

# Healthy Eating/Active Living (HEAL)

*Policy, Systems, and Environmental Change  
Assessment and Planning Tool*



**Department of  
Health**

**Created by Professional Data Analysts, Inc.**

Adapted from the Centers for Disease Control and Prevention's  
*Survey of Community-Based Surveillance of Supports for Healthy Eating/Active Living.*



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## About This Tool

### What is the purpose of this tool?

The primary purpose of this tool is to help local health departments and/or other community organizations to assess current policy, systems, and environmental (PSE) strategies for healthy eating and active living (HEAL) in their communities and use results to inform future work. Table 1 describes additional purposes and uses of this tool.

**Table 1. Purposes and uses of this tool**

Purpose	Use
Identify assets and needs in the organization's jurisdiction in relation to healthy eating and active living policies and practices.	<ul style="list-style-type: none"><li>• Inform selection and implementation of strategies.</li><li>• Inform local work planning in communities.</li></ul>
Build relationships with community partners.	<ul style="list-style-type: none"><li>• Introduce community partners to HEAL PSE strategies.</li><li>• Foster conversation with community partners to identify HEAL strategies of mutual benefit.</li></ul>
Documentation.	<ul style="list-style-type: none"><li>• Use as a historical record and communication tool in the case of staff turnover.</li></ul>

### Who should complete this tool?

This tool is designed to be completed as a self-assessment by local health departments and/or other community organizations in collaboration with community partners, which may include city managers, planners, clerks, administrators, school officials, owners/human resource representatives at large worksites, and coalition members.

### How should findings be used to inform action?

Completing this tool will give you and your community partners a better understanding of where the community is already implementing PSE strategies to increase opportunities for healthy living and where these efforts need additional support. Reflecting on the questions in Section 3: Taking Action (p. 20) will help you determine which strategies to prioritize, given your community context.



# Instructions for completing this Tool

## Section 1: Active Living Assessment and Section 2: Healthy Eating Assessment.

- Identify partners to help you complete the active living and healthy eating assessments (see pages 7 and 13 for guidance on who you might contact to help complete the assessments).
- Complete both assessments for each community (*village/city/county*) you plan to work with to get a sense of the landscape of PSE supports for active living and healthy eating.

*Note that some questions in Sections 1 and 2 are related – for example, some policies and plans may address both active living and healthy eating topics. Consider answering these questions together.*

## Section 3: Taking Action.

- Convene your partners, at a coalition meeting or in a manner that works best in your context, to review the assessment findings (Section 1 and 2) and complete the Section 3 questions together.
- Try to answer the questions in this section in the order that they appear. Questions are designed to build on each other.
- Take notes to document key thoughts and responses. It is okay if you do not answer every question. Some questions may not be applicable to your community and some questions may not have straightforward answers. Their purpose is to foster conversation and guide you through an intentional process of decision-making.
- After completing the questions in this section, use what you learned to prioritize future HEAL strategies in your community.

### ***Don't wait until the end of the assessment to think about taking action!***

While this tool is organized into three distinct sections, the sections overlap in multiple ways. Completing this tool should be an iterative process. What you learn from completing one section may lead you to revisit other sections. Throughout the process, you should be thinking about how to use what you are learning to take action. The “tips” and “considerations” call-out boxes integrated throughout this document are there to help you with this.

### **Look for the following icons throughout this tool:**



Tips for completing the assessments and prioritizing HEAL strategies.



Considerations for prioritizing HEAL strategies.



## Definition of Terms

Below are the definitions for key terms that are used throughout this tool.

**Active commute:** Commuting solely by walking or cycling; or by walking or cycling in combination with motorized modes of travel.

**ADA compliant / accessible playground:** Complies with the 2010 Americans with Disabilities Act (ADA) Standards for Accessible Design; offers a range of play experiences to children of varying abilities.

**Bicycle and/or pedestrian advisory committee:** Advises government bodies on issues around bicycle and/or pedestrian safety and infrastructure.

**Client choice model:** Food pantry model in which people can choose their own items; may resemble a small grocery store.

**Community Supported Agriculture (CSA):** Community members buy a share of a farm's production and receive regular distributions of produce throughout the season.

**Complete Streets:** Streets that are designed and operated to enable safe access for all users, including pedestrians, bicyclists, motorists, and transit riders of all ages and abilities.

**Farm-to-institution:** Initiative that gives farmers the opportunity to sell directly to local institutions (e.g., schools, early care and education, hospitals, colleges).

**Fixed route transportation:** Uses buses, vans, light rail, and other vehicles to operate on a predetermined route according to a predetermined schedule.

**Food policy council:** A group that examines how the local food system operates and provides policy recommendations to improve that system.

**Mixed land use:** Development that blends residential, commercial, cultural, institutional, or entertainment uses, where those functions are physically and functionally integrated; usually incorporate pedestrian and bicycle connections and provide a more walkable environment.

**On demand transportation:** Shared private transport in which vehicles alter their routes based on individual needs rather than using a fixed route.

**Produce prescriptions:** A nutrition incentive program in which healthcare providers write "prescriptions" for fruits and vegetables that can be redeemed at participating farmers' markets and grocery stores.

**Recreational or mixed-use trail:** Supports multiple recreation and transportation opportunities (e.g., walking, bicycling, wheelchairs).

**Safe Routes to School:** A program that promotes walking and bicycling to school through infrastructure improvements, enforcement, tools, safety education, and incentives.

**Senior Farmers' Market Nutrition Program:** Provides low-income seniors with access to locally grown produce. **Supplemental Nutrition Assistance Program (SNAP)**: provides nutrition benefits to supplement the food budget of low-income families to purchase food.

**Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)**: provides food, education on healthy eating, and referrals to health care for low-income women, infants, and children up to 5 years old.

**WIC Farmers' Market Nutrition Program:** Provides coupons for locally grown produce to individuals in WIC.

**Zoning codes:** A written regulation and law that defines how property in specific geographic zones can be used.



# **Section 1: Active Living Assessment**





## Section 1: Active Living Assessment

Name of community (village/city/county) being assessed: \_\_\_\_\_

List the people who contributed to completing this section.

Name	Position	Organization	Phone or email

### Who can help you complete the assessment of active living PSE supports?

Consider reaching out to individuals/organizations in the community with expertise in city planning, transportation, and land use. Examples include the City/Regional Planner, City/County Engineer, City Manager, City Administrator, Transit Authority staff, Mobility Manager, or Local Advocates.

If you do not already have an established relationship with the individuals identified, it is recommended that you schedule an introductory call with them to introduce yourself before asking them to help complete the survey. Consider how findings of this assessment may be of mutual benefit.



## Community-Wide Planning Documents and Active Living Strategies

Complete this table to get a **snapshot of where active living strategies are integrated into existing community-wide planning documents**. Place an 'X' in the boxes to indicate if the community has each type of plan listed and if strategies are included in those plans. Leave boxes blank if none apply. *If no plans exist, skip to the next page.*



**Tip: Look for policies and practices in the following places\*:**

- Review policies adopted by a local or regional authority.
- Contact the local transportation planning agency.
- Search government websites.

*\* Recommended in CDC's The Active Communities Tool*

Community-wide Planning Documents								
	Comprehensive, General, Master, Neighborhood, Or Area Plan	Zoning Code, Development Requirements or Other Land Use Policy	Transportation Plan	Complete Streets Policy	Bike, Pedestrian, or Active Transportation Plan	Transit Plan	School Travel Plan (STP)	Parks And Recreation Plan
Community has this type of plan ( <b>list date</b> of plan)								
Plan supports inclusion of people with disabilities and older adults								
<b>Plan includes the following active living strategies (mark with an 'X' if included in plan)</b>								
New/Repaired Parks and Playgrounds								
Bike Infrastructure								
Pedestrian Infrastructure								
Public Transit Improvement								
Multi-Use Trails								
Safe Routes to School								



## Decision-Making Bodies for Active Living Support

1. What decision-making/advisory bodies exist in this community for making decisions related to active living policies, plans, and infrastructure? *Check all that apply.*
  - ☐ Planning and/or zoning commission.
  - ☐ Bicycle and/or pedestrian advisory committee.
  - ☐ Other: \_\_\_\_\_
  - ☐ None.
  - ☐ Don't know.
2. Is there a designated public health representative on these decision-making/advisory bodies? *Check all that apply.*
  - ☐ Planning and/or zoning commission.
  - ☐ Bicycle and/or pedestrian advisory committee.
  - ☐ Don't know.

## Infrastructure and Environment

*Includes strategies: New/Repaired Parks and Playgrounds, Multi-Use Trails, Public Transit Improvements.*

3. Are there any inclusive playgrounds with adapted equipment available in this community?
  - ☐ No ☐ Yes
4. Does this community have recreational or mixed-use trails?
  - ☐ No ☐ Yes
  - a. If yes, are any of these trails accessible to all community members, including people with disabilities and older adults?
    - ☐ No ☐ Yes
5. Is accessible public transportation available in this community?
  - ☐ No ☐ Yes
  - a. If yes, is the public transportation:
    - ☐ On demand.
    - ☐ Fixed route.
    - ☐ Other: \_\_\_\_\_



### Consider Safe Routes to Healthy Food:

How do the community's trails and transit systems support access to healthy foods (e.g., grocery stores, farmers' markets, community gardens)? See Q8 in *Healthy Eating* section.



## Policies And Plans

*Includes strategies: Complete Streets Policy, Bicycle/Pedestrian Master Planning, Safe Routes to School, Land Use Policy.*

6. Does this community have a formal Complete Streets Policy for designing and operating streets with safe access for all users?  
☐ No ☐ Yes
  
7. Which of the following features are included in community development policy (including zoning codes and design/development guidelines) for new or retrofit development covering this community? *Check all that apply.*
  - ☐ Requiring short to medium pedestrian-scale block sizes.
  - ☐ Requiring continuous sidewalk coverage.
  - ☐ Requiring minimum sidewalk widths to promote walking in groups (e.g., 5 ft wide).
  - ☐ Requiring that buildings relate to the street (e.g., entrances facing streets, reduced building setbacks, or reduced parking requirements).
  - ☐ Requiring that street trees or street furniture separate pedestrian zones from streets.
  - ☐ Requiring audible and visual crosswalk beacons and tactile warning surfaces at crosswalks.
  - ☐ Allowing mixed land uses (e.g., zoning that combines residential land use with one or more commercial, institutional, or public land uses).
  - ☐ Other: \_\_\_\_\_
  - ☐ This community is *not* covered by policies for new or infill development.
  
8. Have any school districts in this community applied for Safe Routes to School funding in the past five years?  
☐ No ☐ Yes



## Active Commute Support

9. Does the community have active commute supports and/or policies that allow residents to easily and safely walk, bike, or take transit to reach everyday destinations?

☐ No ☐ Yes

10. If yes, which active commute supports/policies does the community have? *Check all that apply.*

- ☐ Designated on-street bike lanes.
- ☐ Bike racks at common destinations (e.g. grocery store, pharmacy, workplaces, schools, libraries, etc.).
- ☐ Bike racks on transit vehicles.
- ☐ Bike share program.
- ☐ Bike repair stations.
- ☐ Bike friendly businesses.
- ☐ Free/subsidized transit options.
- ☐ Travel ambassador/ride buddy program.
- ☐ Guaranteed ride home programs.
- ☐ Organized encouragement activities (e.g. Bike to Work/School Day).
- ☐ Other: \_\_\_\_\_



## Section 2: Healthy Eating Assessment





## Section 2: Healthy Eating Assessment

Name of community (village/city/county) being assessed: \_\_\_\_\_

List the people who contributed to completing this section.

Name	Position	Organization	Phone or email

### Who can help you complete the assessment of healthy eating PSE supports?

Consider reaching out to individuals/organizations in the community with expertise in food systems planning. Examples include food policy councils, local non-profits, community or advocacy groups, transportation planning, farmers/producers, and grocery store associations.

If you do not already have an established relationship with the individuals identified, it is recommended that you schedule an introductory call with them to introduce yourself before asking them to help complete the survey. Consider how findings of this assessment may be of mutual benefit.



## Community-Wide Planning Documents and Healthy Eating Strategies

Complete this table to get a **snapshot of where healthy eating strategies are integrated into existing community-wide planning documents**. Place an 'X' in the boxes to indicate if the community has each type of plan listed and if healthy eating strategies are included in those plans. Leave boxes blank if none apply. *If no plans exist, skip to the next page.*



### Tip: Look for policies and practices in the following places:

- Review policies adopted by a local or regional authority.
- Local school districts.
- Local restaurant associations.
- Regional/county/city/village government websites.

Healthy Eating Strategy	Community-Wide Planning Documents						
	Comprehensive Plan/Zoning Code	Master, Area, or Neighborhood Plan	Parks and Recreation Plan	Active Transportation Plan	Local Food Action Plan	Sustainability Plan	Other (Add):
Farmers' Markets							
Healthy Food Retail							
Food Bank/Pantries							
Community Gardens							
Farm-to-Institution							
Community Supported Agriculture (CSA)							
Safe Routes to Healthy Food							
Produce Prescriptions							
Food Service Guidelines							
Food Access Policy and Planning							



## Infrastructure And Environment

*Includes strategies: Farmers' Markets, Healthy Food Retail, Food Bank/Pantries, Community Gardens, Farm-to-Institution, Community Supported Agriculture, Safe Routes to Healthy Food, Produce Prescriptions.*

1. Does this community have a farmers' market?

☐ No ☐ Yes

- a. If yes, is the farmers' market accessible to people with disabilities and older adults?

☐ No ☐ Yes

- b. Does the farmers' market provide any of the following assistance programs? *Check all that apply.*

☐ Acceptance of SNAP/Electronic Benefit Transfer (EBT). ☐ Senior Farmers' Market Nutrition Program.

☐ Produce Perks.

☐ Other: \_\_\_\_\_

☐ WIC Farmers' Market Nutrition Program.

2. Does your community have any of the following policies or practices related to farmers' markets, farm stands, or green/produce carts? *Check all that apply.*

☐ Online ordering and contactless pickup (for both SNAP/EBT and conventional payment).

☐ Operating a farmers' market or allowing the sale of fresh produce on city property.

☐ Offering streamlined processes for obtaining health and food safety permits and licenses.

☐ Extending waivers of required business permits or retail licensing fees or taxes.

☐ Encouraging or incentivizing fresh food vending locations in areas lacking supermarkets and full-service grocery stores.

☐ Providing funds or in-kind services for personnel, signage, or advertising.

☐ Offered at locations that are accessible to people with disabilities, and older adults.

☐ Other: \_\_\_\_\_



3. Does this community currently use any of the following to encourage supermarkets and other full-service grocery stores to open stores? *Check all that apply.*
- ☐ Tax incentives (e.g., tax abatement, tax credit, property tax exemption).
  - ☐ Grant or loan programs to provide funding to encourage store openings.
  - ☐ Waivers of certain zoning or ordinance requirements.
  - ☐ Other: \_\_\_\_\_
  - ☐ This community does *not* have policies or programs that incentivize supermarkets and other full-service grocery stores to open in the community.
- a. If such policies or programs exist in this community, do any of them explicitly prioritize low income or economically depressed areas?
- ☐ No ☐ Yes

**In addition to supermarkets and full-service grocery stores, food can be sold in smaller venues such as convenience or corner stores.**

4. Does this community currently have any of the following programs to help convenience or corner stores sell healthier foods? *Check all that apply.*
- ☐ Grant or low-interest loan programs to purchase/upgrade store equipment or furnishings to properly store and sell healthy foods and beverages (e.g., fresh produce, low fat milk, whole grains).
  - ☐ Technical assistance or training programs that increase the ability to sell healthier foods (e.g., marketing, promotion materials, product placement).
  - ☐ Programs to link stores to broader neighborhood revitalization projects (e.g., improvements to lighting, signage, safety, accessibility, walkability in the surrounding commercial corridor).
  - ☐ Other: \_\_\_\_\_
  - ☐ This community does *not* provide these types of programs or assistance to convenience or corner stores.
5. Do community food pantries have policies that support the procurement of healthier foods through either purchasing from foodbanks and/or donations received from the community?
- 5a. If yes, do community food pantries provide healthy food options through a client choice model?
- ☐ No ☐ Yes



6. Indicate whether the community has each of the following and whether they are accessible to people with disabilities and older adults.

	Community gardens	Farm-to-institution	Community Supported Agriculture (CSA)
Does the community have this?	<input type="checkbox"/> No <input type="checkbox"/> Yes	<input type="checkbox"/> No <input type="checkbox"/> Yes	<input type="checkbox"/> No <input type="checkbox"/> Yes
If yes, is it accessible to people with disabilities and older adults?	<input type="checkbox"/> No <input type="checkbox"/> Yes	<input type="checkbox"/> No <input type="checkbox"/> Yes	<input type="checkbox"/> No <input type="checkbox"/> Yes

**Some residents may not have easy access to supermarkets or full-service grocery stores because they do not have access to a car or public transportation or cannot easily walk to them.**

7. Is there dedicated accessible transportation (e.g., community vans or shuttle buses) to supermarkets, other full-service grocery stores, or farmers' markets for residents of this community? *Note: Do not include public transportation in your response.*  
☐ No ☐ Yes
8. Does your transit agency consider accessibility to supermarkets or other full-service grocery stores in their assessment of public transportation routes? *See Q5 in Active Living section.*  
☐ No ☐ Yes ☐ This community does *not* have public transportation.
9. Are there any healthcare institutions in this community that offer produce "prescriptions" to their patients?  
☐ No ☐ Yes



## Policies And Practices

*Includes strategies: Food Access Policy and Planning, Food Service Guidelines.*

10. Does this community have a local or regional food policy council, food security coalition, or similar entity?

☐ No ☐ Yes

a. If yes, is there a designated public health representative on the regional food policy council, food security coalition, or similar entity?

☐ No ☐ Yes

The next page asks about nutrition standards and pricing incentives to promote healthy eating in the following settings:

- **Local government facilities** (e.g., libraries, police stations, government service centers; excludes public school district or school-level policies).
- **Largest worksite in the community.**
- **Community settings** (e.g., parks, swimming pools, sports facilities).



	Local Government Facilities	Largest Worksite Name of worksite:	Community Settings
11. Does the setting have written <b>nutrition standards</b> for foods sold or served, including meals, a la carte items, or vending machines?	<input type="checkbox"/> No <input type="checkbox"/> Yes	<input type="checkbox"/> No <input type="checkbox"/> Yes	<input type="checkbox"/> No <input type="checkbox"/> Yes
a. If yes, to whom do the standards apply?	<input type="checkbox"/> Employees <input type="checkbox"/> General public <input type="checkbox"/> Other:	<input type="checkbox"/> Employees <input type="checkbox"/> General public <input type="checkbox"/> Other:	<input type="checkbox"/> Employees <input type="checkbox"/> General public <input type="checkbox"/> Other:

12. Which **nutrition standards** exist for each setting? *Check all that apply.*

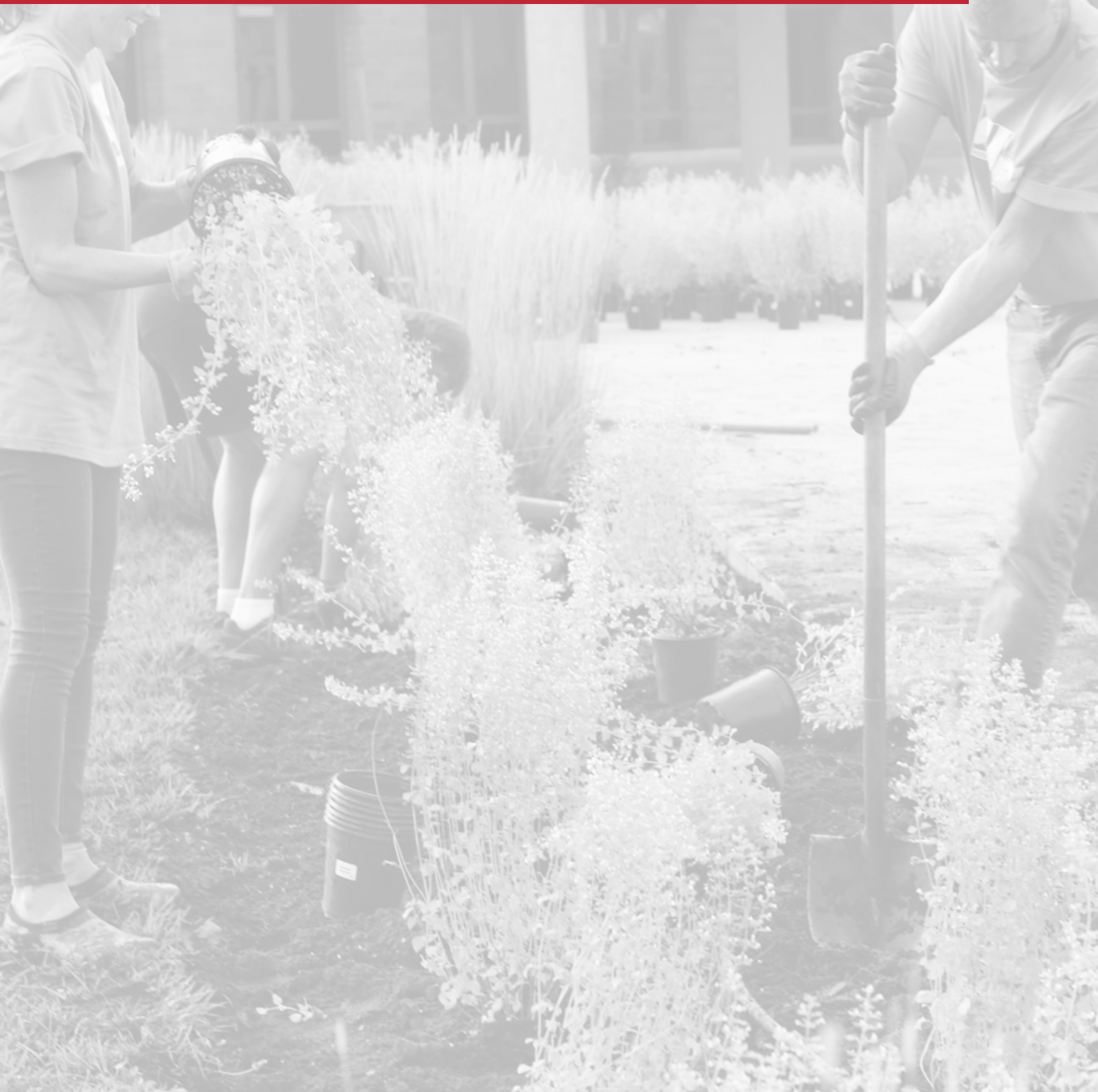
Limiting foods high in added sugar (e.g., cookies, candies).			
Limiting sugar-sweetened beverages (e.g., soda, sports drinks, sweetened tea).			
Limiting foods high in sodium/salt content.			
Limiting foods high in fat (e.g., fried foods).			
Increasing availability of fruits and vegetables.			
Providing lower calorie options.			
Other: <i>(add)</i>			

**Pricing Incentives**

13. Does the setting have <b>pricing incentives</b> (e.g., <i>intentionally pricing healthier items to be less expensive</i> ) to promote the purchase of healthier foods and beverages sold, including in cafeterias or vending machines?	<input type="checkbox"/> No <input type="checkbox"/> Yes	<input type="checkbox"/> No <input type="checkbox"/> Yes	<input type="checkbox"/> No <input type="checkbox"/> Yes
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## **Section 3: Taking Action**





## Section 3: Taking Action

The purpose of this section is to help communities reflect and act on results of the healthy eating and active living PSE assessments. The assessment results are intended to inform the selection of future HEAL strategies based on the resources and needs of specific communities.

### Instructions for completing this section:

1. Review results from the Active Living and Healthy Eating assessments above and reflect on findings using the questions on page 22 as a guide.
2. Answer the questions in this section, in order, to get a sense for how community context may support or hinder implementation of HEAL strategies (a list of HEAL strategies is provided in the table on page 23 for reference).
3. Complete the tables on page 29 and 30.
4. Use what you learn to inform your future work and support decision making.



## Reflect on Assessment Findings.

Review results from the Active Living and Healthy Eating assessments above and reflect on the following questions:

- a. What stands out to you from the assessment results?
- b. What, if anything, surprised you?
- c. What concerns you about the results?
- d. Where do you see opportunities to improve?



## Considerations For Prioritizing Strategies:

Communities must consider multiple factors when deciding what PSE strategies to prioritize in their communities including: alignment with community priorities, existing partnerships, available resources, etc. Another consideration is whether to implement a new PSE change, or to build on/strengthen existing PSE by improving the quality and/or enforcement of existing efforts.

The questions in this section are designed to guide your community through the process of moving from assessment to action. Questions are organized around criteria that individuals working and living in communities may consider important for decision-making, including:

- Alignment with community priorities.
- Momentum for change.
- Existing community assets, strengths, resources.
- Gaps in plans, policies, environment, or infrastructure.



### List The HEAL Strategies You Are Considering Implementing:

Write down below a few of the HEAL strategies you are considering implementing. Keep these strategies in mind when answering the questions on pages 23-27.

#### HEAL Strategy List

Active Living Strategies	Healthy Eating Strategies
<ul style="list-style-type: none"> <li>• New/Repaired Parks and Playgrounds.</li> <li>• Active Commute Support.</li> <li>• Bike Infrastructure.</li> <li>• Pedestrian infrastructure.</li> <li>• Public Transit Improvements.</li> <li>• Multi-Use Trails.</li> <li>• Safe Routes to School.</li> <li>• Complete Streets Policy.</li> <li>• Active Transportation Planning.</li> <li>• Land Use Policy.</li> </ul>	<ul style="list-style-type: none"> <li>• Farmers' Markets.</li> <li>• Healthy Food Retail.</li> <li>• Food Bank/Pantries.</li> <li>• Community Gardens.</li> <li>• Farm-to-Institution.</li> <li>• Community Supported Agriculture (CSA).</li> <li>• Safe Routes to Healthy Food.</li> <li>• Produce Prescriptions.</li> <li>• Food Service Guidelines.</li> <li>• Food Access Policy &amp; Planning.</li> </ul>

Candidate Active Living Strategies	Candidate Healthy Eating Strategies



## Alignment with Community Priorities

Aligning HEAL strategies with community priorities increases the chances of successful implementation. Communities are more likely to buy in to and support the work when it reflects their priorities.

1. What are community priorities around active living and healthy eating (see tips in sidebar for identifying priorities)?

- a. How do you know these are community priorities? What evidence do you have to suggest that the HEAL strategies you are considering are community priorities?

- b. Whose voices were included in setting these priorities?

- c. Do those voices include perspectives of populations disproportionately burdened by chronic disease and populations historically excluded from the decision-making process? (e.g., people with low-income, people with disabilities, rural residents, youth, racial and/or ethnic minorities, Ohioans living in Appalachia, etc.).



### TIP - Identify Community Priorities:

*Be in the community!*

- Attend community meetings.
- Show up at community events.
- Pay attention to the local news to learn about community activities/initiatives.



## Momentum for Change

Where is there energy to create change? Where is there resistance? Think strategically about how to anticipate and take advantage of windows of opportunity for implementing specific HEAL strategies.

2. What windows of opportunity exist in your community to build on momentum of local, regional, statewide, or national activities and successes? (Examples: new policies, businesses, construction projects, newsworthy events, etc. that you could tag onto or that have advanced specific HEAL strategies).

3. Who has authority to change the policy/practice?



### Consider These Questions:

- How many people are there in positions of authority to implement the PSE change who currently support (or are likely to block) the change?
- Is there enough awareness and agreement among decision-makers that the issue you are trying to address is a problem?
- Is there awareness and agreement among decision-makers that the proposed PSE change is an effective solution to the problem?
- What additional education, data, or information might decision-makers need to understand PSE or the specific HEAL strategy of interest?

- a. To what degree do they have the ability to create the change (see sidebar)?



## Existing Community Assets, Strengths, Resources, Partnerships

Approaching community change through an assets-based framework respects the existing human, social, and physical capital in communities. Implementing HEAL activities through an assets-based framework also promotes advancing health equity and creating sustainable change. Understanding the landscape of existing community assets may provide insight into community priorities and uncover opportunities for which there is positive momentum for change.

4. What are some of the community assets you could draw upon to implement HEAL strategies (see sidebar for ideas)?



### TIP - Identify Community Assets:

Community resources can take various forms. Examples of community resources may include:

- A strong volunteer base.
- Physical space and land (to hold meetings/events/ equipment).
- Human resources (people with content expertise to provide technical assistance, volunteers, people with cultural knowledge/wisdom).
- Funding (e.g., local foundations).
- Farms and food.
- Social relationships/social capital.
- Trust.

5. What community groups, coalitions, or other partners are already organizing to create change in the community? How can you support this existing work?

6. Where do you already have a cross-sector of partners in place to implement specific HEAL strategies? List them here.



## Gaps In Plans, Policies, Environment, or Infrastructure

Review the community assessment results to identify opportunities for addressing gaps in PSE change to support healthy eating and active living in the community. Questions to identify gaps are asked last because prioritizing activities from a deficit-based approach (starting with the gaps), without consideration of community priorities and community strengths and assets, not only decreases the chances of success, but may cause harm by exacerbating inequities and diverting resources away from what the community actually wants and needs. Thus, while understanding gaps in opportunities for healthy eating and active living is important for determining priorities, it should not be the only factor driving decisions.

For **each** of the HEAL strategies you are considering for implementation, consider both the status of and quality of implementation.

7. What is the status of implementation for the HEAL strategy in this community (refer to pages 8 and 14 for snapshots of community-wide planning documents)?

Is included in a plan, but not yet implemented.

Fully implemented.

Plans are in place to implement.

Not planning to implement.

Implementation in process.

Other (specify) \_\_\_\_\_

8. If implemented, what is the quality of the policy/practice?

Poor: Unusable and/or inaccessible to residents in the community; not maintained.

Fair: Usable and/or accessible to *some* residents in the community; somewhat maintained.

Good: Usable and/or accessible to *most or all* residents in the community; well maintained.

9. If implemented, how is the policy/practice enforced or monitored?

10. Is the policy/practice implemented or enforced equitably across all neighborhoods in the community? If not, where are there gaps?



11. What populations in this community experience a disproportionate burden of chronic disease and/or lack access to opportunities for healthy living (e.g., live in food deserts, lack access to parks or fresh affordable produce, etc.)?

- a. Does the policy/practice reach these populations?  
If so, how do you know?



#### TIP - Use Data to Identify Gaps:

Below are some examples of where to find community-level data on social determinants of health and health outcomes. Be sure to disaggregate data by race and/or ethnicity, income, ZIP Code, etc., to identify and address health inequities.

- Community health needs assessments.
- [County Health Rankings](#).
- [Ohio Health Improvement Zones](#).
- [Innovate Ohio Platform](#).
- [Feeding America food insecurity map](#).

### HEAL Strategies Selected for Implementation

After reviewing and discussing responses to the questions above with your partners and members of the community, use the tables on the next two pages to document the HEAL strategies to prioritize. Add notes in the columns to document some of the key points you considered when selecting these strategies.



Selected Active Living Strategies

**Community:** \_\_\_\_\_

List the strategy in the first column and notes about the key points you considered when selecting these strategies in subsequent columns.

Active Living Strategy	Alignment with community priorities	Momentum for change	Existing community assets, strengths, resources, partnerships	Gaps in plans, policies, environment, infrastructure
1)				
2)				
3)				



Selected Healthy Eating Strategies

**Community:** \_\_\_\_\_

List the strategy in the first column and notes about the key points you considered when selecting these strategies in subsequent columns.

Healthy Eating Strategy	Alignment with community priorities	Momentum for change	Existing community assets, strengths, resources, partnerships	Gaps in plans, policies, environment, infrastructure
1)				
2)				
3)				