## Physical Activity Community Assessment



## **ACCESS TO PHYSICAL ACTIVITY OPPORTUNITIES**

This assessment will help you determine what is available in your community and what is needed to access quality physical activity opportunities. Take a walk through your community and fill out the *Physical Activity Community Assessment*. After you have completed the assessment, you can use the information to educate your friends, family members, neighbors, and local government officials about what is needed in your community to make it easier to do more physical activity.

## **INSTRUCTIONS**

For each question, mark "yes" if a physical activity resource is available in your community; "yes, but there are some problems" if a physical activity resource is available in your community, but it needs some improvements; and "no" if it does not exist in your community. If your community has a physical activity resource, use the following rating scale to evaluate its overall condition. If your community does not have a physical activity resource, skip to the next question and leave the rating scale blank.

Rating S	cale:
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1.

	-	I = Awful	2 = 1	<i>I</i> lany prol	olems 3	= Some	problems	4 = Good	5 = Very good	6 = Excel	ılent
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Are there walking paths in your community?							2.				-		swimn	ning	pool	in you	r	
)	Yes	O No	O No		COI	community?												
)	Yes, but there are some problems: (Mark all that apply)								Yes	S	(	OM C						
									O Yes, but there are some problems:									
	· •	The paths	s are loc	ated in u	nsafe ar	eas		(Mark all that apply)										
<ul><li>O The paths need to be repaired</li><li>O The paths are littered with trash</li></ul>								<ul><li>O The pool is not open on the weekends</li><li>O The pool is not open in the evenings</li></ul>										
	0	The paths			ed with n	eonle			0		The pool is only open in the summer The pool is outdoors and is not heated							
	Ö	-			-	•			Ö	The admission fee is too expensive								
	<ul><li>O The paths are not within walking distance of my home</li><li>O I need a car to get to the paths and</li></ul>								O							swim and the pool		
								facility does not offe							er classes			
I do not own one								O The pool does not have a place to swim laps										
	O I cannot take public transportation to																	
	$\sim$	the paths			!!\			O The pool is overcrowded with people										
	0	Other pro	obiems (p	olease de	escribe)			<ul><li>The pool is located in an unsafe area</li><li>The pool is not within walking distance</li></ul>										
									0			y hon		/VILI III I	i wair	arig ais	iance	
	Rat	ing: (circle	one)						0					et to	the r	oool an	d	
	1	2	3	4	5	6							wn one					
	ı	2	3	4	5	O			$\circ$	10	can	not ta	ake pu	ıblic t	ransp	ortatio	n to	
												oool						
									О	0	the	er prol	blems	(plea	se de	escribe	)	
										_								
									Ra	tina	n. (c	circle	one)					
									1	`	•	2	3		4	5	6	

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Is there a recreation center open to the public in your community?	5. Are there any bicycle trails in your community?
O Yes O No	O Yes O No
O Yes, but there are some problems:	O Yes, but there are some problems:
(Mark all that apply)	(Mark all that apply)
<ul> <li>The center is not open on the weekends</li> <li>The center is not open in the evenings</li> <li>The center is only open in the summer</li> <li>The center does not have any activities I like</li> <li>The center has hours that do not fit into my schedule</li> <li>The center is located in an unsafe area</li> <li>The center is run down and needs to be repaired</li> <li>The center is overcrowded with people</li> <li>The center is not within walking distance of my home</li> <li>I need a car to get to the center and I do not own one</li> <li>I cannot take public transportation to</li> </ul>	<ul> <li>The trails are located in unsafe areas</li> <li>The trails need to be repaired</li> <li>The trails are littered with trash</li> <li>The trails are not well lit</li> <li>The trails are overcrowded with people</li> <li>The trails are not near my home</li> <li>I need a car to get to the trails and</li> <li>I do not own one</li> <li>I cannot take public transportation to the trails</li> <li>Other problems (please describe)</li> <li>Rating: (circle one)</li> <li>1 2 3 4 5 6</li> <li>6. Are there parks, sports fields, and/or</li> </ul>
the center	playgrounds in your community?
O Other problems (please describe)	O Yes O No
	O Yes, but there are some problems:
Rating: (circle one)	(Mark all that apply)
1 2 3 4 5 6	O They are located in unsafe areas
Are there bicycle lanes on the streets in your	<ul><li>O They do not have good lighting</li><li>O They are old and need to be repaired</li></ul>
community?	O The children's play structures are broken
O Yes O No	and dangerous
O Yes, but there are some problems:	O They are littered with trash
(Mark all that apply)	<ul><li>O They are not open in the evenings</li><li>O They are overcrowded with people</li></ul>
O The bicycle lanes on the street need to be repainted	O They are not within walking distance of my home
O Only some streets have bicycle lanes	O I need a car to get to the parks/sports
O There are no bicycle lanes on the street	fields/playgrounds and I do not own one
where I live	O I cannot take public transportation to the
<ul> <li>The bicycle lanes are not wide enough</li> <li>Cars in my community drive too close to the bicycle lanes</li> </ul>	parks/sports fields/playgrounds O Other problems (please describe)
O Other problems (please describe)	
	Rating: (circle one)
Dating (similar and)	1 2 3 4 5 6
Rating: (circle one)	
1 2 3 4 5 6	

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4.



the schools in your community offer ter-hours access to their sports fields	8.	Does your community offer any physical activity programs?								
id/or gyms?		O	Yes							
Yes O No		$\circ$	Yes	, but t	here	are sor	ne proble	ems:		
Yes, but there are some problems:			(Ма	ırk all t	that a	apply)				
(Mark all that apply)			0	The p	orogra	ams are	e only ava	ailable in	l	
O They are not open on the weekends				the si	_		,			
O They are not open in the evenings			O	The p	orogra	ams are	e only ava	ailable dı	uring	
O They have hours that do not fit into				the w						
my schedule			О	The programs are only offered when						
O They are only open in the summer		I am working								
O The sports fields/gyms are in poor condition			$\circ$	The programs are only for children						
O Only students can use the sports			$\circ$	-	_	ams are too expensive				
fields/gyms			$\circ$	The programs that are offered do not						
O The sports fields/gyms are overcrowded				intere		-				
O The schools are located in unsafe areas		<ul> <li>The programs are not within walking</li> </ul>								
O The schools that are open are not within		distance of my home								
walking distance of my home			$\circ$			_	et to the p	orogram	s and	
O I need a car to get to the schools and						wn one				
I do not own one			$\circ$			-	olic transp	oortation	ı to	
O I cannot take public transportation to				the p	-					
the schools			$\circ$	Other	r prob	olems (p	olease de	escribe)		
O Other problems (please describe)										
			Rat	ing: (c	ircle	one)				
Rating: (circle one)			1	2	)	3	4	5	6	
1 2 3 4 5 6			1	_	-	J	7	J	O	

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