

Self Management Assessment and Resource Tool

Introduction

Building Healthy Communities for Active Aging was developed to encourage communities to incorporate the concepts of Smart Growth and Active Aging in community planning and development.

The EPA's Aging Initiative spearheaded development of Building Healthy Communities for Active Aging working closely with:

- The President's Council on Physical Fitness and Sports
- The Centers for Disease Control and Prevention
- The National Council on Aging's Center for Healthy Aging
- The National Blueprint Office
- Active for Life

The 20 questions that follow will help you understand what is required to achieve Smart Growth and Active Aging in your community. Your responses to the questions will provide you with a clear vision of what your community has achieved and what remains to be accomplished.

Below are brief definitions of "Smart Growth," "Active Aging" and "Community Assessment" as used in the questionnaire. More detailed information about these concepts can be accessed by clicking the link at the beginning of each section.

Definitions:

***Smart Growth (SG):** Smart Growth is defined as development that serves the environment, community, economy, and public health. The principles of smart growth include:

1. Mix land use;
2. Take advantage of compact building design;
3. Create a range of housing opportunities and choices;
4. Create walkable neighborhoods;
5. Foster distinctive, attractive neighborhoods with a sense of place;
6. Preserve open space, farmland, natural beauty, and critical resources;
7. Strengthen and direct development towards existing communities;
8. Provide a variety of transportation choices;
9. Make development decisions predictable, fair, and cost effective, and
10. Encourage community stakeholders collaboration in development decisions.

***Active Aging/Physical Activity (PA):** includes planning and implementing a variety of widely accessible programs and/or self-directed opportunities for those 60+ and which emphasize activities that increase endurance, strength, flexibility, balance, and the principles of injury prevention. These types of activities include walking, biking, fitness trails and similar activities/programs at various levels of intensity to fit the capacities of participants.

***Community assessment or survey:** can include formal needs assessment or community survey or discussion of community needs with service providers with smart growth or active aging/physical activity programming or opportunities in the community.

Building Healthy Communities for Active Aging

1. Our community has defined goals or a mission for advancing or applying *smart growth principles.

Not at all **Partially Completed** **Fully Completed**

2. Our community's governing body has conducted or commissioned a *community assessment for applying *smart growth principles.

Not at all **Partially Completed** **Fully Completed**

3. Our community has defined goals or a mission for increasing older adult participation in * active aging/physical activity.

Not at all **Partially Completed** **Fully Completed**

4. Our community's governing body has conducted or commissioned a *community assessment of older adult participation in active aging/physical programs or opportunities.

Not at all **Partially Completed** **Fully Completed**

5. Our community has developed a plan that includes feasibility, costs, and impacts of adopting a smart growth approach to plan for the future.

Not at all **Partially Completed** **Fully Completed**

6. Our community has studied the feasibility, cost, impacts, time frame and leadership for creating/promoting active aging/physical activity for aging adults.

Not at all **Partially Completed** **Fully Completed**

7. Our community is actively engaged in formulating plans and strategies for specifically linking smart growth initiatives with programs, amenities or opportunities that include active aging/physical activity for older adults

Not at all **Partially Completed** **Fully Completed**

8. Our community has established interagency committees, task forces, or other community partnerships with local aging organizations, service providers, and agencies as a means of coordinating activities and programs with smart growth and active aging/physical activity components.

Not at all **Partially Completed** **Fully Completed**

9. Our community has legislative, zoning, comprehensive plan initiatives and other policies in place or in consideration that include provision for both smart growth and active aging/physical activity programs or opportunities for older adults.

Not at all **Partially Completed** **Fully Completed**

10. Our community has created pilot programs, or has existing programs for active aging/physical activity for older adults which take advantage of the resources and environments created by local smart growth activities such as safe walking area, biking amenities, age-sensitive exercise trails, safe parks, etc.

Not at all **Partially Completed** **Fully Completed**

11. Our community's comprehensive planning integrates smart growth principles and promotes application of these to encompass active aging/physical activity programs and opportunities for older adults.

Not at all **Partially Completed** **Fully Completed**

12. Our community is increasing its capacity through actions such as budget allocation, staff resources, infrastructure improvement, etc. for systematically expanding on smart growth activities.

Not at all **Partially Completed** **Fully Completed**

13. Our community is reaching out to local/county/state officials and departments, land developers, and community organizations to expand smart growth activities.

Not at all **Partially Completed** **Fully Completed**

14. Our community includes gathering evidence about and evaluating the effectiveness of and level of participation in our active aging/physical activity programs and opportunities for older adults.

Not at all **Partially Completed** **Fully Completed**

15. Our community has an initiative that includes promotion, advertising, recruitment, and widely available programs and opportunities to engage more older adults in active aging/physical activity.

Not at all **Partially Completed** **Fully Completed**

16. Our community has the capacity to implement a model program combining smart growth principles with programs emphasizing active aging/physical activity for older adults.

Not at all **Partially Completed** **Fully Completed**

17. Our community has a well-established smart growth initiative and active aging/physical activity programs and opportunities.

Not at all **Partially Completed** **Fully Completed**

18. Our community is planning to expand these to a wider segment of our population as well as the partnerships that will support these programs.

Not at all **Partially Completed** **Fully Completed**

19. Our community has an established coalition of service providers, advocacy organizations, businesses and governmental agencies who are cooperating to create more innovative and widely available programs that integrate smart growth principles and active aging/physical activity programs and opportunities.

Not at all **Partially Completed** **Fully Completed**

20. Our community has an existing model program integrating active aging/physical activity and smart growth for older adults and we can provide technical assistance and a contact person to share information with other communities.

Not at all **Partially Completed** **Fully Completed**