

# Children's Healthy Living Program for Remote Underserved Minority Populations in the Pacific Region

## Yigo



United States Department of Agriculture  
National Institute of Food and Agriculture  
Agriculture and Food Research Initiative (AFRI)  
No. 2011-68001-30335

## Yigo Baseline Prevalence Survey Results

Editors: Mark Acosta, L. Robert Barber Jr., and  
Rachael T. Leon Guerrero

# Table of Contents

<b>I. Executive Summary</b> .....	<b>3</b>
<b>II. Children’s Healthy Living Program (CHL)</b> .....	<b>5</b>
<b>III. CHL Research Activities</b> .....	<b>8</b>
A. Research Aims and Design .....	9
B. Research Methods.....	9
Study Design.....	9
Selection of Communities .....	9
Longitudinal Study .....	9
Selection of Participants .....	10
<b>IV. CHL Intervention Strategies and Activities</b> .....	<b>12</b>
A. Target Behaviors, Strategies, and Cross Cutting Functions .....	13
B. Guam Intervention Phases and Focus for Sustainability .....	17
<b>V. CHL Training Program</b> .....	<b>18</b>
A. Training Program Objectives .....	19
B. Training Program Partnerships.....	19
C. Training Program Accomplishments .....	20
D. Long-term Plans.....	22
<b>VI. Conclusions, Summary of Prevalence Study and Appreciation of Community Support</b> .....	<b>24</b>
<b>VII. Yigo Baseline Community Report</b> .....	<b>26</b>
A. Child Demographics .....	27
Sex .....	27
Age .....	27
Racial and Ethnic Heritage.....	28
Child’s Birth Place.....	29
Language Child Speaks.....	29
B. Child Anthropometric Measurement Results .....	30
Body Mass Index (BMI).....	30
Abdominal Obesity .....	30
Acanthosis Nigricans (AN) .....	31
C. Child Nutrition and Diet Reports .....	32
Fruit and Vegetable Intake .....	32

Water.....	33
Sugar-Sweetened Beverages (SSB) .....	34
D. Physical Activity from Accelerometers.....	36
E. Screen Time .....	37
F. Sleep .....	40
G. Medical.....	43
H. Early Life and Feeding of Child .....	43
Birth Weight .....	43
Early Feeding Pattern .....	43
I. Household Demographics and Measures.....	45
Adult Participant Relationship to Child .....	45
Participant Marital Status .....	45
Household Size and Multi-generation Households .....	45
Participant Education.....	46
Employment Status of Caregiver Participants.....	46
Household Income Level .....	47
Religion .....	47
Food Security / Resource Availability .....	48
Culture .....	49
<b>VIII. Community Assessment Results.....</b>	<b>51</b>
A. Food Resources and Environment.....	52
Food Availability and Marketing Survey.....	52
Store Environment Walkability Survey .....	60
Fast Food.....	61
B. Physical Activity Resources .....	69
Observations of Parks and Physical Activity Facilities .....	69
Observations of Schools' Settings and Amenities.....	79
Observations of Churches' Settings and Amenities .....	83
Community Walkability Survey .....	87
C. Food Cost Survey .....	88
References / Sources of Instruments .....	91

# Executive Summary



# I. Executive Summary

## Introduction to the Report

The CHL program utilizes three major strategies towards its goals: 1) training, 2) extension – intervention, and 3) research. The purpose of this document is to report on the measures of these three strategic areas in your community at the beginning (baseline) of the project. It includes information about CHL training, and the research results of the Children’s Healthy Living Program Survey at the individual and household level and the results of the community level assessment. The community level assessment utilizes the Community Assessment Toolkit (CAT) -- which is comprised of assessments about the availability of food resources, parks, play spaces, and walkable streets – and a Food Cost Survey. This report includes only the baseline data. The results of the CHL-wide intervention study examining changes between baseline and 24-month data will be available later in a separate report.

If you have any questions about this report, please contact Rachael Leon Guerrero at rachaeltlg@triton.uog.edu or 671-735-2001; or contact L. Robert Barber at bbarber@triton.uog.edu or 671-787-7391 or 671-735-2080.

Thank you for your interest and efforts for children’s health!

### Suggested Citation:

Mark Acosta, L. Robert Barber Jr., and Rachael T. Leon Guerrero, editors. 2017. Children’s Healthy Living Program for Remote Underserved Minority Populations in the Pacific Region: Yigo Baseline Prevalence Survey Results. College of Natural & Applied Sciences, University of Guam, Mangilao, Guam.

# Children's Healthy Living Program (CHL)



## II. Children's Healthy Living Program (CHL)

The Children's Healthy Living Program for Remote Underserved Minority Populations in the Pacific Region (CHL) is a partnership among the remote Pacific jurisdictions of Alaska; American Samoa; Commonwealth of the Northern Mariana Islands (CNMI); the Federated States of Micronesia (FSM), the Republic of the Marshall Islands (RMI), the Republic of Palau; Guam; and Hawaii to study childhood obesity among Pacific children, ages two to eight years old.

The program is funded by the United States Department of Agriculture (USDA), National Institute of Food and Agriculture, Agriculture and Food Research Initiative (Grant no. 2011-68001-30335). CHL is coordinated from the Department of Human Nutrition, Food and Animal Sciences in the College of Tropical Agriculture, at the University of Hawaii at Manoa with contracts to the University of Guam, University of Alaska Fairbanks, American Samoa Community College, Northern Marianas College, and the University of Hawaii Cancer Center.

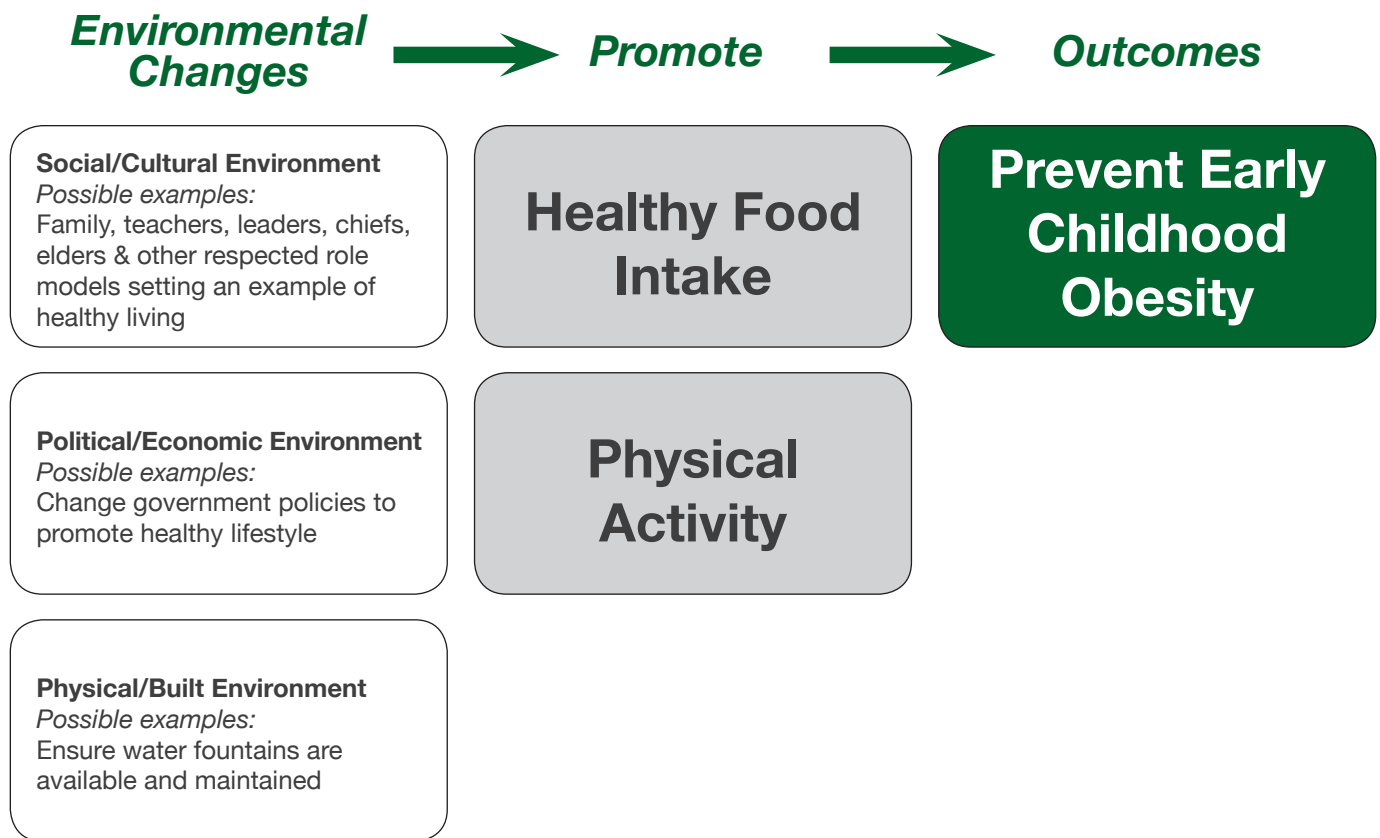
The goal of CHL is to help to create a social, cultural, political, economic, and physical environment in the Pacific Region that supports active play, physical activity, and eating healthy food, in order to promote health. In partnership with participating communities, our mission is to elevate the capacity of the region to build and sustain a healthy food and physical environment to help maintain healthy weight and prevent obesity among young children in the Pacific region.

CHL strived for the following behavior targets:

1. Lower weight and BMI gain
2. Increased physical activity
3. Higher fruit and vegetable intake
4. Increased sleep
5. Higher water intake
6. Reduced consumption of sugar-sweetened beverages (SSB)
7. Reduced TV/video viewing
8. Lower prevalence of acanthosis nigricans (AN)

Figure 1 illustrates CHL's model to influence multiple aspects of the environment to promote healthy food intake and physical activity in young children ages two to eight years old (Braun et al., 2014).

Figure 1. CHL Conceptual Model





# CHL Research Activities



## III. CHL Research Activities

### A. CHL Research Aims and Design

CHL measured two to eight-year-old children to identify young child overweight and obesity, acanthosis nigricans, and health behavior information about sleep, physical activity, screen time, eating of fruits and vegetables, and consumption of sugar-sweetened beverages and water.

### B. Research Methods

#### Study Design

The cross-sectional CHL study design collected data on body size, functional outcomes of obesity (acanthosis nigricans), food intake, physical activity, lifestyle behavior which included screen time, and demographics (baseline or prevalence). These were measured through anthropometry (height, weight, and waist circumference), food and activity logs, questionnaires, accelerometry, and visual inspection (of the neck).

Data were collected between October 2012 and September 2013 in American Samoa, Alaska, Commonwealth of the Northern Mariana Islands (CNMI), Guam and Hawaii, and between October 2013 and June 2015 in FAS.

This CHL research includes the data from the Federated States of Micronesia (Yap, Chuuk, Kosrae, and Pohnpei), the Republic of the Marshall Islands, and the Republic of Palau; referred to collectively in CHL as the Freely Associated States (FAS), and all other CHL jurisdictions -- Alaska, American Samoa, CNMI, Guam, and Hawaii.

#### Selection of Communities

Communities were identified in Alaska, American Samoa, CNMI, Guam and Hawaii using the 2000 U.S. Census tract data (U.S. Census Bureau). In the FAS, 2010 country census data were used to inform selection of sites. The community eligibility criteria included population size of >1000 (except for FAS), >25% of the population of indigenous/native descent (except 15% in Alaska due to no targeted census tract within the CHL catchment area with a population of more than 1000 having more than 25% indigenous/native), and >10% of the population under age 10 years. Additional selection criteria included adequate settings for measuring children (e.g., schools), reasonable accessibility for the CHL team, and geographic representation for FAS.

#### Longitudinal Study

For the study of the effectiveness of the CHL intervention in American Samoa, CNMI, Guam and Hawaii, communities were selected as matched pairs. Four communities were selected (two matched-pairs). Two communities were selected (1 matched-pair) in Alaska. The matching included similar criteria as above, as well as community characteristics such as access to food stores and ethnic distribution. In each pair, one community was randomly assigned to intervention and the other to a delayed optimized intervention (community will receive intervention at the end of the main study). Two additional non-matched communities (third and fourth for Alaska and fifth and sixth for other jurisdictions) were selected from the eligible list of communities to serve as temporal indicators.

A second round of measurement occurred around 24-months from the baseline in Alaska, American Samoa, and Commonwealth of the Northern Mariana Islands (CNMI), Guam, and Hawaii to examine if CHL intervention activities in those jurisdictions were effective. Smaller amounts of data were collected from the “temporal” communities. The temporal communities served to show changes in BMI over time, in communities that did not have any CHL activities.

This report includes only the baseline data and a few questions that were not in the baseline survey that were collected at a second data collection period in some jurisdictions. The results of the CHL-wide intervention study examining changes between baseline and 24-month data will be available later in a separate report.

### Selection of Participants

Recruitment activities involved schools and other community venues and activities. Recruitment took place at Head Start sites, preschools, day care centers, kindergartens, WIC sites, and other appropriate venues (e.g., parks and community recreation centers). Recruitment efforts, led by CHL staff in each jurisdiction, involved close collaboration with community liaisons (e.g., teachers, school staff, program directors, matai, mayors) to enhance participation. The teams in all jurisdictions tailored the recruitment strategies to work effectively with the stakeholder organizations while meeting recruitment goals of CHL. *NOTE: The following numbers are based on consented, rather than those who completed the measures.\*\**

**Table 2: Number of Participants Consented in each Jurisdiction for CHL Research**

Jurisdiction	Number Consent
Alaska <i>Anchorage, Fairbanks, Kenai, Mat-Su Valley</i>	713
American Samoa <i>Fagaitua/Pagai/Amaua/Auto/Utusia, Leloaloe/Aua, Onenoa/Tula/Alao, Aoloau/Aasu</i>	978
CNMI <i>Koblerville/San Antonio, Oleai, Kagman, San Roque, Saipan, Village</i>	924
Guam <i>Yigo, Yona/Talafofo, Agat/Santa Rita, Sinajana and Agana Heights, Dededo</i>	885
Hawaii <i>Nanakuli, Waimanalo, Hilo, Wailuku, Kauai, Molokai</i>	988
<b>CHL Intervention Study Data (total)</b>	<b>4,498</b>

Jurisdiction	Number Consent
<b>Freely Associated States</b>	
Pohnpei <i>Nett, Mand, Sekere, Wenik</i>	212
Republic of the Marshall Islands <i>Majuro, Ebeye (Kwajalein atoll), Ailinglaplap</i>	218
Palau <i>Koror, Ngaraard, Melekeok, Airai</i>	214
Yap <i>Rull, Tomil, Weloy, Ulithi</i>	205
Kosrae <i>Tafunsak, Lelu, Sansrik, Malem, Utwe/Walung</i>	207
Chuuk <i>Weno (Sapuk, Iras), Tol, Tonoas, Uman</i>	231
FAS Prevalence Data (total)	1,287
<b>CHL Total (CHL Intervention + FAS Prevalence)</b>	<b>5,785</b>

# CHL Community Intervention Strategies and Activities



## IV. CHL Community Intervention Strategies and Activities

### A. Target Behaviors, Strategies, and Cross Cutting Functions

CHL's goal was to achieve healthy weight among young children (ages 2 to 8 years) by promoting **six target behaviors**:

1. Increase consumption of fruits and vegetables, preferably locally grown fruits and vegetables
2. Increase physical activity
3. Increase water consumption
4. Increase hours of sleep
5. Decrease consumption of sugar sweetened beverages (SSB)
6. Decrease screen time

To promote these target behaviors in communities with young children, the CHL team conducted community meetings, reviewed literature, and worked together to identify strategies and activities that would be appropriate for young children and their caregivers. The culture and environment of children and families also were taken into account.

Based on these data, CHL jurisdictions agreed to engage in **six strategies** to promote the target behaviors.

1. Introduce, enhance, and support policy for healthy eating and physical activity of 2 to 8 year-old children
2. Engage 2 to 8 year-old children in growing and eating local healthy foods
3. Train and support role models to promote CHL's six target behaviors
4. Increase accessibility of environments for safe play and physical activity for young children and their families
5. Increase accessibility of drinking water for young children
6. Provide other education and training related to CHL's six target behaviors

These six intervention strategies were collapsed into **four cross-cutting functions**, signifying the four action areas of the intervention:

1. Strengthen and actualize school wellness policies
2. Partner and advocate for environmental (social and built) change
3. Promote the CHL message
4. Train trainers (capacity building)

Specific recommended activities under each cross-cutting function were provided. Relationships between these activities and the CHL's behavior-change objectives are shown in Table 2. Specific types of activities and venues identified for use in Guam interventions are shown in the Areas of Focus Column.

**Table 2. Relationship of Areas of Focus to CHL Cross-Cutting Function and Target Behavior**

Cross-Cutting Function	Area of Focus	Target Behavior Addressed
<b>Review Assessment Data for the Policy and Physical Environment related to the 6 CHL behaviors</b>		
a) Review preschool wellness policy assessment data to identify training needs.  i) Review preschool wellness policy assessment data to identify policy gaps	Preschool Wellness Policies & Trainings	All behaviors (Increase fruit & vegetable consumption; Increase physical activity; Increase water consumption; Increase sleep; Decrease sugar sweetened beverage consumption; Decrease screen time)
ii) Address policy gaps with preschool administration	Preschool Wellness Policies & Trainings	All behaviors
iii) Assess policy implementation quality (ID strengths and weaknesses)	Preschool Wellness Policies & Trainings	All behaviors
iv) Work with preschool administrators to address weaknesses in policy implementation	Preschool Wellness Policies & Trainings	All behaviors
b) Review CAT (community assessment toolbox) data related to the physical environment to identify areas for advocacy.  i) Assess the physical environment using the CAT	Community Gathering Spaces & Schools	<ul style="list-style-type: none"> <li>• Increase Fruit &amp; Vegetable consumption</li> <li>• Increase Physical Activity</li> <li>• Increase Water consumption</li> <li>• Decrease sugar sweetened beverages</li> </ul>
ii) Review CAT data related to the physical environment to identify areas for improvements and advocacy	Mayors' Offices, NCD, and Schools on: Community Gathering Spaces & School Grounds	<ul style="list-style-type: none"> <li>• Increase Fruit &amp; Vegetable consumption</li> <li>• Increase Physical Activity</li> <li>• Increase Water consumption</li> <li>• Decrease sugar sweetened beverages</li> </ul>
iii) Improve CAT-indicated physical activity environments	Mayors' Offices, NCD, and Schools on: Community Gathering Spaces & School Grounds	<ul style="list-style-type: none"> <li>• Increase Fruit &amp; Vegetable consumption</li> <li>• Increase Physical Activity</li> <li>• Increase Water consumption</li> <li>• Decrease sugar sweetened beverages</li> </ul>

Cross-Cutting Function	Area of Focus	Target Behavior Addressed
iv) Advocate (with partners, stakeholders, role models, coalitions, etc.) for CAT-indicated physical activity environment changes	NCD, Mayors' Offices & Schools; Community Gathering Spaces & Schools	<ul style="list-style-type: none"> <li>• Increase Fruit &amp; Vegetable consumption</li> <li>• Increase Physical Activity</li> <li>• Increase Water consumption</li> <li>• Decrease sugar sweetened beverages</li> </ul>
<b>Partner and Advocate for Environmental Change</b>		
a) Work with existing community organizations and coalitions and/or form new coalitions to advocate for:	NCD, Mayors' Office & Schools; Community Gathering Spaces & Schools	
i) Better access to parks that are safe and inviting	NCD, Mayors' Offices & Schools; Community Gathering	Increase Physical Activity
ii) Better access to clean water	NCD, Mayors' Offices & Schools; Community Gathering	Increase Water consumption
iii) Safer environments for walking, biking, etc. (e.g., bike lanes/racks, sidewalks, greenways)	NCD, Mayors' Offices; Community Gathering Spaces	Increase Physical Activity
iv) Better food placement in stores	NCD	<ul style="list-style-type: none"> <li>• Increase Fruit &amp; Vegetable consumption</li> <li>• Increase Physical Activity</li> <li>• Increase Water consumption</li> <li>• Decrease sugar sweetened beverages</li> </ul>
v) Gardens and hydroponics	NCD, Mayors' Offices & Schools; School Grounds and Families	Increase Fruit & Vegetable Consumption
b) Partner with existing entities to purchase or obtain sponsorship for: i) Water in the preschools and childcare centers	Mayors' Offices	Increase Water Consumption
ii) Gardening supplies for preschool kids	Community Gathering Spaces, NCD & CE&O: Schools & Families	Increase Fruit & Vegetable Consumption
iii) Sports/play equipment for preschool kids	Schools; SPARK & Food Friends & Mighty Moves	Increase Physical Activity
iv) Campaigns and messages	NCD, Mayors Office & Schools	All behaviors



Cross-Cutting Function	Area of Focus	Target Behavior Addressed
<b>Promote the CHL Message</b>		
a) Support Role Models to deliver CHL messages in various ways (using the CHL role model curriculum as a guide)	NCD, Mayors' Offices & Schools: Support Community Role Models	All behaviors
b) Enhance existing social marketing campaigns in the intervention communities, and/or develop low-cost local social marketing campaigns related to the 6 CHL behaviors	NCD, Mayors' Offices & Schools: Support Community Role Models	All behaviors
c) Advertise CHL or other activities that promote 6 CHL target behaviors	NCD, Mayors' Offices & Schools: Support Community Role Models	All behaviors
<b>Train the Trainers</b>		
a) Train individuals to promote gardening in preschools and communities	Gardening Curriculum Development, Workshops, and Partnerships	Increase fruit & vegetable consumption
b) Train individuals to lead interactive, hands-on sessions to promote the 6 CHL behaviors	Workshops on Curriculum	All behaviors
c) Train individuals to organize and lead family-based activities that support the 6 CHL behaviors (park clean-ups, hikes, cooking sessions, etc.)	NCD, Mayors' Offices and Community Activities	All behaviors
d) Provide TA to preschool and childcare staff on wellness policies	Preschool Wellness Policies & Trainings	All behaviors
e) Train childcare providers and preschool teachers in curricula related to 6 CHL behaviors	Preschool Wellness Policies & Trainings	All behaviors to some extent – emphasis on Increasing Fruit & Vegetable Consumption and Increasing Physical Activity
f) Train role models (community champions, role celebrities, role models)	NCD, School Teachers and Mayors' Offices: Support Community Role Models	All behaviors

## **B. Guam Intervention Phases and Focus for Sustainability**

CHL aimed to put the health and well-being of young children in the forefront of our communities and help the communities and local organizations move together to create an environment that enhances the health and well-being of young children. The CHL interventions for Guam's four communities were divided into two phases to accommodate the project's research goals. These two phases were; the initial intervention, and the delayed optimized intervention.

The initial intervention was implemented in the Yona/Talofofu, and Yigo communities immediately following the baseline data collection that is the subject of this report. The delayed optimized intervention was conducted in the Sinajana/Agana Heights and the Agat/Santa Rita communities following the 24-month data collection period that followed the initial intervention. These interventions used common components with the delayed optimized intervention communities, like Yigo, benefiting from the lessons learned in the initial intervention.

In order to create a lasting impact and increase the sustainability of Guam's CHL efforts we sought community agencies and organizations whose mission and activities aligned with CHL's goals to partner with. To do this CHL strove to convene, facilitate, and unite people, groups, and organizations concerned about the health and well-being of young children in efforts to support obesity prevention strategies in their work. We tried to increase community readiness and the communities' capacity to advocate and make environmental and policy changes that enhance the health and well-being of young children and their families. We were guided by the belief that it is important to identify, empower, and support role models in the community and persuade or motivate adults in the community, that have children under their care, to be better role models of healthy behaviors.

The activities, strategies, and results of the initial and optimized interventions and the results of the 24-month data collection effort and analysis will be provided in a later report to follow this report on the baseline data collection.

# The CHL Training Program

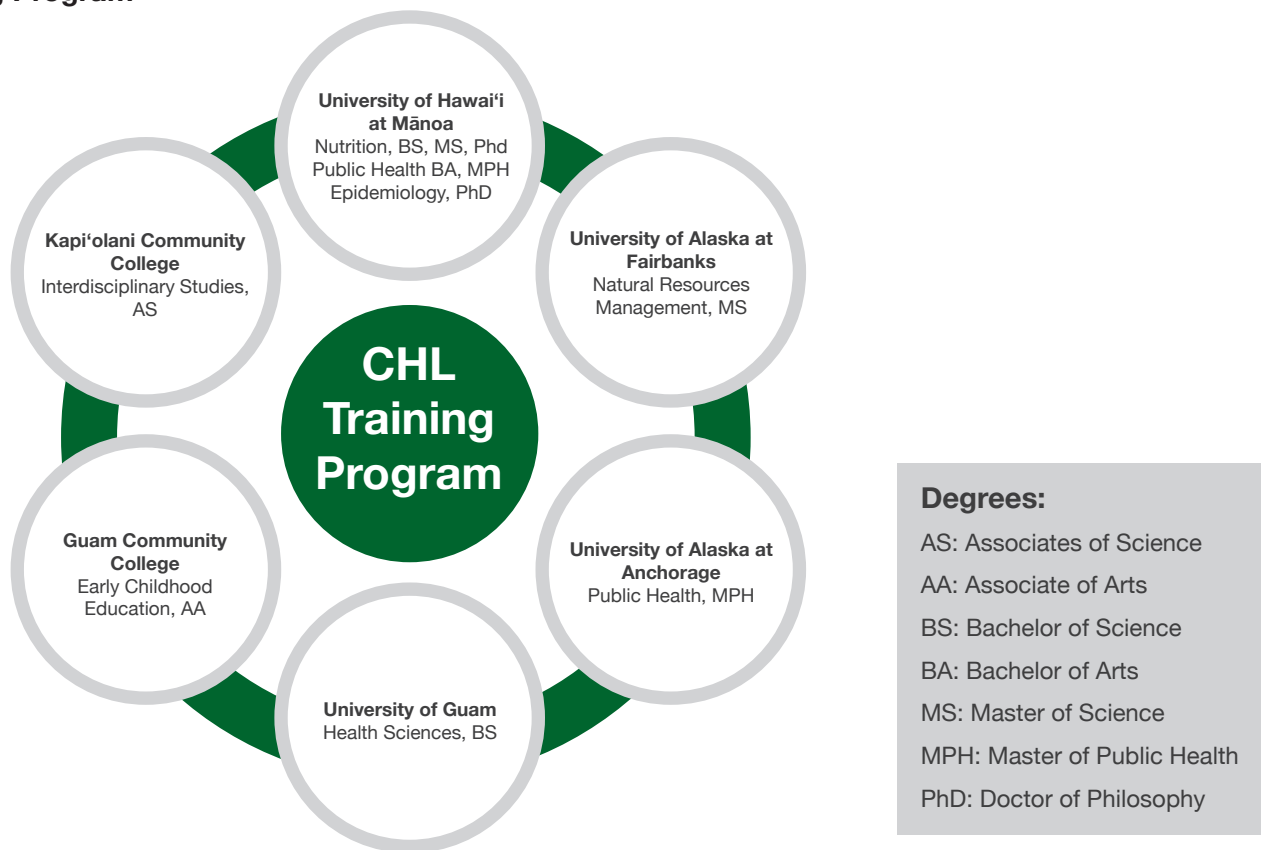


## V. The CHL Training Program

### A. Training Program Objectives

The development of the CHL Training Program (CHL-TP) is an essential component of CHL’s multilevel approach to prevent childhood obesity. Approximately, one third of the program’s resources are invested in training. The CHL-TP’s first objective is to train 22 United States Affiliated Pacific Region students in child obesity prevention through selected academic degree programs. A second objective is to enhance the students’ academic education with training on childhood obesity prevention strategies and tools, through the offering of culturally appropriate and regionally relevant obesity prevention-related courses and programs.

**Figure 2. Institutions, academic program areas and degrees in the Children’s Healthy Living (CHL) Training Program**



From: Fialkowski MK, et al. Indigenous Workforce Training by the Children’s Healthy Living Program (CHL) to Prevent Childhood Obesity in the Underserved US Affiliated Pacific Region. *J Health Care Poor Underserved*. 2015; 26(2 Supplement): 83-95.

### B. Training Program Partnerships

The CHL-TP is a collaborative effort with institutions across the Pacific. Students selected for the program have attended courses at the University of Hawai'i at Mānoa, the University of Guam, Guam Community College, Kapi'olani Community College, and the University of Alaska at Fairbanks and Anchorage (Figure 2).

Partner jurisdictions created selection committees who screened and interviewed student applicants and identified the top candidates for the scholarship awards. Two students from each of Alaska, American Samoa, CNMI, Chuuk (FSM), Guam, Hawai'i, Kosrae (FSM), Pohnpei (FSM), the Republic of the Marshall Islands, the Republic of Palau, and Yap (FSM) were selected for a scholarship to enroll in a degree program at one of the partner institutions (Table 1).

### **C. Training Program Accomplishments**

The CHL-TP developed a series of six 1-2 credit seminars that addressed the multiple causes of obesity and provided evidenced-based strategies for childhood obesity prevention. Conducting seminars using an online collaborative approach provided an opportunity for all the CHL trainees to engage in distance learning together while strengthening their bond as a cohort and their ties to the CHL-TP. The CHL-TP also partnered with the University of Hawai'i at Mānoa Public Health Program to allow CHL Trainees to take an indigenous health seminar as a part of their CHL seminar experience.

In addition to the CHL-TP seminar curriculum, CHL modified curriculum for the Food Science and Nutrition (FSHN) course, The Science of Human Nutrition (FSHN 185), offered both through the University of Hawai'i at Mānoa and the University of Hawai'i Outreach College. FSHN 185 utilizes an online platform, which allows for flexible and adaptive nutrition education delivery across the vast region of the Pacific and beyond. The modifications broadened the curriculum to reflect the unique environment and cultural diversity of the Pacific region. New modifications incorporate nutrition education with aspects of commonly consumed food and their significance in societal structure. To further support this Pacific adapted introductory nutrition course, a Pacific Food Guide was developed to help students enrolled in FSHN 185, to better connect the traditional foods of the Pacific with concepts of nutrition.

Other new curriculum and education materials developed by the CHL-TP included a comprehensive workshop to provide standardized measurement training to staff and field workers conducting measurements in anthropometry, dietary intake, physical activity, and acanthosis nigricans. The measurement training workshops conducted by CHL were successful in standardizing over 100 measurers in 5 years across the Pacific region from Alaska to Micronesia. Workshop materials will continue to be utilized for standardization of educators and staff conducting regional measurements such as Head Start staff and community workers and will be part of future curriculum being planned.

Students accepted into the CHL-TP conducted a CHL project in their home jurisdictions that supported childhood obesity prevention. Students at the graduate level blended these projects with their final theses and dissertations. All trainees were required to present their projects and budgets to a selected project committee for approval prior to implementation. Upon completion of their project all students were required to submit a formal write up and conduct an oral presentation. Examples of projects completed by graduates of the CHL-TP are outlined in Table 1.

As of this report, 24 students have participated in the CHL-TP. Two Trainees dropped out of the program after their first year, due to personal reasons. The two vacant scholarship positions were offered to two other qualified Trainees from those respective jurisdictions. Two Trainees were released from

the program due to poor performance. To date, 6 students (5 graduate and 1 undergraduate) have completed the CHL-TP and attained their degrees (Table 1). One graduate-level Trainee from Alaska is expected to complete a MPH degree in the Spring of 2016. One graduate level Trainee from American Samoa is working towards a PhD in Epidemiology and is expected to complete the degree in Summer of 2016. Two graduate level Trainees from CNMI are working on their MPH degrees. Three undergraduate Trainees from American Samoa, Chuuk, and Kosrae are expected to graduate by Spring 2016 with Bachelor's degrees in Public Health (2) and Nutrition (1), respectively. One undergraduate Trainee from Yap is expected to graduate with a Bachelor's degree in Nutrition by Summer 2016. Two undergraduate Trainees from Pohnpei and Chuuk are expected to graduate by Fall 2017 and Fall 2018, respectively, with Bachelor's degrees in Health Science. One undergraduate Trainee from Palau transferred out of Health Science and is working on a Bachelor's in Sociology. However, the fourth, an undergraduate Trainee from the Marshall Islands dropped out.

**Table 1. CHL Training Program Graduates by jurisdiction, degree type, and project description**

<b>Graduate Students</b>			
<b>Student Name</b>	<b>Jurisdiction</b>	<b>Degree Name/ Type</b>	<b>Project Description</b>
Tanisha Aflague	Guam	PhD, Nutrition	To examine the willingness to try fruit and vegetables (F&V) and F&V intake among children, 3-12yrs, attending a cultural immersion camp compared to children from a camp without cultural immersion
Monica Esquivel	Hawaii	PhD, Nutrition	To build evidence on the effectiveness of Child Care Center wellness policies that promote intake of nutrient-dense food, healthy eating habits and nutrition education to improve child diet intake and prevent childhood obesity in Hawaii
Lenora Matanane	Guam	MS, Nutrition	To test whether access and availability to fruits and vegetables in food stores is associated with childhood overweight/obesity prevalence in selected Guam communities
Ashley Morisako	Hawaii	MPH, Native Hawaiian and Indigenous health	To outline the community engagement process instilled to effectively implement and evaluate a garden-based learning curriculum targeted for preschoolers in Hawaii in order to reduce and prevent childhood obesity
Ron Standlee-Strom	Alaska	Management MS, Natural Resource	To determine factors mediating the delivery of effective nutrition education as perceived by educators and Alaskan program participants

Undergraduate Students			
Student Name	Jurisdiction	Degree Name/ Type	Project Description
Srue Wakuk	Kosrae	BA, Public Health	To evaluate how the Women in Farming Kosrae (WIFK) Project empowers women and improves health
Trisha Johnson	Pohnpei	BS, Food Science and Human Nutrition	To determine traditional fruits and vegetables consumed by young children in Pohnpei, Federated States of Micronesia
Shra Kedi	Republic of the Marshall Islands	BA, Public Health	To evaluate school wellness policies on Majuro using the CHL Wellness Policy Evaluation Tool/Rudd School Wellness Policy Evaluation Tool

PhD = Doctor of Philosophy; MS = Master of Science; MPH = Masters of Public Health; BS = Bachelor of Science; BA = Bachelor of Arts

## D. Long-term Plans

The CHL program is committed to exploring other funding opportunities for Trainees who will not complete their degree programs within the life of the CHL grant. The CHL-TP will also serve as a source for professional collaboration and career networking for all of the Trainees. In addition, the CHLTP plans to do long-term follow-up of the Trainees to gather information on the career trajectory of graduates.

Curriculum developed by the CHL-TP will continue to be offered through multiple venues. The Pacific adapted online FSHN 185 has been included as one of the options offered to students at the University of Hawai‘i at Mānoa in the Fall, Spring, and Summer semesters. This class has also been designated as meeting the Hawaiian, Asian, and Pacific Issues General Education Focus area for the University of Hawai‘i system, including the University of Hawai‘i Outreach College. The nutritional education resource, the Pacific Food Guide, has also been developed into a web resource available for free at [www.manoa.hawaii.edu/ctahr/pacificfoodguide](http://www.manoa.hawaii.edu/ctahr/pacificfoodguide)

The series of seminars developed for the CHL Trainees on the causes of childhood obesity and evidenced-based strategies for childhood obesity prevention are currently being adapted into a comprehensive distance-learning platform so that it may be offered through a CHL Summer Institute. The online platform of the CHL Summer Institute will allow for a wider audience to benefit from its unique and important content. The CHL Summer Institute will offer various courses and modules for credit and non-credit through the University of Hawai‘i Outreach College. The University of Hawai‘i Outreach College allows for non-University of Hawai‘i students to access this unique training opportunity at in-state tuition rates.

For further information on the CHL Training Program please see the following resources:

- Fialkowski MK, et al. Indigenous Workforce Training by the Children's Healthy Living Program (CHL) to Prevent Childhood Obesity in the Underserved US Affiliated Pacific Region. *J Health Care Poor Underserved*. 2015; 26(2 Supplement): 83-95.
- CHL Training Program available at: <http://www.chl-pacific.org/trainingeducation/program-overview>



# Conclusions, Summary of Baseline Prevalence Study and Appreciation of Community Support



## VI. Conclusions, Summary of Baseline Prevalence Study and Appreciation of Community Support

The purpose of this report is to inform the community of the CHL research that was conducted in Yigo during 2012 and 2013. It is a “snapshot” of the community during this time period. It is hoped that this comprehensive report will help the community in designing programs, allocating resources, and advocating for policies that increase the health and well-being of young children in Yigo.

Yigo’s parks were found to be in good condition and the stores had an adequate selection of vegetables and fruit. By decreasing the amount of unhealthy food available at store checkouts and increasing healthy menu items could serve to better the health and well-being of young children in the community.

Nearly 27% of participants in Yigo reported that they ran out of money for food “most times” or “always” each month and 78% reported they received some type of food assistance. This is a concern as 50.1% of participants’ household income was <\$20,000 and the weekly cost to feed a family of four on the Thrifty Meal plan is \$189.05.

We would like to acknowledge the guidance and support the CHL team received from the CHL Guam Advisory Committee. Their expertise and willingness to collaborate provided the CHL team with needed community input to help achieve better young child health in Guam.

The CHL team would like to express our gratitude and appreciation to all the children, parents, caregivers, teachers, community members and partners who assisted in the collection of this information. Without the support and participation of the community this report would not exist.

# Yigo Community Report



## VII. Yigo Baseline Community Report

The total number of responses for each question may not match the total number of consented participants. Parents identified their children as eligible (including age eligible) and consented, upon which children participated in the study. In data analysis, upon calculation of age by study metrics, some children were outside the defined age range and were excluded from the analysis. In addition, not all who consented to participate in the study completed all parts or all items of all the questionnaires, so the results for each item reflect only those who answered that question or whose data were available at the time of this report. Finally, potential outliers with extreme values (defined as those with a value of 3 standard deviations (sd) above or below the mean) were also excluded from this report. Total percentage may not add up to 100 because of rounding.

### A. Child Demographics

A total of 208 children participated from Yigo. Parents/caregivers answered multiple questions about their child participating in the CHL research program. The following section reports some of that information collected, including child's sex, age, race and ethnicity.

**Sex:** All 208 children participated had data on sex.

Sex	Frequency	Percent
Boys	99	48.06%
Girls	107	51.94%
<b>Total</b>	<b>206</b>	<b>100%</b>

**Age:** Child's age was calculated between age in years elapsed between child's date of birth and the date where anthropometry was measured. The distribution of age of the children is shown below.

Age in Years	Frequency	Percent
Age 2	17	8.17%
Age 3	23	11.06%
Age 4	24	11.54%
Age 5	43	20.67%
Age 6	41	19.71%
Age 7	32	15.38%
Age 8	28	13.46%
<b>Total</b>	<b>208</b>	<b>100%</b>

Age in Years	Frequency	Percent
2-5 years old	107	51.44%
6-8 years old	101	48.56%
<b>Total</b>	<b>208</b>	<b>100%</b>

## Racial and Ethnic Heritage

The data collection questions used in this section and for the household demographics came from various sources. Some items were generated by CHL staff; some came from The Center for Alaska Native Health Research Demographic and Medical Screening Questionnaire, the Behavioral Risk Factor Surveillance System 2011 survey, the 2011 Middle School Youth Risk Behavior Survey.

The distribution of race of the children using the US Office of Management and Budget (OMB) definition:

Race of child of OMB definition:	Frequency	Percent
Native Hawaiian or other Pacific Islander	134	64.42%
Asian	42	20.19%
More than one race	32	15.38%
<b>Total</b>	<b>208</b>	<b>100%</b>

The distribution of race/ethnicity of the children using the CHL pacific definition, which prioritize the indigenous ethnic groups in the jurisdiction (CHL pacific):

Race of child of Pacific definition	Frequency	Percent
Chuukese	59	28.37%
Chamorro	47	22.60%
Filipino	40	19.23%
Mix Chamorro	29	13.94%
Mix within NHPI Chuukese	7	3.37%
Yapese	7	3.37%
Mix within NHPI Chamorro	6	2.88%
Pohnpeian	4	1.92%
Mix Filipino	2	0.96%
Asian East	1	0.48%
Carolinian	1	0.48%
Kosraean	1	0.48%
Marshallese	1	0.48%
Mix Chuukese	1	0.48%
Mix Pohnpeian	1	0.48%
Mix within NHPI Yapese	1	0.48%
<b>Total</b>	<b>208</b>	<b>100%</b>

## Child's Birth Place

Parents or caregivers who responded to the question: "In what city or country was your child born?"

Birth Place	Frequency	Percent
Guam	166	81.37%
Chuuk	13	6.37%
Philippines	12	5.88%
USA	8	3.92%
CNMI	2	0.98%
Pohnpei	1	0.49%
RMI	1	0.49%
Yap	1	0.49%
<b>Total</b>	<b>204</b>	<b>100%</b>

## Parents responded to the question about residence: "How many years has your child lived here?"

Among the 208 children, 196 had information on this question. Among them, **164 (83.67%)** lived their whole life in Yigo.

## Language child speaks

The language distribution of the children in the survey is listed in the following table.

*Note: Language responses may total over 208 and 100% because some respondents could speak more than one language.*

Top languages child speaks	Frequency	Percent
English	125	60.10%
English Chuukese	44	21.15%
English Tagalog/Ilocano/Pampango/Filipino	19	9.13%
Chuukese	10	4.81%
English Yapese	3	1.44%
English Chinese	2	0.96%
English Carolinian Chuukese	1	0.48%
English Pohnpeian	1	0.48%
Marshallese	1	0.48%
Sign Language	1	0.48%
Tagalog	1	0.48%
<b>Total</b>	<b>208</b>	<b>100%</b>

English was the top language spoken at home (60.10%). Other languages children in Yigo speak at home included English-Chuukese, Chuukese, English-Tagalog/Ilocano/Pampango/Filipino, English Yapese, English Chinese, English Carolinian Chuukese, English Pohnpeian, Tagalog, Marshallese, and Sign Language. Among the 208 children that had information on this question, **60.10% of children only speak English at home and 39.90% children speak English and one or more other languages.**

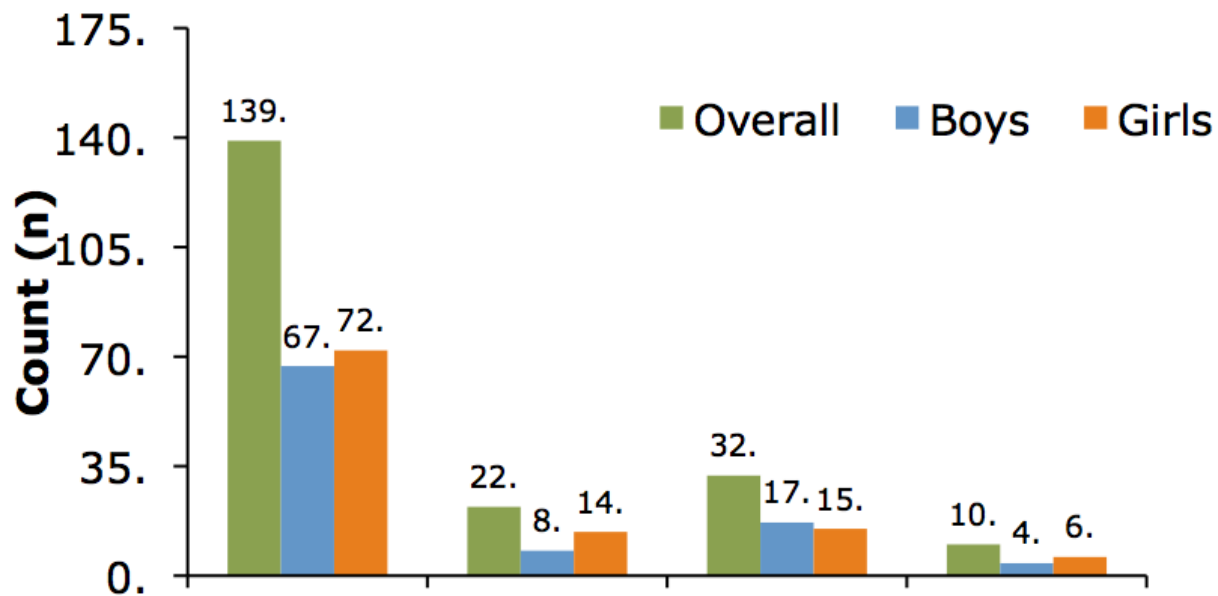
## B. Child Anthropometry Measurement Results

### Body Mass Index

Among the 208 children who participated in Yigo, 203 had valid measurements of Body Mass Index (BMI).

Overweight was defined as the 85th - 94th percentile for BMI (weight, kg/height, m<sup>2</sup>) and obesity was defined as greater than or equal to the 95th percentile for BMI (Centers for Disease Control and Prevention, 2009).

### Prevalence of overweight and obesity of study children in Yigo



A total of 203 children were included for this analysis. Among them, 139 (68%) were healthy weight, 22 (11%) were overweight, 32 (16%) were obese, and 10 (5%) were underweight.

### Abdominal Obesity

The International Diabetes Federation (IDF) suggests that children 6 years or older with a waist circumference equal or greater than the 90th percentile be considered as having abdominal obesity (Zimmet et al., 2007). For children younger than 6 years of age, currently there is insufficient information for such classification. Using children ages 6-8 years in the CHL data set as the reference data, the 90th percentile cutoff value is 71.4667cm. The 90th percentile cutoff value reported from the IDF, which uses “a nationally representative sample” of boys and girls, is 67.65 cm for 7-year olds.

Among the 101 participants in Yigo between the ages 6-8 years, using either the CHL cutoff or IDF cutoff value, eighteen percent (18%) of these 6-8 year old children were considered as having abdominal obesity.

### **Acanthosis nigricans (AN)**

Acanthosis nigricans is an indicator of high insulin levels, which can lead to insulin resistance and Type 2 diabetes. Acanthosis nigricans presents as a light brown, black velvety, rough, or thickened lesion on the surface of the skin. These features are usually seen in body folds and creases, on the nape of the neck, armpits, and over the knuckles. This screening suggests a problem with handling the body's insulin, and the possibility of having pre-diabetes or diabetes. CHL staff encouraged the parents/caregivers of these children to make an appointment for these children to see a doctor for further information and care.

Burke's (1999) quantitative scale was utilized, with scores given for the severity of AN. Among the 208 children who participated, 207 had data on AN, of which 14 (6.76%) screened positive for AN.



### C. Child Nutrition and Diet Reports

Parents and caregivers completed logs of everything their children ate and drank for two assigned days. The design of the logs was based on previous research conducted by the principal investigator as well as other team members.



A total of 183 children completed 2-day Food and Activity Logs that were returned to CHL by parents in Yigo.

The top ten foods, beverages, or condiments reported by frequency that children ate are shown in the table below.

Foods, beverages or condiments most commonly reported	Yigo	
	Frequency	Percent
#1 Rice, white, not enriched, short grain, cooked, no salt	360	7.7%
#2 Milk, reduced fat (2%)	253	5.4%
#3 Rice, white, enriched, long grain, cooked, no salt	235	5.0%
#4 Bread, white, enriched	155	3.3%
#5 Milk, low fat (1%)	106	2.3%
#6 Bananas, Ripe	82	1.8%
#7 Soy Sauce, Regular	82	1.8%
#8 Apple Juice, Canned, Bottled or Frozen	77	1.6
#9 Tea, Instant or Canned, Sweetened, No Vitamin C added	68	1.5%
#10 Apples raw, w/ Skin	66	1.4%

### Fruit and Vegetable Intake

USDA Daily Recommended Amounts of Fruits and Vegetables for Children 2-8 Years of Age.

United States Department of Agriculture's My Daily Food Plan		
Daily recommended amount of fruits and vegetables	 VEGETABLES	 FRUITS
2 years	1 cup	1 cup
3 years	1 1/2 cup	1 cup - 1 1/2 cup
4-5 years	1 1/2 cup - 2 cups	1 cup - 1 1/2 cup
6-8 years	1 1/2 cup - 2 1/2 cups	1 cup - 2 cups

Children should consume at least 1 cup of fruit and 1 cup of vegetables daily, with these recommendations (as shown in the table) increasing as children age. This aligns with the CHL behavioral intervention target or goal: to eat more fruits and vegetables daily.

The fruits and vegetables eaten by children most frequently recorded on the food and activity logs are listed in the following table.

Fruits and Vegetables most frequently eaten by children	Yigo	
	Frequency	Percent
#1 Bananas, ripe	82	1.8%
#2 Apples, raw, w/skin	66	1.4%
#3 Oranges, raw, all varieties	40	0.9%
#4 Corn, sweet, canned, drained	30	0.6%
#5 Lettuce, head or iceberg	22	0.5%

Children ate 1.4 servings of fruits and vegetables per day on average as recorded by parents/caregivers on the two-day food log.

Only 60 (33.33%) of children in Yigo met the U.S. national recommendations for daily fruit consumption.

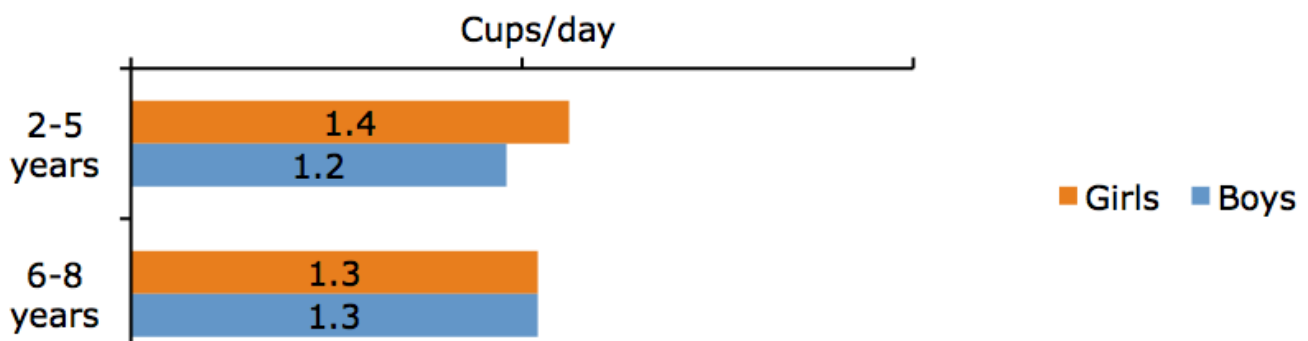
Only 9 (5.00%) of children in Yigo met the U.S. national recommendations for daily vegetable consumption.

### Water

Children should consume at least 32 - 40 fluid ounces (4 - 5 cups) of water from all beverages (milk, juice, drinking water) daily. CHL behavioral intervention target or goals were to encourage children to drink more water.

84.15 % of Parents/caregivers reported on the two-day Food and Activity Log that their child drank water daily.

On average, children in Yigo drank 1.3 cups of water daily.



### Recorded intake of Daily Drinking Water (cups / day) by Sex and Age for all Children

Drinking water intake (cups / day) by sex	Yigo	
	N	Mean (SD)
Boys		
2 – 5 years	47	1.2
6 – 8 years	49	1.3
<b>All</b>	<b>96</b>	<b>1.3</b>
Girls		
2 – 5 years	35	1.4
6 – 8 years	52	1.3
<b>All</b>	<b>87</b>	<b>1.4</b>

### Sugar-Sweetened Beverages (SSB)

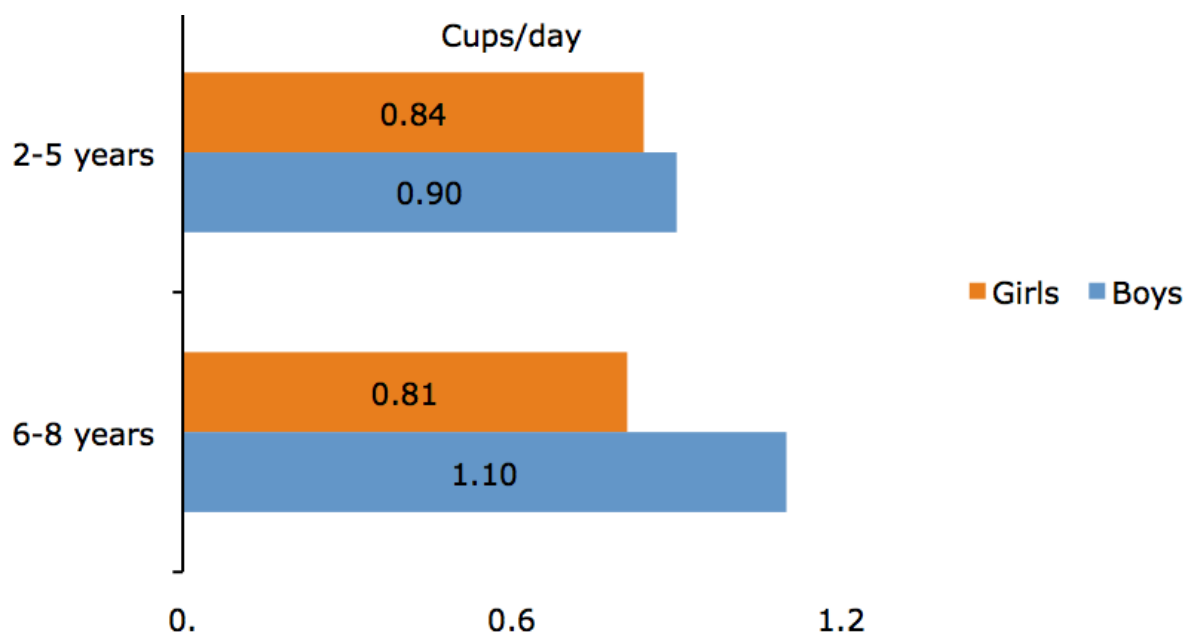
CHL behavioral intervention targets or goals are to limit (or avoid) the consumption of Sugar-Sweetened Beverages (SSB).

From the two-day food record, 126 (68.85%) of parents/caregivers in Yigo reported that their child consumed SSBs.

Children drank 0.93 cups of sugar-sweetened beverages on average day.

For Yigo, the most frequently consumed SSB included tea, orange-apricot drink, and soda.

### Children’s intake of Sugar-Sweetened Beverages (cups/day) for Yigo



**Mean SSB intake (cups/day) for all children and those with SSB's recorded for Yigo**

Mean SSB intake (cups/day)	All children		SSB Recorded	
	Number	Mean	Number	Mean
Boys				
2 – 5 years	47	0.9	29	1.5
6 – 8 years	49	1.1	38	1.4
<b>All</b>	<b>96</b>	<b>1.0</b>	<b>67</b>	<b>1.4</b>
Girls				
2 – 5 years	35	0.8	26	1.1
6 – 8 years	52	0.8	33	1.3
<b>All</b>	<b>87</b>	<b>0.8</b>	<b>59</b>	<b>1.2</b>

**Proportion of SSB consumption >2 cups per day among all children and only children with SSB recorded for Yigo.**

Proportion of children with SSB consumption >2 cups per day	All children, n (%)		SSB Recorded, n (%)	
	0-2 cups	>2 cups	0-2 cups	>2 cups
Boys				
2 – 5 years	39 (40.6%)	8 (8.3%)	21 (31.3%)	8 (11.9%)
6 – 8 years	39 (40.6%)	10 (10.4%)	28 (41.8%)	10 (14.9%)
<b>All</b>	<b>78 (42.6%)</b>	<b>18 (8.9%)</b>	<b>49 (38.9%)</b>	<b>18 (14.3%)</b>
Girls				
2 – 5 years	33 (37.9 %)	2 (2.23%)	24 (40.7%)	2 (3.4%)
6 – 8 years	44 (50.6%)	8 (9.2%)	25 (42.4%)	8 (13.6%)
<b>All</b>	<b>77 (42.1%)</b>	<b>10 (5.5%)</b>	<b>49 (39.9%)</b>	<b>10 (7.9%)</b>

## D. Physical Activity from Accelerometers

To provide data on their physical activity levels, about 100 children in each community were fitted with Actical accelerometers on the first day of measurement. Accelerometers are objective tools for measuring physical activity. Children were instructed to wear the accelerometers for 6 days without removal. Accelerometers were set to record children’s movements at each second. Recorded movements are known as counts. The accelerometer counts were summed to derive the number of counts per minute (cpm). These cpm were then used to derive activity levels based on the following criteria:

- Sedentary, if  $\text{cpm} \leq 40$
- Light, if  $41 \leq \text{cpm} \leq 2295$
- Moderate, if  $2296 \leq \text{cpm} \leq 6815$
- Vigorous, if  $\text{cpm} \geq 6816$

**Sedentary** (physical inactivity) behaviors includes excessive sitting, lying, as well as screen time. In this study, time spent on sleeping was not excluded from the sedentary results and was also considered as sedentary. **Light** activities include things such as walking at a slow pace or cleaning. **Moderate** types of activities include brisk walking, dancing and some active play, while **vigorous** activities include running, fast cycling and fast swimming.

Potential outliers with extreme values (defined as those with a value of 3 standard deviations (sd) above or below the mean) were excluded from this report. In Yigo, Actical accelerometers from 92 children provided valid data on their physical activity levels. After excluding outliers, on average children spent 11 hours and 16 minutes sedentary activities (sd=2.1 hours).

On average, children Yigo spent 11 hours and 37 minutes (sd=1.7 hours) on light activities.

On average, children in Yigo engaged 1 hour and 9 minutes on moderate or vigorous activities (sd=0.6 hour).

Of the 92 children with accelerometer data, in Yigo, 51 (56.04%) of children in Yigo met the U.S. national recommendations for achieving at least 60 minutes of moderate or vigorous activity daily, which is also a CHL behavioral intervention target or goal.

This information can be found in the following table.

Physical activity from accelerometer	Hours	
Sedentary activities (weighted) per day	11.27	
Light activities (weighted) per day	11.61	
Moderate activities (weighted) per day	1.07	
Vigorous activities (weighted) per day	0.08	
Moderate and vigorous activities (weighted) per day	1.15	
	Number	%
<b>Met national recommendation of <math>\geq 60</math> minutes of moderate or vigorous physical activity daily</b>	<b>51</b>	<b>56.04%</b>

## E. Screen Time

The following set of questions was adapted from Buckworth, J., & Nigg, C. (2004); Nigg, C. R. (2005); Haas, S., & Nigg, C. R. (2009).

Parents were asked, “On usual weekdays (Monday to Friday), how many hours a day does your child spend watching Television and/or videos/DVD?” They were asked the same question about the weekend days.

Among the 208 child participants in Yigo all had data on times spent watching TV, time spent on TV watching per day is an average of 2.5 hours/day (sd=1.59 hour) overall, 2.5 hours (sd=1.62) on weekdays, and 2.7 hours (sd=1.77) on weekends. The following table summarizes the distribution of duration of TV watching.

Hours per day child watches TV (n=204)	Percent of children		
	Per Day (adjusted for weekday and weekend)	Per Weekday	Per Weekend day
1/2 hour or less	9.13%	12.02%	11.65%
More than ½ hour up to 2 hours	33.17%	41.83%	33.98%
More than 2 hours up to 4 hours	41.83%	33.17%	37.38%
More than 4 hours up to 6 hours	12.02%	10.10%	12.62%
More than 6 hours up to 7 hours	3.85%	2.88%	4.37%
<b>Total</b>	<b>100%</b>	<b>100%</b>	<b>100%</b>

### INACTIVE Video Games (Per day, Per Weekday, and Per Weekend day)

Parents were asked, “On a usual weekday (Monday to Friday), how long on average a day does your child spend playing INACTIVE video games (DS, Play station, XBOX, Wii computer games, etc.)?” They were asked the same question about the weekend days.

Among the 208 child participants in Yigo, a total of 198 had data on the overall time spent on inactive video games. The **overall average among those 198 children is 1.27 hours/day** (sd=1.15 hour). A total of 198 children had data on weekday or weekend inactive video time. Average inactive video time on weekdays is 1.14 (sd=1.14) and on weekends is 1.47 (sd=1.41). The following table summarizes the distribution of duration of inactive video playing time.

Hours per day child spent on inactive video games	Percent of children		
	Per Day (adjusted for weekday and weekend)	Per Weekday	Per Weekend day
1/2 hour or less	32.83%	40.40%	35.90%
More than ½ hour up to 2 hours	44.44%	46.97%	38.97%
More than 2 hours up to 4 hours	19.70%	11.11%	21.03%
More than 4 hours up to 6 hours	3.03%	1.52%	4.10%
<b>Total</b>	<b>100%</b>	<b>100%</b>	<b>100%</b>

### ACTIVE Video Games (Per day, Per Weekday, and Per Weekend day)

Parents were asked, “On a usual weekday (Monday to Friday), how long on average a day does your child spend playing ACTIVE video games (DS, Play station, XBOX, Wii computer games, etc.)?” They were asked the same question about the weekend days.

Among the 208 children that participated in Yigo, a total of 204 had data on the overall time spent on active video games. The **overall average among those 204 children is 1.36 hours/day** (sd=1.39 hour). A total of 203 children had data on weekday active video time. Average active video time on weekdays is 1.22 (sd=1.40). A total of 201 children had data on weekend active video time. Average active video time on weekend is 1.64 (sd=1.61). The following table summarizes the distribution of duration of active video playing time.

Hours per day child spent on active video games	Percent of children		
	Per Day (adjusted for weekday and weekend)	Per Weekday	Per Weekend day
1/2 hour or less	35.29%	45.81%	35.32%
More than ½ hour up to 2 hours	38.24%	35.96%	33.83%
More than 2 hours up to 4 hours	20.10%	12.32%	22.39%
More than 4 hours up to 6 hours	6.37%	5.91%	8.46%
<b>Total</b>	<b>100%</b>	<b>100%</b>	<b>100%</b>

### Screen Time - Overall

This variable was created by adding the hours for watching TV and DVDs, the hours playing active video games, and the hours playing inactive video games. The overall mean is a weighted average of weekday and weekend hours.

Among the 208 child participants in Yigo, 202 children had data on the overall screen time, which averages to 5.14 hours (sd=3.33). A total of 203 had data on weekday screen time, which averages to 4.89 hour (sd=3.34). A total of 201 had data on weekend screen time, which averages to 5.80 hour (sd=3.96). The following table summarizes the distribution of duration of screen time.

Hours per day child spent on screen time	Percent of children		
	Per Day (adjusted for weekday and weekend)	Per Weekday	Per Weekend day
1/2 hour or less	6.44%	7.88%	7.46%
More than ½ hour up to 2 hours	11.39%	13.30%	12.44%
More than 2 hours up to 4 hours	27.23%	30.05%	24.38%
More than 4 hours up to 6 hours	17.33%	21.67%	14.93%
More than 6 hours	37.62%	27.09%	40.80%
<b>Total</b>	<b>100%</b>	<b>100%</b>	<b>100%</b>

The national recommendation is that young children should spend 2 hours or less on screen time per day. **(17.31%) of the children in Yigo meet this recommendation.**



## F. Sleep

The National Sleep Foundation **recommends** for 2 year olds: 11-14 hours of sleep/night; for 3 to 5 year olds: 10-13 hours/night; and for 6 to 8 year olds: 9-11 hours/night. The National Sleep Foundation also gives a **range** that may be appropriate for an individual child which is a bit wider with 9-16 hours for 2 year olds; 8-14 hours for 3 to 5 year olds; and 7-12 hours for 6 to 8 year olds.

Parents were asked, “How many hours of sleep on average does your child get in a 24-period (at night and in naps)?” The respondents were asked to choose from 0 hours to over 13 hours in half hour increments. For those chosen over 13 hours, 13.5 hour was assigned instead; hence, the maximum hours are at 13.5 hours.

Some participants misunderstood the question but put down child’s naptime or hours sleep on the previous night instead of average sleep duration. Therefore, observations where sleep duration was less than 3.5 hours were removed from this report as those values are more or less considered as biological invaluable values.

Hours of sleep in 24 hours at night and in naps (on average and from parent / caregiver report)	Frequency	Percent
<b>2 year olds</b>	<b>15</b>	<b>100%</b>
Less than 9 hours	7	46.67%
9 hours to less than 11 hours	5	33.33%
11 hours or more (to 13.5 hours)	3	20.00%
<b>3 – 5 year olds</b>	<b>74</b>	<b>100%</b>
Less than 8 hours	14	18.92%
From 8 hours to less than 10 hours	41	55.41%
From 10 hours to 13.5 hours	19	25.68%
<b>6 – 8 year olds</b>	<b>93</b>	<b>100%</b>
Less than 7 hours	5	5.38%
From 7 hours to less than 9 hours	38	40.86%
From 9 hours to 13.5	50	53.76%

Met recommended hours of sleep	Frequency	Percent
Two year olds met recommendation of 11 – 14 hours of sleep	2	33.3%
Three to five year olds met recommendation of 10 – 13 hours of sleep	51	45.1%
Six to eight year olds met recommendation of 9 – 11 hours of sleep	22	71.0%

The following questions were modified from The Tayside children’s sleep questionnaire (McGreavey, Donnan, Pagliari, & Sullivan, 2005).

How long after going to bed does your child usually fall asleep?	Frequency	Percent
0 to less than 15 minutes	83	39.90%
15 to less than 30 minutes	78	37.50%
30 to less than 45 minutes	24	11.54%
45 to less than 60 minutes	15	7.21%
60 minutes and more	8	3.85%
<b>Total</b>	<b>208</b>	<b>100%</b>

Your child goes to bed reluctantly (hesitant, slowly, involuntary)?	Frequency	Percent
This sleep behavior never occurs	114	54.81%
The behavior occurs once or twice a month	37	17.79%
Occurs one to two times a week	37	17.79%
Occurs between three and five nights a week	5	2.40%
The sleep behavior happens every night	15	7.21%
<b>Total</b>	<b>208</b>	<b>100%</b>

The child has difficulty getting to sleep at night (and may require a parent to be present)	Frequency	Percent
This sleep behavior never occurs	135	64.90%
The behavior occurs once or twice a month	29	13.94%
Occurs one to two times a week	23	11.06%
Occurs between three and five nights a week	6	2.88%
The sleep behavior happens every night	15	7.21%
<b>Total</b>	<b>208</b>	<b>100%</b>

Child does not fall asleep in his or her own bed.	Frequency	Percent
This sleep behavior never occurs	132	63.46%
The behavior occurs once or twice a month	34	16.35%
Occurs one to two times a week	20	9.62%
Occurs between three and five nights a week	6	2.88%
The sleep behavior happens every night	16	7.69%
<b>Total</b>	<b>208</b>	<b>100%</b>

<b>After waking up in the night, child has difficulty falling asleep again by himself or herself.</b>	<b>Frequency</b>	<b>Percent</b>
This sleep behavior never occurs	159	76.44%
The behavior occurs once or twice a month	26	12.50%
Occurs one to two times a week	17	8.17%
Occurs between three and five nights a week	2	0.96%
The sleep behavior happens every night	4	1.92%
<b>Total</b>	<b>208</b>	<b>100%</b>

<b>Child sleeps in the parent's bed at some time during the night</b>	<b>Frequency</b>	<b>Percent</b>
This sleep behavior never occurs	120	57.69%
The behavior occurs once or twice a month	39	18.75%
Occurs one to two times a week	16	7.69%
Occurs between three and five nights a week	7	3.37%
The sleep behavior happens every night	26	12.50%
<b>Total</b>	<b>208</b>	<b>100%</b>

<b>If child wakes, he or she uses a comforter (e.g. pacifier or binky) and requires a parent to replace it.</b>	<b>Frequency</b>	<b>Percent</b>
This sleep behavior never occurs	172	82.69%
The behavior occurs once or twice a month	17	8.17%
Occurs one to two times a week	13	6.25%
The sleep behavior happens every night	6	2.88%
<b>Total</b>	<b>208</b>	<b>100%</b>

<b>Child wants a drink during night (including breast or bottle-feed)</b>	<b>Frequency</b>	<b>Percent</b>
This sleep behavior never occurs	124	59.90%
The behavior occurs once or twice a month	43	20.77%
Occurs one to two times a week	28	13.53%
Occurs between three and five nights a week	2	0.97%
The sleep behavior happens every night	10	4.83%
<b>Total</b>	<b>207</b>	<b>100%</b>

<b>Do you think your child has sleeping difficulties?</b>	<b>Frequency</b>	<b>Percent</b>
No	197	96.10%
Yes	8	3.90%
<b>Total</b>	<b>205</b>	<b>100%</b>

## G. Medical

Parents answered the question: Does your child have any current medical conditions diagnosed by a doctor? Among the 207 children, 27 (13.04%) reported that their children had a medical conditions diagnosed by a doctor. The top two medical conditions are asthma (25, 12.02%) and Guam Sores (1, 0.48%).

## H. Early life and feeding of child

### Birth Weight

Among the 208 children that participated from Yigo, a total of 129 had information on birth weight. The distribution of birth weight into three groups is summarized in the following table.

Birth Size	Frequency	Percent
Low birth weight < 2500 g	105	81.40%
Healthy birth weight (2500 – 4000 g)	11	8.53%
High birth weight > 4000 g	13	10.08%

Among the 208 children that participated in Yigo, a total of 93 had information on birth length. Among the 93 children, 22 (23.66%) had birth length below 5 percentile using the CDC 2000 reference data.

### Early Feeding Pattern

Among the 208 children that participated in Yigo, a total of 194 had information on breastfeeding. Among the 194 children, 131 (67.53%) of children were reported as ever being breastfed.

Child ever Breastfed or fed Breastmilk	Frequency	Percent
Yes	131	67.53%
No	63	32.47%
<b>Total</b>	<b>194</b>	<b>100%</b>
<b>If Yes, about children who were ever breastfed</b>		
Mean age child stopped breastfeeding or being fed breast milk (months) (n=106)	9.4 months	

Among the 208 children that participated in Yigo, a total of 190 had information on formula feeding. Among those 190 children, 158 (83.16%) of children were reported to be ever formula fed. The mean age when children started formula feeding or stopped formula feeding is reported in the following table.

Child ever fed formula	Frequency	Percent
Yes	158	83.16%
No	32	16.84%
<b>Total</b>	<b>190</b>	<b>100%</b>
If Yes, about children who were fed formula		
Mean age child first fed formula (months) (n=138)	3.1 month	
Mean age child completely stopped drinking formula (months) (n=118)	16.2 month	

A total of 146 out of the 208 children had information on age when the child was fed anything other than breast milk or formula (juice, cow's milk, sugar water, baby food, or anything else, even water). The mean age of this is 7.4 months (sd=4.5).

## I. Household Demographics and Measures

Parents and other caregivers brought their children to participate in the CHL measurement study. The following section summarizes the participant's relationship to the child, the parent or caregiver's marital status, educational achievement, employment status, family income, and family structure.

### Adult Participant Relationship to Child

Relationship of the participant to the child is summarized in the following table.

Relationship	Frequency	Percent
Biological mom	153	73.56%
Legal guardian, caregiver, other	27	12.98%
Birth dad	20	9.62%
Grandmother	4	1.92%
Step mom	2	0.96%
Adoptive mom	1	0.48%
Grandparents	1	0.48%

### Participant Marital Status

A total of 204 out of the 208 participants had marital status information of the respondent (see the following table).

Marital Status	Frequency	Percent
Married	96	47.06%
Single and living with boyfriend, girlfriend, or partner	61	29.90%
Single and not living with boyfriend, girlfriend, or partner	29	14.22%
Other	9	4.21%
Divorced	5	2.45%
Separated	3	1.47%
Widowed	1	0.49%

### Household Size and Multi-Generation Households

All 208 children had information on the number of people lived in the same household and their relationship to the child. Among them, 65 (31.25%) are from multi-generation households.

Mean size of household is 7.5, with the minimum of 2 and maximum of 80.

## Participant Education

The education levels of the participants – (the parents or guardians) are shown below:

Education	Frequency	Percent
Never attend school or only kindergarten	11	5.29%
Grades 1 up to 8 (elementary to middle)	14	6.73%
Grades 9 to 11(some high school)	50	24.04%
Grades 12 or GED (high school graduate)	82	39.42%
College or technical school 1 to 3 years	32	15.38%
College 4 years or more	19	9.13%
<b>Total</b>	<b>208</b>	<b>100%</b>

## Employment Status of Caregiver Participants

Among the 208 children that participated in Yigo, all had information on whether the respondent is employed for wages/salary, whether he/she is self-employed, whether he/she is out of work for more than a year or less than a year, whether the respondent is a homemaker, a student, or unable to work. A total of 208 had information on whether the respondent had more than one job.

Employment	Frequency	Percent
Employed for wages / salary	69	33.17%
Self-employed	10	4.81%
Out of work (more than 1 year)	39	18.75%
Out of work (less than 1 year)	19	9.13%
Homemaker	52	25.00%
Student	5	2.40%
Retired	0	0.0%
Unable to work	22	10.58%
More than one job	15	7.22%

\*Note: responses may total over 100% because respondents could select more than one category.

## Household Income Level

Among the 208 children that participated in Yigo, 147 had information on annual household income from all sources over the past 12 months. The following table summarizes this information.

Annual household income in the past 12 months	Frequency	Percent
Under \$10,000	69	46.94%
From \$10,000 to less than \$20,000	34	23.13%
From \$20,000 to less than \$35,000	22	14.97%
From \$35,000 to less than \$60,0000	20	13.61%
From \$60,000 to less than \$75,000	1	0.68%
\$75,000 or more	1	0.68%
<b>Total</b>	<b>147</b>	<b>100%</b>

## Religion

Among the 208 children, a total of 196 had information on family's religious affiliation. Out of the 196, 12 (6.12%) reported no religious affiliation. Among the 184 with any type of religious affiliation, the distribution of different religious affiliations is presented in the following table. A total of 108 had information on how often they engage in religious activities. The mean number of times per month attending religious activities is 5 among those participants.

Religion Affiliation	Frequency	Percent
Catholic	116	63.04
Protestant	27	14.67
Baptist	13	7.07
Christian Denomination not specified	11	5.98
Pentecostal	9	4.89
Evangelical Covenant	5	2.72
Other	2	1.09
Mormon/ Latter-day Saints	1	0.54
<b>Total</b>	<b>184</b>	<b>100%</b>



## Food Security / Resource Availability

Addressing food security and availability was included in the demographic questionnaire, to help understand the support services used by participants in our geographically varied jurisdictions. The food security questions were adapted from USDA (2008) questions used by USDA to Assess Household Food Security (USDA, 2008). NHANES ([cdc.gov/nchs/data/nhanes/nhanes\\_11\\_12/fsq\\_family.pdf](http://cdc.gov/nchs/data/nhanes/nhanes_11_12/fsq_family.pdf)).

Participants were asked, in the past 12 months, how often money for food or money for utilities runs out before the end of the month. Among the 208 children that participated in Yigo, a total of 178 had information on whether money for food runs out or not and a total of 169 had information on whether money for utility runs out or not. The following table presents the answers.

Food Insecurity and Utilities in past 12 months	Frequency	Percent
<b>Money runs out for food before the end of the month.</b>		
Never	34	19.10%
Seldom	22	12.36%
Sometimes	75	42.13%
Most times	27	15.17%
Always	20	11.24%
<b>Money for household utilities (water, fuel, etc.) runs out before the end of the month.</b>		
Never	35	20.71%
Seldom	25	14.79%
Sometimes	74	43.79%
Most times	22	13.02%
Always	13	7.69%

A total of 200 children had information on whether they received assistance to pay for food. Among those 200 children, 160 (80.00%) reported they did receive assistance. The following table summarizes different types of benefits their households have received.

Food Assistance Benefits received for those who obtained food assistance	Frequency	Percent
EBT/ SNAP / NAP (formerly called Food Stamps)	125	78.62%
Food Assistance (Food Bank / Food Pantries or Commodity foods)	36	22.64%
WIC benefits	70	44.03%
Free or reduced cost breakfast or lunch at school	45	28.30%

\*Note: responses may total over 100% because respondents could select more than one category.

## Culture

The degree of participants' own group's cultural and U.S. mainland cultural identifications were assessed using an acculturation questionnaire. The following tables summarize their responses to those questions.

Knowledge of traditional culture & lifestyle	Frequency	Percent
Very knowledgeable	82	39.42%
Somewhat knowledgeable	76	36.54%
Neutral or not response	37	17.79%
Somewhat not knowledgeable	3	1.44%
Not at all knowledgeable	10	4.81%

Involved with traditional culture & lifestyle	Frequency	Percent
Very involved	57	27.40%
Somewhat involved	84	40.38%
Neutral or no response	47	22.60%
Somewhat not involved	10	4.81%
Not at all involved	10	4.81%

Feel towards traditional culture & lifestyle	Frequency	Percent
Very positive	97	47.09%
Somewhat positive	56	27.18%
Neutral or no response	49	23.79%
Somewhat negative	2	0.97%
Very negative	2	0.97%

How often associate with people of your traditional culture & lifestyle	Frequency	Percent
Most of the time	90	43.27%
Somewhat often	58	27.88%
Neutral or no response	41	19.71%
Very little of the time	15	7.21%
Not at all	4	1.92%

<b>Knowledge of U.S. Mainland / Lower 48 culture and lifestyle</b>	<b>Frequency</b>	<b>Percent</b>
Very knowledgeable	34	16.50%
Somewhat knowledgeable	69	33.50%
Neutral or no response	59	28.64%
Somewhat not knowledgeable	21	10.19%
Not at all knowledgeable	23	11.17%

<b>Involvement with U.S. Mainland / Lower 48 culture and lifestyle</b>	<b>Frequency</b>	<b>Percent</b>
Very involved	26	12.68%
Somewhat involved	68	33.17%
Neutral or no response	70	34.15%
Somewhat not involved	14	6.83%
Not at all involved	27	13.17%

<b>Feeling towards U.S. Mainland / Lower 48 culture and lifestyle</b>	<b>Frequency</b>	<b>Percent</b>
Very positive	38	18.63%
Somewhat positive	68	33.33%
Neutral or no response	79	38.73%
Somewhat negative	9	4.41%
Very negative	10	4.90%

<b>How often associate with U.S. Mainland / Lower 48 culture and lifestyle</b>	<b>Frequency</b>	<b>Percent</b>
Most of the time	44	21.46%
Somewhat often	59	28.78%
Neutral or no response	64	31.22%
Very little of the time	15	7.32%
Not at all	23	11.22%

# Community Assessment Results



**C** College of Natural  
& Applied Sciences  
University of Guam | Unibetsedát Guåhan

## VIII. Community Assessment Results

The Community Assessment Toolkit or CAT is a collection of data-recording forms to evaluate the food and physical activity environments of communities. These enabled us to study determinants of healthy eating, physical activity, and obesity among youth.

### A. Food Resources and Environment

The assessment of the food environment included inventories and surveys of fast food restaurants, and food outlets, with documents adapted from other surveys (Bridging the Gap (BTG) and CX3).

- CX3 Scores for Food outlet
  - A. Accepts WIC and Food stamps / SNAP/ EBT
  - B. Availability of fresh fruit and quality of fruit
  - C. Availability of fresh vegetable and quality of vegetable
  - D. Other healthful foods
  - E. Unhealthy products
  - F. Nutrition information
  - G. Number of healthy and unhealthy ads present inside and outside the food outlet
  - H. Walkability
  
- Fast food (3 fast food outlets in Yigo)
  - I. Advertisements that promoted price
  - J. Advertisements that included sugar-sweetened beverages
  - K. Number of healthy food options on the menu
  - L. Number healthy beverage options

### Food Availability and Marketing Survey

CHL's Food Availability Survey and Marketing Form is modified from the California Department of Health Communities of Excellence in Nutrition, Physical Activity, and Obesity Prevention program (CX3). The purpose of this survey is to assess the availability of healthy foods, price, nutrition information, and marketing of foods in stores. In addition to the food environment, we surveyed the safety and walkability around stores. A complete list of food stores, including their locations, was compiled for each community by local staff. Staff then assessed up to ten stores per community or all of them when there were less than ten stores in a community. The types of stores assessed include supermarket chain, large grocery store, small market, convenience store, and other community sources for food products.

**Supermarket Chain:** a large store that sells food and other items, including canned and frozen foods, fresh fruits and vegetables, and fresh (raw) and prepared meats, fish, and poultry. It is owned by a company that has many stores such as Cost-U-Less, K-mart, Pay-Less. (This type of store has twenty or more employees and at least 4 cash registers.)

**Large Grocery Store (not part of a large chain):** a large store that sells food and other items, including canned and frozen foods, fresh fruits and vegetables, and fresh (raw) and prepared meats, fish, and poultry. It may be part of a small regional chain of fewer than 5 stores or may be independent. (This type of store also has twenty or more employees and at least 4 cash registers.)

**Small Market:** usually an independent store that sells food including canned and frozen foods, fresh fruits and vegetables, and fresh (raw) and prepared meats, fish, and poultry as well as convenience items and alcohol. (This type of store has fewer than 20 employees and 3 or less cash registers.)

**Convenience:** a store that sells convenience items only, including bread, milk, soda, snacks and may sell alcohol and gasoline. These stores do not sell fresh (raw) meat. These stores also are known as food marts.

**Other:** a store that does not fit into supermarket chain, large grocery store, small market or convenience, but is seen by the community as a general source of food products. Examples would include farmers market, dollar stores or drug stores.

The following table is a breakdown of the store types surveyed in Yigo. Among the 21 stores assessed, the most common store types in Yigo were small market (17), convenience (3), and supermarket chain (1).

Store information	Frequency	Percent
Supermarket chain (e.g., Safeway, Pay-Less)	1	4.55%
Large grocery store (> 20 employees or ≥ 4 registers, but not large chain)	1	4.55%
Small Market (< 4 registers, but not convenience)	17	77.27%
Convenience (sells food items and snacks, no fresh meat, may sell gas)	3	13.64%
Other (NO liquor stores)	0	0.00%

**Federal Food Assistance Acceptance at Store (WIC and Food Stamps/SNAP)**

Stores were assessed for whether or not they accept Federal Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) and Food Stamps/SNAP benefits. WIC provides Federal grants to States to provide supplemental foods to low-income pregnant, breastfeeding, and non-breastfeeding postpartum women, and to infants and children up to age five who are found to be at nutritional risk (USDA, 2015). The Supplemental Nutrition Assistance Program (SNAP) offers nutrition assistance to eligible, low-income individuals and families.

Stores were also assessed on whether or not they display signage saying “We Accept WIC” and “We Accept Food Stamps/EBT” (electronic benefit transfer). Among the 21 stores surveyed, 1 store had information on participating in WIC or Food Stamps/EBT. Among those 21 stores, 13 (16.9%) accept WIC and 7 (100%) accept Food Stamps/EBT. Among the 13 stores with information on signage, 1 (4.76%) display signage for WIC being accepted and 7 (33.3%) displayed signage for Food Stamps/EBT being accepted.

Federal Benefits	Number	Percent
WIC vendor	1	4.76%
Food stamp or SNAP vendor	13	16.90%
“We Accept WIC” signage displayed	1	4.76%
“We Accept Food Stamps/EBT” signage displayed	7	33.3%

### Store exterior

Stores were assessed for ads promoting healthy or unhealthy foods on the exterior of the store. Unhealthy products are high calorie, low nutrient foods and beverages that include alcoholic beverages, soft drinks and other sweetened beverages including diet drinks, sweet desserts and highly sugared cereals, chips and other salty snacks, most solid fats, fried foods, and other foods with high amounts of sugar, fat and/or sodium. Healthy products include minimal or no added fat, sugars, or sweeteners. Examples include fresh or dried fruits and vegetables, whole grain snacks ( $\geq 2$  g fiber per serving), energy bars ( $\leq 14$  g sugar per serving), nuts and seeds, non-fat and low fat milk products, water, or 100% fruit juice.

Among the 16 stores that had data on the presence of exterior ads for foods, 1 (30%) had ads on healthy foods; 13 stores that exterior ads for unhealthy foods; and 13 (76.19%) had more than 1/3 of the total store window area covered by alcohol ads.

### Store Exterior Conditions

Stores were assessed for specific exterior conditions for food promotion. Among the 21 stores surveyed, none had produce bins on the sidewalk in front of the store. No stores had products displayed, no stores had water, no stores had other product, and no stores had soda displayed on the sidewalk in front of the store or inside the store next to the window so they are clearly visible from the outside. There was a vending machine on the sidewalk in front of 3 of the 21 stores surveyed. There were ads on the roof, walls, or anywhere on the store property of 15 of the 21 stores surveyed. No stores had images of both healthy and unhealthy foods and/or beverages painted on doors or windows of the storefront. One of the stores had painted murals of healthy food and/or beverages on the building walls of the store.

Types of Advertisements	Frequency	Percent
Produce bins on the sidewalk in front of the store	0	0.00%
Other products displayed on the sidewalk in front of the store or inside the store next to the window that are clearly visible from the outside	0	0.00%
Vending machines on the sidewalk in front of the store	3	14.29%
Advertisements (banners, posters, temporary signs, etc.) on the roof, walls or elsewhere on the property	15	71.42%
Images of healthy food and/or beverage, painted on doors or windows	0	0.00%
Images of un-healthy food and/or beverages painted on doors or windows	0	0.00%
Painted murals of healthy food and/or beverages	1	4.76%

### Perceptions of Safety at Store

Stores were assessed for perceptions of safety including whether there were bars or chains on the exterior, whether advertisements covered no more than 1/3 of the window area and the cash register could be seen from the outside for stores that sold alcoholic beverages (e.g. the Lee Law which was passed in California) whether people felt safe walking in and around the store, and if the store was located in a safe, walkable environment. Among the 21 stores with this information, 0 (0.00%) had bars and 5 stores didn't comply with the Lee Law.

### Store Interior

Staff looked at the marketing (presence of ads and product placement) of specific healthy and unhealthy foods near the main checkout area. The presence of ads or promotions recorded included those next to or below the check out, on the floor, or hanging from the ceiling. The presence of products recorded included those next to or below the check out and near the exit doorway.

Advertisements	Frequency	Percent
Marketing of foods and beverages next to the main check-out area		
UNHEALTHY ads or promotions next to check-out	2	9.52%
UNHEALTHY ads or promotions below check-out level	4	19.04%
UNHEALTHY ads or promotions on floor	0	0.00%
UNHEALTHY ads or promotions hanging from ceiling	0	0.00%
HEALTHY ads or promotions next to check-out	0	0.00%
HEALTHY ads or promotions below check-out level	0	0.00%
HEALTHY ads or promotions on floor	0	0.00%
HEALTHY ads or promotions hanging from ceiling	0	0.00%



Advertisements	Frequency	Percent
UNHEALTHY products next to or below a check-out counter		
Gumball or candy machine	0	0.00%
Candy	20	95.23%
Soda	0	0.00%
Chips	4	19.04%
Other (cookies, donuts, energy drinks, sushi, chorizo, beef jerky, empanada, etc.)	14	66.66%
HEALTHY products next to or below a check-out counter		
Granola bars	1	4.76%
Bagged Nuts/seeds	0	0.00%
Fresh fruit	2	9.52%
Bottled water	0	0.00%
Other (Pickled papayas, pickles, mangoes, baby onions, radish, and eggs)	12	57.14%

### Store Interior Advertisements or Promotions

Stores were assessed for specific ads or promotion themes in the interior of the store. First, staff looked to see if there were health promotion items around the fruit and vegetables display. Of the 9 stores with this data, only 1 (4.55%) had a health promotion item. Staff then categorized each health promotion item into one of the following themes:

- 5 A Day signs, 0.
- Nutrition information, 0.
- Fruit and Veggies: More matters, 0.
- Children's Healthy Living (CHL) or CHL partnership, 0.
- Of the 21 stores with this data, 1 (4.55%) promoted locally grown produce.

Health Promotion Items around Fruit & Vegetables	Frequency	Percent
5 A Day signs (not on packaging)	0	0.00%
Nutrition information	0	0.00%
Fruit and Veggies: More matters	0	0.00%
Children's Healthy living (CHL) or CHL Partnership	0	0.00%
Other	0	0.00%
Items promoting locally grown produce	1	4.55%

### Variety, Quality, and Availability of Fruits and Vegetables and Other Health Foods

Staff looked at the overall variety, quality, and availability of specific fruits and vegetables in stores. Stores were assessed for whether they had a wide variety (7 or more types), moderate variety (4-6 types), limited variety (1-3 types) or none of fruits and vegetables, separately. Of the 21 stores with this data in Yigo, 3 had a wide variety of fruit and 8 had a wide variety of vegetables.

Questions	None	Limited (1-3 types)	Moderate variety (4-6 types)	Wide variety (7 or more types)
Fresh fruit	5	11	0	3
Fresh vegetables	2	7	2	8

Stores were also assessed on the quality of their fruits and vegetables. Staff looked for signs of quality in the produce such as the lack of wilting, decay, shriveling, brown stems, and color changes.

- **Wilting** - leaves or stems are limp
- **Decay** - mold or blackening
- **Shriveling** - skin has wrinkles
- **Brown stems/dry stem cuts**
- **Color changes** - yellowing when item should be dark green

The quality was rated as:

- **None** - None sold
- **Poor** - All or most of fruit is of poor quality (brown, bruised, overripe, wilted)
- **Mixed Poor** - Mixed quality; more poor than good
- **Mixed Good** - Mixed quality; more good than poor
- **Good** - All or most of fruit is of good quality (very fresh, no soft spots, excellent color)

Of the 21 stores in Yigo selling produce assessed for quality, 0 had good quality for all or most fruit and 0 had good quality for all or most vegetables.

Questions	Frequency	Percent
<b>Best describes the overall quality of the fresh fruit.</b>		
None sold	5	26.32%
All or most of fruit is of poor quality (brown, bruised, overripe, wilted)	0	0.00%
Mixed quality; more poor than good	0	0.00%
Mixed quality; more good than poor	14	73.68%
All or most of fruit is of good quality (very fresh, no soft spots, excellent color)	0	0.00%

Questions	Frequency	Percent
<b>Best describes the overall quality of the fresh vegetables</b>		
None sold	2	10.53%
All or most of vegetable is of poor quality (brown, bruised, overripe, wilted)	0	0.00%
Mixed quality; more poor than good	0	0.00%
Mixed quality; more good than poor	17	89.47%
All or most of vegetable is of good quality (very fresh, no soft spots, excellent color)	0	0.00%

Stores were assessed for the availability and price of specific fruits (apple, banana, and orange) and vegetables (carrot, tomato, broccoli, and cabbage). A total of 21 stores in Yigo had data on the availability of these produce. The most commonly available fruits were bananas (n=8, 47.06%) and most commonly available vegetables were carrots and cabbage was found in 10 (58.82%) of the stores.

Questions	Frequency	Percent
<b>Fruits</b>		
Available Apples	6	35.29%
Available Bananas	8	47.06%
Available Oranges	5	29.41%
<b>Vegetables</b>		
Available Carrots	10	58.82%
Available Tomatoes	4	23.53%
Available Broccoli	4	23.53%
Available Cabbage	10	58.82%

### Store Interior

Stores were assessed for the availability of other healthy foods. Healthy foods are fruits and vegetables, whole grains, beans, nuts and seeds, non-fat and low fat milk products, and lean meat, poultry, and fish. Healthy foods include minimal or no added fat, sugars, or sweeteners. Unsweetened black coffee is included. Pickled vegetables, whole coconut, and coconut water are included.

Stores were specifically assessed for a variety of items considered to be low/reduced fat dairy, or soy drinks, lean meat protein, non-meat protein, whole-grain, canned/frozen fruit or vegetables, and baby food. Of the 21 stores assessed in Yigo, 18 (85.71%) had at least one low/reduced fat dairy or soy beverage, 1 (4.76%) had at least one lean meat protein, 12 (57.14%) had at least one non-meat protein, 12 (57.14%) had at least one whole-grain item, 18 (85.71%) had at least one canned/ frozen fruit or vegetable, and 11 (52.38%) had at least one baby food.

Questions	Frequency	Percent
Milk – skim, non-fat, plain white (not flavored- chocolate, strawberry, vanilla)	18	85.71%
Milk – 1%, low fat, plain white (not flavored- chocolate, strawberry, vanilla)	1	4.76%
Milk – 2%, reduced fat, plain white (not flavored- chocolate, strawberry, vanilla)	18	85.71%
Mozzarella cheese, part skim	6	28.57%
Ground beef or turkey, lean (85% or higher)	1	4.76%
Whole chicken	11	52.38%
Whole wheat bread	6	28.57%
Brown rice	9	42.86%
High fiber cereal ( $\geq 3$ grams fiber, $\leq 12$ grams sugar per serving)	12	57.14%
Oatmeal (plain)	9	42.86%
Tortillas, soft corn or whole wheat (no lard)	7	35.00%
Soy beverage, plain, with no added sugar or sweeteners	4	19.05%
Soy beverage, flavored, vanilla or chocolate	8	38.10%
Tofu, plain	4	19.05%
Beans, dried	11	52.38%
Beans, canned with no added fats, sugar or sweetener	12	57.14%
Tuna (light) canned in water	12	57.14%
Salmon canned in water	13	61.90%
Sardines canned in water, tomato, or mustard	21	100.00%
Any canned fruit packed in 100% fruit juice	12	57.14%
Any canned vegetable with no added fats, sugar, or sweetener	18	85.71%
Any frozen fruit with no added fats, sugar, or sweetener	2	9.52%
Any frozen vegetables with no added fats, sugar, or sweetener	12	57.14%
Baby food, jarred, single fruit	11	52.38%
Baby food, jarred, single vegetable	10	47.62%
Baby food, jarred, single meat	9	45.00%

## Store Environment Walkability Survey

Everyone benefits from walking. These benefits include: improved fitness, cleaner air, reduced risks of certain health problems, and a greater sense of community, but walking needs to be safe and easy.

CHL staff conducted 22 separate store walkability surveys in Yigo. A checklist of categories were observed and rated, related to the safety and quality of the walk, for the area around the twenty-two stores in the villages.

Total Walkability Score	Community Walkability
5-10	Celebrate! You have a great neighborhood for walking.
11-15	Celebrate a little. Your neighborhood is pretty good.
16-20	Okay, but it needs work.
21-25	It needs lots of work.
26-30	It's a disaster for walking!

### Rating Scale for Each Walking Feature

- 0 = excellent
- 1 = very good
- 2 = good
- 3 = some problems
- 4 = many problems
- 5 = awful

Each store area was ranked (0 to 5) under five categories and an average (mean) was calculated for each category. The village total score (13.36) is the sum of these category averages. According to the table above the total score for the walking environment in Yigo, 13.36 ranks as “**Celebrate a little. Your neighborhood is pretty good**”. This score reflects the sidewalk infrastructure in Yigo.

Total Walking Rating	8.9					
Walking Features	Number of Observations	Average Score	Sd	Median	Min.	Max.
Room to walk	22	2.13	1.61	1.5	0	5
Ease of crossing street (s)	22	2.45	0.73	3	1	3
Driver's behavior	22	2.27	1.03	3	0	3
Ease of following safety rules	22	3.40	1.22	4	1	5
Safeness of walk	22	1.59	1.00	1	0	4
Pleasantness of walk	22	1.5	0.74	2	0	3

## Fast Food Observations

Method: The tool used by CHL to assess fast food outlets (FFO) is modified from the Bridging the Gap Program (BTG), University of Illinois at Chicago. The BTG-COMP Fast Food Observation Form was designed to assess a variety of attributes in the fast food outlet environment, including advertising and marketing, availability of nutritional information and healthy options, availability and pricing of specific food and beverage items, as well as other characteristics of the facility. The purpose of this data collection is to characterize the away-from-home food environment, with a focus on fast-food outlets and pizzerias, which are often popular destinations for youth.

### Eligible Fast Food Outlets:

Any national and regional fast food chains or franchises and independent fast food outlets that were located within Yigo were eligible. Fast food outlets are most often characterized by the fact that customers order and pay at the counter prior to eating. Data collection was also conducted in pizzerias, which may have table service. Specialty snack/drink shops where 50% or more of the menu items are a snack or drink item, buffets, and “take & bake” pizza places were excluded.

For Yigo, 3 outlets were listed on the original inventory, 3 were visited, at which time all 3 were determined to be eligible, and 3 had a complete assessment and were included in this analysis.

### Outlet Type and Shared Space

Upon entering the outlet, staff assessed the outlet type according to the main cuisine or type of food/beverages on the menu board and whether it shared space with another business.

The outlet type was selected from a list, or other could be selected. All 3 fast food outlets in Yigo had information on the outlet type. Among them, 1 (33.33%) was a Burger and Fries outlet, 1 (33.33%) was a Sandwich or Sub Shop outlets, and 1 (33.33%) was a Pizzeria/Italian.

Each outlet was assessed for whether it had its own building/exterior or whether it shared spaced with a food court, grocery store, gas station, or other restaurant. All 3 fast food outlets in Yigo had information on shared space. Among them, 2 shared space with a gas station or convenience store.

Outlet Setting	Number	Percent
Outlet Type		
Burger and Fries	1	33.33%
Mexican/Latin American	0	0.00%
Fried Chicken/Fried Fish	0	0.00%
Sandwich or Sub Shop	1	33.33%
Sandwich/Pastry	0	0.00%
Pizzeria/Italian	0	33.33%
Plate Lunch/Lunch Truck	0	0.00%
Chinese/Pan-Asian	0	0.00%

Other, SPECIFY:	0	0.00%
Shared Space		
Food Court	0	0.00%
Grocery Store	0	0.00%
Gas Station	2	66.66%
Other Restaurant	0	0.00%

### Outlet Parking, Sidewalks, and Exterior Amenities

Staff assessed each outlet for certain amenities such as on-site parking, bicycle parking, parking overhead lighting, sidewalks, and sidewalk overhead lighting.

Among the 3 fast food outlets surveyed in Yigo, all outlets had information on the following; 3 (100.0%) had on-site parking, 3 (100.0%) had parking overhead lighting. None of the 3 outlets had a sidewalk leading up to the entrance and none had sidewalk lighting.

Observations on outlet amenities included whether it had outdoor seating, bars on the windows, an exterior play area, an indoor play area visible from the outside, and a drive-thru window. Among the 3 fast food outlets in Yigo, 3 outlets had information on outdoor seating and 0 (0.00%) had outdoor seating. All of the three outlets had information on whether it had bars on the windows and 0 (0.0%) had bars present. Out of the three outlets, none had an exterior play area, none had an indoor play area that was visible from the outside, but 1 (33.33%) had a drive-thru window.

Exterior Feature	Number	Percent
Parking		
Parking on-site available (not including street parking)	3	100.00%
Parking has lights	3	100.00%
Bicycle parking racks or cages available	0	0.00%
Sidewalk		
Sidewalks on street lead up to the entrance	0	0.00%
Sidewalks have lighting	0	0.00%
Outdoor seating	0	0.00%
Bars on windows	0	0.00%
Exterior play area	0	0.00%
Indoor play area visible from outside	0	0.00%
Drive thru window	1	33.33%

Staff also assessed the number of external walls visible from the street and the level of graffiti and garbage that was present. Among the 3 fast food restaurants in Yigo, only one of the outlets had information about the number of walls visible from the street. This question was intended to give a sense

of the size/layout of the restaurant property and the number of sides on which advertisements can be placed.

Staff rated each fast food outlet as having none, a little, some, or a lot of graffiti and garbage. All 3 of the fast food outlets in Yigo had information on the level of graffiti and garbage that was present. Among them, 3 (100.00%) had no graffiti present. Furthermore, 2 (66.66%) had no garbage.

Exterior Feature	Number	Percent
Walls visible from street		
0	0	0.00%
1	1	33.33%
2	0	0.00%
3	0	0.00%
4	0	0.00%
Grffiti		
None	3	100.00%
A little	0	0.00%
Some	0	0.00%
A lot	0	0.00%
Garbage		
None	2	66.00%
A little	0	0.00%
Some	0	0.00%
A lot	0	0.00%

### Exterior Marketing

Staff assessed food and beverage advertisements on the building exterior and property, child-targeted marketing on the exterior, and other ad themes.

### Ads on the Building Exterior or Property

The number of advertisements at least 8 x 11 inches in size that were posted on the building exterior and restaurant property was recorded. To be counted, ads must have been visible from the parking lot(s) and/or from the street(s) bordering the restaurant.. Ads, which could be considered a price promotion, food ad, beverage ad, or soda ad, were separately tallied.

- **Exterior ads:** included those that are on the walls, doors, windows or roof of the building and visible from the parking lot(s) or street(s) bordering the restaurant.
- **Property ads:** include those that are not posted on the building, but are in some other place on the restaurant property such as on a fence, light post, pole, garbage can, parking barrier, play area, or other place. Again, these must be visible from the parking lot(s) or street(s) bordering the restaurant.



- **Price promotion ads** have a price specified or the presence of any of the following word(s): “price,” “sale,” “deal,” “save,” “discount,” or “value.” It also includes any ad promoting a multi-item discount like “Buy one, get one free,” “free with purchase,” “try one free” or related language. It may or may not also have included a food or beverage.
- **Food ads** have an image of and/or a name/description for a food item(s). It may or may not also have included a beverage.
- **Beverage ads** have an image of and/or a name/description for a beverage item(s). This could include, for example, soda, coffee drinks, tea, milkshakes, smoothies, juice, water and other beverages.
- **Soda ads** have an image of and/or a name/description for a soda. This can include bottled or canned soft drinks, as well as fountain drinks.

Among the 3 fast food outlets in Yigo, 3 were assessed for ads on the building exterior. Among these 3 outlets, there were a total of 9 ads: 3 ads for price promotion, 5 food ads, 1 beverage ad, and 1 soda ad. Among the 3 fast food outlets in Yigo, 2 were assessed for ads on the property. Between these 2 outlets, there were a total of 6 ads: 6 food ads and 1 price promo. The presence of specific types of ads at each outlet is presented in the table below. The type of ad most commonly observed at FFOs in Yigo was a food ad (n=11, 73.33%), followed by a price promo (n=4, 26.66%), and a beverage ad (n=1, 6.66%).

Location	# Surveyed	Total	Type of Ad			
			Price Promo	Food Ad	Beverage Ad	Soda Ad
Exterior	3	9	3	5	1	1
Property	2	6	1	6	0	0

### Other Ads on the Exterior

Staff also assessed the presence of ads on the outlet’s exterior that included a dollar menu promotion, health claim, cartoon character(s), a celebrity, kids’ meal toy, or other child-directed marketing. Any one ad can be coded as having one or more of the characteristics described above. For example, the same ad could feature both cartoon characters and the kids’ meal toy.

All 3 fast food restaurants, in Yigo, had this information. Among them, 1 (33.33%) had a dollar menu promotion and 1 (33.33%). Neither had cartoon character ads, celebrity ads, kids’ meal toy, or other child-targeting marketing.

Type of Ad	Number	Percent
Dollar menu	1	33.33%
Health claim	1	33.33%
Cartoon character(s)	0	0.00%
TV/ movie star/sports star/youth celebrity	0	0.00%
Kids’ meal toy	0	0.00%
Other child-targeted marketing	0	0.00%

## Counter Service and Restaurant Interior

Staff assessed items describing the type of service offered within the establishment, characteristics of the checkout area, characteristics of the restaurant interior, and availability of self-service beverages and a salad bar.

None of the fast food outlets in Yigo were a drive-in only restaurant, and so they were all assessed for restaurant interior characteristics. All of these outlets had information about whether food was ordered at the counter, and food was ordered at the counter in 3 (100.00%) of the outlets. 3 (100.00%) of the outlets had food pick up and payment at the counter. Among the 3 fast food outlets, only 2 had information about the number of cash registers found. Staff counted the number of cash registers inside of the restaurant and found that 2 (66.66%) of the outlets had two registers. Neither of the outlets had a glass nor Plexiglas divider between customers nor cash register in the restaurant interior.

Regarding other interior characteristics, all 3 (100.00%) of the fast food outlets had indoor seating, 1 (33.33%) had bathrooms available to customers, 1 (33.33%) had a toy display and this was recorded at being less than 3 and a half feet or less from the ground (at eye level of children). Regarding specific food and beverage items, 2 (66.66%) outlets had sweets—such as cookies and candy—near the cash register, 2 (66.66%) had self-serve fountain drinks, and none had free water and self-serve salads.

Restaurant Feature	Number	Percent
Drive-in only	0	0.00%
Counter Service		100.0%
Ordering food	3	100.00%
Picking up food	3	100.00%
Paying for food	3	100.00%
Interior Register Count		
1 register	0	0.00%
2 registers	2	66.66%
3 registers	0	0.00%
Plexiglas or divider between customer and cash register	0	0.00%
Indoor Seats	3	100.00%
Restrooms	1	33.33%
Indoor displays for kids' meal toys		0.0%
Any ad or display	1	33.33%
Toy display 3½ feet or less from the ground	1	33.33%
Sweet snacks near counter	2	66.66%
Self-serve fountain drinks	2	66.66%
Free water	1	33.33%
Self-serve salad	0	0.0%

## General Menu: Dollar Menu Items, Combo Meals, Salad, Fruits and Vegetables, and Signs for Health Options

Staff assessed the availability of a dollar menu and specific items on it, combo meals, salads and other fruit and vegetable sides. Signage for “healthy” items on the menu was also assessed.

Among the 3 fast food outlets in Yigo, 1 (33.33%) had a dollar menu, with dessert and an entrée each on the dollar menu, while 0 (0.0%) had fruit. Two out of the three outlets had information on the availability of a combo meal and both of the 2 outlets (100%) had a combo meal. Out of 2 outlets, both outlets had information on the availability of a salad as an entrée, and out of 2 outlets, 1 (50.0%) outlet had information on the availability of low-fat dressing.

Staff tallied the number of side items on the menu that were vegetables, fresh fruit, or other fruit besides fresh fruit. Staff looked for the availability of any side salad(s) or other vegetable(s) listed on the menu as a “side” or “extra” and assessed whether it met the criteria of being non-fried and not having added fat. Vegetables that were part of a main dish were also not counted. Staffed looked for the availability of any fresh fruit listed on the menu as a “side” or “extra.” Beverages such as juice or smoothies were not counted. Staff also looked for the availability canned, dried, or other processed (not fresh) fruit options listed on the menu as a “side” or “extra.”

Three outlets in Yigo were assessed for vegetable sides and fruit sides. Across the menus of these 3 outlets, there were a total of 1 vegetable, 1 fresh fruit, and zero other fruit options. Across these 3 outlets, 1 (33.33%) had vegetables items, 1 (33.33%) had 1-2 fresh fruit items, and all 3(100%) had no other fruit items.

Staff looked for signage indicating food as low calorie, low fat, low sodium, or healthy. Among the 3 fast food outlets in Yigo, 1 (33.33%) had signage for low fat, a signage for low sodium food, a signage for low calorie and also a signage for healthy food items. Neither of these fast food outlets had liquor on the menu.

Menu Feature	Frequency	Percent
Dollar Menu	1	33.33%
Fruit on Dollar Menu	0	0.0%
Dessert on Dollar Menu	1	33.33%
Drink on Dollar Menu	1	33.33%
Fries on Dollar Menu	1	33.33%
Entrée on Dollar Menu	1	33.33%
Combo meal	2	66.66%
Salad as an entrée	2	66.66%
Low-fat salad dressing	1	33.33%

Menu Feature	Frequency	Percent
<b>Vegetable Items Count</b>		
None	2	66.66%
1-2	1	33.33%
2-4	0	0.0%
5 or more	0	0.0%
<b>Fruit Items Count</b>		
none	2	66.66%
1-2	1	33.33%
2-4	0	0.0%
5 or more	0	0.0%
<b>Signage on the menu</b>		
Low calorie	1	33.33%
Low fat	1	33.33%
Low sodium	1	33.33%
Healthy	1	33.33%
Liquor	0	0.0%

### Beverage Item Assessment

Staff assessed the posted menu board for the availability and price of specific beverage items—such as soda, juice, milk, water, coffee, and shakes—commonly found in fast food establishments. A total of 3 fast food outlets in Yigo had information on beverage items. The most commonly available drinks were fountain drink, bottled water, and 100% juice.

Beverage	Frequency	Percent
Fountain drink	2	66.66%
Packaged soda	1	33.33%
100% Juice	2	66.66%
Milk, skim or 1% fat (unflavored)	1	33.33%
Milk, whole/Vitamin D or 2% fat (unflavored)	1	33.33%
Bottled Water	3	100.0%
Flavored Coffee Drinks (hot or iced)	1	33.33%
Shakes or Malts	1	33.33%
Flavored Milk (e.g., chocolate, strawberry) (n=4)	1	33.33%

### Food Item Assessment

Staff assessed the posted menu board for the availability and price for specific food items commonly found in fast food establishments and pizzerias. Among the 3 fast food outlets in Yigo, the most commonly available food item from the list of specific foods was chicken sandwich (n=3, 100.00%) and entrée salad (n=2, 66.66%).

Food	Frequency	Percent
French fries	1	33.33%
Cheeseburger	1	33.33%
Chicken Sandwich, with roasted or grilled chicken	3	100.00%
Entrée salad, with roasted or grilled chicken	2	66.66%
Fried chicken – legs, drumstick, and thigh	1	33.33%
Cheese pizza, thin crust	1	33.33%
Taco with ground beef	0	0.0%
Sub sandwich, with turkey and cheese	1	33.33%

### Children’s Menu Assessment

Staff assessed each outlet for items that were available and promoted to children (usually ages 12 and under), via the establishment’s kids’ meal or kids’ menu. Staff looked for healthy beverage and food options and asked for these items when they were not posted on the menu board. Staff also assessed the availability of toys.

Among the 3 fast food outlets in Yigo, 2 (66.66%) outlets had a kids’ menu or meal available. Furthermore, these 2 outlets had unflavored skim/1% milk, 100% juice, or bottled water option on the board and when asked. One out of two of these outlets had a fruit, vegetable (only non-fried vegetables w/o added fat), salad or yogurt option on the board and when asked. Only 1 of the outlets offered a free toy with the kids’ meal, but none offered a toy for an additional charge.

Menu Feature	Frequency	Percent
Kids’ menu or meal	2	66.66%
Unflavored skim/1% milk, 100% juice, or bottled water (Listed or shown on board)	2	66.66%
Unflavored skim/1% milk, 100% juice, or bottled water (Available when asked)	2	66.66%
Fruit, vegetable (only non-fried vegetables w/o added fat), salad or yogurt (listed or shown on board)	1	33.33%
Fruit, vegetable (only non-fried vegetables w/o added fat), salad or yogurt (available when asked)	1	33.33%
Free toy with kids’ meal	1	33.33%
Toy for additional charge	0	0.0%

## **B. Physical Activity Resources**

### **Assessment of Parks and Physical Activity Facilities**

The form used to assess parks is modified from the Bridging the Gap Program, University of Illinois at Chicago, Park Observation Form (See Appendix for form used). The purpose of this survey is to improve our understanding of accessibility of park settings and quality of opportunities for physical activity in these settings among CHL communities. A complete list of the parks that were located within the community boundary, or on the periphery, and their locations was compiled for each community by local staff. Staff then assessed up to ten parks per community or all of them when there were less than ten parks in a community. Staff were instructed to spend about 30 minutes walking through each park to survey its accessibility, setting, amenities, sports fields (e.g., soccer, football, baseball), courts (e.g., tennis, basketball, volleyball), walking/running/biking trails, and incivilities.

**Eligible parks:** Local municipal or county park that is open to the public

- Has equipment used for physical activity or play, including playing fields and courts AND/OR has green space or natural features, benches, walking paths, picnic tables, or other park features
- On-the-ground parks only. Must also have a sign designating it as a public park if no sports features are present

**Exclusions:** Campgrounds, golf courses, forest preserves, stadiums, zoos, state and national parks, private/resident-only (e.g., neighborhood association) parks.

In Yigo, a total of 3 parks were assessed. The assessment includes four parts: (A) setting, parking, and amenities; (2) sports features; (3) parks features and amenities; and (4) incivilities. The following sections, describe the findings of the surveyed parks.

#### **Park Setting, Parking, Sidewalks, and Amenities**

Upon entering the park staff assessed the presence of certain park settings, parking and sidewalk features, and certain park amenities.

Observations on park setting included whether it was a public park, whether it was adjacent to a school, and whether it shared sports features with a school. In Yigo there were 3 parks with this information. Among the 3 parks, all were public parks, none were adjacent to a school, and none shared sports features with an adjacent school.

A total of 0 of the parks had on-site parking, none of the parks had an on-site parking with overhead lighting, and none had bicycle parking. None had sidewalks leading up to the entrance of the park and none of the parks had sidewalks with overhead lighting.

Observation on park amenities included whether it had closing time signage, restrooms, showers, and beverage vending machine. None of the parks had closing time signage and none had beverage vending machines, but 1 had restrooms and 1 had showers.

Park Setting	Number
Public Parks	3
Parks are next to school	0
Park and school share sport features	0
Features present in park	
Parking on site	0
Lighted Parking	0
Sidewalk on street	0
Sidewalk lighting	0
Bicycle parking	0
Closing time signage	0
Restrooms	0
Showers locker rooms	3
Drinks found in park	
Beverage vending machine	0

### Park Access and Barriers to Entry

Staff assessed each park for an entrance fee, signage limiting entry and any physical barriers around the perimeter of the park. Among the 3 parks surveyed in Yigo, none had an entrance fee. Among these parks none had signage indicating the park name and signage stating that public use of the park was limited to specific times. None had information on whether there is signage indicating that the park was private or has restricted access at all times. None of the 3 parks had a signage restricting access and none of the parks had a locked fence or other physical barrier around the perimeter.

Access signage and barriers to entry displayed	
Entrance fee	0
Park or School name on signage	0
Public use is limited	0
Area is restricted	0
Locked fence around	0

### Park Sports Features

Staff assessed each park for a specific list of sports features to determine the number of each feature present and whether such a feature had lighting or not. Staff also rated the condition of each feature.

- **Field, Football:** A field should have the appropriate layout, markings, and/or equipment in order to be identified as a football field.
- **Field, Baseball:** A field should have the appropriate layout, markings, and/or equipment in order to be identified as a baseball field.

- **Field, Soccer:** A field should have the appropriate layout, markings, and/or equipment in order to be identified as a soccer field.
- **Court, Basketball:** A court should have the appropriate layout, markings, and/or equipment in order to be identified as a basketball court.
- **Court, Tennis:** A court should have the appropriate layout, markings, and/or equipment in order to be identified as a tennis court.
- **Court, Volleyball:** A court should have the appropriate layout, markings, and/or equipment in order to be identified as a volleyball court.
- **Court, Multi-use:** This includes large courts that contain equipment or the capability of holding equipment for different sports such as both basketball and volleyball.
- **Running/Walking Track:** A running/walking track may be located on the perimeter of a field or as part of a track and field stadium. Most tracks will have lane and/or distance markings.
- **Pool:** This includes–
  - a pool that is at least 3 feet deep at the deepest end.
  - a wading pool that is less than 3 feet deep at the deepest end and intended for use by small children.
- **Playground Area:** A playground area includes swings, monkey bars, climbing apparatuses, slides, see-saws, spring features, and other items meant for children’s play. In CHL survey, staff was trained to count only the number of areas, not the specific equipment or apparatuses.
- **Skateboarding Facilities:** Skateboarding facilities include ramps, tracks, and other apparatuses meant for use by skateboarders or in-line skaters. In CHL survey, staff was trained to count only the number of rooms or areas, not the specific equipment or apparatuses.
- **Exercise Stations with or without Signage:** Exercise stations are designated activity points. Exercise stations may also be called FitnessTrails or FitTrails.
- **Rock Climbing Wall:** A rock climbing wall is a natural or artificially constructed outdoor wall with grips for hands and feet, used for climbing.

### Condition of the Feature

Staff rated the condition and the presence of lighting for each feature item. The condition of a feature could be recorded as “poor”, “okay/good”, or “not rated”. When there was more than one item per feature, each item was evaluated for condition while the presence of lighting was assessed across all items in a feature. For example, if a park had 3 basketball courts and 2 were in okay condition, 1 was in poor condition, and 1 of them had lighting, then the staff would record the number of basketball courts as 3, 2 of which are rated okay/good, 1 rated as poor, and one basketball courts had lighting.

Feature condition was rated based on the feature’s surface and related equipment, if any was available for the feature. Ultimately the feature condition rating was related to whether or not players could safely play or engage in physical activity on a feature without risking injury or falling. Staff took into consideration the type of activities that would take place on or within a particular feature as well as the material comprising the surface when considering its condition. When assessing the condition of equipment used for physical activity, staff took into consideration age, functionality, wear and tear, damage such as dents or sharp edges, missing pieces, and rust. For example, if a playing surface was composed of concrete, staff assessed whether smooth concrete covered the entire surface and looked for cracks or uneven slabs in the concrete surface.



## Survey Results for Sports Features

Across the 3 parks surveyed in Yigo, there were a total of 8 features, of which 7 were rated as ok/good and 1 was rated could not rate.

Basketball courts were the most frequent (3), followed by Multi use fields (2) ending with baseball and football fields at (1) each. Of the features, only 1 multi use field and baseball field had lighting. The following table summarizes the number of each sports feature, the conditions of the feature, and whether lighting was present for the feature across all 3 parks in Yigo.

Features Present in Parks	Number	Condition of the feature			Has lighting
		OK/Good	Poor	Could not rate	
Multi use fields	2	2	0	0	1
Football fields	1	1	0	0	0
Baseball fields	1	1	0	0	1
Soccer fields	0	0	0	0	0
Basketball courts	3	3	0	0	0
Tennis courts	0	0	0	0	0
Volleyball courts	0	0	0	0	0
Multi use courts	0	0	0	0	0
Running tracks	0	0	0	0	0
Pools more than 3ft deep	0	0	0	0	0
Wading pools	0	0	0	0	0
Playground areas	1	0	0	1	0
Skateboarding facilities	0	0	0	0	0
Exercise stations with signage	0	0	0	0	0
Exercise stations without signage	0	0	0	0	0
Rock climbing wall present	0	0	0	0	0

## Sports Features and Amenities

Staff assessed each park for a specific list of features and amenities to determine if the feature or amenity was present and to rate the condition of the surface or feature.

When staff were unable to determine the condition of one or more features of a specific type (if more than one present), they rated the features of that type that could be rated. When any features of a specific type could not be rated due to construction/ repairs or seasonal closure staff selected not rated.

## Feature or Amenity Descriptions

- **Green Space:** This includes natural or landscaped space not specifically designated for physical activity
- **Beaches:** This includes natural or man-made beaches on the edge of water features such as lakes, rivers, and lagoons, as well as beaches at coastal parks.
- **Beaches Swimmable:** This includes any beach area with minimal shore break for a 3-5 year old to swim in.
- **Beaches Recreational:** This includes any beach with facilities for family picnics, barbecues, sports, water-sports, etc.
- **Beaches with Lifeguard:** This may be a swimmable beach, recreational beach, or both wherein lifeguards are present to monitor activities and to alert families of changing currents.
- **Other Water Features:** This includes natural or man-made bodies of water that may be present, including streams, creeks, rivers, ponds, lakes, lagoons, and in case of coastal parks, ocean.
- **Shelters:** This refers to a permanent structure with a roof to protect users from rain or sun. Walls are not required. Cloth or lattice canopies over picnic tables or exercise equipment and pergolas are not included.
- **Picnic Tables, Shaded:** This refers to a table top with benches, including outdoor lunch tables. Shade can be provided by tree or a structure.
- **Picnic Tables, not Shaded:** This refers to a tabletop with benches including outdoor lunch tables. These include tables without trees or a structure.
- **Benches:** Benches are structures designed to function as seating. These do not include picnic tables or retaining/supporting/landscaped walls whose primary function is not seating.
- **Drinking Fountains:** These include freestanding or attached water dispensers intended for drinking.
- **Decorative Water Fountains:** These include ornamental structures from which jet(s) or stream(s) of water is issued and reflecting pools. Decorative fountains are not used for drinking or swimming. metal, plastic, or paper/plastic bags. They may be stand-alone or attached to a building.
- **Grills/Fire Pits:** These are structures designed for cooking meats or other foods over open fire. A fire pit may be built directly into the ground or may be a wide and low metal container that holds coals or wood.
- **Trash Containers:** these are receptacles for litter and refuse that can be made of metal, plastic, or paper/plastic bags. They may be stand-alone or attached to a building.
- **Fence:** Large areas of the park are enclosed by a fence.
- **Trails:** These include paved or unpaved pathways or footpaths for walking, biking, roller-skating, etc. Trails are distinct from running/walking tracks in that they tend not follow a strict oval shape, but will usually follow an irregular direction and cover a greater distance than a track.

## Survey Results of Park Features and Amenities

Among the 3 parks in Yigo, there were a total of 8 features and amenities, of which all were rated as ok/good. The most common features and amenities present were green space, shelters, benches, trash containers, and fences. The following table summarizes the total number and condition of each individual feature/amenities assessed.

Features & Amenities	Present	Condition of Surface or Feature		
		Poor	OK/Good	Could not rate
Green Space	3	0	3	0
Beaches, Swimmable	0	0	0	0
Beaches, Recreational	0	0	0	0
Beaches, with Lifeguard	0	0	0	0
Other Water Features	0	0	0	0
Shelters	1	0	1	0
Picnic Tables Shaded	0	0	0	0
Picnic Tables Not shaded	0	0	0	0
Benches	1	0	1	0
Drinking Fountains	0	0	0	0
Decorative Water Fountains	0	0	0	0
Trash Containers	1	0	1	0
Grills/Fire Pits	1	0	1	0
Fence	1	0	1	0
Trails	0	0	0	0

### Incivilities

Staff assessed each park for a list of incivilities and how much each was present. The term incivility is used to describe items in the environment that might discourage physical activity. These items are often signs of area deprivation. The following items in this section were used to assess the physical disorder of the park grounds environment.

- **Garbage/Litter:** Includes paper, packaging, and other items of refuse not included in other categories below.
- **Broken Glass:** Includes any types of broken glass, such as bottles, etc.
- **Graffiti/Tagging:** Refers to “unapproved” writing such as painted or drawn signs or symbols (e.g., gang insignia) on the building and/or exterior property. Do not include painted murals or public art.
- **Evidence of Alcohol Use:** This includes beer or other alcohol-related bottles, cans or caps littering the ground or in/around overflowing trash cans. You do not need to check inside the trash cans for evidence of alcohol use.
- **Evidence of Substance Abuse:** This includes syringes, baggies, rolling papers, etc.
- **Sex Paraphernalia:** This includes condoms, condom wrappers, or other contraceptive device/material, or visible pornographic reading material.
- **Dog Refuse:** There is dog refuse visible.
- **Dogs Unattended:** There are dogs who wander the facility not under advice or leash.
- **Vandalism:** There are evidences of broken windows or other broken features.

Staff looked for incivilities throughout the park and assigned a score for each incivility type based upon the amount that was present across the park settings. The possible ratings were: none (0), a little (1), some (2), and a lot (3). For the community, average rating for each of the item was used.

Among the 3 parks surveyed, 2 had some garbage/litter, while another had a lot. One had a little graffiti and 1 had some evidence of alcohol. One had a little vandalism, while another had some. No evidence was found for broken glass, substance abuse, sex paraphernalia, dog refuse, dogs unattended.

<b>Incivilities Present in Parks</b>	<b>A little</b>	<b>Some</b>	<b>A lot</b>
Garbage/litter	0	2	1
Broken glass	0	0	0
Graffiti	1	0	0
Evidence of Alcohol	0	1	0
Evidence of substance abuse	0	0	0
Sex paraphernalia	0	0	0
Dog refuse	0	0	0
Dogs unattended	0	0	0
Vandalism	1	1	0

## Physical Activity (PA) Facility Observation

Method: The tool used to assess physical activity (PA) facilities is modified from the Bridging the Gap Program, University of Illinois at Chicago, PA Facility Observation Form. The purpose of this survey is to improve our understanding of the availability and quality of physical activity features that are located on PA facility grounds in CHL communities. A complete list of PA facilities that were located within the community boundary, or on the periphery, and their locations was compiled for each community by local staff. Staff then assessed up to ten PA facilities per community or assessed all of them when there were fewer than ten PA facilities in a community. Staff were instructed to spend about 30 minutes walking through each PA facility grounds to survey its setting, amenities, sports fields (e.g., soccer, football, baseball), courts (e.g., tennis, basketball, volleyball), other features (e.g. track, pool, and playground) and incivilities.

### Eligible PA Facilities:

Observations in PA facilities included for-profit and non-profit facilities. Examples of non-profit PA facilities are public community recreation centers, YMCA/YWCAs, and Boys and Girls Clubs (BGCs). For-profit PA facilities include gyms, health clubs, and other physical-activity related businesses that allow patrons to come in and use equipment or other facilities (e.g., courts, gymnasiums), usually for a recurring fee or membership schedule.

For Yigo, 1 facility was listed on the inventory and 1 was assessed

In Yigo, a total of 1 PA Facilities were assessed. The assessment includes four parts: (A) setting, parking, and amenities; (2) sports features; (3) parks features and amenities; and (4) incivilities. The following sections, describe the findings of the facilities surveyed.

### PA Facility Setting and Fees

Upon entering the PA facility, staff assessed the presence of certain PA facility settings and fees. Observations on PA facility setting included facility type, the presence of indoor and outdoor sports features, childcare and teen services, and types of fees.

Among the PA facility surveyed, 1 indoor sports feature was found.

Setting	Number	Percent
Indoor Sports Features only	1	100%
Outdoor Sports Features only	0	0
Childcare service for patrons	0	0
Teen center	0	0
Daily Drop-in Rates	0	0
Special discount for low income	0	0
Special discount for youth/students	0	0

## PA Facility Parking, Sidewalks and Amenities

Staff assessed the PA facility for on-site parking, parking overhead lighting, bicycle parking, a sidewalk leading up to the entrance, and sidewalk overhead lighting. Upon assessing the PA facility, staff found on-site parking with lighting.

Observations on PA facility amenities included whether it had restrooms, showers, and beverage vending machines both inside and outside. Upon assessing the PA facility, staff found 1 restroom, 1 shower/locker, and 1 beverage vending machine.

Access and Barriers	Number	Percent
Parking on site	1	100%
Lighted Parking	1	100%
Sidewalk on street	0	0
Sidewalk lighting	0	0
Bicycle parking	0	0
Restroom	1	100%
Shower/Locker room	1	100%
Drinking Fountain	0	0
Beverage Vending Machine	1	100%

## Sports Features

Staff assessed each PA facility for a specific list of sports features indoors and outdoors to determine the number of each feature present, the condition of each feature, and, for outdoor features, whether lighting was present. Staff also rated the condition of each feature.

### Condition of the Feature

Staff rated the condition for each feature item and, for outside features, the presence of lighting. The condition of a feature could be recorded as “poor”, “okay/good”, or “not rated”. When there was more than one of a particular feature, each was evaluated for condition while the presence of lighting was assessed across all features. For example, if a PA facility had 3 basketball courts and 2 were in okay condition, 1 was in poor condition, and 1 of them had lighting, then the staff would record the number of basketball courts as 3, 2 of which were rated okay/good, 1 was rated as poor, and that this PA facility had lighting for this feature.

Feature condition was rated based on the feature’s surface and related equipment, if any was available for the feature. Ultimately the feature condition rating was related to whether or not players could safely play or engage in physical activity on a feature without risking injury or falling. Staff took into consideration the type of activities that would take place on or within a particular feature as well as the material comprising the surface when considering its condition. When assessing the condition of equipment used for physical activity, staff took into consideration age, functionality, wear and tear, damage such as dents or sharp edges, missing pieces, and rust. For example, if a playing surface was composed of concrete, staff assessed whether smooth concrete covered the entire surface and looked for cracks or uneven slabs in the concrete surface

### Survey Results for Indoor Sports Features

The PA facilities surveyed in Yigo, showed there were a total of 3 indoor sports features, of which all were rated as ok/good.

The most common features were Basketball courts, multipurpose rooms, and Volleyball court.

### PA Facility Indoor Features

Features & Amenities	Present	Condition of Surface or Feature		
		Poor	OK/Good	Could not rate
Soccer fields	0	0	0	0
Basketball courts	1	1	0	0
Tennis courts	0	0	0	0
Volleyball courts	1	1	0	0
Racquetball/Squash	0	0	0	0
Multipurpose Room	1	1	0	0
Exercise machine Area	0	0	0	0
Gymnastics	0	0	0	0
Running tracks	0	0	0	0
Pool (>3ft deep)	0	0	0	0
Skateboarding	0	0	0	0
Rock climbing wall	0	0	0	0

## Observations of Schools' Settings, Parking, and Amenities

**Method:** The tool used to assess schools is modified from the Bridging the Gap Program, University of Illinois at Chicago, School Observation Form (See APPENDIX for form used). The purpose of this survey is to improve our understanding of the availability and quality of physical activity features that are located on school grounds in CHL communities. A complete list of schools that were located within the community boundary, or on the periphery, and their locations was compiled for each community by local staff. Staff then assessed up to ten schools per community or assessed all of them when there were fewer than ten schools in a community. Staff were instructed to spend about 30 minutes walking through each school grounds to survey its accessibility, setting, amenities, sports fields (e.g., soccer, football, baseball), courts (e.g., tennis, basketball, volleyball), other features (e.g. track, pool, and playground) and incivilities.

**Eligible schools:** All school grounds were eligible for assessment. This includes schools sharing some sports features with an adjacent park.

### School Setting, Parking, Sidewalks, and Amenities

**Method:** Upon entering the school, staff assessed the presence of certain school settings, parking and sidewalk features, and certain school amenities.

Observations on school setting included whether it was adjacent to a park. In Yigo, a total of 6 schools were assessed. Out of those 6 schools, none were adjacent to a park nor shared sports features with an adjacent park.

All schools had on-site parking and on-site parking with overhead lighting. None had bicycle parking. None of the schools had a sidewalk leading up to the entrance of the school, and none of the schools had sidewalks with overhead lighting.

Observations on school amenities included whether it had closing time signage, restrooms, showers, and beverage vending machines. Among the 6 schools, 0 had closing time signage, 6 had restrooms, and 1 had beverage vending machines. 1 out of 6 schools had showers.

School Setting	Number
Public parks	
Parks next to school	0
Park and school share sport features	0
<b>Features present</b>	
Parking on site	6
Lighted Parking	5
Sidewalk on street	0
Sidewalk lighting	0
Bicycle parking	0
Closing time signage	0
Restrooms	6



Showers locker rooms	1
<b>Drinks found</b>	
Beverage vending machine	1

### School Access and Barriers to Entry

Staff assessed each school for signage limiting entry and any physical barriers around the perimeter of the school. Among the 6 schools surveyed in Yigo, all 6 schools had information on signage indicating the school name and stating that public use of the school was limited to specific times (e.g., after school). All 6 schools had signage indicating the school name, while 1 school had signage stating that public use of the school was limited to specific times, and 6 of the schools had a locked fence or other physical barrier around the perimeter.

Access signage and barriers to entry displayed	
Entrance fee	0
Park or School name on signage	6
Public use is limited	1
Area is restricted	1
Locked fence around	6

### Survey Results for Sports Features

Across the 6 schools surveyed in Yigo, there were a total of 20 sports features, of which 19 were rated as ok/good.

Playgrounds were the most frequent features (6), followed by basketball courts (3), volleyball courts (3), multiuse fields (3), soccer fields (2), baseball fields (1), tennis courts (1), and multiuse courts (1). There was 4 playgrounds, 3 volleyball court, 3 basketball court, and 1 multi use court, 1 multiuse field, 1 soccer field, and 1 baseball field that had lighting. The following table summarizes the number of each sports feature, the conditions of the feature, and whether lighting was present for the feature across all 6 schools in Yigo.

Features present on school grounds	Number	Condition of the feature			Has lighting
		OK/Good	Poor	Could not rate	
Multi use fields	3	3	0	0	1
Football fields	0	0	0	0	0
Baseball fields	1	1	0	0	1
Soccer fields	2	2	0	0	1
Basketball courts	3	3	0	0	3
Tennis courts	1	1	0	0	1
Volleyball courts	3	3	0	0	3

Multi use courts	1	1	0	0	1
Running tracks	0	0	0	0	0
Pools more than 3ft deep	0	0	0	0	0
Wading pools	0	0	0	0	0
Playground areas	6	5	1	0	4
Skateboarding facilities	0	0	0	0	0
Exercise stations with signage	0	0	0	0	0
Exercise stations without signage	0	0	0	0	0
Rock climbing wall present	0	0	0	0	0

### School Features and Amenities

Staff assessed each school for a specific list of sports features to determine the number of each feature present and whether such a feature had lighting or not. Staff also rated the condition of each feature. These features are the same as those included in the assessment of parks.

### Condition of the Feature

Staff rated the condition and the presence of lighting for each feature item. The condition of a feature could be recorded as “poor”, “okay/good”, or “not rated”. When there was more than one of a particular feature, each was evaluated for condition while the presence of lighting was assessed across all features. For example, if a school had 3 basketball courts and 2 were in okay condition, 1 was in poor condition, and 1 of them had lighting, then the staff would record the number of basketball courts as 3, 2 of which were rated okay/good, 1 was rated as poor, and that this school had lighting for this feature.

Feature condition was rated based on the feature’s surface and related equipment, if any was available for the feature. Ultimately the feature condition rating was related to whether or not players could safely play or engage in physical activity on a feature without risking injury or falling. Staff took into consideration the type of activities that would take place on or within a particular feature as well as the material comprising the surface when considering its condition. When assessing the condition of equipment used for physical activity, staff took into consideration age, functionality, wear and tear, damage such as dents or sharp edges, missing pieces, and rust. For example, if a playing surface was composed of concrete, staff assessed whether smooth concrete covered the entire surface and looked for cracks or uneven slabs in the concrete surface.

Out of the 6 schools observed in Yigo, all had green spaces, benches, trash containers, fences, and shelters, which were rated as ok/good. Two had picnic tables shaded, which were rated as ok/good. One school had picnic tables not shaded rated as poor. All had drinking fountains 1 rated poor while the other 5 were rated ok/good.

Features & Amenities	Present	Condition of Surface or Feature		
		Poor	OK/Good	Could not rate
Green Space	6	0	6	0

Beaches, Swimmable	0	0	0	0
Beaches, Recreational	0	0	0	0
Beaches, with Lifeguard	0	0	0	0
Other Water Features	0	0	0	0
Shelters	6	0	6	0
Picnic Tables Shaded	2	0	2	0
Picnic Tables Not shaded	1	1	0	0
Benches	6	0	6	0
Drinking Fountains	6	1	5	0
Decorative Water Fountains	0	0	0	0
Trash Containers	6	0	6	0
Grills/Fire Pits	0	0	0	0
Fence	6	0	6	0
Trails	0	0	0	0

### School Incivilities

Method: Staff assessed each school for a list of incivilities and how much each was present. The term incivility is used to describe items in the environment that might discourage physical activity. These items are often signs of area deprivation or markers of blight. The following items in this section were used to assess the physical disorder of the school grounds environment. These incivilities are the same as those included in the assessment of parks.

### Amount of Incivilities

Staff looked for incivilities throughout the school and assigned a score for each of 9 incivility types based upon the amount that was present across the school settings. The possible ratings were: none (0), a little (1), some (2), and 3 (a lot). For the community, average rating for each of the item was used.

Among the 6 schools in Yigo, there were 2 schools with a little garbage/litter, 2 with graffiti 1 a little and the other some, and 1 with a little vandalism.

Incivilities Present in Parks	A little	Some	A lot
Garbage/litter	2	0	0
Broken glass	0	0	0
Graffiti	1	1	0
Evidence of Alcohol	0	0	0
Evidence of substance abuse	0	0	0
Sex paraphernalia	0	0	0
Dog refuse	0	0	0
Dogs unattended	0	0	0
Vandalism	1	0	0

## Observations of Churches' Settings and Amenities

In Yigo, a total of 7 churches were assessed. The assessment includes four parts: (A) setting, parking and amenities; (2) sports features; (3) school features and amenities; and (9) incivilities. The following sections, describe the findings of the facilities surveyed.

### Settings, Parking and Amenities

Staff assessed all churches for areas for sports (indoor or outdoor). Two out of seven had outdoor settings for sports.

Setting	Number
Indoor only	0
Outdoor only	2
Both	0

Staff assessed each church for amenities present. Among the 7 churches surveyed in Yigo, all had parking on-site, 6 had restrooms/port-o-lets, 5 were adjacent near schools, homes, or parks, 4 were limited to a specific time/period, 3 had lighted parking, area open to public, area needed permission, and fence around the perimeter, 2 had area for sports, sports features, and entry only to church members, 1 had sidewalk on street leading to entrance, bicycle parking, closing time signage, showers/locker rooms, access and barriers to entry signage indicates church name, and supervision needed.

Amenities Present & Signage	Number
Area for sports	2
Sport features	2
PA programs for congregation	0
Adjacent or near (1/4 miles) to a school, homes, park, small garden, plantation, beach canteen, food store, etc.	5
Parking On-Site	7
Lighted Parking	3
Sidewalk on street leading to entrance	1
Sidewalk Lighting	0
Bicycle Parking	1
Closing Time Signage	1
Restrooms/Port-o-lets	6
Showers/Locker Rooms	1
Beverage Vending Machines	0
Plain Bottled Water	0
100% Juice	0
Regular Soda	0

Amenities Present & Signage	Number
Diet Soda	0
Other Sweetened Drinks	0
Access and barriers to entry signage indicates church name	1
Area open to public	3
Entry open to church members only	2
Area is limited to specific hours/period of day/night	4
Use the area with permission	3
Supervision needed	1
Area is private or restricted access at all times (e.g. no trespassing)	0
Fence around the perimeter	3

### Church Sport Features

Staff assessed each church for a specific list of sports features to determine the number of each feature present and the condition of each feature; also for outdoor features, whether lighting was present. Staff also rated the condition of each feature.

Among the 7 churches in Yigo, there were a total of 4 sports features. The most common features were basketball courts (2), followed by baseball fields (1) and multi use fields (1).

Feature	Number	Condition of the feature			Has lighting
		OK/Good	Poor	Could not rate	
Multi use fields	1	1	0	0	0
Football fields	0	0	0	0	0
Baseball fields	1	1	0	0	0
Soccer fields	0	0	0	0	0
Basketball courts	2	2	0	0	1
Tennis courts	0	0	0	0	0
Volleyball courts	0	0	0	0	0
Multi use courts	0	0	0	0	0
Running tracks	0	0	0	0	0
Pools more than 3ft deep	0	0	0	0	0
Wading pools	0	0	0	0	0
Playground areas	0	0	0	0	0
Skateboarding facilities	0	0	0	0	0
Exercise stations with signage	0	0	0	0	0

Feature	Number	Condition of the feature			Has lighting
		OK/Good	Poor	Could not rate	
Exercise stations without signage	0	0	0	0	0
Rock climbing wall present	0	0	0	0	0

### Church Features and Amenities

Staff assessed each PA facility for a specific list of amenities to determine if the amenity was present and to rate the condition of the item.

When staff members were unable to determine the condition of one or more features of a specific type (if more than one present), they rated the features of that type that were able to be rated. When any features of a specific type could not be rated due to construction/ repairs or seasonal closure, staff selected not rated.

Among the 7 churches in Yigo, there were a total of 6 amenities, all of which were rated ok/good. The amenities include: green space (4), shelter (1), benches (1), trash container (2), and fences (3).

Features & Amenities	Percent Present	Condition of Surface or Feature		
		Poor	OK/Good	Could not rate
Green Space	4	0	4	0
Beaches, Swimmable	0	0	0	0
Beaches, Recreational	0	0	0	0
Beaches, with Lifeguard	0	0	0	0
Other Water Features	0	0	0	0
Shelters	1	1	0	0
Picnic Tables Shaded	0	0	0	0
Picnic Tables Not shaded	0	0	0	0
Benches	1	1	0	0
Drinking Fountains	0	0	0	0
Decorative Water Fountains	0	0	0	0
Trash Containers	2	2	0	0
Grills/Fire Pits	1	1	0	0
Fence	3	3	0	0
Trails	0	0	0	0

## Church Incivilities

Among the 7 churches in Yigo, 2 had garbage 1 had a little, while the other had some.

Incivilities Present in Parks	A little	Some	A lot
Garbage/litter	1	1	0
Broken glass	0	0	0
Graffiti	0	0	0
Evidence of Alcohol	0	0	0
Evidence of substance abuse	0	0	0
Sex paraphernalia	0	0	0
Dog refuse	0	0	0
Incivility of unattended	0	0	0
Vandalism	0	0	0

## Community Walkability Survey

Everyone benefits from walking. These benefits include: improved fitness, cleaner air, reduced risks of certain health problems, and a greater sense of community, but walking needs to be safe and easy. Take a walk with your child and use this checklist to decide if your neighborhood is a friendly place to walk. Take heart if you find problems, there are ways you can make things better.

For Yigo, we have assessed a total of 3 community walks. The assessment includes four parts: (1) surface area, (2) condition of path, (3) safety and (4) aesthetics.

Total Walkability Score	Community Walkability
1-5	It's a disaster for walking!
6-10	It needs lots of work.
11-15	Okay, but it needs work.
16-20	Celebrate a little. Your neighborhood is pretty good.
21-25	Celebrate! You have a great neighborhood for walking.

### Rating Scale for Each Walking Feature

- 1 = awful
- 2 = many problems
- 3 = some problems
- 4 = good
- 5 = very good
- 6 = excellent

The rating scores of Yigo are summarized in the table below.

Total Walking Rating	12.66				
Walking Features	Number of Observation	Average Score	Median	Min.	Max.
Room to walk	3	3	3	1	5
Ease of crossing street(s)	3	2	1	1	4
Ease of following safety rules	3	3.33	4	1	5
Pleasantness of walk	3	2	2	1	3
Driver's behavior	3	2.33	1	1	4

Each store area was ranked (1 to 6) under five categories and an average (mean) was calculated for each category. The village total score (12.66) is the sum of these category averages. According to the table above the total score for the walking environment in Yigo, 12.66, ranks as “**Okay, but it needs work**”.



## C. Food Cost Survey (FCS)

The CHL Food Cost Survey (FCS), adapted from the Alaska Food Cost Survey, was conducted in all of the CHL jurisdictions in March 2014. Given the link between childhood obesity and food security particularly in low-income households, CHL conducted this timely survey of communities in the CHL jurisdictions. Stores in Yigo were assessed to determine the cost and availability of market foods in Yigo.

The FCS is based on a meal plan, in particular the USDA Thrifty Food Plan (TFP). The Thrifty Food plan, based on a national survey of dietary habits, is designed to meet the nutritional needs at low cost for a family of four with school age children (USDA, 1999). It assumes that the food items are bought at a store and are prepared at home. This menu is made of foods in 10 categories. The categories include fruits, vegetables, meats, legumes, dairy, egg, fats/oils, grain, sweets/beverages, and spices. We can report the percent of each category towards the Thrifty Food Plan cost. Included in the report is the percent of each category towards the Thrifty Food Plan cost. The TFP is also used as the basis for determining food assistance levels provided in programs such as school lunch.

If a particular item was missing in a local area/ jurisdiction, we used the cost of a similar item as a substitute for the item that was on the national menu. However, in some cases, items were unavailable and no obvious substitutes were available.

Portland, Oregon serves as a general indicator of and reference point for the price series in a somewhat comparable mainland/lower 48 cities and its food costs have been collected using the same survey as that was used by CHL. The weekly food cost for a family of four with two adults and two young school-age children in Portland was \$142.37.

It is important to note that the Thrifty Food Plan menu was developed based on diets and food availability in the contiguous U.S. Further work is necessary to document local diets and food availability and to examine how they may be incorporated into an adjusted thrifty food menu for use in Yigo, and its effect on community food costs.

### Results for Yigo

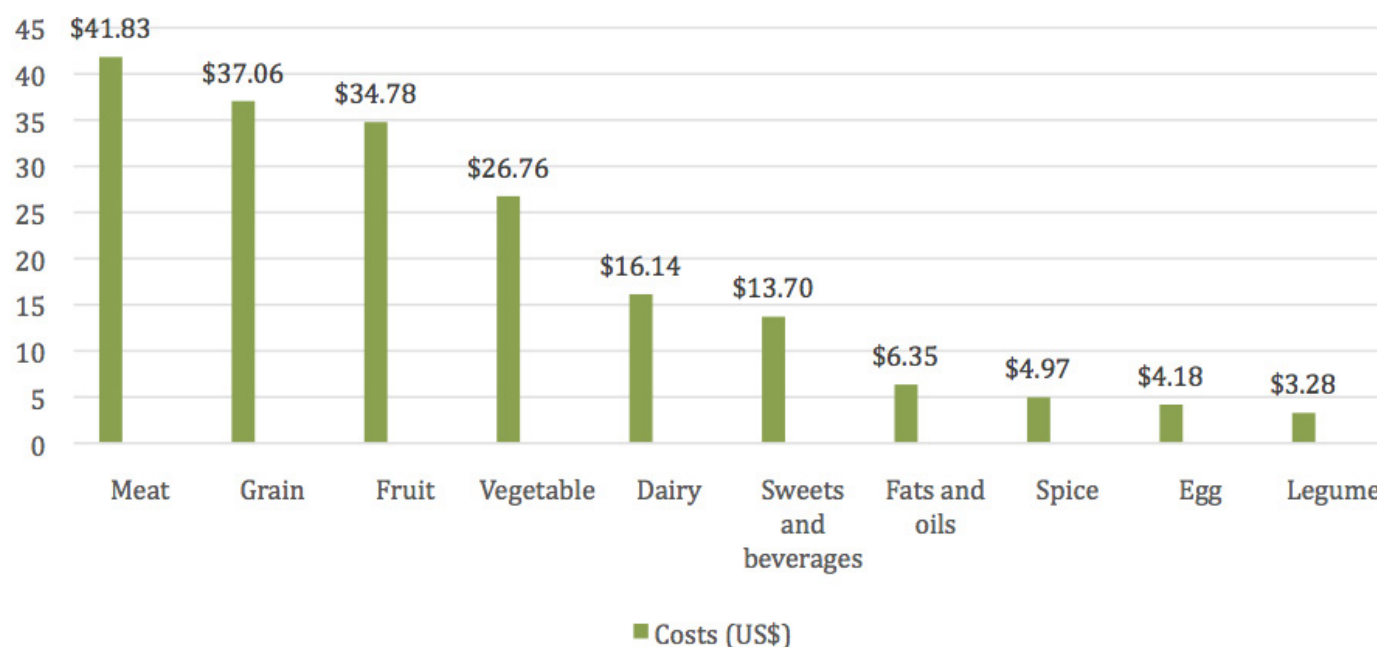
Food Cost Survey, Costs of Food at Home (\$) based on the Thrifty Food Plan and USDA adjustments.

In Yigo the weekly food cost for the Thrifty Food Plan menu for a family of four was \$189.05. In the CHL region, the average cost was \$215.18, with a minimum of \$173.97 and a maximum of \$286.30. The cost in Portland, USA was \$142.37. Yigo's costs for the same or comparable food items of the Thrifty Food Plan are 132.8% of their cost in Portland, Oregon.

**Table 1. Weekly and Monthly Food Cost to Eat According to the U.S. Thrifty Plan in Yigo**

Age, Sex Groups	Weekly	Monthly
<b>INDIVIDUALS</b>		
Child, 6-8 years	\$39.62	\$171.69
Child, 9-11 years	\$47.01	\$203.73
Male, 20-50 years	\$53.54	\$231.94
Female, 20-50 years	\$48.90	\$211.86
<b>FAMILY</b>		
Family of 2, 20-50 years	\$112.68	\$488.28
Family of 4, Couple, 20-50 years and children, 6-8 and 9-11 years	\$189.05	\$819.22

**Figure 1. Weekly Thrifty Food Plan Costs for Family of 4 by Food Category in Yigo**



**Table 2. Top 10 Most Costly Food Items in Yigo**

<b>Food</b>	<b>Cost</b>	<b>Percent of total costs %</b>
Beef, ground, lean (16 to 23% fat)	\$15.50	8%
Orange juice, frozen concentrate	\$9.84	5%
Milk, 1% milk fat	\$9.07	5%
Chicken, thighs	\$8.62	5%
Fish, flounder, cod, tilapia or similar, frozen	\$7.92	4%
Bagels, plain, enriched	\$7.82	4%
Potatoes, any variety	\$7.42	4%
Fruit drink, refrigerated, any flavor	\$6.24	3%
Oranges, any variety (bagged or loose)	\$5.17	3%
Chicken, fryer, cut-up or whole	\$5.05	3%
<b>Total</b>	<b>\$82.65</b>	<b>44%</b>

**Summary**

The CHL food cost survey found the cost of food for a family of four, using the TFP, to be \$189.05 per week which is 1132.8% higher than the weekly food cost for a family of four in Portland, Oregon. In comparison to the average of the CHL region (\$215.98), the weekly food cost in Yigo was 12.5% lower.

## References / Sources of Instruments

1. Braun K, Nigg C, Fialkowski MK, Butel J, Hollyer J, Barber LR, Teo-Martin U, Flemming T, Vargo A, Coleman P, Bersamin A, Novotny R. Using the ANGELO Framework to Develop the Children's Healthy Living Program Multilevel Intervention to Promote Obesity Preventing Behaviors for Young Children in the US Affiliated Pacific Region. *Child Obes.* 2014; 10(6): 474 – 281.
2. Buckworth, J., & Nigg, C. (2004). Physical activity, exercise, and sedentary behavior in college students. *Journal of American College Health*, 53, 28-34.
3. Burke, J. P., Hale, D. E., Hazuda, H. P., & Stern, M. P. (1999). A quantitative scale of acanthosis nigricans. *Diabetes care*, 22(10), 1655-1659.
4. Center for Alaska Native Health Research. Demographic and Medical Screening Questionnaire.
5. Centers for Disease Control and Prevention. (2009). *About BMI for Children and Teens*. Retrieved from: [http://www.cdc.gov/healthyweight/assessing/bmi/childrens\\_BMI/about\\_childrens\\_BMI.html](http://www.cdc.gov/healthyweight/assessing/bmi/childrens_BMI/about_childrens_BMI.html).
6. Centers for Disease Control and Prevention. (2011). 2011 Middle School Youth Risk Behavior Survey. Retrieved from [cdc.gov/healthyyouth/yrbs/pdf/questionnaire/2011\\_ms\\_questionnaire.pdf](http://cdc.gov/healthyyouth/yrbs/pdf/questionnaire/2011_ms_questionnaire.pdf)
7. Centers for Disease Control and Prevention. (2011). Behavioral Risk Factor Surveillance System (BRFSS) 2011 survey questions. Retrieved from [cdc.gov/brfss/questionnaires/pdf-ques/2011brfss.pdf](http://cdc.gov/brfss/questionnaires/pdf-ques/2011brfss.pdf)
8. Centers for Disease Control and Prevention. (2011). FOOD SECURITY FSQ 2011-2012 TARGET GROUP: HOUSEHOLD survey. Retrieved from [http://www.cdc.gov/nchs/data/nhanes/nhanes\\_11\\_12/fsq\\_family.pdf](http://www.cdc.gov/nchs/data/nhanes/nhanes_11_12/fsq_family.pdf)
9. Centers for Disease Control and Prevention. (2000). CDC race and ethnicity code set version 1.0. Retrieved from [cdc.gov/nchs/data/dvs/Race\\_Ethnicity\\_CodeSet.pdf](http://cdc.gov/nchs/data/dvs/Race_Ethnicity_CodeSet.pdf)
10. Centers for Disease Control and Prevention. Division of Nutrition, Physical Activity, and Obesity. How much physical activity do children need? <http://www.cdc.gov/physicalactivity/basics/children/>. Updated June 4, 2015. Accessed August 7, 2015.
11. Chaloupka, F. J., & Johnston, L. D. (2007). Bridging the Gap: research informing practice and policy for healthy youth behavior. *American journal of preventive medicine*, 33(4), S147-S161.
12. Cohen, B. E. (2002). *Community food security assessment toolkit* (pp. 02-013). Washington, DC: US Department of Agriculture, Economic Research Service.
13. Cooperative Extension Service: Alaska food cost survey. Fairbanks, AK: University of Alaska Fairbanks; 2012.
14. Federal Trade Commission. (2012). Demographic information form. Retrieved from [ftc.gov/ftc/oed/hrmo/demographicform.pdf](http://ftc.gov/ftc/oed/hrmo/demographicform.pdf)
15. Fernández, J. R., Redden, D. T., Pietrobelli, A., & Allison, D. B. (2004). Waist circumference percentiles in nationally representative samples of African-American, European-American, and Mexican-American children and adolescents. *The Journal of pediatrics*, 145(4), 439-444.
16. Fialkowski, M. K., McCrory, M. A., Roberts, S. M., Tracy, J. K., Grattan, L. M., & Boushey, C. J. (2010). Evaluation of dietary assessment tools used to assess the diet of adults participating in the Communities Advancing the Studies of Tribal Nations Across the Lifespan cohort. *Journal of the American Dietetic Association*, 110(1), 65-73.
17. Fialkowski, M., Dunn, M., Delormier, T., Hattori-Uchima, M., Leslie, J. H., Deenik, J. L., & Greenberg, J. (2014). Indigenous Workforce Training by the Children's Healthy Living Program (CHL) to Prevent Childhood Obesity in the Pacific. *Journal of Nutrition Education and Behavior*, 4(46), S122-S123.
18. Ghirardelli, A., Quinn, V., & Foerster, S. B. (2010). Using geographic information systems and local

- food store data in California's low-income neighborhoods to inform community initiatives and resources. *American journal of public health*, 100(11), 2156-2162.
19. Ghirardelli, A., Quinn, V., & Sugerman, S. (2011). Reliability of a retail food store survey and development of an accompanying retail scoring system to communicate survey findings and identify vendors for healthful food and marketing initiatives. *Journal of nutrition education and behavior*, 43(4), S104-S112.
  20. Haas, S., & Nigg, C. R. (2009). Construct validation of the stages of change with strenuous, moderate, and mild physical activity and sedentary behaviour among children. *Journal of Science and Medicine in Sport*, 12, 586-591.
  21. Kaholokula, J.K., Grandinetti, A., Nacapoy, A.H., & Chang, H.K. (2008). Association between acculturation modes and type 2 diabetes among Native Hawaiians. *Diabetes Care*, 31(4), 698-700.
  22. Lee, R. E., Booth, K. M., Reese-Smith, J. Y., Regan, G., & Howard, H. H. (2005). The Physical Activity Resource Assessment (PARA) instrument: evaluating features, amenities and incivilities of physical activity resources in urban neighborhoods. *International Journal of Behavioral Nutrition and Physical Activity*, 2(1), 13.
  23. McGreavey, J.A., Donnan, P.T., Pagliari, H.C., & Sullivan, F.M. (2005). The Tayside children's sleep questionnaire: a simple tool to evaluate sleep problems in young children. *Child: Care, Health, and Development*, 31 (5), 539-544. doi: 10.1111/j.1365-2214.2005.00548.x
  24. McGreavey, J.A., Donnan, P.T., Pagliari, H.C., & Sullivan, F.M. (2005). The Tayside children's sleep questionnaire: a simple tool to evaluate sleep problems in young children. *Child: Care, Health, and Development*, 31 (5), 539-544. doi: 10.1111/j.1365-2214.2005.00548.x
  25. National Health Plan Collaborative. (2008). The National Health Plan Collaborative Toolkit: Chapter 3: What categories of race/ethnicity to use. Retrieved from <http://www.rwjf.org/qualityequality/product.jsp?id=33969>
  26. Nigg CR, Hellsten L, Norman G, Braun L, Breger R, Burbank P, et al. Physical activity staging distribution: establishing a heuristic using multiple studies. *Annals of Behavioral Medicine*. 2005;29(Suppl):35-45.
  27. Novotny, R., Nigg, C., McGlone, K., Renda, G., Jung, N., Matsunaga, M., & Karanja, N. (2013). Pacific tracker 2-expert system (PacTrac2-ES) behavioural assessment and intervention tool for the pacific kids DASH for health (PacDASH) study. *Food chemistry*, 140(3), 471-477.
  28. Pedestrian and Bicycle Information Center (PBIC). Walkability checklist. Retrieved from [http://www.pedbikeinfo.org/cms/downloads/walkability\\_checklist.pdf](http://www.pedbikeinfo.org/cms/downloads/walkability_checklist.pdf)
  29. United States Department of Agriculture, Center for Nutrition Policy and Promotion (1999). *The Thrifty Food Plan*, 1999, Administrative Report, Washington D.C: October, 1999.
  30. United States Census Bureau. (January 2009). *The 2010 Census Questionnaire: Informational Copy*. Retrieved from [http://2010.census.gov/2010census/pdf/2010\\_Questionnaire\\_Info\\_Copy.pdf](http://2010.census.gov/2010census/pdf/2010_Questionnaire_Info_Copy.pdf)
  31. United States Bureau. *Census 2000 Gateway*. Retrieved from [census.gov/main/www/cen2000.html](http://census.gov/main/www/cen2000.html)
  32. Zimmet, P., Alberti, K. G. M., Kaufman, F., Tajima, N., Silink, M., Arslanian, S., ... & Caprio, S. (2007). The metabolic syndrome in children and adolescents—an IDF consensus report. *Pediatric diabetes*, 8(5), 299-306.
  33. Braun K, Nigg C, Fialkowski MK, Butel J, Hollyer J, Barber LR, Teo-Martin U, Flemming T, Vargo A, Coleman P, Bersamin A, Novotny R. Using the ANGELO Framework to Develop the Children's Healthy Living Program Multilevel Intervention to Promote Obesity Preventing Behaviors for Young Children in the US Affiliated Pacific Region. *Child Obes*. 2014; 10(6): 474 – 281.
  34. Buckworth, J., & Nigg, C. (2004). *Physical activity, exercise, and sedentary behavior in college students*. *Journal of American College Health*, 53, 28-34.

34. Nigg CR, Hellsten L, Norman G, Braun L, Breger R, Burbank P, et al. Physical activity staging distribution: establishing a heuristic using multiple studies. *Annals of Behavioral Medicine*. 2005;29(Suppl):35–45.