

Questions and Tips for Completing the Physical Activity Scan

- 1. What should I have on hand when beginning the scan?**

If you are not familiar with the hospital, retrieve a *map* of the building and the grounds. Have Christina Perry's *cell phone number* available in case you have questions (cell: 402-304-7038). Have available one *printed copy of the physical activity scan* and the link to the scan on the *iPad*, which will be provided.
- 2. Where do I enter the hospital?**

Enter through the main entrance of the hospital.
- 3. What to do when partners vary in responses to an item on the survey?**

When there is a difference in perspective between the two partners talk about the differences and try to come to a consensus. If one cannot be reached, make describe the perspectives in the comment section so we can determine where any confusion might have been.
- 4. What exactly is meant by stairwell signs?**

When identifying signs that promote stairs or stairwell usage, you should identify those signs that influence employees or visitors at the point of decision, (i.e., these signs should be located at or near the stairs). Sometimes these signs may be located at elevator banks to encourage stair usage.
- 5. What exactly should we focus on for the grounds and physical activity centers?**

For the grounds assessment questions, focus on open space or grassy areas that are large enough to use for physical activities, such as sports, walking, or lead to places where one could engage in those activities. These activities may be part of organized programs or voluntary on the part of employees or visitors.
- 6. Should I just walk into the onsite fitness center if one is available?**

If you are not a hospital employee or do not have access to the fitness center, you may need to contact a hospital employee who does. If there is a receptionist in the fitness center, introduce yourself and the purpose of your visit. When assessing the fitness center, make certain to indicate whether the hours of operation of the fitness center include employees and/or visitors.
- 7. How many different trails or walkways should be reviewed for walkability?**

Begin with trails or walkways that are most commonly used. One trail or walkway is sufficient, but if there are 3 most commonly used, assess all 3 if possible. In the Comments section, provide any observations about the walkability or connectivity to the neighboring community.
- 8. What is meant by 'Connectivity'?**

This term refers to how readily and easily the campus and community are interlinked. This may include purely recreational options, such as a walking trail or pedestrian destinations (e.g., stores and public transit).