

Healthy Hospitals Physical Activity Scan

Please complete the survey below following the instructions for each section. If you have questions, please call Dr. Perry at 402 304 7038

Thank you!

Startup Information

Rater ID # Please insert the Rater ID number you were provided

Hospital ID # Please insert the Hospital ID number you were provided

Hospital Name Please insert the name of the hospital

Stairs Evaluation

Staircase is openly visible?

- Yes
- No
- Does Not Apply

Able to see stairs from entrance

- Yes
- No
- Does Not Apply

Carpeted?

- Yes
- No
- Does Not Apply

Is there music playing?

- Yes
- No
- Does Not Apply

Walls painted, decorated or art work?

- Yes
- No
- Does Not Apply

Utilities visible in stairwell e.g., pipes, wires showing?

- Yes
- No
- Does Not Apply

Doors to stairs are unlocked on most or all floors?

- Yes
- No
- Does Not Apply

Doors leading to stairs marked "stairs" (not just "exit")?

- Yes
- No
- Does Not Apply

Warnings or caution signs on door(s)?

- Yes
- No
- Does Not Apply

Floor number labeled inside of stairway?

- Yes
- No
- Does Not Apply

Restricted exit (e.g. locked from inside)?

- Yes
- No
- Does Not Apply

Designated as stairs for employees/staff only?

- Yes
- No
- Does Not Apply

How many signs encouraging stair use did you see?

- None
- 1 sign
- 2-3 signs
- More than 3 signs

Comments regarding Stairs

Grounds and Physical Activity Centers

Which of the following items are present on the grounds?

Courts/Fields for sports?

- Yes
 No

Marked walking path on or adjacent to grounds?

- Yes
 No

Open space/grassy area large enough for physical activity?

- Yes
 No

FOR THE 3 ITEMS ABOVE Are they in a safe place?

- Yes
 No
 Does Not Apply

FOR THE 3 ITEMS ABOVE Are they well lit?

- Yes
 No
 Does Not Apply

Is there a fitness center/area?

- Yes
 No

Fitness Center Hours of Operation Open anytime between 5am and 8am?

- Yes
 No
 Does not apply

Fitness Center Hours of Operation Open between 8am and 9pm?

- Yes
 No
 Does not apply

Fitness Center Hours of Operation Open between 9pm and Midnight?

- Yes
 No
 Does not apply

Fitness Center open to visitors?

- Yes
 No

Cardio Machines (e.g. treadmills, ellipticals, bikes, stepping, & rowing machines)?

- Yes
 No

Total number of cardio machines?

Strength equipment?

- Yes
 No

Total number of strength equipment?

Free Weights?

- Yes
 No

Total number of free weights?

Area for aerobics/dance/other activities?

- Yes
 No

TV in the workout area?

- Yes
 No

Music in the workout area?

- Yes
 No

Equipment is in good condition (i.e., fairly new, clean, comfortable)?

- Agree
 Mixed
 Disagree
 NA

The fitness center is an inviting environment (i.e. enough space, comfortable temperature and lighting)?

- Agree
 Mixed
 Disagree
 NA

Are the following available near or inside the fitness/workout area? Changing rooms?

- Yes
 No
 NA

Are the following available near or inside the fitness/workout area? Showers?

- Yes
 No
 NA

Are the following available near or inside the fitness/workout area? Scales?

- Yes
 No
 NA

Are the scales in good condition (e.g., fairly new, clean, comfortable)?

- Agree
- Mixed
- Disagree
- NA

Are the showers in good condition (e.g., fairly new, clean, comfortable)?

- Agree
- Mixed
- Disagree
- NA

Are the changing rooms in good condition (e.g., fairly new, clean, comfortable)?

- Agree
- Mixed
- Disagree
- NA

Are the changing rooms easily accessible?

- Agree
- Mixed
- Disagree
- NA

Are the shower rooms easily accessible?

- Agree
- Mixed
- Disagree
- NA

Are the scales easily accessible?

- Agree
- Mixed
- Disagree
- NA

Please comment on signage and promotions: Number of signs encouraging one to join physical activity classes, notices about onsite/off site exercise classes, site/campus maps illustrating places to be active, etc.?

- None
- 1 sign
- 2-3 signs
- More than 3 signs

Are there other promotion programs for physical activity through classes or using walking trails (on-campus or in the community)? E.g., employee intranet promotions, patient handouts?

- Yes
- No
- NA

Comments

Transportation/Parking Assessment

Transportation

Are facilities (bike locks, bike racks) for bikes present?

- Yes
 No

Please indicate # of bike slots

Number of bikes parked in bike rack(s)?

- None
 1-2 bikes
 half-filled with bikes
 more than half-filled with bikes
 NA

How long is the distance between the parking lot and the worksite?

- Less than 5 minutes walking
 5-10 minutes walking
 More than 10 minutes walking

Is public transit access available near the hospital?

- Yes
 No

Number of signs in parking lot/or building encouraging drivers to park farther away and walk?

- None
 1 sign
 2-3 signs
 more than 3 signs
 NA

Number of signs encouraging bike/walk to work, vanpool programs, public transportation programs?

- None
 1 sign
 2-3 signs
 more than 3 signs
 NA

Are there other strategies to promote biking or walking to the hospital? (e.g., employee intranet promotions or patient handouts?)

- Yes
 No
 NA

Comments regarding Transportation/Parking

Walkability Assessment

For each of the following categories describing the walkability of the hospital campus, choose the appropriate descriptor.

Pedestrian Facilities: presence of a suitable walking surface, such as a sidewalk or path.

- No permanent facilities; pedestrians walk in roadway or on dirt path
- Sidewalk on one side of road; minor discontinuities that present no real obstacle to passage
- Continuous sidewalk on both sides of road, or completely away from roads

Pedestrian Conflicts: potential for conflict with motor vehicle traffic due to driveway and loading dock crossings, speed and volume of traffic, large intersections, low pedestrian visibility for walking and mobility impaired pedestrians.

- High conflict potential
- Medium conflict potential
- Low conflict potential

Crosswalks: presence and visibility of crosswalks on roads intersecting the segment. Traffic signals meet pedestrian needs with separate 'walk' lights that provide sufficient crossing time.

- Crosswalks not present despite major intersections
- Some crosswalks present, or few intersections
- No intersections, or crosswalks clearly marked

Maintenance: cracking, buckling, overgrown vegetation, standing water, etc. on or near walking path. Does not include temporary deficiencies likely to soon be resolved (e.g. tall grass).

- No problems
- Some problems
- Major or frequent problems

Path Size: measure of useful path width, accounting for barriers to passage along pathway.

- No permanent facilities
- At least 3 feet wide, some barriers
- More than 5 feet wide, barrier free

Buffer: space separating path from adjacent roadway.

- No buffer from roadway
- Not adjacent to roadway
- Less than 3 feet from roadway
- More than 3 feet from roadway

Aesthetics: includes proximity of construction zones, fences, buildings, noise pollution, quality of landscaping, and pedestrian-oriented features, such as benches and water fountains.

- Uninviting
- Medium
- Pleasant

General Impressions and Other Comments Related to the Community, Connectivity, and/or Walkability Assessment:

General overall comments about for the research team