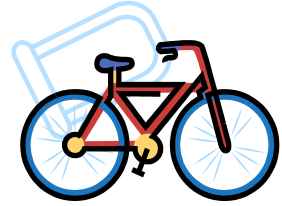
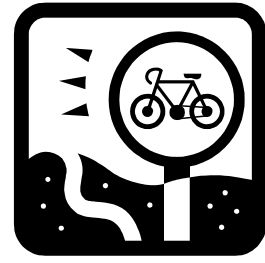
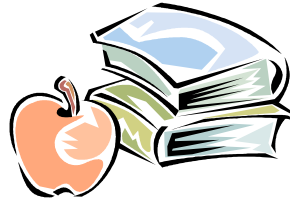


Healthy Communities – Mount Vernon

Community Inventory Protocol



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Healthy Communities – Mount Vernon *Community Inventory Protocol*

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I. Background Information

The community inventory/audit is part of the assessment process for the Mount Vernon Healthy Communities Project. Assessment is the process of gathering information to better understand the strengths and needs of a given community. The purpose of this inventory is three-fold:

- To gather information about nutrition and physical activity environments and policies within a geographic boundary;
- To enable community members to meet, learn more about their community and each other, and explore opportunities for partnership and collaboration; and
- To Facilitate decision making about community interventions

So this inventory will gather information about Mount Vernon with regard to factors that influence nutrition and physical activity choices. The community inventory is separated into 1) information that is not limited to a given section of Mount Vernon, and 2) information that can be limited to a given section of Mount Vernon. Volunteers for the community inventory will help collect information from both categories. The group will then take this information back to the Advisory Committee for consideration and for a decision about which pilot project(s) outlined in the Nutrition and Physical Activity State Plan are best suited for the community.

Information on the following factors that influence nutrition and physical activity choices will be collected:

- Community walkability
- Community bikeability
- Location of grocery stores, eating establishments, convenience stores
- Healthful options at grocery stores, eating establishments, convenience stores

- Parking and bicycle facilities at schools, parks, grocery stores, eating establishments, convenience stores

II. Introduction to the Inventory Process

- A map of the section of the community you will inventory will be provided to each section leader / coordinator.
- A minimum of 2 volunteers per section will be needed. If possible, working in teams of 2 or 3 is recommended.
- The section coordinator will coordinate the audit process to ensure that the work is completed by the **Friday, March 26** deadline.
- This inventory can take place in the context of assessing the walkability / bikeability of a given section of the community. If information on certain destinations within the section of the community are not collected at the time the walkability and bikeability checklists are used, this information can be collected at a later time.
- Before leaving home . . .
 - Ensure that you're familiar with the tool you'll be using. This will assist in efficient completion of the forms.
 - Ensure that you have:
 - Your detailed section map
 - Inventory forms
 - Folder, clipboard, or something else to write on
 - Letter from the mayor for inquiring minds
 - Water bottle
 - Comfortable shoes
 - Rain protection for outdoor work (waterproof coat, umbrella, hat, waterproof shoes)
 - Sun protection for outdoor work (hat, sun screen, sunglasses)

III. Walkability and Bikeability

Tools needed:

- Walkability checklist
- Bikeability checklist

Decide where you'd like to walk. Walking to destinations like a route to school, a park, the grocery store, church, a neighbor's house, or the bus stop can be good destinations to walk to. Using the walkability and bikeability checklists provided, rate your walk for sidewalks, street crossings, traffic and driver behavior, safety, appeal, and overall walkability / bikeability of the route. **Please make note of your starting point and your destination end point on your maps.** Each section of the community should have information

on walkability AND bikeability on at least 2 distinct destinations; the information collected will provide 2 walkability scores and 2 bikeability scores for each section. **The routes to these destinations should overlap minimally.**

IV. Destinations

The following destinations are locations where you will want to collect certain information. For schools and parks, you will want to collect information about bicycle facilities and parking facilities. For grocery stores and markets, eating establishments (fast food and sit-down), and convenience stores you will want to collect information about location, bicycle facilities, parking facilities, and healthful food available for purchase. Several survey forms have been designed for data collection; please refer to those **before** begin the inventory in order to collect information in an efficient, systematic way. These forms are located under the **Data Collection Forms and Instructions**.

1. Schools → Appendix A
2. Parks → Appendix B
3. Grocery stores and markets → Appendix C
4. Eating establishments → Appendix D
5. Convenience stores → Appendix E

V. Recording answers

- Tick boxes clearly to avoid misunderstandings
- Write legibly
- If you accidentally mark the wrong box, clearly cross-out the incorrect answer and mark the correct one. See example below.

<input checked="" type="checkbox"/>	Apples
<input type="checkbox"/>	Bananas
<input type="checkbox"/>	Grapes
<input checked="" type="checkbox"/>	Apricots
<input type="checkbox"/>	Peaches
- Make notes on the last page or in the margins as needed
- Be sure that you look the form over before leaving the destination to check for inadvertently skipped questions or missing answers.
- **IMPORTANT NOTE:** If the section coordinator decides that your team has access to computer resources for data entry, please contact Caroline Tittel (206.616.1569 or cmtittel@u.washington.edu) for an electronic form created in Word and instructions for use. Otherwise, complete the forms, return them to the section coordinator, and he/she will return them to Caroline Tittel for processing.