

## *HKHC Healthy Eating, Active Living Audit--RESIDENT*

About the “Healthy Active Communities” Site Amenities Audit Project:

- This audit is part of a broader 4-year “Healthy Active Communities in Portland” initiative being coordinated by Oregon Public Health Institute (OPHI) in partnership with numerous public and community-based organizations, including the City of Portland Bureau of Planning and Sustainability, Hacienda CDC, ROSE CDC, Janus Youth Programs, and the Community Cycling Center. The primary objective of this initiative is to impact policies and neighborhood environments to increase healthy and active living for children and families living in affordable housing communities in Portland OR. This initiative began in 2010 with funding from the Robert Wood Johnson Foundation, and is funded through 2013\*.
- One of the primary goals of this initiative is to enhance multi-family affordable housing sites by encouraging the provision of Healthy Eating Active Living (HEAL) amenities such as bicycle parking/storage, play areas, and vegetable gardens.
  - This audit is intended to help meet this goal by gathering information about HEAL amenities that do or don’t currently exist on different multi-family dwelling sites, and about whether or not residents would be likely to use such amenities if they were available or better designed.
- This audit project will be complemented by other activities that will focus on off-site, community-wide HEAL amenities such as bicycle and pedestrian networks and the availability of healthy food retail.

How will the information from the audit help?

- The information you collect will be used to help property managers, builders, and city planners identify on-site amenities that residents like, or would like, to have.
- This input could lead to the development of new development regulations or incentives that would positively affect the design, construction, and installation of HEAL amenities on current and future multi-family housing sites.
- Completing the audit could also help residents work together and with property managers to improve or make better use of existing facilities or opportunities.
- It is important to note, however, that, while it is hoped that the information resulting from the use of this survey will result in improvements in current and future multi-family housing sites, it does not imply a commitment by housing providers to make improvements to their properties.

---

\* To find out more about this project, please contact Laura Koch at the Community Cycling Center: (503) 288-8864 ([programs@communitycyclingcenter.org](mailto:programs@communitycyclingcenter.org)), or Steve White at Oregon Public Health Institute: (503) 227-5502 x228 ([steve@orphi.org](mailto:steve@orphi.org)).

*HKHC Healthy Eating, Active Living Audit--RESIDENT*

Instructions: This audit has two main sections. The first section focuses on amenities that support physical activity, including walking, biking, gardening, and playing. The second section focuses on food access and production. Please answer all questions to the best of your ability.

**PHYSICAL ACTIVITY**

BIKE AND STROLLER STORAGE		
<b>1</b>	<b>Do you or anyone in your household own a bike or a stroller?</b>	<b>Yes    No</b>
<b>2</b>	<b>Does your site provide space specifically for <u>long-term</u> storage of bikes and strollers (bike racks that are enclosed and covered)?</b>	<b>Yes    No</b>
2a	Do you use this space?	Yes    No
2b	Why or why not?	
2c	If you answered <b>NO</b> to question #2, would long-term storage space for bikes and strollers make you or other members of your household more likely to walk and bike in your neighborhood?	Yes    No
<b>3</b>	<b>Does your site provide space specifically for <u>short-term</u> storage of bikes and strollers (bike racks that are not enclosed or not covered)?</b>	<b>Yes    No</b>
3a	Do you use this space?	Yes    No
3b	Why or why not?	
3c	If you answered <b>NO</b> to question #3, would short-term storage space for bikes and strollers make you or other members of your household more likely to walk and bike in your neighborhood?	Yes    No

HKHC Healthy Eating, Active Living Audit--RESIDENT

**4 Overall, is it safe and convenient for you or other members of your household to own and use bikes and strollers?**

*(Please circle: 1=very unsafe and inconvenient... 10=very safe and convenient)*

1      2      3      4      5      6      7      8      9      10

4a Do you have any other concerns about bike and stroller storage, or ideas for improving storage options on your site?

MOVING AROUND THE SITE

**5 Overall, is it safe and convenient to walk around the complex?**

*(Please circle: 1=very unsafe and inconvenient... 10=very safe and convenient)*

1      2      3      4      5      6      7      8      9      10

**5 Do you have any other concerns about moving around your site, or ideas for improving movement on your site?**

*HKHC Healthy Eating, Active Living Audit--RESIDENT*

<b>PLAYING OUTDOORS ON-SITE</b>		
<b>6</b>	<b>Does the site have a play structure for children?</b>	<b>Yes</b> <b>No</b>
6a	If you answered <b>NO</b> to question #6, would you or other members of your household be more likely to play outside if your site had a play structure for children?	Yes   No
<b>7</b>	<b>Does the site have other play areas such as a basketball court?</b> What is it? _____	<b>Yes</b> <b>No</b>
7a	If you answered <b>NO</b> to question #7, would you or other members of your household be more likely to play outside if your site had additional play areas?	Yes   No
<b>8</b>	<b>Overall, is it safe and convenient to play outside on your site?</b> <i>(Please circle: 1=very unsafe and inconvenient...10=very safe and convenient)</i>	
	1      2      3      4      5      6      7      8      9      10	
<b>9</b>	<b>Do you have any other concerns about moving around your site, or ideas for improving movement and physical activity on your site?</b>	

*HKHC Healthy Eating, Active Living Audit--RESIDENT*

<b>INDOOR EXERCISE</b>				
<b>10</b>	<b>Are there shared indoor spaces that are designed for physical activity?</b>	<b>Yes</b>	<b>No</b>	
10a	If you answered <b>NO</b> to question #10, would you or other members of your household be more likely exercise if your site included indoor spaces designed for physical activity?	Yes	No	
<b>11</b>	<b>Overall, is it safe and convenient to exercise indoors on your site?</b> <i>(Please circle: 1=very unsafe and inconvenient...10=very safe and convenient)</i>			
	1          2          3          4          5          6          7          8          9          10			
<b>12</b>	<b>Do you have any other concerns or ideas for improving opportunities for indoor exercise on your site?</b>			

**FOOD ACCESS AND PRODUCTION**

SHOPPING AND COOKING			
<b>13</b>	<b>Would shopping and cooking be more convenient if your apartment kitchen had more (or better):</b>		
13a	Refrigeration?	<b>Yes</b>	<b>No</b>
13b	Cupboards/storage space?	<b>Yes</b>	<b>No</b>
13c	Counter space?	<b>Yes</b>	<b>No</b>
13d	Stove and oven capacity?	<b>Yes</b>	<b>No</b>
14	Does the site have a common kitchen (accessible by all residents)?		<b>Yes No</b>
14a	Is it well-used?	<b>Yes</b>	<b>No</b>
14b	Why or why not?		
<b>15</b>	<b>Overall, is it easy and convenient to do as much meal preparation in your apartment or on-site as you'd like?</b>		
	<i>(Please circle: 1=very unsafe and inconvenient...10=very safe and convenient)</i>		
	1	2	3
	4	5	6
	7	8	9
	10		
<b>16</b>	<b>Are there vending machines in the complex?</b>		<b>Yes No</b>
16a	If "Yes", is the food predominantly "junk" food?		<b>Yes No</b>
<b>17</b>	<b>Do you have any other concerns about food preparation in your apartment or on your site?</b>		

*HKHC Healthy Eating, Active Living Audit--RESIDENT*

<b>GARDENING ON-SITE</b>			
<b>18</b>	<b>Does the site have space for growing vegetables?</b>	<b>Yes</b>	<b>No</b>
18a	If you answered <b>NO</b> to question #18, would you or other members of your household be likely to grow and eat more produce if gardening space was available?	Yes	No
<b>19</b>	<b>Does your site have open space that could potentially be converted to a garden?</b>	<b>Yes</b>	<b>No</b>