

County: _____

Date: _____

Name: _____

Site/location: _____

Average daily attendance at site: _____

Number of staff at site: _____

Total number of site participants: _____

Environmental Scan to Eat Smart and Move More at Community Sites

Please circle your response in one of the five right columns for each goal in left column that your site accomplished this year. Complete and return to your educator. Keep a copy for your site.

ORGANIZATIONAL

1. Form a health committee (staff and community members) to explore ways to promote healthy practices.	We are already doing this	We don't plan to do this	Maybe	Yes, we started doing this during the program	Yes, we plan to do this but haven't yet	We'd like to, but are lacking resources *see below
2. Create written health policies.	We are already doing this	We don't plan to do this	Maybe	Yes, we started doing this during the program	Yes, we plan to do this but haven't yet	We'd like to, but are lacking resources *see below
3. Expand/Update written health policies, if already in place.	We are already doing this	We don't plan to do this	Maybe	Yes, we started doing this during the program	Yes, we plan to do this but haven't yet	We'd like to, but are lacking resources *see below
4. Communicate health policies to community members, staff, and visitors.	We are already doing this	We don't plan to do this	Maybe	Yes, we started doing this during the program	Yes, we plan to do this but haven't yet	We'd like to, but are lacking resources *see below
5. Encourage staff to model healthy eating and physical activity behaviors.	We are already doing this	We don't plan to do this	Maybe	Yes, we started doing this during the program	Yes, we plan to do this but haven't yet	We'd like to, but are lacking resources *see below

FOOD/NUTRITION

6. Partner with local farmers and distributors to provide local fruits and vegetables in meals.	We are already doing this	We don't plan to do this	Maybe	Yes, we started doing this during the program	Yes, we plan to do this but haven't yet	We'd like to, but are lacking resources *see below
7. Promote Farmers Market Nutrition Programs.	We are already doing this	We don't plan to do this	Maybe	Yes, we started doing this during the program	Yes, we plan to do this but haven't yet	We'd like to, but are lacking resources *see below

8. Periodically assess lunch menus (and snacks) and look for ways to boost nutrition.	We are already doing this	We don't plan to do this	Maybe	Yes, we started doing this during the program	Yes, we plan to do this but haven't yet	We'd like to, but are lacking resources *see below
9. Start an on-site garden.	We are already doing this	We don't plan to do this	Maybe	Yes, we started doing this during the program	Yes, we plan to do this but haven't yet	We'd like to, but are lacking resources *see below
10. Make water the beverage of choice.	We are already doing this	We don't plan to do this	Maybe	Yes, we started doing this during the program	Yes, we plan to do this but haven't yet	We'd like to, but are lacking resources *see below
11. Promote fruit and vegetable snacks.	We are already doing this	We don't plan to do this	Maybe	Yes, we started doing this during the program	Yes, we plan to do this but haven't yet	We'd like to, but are lacking resources *see below
12. Offer staff members accessible and free or low-cost healthy eating/nutrition programs.	We are already doing this	We don't plan to do this	Maybe	Yes, we started doing this during the program	Yes, we plan to do this but haven't yet	We'd like to, but are lacking resources *see below

PHYSICAL ACTIVITY

13. Provide daily physical activity opportunities for community members.	We are already doing this	We don't plan to do this	Maybe	Yes, we started doing this during the program	Yes, we plan to do this but haven't yet	We'd like to, but are lacking resources *see below
14. Develop a plan with community members on ways to be active on the weekends.	We are already doing this	We don't plan to do this	Maybe	Yes, we started doing this during the program	Yes, we plan to do this but haven't yet	We'd like to, but are lacking resources *see below
15. Partner with local groups to promote and provide fitness and/or nutrition activities for community members.	We are already doing this	We don't plan to do this	Maybe	Yes, we started doing this during the program	Yes, we plan to do this but haven't yet	We'd like to, but are lacking resources *see below
16. On-site physical activity facilities (gym, walking trail, etc.) are open to community members, their families, and the community outside of regular hours.	We are already doing this	We don't plan to do this	Maybe	Yes, we started doing this during the program	Yes, we plan to do this but haven't yet	We'd like to, but are lacking resources *see below
17. Host fitness challenges or walking buddy programs with community members and/or staff.	We are already doing this	We don't plan to do this	Maybe	Yes, we started doing this during the program	Yes, we plan to do this but haven't yet	We'd like to, but are lacking resources *see below
18. Offer staff members accessible and free or low-cost physical activity/fitness programs.	We are already doing this	We don't plan to do this	Maybe	Yes, we started doing this during the program	Yes, we plan to do this but haven't yet	We'd like to, but are lacking resources *see below

GENERAL HEALTH

19. Offer health screenings for participants and staff a few times a year.	We are already doing this	We don't plan to do this	Maybe	Yes, we started doing this during the program	Yes, we plan to do this but haven't yet	We'd like to, but are lacking resources *see below
20. Offer staff members health education and health-promoting activities.	We are already doing this	We don't plan to do this	Maybe	Yes, we started doing this during the program	Yes, we plan to do this but haven't yet	We'd like to, but are lacking resources *see below
21. Offer Medicaid and Medicare sign-up assistance.	We are already doing this	We don't plan to do this	Maybe	Yes, we started doing this during the program	Yes, we plan to do this but haven't yet	We'd like to, but are lacking resources *see below
22. Partner with other community organizations to offer other disease prevention and management education programs to participants.	We are already doing this	We don't plan to do this	Maybe	Yes, we started doing this during the program	Yes, we plan to do this but haven't yet	We'd like to, but are lacking resources *see below
23. Partner with NC Extension's More In My Basket Program to provide SNAP eligibility screening and application assistance (as appropriate).	We are already doing this	We don't plan to do this	Maybe	Yes, we started doing this during the program	Yes, we plan to do this but haven't yet	We'd like to, but are lacking resources *see below

Other changes made or progress toward change that occurred during the program:

RESOURCES NEEDED

Goal (List goals from above list you'd like to accomplish)	Financial resources needed	Non-financial resources needed (people, time, etc.)

Contact name _____ Contact phone or email _____