coupons in the newspaper.

Provided are sample survey questions that can be used to understand local health behavior and weight status.

1. Do you think weight is related to health? Why or why not?
2. Did you eat breakfast today? If yes, what did you have? If not, why?
3. How long did you spend watching television or on a computer yesterday?
4. How long were you physically active yesterday? What did you do?
5. How tall are you and how much do you weigh?
6. Are you concerned about your weight?
7. If you are trying to either gain weight or lose weight, how much and why?