



# Getting the Lay of the Land Assessment Tool

## Identification of Local Issues Related to Healthy Eating and Active Living

### Small Group Activity with Community Leaders

1. Recruit a group of approximately 10-12 people, chosen because they are seen as community leaders and stakeholders in community environments that affect healthy eating and active living among community members.
2. Divide the group in two, half of them to discuss the community eating environment and the other half to discuss the community physical activity environment. Depending on the size of the group, spend about 20-30 minutes on this part of the activity. Each group will be facilitated by a project staff member with a group volunteer as recorder.
  - a. Mapping the community eating environment
    - i. Each person, working alone, makes a rough map or list of her/his community, showing all of the places where adults and children get food in this community, e.g. home, school, grocery store, convenience store, restaurant, family, friend, event, etc.
    - ii. Now add to the map the types of food eaten at each of these places.
    - iii. Small group discussion of maps/lists. The recorder writes responses to questions on flip chart as issues are mentioned.
      1. What did you notice while making your map/list?
      2. What are some of the ways that the sources and types of food in the community affect the way community members eat? e.g. access, distance, availability, cost, quality, type, portion size, etc.
  - b. Mapping the community physical activity environment
    - i. Each person, working alone, makes a rough map or list of her/his community, showing all of the places where community



members are physically active, e.g. home, school, neighborhood, park, trail, street, gym, event, etc.

- ii. Now add to the map the types of physical activity at each of these places.
  - iii. Small group discussion of maps/lists. The recorder writes responses to questions on flip chart as issues are mentioned.
    1. What did you notice while making your map/list?
    2. What are some of the ways that the community characteristics affect physical activity? e.g. access, distance, availability, cost, safety, time, etc.
3. Gather the two groups together to share information on the two sets of flip charts about the eating and physical activity environments in this community. Add new issues as they arise.
  4. Review main points of the discussion and the relevance of an environmental approach to weight gain prevention among community members.