



SYSTEMS APPROACHES FOR HEALTHY COMMUNITIES

Community Walking Assessment Participant Guide

Date: _____

Participants:

OUR COMMUNITY WALKING ASSESSMENT EXPERIENCE TOOK PLACE AT:

Use the space below to describe the community or neighborhood you are visiting, such as primary intersections, boundary streets, landmarks, and other identifiers.

OBSERVATION: WHAT FEATURES DOES THE COMMUNITY HAVE?

Food retail

- | | |
|---|---|
| <input type="checkbox"/> “Big box” store(s) with groceries, e.g. Walmart, Super Target | <input type="checkbox"/> Convenience, corner store(s) |
| <input type="checkbox"/> Supermarket(s) | <input type="checkbox"/> Food delivery service, e.g., Bountiful Baskets |
| <input type="checkbox"/> Small grocery store(s) | <input type="checkbox"/> Farmers Market(s) |
| <input type="checkbox"/> Ethnic market(s) | <input type="checkbox"/> Farm stand(s) |
| <input type="checkbox"/> Specialty food store(s), e.g., natural food co-op, meat market | <input type="checkbox"/> Fast food restaurants |
| | <input type="checkbox"/> Other restaurants _____ |

Notes about food retail:

Food assistance

- Food pantry facility
- Mobile food pantry
- Food distribution services, e.g. Fare for All, Ruby’s Pantry
- Community meals
- Meals on Wheels
- Senior dining
- Other: _____

Notes about food assistance:

What kinds of advertising and marketing of foods do you see in this community?

What languages do you see and hear?

- English
- Spanish
- Somali
- Hmong
- Arabic
- Other: _____

Notes about languages:

Housing

- Single family homes
- Multi-family apartment buildings
- Subsidized housing
- Mobile home park(s)
- Shelter(s)

Notes about housing:

Recreation, activity options

- Parks, playgrounds
- Outdoor sports fields, facilities
- Sidewalks on most residential streets
- Walking trail and/or biking trail
- Fitness center, gym, e.g., YMCA, community center)
- Indoor swimming pool
- Outdoor swimming pool
- Other: _____

Notes about recreation and physical activity options:

Community Garden(s)

- Yes
- No or unsure

Notes about community gardens:

Public transportation:

- City-based bus
- County or regional bus
- Train or light rail
- Program-specific transit
- Taxi service
- Other: _____

Notes about transportation:

What other community assets do you observe?

- Library(ies)
- Places of worship, other religious centers
- Elementary school(s)
- Middle school(s)
- High school(s)
- Alternative school(s)
- Hospital, clinic(s), other health service(s)
- Workforce center
- Non-profit agencies
- Other: _____

Notes about community assets:

Community health

As you respond to the following questions, consider various perspectives on this community. What it would be like without a car? In a wheelchair? As an adult caring for several young children? As a child or youth?

What community characteristics *hinder* healthy lifestyles?

What community characteristics *support* healthy lifestyles?

COMMUNICATION: WHAT DO PEOPLE IN THE COMMUNITY THINK?

If the opportunity arises, you might choose to ask these questions of people in the community:

In your opinion, what are the three most important assets of this/your community/neighborhood?

In your opinion, what are the three most important issues facing this/your community/neighborhood?

DOCUMENTATION

Besides completing this assessment, you may wish to use photos and/or video (if appropriate) to document features of the community that you find compelling, intriguing, representative, and noteworthy.

REFLECTION AND DISCUSSION: CONSIDERING POSSIBILITIES FOR YOUR WORK

After the experience, consider the following questions as a group.

What did you observe?

What stood out to you?

What surprised you?

What interested you most?

What connections did you make?

What does this mean for our work?
