



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 5: PROGRAMS, PROMOTION AND FACILITIES FOR PHYSICAL ACTIVITY

Equitable access to parks, shared-use trails, and sports facilities is important to ensuring that all residents of all income levels can be physically active. Promoting facilities and encouraging residents to be physically active is also essential. Most of the questions in Section 5 can be answered by your parks and recreation department.

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.

Programming and Promotion

5.1 Within the past 5 years, has a **community-wide campaign** been launched in your community encouraging residents to be physically active (that is, to increase activity in general, increase walking, encourage bicycle commuting, promote use of a trail, etc)? A community wide-campaign is a highly visible, coordinated effort that could include billboards, TV, radio, special interest stories in local newspapers, presentations to schools, promotional previews in movie theaters, or direct mailings.

- Yes
- No

5.2 Within the past 12 months, how many events were hosted within your community with local government support (including the parks and recreation department, policing, etc.) that promote physical activity, such as walk-a-thons, pedometer challenges, 5K races, public walks, biking events, corporate challenges, etc.?

Note: Please enter a whole number without commas or periods. If no events, enter zero.

5.2a. Your community had [calculated number] events per 1,000 residents.

Calculation: Number of events in 5.2 divided by 2000 census population data and then multiplied by 1,000.

If 5.2 is greater than zero, answer 5.2b

5.2b. Are physical activity events organized by your community's local government unit promoted to all neighborhoods in your community, and to residents of all income levels?

- Yes, access promotion is evenly distributed
- Mixed, some distribution, some concentration
- No, access promotion is mostly concentrated in one or a few areas

5.3 Is a written **inventory** of public physical activity facilities, parks, shared-use paths/trails and/or fitness classes available to the public?

- Yes
- No

5.4 Does your community have the following recreation programs:

	No	Yes, moderate to high cost	Yes, free to low cost
a. Walking clubs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. Biking clubs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. Running clubs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. Physical activity classes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e. Sports leagues for adults	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
f. Sports leagues for youth (not including school athletic programs)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
g. Senior citizen centers or nutrition sites that offer exercise programs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
h. Other, please describe _____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

5.4a.1 **[If yes to any on 5.4a-h, answer this question]** Is access to the recreation programs listed above is fair and uniform – that is, available and convenient to all neighborhoods in your community, and to residents of all income levels?

- Yes, access is evenly distributed
- Mixed, some distribution, some concentration
- No, access is mostly concentrated in one or a few areas

Recreation Facilities

5.5 How many of the following exercise and/or recreation facilities within the community are open to the public and are free or low cost? Do not include school facilities, private gyms/clubs or facilities that are moderate to high cost.

Please enter a whole number in each space. If there are no such facilities, enter zero in the space provided.

	Number that are free or low cost
a. Community ice skating arenas, roller/inline skating facilities, and skate parks	
b. Swimming pools and water spray parks	
c. Weight training facilities and community gyms/recreation centers	
d. Tennis courts (# of individual courts)	
e. Soccer fields (# of fields)	
f. Baseball/softball fields (# of fields)	
g. Basketball courts (# of individual courts)	
h. Golf courses and disc golf courses	
i. Volleyball courts, including sand (# of individual courts)	
j. Handball/squash/ racquetball facilities	
k. Cross country ski trails and canoe liveries	
l. Private malls or local schools open for walkers	
m. Playgrounds with play structures (# of playgrounds)	
TOTAL LOW-COST or FREE FACILITIES	

5.5n **[If calculated total facilities in 5.5 a is greater than zero, answer this question]** Is access to the recreation facilities listed above fair and uniform – that is, available and convenient to all neighborhoods in your community, and to residents of all income levels?

- Yes, access is evenly distributed
- Mixed, some distribution, some concentration
- No, access is mostly concentrated in one or a few areas

5.6 Is access to **supervised** recreation facilities for children fair and uniform – that is, available and convenient to all neighborhoods and children of all income levels?

- Yes, access is evenly distributed
- Mixed, some distribution, some concentration
- No, access is mostly concentrated in one or a few areas
- Not applicable. There are no supervised recreation facilities for children in the community

5.7 Does your community have a written policy agreement with the local school district(s) to provide access to school facilities for physical activity during non-school hours?

- Yes
- No

Parks **DG** **RG**

5.8 Does your community have one or more public parks?

- Yes
- No

If 5.8=yes, then answer the remainder of the questions in Parks subsection

5.8a- How many acres of public park space are available in your community?

Note: Please enter a whole number without commas or periods. If no park space, enter zero.

5.8b- Your community has **Calculated Score** acres of public park space available per 1,000 residents.

Calculation: Divide acres in 5.8a by 2000 community population (per Census) and then multiple by 1,000.

5.8c- Approximately what percentage of park facilities meet the standards of the **Americans with Disabilities Act (ADA)**? **RG**

- Less than 25%
- 25% to 50%
- 51% to 75%
- More than 75%

5.8d- Is access to public parks in your community fair and uniform – that is, available and convenient to all neighborhoods in your community, and to residents of all income levels?

- Yes, access is evenly distributed
- Mixed, some distribution, some concentration
- No, access is mostly concentrated in one or a few areas

Trails/Shared-Use Paths

5.9 How many miles of **shared-use paths** or **multi-use recreational trails** are available in your community? This does not include sidewalks or **sidepaths** (wide sidewalks along roads).

Note: Please enter a whole number without commas or periods. If no such paths or trails, enter zero.

Answer 5.10 only if 5.9 is greater than 0.

5.10 Your community has **Calculated Score** miles of shared-use paths or multi-use recreation trails available per community square mile.

Calculation: Divide miles in 5.11 by 2000 Census square miles for the community.

If total miles in 5.9 is greater than zero, answer the next question.

5.10a. Is access to shared-use paths or multi-use recreational trails in your community fair and uniform – that is, available and convenient to all neighborhoods in your community, and to residents of all income levels?

- Yes, access is evenly distributed
- Mixed, some distribution, some concentration
- No, access is mostly concentrated in one or a few areas