This print version includes the questions for the Promoting Active Communities Core Assessment. This print version is similar but not identical to the online version. The print version is intended to provide a way to preview the questions to get a sense of the information needed to complete the assessment. It cannot replace the online interactive application.

The paper/print version differs from the online version in the following ways:

- The online version automatically shows the questions you need to answer based on your previous answers. In this print version, instructions on which questions to answer and which to skip are shown in red font.
- The online version automatically shows questions you need to answer based on the type of community, such as Large Urban, Small Urban, Suburban, Rural with Town Center, and Rural without Town Center. (Selection of community type occurs during the registration process.) In this print version, questions related to certain community types are noted in red font.
- The online version automatically calculates answers and point values based on information you type in. In this print version, the automatic calculations are noted in red font.
- In the online version, you can mouse over or hover over the words in blue font to get a definition or examples to provide more information and help you to answer the question.
- In the online version, links to helpful documents are clickable and appear in a different color. In this print version, the links are noted with an underline but are not clickable.
- The online version provides a Feedback Report based on your answers as soon as you submit your assessment. It automatically tabulates your scores and indicates which best practices you are currently achieving. The Feedback Report is available only with the online version.
- The formatting of some questions in the online version may look different from the print version. However, the questions and responses are the same as those included in this document.
Understanding the community or team’s readiness or capacity to assess needs and create change is a first step in making it easier for people to be physically active. Completing this module at the beginning of the Promoting Active Communities (PAC) process provides a picture at one point in time of your community’s readiness to make changes that will increase readiness and capacity to make it easier for residents to be physically active. An honest assessment can get your community thinking about what can be done to promote active living, such as who you may want to recruit to increase the variety of sectors represented by team members.

Section 1: Reasons for Completing the PAC

1. What are your reasons for registering for and completing the PAC Assessment/Modules? Check all that apply.
   - Strengthen external collaboration (between your organization or group and other partners)
   - Assist with generating ideas for new sources of funding for active living and active communities
   - Pinpoint necessary infrastructure changes that support active living
   - Determine specific policy changes to make to support active living (such as adopting a Complete Streets policy, changing zoning ordinance)
   - Identify active living programming opportunities (such as SMART Commute or Safe Routes to School)
   - Assist with prioritizing changes and opportunities
   - Raise awareness of different ways to support active living
   - None
   - Other Reason (Describe)___________________
Section 2: Your PAC Team

1. Which of the following types of potential team representatives are or will be engaged at a moderate to high level of involvement in completing the PAC modules? *Check all that apply.*

- Government planning
- Government transportation
- School/School district
- Parks & Recreation
- Neighborhood(s)
- Commercial district
- Health coalition(s)
- Public health
- Public transit agencies
- Law enforcement
- Food systems
- Healthcare
- Community member

How many types of representatives are checked in the list above?

- 5 or more (64 pts)
- 3 to 4 (30 pts)
- 1 or 2 (10 pts)
- None (0 pts)

If anything other than None is answered for Question 1, ask Question 1a.

1a. Please use the space below to indicate other types of representatives listed that will be engaged at a lower level of involvement and to describe types of representatives not listed above that will also be involved.

2. Indicate which of the following are in place for the team you have assembled to complete the PAC modules. *Check all that apply.*

- The team has previously completed a health or physical activity-related community needs assessment, or includes individual member(s) that have previously participated in completing such an assessment (6 pts)
- The team has resources available to complete the PAC (8 pts)
- Team members are willing to help identify additional stakeholders and gather the necessary information to complete the PAC (6 pts)
- The team has support from community members (and the community has some knowledge about enhancing communities to make it easy for people to include physical activity in their daily lives) (8 pts)
- The team has support from community leaders (elected or appointed officials and/or community champions) and the leaders have some knowledge about the issue and efforts (8 pts)
- None of these (0 pts)
### Section 3: Existing Infrastructure

1. **Do one or more health-related multi-sector partnerships exist in your community?**
   - Yes (7 pts)
   - No (0 pts)

   If Question 1= Yes, ask Questions 1a and 1b

   1a. **Please list the multi-sector partnership(s).**

   1b. **Does the health-related partnership(s) or coalition(s) have a clear purpose and goals that are understood in the broader community?** *If there is more than one such partnership in your community, answer for one.*
   - Yes (13 pts)
   - No (0 pts)

2. **Which, if any, other assessment(s) related to active living has the community completed within the past 5 years?** *Check all that apply.*
   - **Walkability audits, such as the AARP Walk Audit (2 pts)**
   - **Bikeability audits such as the League of American Bicyclists Bicycle Friendly Community Program (2 pts)**
   - **Safe Routes to School audits, such as a Safe Routes School Property Assessment (2 pts)**
   - **Parks and recreation audits, such as the Physical Activity Resource Assessment (PARA) Instrument or the Environmental Assessment of Public Recreation Spaces (EAPRS) Tool (2 pts)**
   - **A multi-sector, community-wide assessment process, such as a Promoting Active Communities (PAC) Assessment or the Community Healthy Living Index (CHLI) (2 pts)**
   - **Community-level, active living-focused photo assessments, such as Healthy Eating Active Living – Mapping Attributes Using Participatory Photographic Surveys (HEAL MAPPS™) and PhotoVoice (2 pts)**
   - **None of these (0 pts)**
   - **Other, Please Describe (0 pts)**

   If anything other than ‘None’ is selected for Question 2, ask Question 2a.

2a. **How have the results from past assessments been used?** *Check all that apply.*
   - **Created an action plan(s) (5 pts)**
   - **Changed a local policy/local policies to address identified needs (5 pts)**
   - **Changed a system(s) to address identified needs, such as establishing a schedule for routine maintenance of local parks (5 pts)**
   - **Changed something in the physical environment in the community to address identified needs (5 pts)**
   - **Adjusted or increased programming to address an identified need (5 pts)**
   - **Recruited new team members, built partnerships, and/or expanded coalition or group efforts related to active living (5 pts)**
   - **Included data in applications for funding to make changes (5 pts)**
   - **Promoted/marketed efforts in the community (5 pts)**
☐ Enforced existing policies and practices related to active living (5 pts)
☐ Tracked changes in the community over time (5 pts)
☐ Shared and celebrated community successes (5 pts)
☐ None of these (0 pts)
☐ Other, Please Describe (0 pts)

3. Within the past 5 years, has a community-wide campaign been launched in your community to encourage residents to be physically active?

☑ Yes (13 pts)
☐ No (0 pts)
1. **What are your top goals for your community with regard to promoting active living that could be accomplished in the next 1 to 2 years?** *List at least one and up to three goals.*

   Goal 1
   
   Goal 2
   
   Goal 3

2. **What are your top goals for your community with regard to promoting active living that could be accomplished in the next 3 to 5 years?** *List at least one and up to three goals.*

   Goal 1
   
   Goal 2
   
   Goal 3
Section 5: Submit

Thank you for your effort in completing this assessment. You are almost finished!

Please take a moment to review and check off that you agree with the following statements before you click the Submit button at the bottom of this page.

- The team members have approved the final responses.
- We confirm that all the answers we have provided are accurate to the best of our knowledge.

When you click the submit button below, your assessment will be automatically validated and submitted and your feedback report will be generated.

Your feedback report tells you which best practices you are achieving and which need additional effort so you can improve. Be sure to take a look at your feedback report after you submit your assessment.

You will not be able to change your answers after you click the submit button and successfully submit your assessment.

SUBMIT BUTTON