



**SYSTEMS APPROACHES FOR HEALTHY COMMUNITIES**

# Community Walking Assessment Participant Guide

Date: \_\_\_\_\_

Participants:

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**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.

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**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:

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**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:

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

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**What languages do you see and hear?**

- English
- Spanish
- Somali
- Hmong
- Arabic
- Other: \_\_\_\_\_

Notes about languages:

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**Housing**

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

Notes about housing:

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**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:

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**Community Garden(s)**

- Yes
- No or unsure

Notes about community gardens:

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**Public transportation:**

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

Notes about transportation:

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**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:

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**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?**

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**What community characteristics *support* healthy lifestyles?**

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**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?**

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

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**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?**

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**What stood out to you?**

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**What surprised you?**

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**What interested you most?**

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**What connections did you make?**

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**What does this mean for our work?**

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