

Guidance on Completing the Rural Active Living Assessment Final Report Template

Office of the Chief Medical Officer of Health

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This document is meant to provide guidance on completing the Rural Active Living Assessment Final Report Template. The sections below correspond to the sections contained within the Final Report template document. Additional information is provided to help with completing the final report template.

1.0 Introduction

Use the wording contained within the Rural Active Living Assessment Final Report template. Insert the community name.

2.0 Community Profile

Information for this section can be found in the community demographics and characteristics portion of the RALA Community-wide assessment tool starting on page 38 in Appendix A of the RALA Codebook.

Insert information as required.

3.0 Health Profile

Include information from the appropriate New Brunswick Health Council “My Community at a Glance” Community Profile (<https://www.nbhc.ca/community-profiles#.WMaTdlUrKUK>). A paragraph would be enough including:

- Physical activity rates
- Obese/overweight rates

Figure 1: Map of Community

Insert a map showing location of residences, services and businesses. Maps can be found at the local municipal or local government office, or through Google Maps, Google Earth, MapQuest or GeoNB.

4.0 Methodology

This section describes the assessments that were completed. Remove any of the assessment tools from the bulleted list that were not used and explain.

5.0 Community Recreational Amenities

Information for this section can be found in the Community-Wide Assessment Tool in Appendix A of the RALA Codebook (starting on page 38). Please complete the sections below for each amenity with information relevant to the community.

Ensure to include any other recreational amenities present in the community that aren't listed below and describe them and their accessibility. These would be found on pages 47-49 of the RALA Community-wide assessment tool. Include captioned photos as you see fit throughout.

For example:

5.1 Trails

Describe the location, condition and accessibility of any hiking, walking or any other trails in the community.

Or

There are no designated hiking or walking trails in the community.

6.0 Public Schools

Information for this section can be found in question 9 on pages 38 and 39 of the RALA Community-wide assessment tool in Appendix A of the RALA Codebook.

7.0 Community Walkability and Accessibility

Based on the subjective assessment section of the RALA Street Segment Assessments (pages 59 and 63-64) discuss overall how walkable and accessible the community is or by section (e.g. by zone) if there is great variability in the community. Information for this section can be found in Part II of the Street Segment Assessments found in Appendix C of the RALA Codebook, page 58. Highlight any major issues or obstacles to physical activity (see page 59 in the RALA Street Segment Assessment).

8.0 Programs and Policies to Support Active Living

Information for this section can be found in the RALA Programs and Policies Assessment Tool in Appendix B of the RALA Codebook starting on page 51. For tables 2 and 3 delete all programs and policies that don't apply to the community. Add any other programs or policies in the community that promote physical activity. Delete Table 3 completely if no schools are present in the community.

Table 2: Community Programs and Policies

Programs and Policies	Explanation
A policy that requires bikeways or pedestrian walkways in new public infrastructure projects.	
A program/policy to ensure regular clearing of snow and ice from (choose one: sidewalks and trails; sidewalks; trails)	Explain who runs program and details.
A recreation department that offers physical activity programming.	Explain any community run programs and the ages they are offered to and if offer to those with a disability as well. If no programs run but there are community run areas, fields, courts etc. explain those and who runs programs on.
A program/policy that provides sliding-scale fee or subsidies for lower income residents.	Provide details on and who run by.
Private or not for profit agencies, businesses or organizations that offer physical activity programming.	The following is a list of all places that offer physical activity programs and spaces in the community: <ul style="list-style-type: none"> Name each place, ages served and if accessible to those with a disability.
Program/policy to provide local public transportation to the community.	Explain any public bus or van options to transport individuals and if accessible to those with a disability.
Long-distance transportation programs.	Explain any private bus or van options to transport individuals and if accessible to those with a disability.

Table 3: School Programs and Policies

Programs and Policies	Explanation
Walk to school program.	Explain any programs in place that encourage children to walk to school.
School physical activity initiatives.	Explain any sports teams or physical activity classes offered to students for each school in the community. Indicate if they are inclusive to those with a disability.
Established shared-use agreement between community and local schools.	Explain any agreements between community schools and the community for public access to recreation facilities after school hours.
Public school late bus or carpool options.	Explain any late bus options offered to students to stay for activities for each school in the community. Indicate if they are inclusive to those with a disability.

9.0 Community Food Environment

Information for this section can be found in the RALA Supplementary Food Assessment Tool starting on page 84 of Appendix F in the RALA Codebook.

9.1 Retail Food Environment

Write about any grocery stores or supermarkets in the community or distance to next closest. For example:

A total of X grocery stores or supermarkets were identified within the community. Generally describe the accessibility.

Or

There are no grocery stores or supermarkets in the community. The next closest full grocery store or supermarket is located approximately X Km from Community name.

State how many convenience or corner stores sell healthy food (produce, dairy, whole grains and meat) in the community. Also briefly describe the accessibility and what healthy food is sold. Do the same for any farmer's markets or any other food amenities serving. Information for this section can be found in RALA Supplementary Food Assessment Tool questions 4-8, pages 84-89.

9.2 Community Food Resource Environment

Describe the community food resource amenities currently located in the community and their accessibility. Information for this section can be found in Section II (pg. 90) of the RALA Supplementary Food Environment Assessment Tool found in Appendix F of the RALA Codebook.

9.3 School Surrounding Food Environment

Describe how many fast food outlets and convenience stores are within walking distance of each of the schools present in the community. Information for this section can be found in Section III (pg. 93) of the RALA Supplementary Food Assessment Tool found in Appendix F of the RALA Codebook. This section can be removed from the report if no schools are present in the community.

10.0 Conclusions

The values for tables 4 and 5 can be found in the reporting form found on pages 75-77 in Appendix E of the RALA Codebook.

11.0 References

Reference the New Brunswick Health Council's "My Community at Glance" and other resources used.