

## Community-At-Large Sector: List of Questions

The following pages list the questions for each module (demographic, physical activity, nutrition, tobacco, chronic disease management, and leadership) of the Community-At-Large sector. The questions are provided in the Excel spreadsheets of the CHANGE tool; below is an example of a Community-At-Large spreadsheet.

**Community-At-Large: Leadership**

Based on your team's knowledge or observations of the community, use the following Policy and Environment scales to indicate the most appropriate responses for each statement. Position the cursor over each rating option to see further explanation and an example (examples provided are for item #1).

In the two response columns, please indicate the appropriate number (#) from the scales below that best represents your answers for each item. Provide both a Policy Response # and Environment Response # for each statement in the appropriate column, with supporting documentation in the corresponding comment boxes. Response # 99 should be used only when the strategy is not applicable at the site (e.g., stair promotion not suitable in one-story building).

Response #	Policy	Environment
1	Not identified as problem	Elements not in place
2	Problem identification/gaining agenda status	Few elements in place
3	Policy formulation and adoption	Some elements are in place
4	Policy implementation	Most elements are in place
5	Policy evaluation and enforcement	All elements in place
99	Not applicable	Not applicable

To what extent does the community:	Policy Response #	Environment Response #
1. Participate in community coalitions and partnerships (e.g., food policy council, tobacco-free partnership, neighborhood safety coalition) to address chronic diseases and related risk factors (e.g., poor nutrition, physical inactivity, tobacco use and exposure)?		
2. Participate in the public policy process to highlight the need for community changes to address chronic diseases and related risk factors (e.g., poor nutrition, physical inactivity, tobacco use and exposure)?		
3. Finance public shared-use paths or trails (by passing bonds, passing millages, levying taxes or getting grants)?		
4. Finance public recreation facilities (by passing bonds, passing millages, levying taxes or getting grants)?		
5. Finance public parks or greenways (by passing bonds, passing millages, levying taxes or getting grants)?		
6. Finance public sports facilities (by passing bonds, passing millages, levying taxes or getting grants)?		
7. Finance pedestrian enhancements (e.g., sidewalks, street crossing enhancements)?		
8. Finance bicycle enhancements (e.g., bike lanes, bike parking, road diets)?		
9. Address the community's operating budget to make walking, bicycling, or other physical activities a priority?		
10. Promote mixed land use through regulation or other incentives?		
11. Institute a management program to improve safety within the transportation system?		
<b>COLUMN TOTAL:</b>	<b>0</b>	<b>0</b>
<b>LEADERSHIP SCORE:</b>	<b>0.00%</b>	<b>0.00%</b>

**Please remember to answer every item. Do not leave any item blank.**

Demographic Information / Physical Activity / Nutrition / Tobacco / Chronic Disease Management / **Leadership**

## Demographics

1. Approximate number of people who reside in the community (population).
2. Approximate size of the area (square miles).
3. Best description of the community setting:  
rural, suburban, urban
4. The median household income of the community:  
< \$25,000, \$25,000 – \$34,999, \$35,000 – \$49,999, \$50,000 – \$74,999, ≥ \$75,000
5. Approximate percentage of people in the community with no high school diploma:  
< 5%, 5 – 9%, 10 – 14%, 15 – 19%, ≥ 20%
6. Approximate percentage of people in the community who are living in poverty:  
< 5%, 5 – 9%, 10 – 14%, 15 – 19%, ≥ 20%
7. Approximate percentage of people in the community who are currently unemployed:  
< 5%, 5 – 9%, 10 – 14%, 15 – 19%, ≥ 20%
8. Approximate percentage of people in the community who commute to work using an active mode of transportation (walking, biking, mass transit):  
< 5%, 5 – 9%, 10 – 14%, 15 – 19%, ≥ 20%

## Physical Activity

To what extent does the community:

1. Require sidewalks to be built for all developments (e.g., housing, schools, commercial)?
2. Adopt a land use plan and/or a ped-bike plan?
3. Require bike facilities (e.g., bike boulevards, bike lanes, bike ways, multi-use paths) to be built for all developments (e.g., housing, schools, commercial)?
4. Adopt a complete streets policy or plan to support walking and biking infrastructure, along with developing Active Design Guidelines?
5. Maintain a network of walking routes (e.g., institute a program to fill system/pathway gaps in the sidewalk)?
6. Maintain a network of biking routes (e.g., institute a bike lane program to repave bike lanes when necessary)?
7. Maintain a network of parks and greenways (e.g., establish a program to repair and upgrade existing parks and playgrounds) or encourage new greenspace through programs like transfer of development rights and community land trusts?
8. Provide access to parks, shared-use paths and trails, or open spaces within reasonable walking distance of most homes?
9. Institute mixed land use?
10. Require sidewalks to comply with the Americans with Disabilities Act (ADA) (i.e., all routes accessible for people with disabilities)?
11. Provide access to public recreation facilities (e.g., parks, play areas, community and wellness centers) which are open at a variety of times to meet the needs of different users?
12. Enhance access to public transportation (e.g., bus stops, light rail stops, van pool services, subway

stations, Transit Oriented Design) within reasonable walking distance?

13. Provide street traffic calming measures (e.g., road narrowing, central islands, roundabouts, speed bumps) to make areas (e.g., neighborhoods, major intersections) where people are or could be physically active (e.g. walk, bike) safer?
14. Adopt strategies (e.g., neighborhood crime watch, lights) to enhance personal safety in areas (e.g., playgrounds, parks, bike lanes, walking paths, neighborhoods) where people are or could be physically active (e.g., walk, bike)?

## Nutrition

To what extent does the community:

1. Adopt strategies to encourage food retailers (e.g., grocery, corner or convenience stores; bodegas) to provide healthy food and beverage options (e.g., fresh produce) in underserved areas?
2. Encourage community garden initiatives, (e.g. a program to transfer vacant or abandoned properties to community garden use)?
3. Enhance access to public transportation (e.g., bus stops, light rail stops, van pool services, subway stations) to supermarkets and large grocery stores?
4. Support farmers markets through activities such as zoning, permitting, city incentives, marketing, community outreach?
5. Accept Women, Infants and Children (WIC) Farmers' Market Nutrition Program vouchers or SNAP benefits at local farmers' markets?
6. Connect locally grown foods to local restaurants and food venues?\_
7. Promote (e.g., signage, product placement, pricing strategies) the purchase of fruits and vegetables at local restaurants and food venues?
8. Institute healthy food and beverage options at local restaurants and food venues?
9. Institute nutritional labeling (e.g., 'low sodium', 'no trans fat') at local restaurants and food venues?
10. Provide smaller portion sizes at local restaurants and food venues?
11. Adopt strategies (e.g. provide financial incentives, facilitate access, provide job training services) to encourage development and use of retail food outlets of supermarkets, small format stores, farmers markets in underserved areas?
12. Provide comfortable, private spaces for women to nurse or pump in public places (e.g., government buildings, restaurants, retail establishments) to support and encourage residents' ability to breastfeed?
13. Protect a woman's right to breastfeed in public places?

## Tobacco

To what extent does the community:

1. Institute a smokefree/tobacco-free policy 24/7 for indoor public places, including workplaces, bars, and restaurants?
2. Institute a smokefree/tobacco-free policy 24/7 for outdoor public places, such as outdoor children's playgrounds and sports fields?
3. Restrict youth-oriented tobacco advertisement (e.g., restrict point-of-purchase advertising or product placement around schools)?
4. Not allow tobacco industry sponsorship of community events, including prizes, and other promotional offers?
5. Regulate the number, location, and density of tobacco retail outlets?
6. Restrict the placement of tobacco vending machines (including self-service displays)?
7. Enforce the ban against selling single cigarettes?
8. Increase the price of tobacco products and invest the generated revenue on comprehensive tobacco control and prevention efforts?
9. Provide access to tobacco cessation resources and services, such as a quitline (e.g., 1-800-QUIT-

Community-At-Large Sector Questions

An excerpt from the *Community Health Assessment aNd Group Evaluation (CHANGE) Tool*

**Nutrition**

NOW)?

## **Chronic Disease Management**

To what extent does the community:

1. Enhance access to chronic disease self-management programs (e.g., weight loss programs for overweight/obesity)?
2. Adopt strategies to educate its residents on the importance of obesity prevention?
3. Adopt strategies to educate its residents on the importance of controlling high blood pressure?
4. Adopt strategies to educate its residents on the importance of controlling high blood cholesterol?
5. Adopt strategies to educate its residents on the importance of controlling blood sugar or insulin levels?
6. Adopt strategies to educate its residents on heart attack and stroke symptoms and when to call 9-1-1?
7. Adopt strategies to educate its residents on the importance of preventive care?
8. Provide emergency medical services (e.g., 9-1-1, transport system)?
9. Adopt strategies to address chronic disease health disparities?

## **Leadership**

To what extent does the community:

1. Participate in community coalitions and partnerships (e.g., food policy council, tobacco-free partnership, neighborhood safety coalition) to address chronic diseases and related risk factors (e.g., poor nutrition, physical inactivity, tobacco use and exposure)?
2. Participate in the public policy process to highlight the need for community changes to address chronic diseases and related risk factors (e.g., poor nutrition, physical inactivity, tobacco use and exposure)?
3. Finance public shared-use paths or trails (by passing bonds, passing millages, levying taxes or getting grants)?
4. Finance public recreation facilities (by passing bonds, passing millages, levying taxes or getting grants)?
5. Finance public parks or greenways (by passing bonds, passing millages, levying taxes or getting grants)?
6. Finance public sports facilities (by passing bonds, passing millages, levying taxes or getting grants)?
7. Finance pedestrian enhancements (e.g., sidewalks, street crossing enhancements)?
8. Finance bicycle enhancements (e.g., bike lanes, bike parking, road diets)?
9. Address the community's operating budget to make walking, bicycling, or other physical activities a priority?
10. Conduct facility assessments for health and wellness amenities and policies using a tool such as FitWel for all publicly owned buildings?
11. Promote mixed land use through regulation or other incentives?
12. Institute a management program to improve safety within the transportation system?