



Promoting Active Communities Award Application

Michigan's Promoting Active Communities (PAC) assessment and award application is available for online completion and submission at www.mihealthtools.org/communities. To be considered for the PAC award, the application must be completed and submitted online. However, communities may find this print version of the application useful for previewing the assessment before they register or for collecting data, which can then be transferred to the online application.

This print version includes all the PAC assessment questions and is similar but not identical to the online version. When you complete the questions online, the computer provides assistance. For example, the online assessment displays relevant questions based on your previous answers automatically, performs all calculations for you, checks to make sure all questions are answered, and checks for inconsistent or illogical information. Community population and geographic information is also provided with the online version along with links to numerous online resources to assist your community in completing the assessment and obtaining ideas for ways to make your community more conducive to active living. Additionally, scorecards are provided on the online application; each time you enter data and save, the scorecard is updated.

Please note the following on this print version:

- Instructions for skipping/answering questions and calculation instructions are provided in red. (These functions are performed automatically with the online version.)
- Terms that you can find in the Promoting Active Communities glossary located at the PAC website are in **bold face** in the print version. In the online version, these appear in bold blue letters throughout the application. All you need to do is click on the word and the definition will appear.
- Icons in the print version represent links to the ***Design Guidelines for Active Michigan Communities***  and Promoting Active Communities Resource Guide . In the online version, these links are active. When you click, the link will take you to the Design Guidelines or Resource Guide where you can learn more about the topic referenced in the question, section or subsection.

All Michigan communities are eligible to apply for the Promoting Active Communities award. Communities that achieve an award are recognized at an annual event. Look at the PAC website Frequently Asked Questions for this year's award application deadline (www.mihealthtools.org/communities/default.asp?tab=faqs).

For more information, please visit the Promoting Active Communities website at www.mihealthtools.org/communities. Or contact Sarah Panken at slpanken@michiganfitness.org or 517-908-3822.

SECTION 12: NEIGHBORHOODS

To complete this section, please select one neighborhood in your community that is *below the median income level for the entire community*. Only this neighborhood will be scored for your award application.

- The median income for your community is: **filled in using median household income data from Census (The online version provides instructions and tips for finding a neighborhood below median income level.)**

Once you have selected a neighborhood, we recommend that this section be completed by a team of residents who live in the neighborhood. The team of residents (at least two residents, but preferably more) should come to a consensus for each question. If the neighborhood has a neighborhood organization, you may want to contact the leader of this organization.

Note: If you have questions about any aspect of the assessment, please contact Sarah Panken (via email at slpanken@michiganfitness.org or via phone at 517-908-3822).

Learn more! Follow the  and  links.

Background Information

12. 1 Name of Neighborhood:

12.2 Please indicate your neighborhood's boundaries. Boundaries can include streets, highways, rivers or other natural terrain, or structural features such as railroad tracks.

12.2a Median Income for this neighborhood:

Stores, Restaurants, Schools & Other Services Near the Neighborhood

12.3 Approximately how long would it take to get from the *center of your neighborhood* to the *nearest* businesses or facilities listed below if the average person *walked* to them?

Unsure? Grab a friend and try walking there!

Note: If the destination does not exist in your neighborhood, select "More than 30 minutes." "There is no safe route to walk to this destination" indicates that an individual would not be safe from automobile traffic or secure from crime while walking to this destination.

ACTIVITIES	1 to 5 minutes (About .25 mile)	6 to 10 minutes (About .5 mile)	11 to 20 minutes (About 1 mile)	21 to 30 minutes (About 1.5 miles)	More than 30 minutes (> than 1.5 miles)	There is no safe route to walk to this destination
a. Park	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. Recreation center	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. Gym or fitness facility	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

FOOD	1 to 5 minutes (About .25 mile)	6 to 10 minutes (About .5 mile)	11 to 20 minutes (About 1 mile)	21 to 30 minutes (About 1.5 miles)	More than 30 minutes (> than 1.5 miles)	There is no safe route to walk to this destination
d. Convenience/small grocery store	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e. Supermarket	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
f. Fruit/vegetable market	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
g. Fast food restaurant	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
h. Coffee shop	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
i. Non-fast food restaurant	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

SHOPPING	1 to 5 minutes (About .25 mile)	6 to 10 minutes (About .5 mile)	11 to 20 minutes (About 1 mile)	21 to 30 minutes (About 1.5 miles)	More than 30 minutes (> than 1.5 miles)	There is no safe route to walk to this destination
j. Hardware store	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
k. Clothing store	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
l. Book store	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
m. Video store	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
n. Pharmacy/drug store	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

ERRANDS	1 to 5 minutes (About .25 mile)	6 to 10 minutes (About .5 mile)	11 to 20 minutes (About 1 mile)	21 to 30 minutes (About 1.5 miles)	More than 30 minutes (> than 1.5 miles)	There is no safe route to walk to this destination
o. Laundry/dry cleaners	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
p. Post office	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
q. Bank/credit union	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
r. Salon/barber	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
s. Bus stop	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

LIBRARY & SCHOOLS	1 to 5 minutes (About .25 mile)	6 to 10 minutes (About .5 mile)	11 to 20 minutes (About 1 mile)	21 to 30 minutes (About 1.5 miles)	More than 30 minutes (> than 1.5 miles)	There is no safe route to walk to this destination
t. Library	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
u. Elementary school	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
v. Other schools	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Access to Services

12.4 Please choose the answer that best applies to the consensus of the group. Both *local and within walking distance* mean within a 10 to 15 minute walk from the center of your neighborhood.

	Strongly Disagree	Somewhat Disagree	Somewhat Agree	Strongly Agree
a. Stores are within easy walking distance of our neighborhood	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. Parking is difficult in local shopping areas	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. There are many places to go within easy walking distance of our neighborhood	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. It is easy to walk to a bus or train stop from our neighborhood	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e. The streets in our neighborhood are hilly, making our neighborhood difficult to walk in	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
f. There are major barriers to walking in our local area that make it hard to get from place to place (for example, freeways, railroad lines, or rivers)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Streets in the Neighborhood

12.5 Please choose the answer that best applies to the consensus of the group.

	Strongly disagree	Somewhat Disagree	Somewhat Agree	Strongly Agree
a. The streets in our neighborhood do not have many, or any, dead-end streets, including cul-de-sacs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. The distance between intersections in our neighborhood is usually short (the length of a football field or less)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. There are many alternative routes for getting from place to place in our neighborhood (residents don't have to go the same way every time)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Places for Walking

12.6 Please choose the answer that best applies to the consensus of the group.

	Strongly Disagree	Somewhat Disagree	Somewhat Agree	Strongly Agree
a. There are sidewalks on most streets in our neighborhood	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. Sidewalks are separated from the road/traffic in our neighborhood by parked cars	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. There is a grass/dirt strip that separates the streets from the sidewalks in our neighborhood	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Neighborhood Surroundings

12.7 Please choose the answer that best applies to the consensus of the group.

	Strongly Disagree	Somewhat Disagree	Somewhat Agree	Strongly Agree
a. There are trees along the streets in our neighborhood	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. There are many interesting things to look at while walking in our neighborhood	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. There are many attractive natural sights in our neighborhood (such as landscaping, views)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. There are attractive buildings/homes in our neighborhood	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Neighborhood Safety and Security RG

12.8 Please choose the answer that best applies to the consensus of the group.

	Strongly Disagree	Somewhat Disagree	Somewhat Agree	Strongly Agree
a. There is so much traffic along streets near our neighborhood that it makes it difficult or unpleasant to walk DG	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. The speed of traffic on most streets near our neighborhood is usually slow (30 mph or less)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. Most drivers exceed posted speed limits when driving in our neighborhood	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. Our neighborhood streets are well lit at night DG	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e. Walkers and bikers on the streets in our neighborhood can be easily seen by people in their homes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
f. There are crosswalks and pedestrian signals to help walkers cross busy streets in our neighborhood <i>Note: if there are no busy streets, select "Strongly Agree"</i> DG	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
g. There is a high crime rate in our neighborhood DG	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
h. The crime rate in our neighborhood makes it unsafe to go on walks during the day	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
i. The crime rate in our neighborhood makes it unsafe to go on walks at night	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

12.9 Does your neighborhood have a neighborhood organization or block club? RG

- Yes
- No

12.10 Does your neighborhood have a community police officer assigned to the neighborhood?

- Yes
- No

12.11 Does your neighborhood have a crime watch program?

- Yes
- No

Recreation **RG**

12.12 Does your neighborhood organize a neighborhood walking club or biking club?

- Yes
- No

12.13 Does your neighborhood organize recreational activities for residents, such as sporting events, teams, or leagues?

- Yes
- No