CHILDREN'S HEALTHY LIVING PROGRAM

For Remote Underserved Minority Populations In The Pacific Region





Inited States Department of Agriculture National Institute of Food and Agriculture Agriculture and Food Research Initiative (AFRI)



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

Garapan Prevalence Survey Results



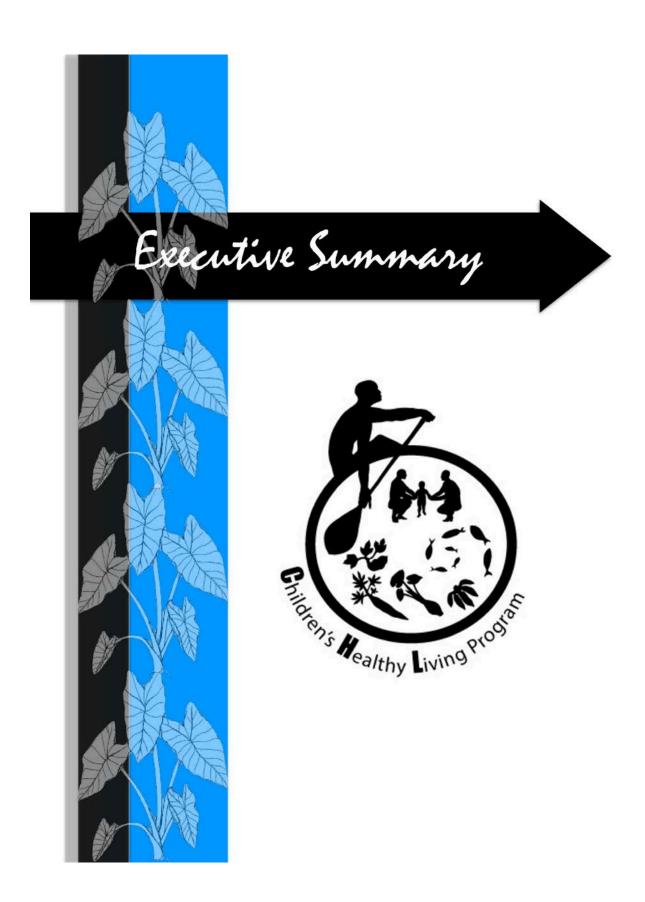
United States Department of Agriculture National Institute of Food and Agriculture Agriculture and Food Research Initiative (AFRI) No. 2011-68001-30335



Table of Contents

I. EXECUTIVE SUMMARY	6
II. CHILDREN'S HEALTHY LIVING PROGRAM (CHL)	10
III. THE CHL TRAINING PROGRAM	14
TRAINING PROGRAM OBJECTIVES	14
TRAINING PROGRAM PARTNERSHIPS	14
TRAINING PROGRAM ACCOMPLISHMENTS	15
LONG-TERM PLANS	18
IV. RESEARCH ACTIVITIES	22
CHL RESEARCH AIMS AND DESIGN	22
RESEARCH METHODS	22
STUDY DESIGN	22
Selection of Communities	22
Longitudinal Study	23
Selection of Participants	24
V. GARAPAN COMMUNITY REPORT	
SECTION 1. CHILD DEMOGRAPHICS	
Sex	
Age	
Racial and Ethnic Heritage	
Child's Birth Place	
Language Child Speaks	

SECTION 2. CHILD ANTHROPOMETRIC MEASUREMENT RESULTS40	0
Body Mass Index40	0
Prevalence of Overweight and Obesity of Study Children in Garapan	0
Abdominal Obesity4	1
SECTION 3. SLEEP	4
SECTION 4. MEDICAL	8
SECTION 5. EARLY LIFE AND FEEDING OF CHILD	2
Birth Weight	2
Early Feeding Pattern	2
Section 6. Household Demographics and Measures	6
Relationship	6
Marital Status	6
Household Size and Multi-generation Households5	7
Education5	7
Employment Status of the Caregiver Participants5	7
Household Income Level	8
Religion	9
Food Security / Resource Availability59	9
VI. CONCLUSION / SUMMARY OF PREVALENCE STUDY64	4
REFERENCES / SOURCES OF INSTRUMENTS65	5
APPENDIX	8
APPENDIX A: ORIGINAL FORMS	8
APPENDIX B: CHL ADAPTED FORMS	2



I. Executive Summary

Introduction to the Report

The CHL program utilizes three major strategies towards its goals: 1) training, 2) extension – outreach, and 3) research - intervention. The purpose of this document is to report on the measures of these three strategies in your community. It includes information about CHL training, outreach and sustainability activities, and the research descriptive 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 comprises of assessments about the availability of food resources, parks, play spaces, and walkable streets – and a Food Cost Survey. Results of the intervention trial will be presented in a separate report following this one.

If you have any questions about this report, please contact *Rachel Novotny at* <u>novotny@hawaii.edu</u> or 808-956-3848.

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



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 Mānoa with contracts to the University of Guam, University of Alaska Fairbanks, American Samoa Community College, Northern Marianas College, and fees for nutrition analysis services conducted at 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 prevalence of excess weight and waist circumference for height
- 2) Increased sleep
- 3) Reduced consumption of sugar-sweetened beverages (SSB)
- 4) Higher fruit and vegetable intake
- 5) Higher water intake
- 6) Reduced TV/video viewing

- 7) Increased physical activity
- 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).

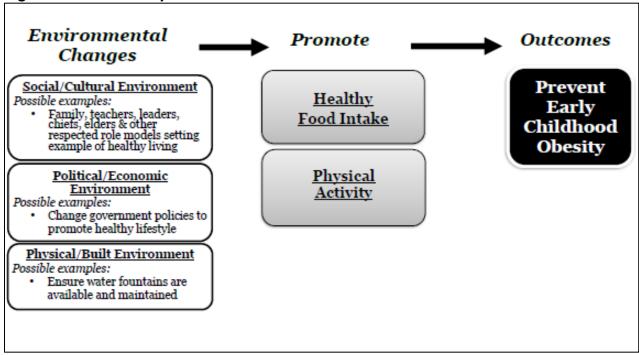


Figure 1. CHL Conceptual Model



III. The CHL Training Program

Training Program Objectives

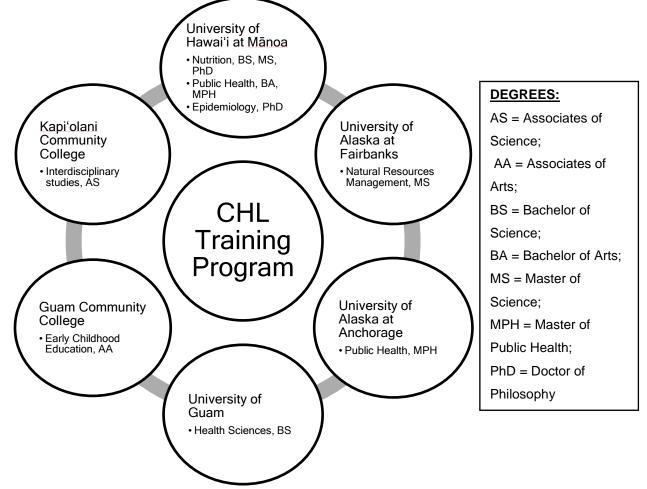
The development of the CHL Training Program (CHL-TP) is an essential component of CHL's multilevel approach to prevent childhood obesity. Approximately, one third of the program's resources are invested in training. The CHL-TP's first objective is to train 22 United States Affiliated Pacific Region students 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.

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).





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.

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 CHL and the region. 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 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 presented their projects and budgets to a selected project committee for approval prior to implementation. Upon completion of their project all students submitted a formal write up and conducted an oral presentation. Examples of projects completed by graduates of the CHL-TP are outlined in Table 1.

24 students 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). Two graduate-level Trainees from CNMI and Alaska are expected to complete their MPH degrees in the Spring of 2016 while 2 graduate level Trainees from American Samoa and CNMI, working towards a PhD in Epidemiology and an MPH, respectively, are expected to complete their degrees in Summer of 2016. Three undergraduate Trainees from American Samoa, Chuuk, and Kosrae are expected to graduate in 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 in Summer 2016. Four undergraduate Trainees from Pohnpei, Palau, Chuuk, and the Marshall Islands are expected to graduate in Fall 2017 with Bachelor's degrees in Health Science (3) and an Associate degree in Early Childhood Education (1), respectively.

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

Table 1. CHL Training Program Graduates by Jurisdiction, Degree Type, andProject Description

PhD = Doctor of Philosophy; MS = Master of Science; MPH = Masters of Public Health;

BS = Bachelor of Science

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 continue to serve as a source for professional collaboration and career

networking for all of the Trainees. The CHL-TP 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

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 though 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: <u>http://www.chl-pacific.org/trainingeducation/program-overview</u>



IV. Research Activities

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.

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.

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.

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, community health centers 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.

Number of Participants Consented in each Jurisdiction for CHL Research			
Jurisdiction- Communities	Number Consented		
Alaska-	713		
Anchorage, Fairbanks, Kenai, Mat-Su Valley			
American Samoa Fagaitua/Pagai/Amaua/Auto/Utusia,	978		
Leloaloa/Aua, Onenoa/Tula/Alao, Aoloau/Aasu			
CNMI -	924		
Koblerville/San Antonio, Oleai, Kagman, San Roque, Saipan,			
Village			
Guam-	885		
Yigo, Yona, Agat, Sinajana			
Hawaii -	988		
Nanakuli, Waimanalo, Hilo, Wailuku, Kauai, Molokai			
CHL Intervention Study Data (total)	4,488		

Table 1: Number of Participants Consented in each Jurisdiction for CHL Research

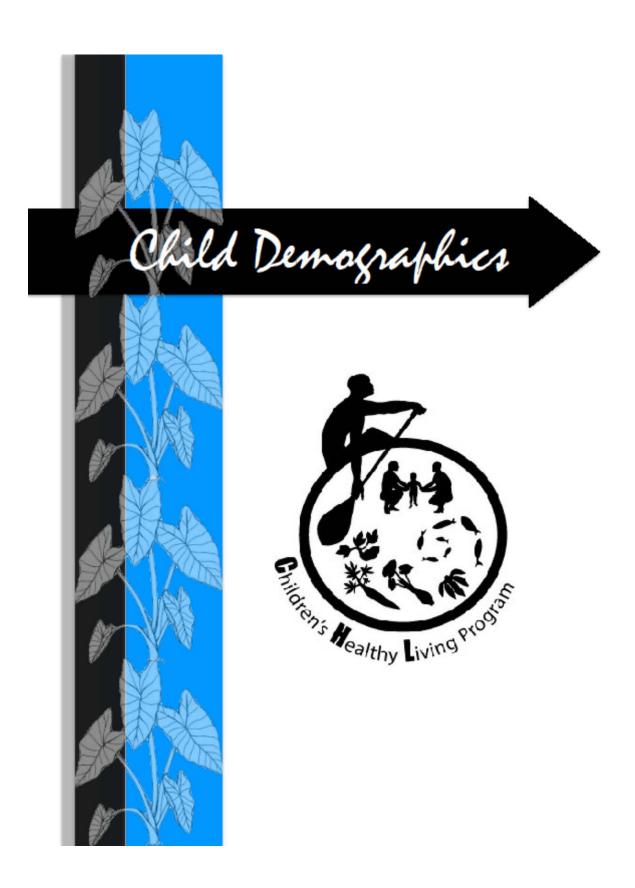
Freely Associated States	
Jurisdiction- Communities	Number Consented
Pohnpei Nett, Mand, Sekere, Wenik	212
Republic of the Marshall Islands <i>Majuro, Ebeye (Kwajalein atoll), Ailinglaplap</i>	218

Palau Koror, Ngaraard, Melekeok, Airai	214
Yap Rull, Tomil, Weloy, Ulithi	205
Kosrae Tafunsak, Lelu, Sansrik, Malem, Utwe/Walung	207
Chuuk Weno (Sapuk, Iras), Tol, Tonoas, Uman	231
FAS Prevalence Data (total)	1,287
CHL Total (CHL Intervention + FAS Prevalence)	5,775



V. Garapan 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. 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. The total percentage may not add up to 100 because of rounding.



Section 1. Child Demographics

A total of 136 children participated from Garapan. 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 136 children participated had data on sex.

Sex	Number	Percent
Boys	72	52.9%
Girls	64	47.1%
Total	136	100%

Table 1. Number and Percent of Participants by Sex

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

Table 2. Number and Percent of Participants by Age

Age in Years	Number	Percent
Age 3	13	9.6%
Age 4	41	30.2%
Age 5	53	39.0%
Age 6	29	21.3%
Total	136	100%

Age in Years	Number	Percent
2-5 years old	107	78.7%
6-8 years old	29	21.3%
Total	136	100%

 Table 3. Number and Percent of Participants by Age Group

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, and the 2011 Middle School Youth Risk Behavior Survey.

 Table 4. The Distribution of Race of the Children Using the U.S. Office of

 Management and Budget (OMB) Definition

Race of child of OMB definition	Number	Percent
Asian	86	63.7%
Native Hawaiian or other Pacific Islander	32	23.7%
More than one race	17	12.6%
Total	135	100%

Table 5. 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	Number	Percent
Filipino	74	54.8%
Other*	15	11.1%
Chamorro	12	8.9%
Mixed Chamorro	10	7.4%
Asian, East	7	5.2%
Chuukese	7	5.2%

Race of child of Pacific definition	Number	Percent
Mixed, within NHPI and Chamorro	6	4.4%
Mixed, within NHPI and Carolinian	4	3.0%
Total	135	100%

*Includes Other Asian, Mixed Filipino, Mixed Other Asian, Mixed Chuukese, Palauan, Carolinian, Mixed Carolinian, and Mixed Yapese

Child's Birth Place

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

Table 6. Child's Place of Birth

Birth Place	Number	Percent
CNMI	129	96.3%
Other*	5	3.8%
Total	134	100%

*Other includes China, Chuuk, Guam, New Mexico, and Oregon

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

Among the 134 children, 129 had information on this question. Among them, 121 (93.8%) lived their whole life in Garapan and the rest, 6.2%, spent one fifth to fourth fifths of their life in Garapan.

Language Child Speaks

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

Note: Language responses may total over 157 and 100% because some respondents could speak more than one language.

Top languages child speaks	Number	Percent
English	58	43.0%
English and Tagalog	43	31.9%
English and Chuukese	7	5.2%
English and Chamorro	6	4.4%
English and Filipino	5	3.7%
English and Chinese	4	3.0%
English and Carolinian	2	1.5%
English and Nepali	2	1.5%
Other*	8	5.9%
Total	135	100%

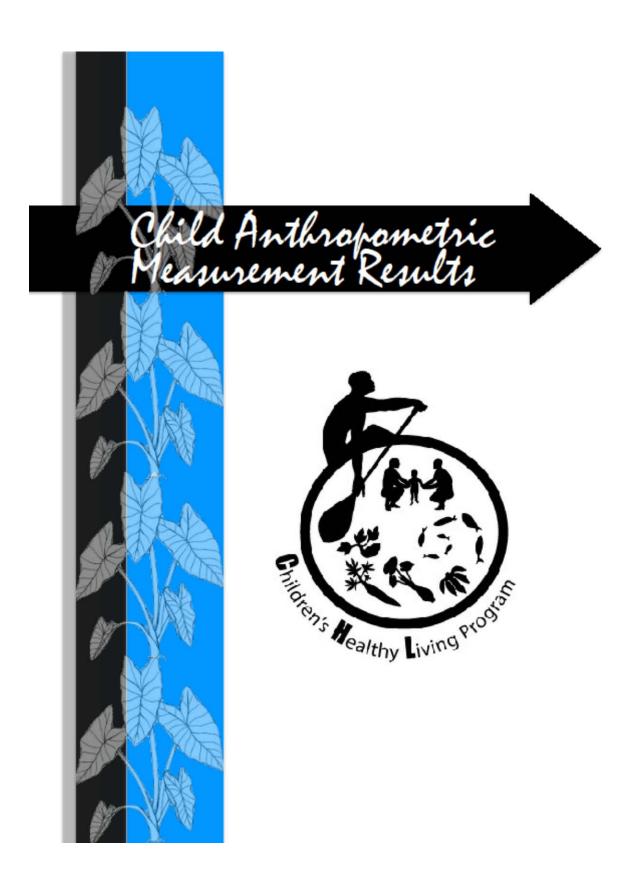
Table 7. Top Languages Child Speaks

*Other includes Chinese, Chuukese, English and one or more other languages including Cantonese, Chamorro, Chuukese, Palauan, and Yapese

English was the top language spoken at home (71.1%). Other languages children in Garapan speak at home included Tagalog, Chinese, Chuukese, Filipino, Carolinian, Nepali, Chamorro, and Cantonese. Thirty-eight percent of children only speak English at home. Fifty-eight percent of the children speak English and at least one other language.

Summary

Among the 136 children, 64 (47.1%) were girls and 72 (52.9%) were boys. Furthermore, 107 (78.7%) were of age group 2-5 years and 29 (21.3%) were of age group 6-8 years. Among the 136 children, 135 children had information on race, of which 86 (63.7%) were Asian, 32 (23.7%) were Native Hawaiian mixed with at least one other race group, and 17 (12.6%) were more than one race.

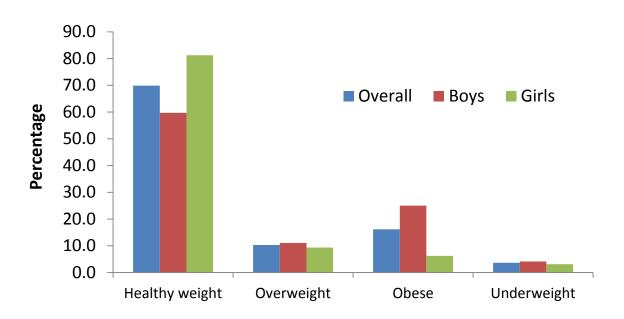


Section 2. Child Anthropometric Measurement Results

Body Mass Index

Among the 136 children who participated in Garapan, 136 had valid measurements of Body Mass Index (BMI).

Overweight was defined as the 85th - 94th percentile for BMI (weight, kg/(height, m²)) and obesity was defined as greater than or equal to the 95th percentile for BMI (Centers for Disease Control and Prevention, 2000).



Prevalence of Overweight and Obesity of Study Children in Garapan

A total of 136 children were included for this analysis. Among them, 69.9% were healthy weight, 10.3% were overweight, 16.2% were obese, and 3.7% were underweight. No difference was found between boys and girls, or between children ages 2-5 and those 6-8 years old.

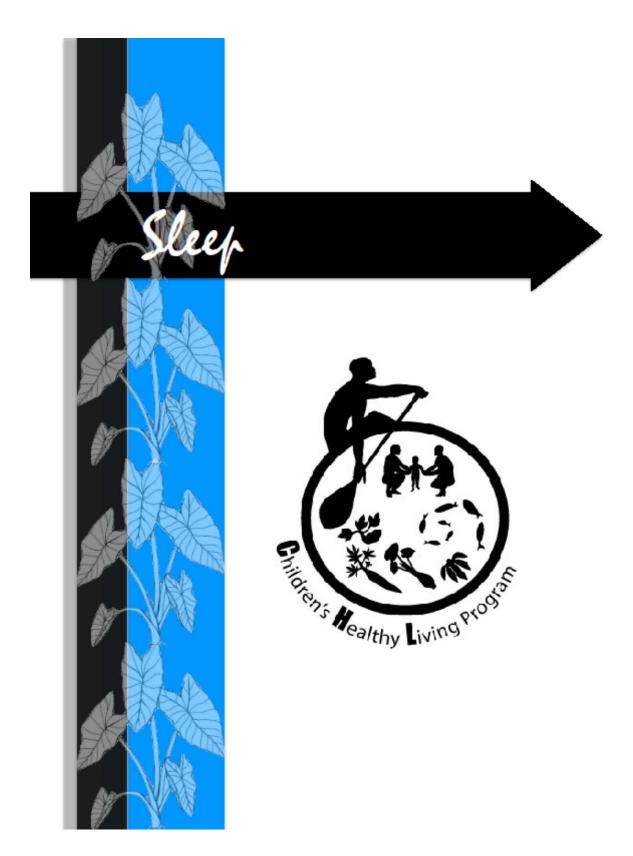
Abdominal Obesity

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 71.47cm. 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 29 participants in **Garapan** between the ages 6-8 years, **1 (3.5%) or 3 (10.3%) of children 6-8 year olds were considered as having abdominal obesity** using either the CHL cutoff or IDF cutoff value, respectively.

Summary

Overall, 26% of children measured in Garapan were overweight or obese. Strategies that have found to be effective in the prevention of childhood obesity include: (1) A healthy lifestyle, which encourages children to move more, sleep more and spend less screen time. (2) A healthy diet, which encourages children to drink more water, eat more fruit and vegetables and consume fewer sugar sweetened beverages.



Section 3. 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 24hour 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 who chose over 13 hours, 13.5 hours was assigned instead; hence, the maximum hours are at 13.5 hours.

Some participants misunderstood the question but put down child's nap time 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 biologically implausible values.

Hours of sleep in 24 hours at night and in naps (on average and from parent / caregiver report)	Number	%
3 – 5 year olds	103	100%
Less than 8 hours	7	6.8%
From 8 hours to less than 10 hours	46	44.7%
From 10 hours to 13.5 hours	50	48.5%
6 – 8 year olds	28	100%
Less than 7 hours	1	3.6%
From 7 hours to less than 9 hours	3	10.7%
From 9 hours to 13.5	24	85.7%

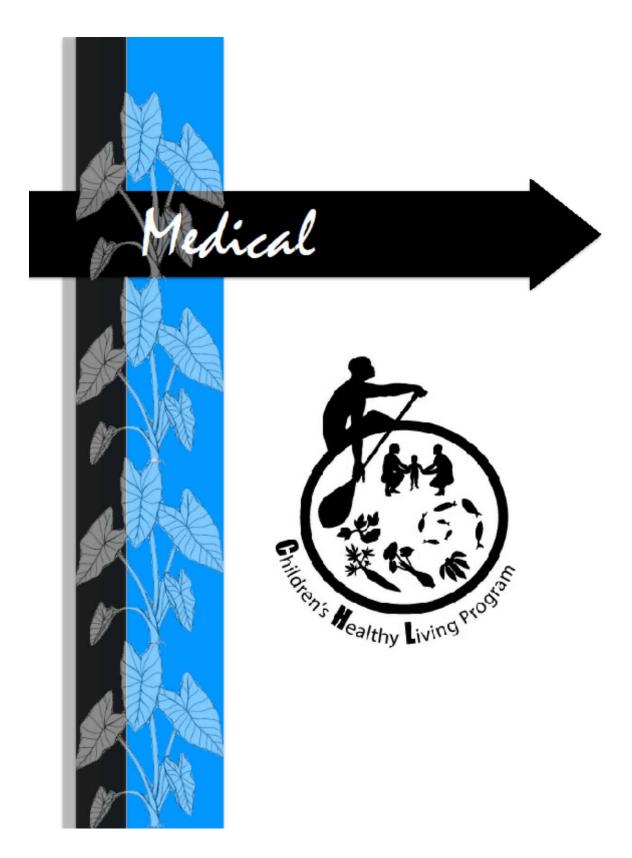
Table S.3.1. Number and Percent of Children's Average Hours of Sleep per day by Age

Table S.3.2. Number and Percent of Children Meeting Recommended Hours ofSleep

Met recommended hours of sleep	Number	%
Three to five year olds met recommendation of 10 – 13 hours of sleep	50	48.5%
Six to eight year olds met recommendation of 9 – 11 hours of sleep	24	85.7%

Summary

Among the 103 two to five year olds, 49% met the national recommendation of sleep of between 11-13 hours daily. Another 37% of children slept more than 8 hours but less than 11 hours daily and 6% slept less than 8 hours. About 53 (52%) of our younger children (2-5 years old) did not meet the national recommendation of 11-13 hours daily of sleep. This is an opportunity for both parents and educators to intervene to help children get more sleep.



Section 4. Medical

Parents answered the question: Does your child have any current medical conditions diagnosed by a doctor? Among the 134 children, 20 (14.9%) reported that their child had a medical conditions diagnosed by a doctor. The top medical condition was asthma (16, 11.8%).



Section 5. Early Life and Feeding of Child

Birth Weight

Among the 157 children participated from Garapan, a total of 101 had information on birth weight. The distribution of birth weight into three groups is summarized in the following table.

Birth Size	Number	%
Low birth weight < 2500 g	9	11.4%
Healthy birth weight (2500 – 4000 g)	64	81.0%
High birth weight > 4000 g	6	7.6%

Among the 136 children participated in Garapan, a total of 24 had information on birth length. Among the 24 children, 5 (20.8%) had birth length below 5th percentile using the CDC 2000 reference data, which is at 45.57 cm.

Early Feeding Pattern

Among the 136 children participated in Garapan, a total of 131 had information on breastfeeding. Among the 131 children, 113 (86.3%) of children were reported to be ever breastfed.

Child ever Breastfed or fed Breastmilk	Number	%
Yes	113	86.3%
Νο	18	13.7%
Total	131	100%
If Yes, about children who were ever breastfed		
Mean age child stopped breastfeeding or being fed breast milk (months) (n=104)	9.6 months (sd=11.1)	

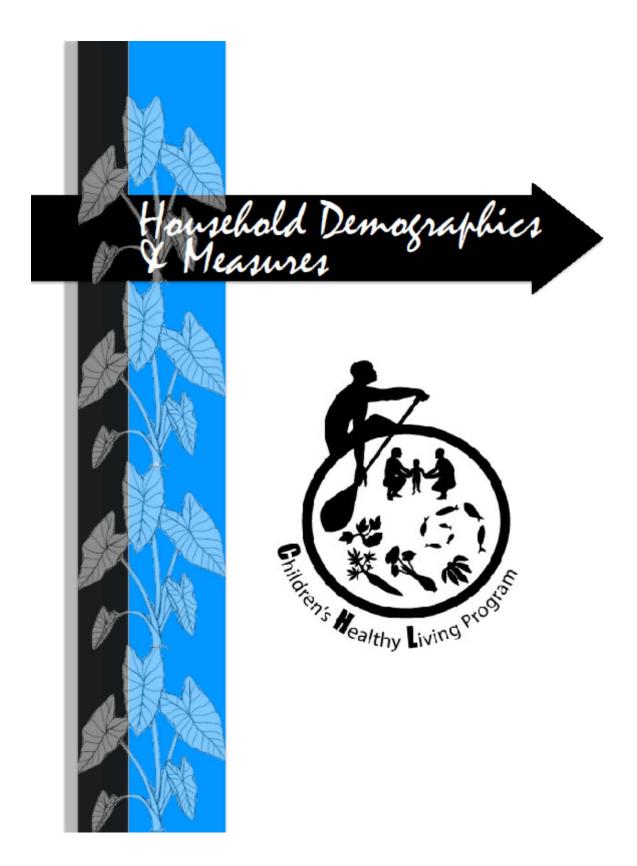
Table S.5.2. Number and Percent of Children Ever Breastfed or Fed Breast Milk

Among the 136 children participated in Garapan, a total of 130 had information on formula feeding. Among those 130 children, 111 (85.4%) of children were reported to be ever formula fed. Mean age of children started formula feeding or stopped formula feeding is reported in the following table.

Child ever fed formula	Number	%
Yes	111	85.4%
No	19	14.6%
Total	130	100%
If Yes, about children who were fed formula		
Mean age child first fed formula (months) (n=96)	4.3 months (sd=5.2)	
Mean age child completely stopped drinking formula (months) (n=76)	18.8 months (sd=11.5)	

Table S.5.3. Number and Percent of Children Ever Fed Formula

A total of 109 out of the 136 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 7.9 months (sd=6.0).



Section 6. 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.

Relationship

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

Table S.6.1. Number and Percent of Caregiver's Relationship to Child

Relationship	Number	Percent
Biological mom	100	73.5%
Birth dad	30	22.1%
Legal guardian, caregiver, other	4	2.9%
Grandmother	1	0.74%
Stepmom	1	0.74%

Marital Status

A total of 135 out of the 136 participants had marital status information of the respondent (see the following table).

Marital Status	Number	Percent
Married	75	55.6%
Single and living with boyfriend, girlfriend, or partner	36	26.7%
Single and not living with boyfriend, girlfriend, or partner	14	10.4%
Other*	10	7.4%
*Includes divorced, widowed, or not specified		

Household Size and Multi-generation Households

All 136 children had information on the number of people lived in the same household and their relationship to the child. Among them, 20 (14.7%) are from multi-generation households.

Mean size of household is 4, with the minimum of 2 and maximum of 18.

Education

The education levels of the caregivers - (the parents or guardians) are shown below

Education	Number	Percent
Grades 1 up to 8 (elementary to middle)	9	6.7%
Grades 9 to 11(some high school)	11	8.2%
Grades 12 or GED (high school graduate)	41	30.4%
College or technical school 1 to 3 years	39	28.9%
College 4 years or more	35	25.9%
Total	135	100%

Employment Status of the Caregiver Participants

Among the 136 children participated in Garapan, 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, unable to work, and on whether the respondent has more than one job.

Employment	Number	%
Employed for wages / salary	78	57.4%
Self-employed	5	3.7%
Out of work (less than 1 year)	7	5.2%
Out of work (more than 1 year)	24	17.7%
Homemaker	17	12.5%
Student	5	3.7%
Retired	0	0.0%
Unable to work	9	6.6%
More than one job	5	3.7%

Table S.6.4. Number and Percent of Caregiver's Employment Status

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

Household Income Level

Among the 136 children participated in Garapan, 111 had information on annual Household income from all sources over the past 12 months. The following table summarizes this information.

Table S.6.5. Number and Percent of Caregiver's Household Income Level		
Annual household income in the past 12 months	Number	Percent
Under \$10,000	60	54.1%
From \$10,000 to less than \$20,000	28	25.2%
From \$20,000 to less than \$35,000	17	15.3%
From \$35,000 to less than \$60,0000	6	5.4%
Total	111	100%

 Table S.6.5. Number and Percent of Caregiver's Household Income Level

Religion

Among the 136 children, a total of 126 had information on family's religious affiliation. Out of the 126, 5 (4.0%) reported no religious affiliation. Among the 121 with any type of religious affiliation, the distribution of different religious affiliations is presented in the following table. A total of 54 had information on how often they engage in religious activities. The mean number of times per month attending religious activities is 4 among those participants.

Religion Affiliation	Frequency	Percent
Catholic	89	73.6%
Christian, denomination not specified	13	10.7%
Protestant	8	6.6%
Other*	5	4.1%
Baptist	2	1.7%
Mormon/Latter-day Saints	2	1.7%
Pentecostal	2	1.7%
Total	121	100%

Table S.6.6. Number and Percent of Respondents' Religious Affiliation

*Other includes Falun Dafa, Hindu, Jehovah's Witness.

Food Security / Resource Availability

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 questions used by USDA to Assess Household Food Security (USDA, 2008). NHANES (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 utility runs out before the end of the month. Among the 136 children participated in Garapan, a total of 121 had information on whether money for food runs out or not and a total of 115 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	Number	%	
Money runs out for food before the end of the month.			
Never	43	35.5%	
Seldom	11	9.1%	
Sometimes	41	33.9%	
Most times	19	15.7%	
Always	7	5.8%	
Money for household utilities (water, fuel, etc.) runs out before the end of the month.			
Never	43	37.4%	
Seldom	10	8.7%	
Sometimes	38	33.0%	
Most times or always	19	16.5%	
Always	5	4.4%	

Table S.6.7. Number and Percent of Caregiver's Money for Food and Utilities

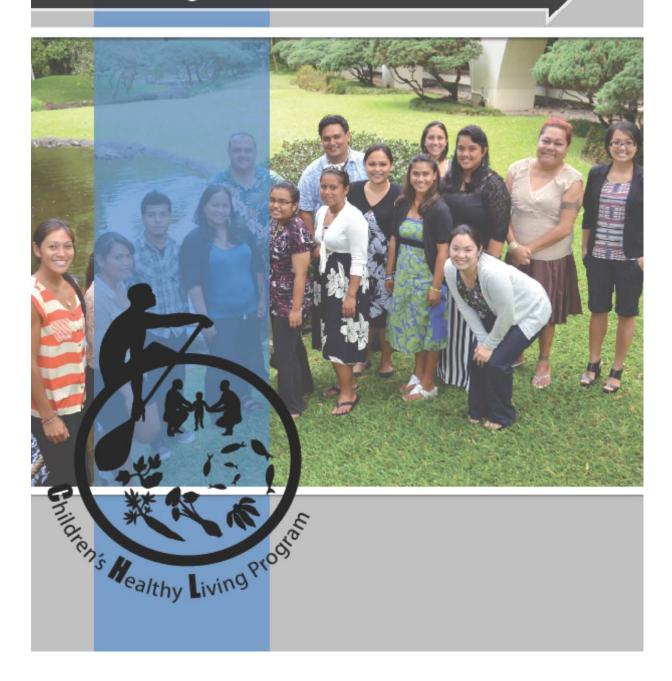
A total of 133 children had information on whether they received assistance to pay food. Among those 133 children, 106 (79.7%) reported they did receive assistance. The following table summarizes different types of benefits their households have received.

Table S.6.8. Number and Percent of Caregiver's Who Receive Food Assistance

Food Assistance Benefits received for those who obtained food assistance	Number	%
EBT/ SNAP / NAP (formerly called Food Stamps)	57	53.8%
Food Assistance (Food Bank / Food Pantries or Commodity foods)	12	11.3%
WIC benefits	81	76.4%
Free or reduced cost breakfast or lunch at school	24	22.6%

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

Summary of Prevalence Study



VI. Conclusion / Summary of Prevalence Study

The purpose of this report is to inform the community of the CHL research that was conducted in Garapan during 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 polices that increase the health and well-being of young children in Garapan.

A total of 136 children were included for this analysis. Among them, 69.9% were healthy weight, 10.3% were overweight, 16.2% were obese, and 3.7% were underweight. No difference was found between boys and girls, or between children ages 2-5 and those 6-8 years old.

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.

References / sources of instruments

- 1. 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.
- 2. Center for Alaska Native Health Research. Demographic and Medical Screening Questionnaire.
- Centers for Disease Control and Prevention. (2000). About BMI for Children and Teens. Retrieved from: <u>http://www.cdc.gov/healthyweight/assessing/bmi/childrens_BMI/about_childrens_BMI I.html</u>.
- 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
- 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
- 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
- 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
- Centers for Disease Control and Prevention. Division of Nutrition, Physical Activity, and Obesity. How much physical activity do children need? <u>http://www.cdc.gov/physicalactivity/basics/children/</u>. Updated June 4, 2015. Accessed August 7, 2015.
- 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.
- 10. Cohen, B. E. (2002). *Community food security assessment toolkit* (pp. 02-013). Washington, DC: US Department of Agriculture, Economic Research Service.

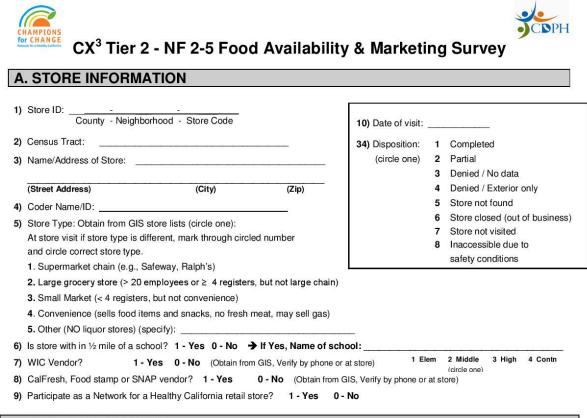
- 11. Cooperative Extension Service: Alaska food cost survey. Fairbanks, AK: University of Alaska Fairbanks; 2012.
- 12. Federal Trade Commission. (2012). Demographic information form. Retrieved from ftc.gov/ftc/oed/hrmo/demographicform.pdf
- Fernández, J. R., Redden, D. T., Pietrobelli, A., & Allison, 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.
- 14. 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.
- 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.
- 16. 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.
- 17. 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.
- 18. 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.
- 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.

- 20. 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.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
- 21. 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
- 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.
- 23. Pedestrian and Bicycle Information Center (PBIC). Walkability checklist. Retrieved from http://www.pedbikeinfo.org/cms/downloads/walkability_checklist.pdf
- United States Department of Agriculture, Center for Nutrition Policy and Promotion (1999). The Thrifty Food Plan, 1999, Administrative Report, Washington D.C: October, 1999.
- 25. 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
- 26. United States Bureau. *Census 2000 Gateway.* Retrieved from census.gov/main/www/cen2000.html
- Zimmett, 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.

Appendix

Appendix A: Original Forms

- CX3 Store Survey
- BTG Fast Food Survey
- BTG Park Survey
- BTG School Grounds Survey
- BTG Physical Activity facility Survey
- SRTS Walkability checklist



B. STORE EXTERIOR

11) Is a school visible from the store (circle one)? 1 - Yes 0 - No

12) Record information about healthy and unhealthy advertising and products *on all doors and windows of the storefront*. Do not include ads on the sides of the building or on other parts of the property such as the roof, fences or parking lot.

For the following table, only include professionally-produced advertising that depicts brands, logos or products. See definitions to learn what types of items to count.

Tally in grey area, circle totals in white area	# of ADS for Unhealthy						# of ADS for Healthy			
a) Small ≤ 1 sheet of 8 1/2" x 11" paper (same size or smaller than this sheet of paper)	0	1-2	3-5	6-9	10 +	0	1-2	3-5	6-9	10 +
 b) Medium 1 up to 10 sheets of paper (bigger than this sheet of paper, but smaller than 10 together) 	0	1-2	3-5	6-9	10+	0	1-2	3-5	6-9	10 +
 c) Large > 10 sheets of paper (bigger than 10 of these sheets of paper together) 	0	1-2	3-5	6-9	10+	0	1-2	3-5	6-9	10 +

Unhealthy foods 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 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.

Do not consider: Cigarettes or tobacco products

Updated: 01.2012

Store Exterior Conditions	Circle One
13) Are there any produce bins on the sidewalk in front of the store?	1 - Yes 0 - No
14) Are other products 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?	1 - Yes 0 - No
Please check all that apply: sodawater other. (specify)	← If Yes
15) Are there vending machines on the sidewalk in front of the store?	1 - Yes 0 - No
Please check all that apply: sodawaterother. (specify)	← If Yes
16) Is there advertising (banners, posters, temporary signs, etc.) on the roof, walls or elsewhere on the property such as on fences, garbage cans or in the parking lot?	1 - Yes 0 - No
Please check all that apply: healthyunhealthy	← If Yes
17) Are there any images of healthy food (e.g. tomato, apple) and/or beverages (e.g. milk), painted on doors or windows of the storefront?	1 - Yes 0 - No
18) Are there any images of un-healthy food (e.g. hamburger, hot dog) and/or	1 - Yes 0 - No
beverages (e.g., soda, shake) painted on doors or windows of the storefront?	
19) Are there any painted murals of <i>healthy</i> food and/or beverages anywhere on the <i>building walls</i> ?	1 - Yes 0 - No
20) Are there permanent bars/chains on the windows or doors? (do not include sliding or rolling chains or bars)	1 - Yes 0 - No
21) If the store sells alcohol, is more than 1/3 of the total window area covered by any type of advertising?	1 - Yes 0 - No 9 - N/A (Store does not sell alcohol)
22) Is "We Accept WIC" signage displayed?	1 - Yes 0 - No
23) Is "We Accept CalFresh, Food Stamps/ EBT" signage or ads displayed?	1 - Yes 0 - No
23a) Are there any ads promoting EBT with food or beverage products Please	1 - Yes 0 - No
Please check all that apply: healthy unhealthy	← If Yes

C. STORE INTERIOR

24) Number of cash registers throughout store (staffed and unstaffed, for grocery items only)

25) Marketing of foods and beverages next to the main check-out area

Circle "1" for yes if the item or ad is present or "0" for no if the item or ad is not present.

Presence of ads or promotions (fill in BOTH columns):	UNHEALTHY	HEALTHY
Next to check-out (attached or directly next to)	1 - Yes 0 - No	1 - Yes 0 - No
Below check-out level	1 - Yes 0 - No	1 - Yes 0 - No
On floor (if standing in checkout isle or next to counter)	1 - Yes 0 - No	1 - Yes 0 - No
Hanging from ceiling (directly over register)	1 - Yes 0 - No	1 - Yes 0 - No
Presence of UNHEALTHY products next to or below a check-out court	nter:	
Gumball or candy machine (next to counter or exit doorway)	1 - Yes 0 - No	
Candy (next to or below counter/check-out)	1 - Yes 0 - No	1
Soda (next to or below counter/check-out)	1 - Yes 0 - No	
Chips (next to or below counter/check-out)	1 - Yes 0 - No	
Other:specify (such as cookies, ice cream, beef jerky, energy drinks, etc.)	1 - Yes 0 - No	
Presence of HEALTHY products next to or below a check-out counter	r:	
Granola bars (whole grain, ≥ 2 g fiber, ≤ 1 g saturated fat, ≤ 14 g sugar per serving)		1 - Yes 0 - No
Bagged Nuts/seeds (do not include honey roasted or w/ added sugar) (next to or below counter/check-out)		1 - Yes 0 - No
Fresh fruit (next to or below counter/check-out)		1 - Yes 0 - No
Bottled water (next to or below counter/check-out)		1 - Yes 0 - No
Other:specify (such as dried fruit, trail mix, 100% juice, etc.)		1 - Yes 0 - No

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 (≥ 2 g fiber per serving), energy bars (≤ 14 g sugar per serving), nuts and seeds, non-fat and low fat milk products, water, or 100% fruit juice.

D. PRODUCE SECTION

26) Is produce sold? (Circle one) 1 - Yes 0 - No If yes, continue. If no → Go to Question 33.

27) Are there any health promotion items around the fruit and vegetable display?

1 - Yes 0 - No If no→ Go to Question 28a.

- 28) If there *are* health promotion items around the fruit and vegetable display, circle a number next to the types of health promotion items that are present (more than one can be circled).
 - 1 5 A Day signs (not on packaging)
 - 2 Nutrition information
 - 3 Fruit and Veggies: More matters
 - 4- Network for a Healthy California: Champions for Change
 - 5 Other (specify)

28a) Are there any items promoting locally grown produce? (Circle one) 1 - Yes 0 - No

29) Circle the number that best describes overall availability of fruits and vegetables inside and outside the store.

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

30) Circle the number that best describes the overall quality of the fresh fruit.

0	1	2	3	4
None sold	All or most of fruit is of	Mixed quality;	Mixed quality;	All or most of fruit is of good
	poor quality (brown,	more poor	more good	quality (very fresh, no soft
	bruised, overripe, wilted)	than good	than poor	spots, excellent color)

31) Circle the number that best describes the overall quality of the fresh vegetables.

0	1	2	3	4
None sold	All or most of vegetable is of poor quality (brown, bruised, overripe, wilted)	Mixed quality; more poor than good		All or most of vegetable is of good quality (very fresh, no soft spots, excellent color)

32) Record if the fresh fruit or vegetable is available and the price if possible. If more than one variety of a fruit (e.g. gala or red delicious apples) or vegetable is available, please record the lowest price option. Record the pricing if available (per pound is preferred). If the fruit or vegetable is available by the bag or bunch, record the price <u>only</u> if you can record a weight for the bag (marked on the bottom) or bunch. If a weight is not on the bag or bunch, weigh the item if a scale is present.

	Available?	Price posted?		Price per					
	(circle one)	(circle one)	Pound (preferred if available)	Piece	Package/Bunch (only record if weight is available or can weigh)	record weight in pounds and/or ounces			
Fruits									
Apples	1 - Yes 0 - No	1 - Yes 0 - No			→				
Bananas	1 - Yes 0 - No	1 - Yes 0 - No			÷				
Oranges	1 - Yes 0 - No	1 - Yes 0 - No			→				
Vegetables									
Carrots	1 - Yes 0 - No	1 - Yes 0 - No			→				
Tomatoes	1 - Yes 0 - No	1 - Yes 0 - No			→	7			
Broccoli	1 - Yes 0 - No	1 - Yes 0 - No			→				
Cabbage	1 - Yes 0 - No	1 - Yes 0 - No			→				

E. OTHER HEALTHY FOODS

33) Record if the following items are available in the store.

Food Item		Circle one
Milk – skim, non fat, plain white (not flavore	ed- chocolate, strawberry, vanilla)	1 - Yes 0 - No
Milk – 1%, low fat, plain white (not flavored	- chocolate, strawberry, vanilla)	1 - Yes 0 - No
Milk – 2%, reduced fat, plain white (not flav vanilla)	ored-chocolate, strawberry,	1-Yes 0-No
Mozzarella cheese, part skim		1 - Yes 0 - No
Ground beef or turkey, lean (85% or higher)		1 - Yes 0 - No
Whole chicken		1 - Yes 0 - No
Whole wheat bread	1 - Yes 0 - No ← If Yes	
Brown rice		1 - Yes 0 - No
High fiber cereal (\geq 3 grams fiber, \leq 12 gra	ims sugar per serving)	1 - Yes 0 - No
Oatmeal (plain)	1 - Yes 0 - No	
Tortillas, soft corn or whole wheat (no lard)	1 - Yes 0 - No
Soy beverage, plain, with no added sugar of	or sweeteners	1 - Yes 0 - No
Soy beverage, flavored, vanilla or chocolate	e	1 - Yes 0 - No
Tofu, plain		1-Yes 0-No
Beans, dried		1 - Yes 0 - No
Beans, canned with no added fats, sugar o	r sweetener	1 - Yes 0 - No
Tuna (light) canned in water		1 - Yes 0 - No
Salmon canned in water		1 - Yes 0 - No
Sardines canned in water, tomato, or musta	ard	1 - Yes 0 - No
Any canned fruit packed in 100% fruit juice		1 - Yes 0 - No
Any canned vegetable with no added fats,	sugar, or sweetener	1 - Yes 0 - No
Any frozen fruit with no added fats, sugar, o	or sweetener	1 - Yes 0 - No
Any frozen vegetables with no added fats,	sugar, or sweetener	1 - Yes 0 - No
Baby food, jarred, single fruit		1 - Yes 0 - No
Baby food, jarred, single vegetable		1 - Yes 0 - No
Baby food, jarred, single meat		1 - Yes 0 - No

Added sugars or sweeteners include: Sugar, raw sugar, invert sugar, brown sugar, sucrose, dextrose, fructose, glucose, maltose, high fructose corn syrup, corn sweetener, molasses, syrup, honey, malt syrup, fruit juice concentrates, evaporated cane juice, dehydrated cane juice, brown rice syrup, stevia, sorbitol, mannitol, maltitol, xylitol

34) Fill out the disposition on page 1

Things to remember:

Check for missing data! Be sure all questions are complete before leaving the store.

—							-		
BTG-COMP	2042		BUSINESS ID: 13-12-	1					
FAST FOOD OBSERVATION FORM	2012		CORRESPONDING SEGMENT UNIT ID:						
BUSINESS ID:			COMPLETION CODE						
			COMPLETED						
BUSINESS NAME:			PARTIALLY COMPLETED - CO		2 3				
ADDRESS:			NOT STARTED – CODE DISPOSITION						
			NOT ELIGIBLE – CODE DISPOSITION						
	TAFF 2		DISPOS	SITION	CODE				
START TIME O PM END TIME :		AM PM	Temporarily not accessible /	Outside	of busines	s hours	1		
LITTERED CIGARETTE PACKS No Cellophane	With Cell	ophane	Not safe				2		
Number of bags used:	<u> </u>	_	Asked to leave / Observation	not allo	wed by sta	ff	3		
BUSINESS SAMPLE ATTRIBUTES	BUSINESS SAMPLE ATTRIBUTES NO Y						5		
Business is within ¼ mile of index school	1	Does not meet study criteria	- DESCRIE	BE IN NOTES		7			
Business replaces a primary sample observation	1	Permanently closed / Does n	ot exist			8			
NOTES		Other (SPECIFY):							
A. GENER	RALAN	ID RES	TAURANT EXTERIOR				ð.		
A1. Is the restaurant ?	NO	YES	A2. RECORD SHARED BUSI	NESS NA	AME(S)				
a. In a Food Court or a Mall IF YES, CODE A3 AND SKIP TO SECTION D	0	1							
b. In a shared space with a Grocery or	0								
Department Store IF YES, COMPLETE A2 c. In a shared space with a Gas Station or	□ °	1					50		
Convenience Store IF YES, COMPLETE A2	П.								
d. In a shared space with another Restaurant IF YES, COMPLETE A2	0	1	A5. Does the restaurant have ? NO						
A3. Restaurant Type CODE ONE TYPE UNLESS MULTI-BI	RAND		a. Outdoor Seating			0	1		
Burger and Fries		1	b. Parking On-Site	IF NO, S	KIP TO A5c	0	1		
Mexican/Latin American		2	1. Lighted Parking			0	1		
Fried Chicken/Fried Fish		П 3	c. Sidewalk on street at addre		KIP TO A5d	0	1		
Sandwich or Sub Shop		4	1. Sidewalk Lighting			٥	1		
Sandwich/Pastry (e.g., Panera, Cosi, Au Bon Pain)		5	d. Bicycle Parking			0	1		
Pizzeria/Italian		6	e. Bars on Windows			0	1		
Chinese/Pan-Asian		7	A6. How much graffiti/	NONE	ALITTLE	SOME	A LOT		
Other, SPECIFY:	ſ	8	tagging is on building and/or property?	٥	1	2	3		
A4. Number of exterior walls visible from part lot or street IF 4+, CODE 4	king	<u> </u>	A7. How much garbage/ litter is at the facility entrance area?	٥	1	2	3		
Page 1 of 4 Copyright © 2012	2 The Boa	rd of Trus	tees of the University of Illinois		70	470784	30		

B. EXTERIOR MARK	ETIN	G		1	3-12					
COUNT THE NUMBER OF		B1. or	n Building I	Exterior B2. on Prop			perty	erty		
	- 	TAI	LLY	TOTAL	TALLY		-	TOTAL		
a. All Advertisements	2			<u> </u>						
1. Ads that include a Price Promotion										
2. Ads that include a Food								<u> </u>		
3. Ads that include a Beverage										
a. Ads that include a Soda										
B3. Are there any ads with a ?	N	0	YES	B4. Does th an ?	e restaurant have	•	NO	YES		
a. Dollar menu promotion	0 1		a. Exterior p	lay area]0	1			
b. Health claim] 0	1	b. Indoor pla outside	ay area visible from	C]0	1		
1. IF YES, RECORD HEALTH CLAIM WORDING:	ŝ.			outside	C. DRIVE-T	HRU				
				C1 Dees the	C1. Does the restaurant have a			YES		
				drive-thru? IF NO, SKIP C2-C4						
c. Cartoon character(s)		0	1	C2. Does me	nu board provide	NC ITEN		ME ALI MS ITEN		
d. TV/movie star or sports/youth celebrity		0	1		fo for menu items?		22 22.28			
e. Kids' meal toy		0	1	C3. Does me	nu board list	N	10	YES		
f. Other child-targeted marketing		0	1	suggested daily calories?			0	1		
SPECIFY:					nu board state	N	NO	YES		
				2	n information on request"?	0	0	1		
	D.R	ESTA	URANT	INTERIOR		1				
D0. Is the restaurant drive-in only?	NO	YES	D2. Does	s the restaura	nt have ?		NO	YES		
IF YES, SKIP TO D4	٥	1		es, cakes, pies, b the counter	prownies, or candy for		٥	1		
D1. Is the food order ?	NO	YES	e. Plexigla	ass or other div	ider at cash register		0	1		
a. Placed at the counter	٥	1	f. Self-ser	vice machine fo	or fountain drinks		0	1		
b. Picked up at the counter	0		g. Free w	ater accessible	to customers		0	1		
c. Paid for at the counter	٥□	1	h. Self-se	rvice salad bar			٥□			
D2. Does the restaurant have ?	NO	YES								
a. Indoor seating	0	1	D3. Num IF 5+, C	ber of Cash R	egisters					
b. Interior play area for kids	□ ∘	1								
c. Indoor display for kids' meal toys	٥	1	D4. Does	the restaura	nt have a restroom		NO	YES		
 j. Any ads or displays for kids' meal toys ≤3 ½ feet from ground 	0	1	acce	ssible to custo	omers?		0	1		

F. BEVER/	AGE	TEMS	5			13-12-	<u></u>		
F1. Is item available? IF NO, SKIP TO NEXT ROW		NO	YES		F2. Size	Contraction of the Contraction o	F3. Pri	ce	MARK ⁽ IF ASKI PRICE
a. Fountain Drink, smallest		٥		Small		D	\$		
b. Fountain Drink, largest		0		🗖 Large	UNSPEC		\$		
c. Packaged Soda		٥		🔲 12 oz	🗖 20 oz		\$		
d. 100% Juice	NC	0	1	🗖 6-7 oz	🗖 15-16 oz	٥	\$		
 Milk, skim or 1% fat (unflavored) 	ISTED (٥		— — — — — — — — — —		1			
f. Milk, whole/Vit D or 2% fat (unflavored)	ASK IF NOT LISTED ON MENU BOARD	0	1	□ 7.5-8.5 oz	□ 12 oz	D	\$	<u> </u>	
g. Bottled Water	ASK	٥		🔲 16.9 oz	🛛 20 oz	<u> </u>	\$		
j. Flavored Coffee Drinks (hot or i	ed)	0		NOTES					
k. Shakes or Malts		٥							
. Flavored Milk (e.g., chocolate, strawberry)		0							
				G. FOOD I					
G1. Is item available?	RK "X	" IF NO	ONE FR	ROM G1 AVA	G3. Size	D SKIP SECTION G	7	-	MARK
		NO	YES		SELECT OR SPEC		G2. Pri	ce	IF ASH PRIC
a. French Fries, smallest		0 🗆		□ Small		<u> </u>	\$		
b. French Fries, largest		٥	1	□ Large		D	\$ <u></u>		
c. Cheeseburger		٥	1	□ ¼ lb		□	\$		
 Chicken Sandwich, with roasted/grilled chicken 		٥	1				\$		
 Entrée Salad, with roasted/grill chicken 	ed	٥					\$		
f. Fried Chicken, leg/drumstick &	thigh	0	1	2 pc meal		D	\$		
g. Cheese Pizza, thin crust		٥□	1	□ 10-12"			\$		
h. Taco, with ground beef		٥		□ Single		•	\$		
 Sub Sandwich, with turkey and cheese 		٥		□ 6″		•	\$		
			н. кі	DS' MENU	REVIEW				
H1. Is there a kids' menu/mea	avail	able?	NO	YES	H2. Does k	ids' menu/meal of	fer ?	NO	YES
IF NO, SKIP H2				D 🔲 1	b. A fruit, v menu b	vegetable, salad, or ye oard IF 1	ogurt side on YES, SKIP H2b2	0	
H2. Does kids' menu/meal off	er ?		NO	YES		ny of these available		0	
a. Unflavored skim/1% milk, 100% bottled water on menu board /					c. Free toy	s/child-oriented give	aways	٥	
bottled water on menu board IF YES, SKIP H2a2					d. Toys for an additional charge			100-024	

E. GEI	NERAL	MENU I	REVIEW			1 3	- <u>12-</u>					
E1. Does the menu h	ave ?			NO	YES	E2. How ma	How many are on the menu?			COUNT		
a. Dollar Menu		IF	NO, SKIP TO E1Ł	, □.	1	a. Non-fried vegetable sides (w/o added fat)						
1. Fruit, vegetable,	salad, or y	ogurt on (dollar menu	0	1	b. Fresh fruit	sides					
2. Dessert on the d	ollar menu	u		٥	1	c. Other fruit	sides					
3. Fountain drink o	n the dolla	ar menu		0	1	E3. Is there	signage at the	point of				
4. French fries on t	he dollar r	nenu		٥	1	purchase de	signating op	tions?	NO	YES		
5. Entrée on the do	llar menu			٥	1	a. Low-calori	e		0			
b. Combo Meal or Mea	al Deal wit	h sides:		0	1	b. Low-fat			0			
c. Entrée Salad option		IF	NO, SKIP TO E2	0	1	c. Low-sodiu	m		0			
1. Low-fat or fat-fre	e salad dr	ressing		٥	1	f. Other heal	thy, SPECIFY:		0			
EE Doos monu inclu	pes menu include mixed drinks or liquor? NO YES											
E5. Does menu inclu	ue mixeu	i unnks o	i iiquoi :	٥	1							
			J. NU	TRITIO	N INFO	RMATION						
J1. Is visible at the POINT OF				t provide or menu		J3. Does it li daily	J4. Does it state "nutriti info on request"?					
PURCHASE?	NO	YES	NO ITEMS	SOME ITEMS	ALL ITEMS	NO	YES	NO	YES			
a. Menu board	0	1	0	1	2	٥	1	0	Ľ] 1		
b. Food display tags	0	1	•	1	2	٥	1					
c. Posted material	0	1	0	1	2	0	1	0	E] 1		
d. Printed material	0	1	0	1	2	٥	1					
e. Printed menu	0	1	0	1	2	0	1	0] 1		
J5. ASK EMPLOYEE FO AND CODE AL			Does it p	6/J7/J8. provide c r menu il		J9/J10/J11. Does it list suggested daily calories?						
Referred to item coded	l in J1	1	NO ITEMS	SOME ITEMS	ALL ITEMS	NO	YES					
Referred to other post material	ed	2 □ →	0		2	0	1					
Referred to other print material	ed	3 □ →	0	1	2	0	1					
Gave printed material f behind the counter	rom	4 □ →	□ ∘	1	2	0	1					
Ran out of printed mat	erial	5 🗖	J12. Is prin	nted mat	erial with	n nutrition info	attached?	0		1		
Referred to website		6 🔲	NOTES					<u> </u>				
No nutrition info availa	ble	7 🗖										
		8										
Does not know												

						-	
BTG-COMP • PARK OBSERVATION FO	RM = 2	2012	PARK ID:	1,1,-,1,2,-,,-,-,-,-,-,-,-,-,-,-,-,-,-,-,-,-,			
PARK ID :				COMPLETION CODE			
			COMPLETE	D		01	
PARK NAME:			PARTIALLY COMPLETED – CODE DISPOSITION				
ADDRESS:			NOT STARTED – CODE DISPOSITION				
			NOT ELIGIBLE – CODE DISPOSITION				
DATE 2012 STAFF 1 STAFF	2			DISPOSITION CODE			
• • • • • • • • • • • • • • • • • • •	O AM	<u> </u>	Temporaril	y not accessible		1	
	O PM With Cell	ophane	Not safe			2	
Number of bags used:			Asked to le	ave		3	
PARK SAMPLE ATTRIBUTE	NO	VEC	Address no			5	
			and the second s	neet study criteria - DESCRIBE IN NO	TEC		
Park replaces a primary sample observation NOTES			582-1		125	□ / □ 8	
		Permanently closed / Does not exist Other (SPECIFY):					
						6	
A. SETTING	, PAR	KING	AND AN	IENITIES			
A1. Setting			A2. Does	the park have?	NO	YES	
a. What type of setting is this?			a. Parking (On-Site	0	1	
Public Park		1	2 S S S S S	ighted Parking 2a=0, LEAVE BLANK		1	
Other, SPECIFY:		8	b. Sidewalk	0	1		
b. Is the park adjacent to a school? IF NO, SKIP TO A5	0 🗆	1	201693	Sidewalk Lighting 2 <i>b=0, LEAVE BLANK</i>	0	1	
IF YES AND SCHOOL IS IN PRIMARY SAMPLE, RECORD UNIT ID	÷		c. Bicycle P	arking	٥	1	
IF SCHOOL NOT IN SAMPLE, RECORD NAME:			A3. Does t	the park have?	NO	YES	
b1. Do park and school share sports features?	0	1	a. Closing T	ime Signage	0	1	
A5. Access signage and barriers to entry	NO	YES	b. Restroor	ms/Port-o-lets	٥	1	
a. Signage indicates park/school name	0	1	c. Showers,	/Locker Rooms	٥	1	
 b. Signage states public use of area is limited to specific hours/period of daytime 	0 🗆	1	d. Beverage	e Vending Machines	0	1	
 c. Signage states area is private or restricted access at all times (e.g. no trespassing) 	0	1		1.Plain Bottled Water	٥□	1	
 Locked fence around the perimeter or other physical barrier prevents public access 	0 🗆	1	IF A3d=0,	2. 100% Juice	٥	1	
	0 4 4 4 -		SKIP 1-5	3. Regular Soda	٥	1	
IF YES TO A5c AND/OR A5d, BE SURE YOU HAVE CODEL AND MARK THE COMPLETION CODE AS 96 (NOT 1				4. Diet Soda	٥	1	
				5. Other Sweetened Drinks	٥	1	
			A4. Is the	re an entrance fee?	٥□	1	
Page 1 of 3 Copyright © 2012 The	e Board o	f Trustees	s of the Univers	ity of Illinois 3561	63470	5	

FOR EACH FEATURE BELOW, COMPLETE ITEM B1	B1. Hov	v Many?			lition of I many in	Feature – each?		Does the	3. e Feature ghting?
IF B1 TOTAL >0, CODE B2 AND B3	TALLY	TOTAL	1. P	OOR TOTAL	2. OK/ TALLY	GOOD	COULD NOT RATE	NO	YES
a. Field, Multi-use	IALLI	TOTAL	IALLI	101AL	TALLI	IOTAL			
b. Field, Football								0	1
c. Field, Baseball								0 🗆	1
d. Field, Soccer	A							٥	1
e. Court, Basketball								٥	1
f. Court, Tennis								0	1
g. Court, Volleyball								0	1
i. Court, Multi-use			20 2					0	1
m. Running/Walking Track								0	1
n. Pool (> 3ft deep)	Ă.		2					0	1
o. Wading Pool/Spray Grounds								٥	1
p. Playground Area								0	1
q. Skateboarding Facilities								٥	1
FOR EACH FEATURE, COMPLETE B1		eature ent?		B2. Con	dition of	Feature		Featur	bes the re have ting?
IF B1=1, CODE B2 AND B3	NO	YES	PO	OR	OK/G	OOD	COULD NOT RATE	NO	YES
r. Exercise Stations with signage	0] 1	C	2		٥	1
s. Exercise Stations without signage	0		E	1		2		0	1
t. Rock Climbing Wall	0		E	1		2		0	1
NOTES									

C. PARK FEATURES A	ND	AMENITI	ES	1	1-12-			
FOR EACH FEATURE, COMPLETE CI	I.	C1. Is Fea	ture Present?	?	C2. Condition of Surface or Feature			
IF C1=1, CODE C2		NO	YES		POOR	OK/	GOOD	COULD NOT RAT
a. Green Space		0			1	1	2	
b. Beach		0	1		1		2	
c. Other Water Features		0	1		1	ļ	2	
d. Shelters		0	1		1		2	
e. Picnic Tables	0			1		2		
f. Benches		0	1		1		2	
g. Drinking Fountains		0	1		1		2	
h. Decorative Water Fountains		0	1		1		2	
i. Trash Containers	0		1		1		2	
j. Grills/Fire Pits		•	1		1		2	
K. Trails IF NO TRAILS, SKIP 1 AND 2 BELOW		0	1		1]	2	
1. Two-way Traffic on Trails?	0		M	NOTES				
2. Surface Material on Trails? COL	DE ON	LY 1						
Asphalt/Conc	rete	1						
Wood Chips/M	ulch	2						
Gr	avel	3						
	Dirt	4						
More than 1 mat	erial	5		_				
		D. INC	IVILITIES					
D1. How much of is on the park property?		NONE	A LITTLE		SOME		A	LOT
a. Garbage/Litter		0	1		2			3
b. Broken Glass		0	1		2]	3
		0	1		2			3
c. Graffiti/Tagging			С.		2		3	
c. Graffiti/Tagging d. Evidence of Alcohol Use		0	1		2			3
		• •	1 1		2			□ ³

Page 3 of 3

Copyright © 2012 The Board of Trustees of the University of Illinois

9514634709

—						-
BTG-COMP • SCHOOL OBSERVATION 2012	I FOR	M •	SCHOOL ID:	1.5-1.2-	1	
SCHOOL ID :				COMPLETION CODE		
SCHOOL ID:			COMPLETED)		01
SCHOOL NAME:			PARTIALLY C	COMPLETED – CODE DISPOSITION		02
ADDRESS:				ED – CODE DISPOSITION		03
			NOTELIGIBL	E – CODE DISPOSITION		96
DATE 2012 STAFF 1 STAFF	: 7			DISPOSITION CODE		
	57	<u> </u>	Temporarily	not accessible		1
START TIME : O AM END TIME :	0 AM 0 PM		Not safe			2
NOTES			Asked to lea	ve / Observation not allowed by	staff	3
			Address not	found		5
			Does not me	eet study criteria – DESCRIBE IN N	OTES	7
				y closed / Does not exist		8
			Other (SPEC			
						0
					_	
A. SETTING,	PAR	KING	AND AN	AENITIES		
A1. Setting			A2. Does t	he school have?	NO	YES
a. What type of setting is this?			a. Parking O	n-Site	0	1
School Grounds		6		ighted Parking Pa=0, LEAVE BLANK	۰ 🗆	1
Other, SPECIFY:		8 🔲	b. Sidewalk	0		
c. Is school adjacent to a public park? IF NO, SKIP TO A5	0	1		idewalk Lighting 26=0, LEAVE BLANK		1
IF YES, RECORD PARK UNIT ID:			c. Bicycle Pa			
c1. Do school and park share sports features?			A3. Does t	he school have?	NO	YES
A5. Access signage and barriers to entry	NO	YES	a. Closing Ti	me Signage	0	1
a. Signage indicates park/school name	□ •	1	b. Restroom	ns/Port-o-lets	□ °	1
b. Signage states public use of area is limited to specific hours/period (e.g., after school)	٥		c. Showers/	Locker Rooms	0	1
c. Signage states area is private or restricted			d Boyorago	Vending Machines		1
access at all times	0	1	u. Develage	_		
(e.g., no trespassing, school use only)	-			1.Plain Bottled Water	0	1
d. Locked fence around the perimeter or other	٥□	1	IF A3d=0,	2. 100% Juice	0	1
physical barrier prevents public access	physical barrier prevents public access				0	1
			SKIP 1-5			
physical barrier prevents public access IF YES TO A5C AND/OR A5D, BE SURE YOU HAVE COD MARK THE COMPLETION CODE AS 02 (PARTIALLY CO			SKIP 1-5	4. Diet Soda	0	1
IF YES TO A5C AND/OR A5D, BE SURE YOU HAVE COD	MPLETE		SKIP 1-5	4. Diet Soda 5. Other Sweetened Drinks		

FOR EACH FEATURE BELOW, COMPLETE ITEM B1	B1. Hov	v Many?			lition of I many in	Feature – each?	•1	B: Does the have Li	
IF B1 TOTAL >0, CODE B2 AND B3	TALLY	TOTAL	1. P	OOR TOTAL	2. OK/ TALLY	GOOD TOTAL	COULD NOT RATE	NO	YES
a. Field, Multi-use	IALLI		TALLI		TALLI		10 E 10		
b. Field, Football								0	1
c. Field, Baseball								٥	□ 1
d. Field, Soccer								0	1
e. Court, Basketball								0	1
f. Court, Tennis			-					0	1
g. Court, Volleyball								٥	1
i. Court, Multi-use								٥	1
m. Running/Walking Track								٥	1
n. Pool (> 3ft deep)								٥	1
o. Wading Pool/Spray Grounds								٥	
p. Playground Area								0	1
q. Skateboarding Facilities								0	1
FOR EACH FEATURE, COMPLETE B1		Feature ent?		B2. Con	dition of	Feature			es the e have ting?
IF B1=1, CODE B2 AND B3	NO	YES	РО	OR	OK/G	OOD	COULD NOT RATE	NO	YES
r. Exercise Stations with signage	0		E] 1	E	2		0	1
s. Exercise Stations without signage	0	1	C] 1		2		٥	1
t. Rock Climbing Wall	0	1	C] 1		2		٥	1
NOTES									

C. SCHOOL FEATU	JRES A		NITIES	<u>15-12</u>	<u>i i</u>	<u> </u>	
FOR EACH FEATURE, COMPLETE	°C1	C1. Is Fea	ture Present?	C2. Condition of Surface or Feature			
IF C1=1, CODE C2		NO	YES	POOR	OK/GOOD	COULD NOT RATE	
a. Green Space		0	1	1	2		
b. Beach		0	1	1	2		
c. Other Water Features		0	1	1	2		
d. Shelters		0	1	1	2		
e. Picnic Tables		0	1	1	2		
f. Benches		0	1	1	2		
g. Drinking Fountains	0	1	1	2			
h. Decorative Water Fountains		0	1	1	2		
i. Trash Containers		•	1	1	2		
j. Grills/Fire Pits		0	1	1	2		
k. Trails IF NO TRAILS, SKIP 1 AND 2	BELOW	0	1	1	2		
1. Two-way Traffic on Trails?	0	0	1	NOTES			
2. Surface Material on Trails	CODE O	NLY 1					
Asphalt/Co	oncrete	1					
Wood Chips	/Mulch	2					
	Gravel	3					
	Dirt	4					
More than 1 n	naterial	5					
		D. IN	ICIVILITIES				
D1. How much of is on the school property?	,	NONE	A LITTLE	SO	VIE	A LOT	
a. Garbage/Litter		0	1		2	3	
b. Broken Glass		□ ∘	1		2	3	
c. Graffiti/Tagging		□ ∘	1		2	3	
d. Evidence of Alcohol Use		0	1		2	3	
e. Evidence of Substance Abuse		□ ∘	1		2	3	
f. Sex Paraphernalia		0	1		2	3	

					-			
BTG-COMP			BUSINESS ID: 12-12-					
PA FACILITY OBSERVATION FORM	vi - 20	012	CORRESPONDING SEGMENT UNIT ID:					
BUSINESS ID :			COMPLETION CODE					
			COMPLETED					
BUSINESS NAME:			PARTIALLY COMPLETED – CODE DISPOSITION					
ADDRESS:			NOT STARTED – CODE DISPOSITION		03			
			NOT ELIGIBLE – CODE DISPOSITION					
DATE 2012 STAFF 1 STA	DISPOSITION CODE							
START TIME : END TIME :	START TIME: O AM O PM O PM							
LITTERED CIGARETTE PACKS No Cellophane V	phane	Not safe		2				
Number of bags used:	Asked to leave / Observation not allowed by	/ staff	3					
PA SAMPLE ATTRIBUTE	PA SAMPLE ATTRIBUTE NO YES				5			
Facility replaces a primary sample observation	Does not meet study criteria – DESCRIBE IN NOTES							
NOTES	Permanently closed / Does not exist							
			Other (SPECIFY):		6			
A. SETTING			B. FEES					
A1. Type of Setting			MARK "X" IF FREE TO PUBLIC OR NO INFO		ON			
Community Recreation Center		01	B1. Are there Daily Drop-in Rates?	NO	YES			
Boys and Girls Club		02	B1. Are there baily brop-in kates:	٥	1			
Jewish Community Center		03	B2. Are there Special Discounts for?	NO	YES			
YMCA/YWCA		04	a. Low Income (Sliding Scale Fees)	٥	1			
For-Profit PA Facility		05	b. Youth and/or Students	٥	1			
Other, SPECIFY:		10	F. PARKING AND SIDEWA	LK				
A2. Indoor, Outdoor or Both Settings?			F1. Does the facility have ?	NO	YES			
Indoor Sports Features only		1	a. Parking On-Site	٥	1			
Outdoor Sports Features only		2	 Lighted Parking IF F1a=0, LEAVE BLANK 	٥□	1			
Both Indoor and Outdoor Sports Features	b. Sidewalk on street at address	٥	1					
A3. Does the facility have ?	NO	YES	 Sidewalk Lighting IF F1b=0, LEAVE BLANK 	٥□	1			
a. Childcare Services for patrons	٥	1	c. Bicycle Parking	٥□	1			
b. Teen Center	۰ 🗆	1	PLEASE DON'T FORGET TO CODE E1.EXTERIOR INCIVILITIES A					

Page 1 of 4

Copyright © 2012 The Board of Trustees of the University of Illinois

F		C. INDOOR FEA				<u>12-1</u>	2 -	-	
	FOR EACH	IF NO INDOOR SPORTS FEA I FEATURE BELOW, PLETE ITEM C1		v Many?	TION C	C2. Condition of Feature – How many in each?			
	IF C1 TO	TAL >0, CODE C2	TALLY	TOTAL	1. P TALLY	TOTAL	2. OK, TALLY	/GOOD TOTAL	COULD NOT RAT
	d. Field, Soc	cer	TALLT		TALLY	TOTAL	TALLY	TOTAL	
	e. Court, Ba	sketball							
	f. Court, Ter	nnis							
tes	g. Court, Vo	lleyball							
	h. Court, Ra	cquetball/Squash							
	i. Court, Mu	lti-use or Gymnasium							
	j. Multipurp	ose Rooms							
	k. Exercise N	Machine Areas							
	l. Gymnastic	cs Facilities		1.1.5					
	m. Running,	/Walking Track							
IUI	n. Pool (> 3f	t deep)							
INDOOR FEATURES	q. Skateboa	rding Facilities							
DQ D	C1/C3. Doe	C1/C3. Does the facility have indoors?			C2/C4. What is the condition?				
ă				YES	POOR		OK/GOOD		COULD NOT RAT
-	t. Rock Clim <i>IF C1t = 1</i>	bing Wall , CODE C2t	٥	1			2		
	a. Drinking		0	1	C	1	Γ	2	
	b. Restroom		0	1	NOTES				
	c. Showers/	Locker Rooms	0	1					
	d. Beverage	Vending Machines	0	1					
		1.Plain Bottled Water	٥	1					
		2. 100% Juice	0	1					
	IF C3d=0, SKIP 1-5	3. Regular Soda	٥	1					
	5 10	4. Diet Soda	0	1					
		5. Other Sweetened Drink	0	1					

D.OUIDOO MARK "X" IF NO OUTDOOR <u>SPOI</u>	R FEAT		SKIP SEC	TION D	.1.	2 - 1 2 -			
s the PA Facility located insid	e a publi	c park?	NO	YES	CORRESP	ONDING P	ARK UNIT ID		
			0	1					
ECT THE CONFIGURATION THAT BES	ST DESCRIB	ES THE ARE	RANGEMEN	IT OF THE C	OUTDOOR I	EATURE(S)		
1.73) 									(FORM
outdoor features are part of the	park - <i>SKIP</i>	SECTION D	AND COD	E OUTDOOI	R FEATURES	S ON PARK	FORM ONLY		
OR EACH FEATURE BELOW,	D1.	How		D2. Con	dition of	Feature -	-		
COMPLETE ITEM D1	Ma	ny?		How	many in	each?			
1 TOTAL >0, CODE D2 AND D3	-	TOTAL				A	COULD		VEC
a Field Multiuse	TALLY	TOTAL	TALLY	TOTAL	TALLY	TOTAL	NOTRATE		YES
		<u> </u>		<u> </u>				and a second sec	1
b. Field, Football		<u> </u>		<u> </u>			<u> </u>	0	1
c. Field, Baseball							· · · ·	0	1
d. Field, Soccer						<u>ц</u>		0	1
e. Court, Basketball								0	1
f. Court, Tennis				· · · ·				0	1
g. Court, Volleyball				<u> </u>			<u> </u>	0	1
i. Court, Multi-use		<u> </u>				L.		0	1
m. Running /Walking Track							<u> </u>	0	1
n. Pool (> 3ft deep)							<u></u>	0	1
o. Wading Pool / Spray Grounds		·		<u> </u>		<u> </u>		0	1
p. Playground Area								0	1
q. Skateboarding Facilities								0	1
IF D1=1, CODE D2 AND D3	1.0000000000000000000000000000000000000			D2. Cor	ndition of	Feature		D3. Does the Feature have Lighting?	
	NO	YES	PO	OR	OK/G	OOD	COULD NOT RATE	NO	YES
r. Exercise Stations w/signage	0	1	Ľ	1		2		0	1
s. Exercise Stations	0	1	E	1		2		0	1
t. Rock Climbing Wall	0	1		1		2		0	1
D4. Does the facility have	outdoor	s?		D5. Wha	t is the c	ondition	?	NOTES	
IF D4=0, SKIP D5	NO	YES	PO	OR	OK/G	OOD	COULD NOT RATE		
a. Drinking Fountains	0	1] 1		2			
b. Trash Containers	0	1		1	E	2			
c. Benches	0	1] 1		2			
	IF ECT THE CONFIGURATION THAT BES Cility has 1 or more exclusive outdor outdoor features are part of the DR EACH FEATURE BELOW, COMPLETE ITEM D1 A TOTAL >0, CODE D2 AND D3 a. Field, Multi-use b. Field, Football c. Field, Baseball d. Field, Soccer e. Court, Basketball f. Court, Tennis g. Court, Volleyball i. Court, Multi-use m. Running /Walking Track n. Pool (> 3ft deep) o. Wading Pool / Spray Grounds p. Playground Area q. Skateboarding Facilities IF D1=1, CODE D2 AND D3 r. Exercise Stations w/signage s. Exercise Stations w/o signage t. Rock Climbing Wall D4. Dres the facility have and IF D1=0, SKIP D5 a. Drinking Fountains b. Trash Containers c. Benches	IF YES, CODE D ECT THE CONFIGURATION THAT BEST DESCRIB CONFIGURATION THAT BEST DESCRIB CONFIGURATION THAT BEST DESCRIB OUTOON FEATURE BELOW, COMPLETE ITEM D1 DI. I Material TOTAL >0, CODE D2 AND D3 TAILY a. Field, Multi-use D. Field, Football C. Field, Baseball G. Court, Basketball G. Court, Volleyball I. Court, Multi-use m. Running /Walking Track G. n. Pool (> 3ft deep) G. o. Wading Pool / Spray Grounds G. p. Playground Area G. q. Skateboarding Facilities Mo IF D1=1, CODE D2 AND D3 I. Exercise Stations w/signage I. Colspan="2" I. Colspan="2" I. Colspan="2" I. Colspan="2" I. Colspan="2" I. Colsp	Collity has 1 or more exclusive out-or features are part of the part - SKP SECTION REPRETURE BELOW, COMPLETE ITEM D1 D1. How CODE D2 AND D3 TAILLY TOTAL >0, CODE D2 AND D3 TAILY TOTAL a. Field, Multi-use I b. Field, Football I c. Field, Baseball I d. Field, Soccer I e. Court, Basketball I f. Court, Tennis I g. Court, Volleyball I i. Court, Multi-use I m. Running /Walking Track I n. Pool (> 3ft deep) I o. Wading Pool / Spray Grounds I p. Playground Area I q. Skateboarding Facilities I f. Exercise Stations w/signage I s. Exercise Stations w/o signage I t. Rock Climbing Wall I s. Exercise Stations w/o signage I t. Rock Climbing Wall I t. Rock Climbing Wall I t. Rock Climbing Wall I t. Court, Multi-use I t. Court, Multi-use I t. Rock Climbing Wall	Bit and part of the	Since PA Facility located inside a public park? Image: Since PA Facility located inside a public park? Image: Since PA Facility located inside a public park? Image: Since PA Facility located inside a public park? Image: Since PA Facility located inside a public park? Image: Since PA Facility located inside a public park? Image: Since PA Facility located inside a public park? Image: Since PA Facility located inside a public park? Image: Since PA Facility PA Facility Facility Facility located inside a public park? Image: Since PA Facility Faci	It is the PA Facility located inside a public park? It is the problem in the park? is code bale below It is the problem in the park? It is the park? It is the park is the problem in the park? It is the park?			

D6. Does	the facility have o	outdoors?		NO	YES	NOTES			
a. Restroon	ns/Port-o-lets			0	1				
b. Showers,	/Locker Rooms			0	1				
c. Beverage	e Vending Machines		0	1					
	1. Plain Bottled Water		0	1					
	2. 100% Juice			0	1				
IF D6c=0, SKIP 1-5	3. Regular Soda			0	1				
	4. Diet Soda			0	1				
	5. Other Sweetened I	Drinks		0	1				
		E	E. EXTER	IOR INC		S			
Rate t	he amount of	t the facilit	y entrance	e area		he facility			
		NONE	A LITTLE	SOME	A LOT	NONE	A LITTLE	SOME	A LOT
a. Garbage	/Litter	٥		2	3	٥	1	2	1 3
b. Broken G	âlass	0		2	3	0	1	2	3
c. Graffiti/T	agging	0	1	2	3	0	1	1 2	1 3
d. Evidence	e of Alcohol Use	٥	1	2	3	٥		2	П 3
e. Evidence of Substance Abuse		0	1	2	3	0		2	3
e. Evidence	f. Sex Paraphernalia			2	3	٥	1	2	3
									-

Page 4 of 4

ſ

Copyright © 2012 The Board of Trustees of the University of Illinois

Walkability Checklist

How walkable is your community?

Take a walk with a child and decide for yourselves.

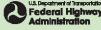
Everyone benefits from walking. These benefits include: improved fitness, cleaner air, reduced risks of certain health problems, and a greater sense of community. But walking needs to be safe and easy. Take a walk with your child and use this checklist to decide if your neighborhood is a friendly place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

Getting started:

First, you'll need to pick a place to walk, like the route to school, a friend's house or just somewhere fun to go. The second step involves the checklist. Read over the checklist before you go, and as you walk, note the locations of things you would like to change. At the end of your walk, give each question a rating. Then add up the numbers to see how you rated your walk overall. After you've rated your walk and identified any problem areas, the next step is to figure out what you can do to improve your community's score. You'll find both immediate answers and long-term solutions under "Improving Your Community's Score..." on the third page.





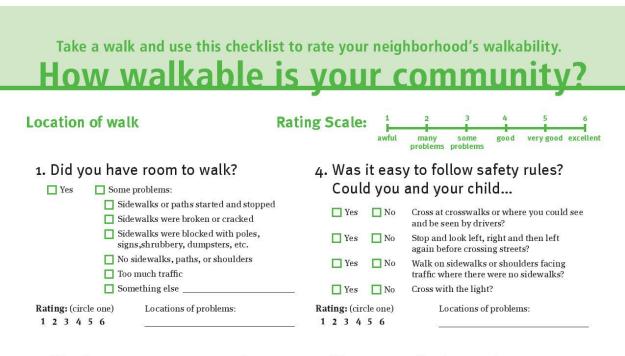


U.S. Department of Transportation National Highway Traffic Sale Administration









2. Was it easy to cross streets?

🗌 Yes 🚺 Se	ome problems:
	Road was too wide
	Traffic signals made us wait too long or did not give us enough time to cross
	Needed striped crosswalks or traffic signals
	Parked cars blocked our view of traffic
	Trees or plants blocked our view of traffic
	Needed curb ramps or ramps needed repair
	Something else
Rating: (circle one) 1 2 3 4 5 6	Locations of problems:

3. Did drivers behave well?

Yes	Some	problems: Drivers	Add
	🗖 Bad	cked out of driveways without looking	
	🗖 Did	l not yield to people crossing the street	
	🗖 Tur	ned into people crossing the street	
	Dro	ove too fastp	
	-	ed up to make it through traffic lights or ve through traffic lights?	
	Sor	nething else	
Rating: (circ		Locations of problems:	Tota

5. Was your walk pleasant?

🔲 Yes	Some problems:
	Needed more grass, flowers, or trees
	Scary dogs
	Scary people
	🔲 Not well lighted
	Dirty, lots of litter or trash
	🔲 Dirty air due to automobile exhaust
	Something else
Rating: (circle	one) Locations of problems:
1 2 3 4 5	6

How does your neighborhood stack up? Add up your ratings and decide.

1.		26-30	Celebrate! You have a great neighborhood for walking.
		21-25	Celebrate a little. Your neighborhood is pretty good.
4.		16-20	Okay, but it needs work.
5. tal:		11-15	It needs lots of work. You deserve better than that.
	0	5-10	It's a disaster for walking!

Now that you've identified the problems, go to the next page to find out how to fix them. Now that you know the problems, you can find the answers.

Improving your community's score

1. Did you have room to w	What you and your child alk? can do immediately	What you and your community can do with more time
Sidewalks or paths started and stop Sidewalks broken or cracked Sidewalks blocked No sidewalks, paths or shoulders Too much traffic	 pick another route for now tell local traffic engineering or public works department about specific problems and provide a copy of the checklist 	 speak up at board meetings write or petition city for walkways and gather neighborhood signatures make media aware of problem work with a local transportation engineer to develop a plan for a safe walking route
2. Was it easy to cross str	eets?	
Road too wide Traffic signals made us wait too lon give us enough time to cross Crosswalks/traffic signals needed View of traffic blocked by parked ca or plants Needed curb ramps or ramps neede 3. Did drivers behave well	 traffic engineering or public works department trim your trees or bushes that block the street and ask your neighbors to do the same leave nice notes on problem cars asking owners not to park there 	 push for crosswalks/signals/ parking changes/curb ramps at city meetings report to traffic engineer where parked cars are safety hazards report illegally parked cars to the police request that the public works department trim trees or plants make media aware of problem
Backed without looking Did not yield Turned into walkers Drove too fast Sped up to make traffic lights or dro red lights 4. Could you follow safety	definitional of the second secon	 petition for more enforcement request protected turns ask city planners and traffic engineers for traffic calming ideas ask schools about getting crossing guards at key locations organize a neighborhood speed watch program
Cross at crosswalks or where you co and be seen Stop and look left, right, left before Walk on sidewalks or shoulders fac Cross with the light	 educate yourself and your child about safe walking organize parents in your neighborhood to 	 encourage schools to teach walking safely help schools start safe walking programs encourage corporate support for flex schedules so parents can walk children to school
5. Was your walk pleasant Needs grass, flowers, trees Scary goople Not well lit Dirty, litter Lots of traffic A Quick Health Check	 point out areas to avoid to your child; agree on safe routes ask neighbors to keep dogs leashed or fenced report scary dogs to the animal control department report scary people to the police report lighting needs to the police or appropriate public works department 	request increased police enforcement start a crime watch program in your neighborhood organize a community clean-up day sponsor a neighborhood beautification or tree- planting day begin an adopt-a-street program initiate support to provide routes with less traffic to schools in your community (reduced traffic during am and pm school commute times)
A Quick Health Check Could not go as far or as fast as we wanted Were tired, short of breath or had sore feet or muscles Was the sun really hot? Was it hot and hazy?	 walking most days invite a friend or child along walk along shaded routes where possible use sunscreen of SPF 15 or higher, wear a hat and sunglasses try not to walk during the hottest time of day 	get media to do a story about the health benefits of walking call parks and recreation department about community walks encourage corporate support for employee walking programs plant shade trees along routes have a sun safety seminar for kids have kids learn about unhealthy ozone days and the Air Quality Index (AQI)

Need some guidance? These resources might help...

Great Resources

WALKING INFORMATION

Pedestrian and Bicycle Information Center (PBIC) UNC Highway Safety Research Center Chapel Hill, NC www.pedbikeinfo.org

www.walkinginfo.org

National Center for Safe Routes to School Chapel Hill, NC www.saferoutesinfo.org

For More Information about Who Can Help Address Community Problems www.walkinginfo.org/problems/help.cfm

State Bicycle & Pedestrian Coordinators http://www.walkinginfo.org/assistance/contacts.cfm

FEDERAL POLICY, GUIDANCE AND FUNDING SOURCES FOR WALKING FACILITIES

Federal Highway Administration

Bicycle and Pedestrian Program Office of Natural and Human Environment Washington, DC www.fhwa.dot.gov/environment/bikeped/index.htm

PEDESTRIAN SAFETY

Federal Highway Administration

Pedestrian and Bicycle Safety Team Office Of Safety Washington, DC http://safety.fhwa.dot.gov/ped_bike/

National Highway Traffic Safety Administration

Traffic Safety Programs Washington, DC www.nhtsa.dot.gov/people/injury/pedbimot/pedSAFE

SIDEWALK ACCESSIBILITY INFORMATION

US Access Board Washington, DC Phone: (800) 872-2253; (800) 993-2822 (TTY) www.access-board.gov





U.S. Department of Transportation National Highway Traffic Salet Administration







Appendix B: CHL Adapted Forms

- CHL Park Observation Form
- CHL School Observation Form
- CHL PA Facility Observation Form
- CHL Church Observation Form
- CHL Fast Food Observation Form
- CHL CX3 Food Availability and Marketing Observation Form
- CHL Walking Checklist

BTG-COMP • PARK OBSERVATION Ammended for CHL	Children's Healthy Living Program					
JURISDICTION:	C	COMPLETION CODE				
COMMUNITY:			COMPLETED		L	01
			PARTIALLY CO	OMPLETED – CODE DISPOSITION	Ľ	02
PARK ID :			NOT STARTED) – CODE DISPOSITION		03
PARK NAME:			NOT ELIGIBLE	- CODE DISPOSITION		96
				DISPOSITION CODE		
GEOGRAPHIC COORDINATES:			Temporarily r	not accessible		1
ADDRESS:			Not safe			2
			Asked to leav	-		3
DATE20 STAFF 1 STA	FF2		Address not f			3 5
				et study criteria – <i>DESCRIBE IN NO</i>	- 15.	7
START TIME AM END TIME				closed / Does not exist	000000000 - 40-	8
			Other (SPECIA	FY):	C	6
PM		🖵 РМ				
A. SETTING	6, PA	RKIN				
A1. Setting			A3. Does the	e park have?	NO	YES
a. What type of setting is this?			a. Closing Tim		0	1
Public Park			b. Restrooms			
Other, <i>specify</i> : b. Is the park adjacent to a school?		8	c. Showers/Lo		0	
IF NO, SKIP TO A2	0 🗆	1	d. Beverage V	ending Machines	0	
IF Yes RECORD NAME of School:				1. Plain Bottled Water	D 0	1
b1. Do park and school share sports features?	0		IF A3d=0,	2. 100% Juice		
			SKIP 1-5	3. Regular Soda		
A2. Does the park have?		YES		4. Diet Soda		
a. Parking On-Site	·			5. Other Sweetened Beverages		
1. Lighted Parking (IF A2a=0, LEAVE BLANK)	0		A4. Is there	an entrance fee?	0	
b. Sidewalk on street leading to entrance	0	D 1	A5. Access s entry	ignage and barriers to	NO	YES
1. Sidewalk Lighting (IF A2b=0, LEAVE BLANK)	0			licates park/school name	0 🗆	
c. Bicycle Parking	D 0			ites public use of area is	۰ 🗆	
				cific hours/period of daytime	u 0	
IF YES TO A5c AND/OR A5d, BE SURE YOU HA CODED A1 AND MARK THE COMPLETION CODE (PARTICALLY COMPLETED). YOU DO NOT NEEL	AS 02	5	c. Signage sta restricted acc trespassing)	cific hours/period of daytime tes area is private or ess at all times (e.g. no ce around the perimeter or		

(60-01-24 month) finalized on 11-03-2014

B. SPORTS FEATURES										
MARK "X" IN BOX IF NO SPORTS FEATURES AND SKIP SECTION B										
FOR EACH FEATURE BELOW, COMPLETE ITEM B1	ATURE B1. How Many? B2. Condition of Feature – Does									
IF B1 TOTAL >0, CODE B2 AND B3	TALLY	TOTAL	1. P TALLY	OOR TOTAL	2. OK, TALLY	/GOOD TOTAL	COULD NOT RATE	NO	YES	
a. Field, Multi-use						<u> </u>	-	0		
b. Field, Football		<u> </u>		<u> </u>		<u> </u>	<u> </u>	0	1	
c. Field, Baseball		<u> </u>		<u> </u>		<u> </u>	<u> </u>	0	1	
d. Field, Soccer]		<u> </u>	J	0	1	
e. Court, Basketball		<u> </u>						0	1	
f. Court, Tennis		<u> </u>				<u> </u>	<u> </u>	0	1	
g. Court, Volleyball		<u> </u>					<u> </u>	0	1	
i. Court, Multi-use				-			ىپ	0	1	
m. Running/Walking Track		·		L		<u> </u>	<u> </u>	0	1	
n. Pool (> 3ft deep)		<u> </u>		<u> </u>		<u> </u>	<u> </u>	0	1	
o. Wading Pool/Spray Grounds							<u> </u>	0	1	
p. Playground Area				<u> </u>		<u> </u>	<u> </u>	0	1	
q. Skateboarding Facilities				<u> </u>		<u> </u>	<u> </u>	0	1	

FOR EACH FEATURE, COMPLETE B1		eature ent?	B2. Cor	dition of Feature		Featur	es the e have ting?
IF B1=1, CODE B2 AND B3	NO	YES	POOR	OK/GOOD	COULD NOT RATE	NO	YES
r. Exercise Stations with signage	0	1	1	2		D 0	1
s. Exercise Stations without signage	D 0	1	1	2		D 0	1
t. Rock Climbing Wall	0	1	1	2		0	1

NOTES

(60-01-24month) finalized on 11-03-2014

C. PARK FEATURES AND AMENITIES										
FOR EACH FEATURE, COMPLETE C1	C1. Is Featu	ire Present?	C2. Conditio	C2. Condition of Surface or Feature						
IF C1=1, CODE C2	NO	YES	POOR	OK/GOOD	COULD NOT RATE					
a. Green Space	0	1	1	Q 2						
b. Beaches, Swimmable	🗖 o	1	1	2						
c. Beaches, Recreational	0	1		2						
d. Beaches, with Lifeguard	D 0	1	1	2						
e. Other Water Features	🗖 o	1	1	2						
f. Shelters	🗖 o	1	1	2						
g. Picnic Tables Shaded	D 0	1	1	Q 2						
h. Picnic Tables Not shaded	0 0	1	1	Q 2						
i. Benches	0	1	1	2						
j. Drinking Fountains	D 0	1	1	Q 2						
k. Decorative Water Fountains	D 0	1	1	2						
I. Trash Containers	0	1		Q 2						
m. Grills/Fire Pits	D 0	1	1	2						
n. Fence	0	1	1	2						
o. Trails IF NO TRAILS, SKIP 1 AND 2 BELOW	0	1	1	2						
1. Two-way Traffic on Trails?	0	1								
2. Surface Material on Trails? CODE ON	LY 1	NOTES								
Asphalt/Concrete	1									
Wood Chips/Mulch	2									
Gravel	3									
Dirt	4									
More than 1 material	5									

(60-01-24 month) finalized on 11-03-2014

D. INCIVILITIES											
D1. How much of NONE A LITTLE SOME A LOT											
a. Garbage/Litter	D 0	1	2	П з							
b. Broken Glass	0	1	2	3							
c. Graffiti/Tagging	0	1	2	а з							
d. Evidence of Alcohol Use	0	1	2	3							
e. Evidence of Substance Abuse	0	1	2	3							
f. Sex Paraphernalia	0	1	2	3							
g. Dog Refuse	0		2	а з							
h. Dogs Unattended	0	1	2	3							
i. Vandalism	O 0	1	2	3							

BTG-COMP • SCHOOL OBSERVATIO Ammended for CHL		Children's Healt Living Program	hy			
JURISDICTION:				COMPLETION CODE		
COMMUNITY:			COMPLETED			01
			PARTIALLY CO	OMPLETED – CODE DISPOSITION		02
SCHOOL ID :			NOT STARTED	D – CODE DISPOSITION		03
SCHOOL NAME:			NOT ELIGIBLE	E – CODE DISPOSITION		96
				DISPOSITION CODE		
GEOGRAPHIC COORDINATES:			Temporarily	not accessible		1
ADDRESS:			Not safe			2
			Asked to leave	/e		3
DATE20 STAFF 1 STA	FF2		Address not f			5
				et study criteria – DESCRIBE IN NO		7
START TIME: AM END TIME	:	🗖 ам		closed / Does not exist		8
D PM		🗖 рм	Other (SPECI	- *):		6
A. SETTING	G, PA	RKIN			I	
A1. Setting			A3. Does th	e school have?	NO	YES
a. What type of setting is this?			a. Closing Tin		0	1
School Grounds			b. Restrooms			
Other, <i>specify</i> : b. Is school adjacent to a public park?			c. Showers/L	A CONTRACTOR OF THE CONTRACT OF A CONTRACT OF		
IF NO, SKIP TO A2	0		d. Beverage \	/ending Machines	0	
IF Yes RECORD NAME of Park:	-			1.Plain Bottled Water	0	
c. Do school and park share sports features?	۰ 🗆		IF A3d=0,	2.100% Juice		
A2. Does the school have?			SKIP 1-5	3. Regular Soda 4. Diet Soda		
a. Parking On-Site		YES		5. Other Sweetened Drinks		
			A5 Access s	signage and barriers to		
1. Lighted Parking (IF A2a=0, LEAVE BLANK)	0 🗆	Q 1	entry		NO	
h Cideourlle en stars tilse die stars antenna	0		•			YES
b. Sidewalk on street leading to entrance	0			dicates park/school name	0	YES
1. Sidewalk Lighting (<i>IF A2b=0, LEAVE BLANK</i>)			b. Signage sta limited to spe school)	ates public use of area is ecific hours/period (e.g., after	• •	
			b. Signage sta limited to spe school) c. Signage sta	ates public use of area is ecific hours/period (e.g., after ates area is private or cess at all times (e.g. no		

(60-02-24month) Finalized on 11-03-2014

B. SPORTS FEATURES										
MARK "X" IN BOX IF NO SPORTS FEATURES AND SKIP SECTION B										
FOR EACH FEATURE BELOW, COMPLETE ITEM B1	B1. Hov	B1. How Many? B2. Condition of Feature – How many in each? B3.								
IF B1 TOTAL >0, CODE B2 AND B3	TALLY	TOTAL	1. P TALLY	OOR TOTAL	2. OK, TALLY	/GOOD TOTAL	COULD NOT RATE	NO	YES	
a. Field, Multi-use						<u> </u>		0		
b. Field, Football		<u> </u>		<u> </u>		<u> </u>	<u> </u>	0	1	
c. Field, Baseball		<u> </u>		<u> </u>		<u> </u>	ىب	0	1	
d. Field, Soccer]		<u> </u>		0	1	
e. Court, Basketball		· • • •					L.L.	0	1	
f. Court, Tennis		<u> </u>		<u> </u>		<u> </u>	<u> </u>	0	1	
g. Court, Volleyball							<u> </u>	0	1	
i. Court, Multi-use		ىب					<u> </u>	0	1	
m. Running/Walking Track		<u> </u>				<u> </u>	<u> </u>	0		
n. Pool (> 3ft deep)		<u> </u>		<u> </u>		<u> </u>	<u> </u>	D 0	1	
o. Wading Pool/Spray Grounds				<u> </u>			<u> </u>	0		
p. Playground Area		<u> </u>		<u> </u>		<u> </u>	<u> </u>	0	1	
q. Skateboarding Facilities								0	1	

FOR EACH FEATURE, COMPLETE B1		eature ent?	B2. Cor	Featur	es the e have ting?		
IF B1=1, CODE B2 AND B3	NO	YES	POOR	OK/GOOD	COULD NOT RATE	NO	YES
r. Exercise Stations with signage	0	1	1	2		D 0	1
s. Exercise Stations without signage	D 0	1	1	2		D 0	1
t. Rock Climbing Wall	0	1	1	2		0	D 1

NOTES

(60-02-24 month) Finalized on 11-03-2014

C. SCHOOL FEATURES AND AMENITIES										
FOR EACH FEATURE, COMPLETE C1	C1. Is Featu	re Present?	C2. Condition of Surface or Feature							
IF C1=1, CODE C2	NO	YES	POOR	OK/GOOD	COULD NOT RATE					
a. Green Space	D 0		1	Q 2						
b. Beaches, Swimmable	🗖 o	1		Q 2						
c. Beaches, Recreational	0	1	1	2						
d. Beaches, with Lifeguard	🗖 o	1	1	2						
e. Other Water Features	🗖 o	1	1	2						
f. Shelters	🗖 0	1	1	2						
g. Picnic Tables Shaded	D 0	1	1	Q 2						
h. Picnic Tables Not shaded	D 0	1		Q 2						
i. Benches	0 0	1	1	2						
j. Drinking Fountains	0	1	1	Q 2						
k. Decorative Water Fountains	0	1	Q 1	Q 2						
I. Trash Containers	0	1	1	Q 2						
m. Grills/Fire Pits	0	1	1	D 2						
n. Fence	0	1	D 1	2						
o. Trails IF NO TRAILS, SKIP 1 AND 2 BELOW	0	1	1	2						
1. Two-way Traffic on Trails?	0	1								
2. Surface Material on Trails? CODE ON	LY 1	NOTES	-							
Asphalt/Concrete	1									
Wood Chips/Mulch	🗖 2									
Gravel	3									
Dirt	4									
More than 1 material	5									

(60-02-24month) Finalized on 11-03-2014

Children's Healthy Living Program Community Report – Garapan, CNMI

D. INCIVILITIES									
D1. How much of is on the school property?	NONE	A UTTLE	SOME	A LOT					
a. Garbage/Litter	D 0	1	2	3					
b. Broken Glass	0	1	2	3					
c. Graffiti/Tagging	D 0		2	3					
d. Evidence of Alcohol Use	D 0	D 1	2	3					
e. Evidence of Substance Abuse	D 0	1	2	3					
f. Sex Paraphernalia	۵ 🗆		2	3					
g. Dog Refuse	0	1	2	3					
h. Dogs Unattended	٥ 🗆	1	2	3					
i. Vandalism	D 0	1	2	3					

Children's Healthy Living Program Community Report – Garapan, CNMI

101

BTG-COMP • PA FACILITY OBSER FORM • Ammended for CHL	Children's Healthy Living Program					
JURISDICTION:	COMPLETION CODE					
COMMUNITY:			COMPLETED		01	
			PARTIALLY COMPLETED – CODE DISPOSITION		02	
BUSINESS ID :			NOT STARTED – CODE DISPOSITION		03	
BUSINESS NAME:			NOT ELIGIBLE – CODE DISPOSITION		96	
GEOGRAPHIC COORDINATES:			DISPOSITION CODE			
ADDRESS:			Temporarily not accessible /Outside business hours		1	
			Not safe	1/1	Q 2	
			Asked to leave /Observation not allowed by staff	NC	3	
DATE20 STAFF 1 STAF	F2		Address not found		D 5	
			Does not meet study criteria – <i>DESCRIBE IN</i> NOTES		D 7	
START TIME: AM END TIME:		Se	Permanently closed / Does not exist	and a second sec	8	
PM		🖵 РМ	Other (SPECIFY):	1	6	
		B. FEES MARK "X" IF FREE TO PUBLIC OR NO INFORMATION AVAILABLE AND SKIP B1-B2				
A. SETTING		_	MARK "X" IF FREE TO PUBLIC OR NO INFORMATION AVAILABLE AND SKIP B1-B		YES	
A1. Type of Setting			MARK "X" IF FREE TO PUBLIC OR NO INFORMATION AVAILABLE AND SKIP B1-B B1. Are there Daily Drop-in Rates?	NO	1	
A1. Type of Setting Community Recreation Center		01	MARK "X" IF FREE TO PUBLIC OR NO INFORMATION AVAILABLE AND SKIP B1-B B1. Are there Daily Drop-in Rates? B2. Are there Special Discounts for?	NO 0 NO	I 1 YES	
A1. Type of Setting Community Recreation Center Boys and Girls Club		02	MARK "X" IF FREE TO PUBLIC OR NO INFORMATION AVAILABLE AND SKIP B1-B B1. Are there Daily Drop-in Rates? B2. Are there Special Discounts for? a. Low Income (Sliding Scale Fees)	NO 0 NO	□ 1 YES □ 1	
A1. Type of Setting Community Recreation Center		+	MARK "X" IF FREE TO PUBLIC OR NO INFORMATION AVAILABLE AND SKIP B1-B B1. Are there Daily Drop-in Rates? B2. Are there Special Discounts for? a. Low Income (Sliding Scale Fees)	NO 0 NO 0 0	I 1 YES	
A1. Type of Setting Community Recreation Center Boys and Girls Club Church Community Center		02	MARK "X" IF FREE TO PUBLIC OR NO INFORMATION AVAILABLE AND SKIP B1-B B1. Are there Daily Drop-in Rates? B2. Are there Special Discounts for? a. Low Income (Sliding Scale Fees) b. Youth and/or Students F. PARKING AND SIDEWA	NO 0 NO 0 0	□ 1 YES □ 1	
A1. Type of Setting Community Recreation Center Boys and Girls Club Church Community Center YMCA/YWCA		02 03 04	MARK "X" IF FREE TO PUBLIC OR NO INFORMATION AVAILABLE AND SKIP B1-B B1. Are there Daily Drop-in Rates? B2. Are there Special Discounts for? a. Low Income (Sliding Scale Fees) b. Youth and/or Students F. PARKING AND SIDEWA F1. Does the facility have?	NO NO 0 0 LK	□ 1 YES □ 1 □ 1	
A1. Type of Setting Community Recreation Center Boys and Girls Club Church Community Center YMCA/YWCA		02 03 04	MARK "X" IF FREE TO PUBLIC OR NO INFORMATION AVAILABLE AND SKIP B1-B B1. Are there Daily Drop-in Rates? B2. Are there Special Discounts for? a. Low Income (Sliding Scale Fees) b. Youth and/or Students F. PARKING AND SIDEWA F1. Does the facility have? a. Parking On-Site 1. Lighted Parking	NO NO 0 0 0 LK NO	□ 1 YES □ 1 □ 1 YES	
A1. Type of Setting Community Recreation Center Boys and Girls Club Church Community Center YMCA/YWCA For-Profit PA Facility		02 03 04 05	MARK "X" IF FREE TO PUBLIC OR NO INFORMATION AVAILABLE AND SKIP B1-B B1. Are there Daily Drop-in Rates? B2. Are there Special Discounts for? a. Low Income (Sliding Scale Fees) b. Youth and/or Students F. PARKING AND SIDEWA F1. Does the facility have? a. Parking On-Site 1. Lighted Parking IF F1a=0, LEAVE BLANK	NO NO 0 0 0 0 0 0 0 0 0 0 0 0	□ 1 YES □ 1 □ 1 YES □ 1	
A1. Type of Setting Community Recreation Center Boys and Girls Club Church Community Center YMCA/YWCA For-Profit PA Facility Other, SPECIFY:		02 03 04 05	MARK "X" IF FREE TO PUBLIC OR NO INFORMATION AVAILABLE AND SKIP B1-B B1. Are there Daily Drop-in Rates? B2. Are there Special Discounts for? a. Low Income (Sliding Scale Fees) b. Youth and/or Students F. PARKING AND SIDEWA F1. Does the facility have? a. Parking On-Site 1. Lighted Parking IF F1a=0, LEAVE BLANK b. Sidewalk on street at address 1. Sidewalk Lighting	NO NO 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	□ 1 YES □ 1 □ 1 YES □ 1	
A1. Type of Setting Community Recreation Center Boys and Girls Club Church Community Center YMCA/YWCA For-Profit PA Facility Other, SPECIFY: A2. Indoor, Outdoor or Both Settings?		02 03 04 05	MARK "X" IF FREE TO PUBLIC OR NO INFORMATION AVAILABLE AND SKIP B1-B B1. Are there Daily Drop-in Rates? B2. Are there Special Discounts for? a. Low Income (Sliding Scale Fees) b. Youth and/or Students F. PARKING AND SIDEWA F1. Does the facility have? a. Parking On-Site 1. Lighted Parking IF F1a=0, LEAVE BLANK b. Sidewalk on street at address 1. Sidewalk Lighting	NO NO 0 0 0 0 0 0 0 0 0 0 0 0 0	 □ 1 YES □ 1 YES □ 1 □ 1 	
A1. Type of Setting Community Recreation Center Boys and Girls Club Church Community Center YMCA/YWCA For-Profit PA Facility Other, SPECIFY: A2. Indoor, Outdoor or Both Settings? Indoor Sports Features only		 02 03 04 05 10 	MARK "X" IF FREE TO PUBLIC OR NO INFORMATION AVAILABLE AND SKIP B1-B B1. Are there Daily Drop-in Rates? B2. Are there Special Discounts for? a. Low Income (Sliding Scale Fees) b. Youth and/or Students F. PARKING AND SIDEWA F1. Does the facility have? a. Parking On-Site 1. Lighted Parking IF F1a=0, LEAVE BLANK b. Sidewalk on street at address 1. Sidewalk Lighting IF F1b=0, LEAVE BLANK	NO NO NO LK NO 0 0 0 0 0 0 0 0 0 0 0 0 0	 □ 1 YES □ 1 □ 1	
A1. Type of Setting Community Recreation Center Boys and Girls Club Church Community Center YMCA/YWCA For-Profit PA Facility Other, SPECIFY: A2. Indoor, Outdoor or Both Settings? Indoor Sports Features only Outdoor Sports Features only	NO	 02 03 04 05 10 11 2 	MARK "X" IF FREE TO PUBLIC OR NO INFORMATION AVAILABLE AND SKIP B1-B B1. Are there Daily Drop-in Rates? B2. Are there Special Discounts for? a. Low Income (Sliding Scale Fees) b. Youth and/or Students F. PARKING AND SIDEWA F1. Does the facility have? a. Parking On-Site 1. Lighted Parking IF F1a=0, LEAVE BLANK b. Sidewalk on street at address 1. Sidewalk Lighting IF F1b=0, LEAVE BLANK c. Bicycle Parking PLEASE DON'T FORGET TO CODE E1. EXTERIOR IN	NO NO NO LK NO 0 0 0 0 0 0 0 0 0 0 0 0 0	□ 1 YES □ 1 □ 1 YES □ 1 □ 1 □ 1 □ 1	
A1. Type of Setting Community Recreation Center Boys and Girls Club Church Community Center YMCA/YWCA For-Profit PA Facility Other, SPECIFY: A2. Indoor, Outdoor or Both Settings? Indoor Sports Features only Outdoor Sports Features only Both Indoor and Outdoor Sports Features	NO	02 03 04 05 10 10	MARK "X" IF FREE TO PUBLIC OR NO INFORMATION AVAILABLE AND SKIP B1-B B1. Are there Daily Drop-in Rates? B2. Are there Special Discounts for? a. Low Income (Sliding Scale Fees) b. Youth and/or Students F. PARKING AND SIDEWA F1. Does the facility have? a. Parking On-Site 1. Lighted Parking IF F1a=0, LEAVE BLANK b. Sidewalk on street at address 1. Sidewalk Lighting IF F1b=0, LEAVE BLANK c. Bicycle Parking PLEASE DON'T FORGET TO CODE E1. EXTERIOR IN	NO NO NO LK NO 0 0 0 0 0 0 0 0 0 0 0 0 0	 □ 1 YES □ 1 □ 1	

(60-03-24 month) Finalized on 11-03-2014

Children's Healthy Living Program Community Report - Garapan, CNMI

102

	C. INDOOR FEATURES MARK "X" IF NO INDOOR SPORTS FEATURES AND SKIP SECTION C									
		FEATURE BELOW, LETE ITEM C1		v Many?	TURES AND SKIP SECTION C C2. Condition of Feature – How many in each?					
	IF C1 TOTAL >0, CODE C2					POOR	2. OK	COULD NOT RATE		
<u> </u>	1		TALLY	TOTAL	TALLY	TOTAL	TALLY	TOTAL	NOTRATE	
	d. Field, Soco	1919X				<u> </u>		<u> </u>		
	e. Court, Bas		<u> </u>		<u> </u>		<u> </u>			
	f. Court, Ten	nis		<u> </u>		<u> </u>		<u> </u>		
	g. Court, Vol	leyball								
3	h. Court, Rac	quetball/Squash								
8	i. Court, Mul	ti-use or Gymnasium								
5	j. Multipurpo	ose Rooms		<u> </u>						
FEA	k. Exercise N	lachine Areas								
INR	I. Gymnastics									
SNN	m. Running/									
ORE	n. Pool (> 3ft									
NDO	q. Skateboar									
ESII	C3. Does th	C3. Does the facility have indoors?			C4. What is the condition?					
۲ ۲				YES	POOR		OK/GOOD		COULD NOT RATE	
FEAT	t. Rock Climbing Wall									
NDOOR FEATURESINDOORESNNNR FEATU	IF C3t = 1, CODE C4t a. Drinking Fountains IF C3a=1, CODE C4a		D 0	1	1		2			
NDC	b. Restrooms		D 0	1	NOTES					
=	c. Showers/Locker Rooms		۵	1						
	d. Beverage Vending Machines		D 0	1	1					
		1.Plain Bottled Water	D 0	1]					
		2. 100% Juice	0	1	1					
	IF C3d=0, SKIP 1-5	3. Regular Soda	0	1]					
	5	4. Diet Soda	0	1]					
		5. Other Sweetened Drink	0	1						

(60-03-24 month) Finalized on 11-03-2014

103

	MARK							ID		
D0. I	s the PA Facility located insid	NO	YES	<u>S AND SKIP SECTION D</u> CORRESPONDING PARK UNIT ID						
	IF YES, CODE D0a BELOW			0	1	1				
a. SEL	ECT THE CONFIGURATION THAT BE	ST DESCRIB	ES THE AR	RANGEMEI	NT OF THE O	OUTDOOR	FEATURE(S)		
in second	ty has 1 or more exclusive outdoo itdoor features are part of the pa								S ON PARK	FORM
FOR EACH FEATORE BELOW,						dition of Feature – many in each?			es the e have ting?	
IF D	1 TOTAL >0, CODE D2 AND D3			1. P	OOR	2. OK/	GOOD	COULD		
		TALLY	TOTAL	TALLY	TOTAL	TALLY	TOTAL	NOT RATE	NO	YES
	a. Field, Multi-use				لسالسا		<u> </u>		0	Q ₁
	b. Field, Football		ىب		<u>س</u> اب		ىت		0	1
	c. Field, Baseball		<u> </u>				<u> </u>	·	D 0	1
	d. Field, Soccer				<u> </u>			<u> </u>	0	1
	e. Court, Basketball								D 0	1
	f. Court, Tennis								0	1
	g. Court, Volleyball								0	
	i. Court, Multi-use								D 0	1
6	m. Running /Walking Track				<u> </u>				0 0	1
RE	n. Pool (> 3ft deep)		ىب		<u>س</u>			<u> </u>	D 0	
IT	 o. Wading Pool / Spray Grounds 								0	1
EA	p. Playground Area		 						D 0	
RF	q. Skateboarding Facilities				<u> </u>				0	
OUTDOOR FEATURES	IF D1=1, CODE D2 AND D3	D1. Is Feature Present?		D2. Condition of Feature				D3. Do Feature Light		e have
ō		NO	YES	PO	OR	OK/G	OOD	COULD NOT RATE	NO	YES
	r. Exercise Stations with signage	D 0	1	Ę			2		D 0	1
	s. Exercise Stations without signage	0	1				2		0	1
	t. Rock Climbing Wall	0					2		D 0	1
	D4. Does the facility have	outdoor	s?	D5. What		at is the condition?		NOTES		
	IF D4=0, SKIP D5 NO YES POOR		OR	OK/GOOD		COULD NOT RATE				
	a. Drinking Fountains	0	1] 1	2				
	b. Trash Containers	0	1		1	2				
	c. Benches	0			1		2			

(60-03-24 month) Finalized on 11-03-2014

Children's Healthy Living Program Community Report - Garapan, CNMI

104

		CONTINU	JATION (OF D. OU	TDOOR F	EATURE	S		
D6. Does the facility have outdoors?				NO	YES	NOTES			
a. Restroor	ns/Port-o-lets			0		1			
b. Showers	/Locker Rooms			0	1				
c. Beverage	e Vending Machines			0	1]			
	1.Plain Bottled Wat	er		0	1				
	2. 100% Juice			0	1]			
IF D6c=0, SKIP 1-5	3. Regular Soda			0	1				
	4. Diet Soda			•	1				
	5. Other Sweetened	d Drinks		0	1				
		E	. EXTER	IOR INC		S			
E1. at		t the facilit	ty entranc	e area	E2. on the facility outdoor prop IF NO OUTDOOR SPORTS FEATURES, S				
÷		NONE	A LITTLE	SOME	A LOT	NONE	A LITTLE	SOME	A LOT
a. Garbage	/Litter	٥	1	2	3				3
b. Broken (Glass	D 0		2	3	D 0	1	2	3
c. Graffiti/1	agging	٥	1	2	3	0 🗆	1	2	3
d. Evidence	e of Alcohol Use	۰ 🗆	1	2	3	0 🗆	1	2	3
e. Evidence Abuse	e of Substance	٥	D 1	D 2	3	D 0	D 1	2	3
f. Sex Para	ohernalia	۰ 🗆		2	3	0 🗆	1	2	3
g. Dog Refu	ıse	D 0	1	Q 2	3	0	1	2	3
h. Dogs Unattended			2	3	0		2	3	
i. Vandalism		2	3	D 0		2	3		
NOTES									

(60-03-24 month) Finalized on 11-03-2014

105

BTG-COMP • CHURCH OBSERVATIO Ammended for CHL	DN FO	Children's Healthy Living Program				
JURISDICTION:		COMPLETION CODE				
COMMUNITY:			COMPLETED		01	
		PARTIALLY COMPLETED – CODE DISPOSITION		02		
CHURCH ID :			NOT STARTED – CODE DISPOSITION		03	
CHURCH NAME:			NOT ELIGIBLE – CODE DISPOSITION		96	
GEOGRAPHIC COORDINATES:			DISPOSITION CODE			
GLOGRAFTIC COORDINATES.			Temporarily not accessible	_	1	
ADDRESS:			Not safe	(B) 	2	
DATE20 STAFF 1 ST	AFF2		Asked to leave		3	
			Address not found		5 7	
			Does not meet study criteria – DESCRIBE IN NOT Permanently closed / Does not exist		1/]8	
START TIME: AM END TIME	:		Other (SPECIFY):		6	
АМ						
PM						
A. SETTIN A1. Setting	G, PA	RKIN	IG AND AMENITIES A2. Does the church have?	NO	YES	
a. What type of setting is this? ☐ outdoor ☐ indoor ☐ Bot If indoor facilities are present Complete a PA facility Ob: for indoor features.		n Form	a. Parking On-Site	0	1	
b. Does this church have an area for sports?	0 🗆	□ 1	1. Lighted Parking IF A2a=0, LEAVE BLANK		1	
b1. Does church have sports features	0	 1	b. Sidewalk on street leading to entrance	0	•1	
b2. Are there programs in your congregation involving physical activities (i.e., gardening, dance, youth sports teams, boy and girl scouts, etc)	• •	Q 1	1. Sidewalk Lighting IF A2b=0, LEAVE BLANK	0	□ 1	
IF YES, Describe: c. Are grounds adjacent or near (1/4 miles) to a school, homes park, small garden, Plantation, beach canteen, food store, etc.? If yes, RECORD what it is adjacent/near to:	0		C. Bicycle Parking	0		

(60-05-24 month) Finalized on 11-03-2014

A3. Does the churcl	h have?	NO	YES	A5. Access signage and barriers to entry	NO	YES
a. Closing Time Signa	ge	□ o	□1	a. Signage indicates church name	0 🗌	□ 1
b. Restrooms/Port-o-	lets	0 🗆	□ 1	b. Is area open to public?	□ o	□ 1
c. Showers/Locker Ro	oms	□ o	□ 1	c. Open to church members only	□o	□ 1
d. Beverage Vending	Machines	0	1	d. Use of area is limited to specific hours/period of day/night? <i>If Yes, What hours?</i>	0	1
	1.Plain Bottled Water	0	□1	e. Use the area with permission? If Yes, whose permission? (e.g. Minister, youth member, adult, parent etc.)	□ o	1
	2. 100% Juice	□ o	□ 1	f. If supervision needed? If Yes, by whom? (eg. Minister, youth member, adult, parent etc.)	□ o	1
IF A3d=0, SKIP 1-5	3. Regular Soda	0	□ 1	g. Signage states area is private or restricted access at all times (e.g. no trespassing)	0	□ 1
	4. Diet Soda	□o	□1	h. Fence around the perimeter? If yes, is gate locked or open? Who has the key to the gate?	□o	□ 1
	5. Other Sweetened Drinks	0	□ 1	Notes:		

107

		В.	SPOR	TS FEA	TURES	5				
N	ARK "X" I	N BOX IF I	NO SPOI	RTS FEAT	JRES A	ND SKIP S	SECTIC	N B		
FOR EACH FEATURE BELOW, COMPLETE ITEM B1	B1. How		B2. Condition of Feature – How many in each? B3. Does the F have Ligh						e Feature	
IF B1 TOTAL >0, CODE B2 AND B3				OOR		/GOOD	COUL NOT			VEC
a. Field, Multi-use	TALLY	TOTAL	TALLY	TOTAL	TALLY	TOTAL	RATE			YES
b. Field, Football		<u> </u>							D 0	
c. Field, Baseball								_	D 0	
d. Field, Soccer									D 0	
e. Court, Basketball									0 o	
f. Court, Tennis								_	D 0	1
g. Court, Volleyball									D 0	1
i. Court, Multi-use								_	0	1
m. Running/Walking Track									D 0	1
n. Pool (> 3ft deep)								_	D 0	1
o. Wading Pool/Spray Grounds								9	D 0	
p. Playground Area								_	D 0	1
q. Skateboarding Facilities									D 0	1
FOR EACH FEATURE, COMPLETE B1		Feature sent?		B2. C	onditio	n of Featu	ire		Feat	Does the ure have ghting?
IF B1=1, CODE B2 AND B3	NO	YES		POOR	0	K/GOOD		OULD OT RATE	NO	YES
r. Exercise Stations with signage	🗖 o	1		1		2			0	1
s. Exercise Stations without signage	D 0	1		1		2			0	1
t. Rock Climbing Wall	0	1		1		2			D 0	1
NOTES										

(60-05-24 month) Finalized on 11-03-2014

Page 3

C. CHURCH GF	C. CHURCH GROUND FEATURES AND AMENITIES										
FOR EACH FEATURE, COMPLETE C1	C1. Is Featu	re Present?	C2. Conditio	n of Surface o	r Feature						
IF C1=1, CODE C2	NO	YES	POOR	OK/GOOD	COULD NOT RATE						
a. Green Space	0	1	1	2							
b. Beaches, Swimmable	D 0	1	1	D 2							
c. Beaches, Recreational	o	1	1	2							
d. Beaches, with Lifeguard	0	1	1	2							
e. Other Water Features	D 0	1	1	2							
f. Shelters	D 0	1	1	2							
g. Picnic Tables Shaded	0	1	Q 1	Q 2							
h. Picnic Tables Not shaded	D 0	1	1	Q 2							
i. Benches	o	1	1	2							
j. Drinking Fountains	0	1	1	Q 2							
k. Decorative Water Fountains	o	1	1	Q 2							
l. Trash Containers	٥	Q 1	1	Q 2							
m. Grills/Fire Pits	D 0	1	1	2							
n. Fence	0	Q 1	D 1	Q 2							
o. Trails IF NO TRAILS, SKIP 1 AND 2 BELOW	0	1	1	D 2							
1. Two-way Traffic on Trails?	0	1									
2. Surface Material on Trails? CODE ON	LY 1	NOTES	_								
Asphalt/Concrete	1										
Wood Chips/Mulch	2										
Gravel	3										
Dirt	4										
More than 1 material	5										

(60-05-24 month) Finalized on 11-03-2014

D. INCIVILITIES									
D1. How much of is on the church property?	NONE A LITTLE SOME A LOT								
a. Garbage/Litter	D 0	1	2	3					
b. Broken Glass	0	1	2	3					
c. Graffiti/Tagging	0	1	2	3					
d. Evidence of Alcohol Use	D 0		2	3					
e. Evidence of Substance Abuse	D 0	1	2	3					
f. Sex Paraphernalia	۵ 🗆		2	3					
g. Dog Refuse	0	1	2	3					
h. Dogs Unattended	٥ 🗆	1	2	3					
i. Vandalism	D 0	1	2	3					

110

BTG-COMP • FAST FOOD OBSER	/ATIO	N	🦾 Childrei	n's F	Health	ny	
FORM • Ammended for CHL			🖤 Living F			,	
JURISDICTION:			COMPLET				
			COMPLETED				01
COMMUNITY:			PARTIALLY COMPLETED - COL	DE DISPO	OSITION		02
BUSINESS ID :			NOT STARTED - CODE DISPOSI				03
			NOT ELIGIBLE – CODE DISPOSI	τιον			96
BUSINESS NAME:			DISPOSIT				- 50
GEOGRAPHIC COORDINATES:			Temporarily not accessible/C		20.00000		
			hours	utside	or busine	55	
ADDRESS:			Not safe				
			Asked to leave/Observation r	not allo	wed by st	aff	
DATE20 STAFF 1 STAI	FF2		Address not found	iot ano	neu by s	.un	
			Does not meet study criteria	- DESCR	IBE IN NOT	ES	
START TIME: AM END TIME:			Permanently closed / Does no				
PM		🖵 рм	Other (SPECIFY):				G 6
NOTES			promovale control of managements of a field			1	
A. GENERAL	. ANC	D RES	STAURANT EXTERIOR				
A1. Is the restaurant ?	NO	YES	A4. Number of exterior walls lot or street <i>IF 4+, CODE 4</i>	s visibl	e from pa	arking	
a. In a Food Court or a Mall IF YES, CODE A3 AND SKIP TO SECTION D	0	1	A5. Does the restaurant have	e ?		NO	YES
 b. In a shared space with a Grocery or Department Store (IF YES, COMPLETE A2) 	0	1	a. Outdoor Seating			0	1
c. In a shared space with a Gas Station or Convenience Store (<i>IF YES, COMPLETE A2</i>)	D 0	D 1	b. Parking On-Site IF NO, S	КІР ТО Л	4 <i>5c</i>	D 0	1
			1. Lighted Parking			D 0	1
d. In a shared space with another Restaurant IF YES, COMPLETE A2	D 0	D 1	c. Sidewalk on street at address <i>IF NO, SKIP TO A5d</i>			0	1
A2. RECORD SHARED BUSINESS NAME(S)	-	-	1. Sidewalk Lighting	0			
			d. Bicycle Parking			0	
			e. Bars on Windows			D 0	
			A6. How much	NONE	A LITTLE	SOME	A LOT
A3. Restaurant Type code ONE TYPE UNLESS MULTI-	-BRAND		graffiti/tagging is on			п.	
Burger and Fries			building and/or property?	٥Ľ	1	L 2	3
Mexican/Latin American		2	A7. How much				
Fried Chicken/Fried Fish			garbage/litter is at the	D 0		2	3
Sandwich or Sub Shop			facility entrance area?				
Sandwich/Pastry (e.g., Panera, Cosi, Au Bon Pan)	D 5						
Pizzeria/Italian		6					
Plate Lunch/Lunch Truck							
Chinese/Pan-Asian		8 🔲					
Other, SPECIFY:		9					

(60-04-24 month) Finalized on 11-03-2014

Page 1

	B. EXTE	RIOR MAR	RKETING					
COUNT THE NUMBER OF	B1. o	n Building E	xterior	B2. or	Property			
	TA	LLY	TOTAL	TALLY		TOTAL		
a. All Advertisements								
1. Ads that include a Price Promotion						ш		
2. Ads that include a Food						ľ		
3. Ads that include a Beverage						F		
a. Ads that include a Soda						ч		
B3. Are there any ads with a ?	NO	YES	B4. Does the an ?	e restaurant have	NO	YES		
a. Dollar menu promotion	0		a. Exterior pl	ay area	D 0			
b. Health claim	D o		b. Indoor pla outside	y area visible from	0	1		
1. IF YES, RECORD HEALTH CLAIM WORDING:				C. DRIVE-TH	HRU			
c. Cartoon character(s)	Πo							
d. TV/movie star or sports/youth celebrity	0		C1. Does the	restaurant have a dri	ve-thru?			
e. Kids' meal toy	O	1						
f. Other child-targeted marketing	D 0		YES 1					
SPECIFY:								

112

	D.	REST	aur/	ANT I	NTERIOR			
D0. Is the restaurant drive-in only?	NO	YES	D2.	Does	he restaurant have ?	NO		YES
IF YES, SKIP TO D4	۰	1	20002862 R	ookies ale at t	0		1	
D1. Is the food order ?	NO	YES	e. P	lexi gla	ss or other divider at cash register	0		1
a. Placed at the counter	۰	1	f. S	elf-serv	ice machine for fountain drinks	0		1
b. Picked up at the counter	0	1	g. F	ree wa	ter accessible to customers	0		1
c. Paid for at the counter	0		h. S	elf-serv	rice salad bar	0		1
D2. Does the restaurant have ?	NO	YES					•	
a. Indoor seating	0			Numb F 5+, CC	er of Cash Registers			
b. Interior play area for kids	0							
c. Indoor display for kids' meal toys	0	D 1	D4.	D4. Does the restaurant have a restroom				YES
j. Any ads or displays for kids' meal toys ≤3 ½ feet from ground	۰	1		accessible to customers?				1
	E. GE	NER	AL MI	ENU I	REVIEW			
E1. Does the menu have ?			NO	YES	E2. How many are on the menu?		Coun	t
a. Dollar Menu IF N	O, SKIP TO	O E1b	0		 a. Non-fried vegetable sides (w/o added fat) 			
1. Fruit, vegetable, salad, or yogurt on de	ollar me	nu	D 0		b. Fresh fruit sides			
2. Dessert on the dollar menu			D 0		c. Other fruit sides			
3. Fountain drink on the dollar menu			D 0	1	E3. Is there signage at the point of		NO	YES
4. French fries on the dollar menu			D 0		purchase designating options?		NU	TES
5. Entrée on the dollar menu			D 0		a. Low-calorie	ſ	0	1
b. Combo Meal or Meal Deal with sides			D 0		b. Low-fat	C	0	1
c. Entrée Salad option IF N	O, SKIP TO	O E2	0		c. Low-sodium	Į.	0	
1. Low fat or fat-free salad dressing			D 0		f. Other healthy, SPECIFY:	Į,	0	1
E5. Does menu include mixed drinks or	liquor?		NO	YES				
Los boes mena molude mixed armins of	iquoi :		0					

(60-04-24 month) Finalized on 11-03-2014

F. BEVERAGE ITEMS									
F1. Is item available? IF NO, SKIP TO NEXT ROW				NO	YE	s			
a. Fountain Drink, smallest	0 0								
b. Fountain Drink, largest	0 0		1						
c. Packaged Soda	c. Packaged Soda								
d. 100% Juice			NO	0		1			
e. Milk, skim or 1% fat (unflavored)			ASK IF NOT LISTED ON MENU BOARD	D 0		1			
f. Milk, whole/Vit D or 2% fat (unflavored)			I NOT L	0		1			
g. Bottled Water			ASKIF N	D 0		1			
j. Flavored Coffee Drinks (hot or iced)		ļ,		0		1			
k. Shakes or Malts				0		1			
I. Flavored Milk (e.g., chocolate, strawberry)				0		1			
		. FOOD IT OM G1 AVAI	EMS	SECTION G					
G1. Is item available? IF NO, SKIP TO NEXT ROW			4	NO	YES				
a. French Fries, smallest				• o					
b. French Fries, largest				D 0		1			
c. Cheeseburger				D 0		1			
d. Chicken Sandwich, with roasted/grilled chic	ken			🖵 o		1			
e. Entrée Salad, with roasted/grilled chicken				D 0	1				
f. Fried Chicken, leg/drumstick & thigh				D 0		1			
g. Cheese Pizza, thin crust				D 0		1			
h. Taco, with ground beef				0		1			
i. Sub Sandwich, with turkey and cheese				D 0		1			
	H. KID	S' MENU	REVIEW	a a					
H1. Is there a kids' menu/meal	NO	YES	H2. Does kids	' menu/meal offer ?	NO	YES			
available? IF NO, SKIP H2	0		h A fruit vegetable salad or vegurt side						
H2. Does kids' menu/meal offer ?	NO	YES		hese available when asked		1			
 a. Unflavored skim/1% milk, 100% juice or bottled water on menu board <i>IF YES, SKIP H2a2</i> 			c. Free toys/child-oriented giveaways						
2. Any of these available when asked?	0	1	d. Toys for an	additional charge	D 0	1			

(60-04-24 month) Finalized on 11-03-2014

114

CX ³ Tier 2 - Store Food Availability, Marketing & Environment Survey Ammended for CHL	The second states	Children's Healthy Living Program
A. STORE INFORMATION		
JURISDICTION:	1	
COMMUNITY:	35) Disposition: (Circle one)	 Completed Partial
STORE ID :		3 Denied / No data4 Denied / Exterior only
STORE NAME:		5 Store not found6 Store closed (out of business)
GEOGRAPHIC COORDINATES:		7 Store not visited
ADDRESS OF STORE:		8 Inaccessible due to safety conditions
DATE20 STAFF 1 STAFF2		
START TIME AM END TIME AM		
NOTES		
 Store Type. Supermarket chain (e.g., Safeway, payless) Large grocery store (> 20 employees or ≥ 4 registers, but not large Small Market (< 4 registers, but not convenience) Convenience (sells food items and snacks, no fresh meat, may sel Other (NO liquor stores) (specify):	l gas)	
2) Is store with in ½ mile of a school?		
1 - Yes 0 - No → If Yes, Name of school:		
1 Elem 2 Middle 3 High (Circle one)	4 Contn	
3) WIC Vendor? 1 - Yes 0 - No (Obtain from GIS, Verify by	phone or at store)	
4) Food stamp or SNAP vendor? 1 - Yes 0 - No		

(60-06 & 60-07-24 month) Finalized on 11-03-2014

B. STORE EXTERIOR

5) Is a school visible from the store (circle one)? 1 - Yes 0 - No

6) Record information about healthy and unhealthy advertising and products *on all doors and windows of the storefront*. Do not include ads on the sides of the building or on other parts of the property such as the roof, fences or parking lot.

For the following table, only include professionally-produced advertising that depicts brands, logos or products. See definitions to learn what types of items to count.

Tally in grey area, circle totals in white area	#	# of ADS for Unhealthy				# of ADS for Healthy				
a) Small ≤ 1 sheet of 8 1/2" x 11" paper (same size or smaller than this sheet of paper)	0	1-2	3-5	6-9	10 +	0	1-2	3-5	6-9	10 +
 b) Medium > 1 up to 10 sheets of paper (bigger than this sheet of paper, but smaller than 10 together) 	0	1-2	3-5	6-9	10 +	0	1-2	3-5	6-9	10 +
 c) Large > 10 sheets of paper (bigger than 10 of these sheets of paper together) 	0	1-2	3-5	6-9	10 +	0	1-2	3-5	6-9	10 +

Unhealthy foods 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. Canned and processed meats are included.

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.

Other products are considered neither healthy nor unhealthy, such as regular cuts of meat (not lean), coconut milk or seemoi. Please write on the back of the form information about other products, especially traditional foods.

Do not consider: Cigarettes, tobacco, or betel nut

products

Store Exterior Conditions	Circle One
7) Are there any produce bins on the sidewalk in front of the store?	1 - Yes 0 - No
8) Are other products 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?	1 - Yes 0 - No
Please check all that apply: sodawaterother. (specify)	← If Yes
9) Are there vending machines on the sidewalk in front of the store?	1 - Yes 0 - No
Please check all that apply: sodawaterother. (specify)	← If Yes
10) Is there advertising (banners, posters, temporary signs, etc.) on the roof, walls or elsewhere on the property such as on fences, garbage cans or in the parking lot?	1 - Yes 0 - No
Please check all that apply: healthyunhealthy	← If Yes
11) Are there any images of healthy food (e.g. tomato, apple) and/or beverages (e.g. milk), painted on doors or windows of the storefront?	1 - Yes 0 - No
12) Are there any images of un-healthy food (e.g. hamburger, hot dog) and/or beverages (e.g., soda, shake) painted on doors or windows of the storefront?	1 - Yes 0 - No
13) Are there any painted murals of <i>healthy</i> food and/or beverages anywhere on the <i>building walls</i> ?	1 - Yes 0 - No
14) Are there permanent bars/chains on the windows or doors? (do not include sliding or rolling chains or bars)	1 - Yes 0 - No
15) If the store sells alcohol, is more than 1/3 of the total window area covered by any type of advertising?	1 - Yes 0 - No 9 - N/A (Store does not sell alcohol)
16) Is "We Accept WIC" signage displayed?	1 - Yes 0 - No
17) Is "We Accept Food Stamps/ EBT" signage displayed?	1 - Yes 0 – No

C. STORE INTERIOR

18) Number of cash registers throughout store (staffed and unstaffed, for grocery items only)

19) Marketing of foods and beverages next to the main check-out area

Circle "1" for yes if the item or ad is present or "0" for no if the item or ad is not present.

Presence of ads or promotions (fill in BOTH columns):	UNHEALTHY	HEALTHY
Next to check-out (attached or directly next to)	1 - Yes 0 - No	1 - Yes 0 - No
Below check-out level	1 - Yes 0 - No	1 - Yes 0 - No
On floor (if standing in checkout isle or next to counter)	1 - Yes 0 - No	1 - Yes 0 - No
Hanging from ceiling (directly over register)	1 - Yes 0 - No	1 - Yes 0 - No
Presence of UNHEALTHY products next to or below a check-out coun	ter:	
Gumball or candy machine (next to counter or exit doorway)	1 - Yes 0 - No	
Candy (next to or below counter/check-out)	1 - Yes 0 - No	
Soda (next to or below counter/check-out)	1 - Yes 0 - No	
Chips (next to or below counter/check-out)	1 - Yes 0 - No]
Other: specify (such as cookies, ice cream, beef jerky, energy drinks, etc.)	1 - Yes 0 - No	
Presence of HEALTHY products next to or below a check-out counter:		
Granola bars (whole grain, ≥ 2 g fiber, ≤ 1 g saturated fat, ≤ 14 g sugar per serving)		1 - Yes 0 - No
Bagged Nuts/seeds (do not include honey roasted or w/ added sugar) (next to or below counter/check-out)		1 - Yes 0 - No
Fresh fruit (next to or below counter/check-out)		1 - Yes 0 - No
Bottled water (next to or below counter/check-out)		1 - Yes 0 - No
Other: specify (such as dried fruit, trail mix, 100% juice, etc.)		1 - Yes 0 - No

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 (≥ 2 g fiber per serving), energy bars (≤ 14 g sugar per serving), nuts and seeds, non-fat and low fat milk products, water, or 100% fruit juice.

20) Is produce sold? (Circle one) 1 - Yes 0 - No If yes, continue. If no → Go to Section E.

21) Are there any health promotion items around the fruit and vegetable display?

1 - Yes 0 - No If no→ Go to Question 28a.

- 22) If there *are* health promotion items around the fruit and vegetable display, circle a number next to the types of health promotion items that are present (more than one can be circled).
 - 1 5 A Day signs (not on packaging)
 - 2 Nutrition information
 - 3 Fruit and Veggies: More matters
 - 4- Children's Healthy living (CHL) or CHL Partnership
 - 5 Other (specify)

22a) Are there any items promoting locally grown produce? (Circle one) 1 - Yes 0 - No

23) Circle the number that best describes overall availability of fruits and vegetables inside and outside the store.

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

(60-06 & 60-07-24 month) Finalized on 11-03-2014

24) Circle the number that best describes the overall quality of the fresh fruit.

0	1	2	3	4
None sold	All or most of fruit is of	Mixed quality;	Mixed quality;	All or most of fruit is of good
	poor quality (brown,	more poor	more good	quality (very fresh, no soft
	bruised, overripe, wilted)	than good	than poor	spots, excellent color)

25) Circle the number that best describes the overall quality of the fresh vegetables.

0	1	2	3	4
None sold	All or most of vegetable is of poor quality (brown, bruised, overripe, wilted)	Mixed quality; more poor than good	Mixed quality; more good than poor	All or most of vegetable is of good quality (very fresh, no soft spots, excellent color)

26) Record if the fresh fruit or vegetable is available and the price if possible. If more than one variety of a fruit (e.g. gala or red delicious apples) or vegetable is available, please record the lowest price option. Record the pricing if available (per pound is preferred). If the fruit or vegetable is available by the bag or bunch, record the price <u>only</u> if you can record a weight for the bag (marked on the bottom) or bunch. If a weight is not on the bag or bunch, weigh the item if a scale is present.

	Available?	Price posted?		If package/bunch,		
	(circle one)	(circle one)	Pound (preferred if available)	Piece	Package/Bunch (only record if weight is available or can weigh)	record weight in pounds and/or ounces
Fruits						1
Apples	1 - Yes 0 - No	1 - Yes 0 - No			→	
Bananas	1 - Yes 0 - No	1 - Yes 0 - No			→	
Oranges	1 - Yes 0 - No	1 - Yes 0 - No			→	
Vegetables						
Carrots	1 - Yes 0 - No	1 - Yes 0 - No			→	
Tomatoes	1 - Yes 0 - No	1 - Yes 0 - No			÷	
Broccoli	1 - Yes 0 - No	1 - Yes 0 - No			÷	
Cabbage	1 - Yes 0 - No	1 - Yes 0 - No			→	

E. OTHER HEALTHY FOODS

27) Record if the following items are available in the store.

Food Item		Circle one
Milk – skim, non fat, plain white (not flavore	ed- chocolate, strawberry, vanilla)	1 - Yes 0 - No
Milk - 1%, low fat, plain white (not flavored	- chocolate, strawberry, vanilla)	1 - Yes 0 - No
Milk – 2%, reduced fat, plain white (not flav vanilla)	vored- chocolate, strawberry,	1-Yes 0-No
Mozzarella cheese, part skim		1 - Yes 0 - No
Ground beef or turkey, lean (85% or higher)		1 - Yes 0 - No
Whole chicken		1 - Yes 0 - No
Whole wheat bread	# of ounces on bag	1 - Yes 0 - No
Brown rice		1 - Yes 0 - No
High fiber cereal (≥ 3 grams fiber, ≤ 12 gra	ams sugar per serving)	1 - Yes 0 - No
Oatmeal (plain)		1 - Yes 0 - No
Tortillas, soft corn or whole wheat (no lard)	1 - Yes 0 - No
Soy beverage, plain, with no added sugar	or sweeteners	1 - Yes 0 - No
Soy beverage, flavored, vanilla or chocolat	e	1 - Yes 0 - No
Tofu, plain		1 - Yes 0 - No
Beans, dried		1 - Yes 0 - No
Beans, canned with no added fats, sugar o	or sweetener	1 - Yes 0 - No
Tuna (light) canned in water		1 - Yes 0 - No
Salmon canned in water		1 - Yes 0 - No
Sardines canned in water, tomato, or must	ard	1 - Yes 0 - No
Any canned fruit packed in 100% fruit juice		1 - Yes 0 - No
Any canned vegetable with no added fats,	sugar, or sweetener	1 - Yes 0 - No
Any frozen fruit with no added fats, sugar,	or sweetener	1 - Yes 0 - No
Any frozen vegetables with no added fats,	sugar, or sweetener	1 - Yes 0 - No
Baby food, jarred, single fruit		1 - Yes 0 - No
Baby food, jarred, single vegetable		1 - Yes 0 - No
Baby food, jarred, single meat		1 - Yes 0 - No

Added sugars or sweeteners include: Sugar, raw sugar, invert sugar, brown sugar, sucrose, dextrose, fructose, glucose, maltose, high fructose corn syrup, corn sweetener, molasses, syrup, honey, malt syrup, fruit juice concentrates, evaporated cane juice, dehydrated cane juice, brown rice syrup, stevia, sorbitol, mannitol, maltitol, xylitol

Things to remember: Check for missing data! Be sure all questions are complete before you leave the store. Continue to Section F: Store Environment Walkability

(60-06 & 60-07-24 month) Finalized on 11-03-2014

F. STORE ENVIRONMENT WALKABILITY

28) Starting point (cross streets):

Directions: Mark an "X" in the box next to each item under a question. When you are done, enter the rating for each question in the box at the bottom. Determine the rating based on the number of "X" s marked (i.e. If 2 items are "X"ed, then you would circle '2' for the rating). **Remember:** Locations with good walkability will get lower scores (closer to 0 or 1) and locations with poor walkability will get higher scores(closer to 5).

Q29. Did you have room to walk?	Q30. Was it easy to cross streets?					
No sidewalks, paths or shoulders	Road was too wide					
Gidewalks were broken or cracked	Traffic signals made us wait too long or did not give us enough time to cross					
Gidewalks were blocked with poles, signs, shrubbery, dumpsters, etc.	Needed striped crosswalks or traffic signals					
Sidewalks or paths started and stopped	Needed curb ramps or ramps needed repair					
Something else	Something else					
Description of problems:	Description of problems:					
RATING: (circle one) 0 1 2 3 4 5	RATING: (circle one) 0 1 2 3 4 5					
Q31. Did drivers behave well? Drivers	Q32. Was it easy to follow safety rules? Could you and your child					
Did not yield to people crossing the street	Cross at crosswalks or where you could see and be seen by drivers?					
\Box Turned into people crossing the street	Cross with the light?					
Drove too fast	Make it across the street before the light changed?					
Sped up to make it through traffic lights or drove through traffic lights	Walk on the side of the road facing traffic where there are no YES INO sidewalks?					
Something else	Easily stop, look and listen 🛛 YES 🗳 NO					
Description of problems:	***Add up number of NO's that were 'x'ed and circle rating below					
RATING:(circle one) 0 1 2 3 4 5	RATING:(circle one) 0 1 2 3 4 5					
Q33. Did you feel safe on your walk?	Q34. Was your walk pleasant?					
Loitering outside of buildings	Needed more grass, flowers or trees					
Panhandling	Dirty, lots of litter or trash					
Unleashed dogs	Dirty air due to automobile exhaust					
Graffiti	Bad smells or odors					
Something else	Something else					
Description of problems:	Description of problems:					
RATING: (circle one) 0 1 2 3 4 5	RATING: (circle one) 0 1 2 3 4 5					

35) Fill out the disposition on page 1.

(60-06 & 60-07-24 month) Finalized on 11-03-2014

Walkability Checklist

How walkable is your community?

Take a walk with a child and decide for yourselves.

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

Getting started:

First, you'll need to pick a place to walk, like the route to school, a friend's house or just somewhere fun to go.

The second step involves the checklist. Read over the checklist before you go, and as you walk, note the locations of things you would like to change. At the end of your walk, give each question a rating. Then add up the numbers to see how you rated your walk overall.

After you've rated your walk and identified any problem areas, the next step is to figure out what you can do to improve your community's score. You'll find both immediate answers and long-term solutions under "Improving Your Community's Score..." on the third page.







Take a walk and use this checklist to rate your neighborhood's walkability.

1. Were you able to start a walk from the designated starting place?

- □ Yes
- □ No
 - Obstructed by a major road
 - $\hfill\square$ Obstructed by a beach or woods
 - Unsafe
 - Other reason, specify ______

If No, stop here.

2. What was the material of the path you walked? Mark all that apply.

- □ Asphalt / concrete
- D Wood Chips / Mulch
- □ Gravel
- Dirt
- □ Other, specify ___

(60-08-24 month) Finalized on 11-03-2014



 Sidewalk Sidewalks Too much Somethin Locations Rating (circle at 5. Was it easy to 9 Yes There were s Road was Traffic sig Needed s Parked ci Trees or Curb ram Somethin 	y		on? <i>Mark</i>	all thai	apply.				
Locations Rating (circle a 5. Was it easy to Yes There were s Road was Road was Parked ci Parked ci Curb ram Somethin	ome problem s or paths sta s or paths we s or paths we n traffic	alk? s: rted and stop re broken or o re blocked wit	ped cracked th poles, sig	ıns, shrub	bery, dump				
Rating (circle a 5. Was it easy to 9 Yes 10 There were s 10 Road was 10 Traffic sig 10 Needed s 10 Parked ci 10 Trees or 10 Curb ram 10 Somethin	g else, specif s of problems	-						-	
 Yes There were s Road was Traffic sig Needed s Parked cs Trees or Curb ram Somethin 	a number b	ased on sca	ale above)	: 1	2 3	4	5	6	
 There were s Road was Traffic sig Needed s Parked cs Trees or Curb ram Somethin 	o cross stre	eets?							
 Road was Traffic sig Needed s Parked cs Trees or Curb ram Somethin 									
 Traffic sig Needed s Parked ci Trees or Curb ram Somethin 	18	s:							
 Needed s Parked c Trees or Curb ram Somethin 				-					
 Parked c: Trees or Curb ram Somethin 	 A 2013/M A 2013/M<	C 63392392946 8 10		give us er	hough time	to cross			
Trees orCurb ramSomethin			•						
Curb ramSomethin	ars block our								
□ Somethin	2 7 22 2								
	plants blocke	50							
Locations	Ips are neede		the second second					_	
Locations	ps are neede g else, specif								
	Ips are neede								

(60-08-24 month) Finalized on 11-03-2014

	awful many some goo problems problems	od Ve	ry good	excellent		
5. W	as it easy to follow safety rules? Could you					
	Yes 🗆 No 🗆 Not applicable Cross at crosswalks	or where	e you co	uld see an	d be s	een by drivers?
	Yes 🗆 No 🔅 Not applicable Stop and look left, rig	ght and t	hen left :	again befc	re cro	ssing streets?
	Yes \Box No \Box Not applicable Walk on sidewalks of	r should	er facing	traffic wh	ere the	ere were no sidewalks
	Yes \Box No \Box Not applicable Cross with the light?					
Lo	cations of problems	tog tak tayad			- 100-1000	
R	ating (circle a number based on scale above): 1	2	3	4	5	6
. W	as your walk pleasant?					
	Yes					
	There were some problems:					
	Needed more grass, flowers, or trees					
	□ Scary dogs					
	□ Scary people					
	Not well lighted					
	Dirty, lots of litter or trash					
	Dirty, with dog refuse / waste					
	Dirty air due to automobile exhaust					
	Noisy from traffic or loud music					
	□ Something else, specify	2000 - 1000 - 2009	net terrolecto	an na tra	124 - 3829 - 384	-,
R	ating (circle a number based on scale above): 1	2	3	4	5	6
. Di	d drivers behave well?					
	Yes					
	There were some problems:					
	Drivers backed out of driveways without looking					
	Drivers did not yield to people crossing the street					
	 Drivers drove too fast 					
	Drivers sped up to make it through traffic lights or dro	600		lights		
	Something else, specify					
Lo	ocations of problems					
	ating (circle a number based on scale above): 1	2	3	4	5	6

FEATURES OF WALK

9. Was there a bike path or lane visible on the walk?

- Do not include bike routes that are not separated from the road.
 - Yes, being used
 - □ Yes, not being used
 - □ No

10. Were there benches visible on the walk?

- □ Yes, being used
- Yes, not being used
- □ No

11. Was there a park visible on the walk?

- □ Yes, being used
- Yes, not being used
- 🗆 No
- 12. Was there a bus stop visible on the walk?
 - □ Yes □ No
- 13. Was there a store visible on the walk?

□ Yes □ No

- 14. Was there shade (natural or manmade) available on the walk?
 - Completely
 - □ Partly
 - □ Not at all

15. Were there dogs present on the walk?

- 🗆 No
- □ Yes. Mark all features present.
 - Unattended dogs
 - Unleashed dogs not in fenced yards
 - Dogs in fenced yards
 - □ Chained dogs
 - Barking dogs
 - Biting dogs
 - Dogs that chase people

(60-08-24 month) Finalized on 11-03-2014

Page 5

16. Was there dog refuse / waste present on the walk?

- □ Yes, quite a bit
- Yes, a little
- 🗆 No

17. Were you able to complete a 15-20 minute walk from the designated starting place?

- □ Yes
- □ No
 - Obstructed by a major road
 - $\hfill\square$ Obstructed by a beach or woods
 - Unsafe
 - Other reason, specify ______

(60-08-24 month) Finalized on 11-03-2014