

# Faith Community Health Assessment Survey

Faith Community Name: \_\_\_\_\_

Date of Survey: \_\_\_\_\_

Please read each statement carefully and check the response that best describes our faith community.

## Section I: Health and Wellness

1. Does our faith community have an **active health team or committee**?  Yes  No  Not Sure
2. Does our faith community have a **person appointed** to be responsible for health related activities?  Yes  No  Not Sure
3. Has our faith community sponsored or helped sponsor a **health fair** during the past 12 months?  Yes  No  Not Sure
4. Do any members currently represent our faith community by **serving on a community health coalition or committee** (e.g. fitness/nutrition council)?  Yes  No  Not Sure
5. Has our faith community had a **relationship with another health, health promotion, or human services agency** to provide services to our members in the past 12 months?  Yes  No  Not Sure

## Section II: Physical Activity—Policies and Environments

6. Does our faith community have an **exercise room**?  Yes  No  Not Sure
7. Does our faith community have any **exercise equipment** on-site?  Yes  No  Not Sure
8. Does our faith community have a **walking trail**?  Yes  No  Not Sure
9. Does our faith community have any **ball fields or courts**?  Yes  No  Not Sure
10. Does our faith community have a **playground**?  Yes  No  Not Sure
11. Does our faith community have a **policy supporting physical activity opportunities** at meetings/functions?  Yes  No  Not Sure
12. Has leadership promoted **physical activity in a public speech or sermon** in the past 12 months?  Yes  No  Not Sure

## Section III: Physical Activity Programs & Education

13. Has our faith community **organized or provided any type of exercise class** in the past 12 months?  Yes  No  Not Sure
14. Has our faith community **organized walking groups or clubs** in the past 12 months?  Yes  No  Not Sure
15. Has our faith community **organized or supported a sports team** for members in the past 12 months?  Yes  No  Not Sure

16. Has our faith community specifically **promoted physical activity through posted information** in the past 12 months (e.g. bulletin board, posters, flyers, leaflets)?  Yes  No  Not Sure
17. Has our faith community specifically **promoted physical activity in the bulletin, program or newsletter** in the past 12 months?  Yes  No  Not Sure

#### Section IV: Healthy Eating Policies and Environments

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18. Does our faith community have a **kitchen or place to prepare meals**?  Yes  No  Not Sure
19. Does our faith community have a **garden or farmer's market on-site**?  Yes  No  Not Sure
20. Does our faith community have guidelines for faith community meals requiring that:  
**fruits and vegetables** be offered?  
**100% fruit juice** be offered?  
**water** be offered?  
**low-fat items** be offered?  
**low/no sugar items** be offered?  
**low sodium items** be offered?  Yes  No  Not Sure
21. Has leadership **promoted healthy eating in a public speech, sermon, talk or homily** in the past 12 months?  Yes  No  Not Sure
22. Does our faith community have a private and comfortable **space for women to breastfeed** or express breast milk?  Yes  No  Not Sure
23. Does our faith community have **equipment that allows for preparation of healthier food** (steamers, blenders, salad bars, etc.)?  Yes  No  Not Sure

#### Section V: Healthy Eating Programs and Education

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24. Has our faith community organized or provided any **healthy cooking classes** in past 12 months?  Yes  No  Not Sure
25. Has our faith community organized or provided any **weight loss support groups** in past 12 months?  Yes  No  Not Sure
26. Has our faith community organized or provided any other **nutrition-related classes or groups** in the past 12 months?  Yes  No  Not Sure
27. Has our faith community distributed any **healthy eating guides or healthy recipes** (including cookbooks) to faith community members in the past 12 months?  Yes  No  Not Sure
28. Has our faith community promoted **healthy eating through posted information** (e.g. posters, flyers, leaflets) in the past 12 months?  Yes  No  Not Sure
29. Has our faith community **promoted healthy eating in the bulletin, program or newsletter** in the past 12 months?  Yes  No  Not Sure