

# Healthy Hospital Physical Activity Environment Scan

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*April 20-21*

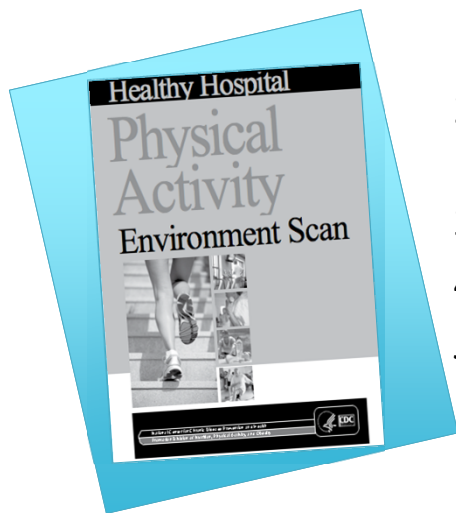
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## Physical Activity Environment Scan **WHY?**



- To determine:
- 1) the built environment opportunities that promote physical activity.
  - 2) a baseline to track changes overtime.

## Physical Activity Environment Scan Five Assessment Areas



1. Stairs
2. Ground & Physical Activity Centers
3. Transportation/Parking
4. Walkability
5. *Wellness Programs/Policies\**

\*Phase 2 of project-2016

## Where to Start: Enter Main Entrance

- Bring iPad and hard copy of scan
- Badges should be visible
- Get the “lay of the land”
- Retrieve a map (optional)
- Start from the main entrance



## START-UP Page 1 of Scan

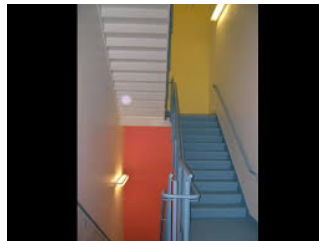
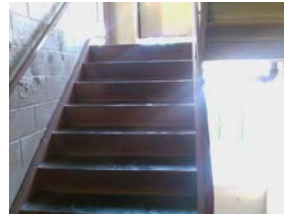
MUST be filled in to begin

**Startup Information**

1)	<b>Rater ID #</b> Please insert the Rater ID number you were provided <small>* must provide value</small>	<input style="width: 95%;" type="text"/>
2)	<b>Hospital ID #</b> Please insert the Rater ID number you were provided <small>* must provide value</small>	<input style="width: 95%;" type="text"/>
3)	<b>Hospital Name</b> Please insert the name of the hospital <small>* must provide value</small>	<input style="width: 95%;" type="text"/>

## 1. Stairs

- Choose stairs closest and/or most visible to the main entrance
  - Visible
  - Aesthetics:
    - Carpeted, music, utilities
  - Locked/unlocked
  - Restricted
  - Marked “Stairs”



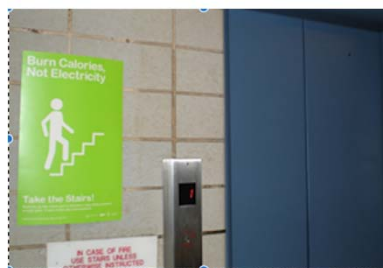
## Stair Signage

(Point of Decision Prompts)



1. Look for signage at or near the stairs or elevators

1. Count the # of signs visible



## 2. Grounds and Physical Activity Centers

### Grounds

- Focus on open space areas or grassy areas large enough to use for PA or leads to places for PA.



### PA Centers

- May need to ask for access to the fitness center and shower facilities.
- Counting equipment
- Signage



### 3. Transportation & Parking

- Bike racks/# nearest entrance
- Parking Lot
  - Distance
  - Signage promoting PA
- Public transit nearby
- Promotions promoting active commuting to work
  - Mailings, signage



Active commuting

Biking to work 20 miles per week can reduce coronary heart disease by 50%.



### 4. Walkability

#### Pedestrian routes

- Choose the most likely pedestrian routes to any destination (parking lots, parks, eateries)
- Indicate destination on scan
- Rate each feature:
  - Walking paths, access, size
  - Aesthetics
  - Safe



Connectivity



**Questions? Suggestions?**

