



Church Environment Checklist

Survey Information

Church Name: _____ Church ID: _____

Name of Observer(s): _____

Date: _____ Start Time: _____ End Time: _____

Guidelines

This survey asks about opportunities for physical activity and healthy eating. For each item, please:

1. Mark whether or not the item is present in the church or on the church property (yes/no).
2. If present, mark whether or not the item is usable (yes/no) and whether or not it is in good condition (yes/no).
3. Finally, use the spaces provided to note any additional comments you may have.

When rating the available items for physical activity and healthy eating, please use the following definitions:

- **Present:** Items should only be marked as present if they are currently at the church and are kept/stored there most of the time (e.g., a grill or sports equipment that is brought in by a church member for a special event would not be considered present).
- **Usable/Functional:** everything necessary for use is present (e.g., appropriate pieces, electrical connection) and nothing prevents use (e.g., equipment is functioning as it should, items are accessible to members)
- **Good condition:** looks clean and maintained (e.g., fully functioning parts, minimal rust, no graffiti)

Upon arrival, please use a script similar to the one below when introducing yourself to the person responsible for walking you through the church:

Introduce yourselves (e.g., name, students in public health)

“We are from USC and we work on the Faith, Activity, and Nutrition project that your church is part of. As Cheryl Goodwin may have explained when they set up this appointment, today we are here to view features of your church related to healthy eating and physical activity and to ask your church members to fill out a survey. *(Depending on when you arrive, this tool might be completed after the member surveys.)* We would like to get started by walking through the church with you.”

“Before we start walking around the church, we just want to be sure that you know that there are no right or wrong answers to any of our questions – we are just interested in getting a better picture of what FAN churches look like. We also don’t expect that churches will have all of the things on our list. Do you have any questions for us before we begin?” *(Wait for response)*

“First, we would like to take a look at some features related to physical activity inside the church. Do you have a fellowship hall or area you use for physical activity? If so, can you please take us there?” *(Walk with them)*

“We have a list of items and features that we are going to look for. Some of them we can probably see ourselves and some we might need your help with. We’re going to go through our list and make notes and we will ask you about any items or features we aren’t sure about...”

“Would you mind telling us whether or not you have the following?”

(Begin going through section A with them and ask if they can show you the items they say are present, but are not visible.)

Opportunities for Physical Activity

A. Which items are available inside the church to encourage physical activity?

Item	Is it present?	Is it usable?	Is it in good condition?
Fellowship hall/room that could be used for physical activity	Yes No	Yes No	Yes No
Notes:			
Free weights (e.g., hand weights, dumbbells)	Yes No	Yes No	Yes No
Notes:			
Rubber bands for stretching (e.g., dynabands)	Yes No	Yes No	Yes No
Notes:			
Yoga mats (e.g., foam or rubber mats for stretching)	Yes No	Yes No	Yes No
Notes:			
Stationary exercise machines (e.g., treadmills, stair steppers)	Yes No	Yes No	Yes No
Notes:			
Activity/aerobic equipment (e.g., hula hoops, jump ropes, Frisbees)	Yes No	Yes No	Yes No
Notes:			
Active gaming equipment (e.g., Wii Fit)	Yes No	Yes No	Yes No
Notes:			
Exercise videos (e.g., Zumba; <u>not</u> Gospel Lift-Off CD)	Yes No	Yes No	Yes No
Notes:			
TV and DVD player or VCR (i.e., for viewing exercise videos)	Yes No	Yes No	Yes No
Notes:			
Stereo/sound system (e.g., CD player, speakers)	Yes No	Yes No	Yes No
Notes:			
Sports sets/equipment (e.g., basketball, volleyball, badminton)	Yes No	Yes No	Yes No
Notes:			
Bicycles/tricycles/rollerskates/scooters/skateboards	Yes No	Yes No	Yes No
Notes:			
Stairwells or staircases	Yes No	Yes No	Yes No
Notes:			
Signs encouraging use of stairs	Yes No	Yes No	Yes No
Notes:			
Other (<i>please explain</i>):	Yes No	Yes No	Yes No
Notes:			
Other (<i>please explain</i>):	Yes No	Yes No	Yes No
Notes:			

Comments:

NEXT PAGE →

“Thank you for all your help so far. Next, we would like to see some of the church features related to food and food preparation. Do you have a kitchen in the church? If so, can you please take us to the kitchen area?” *(Begin going through sections B and C with them and ask if they can show you the items they say are present, but are not visible. Even if there is no kitchen in the church, they may still have a fridge, microwave, etc. that you will want to capture.)*

Opportunities for Healthy Eating

B. Which of the following food preparation items are available at the church?

Item	Is it present?	Is it functional?	Is it in good condition?
Refrigerator	Yes No	Yes No	Yes No
Notes:			
Freezer	Yes No	Yes No	Yes No
Notes:			
Oven	Yes No	Yes No	Yes No
Notes:			
Stovetop	Yes No	Yes No	Yes No
Notes:			
Sink	Yes No	Yes No	Yes No
Notes:			
Dishwasher	Yes No	Yes No	Yes No
Notes:			
Microwave	Yes No	Yes No	Yes No
Notes:			
Serving station	Yes No	Yes No	Yes No
Notes:			
Indoor flat top grill (stationary or portable)	Yes No	Yes No	Yes No
Notes:			
Outdoor grill	Yes No	Yes No	Yes No
Notes:			
Counter tops	Yes No	Yes No	Yes No
Notes:			
Deep fat fryer	Yes No	Yes No	Yes No
Notes:			
Healthy cookbooks (e.g., low-fat, healthy, light, or diet on book cover)	Yes No	Yes No	Yes No
Notes:			
Salt shakers or large salt container (e.g., for cooking)	Yes No	Yes No	Yes No
Notes:			
Vegetable, herb, or fruit garden	Yes No	Yes No	Yes No
Notes:			
Other <i>(please explain)</i>	Yes No	Yes No	Yes No
Notes:			

Comments:

NEXT PAGE →

C. Which of the following best describes the kitchen(s) in the church? (answer yes or no for all)

Commercial kitchen (e.g., large industrial cooking stations and appliances large enough for restaurant/cafeteria use)	Yes No
Standard kitchen (e.g., refrigerator, freezer, oven, stovetop, sink, microwave, and countertops similar to a home kitchen)	Yes No
Kitchenette (e.g., refrigerator, microwave, and/or sink similar to a break room)	Yes No
No kitchen	Yes No

Comments:

“Some churches also have areas where they sell food or drinks. Does your church have any vending machines, vending boxes (a box that holds snacks for cash purchases), and/or a concession stand where food or drinks are regularly sold?” (not just at infrequent events)

Are vending machines, boxes, or concessions containing food or drinks available at the church?	Yes No
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If yes: “Can you please show them to us?” (Complete section D and E by observation only)

If no: Mark “No” on the following page and continue to section F.

D. Does the church have food available for purchase?

Are vending machines, boxes, or concessions containing food available at the church?	Yes No
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If the church has vending machines, boxes, or concessions containing food, circle the availability of each item below and write an “X” under its location:

Snacks	Is it available?	Vending machine	Vending box	Concession
Chips* or popcorn (regular)	Yes No	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Chips*, pretzels, or popcorn (low-fat/baked)	Yes No	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Crackers/Chex Mix (regular)	Yes No	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Crackers/Chex Mix (whole grain/low sodium)	Yes No	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cookies/snack cakes/pastries	Yes No	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cookies and baked goods (low-fat)	Yes No	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fruits or vegetables (dried/fresh)	Yes No	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Granola/cereal bars	Yes No	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Nuts/trail mix	Yes No	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Candy	Yes No	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other food:	Yes No	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Note: *chips = potato chips, tortilla chips, etc.

Comments:

NEXT PAGE →

E. Does the church have beverages available for purchase?

Are vending machines, boxes, or concessions containing beverages available at the church?	Yes No
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If the church has vending machines, boxes, or concessions containing beverages, circle the availability of each item below and write an “X” under its location:

Beverages	Is it available?	Vending machine	Vending box	Concession
Water	Yes No	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Milk (whole or 2% including flavored)	Yes No	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Milk (fat-free or 1% including flavored)	Yes No	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fruit drinks (less than 100% real juice)	Yes No	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fruit or vegetable juice (100% real juice)	Yes No	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sports drinks (regular)	Yes No	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sports drinks (low/no calorie)	Yes No	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Iced tea, lemonade, or other drink (sweetened)	Yes No	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Iced tea, lemonade, or other drink (unsweetened)	Yes No	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Soda (regular)	Yes No	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Soda (diet)	Yes No	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Energy drinks (regular)	Yes No	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Energy drinks (low/no calorie)	Yes No	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other drinks:	Yes No	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Comments:

“The next section we’ll need your help with is to take a look at information you might have displayed about physical activity and healthy eating. Do you have a bulletin board or table or something similar that displays information about physical activity or healthy eating?”

If yes: “Great! Can you please show it to us? Is it OK with you if we take a few pictures of your displays? It will just help us to remember what we saw.” (*Complete section F by observation only*)

If no: Mark “No” below and continue to Section G.

FAN Media Assessment

F. Does the church have a bulletin board(s) or table(s) displaying physical activity or healthy eating information?

Is there a bulletin board(s) displaying physical activity information at the church?	Yes No
Is there a bulletin board(s) displaying healthy eating information at the church?	Yes No
If yes, photograph the bulletin board(s) and check when this is completed.	<input type="checkbox"/>
Is there a table(s) displaying physical activity information at the church?	Yes No
Is there a table(s) displaying healthy eating information at the church?	Yes No
If yes, photograph the table(s) and check when this is completed.	<input type="checkbox"/>
Is there a bulletin board with “FAN” clearly displayed in the title?	Yes No
Is there a FAN poster on display at the church?	Yes No

Comments:

NEXT PAGE →

“Okay, thank you so much for your help. Those are all of the questions we have about the features inside the church. Now we are going to walk around outside a little to look at some outdoor features, like grassy fields or basketball hoops. One question we might have is where the edge of the church property is or whether something belongs to the church or not, but we’ll let you know if we have any questions.”

You probably won’t need assistance for section G, but you might need to clarify where the edge of the church property is, or whether something belongs to the church.

Outdoor Physical Activity Environment

G. Which items are available outdoors at the church to encourage physical activity?

Item	Is it present?	Is it usable?	Is it in good condition?
Walking/bike track or trail (includes marked path on parking lot)	Yes No	Yes No	Yes No
Notes:			
Pedestrian scale lighting along sidewalks or walking paths	Yes No	Yes No	Yes No
Notes:			
Bicycle rack parking or shelter	Yes No	Yes No	Yes No
Notes:			
Active garden space for congregation and/or community	Yes No	Yes No	Yes No
Notes:			
Playground (e.g., swing sets, fixed play equipment)	Yes No	Yes No	Yes No
Notes:			
Green/open space	Yes No	Yes No	Yes No
Notes:			
Sports field (e.g., track, soccer, softball)	Yes No	Yes No	Yes No
Notes:			
Outdoor sports courts (e.g., tennis, basketball, hopscotch)	Yes No	Yes No	Yes No
Notes:			
Vacant land/lot on property (paved, graveled, potential for play)	Yes No	Yes No	Yes No
Notes:			
Other (<i>please explain</i>):	Yes No	Yes No	Yes No
Notes:			
Other (<i>please explain</i>):	Yes No	Yes No	Yes No
Notes:			

Comments: