



The Building Blocks of a Healthy Community Site

Steps to Health’s Toolkit for Adult Community Sites

BASELINE ASSESSMENT

Site Name: _____

County: _____

Total number of people served per month: _____ Date of Assessment: _____

Instructions: Please select the answer to the following questions regarding current practices at the community site.

POLICY	THE SITE IS LEADING THE WAY!	THERE’S ROOM TO IMPROVE!
Does the community site have a health committee that explores ways to promote healthy practices?	Yes	No See Section 1 of the Resource Guide for suggestions
Does the community site have written health policies?	Yes	No See Section 1 of the Resource Guide for suggestions
Does the community site implement guidelines on food and beverages that are served in meetings or during activities?	Yes	No See Section 1 of the Resource Guide for suggestions
Does the community site adapt its hours of operation to improve access to and convenience of programs and facilities?	Yes	No See Section 2 of the Resource Guide for suggestions
Are there on-site physical activity facilities that are open to community members outside of regular hours?	Yes	No See Section 2 of the Resource Guide for suggestions
SYSTEMS		
Does the community site offer staff members accessible and free or low-cost physical activity programs?	Yes	No See Section 3 of the Resource Guide for suggestions
Does the community site offer staff members accessible and free or low-cost health and nutrition programs?	Yes	No See Section 3 of the Resource Guide for suggestions
Does the community site partner with local groups to promote and provide healthy activities for community members?	Yes	No See Section 3 of the Resource Guide for suggestions
Does the community site have an established system to involve site participants in decision-making around healthy practices?	Yes	No See Section 3 of the Resource Guide for suggestions
Is water framed as the beverage of choice at the community site?	Yes	No See Section 4 of the Resource Guide for suggestions

ENVIRONMENT

Has the community site improved appeal, layout, or display of foods to encourage consumption of healthy foods?

Yes

No
See Section 4 of the Resource Guide for suggestions

Has the community site improved facilities or equipment to accommodate healthier options?

Yes

No
See Section 4 of the Resource Guide for suggestions

Do staff and volunteers model healthy eating and physical activity behaviors at the community site?

Yes

No
See Section 5 of the Resource Guide for suggestions

Do meal staff and volunteers encourage healthy selections at meal and snack times?

Yes

No
See Section 5 of the Resource Guide for suggestions

Does the community site provide daily physical activity opportunities for community members?

Yes

No
See Section 6 of the Resource Guide for suggestions

Is there a garden at the community site?

Yes

No
See Section 6 of the Resource Guide for suggestions