



Some questions to consider using to determine the health of a client's nutrition environment:

General

What do you notice about the environment around you that makes it hard to eat healthy or exercise?

Community nutrition environment

How many grocery stores are available within walking or bus stop distance?

How frequently is grocery shopping possible?

Is there sufficient storage space in the home for frozen or fresh foods?

Is the neighborhood considered safe for walking?

Are there sidewalks?

Is there a nearby park?

Does anyone in the family have health issues limiting mobility?

Organization nutrition environment

Do you fix the same food for both the children and parents?

Are there negative perceptions associated with canned/frozen fruits or vegetables?

Is there a lack of confidence for healthy food preparation?

Is an oven or microwave available in the home for cooking?

How many people are served in a meal at home?

Do friends, family, work friends, etc. place an emphasis on staying healthy or physical activity?

Consumer nutrition environment

Is food (ie. 'super size') ever chosen because it is a "good value"?

Media nutrition environment

How many hours of "screen time" (time with cell phones, computers, TV, video games) is your family exposed to every day?

USDA Food Environment Atlas: <http://www.ers.usda.gov/FoodAtlas/>

The Atlas assembles statistics on three broad categories of nutrition environment factors:

- **Food Choices**—Indicators of the community's access to and acquisition of healthy, affordable food, such as: access and proximity to a grocery store; number of foodstores and restaurants; expenditures on fast foods; food and nutrition assistance program participation; quantities of foods eaten; food prices; food taxes; and availability of local foods
- **Health and Well-Being**—Indicators of the community's success in maintaining healthy diets, such as: food insecurity; diabetes and obesity rates; and physical activity levels
- **Community Characteristics**—Indicators of community characteristics that might influence the food environment, such as: demographic composition; income and poverty; population loss; metro-nonmetro status; natural amenities; and recreation and fitness centers

County Health Rankings: <http://www.countyhealthrankings.org/>

The County Health Rankings model includes social, economic, and physical factors as part of a larger group of factors that can affect health at the county level.