

# TOOL A. TOOL TO ASSESS COMMUNITY RESOURCES FOR PHYSICAL ACTIVITY

Use this tool to assess the types of recreational services that are available, the population groups they are designed to serve, and the ways in which these programs and facilities are promoted.

Free and Low-Cost Physical Activity				Points
Community groups. Are there groups in the community working together to encourage physical activity and create opportunities for activity in the community, such as public health or recreation agencies, the local American Heart Association affiliate, bicycle clubs, walking clubs, etc.?	No: 0 points	Yes: 1 point	Multiple groups: 2 points	
Community events. Does the community sponsor events that promote physical activity, such public walks, biking events, corporate challenges, etc.?	No: 0 points	Once or twice a year: 1 point	Three or more a year: 2 points	
Financial commitment to community recreation. Are funds for parks and recreation activities, such as sport coordination, included in the community's current operating budget?  What is the total amount allocated in the community's current annual operating budget for parks and recreation (for staff, maintenance, and programs)? \$ _____  What is the population size of the community? _____  What is the amount per person? \$ _____	Less than \$10 per person: 0 points	\$10.01 – \$35 per person: 1 point	More than \$35 per person: 2 points	
Safe recreational facilities for children. Are safe, supervised recreation facilities available to children in the summer, after school, and weekend hours?	Never: 0 points	Some locations: 1 points	Many locations: 2 points	
Youth activity programs. Are sports leagues and/or recreational activity programs available for youth in the summer, after school, and weekend hours (in addition to school athletic programs)?	No: 0 points	Some locations: 1 points	Many locations: 2 points	
Adult activity programs. Are sports leagues and/or recreational activity programs available to adults?	No: 0 points	Some locations: 1 points	Many locations: 2 points	
Senior activity programs. Are sports leagues and/or recreational activity programs available to older adults (age 55 and older)?	No: 0 points	Some locations: 1 points	Many locations: 2 points	
Access for low-income individuals. Do recreational facilities and programs that charge for admission make provisions for low-income individuals or families to gain access?	No: 0 points	Some: 1 point	Most: 2 points	
Promotion of opportunities. How many media promotions for current and future physical activity opportunities in the community have been published in the past 12 months?	None: 0 points	1 – 2: 1 point	3 or more: 2 points	
Media stories in past year. How many locally funded special interest stories about physical activity have been covered in the local media (e.g., radio, print, television) in the past 12 months?	None: 0 points	1 – 2: 1 point	3 or more: 2 points	
<b>Total of 20 possible points for this section</b>				

## How did your community do?

Free and Low-Cost Physical Activity Rating Scale	
Stage 1. Some commitments have been made to remove barriers to being an active community.	Below 10
Stage 2. Community is off to a good start towards building an active community.	11 – 14
Stage 3. Community makes it easy for people of all ages and abilities to be physically active.	15 – 18
Stage 4. Community is a model active community environment.	19 – 20

List what you believe are the most important things about your community that make it easier for people to be physically active:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Describe what you believe are three changes that your community could realistically make in the next one to two years to make it easier for people to be more physically active:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Describe what you believe are three changes that your community could realistically make in the next three to five years to make it easier for people to be more physically active:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Adapted from Washington State Department of Health: [http://here.doh.wa.gov/materials/active-community-environments/13\\_ACEtoolkit\\_E15L.pdf](http://here.doh.wa.gov/materials/active-community-environments/13_ACEtoolkit_E15L.pdf)