

# Community Activity Map

The map is designed as a set of concentric circles. The center circle is “Home”, the next ring out is “Work/Business”, then “Neighborhoods”, and the outer ring is “Community Planning and Policy”. For each circle, participants are asked to DESCRIBE factual aspects and social/relational aspects.

## Activity Map Introduction

The steering committee has two goals this evening. One is to develop a snapshot of the existing physical environment in your community and how that environment either contributes to or detracts from individuals’ ability to lead physically active lives. The steering committee also wants to know about other factors that interfere with or promote use of these resources. This will be an informal discussion. \_\_\_\_\_ will record your comments. We anticipate that this conversation will take no more than 90 minutes.



For Homes	
Physical Environment	Social Environment Descriptions
Types of housing in the community (single family, apartments, town homes, etc.)	Impact of housing space/type on family and physical activity at home?
Age of housing?	Kids playing outside, what kinds of play
Average yard space, size, equipment	Kids and parents playng/excercising together at their homes/in yards?
Sports/play space such as driveways	

For Work/Businesses	
Physical Environment	Social Environment Descriptions
<u>Worksite</u> Identify major employers in the community	Are there worksite wellness programs?

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For Work/Businesses (continued)	
Physical Environment	Social Environment Descriptions
<u>Worksite (continued)</u> Do employers allow break times/flexible work to accommodate physical activity?	Do employers encourage use of community facilities as part of their benefit program or with sponsorships? Are there company teams, etc.
Are there on-site facilities?	What percentage of workers commute? (average time/miles)
Do they maintain bike racks/showers, lockers, etc. to make exercise easy?	Where do commuters exercise (home or work)?
Do employers use strategies to increase physical activity (signs near stairs)?	
<u>Shopping</u> Can people shop at local businesses for most needs?	What do people go out of town to get? Why and how far do they go?
Are frequently used stores/businesses within walking distance?	

For Neighborhoods	
Physical Environment	Social Environment Descriptions
How would you describe your neighborhood as a place to walk?	Does the neighborhood feel safe? Do neighbors visit? Watch out for each other?
Sidewalks and sidewalk space and condition?	How do people cope with unattended dogs/pets?
Street crossings?	How do drivers and walkers interact? (Do drivers stop? Do walkers have precedence?)

For Community Planning and Policy	
Physical Environment	Social Environment Descriptions
<u>Walking/biking/non vehicle transportation</u> What portions of town have sidewalks?	Who walks for exercise? (Ages? Men/women? Population groups)
What is their condition? Age?	Who walks for transportation? (Populations groups? Ages?)

continued

**For Community Planning and Policy (continued)**

<b>Physical Environment</b>	<b>Social Environment Descriptions</b>
Walking/biking/non vehicle transportation Are there bike lanes? (Painted? Wide?)	Where else in the community do people walk? Parks? Trails? Mall?
Protected from traffic?	What community programs encourage people to be active? (Organizations? sponsored events? challenges? publicity about benefits and opportunities?)
Bike trails in the community? (Well lit, clean accessible?)	Timing and accessibility of programs. (Are programs offered all year? At convenient times? For all ages and abilities?)
Are sidewalks accessible in commercial areas? Residential areas?	
What percent of people can safely walk or bike to the: Grocery or convenience store? Entertainment Shopping Post office Restaurants, etc.	
Recreation centers Describe available facilities.	Are facilities open to the public?
What activities do they support?	Who uses the centers? (Ages? Populations? Men/women?)
Open year round?	Cost to join or use facilities? (community or municipal support? Out of town fees?)
In good repair?	Cultural activities complement physical activity?
Accessible/near public transportation or by sidewalks?	Hours of facilities accommodate a variety of schedules?

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**For Community Planning and Policy (continued)**

<b>Physical Environment</b>	<b>Social Environment Descriptions</b>
<u>Outdoor recreation</u> Identify parks, sports fields, playgrounds? (well lit? in good repair? clean?)	Who does what in these? (Ages, populations?)
Is equipment available? (Safe? in good repair?)	Is family activity encouraged?
What sports are encouraged?	Are they available for a variety of schedules?
How many are physically accessible? How many require vehicle transportation?	Does activities available fit the culture of the community?
<u>School-overall</u> List schools and enrollments	Do they offer the community after-hours access to sports/fields/gyms?
What physical activities do schools support for the community?	Are facilities open year round?
Are school facilities in good repair?	What groups in the community know about, do or could take advantage of school use?
Is the school physically accessible?	Are there affordable fees for use?
Is the school within walking distance or available public transportation?	
<u>Schools for kids</u> Is there playground space and equipment? (Accessible, inside and outside spaces)	Safe routes to schools identified? Do kids know where they are
Condition of gym space	Does school have: Health planning team Wellness policy
What are uses for the gym?	Are kids and parents aware of these and what they say/do?
Showers, lockers, etc. available and in what condition?	What opportunities for physical activity are provided for kids at schools? (Participation rates? Kids opinion of them?)
Other facilities (weight rooms, track,) (condition, access, supervision available)	Do kids learn about the benefits of lifelong activity in classes such as health, PE, other?

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**For Community Planning and Policy (continued)**

<b>Physical Environment</b>	<b>Social Environment Descriptions</b>
<p><u>Community</u> Are valued destinations linked through a variety of means and routes?</p>	<p>Is there an advisory group in the community working to increase activity, healthy living?</p>
<p>Is the downtown vital and used?</p>	<p>How has the community shown a commitment to activity? (allocation of funds for trails, facilities, community input on needs, etc.)</p>
<p>Is planning done with density and mixed use in mind?</p>	<p>How often are needs such as bike lanes included in planning for building or repair?</p>
<p>Does street design encourage movement within the town?</p>	<p>Are there citizen groups that are interested in helping to plan or design for more activity?</p>
<p>Is there streetscaping? (good lighting, interesting features, places to rest, built in accessibility?)</p>	<p>Are the needs for all ages, populations considered when planning is done?</p>
<p>Does transportation planning and funding include creating well-marked crosswalks at high traffic intersections?</p>	
<p>Does the design of public spaces make good use of natural features, such as riverwalks, trails, activity, walks, etc.</p>	
<p>Does the operating budget for the community include tax dollars for non-motorized transportation?</p>	

