



# The Building Blocks of a Healthy Community Site

## Steps to Health's Toolkit for Adult Community Sites

### FOLLOW-UP 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	<b>No</b> See Section 1 of the Resource Guide for suggestions
Does the community site have written health policies?	Yes	<b>No</b> 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	<b>No</b> 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	<b>No</b> 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	<b>No</b> 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	<b>No</b> 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	<b>No</b> 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	<b>No</b> 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	<b>No</b> See Section 3 of the Resource Guide for suggestions
Is water framed as the beverage of choice at the community site?	Yes	<b>No</b> 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