

# Physical Activity Community Assessment



## ACCESS TO PHYSICAL ACTIVITY OPPORTUNITIES

This assessment will help you determine what is available in your community and what is needed to access quality physical activity opportunities. Take a walk through your community and fill out the *Physical Activity Community Assessment*. After you have completed the assessment, you can use the information to educate your friends, family members, neighbors, and local government officials about what is needed in your community to make it easier to do more physical activity.

## INSTRUCTIONS

For each question, mark “yes” if a physical activity resource is available in your community; “yes, but there are some problems” if a physical activity resource is available in your community, but it needs some improvements; and “no” if it does not exist in your community. If your community has a physical activity resource, use the following rating scale to evaluate its overall condition. If your community does not have a physical activity resource, skip to the next question and leave the rating scale blank.

Rating Scale:

1 = Awful 2 = Many problems 3 = Some problems 4 = Good 5 = Very good 6 = Excellent

### 1. Are there walking paths in your community?

- Yes     No
- Yes, but there are some problems:  
(Mark all that apply)
  - The paths are located in unsafe areas
  - The paths need to be repaired
  - The paths are littered with trash
  - The paths are not well lit
  - The paths are overcrowded with people
  - The paths are not within walking distance of my home
  - I need a car to get to the paths and I do not own one
  - I cannot take public transportation to the paths
  - Other problems (please describe)  
\_\_\_\_\_

Rating: (circle one)

1    2    3    4    5    6

### 2. Is there a public swimming pool in your community?

- Yes     No
- Yes, but there are some problems:  
(Mark all that apply)
  - The pool is not open on the weekends
  - The pool is not open in the evenings
  - The pool is only open in the summer
  - The pool is outdoors and is not heated
  - The admission fee is too expensive
  - I do not know how to swim and the pool facility does not offer classes
  - The pool does not have a place to swim laps
  - The pool is overcrowded with people
  - The pool is located in an unsafe area
  - The pool is not within walking distance of my home
  - I need a car to get to the pool and I do not own one
  - I cannot take public transportation to the pool
  - Other problems (please describe)  
\_\_\_\_\_

Rating: (circle one)

1    2    3    4    5    6

**3. Is there a recreation center open to the public in your community?**

- Yes     No
- Yes, but there are some problems:  
(Mark all that apply)
- The center is not open on the weekends
  - The center is not open in the evenings
  - The center is only open in the summer
  - The center does not have any activities I like
  - The center has hours that do not fit into my schedule
  - The center is located in an unsafe area
  - The center is run down and needs to be repaired
  - The center is overcrowded with people
  - The center is not within walking distance of my home
  - I need a car to get to the center and I do not own one
  - I cannot take public transportation to the center
  - Other problems (please describe)
- 

Rating: (circle one)

1      2      3      4      5      6

**4. Are there bicycle lanes on the streets in your community?**

- Yes     No
- Yes, but there are some problems:  
(Mark all that apply)
- The bicycle lanes on the street need to be repainted
  - Only some streets have bicycle lanes
  - There are no bicycle lanes on the street where I live
  - The bicycle lanes are not wide enough
  - Cars in my community drive too close to the bicycle lanes
  - Other problems (please describe)
- 

Rating: (circle one)

1      2      3      4      5      6

**5. Are there any bicycle trails in your community?**

- Yes     No
- Yes, but there are some problems:  
(Mark all that apply)
- The trails are located in unsafe areas
  - The trails need to be repaired
  - The trails are littered with trash
  - The trails are not well lit
  - The trails are overcrowded with people
  - The trails are not near my home
  - I need a car to get to the trails and I do not own one
  - I cannot take public transportation to the trails
  - Other problems (please describe)
- 

Rating: (circle one)

1      2      3      4      5      6

**6. Are there parks, sports fields, and/or playgrounds in your community?**

- Yes     No
- Yes, but there are some problems:  
(Mark all that apply)
- They are located in unsafe areas
  - They do not have good lighting
  - They are old and need to be repaired
  - The children's play structures are broken and dangerous
  - They are littered with trash
  - They are not open in the evenings
  - They are overcrowded with people
  - They are not within walking distance of my home
  - I need a car to get to the parks/sports fields/playgrounds and I do not own one
  - I cannot take public transportation to the parks/sports fields/playgrounds
  - Other problems (please describe)
- 

Rating: (circle one)

1      2      3      4      5      6

**7. Do the schools in your community offer after-hours access to their sports fields and/or gyms?**

- Yes     No  
 Yes, but there are some problems:  
 (Mark all that apply)
- They are not open on the weekends
  - They are not open in the evenings
  - They have hours that do not fit into my schedule
  - They are only open in the summer
  - The sports fields/gyms are in poor condition
  - Only students can use the sports fields/gyms
  - The sports fields/gyms are overcrowded
  - The schools are located in unsafe areas
  - The schools that are open are not within walking distance of my home
  - I need a car to get to the schools and I do not own one
  - I cannot take public transportation to the schools
  - Other problems (please describe)
- 

Rating: (circle one)

1      2      3      4      5      6

**8. Does your community offer any physical activity programs?**

- Yes     No  
 Yes, but there are some problems:  
 (Mark all that apply)
- The programs are only available in the summer
  - The programs are only available during the week
  - The programs are only offered when I am working
  - The programs are only for children
  - The programs are too expensive
  - The programs that are offered do not interest me
  - The programs are not within walking distance of my home
  - I need a car to get to the programs and I do not own one
  - I cannot take public transportation to the programs
  - Other problems (please describe)
- 

Rating: (circle one)

1      2      3      4      5      6