**COMMUNITY ASSESSMENT**
FOR HEALTHY EATING AND ACTIVE LIVING

**INDIVIDUAL SURVEY**

Date: ___________  Day of week: ____________________  Time: ___________

**General Demographics:**

- Gender: □ Male  □ Female  □ Other  
- Age: □ Under 25  □ 26 - 54  □ 55+
- Resident of:  □ Whitman Park  □ Parkside  □ Other Camden neighborhood  □ Outside Camden
- Completed at/during: □ Walk Audit  □ Food Pantry  □ Church  □ Other

1. Do you attend local food pantry? □ Yes  □ No
   
   a. If so, where/which one(s) ___________________________________________

2. How often do you eat a healthy, balanced meal?
   
   □ 3x/day  □ 2x/day  □ 1x/day  □ Not every day

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**HEALTHY EATING PLATE**

- **OILS**
  - Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.
  - The more veggies – and the greater the variety – the better. Potatoes and French fries don’t count.
  - Eat plenty of fruits of all colors.

- **WATER**
  - Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

- **VEGETABLES**
  - Eat a variety of whole grains (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).

- **FRUITS**
  - Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.

- **PROTEIN**
  - Stay Active!
3. On average, how many servings of fruit do you eat per day?
   □ 4  □ 3  □ 2  □ 1  □ 0
4. On average, how many servings of vegetables do you eat per day?
   □ 4  □ 3  □ 2  □ 1  □ 0
5. Do you have the means to cook meals at home? □ Yes  □ No
   a. If no, why not? ______________________________________________________
6. Where do you shop for food? Check all that apply:
   Grocery store                Corner store                Farmers Market
   Food pantry                  Garden
7. Which of the following fitness activities are you aware of? Check all that apply:
   I Run This City (i.e. running club)
   Kroc Membership
   Camden Greenway
   Little league sports teams
   Cooper River and boating
8. Would you attend fitness activities at neighborhood charter schools if available?
   □ Yes  □ No
9. How often do you use local parks?
   □ 5-7x/week  □ 2-4x/week  □ 0-1x/week  □ Not every week
10. If you have them, are your food stamps sufficient for your needs? □ Yes  □ No
    a. If not, how do you supplement? ______________________________________
11. How do you access food? Check all that apply
   □ Walk          □ Public Transportation  □ Bike
   □ Rideshare     □ Car
12. When do you shop for food? Shade all that apply:

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