

	Policy/Environment			Activities	
	Public Policy	Environment/Community	Organization	Interpersonal	Individual
<p>Increase Access to Healthy Food Options:</p> <p>Priority Make water available and promote water consumption</p>	How many community ordinances / policies exist to encourage free and accessible water in public places? What are the ordinances / policies? Are they enforced?	How many locations are there in the community parks and recreation areas that have free and accessible water (i.e. drinking fountains, water bottle refill stations, concessions with free water, etc.)? Provide the locations and any other details.	How many organizations in the community provide free and accessible water (i.e. in meetings, at offices, in hallways, etc.)? Provide a list of the organizations, where water is available in each organization, and any other details.	At random, ask community members if they encourage their friends and/or family members to drink water. Record the number of people who do and who do not. For those who do encourage friends / family member to drink water, ask how they encourage them.	At random, ask community members (and students) approximately how many cups (the measurement) of water do they drink per day. Then, ask where they get the water they drink (i.e. they purchase it, their workplace provides water, etc.); and, ask where they have found difficulty getting drinking water.
<p>Apply incentives to improve nutrition:</p> <p>Priority Point of decision prompts</p>	How many community ordinances / policies exist that encourage point of decision prompts? What are the ordinances / policies? Are they enforced?	How many point of decision prompts exist at community locations (park concessions, etc.)? What do they encourage? Are they accurate? What are the locations	How many community eating establishments (i.e. restaurants) have point of decision prompts posted? How many point of decision prompts are posted at each location? What do they encourage? Is each one accurate? Name the establishments	At random, ask community members if, at mealtimes, they remind their friends and/or family members to eat healthy options and/or avoid unhealthy options. Record the number of people who do and who do not. For those who do remind friends / family members, ask how they remind them.	At random, ask community members approximately how many point of decisions prompts they use to remind themselves to eat healthy foods and/or avoid unhealthy foods (i.e. note on the refrigerator, note in their purse / wallet, etc.). Ask what their point of decision prompts encourage / discourage.
<p>Incentives for Physical Activity</p> <p>Priority Workplace facilities incentives</p>	How many community ordinances / policies exist that require work sites to provide fitness facilities and/or incentives to encourage physical activity for their employees? What are the ordinances / policies? Are they enforced?	Do community facilities exist (including parks and walking/running trails) that are accessible for employees to use during the work day? Do employees use them? What are the facilities	How many workplaces in the community have facilities for physical activity (i.e. walking paths, fitness facilities, etc.)? How many workplaces offer incentives for their employees to engage in physical activities? Who are the workplaces?		At random, ask community members: How many days per week do you exercise? How many minutes do you exercise per day?
<p>Increase Access to Healthy Food Options</p> <p>Priority Farm to School</p>	How many community ordinances / policies exist that require school districts to implement Farm to School initiatives? What are the ordinances / policies? Are they enforced?	Is there community support for Farmers to participate in Farm to School (i.e. designated land, humanpower, etc.)? If yes, what is the support?	How many organizations in the community support Farm to School? How do they support the initiative? How many community groups (i.e. PTO) support Farm to School? Provide the names or organizations that support effort		Ask students at random: How many times per day do you eat fruits/vegetables? Each time you eat fruits/vegetables, how much do you eat?
<p>Educate and Inform:</p> <p>Priority Label foods in public eating outlets to show serving sizes and nutritional content</p>	How many community ordinances / policies exist that require public eating outlets to show serving sizes and nutritional content on menus? What are the ordinances / policies? Are they enforced?	Does the community provide nutrition education (i.e. portion size, portion control) to encourage healthy eating at public eating outlets? If so, describe.	How many public eating outlets show serving sizes and nutritional content on menus? Name the establishments		At random, ask community members if they look at nutritional content of foods at public eating outlets. Why or why not?

Educate and Inform <u>Priority</u> Nutrition Prescriptions	FHC	FHC-Does FHC make the community aware of the nutrition prescriptions? If so, how?	FHC-Who is using the nutrition prescriptions? Who should be using the nutrition prescriptions?	FHC	FHC
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