

# 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

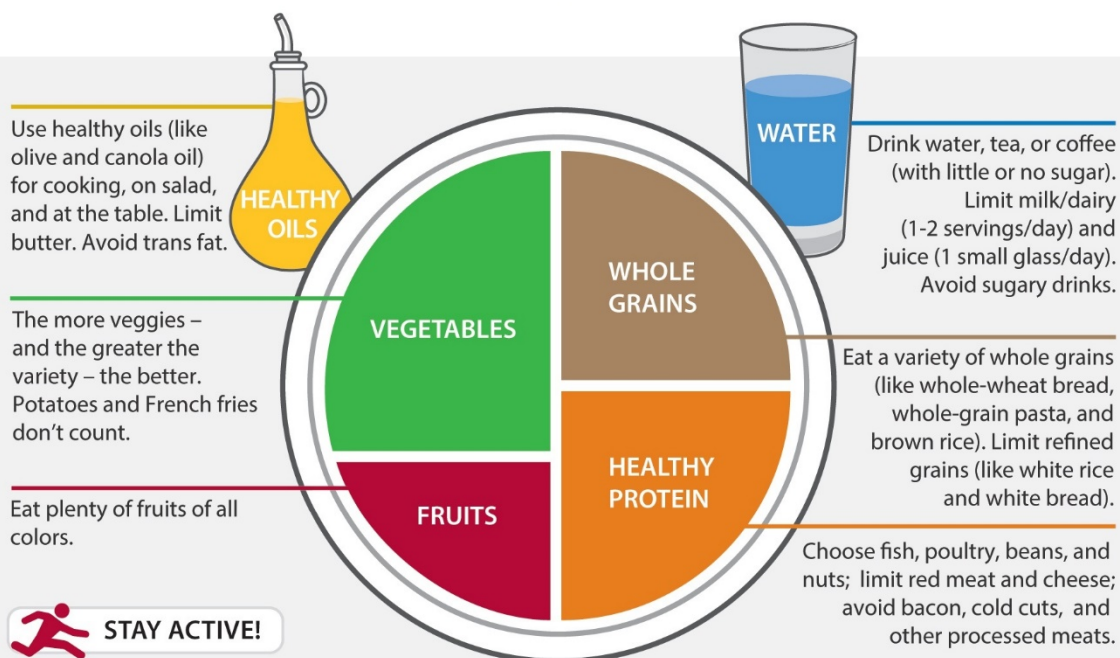
1. Do you attend local food pantry? ☐ Yes ☐ No

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

## HEALTHY EATING PLATE



Harvard T.H. Chan School of Public Health  
The Nutrition Source  
[www.hsph.harvard.edu/nutritionsource](http://www.hsph.harvard.edu/nutritionsource)

Harvard Medical School  
Harvard Health Publications  
[www.health.harvard.edu](http://www.health.harvard.edu)



# COMMUNITY ASSESSMENT

## FOR HEALTHY EATING AND ACTIVE LIVING

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)   ☐ Camden Greenway  
☐ Little league sports teams  
☐ Kroc Membership   ☐ 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:

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning							
Afternoon							
Evening							