# COMMUNITY HEALTH INCLUSION INDEX (CHII)

**ON-SITE ASSESSMENT** 

Thank you for taking the time to fill out this assessment about the accessibility and inclusion of a facility in your community for promoting physical activity and healthy nutrition. The purpose of the Community Health Inclusion Index (CHII) is to collect information about healthy living resources in a community and the degree to which they are inclusive. The assessment will be extremely useful in helping stakeholders to plan and develop strategies that will impact the health and well-being of all members of your community, including persons with disabilities. Please note that the CHII is not an ADA compliance checklist, but is intended to be a tool to measure a broad level of health inclusion in communities.

The CHII On-Site Assessment is designed in sections. Please make sure to review all the sections of the survey and answer all that apply to the site being assessed. There are instructions and pictures to help conduct the assessment. In addition, raters should review the CHII Manual for additional instructions on rating sites, measurement and a glossary of terms.

The CHII was developed in partnership by the Center on Health Promotion Research for Persons with Disabilities, University of Illinois at Chicago (http://chp.ahslabs.uic.edu/projects/chii/) and the National Center on Health, Physical Activity and Disability, University of Alabama at Birmingham & Lakeshore Foundation (http://www.nchpad.org/)

# **Before Heading to Site**Fill out the following information before heading to the assessment site

Rater Name	Rater Name Facility Name					
Facility Nar						
Street Addr	treet Address					
City						
State						
Zip code						
Choose the	Sector of the community below that most applies to the site being assessed:*					
Ма	rk only one circle.					
0	School					
0	Work site					
Ο	Healthcare site					
0	Community institution/organization (e.g. YMCAs, senior center, boys and girls clubs etc.)					
0	Food environments (e.g. grocery store, farmers market, community garden etc.)					
Is at least o	ne transit stop available near the site entrance? *					
the manua	s: Determine through internet research. Additional instructions availlable in I. Consider a bus, train, and other fixed route stops within a few blocks (up le) from the site.					
Ма	rk only one circle.					
0	Yes Skip to question 9.					
0	No Skip to question 14.					

# Public Transit Availability Fill out these questions BEFORE you go to the site

9.	streets	ormation about the trust			te, vehic	le type, direction and cross	
<b>10.</b> How often (i.e., every 15 minutes or less, every 16-30 minutes, etc.) does the bus/train, during the mornings, rush hours and evenings?							
		: Go online to look u er time period.	p the tra	nsit schedule. [	o not r	mark more than one	
	Peak	Periods (morning ar	nd evenii	ng rush hours) <i>i</i>	Mark on	nly one circle per row.	
	0	15 min. or less	Ο	16-30 min.	Ο	over 30 min.	
11.		.e., every 30 minutes o on-peak periods (nig		•	es, etc.)	does the bus/train/van come	
		: Go online to look u er time period.	p the tra	nsit schedule. [	o not r	mark more than one	
	Non-	-Peak Periods (nights	, weeker	nds etc.) <i>Mark o</i>	nly one	circle per row.	
	0	30 min. or less	0	31-60 min.	Ο	over 60 min.	
12.		e following componer thave a stop near the	•			route public transportation	
		: Gather information cy about the vehicle	_			-	
	Ο	Level boarding fro	m ramp c	or lowered vehic	le		
	Ο	Auditory announc	ements				
	Ο	Visual display of st	ops				
	0	None of the above					

# **Transit 2**

Instructions: Assess the pre-determined transit stop by observing the stop in person

### The remaining questions should be answered at the site

- **13**. Which of the following elements, if any, are observed at the transit stop? (Check all that apply)
  - O Transit shelter
  - O Bench or other seating
  - O Signage with TTY number
  - O Enough space to maneuver using a mobility device (5ft clearance)
  - O A stable and firm landing pad surface
  - O Light posts or other lighting infrastructure at or next to the stop

### Walking/Rolling Around the Site

**14.** Is it safe/possible to walk or roll on the paths on and around the site? \*

Instructions: mark no if there are no sidewalks or paths available to safely walk/roll around the site

Mark only one circle.

- O Yes Skip to question 15.
- O No Skip to question 28.



# Walking/Rolling Around the Site 2

Instructions: Carefully observe the area around the site and note which features below are present.

**15.** Indicate if the following characteristics that make walking/rolling more appealing are present on none, some, many or all of the streets closest to the building entrance: (check all that apply)

(as you're walking around the site, it may be easier to 'pencil-in' your response and then change it as you encounter additional features)

Mark only one circle per row.

	None	Some	Many	All
Buffer between sidewalk and street, such as landscaping or parking lane	0	Ο	Ο	0
Benches or other seating	0	0	0	0
Trees or other shade	0	0	0	0
Green space	0	0	0	0
Clean and well maintained sidewalks/trails/paths	Ο	Ο	Ο	Ο
Free of noise pollution	0	0	0	0



16.	Indicate if the following characteristics that could deter people from walking/rolling/biking around the site are present in none, some, many or all of the blocks around the site: (check all that apply)						
	Mark only one circle per row.						
		None	Some	Many	All		
	People loitering	0	Ο	Ο	0		
	Graffiti	Ο	0	0	0		
	Litter	Ο	0	0	0		
	Vacant buildings	Ο	0	0	0		
	Street harassment	Ο	Ο	Ο	0		
1 <b>7.</b>	Indicate whether the following chara to the destination?	cteristic	s are ob	served (	on none, some, many or allof the paths		
	Instructions: Examine the sidewalk from the transit stop or parking area (see manual for additional instructions). Assess the Path from the transit stop if available otherwise complete for the path from the parking area.						
	Mark only one circle per row.						
		None	Some	Many	All		
	At least 5 feet wide	0	0	0	0		
	Free of obstacles or hazards that are difficult to traverse	0	0	0	0		
	Cross slope no more than 2% (1.1 degrees)	Ο	0	0	0		
	Surface smooth, firm (e.g., NOT gravel or dirt)	0	0	0	0		

18.	Note any ob	stacles o	er hazards belo	W						
19.	Are there any is needed?	y drivew	ays, street cross	sings or le	evel trar	nsitions	on the p	oath to the site w	vhere a curb	cut
	Mark	only on	ne circle.							
	0	Yes	Skip to quest	tion 20.						
	0	No	Skip to quest	tion 22.						
Curb Cut	's									
20.	For the curb	cuts on i	the path, indica	ate wheth	ner the f	ollowing	g chara	cteristics are obs	served.	
			re the slope of of travel. If no			_		el. It should be	placed	
	Mark	only on	ne circle per row	/.						
				None	Some	Many	All			
	Slope less th	an 8.3%	(4.7°)	0	0	0	0	8		
	Free of barrie	ers or ha	zards	0	0	0	0	(00)	Cros Slop	

	None	Some	Many	All
Slope less than 8.3% (4.7°)	0	0	0	Ο
Free of barriers or hazards that obstruct it	Ο	0	0	Ο
Free of breaks in the surface	0	0	0	Ο
A detectable warning in good working condition	Ο	Ο	0	0
No curb cuts	0	0	0	O



21. Note any barriers or hazards below						



# **Intersections 1**

**22.** Indicate whether the following features are present in none, some, many or all the crossings near the site:

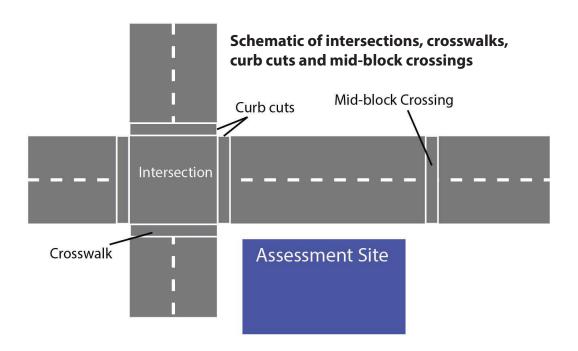
Instructions: examine the nearest crossings to the site that one can access by walking. Assess one (4 crossings) to two intersections (8 crossings). Also consider mid-block crossings

Mark only one circle per row.

	None	Some	Many	All
Crosswalk is well marked with stripes/paint/bricks	0	0	0	Ο
Free of obstacles or hazards that are difficult to traverse	Ο	0	0	Ο
There are curb cuts at each end of the crossing	0	0	0	0

23. Note any obstacles or hazards below:

Note the cross streets of the intersection



**25.** Do any of the intersections have a traffic signal?

Mark only one circle.

- O Yes Skip to question 26.
- O No Skip to question 27.

# **Intersections 2**

**26.** Indicate whether the following elements are present on none, some, many or all of the traffic signals near the site?

Instructions: Assess 1-2 intersection with traffic signals

Mark only one circle per row.

	None	Some	Many	All
Auditory crossing signal	0	0	0	Ο
Visual countdown	0	0	0	Ο
Crossing signals provide enough time for a person to walk/roll at slow pace	Ο	Ο	Ο	Ο

# **Driving to the Site:**

Instructions: Assess the parking area nearest to the building.

**27.** Is a parking lot available at the facility? \*

Mark only one circle.

O Yes Skip to question 28.

O No Skip to question 29.



## **Parking Lot Accessibility**

- **28.** Are any of the following observed in the parking lot? (check all that apply)
  - O Accessible spaces designated with International Symbol of Accessibility on an upright sign (60"min)
  - O Access aisles (5 feet min.) adjacent to accessible parking spaces
  - O Designated van accessible parking spaces
  - O None of the above

# **Getting Into the Site**

Instructions: Observe the entrance to the site (e.g. the building or outdoor entrance).

Skip to Information section for outdoor only sites with no building, such as parks.

**29.** Are there stairs to get to the main entrance of the site? \*

Mark only one circle

- O Yes Skip to question 30.
- O No Skip to question 31.

### **Entrance**

**30.** If there are stairs at the main entrance, is there a ramp, lift or separate accessible entrance?

Instructions: Place a smart level parallel to the path of travel to measure the slope of the ramp. It may be necessary to walk/roll around the building to find the accessible entrance.

Check all that apply.

- O Ramp (less than 8.3% slope or 4.7 degree angle)
- O Separate accessible entrance
- O Platform lift
- O None of the above



### **Doors**

Instructions: For the following questions assess the separate accessible entrance if there is no access at the main entrance

**31.** Is there a power assist or automatic door at the entrance? \*

Mark only one circle.

- O Yes Skip to question 34.
- O No Skip to question 32.

### **Doors 2**

**32.** Is minimal force required to open the door (light enough to open with little effort <5lb of force)

Check all that apply.

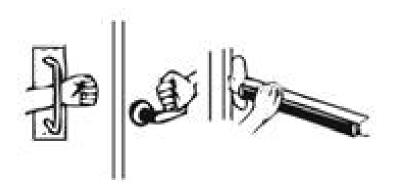
- O Yes
- O No

**33.** Are door handles operable with a closed fist, without pinching, grasping or twisting the wrist?

Instructions: Try manipulating the door handles with a closed fist

Check all that apply.

- O Yes
- O No



Door handles that are operable with a closed fist.

### **Doors 3**

34.	Is the door o	pening at least 32 inches wide? (measure according to image below)
	Mark	only one circle.
	Ο	Yes 32" min—1
	Ο	No " 90"
<i>35</i> .		reshold flush with the ground or raised ( less than 1/4 inch)?
	Note: if bever	eled threshold, measure from om of bevel
	Mark	only one circle.
	0	Yes
	Ο	No
36.	Are there any	other features of the building entrance that are a barrier to persons with disabilities?
	Mark	only one circle.
	Ο	Yes (Please specify below)
	0	No
<i>37</i> .	If yes, please	specify:

# **Information**

Observe postings or any informational materials near the entrance to the building or in other common areas. It may be necessary to ask a staff person to see promotional materials, such as brochures.

38.		nal materials for physical activity or nutrition education programs offered in any of formats? (check all that apply)			
	Ο	Electronic version in plain text (ASCII), including text description of pictures			
	Ο	Large print			
	Ο	Pictograms			
	Ο	None of the above			
	Ο	No promotional materials			
	Ο	(N/A) no programs			
<i>39</i> .	Do promotional materials for programs indicate the program is inclusive of persons with disabilities (through images of individuals with disabilities participating or descriptions of the programs)?				
	Mark	only one circle.			
	Ο	Yes			
	Ο	No			
	Ο	N/A (No promotional materials)			
40.	Is there a fron	t desk that can be reached by someone in a wheelchair?			
	Instructions: Using a tape measure, measure the top of the lowest level of the front desk, should not be more than 34 inches.				
	Mark	only one circle.			
	Ο	Yes			
	Ο	No			
	Ο	N/A (no reception or information desk available)			

### **Restroom:**

Instructions: Assess the restroom nearest to the activity areas (e.g. nearest to the fitness room or nearest to the cafeteria). Choose the restrooms that are designated as accessible if more than one.

<b>4</b> 1 .	is there a restroom? *						
Mark only one circle.							
	Ο	Yes	Skip to question 42.				
	0	No	Skip to question 47.				

### Restroom entrance 1

**42.** *Is there an automatic door or an open corridor entrance (no door) for the restroom?* 

Instructions: Certain restrooms are designed for you to walk through a corridor and do not have a door.

Mark only one circle.

0	Yes	Skip to question 45.			
0	No	Skip to question 43.			

### **Restroom entrance 2**

**43.** Is minimal force required to open door (light enough to open with little effort-less than 5lb force)?

O	Yes
0	No

**44.** Are the restroom door handles operable with a closed fist, without pinching, grasping or twisting the wrist?

Instructions: Try manipulating the door handles with a closed fist

0	Yes
0	No

### **Restroom entrance 3**

<i>45</i> .	Is the restroc	om door opening at least 32 inches wide?
	Ο	Yes
	0	No
46.	Does the res	troom stall have:
		: If possible, measure stall with a tape measure to verify the width and depth elow. If restroom is an individual room, answer these stall questions for the bom.
	Chec	k all that apply.
	O	Door handles and latches can be operated with closed fist, without pinching, grasping or twisting the wrist
	Ο	Grab bars
	Ο	Enough space for mobility device (stall is 60" wide by either 56" deep for wall mounted toilet or 59" deep for floor mounted)
	Ο	None of the above
	0	N/A (No restrooms)
Navigati	ing aroui	nd the site:
47.		y kind of level change to get to the food or physical activity venue, such as going to r, are any of the following present:
	Chec	k all that apply.
	0	Elevator
	0	Ramp (less than 8.3% slope or 4.7 degree angle)
	0	Lift
	0	None of the above
	0	N/A (no level change is required for getting to the activity area)

- **48.** Does the signage for navigating around the site have any of these features? (check all that apply) Instructions: Look for signage around the facility that guides people to their destination
  - O High-contrast lettering
  - O Large print
  - O Pictograms
  - O Braille
  - O None of the above
  - O N/A (no signage available)



# **Food Venues 1**

49.	Is the site (or does the site have) a food related venue, such as a Grocery store, Cafeteria, Restaurant, Lunchroom, Farmers Market or Community Gardens? *				
	Mark	only on	e circle.		
	Ο	Yes	Skip to question 50.		
	0	No	Skip to question 61.		
Food Vei	nues 2				
<i>50.</i>	Are menus av	ailable	in any of these alternative formats? (check all that apply)		
	Instructions:	you ma	y need to ask a manager/owner if these are available		
	Ο	Electr	onic version in plain text (ASCII), including text description of pictures		
	O Large print				
	O Pictogram				
	O None of the above				
	Ο	N/A (I	No menus)		
51.	Is there at leas not blocking p		eating area that can accommodate a person using a mobility device and is		
			all tables with bar stools are available or if there is only fixed seating and the ne in a wheelchair is in the aisles you would mark 'No'		
	Mark only one circle.				
	Ο	Yes			
	Ο	No			
	0	N/A (r	no seating)		

<i>52</i> .	Indicate if counters are within reach from a seated position (max 34" from the floor) in none, some,
	many or all of the areas in the food venue?

Instructions: Examine counters, such as for ordering food, getting utensils, the salad bar, or vendor tables (farmers markets). Take note of counters in the multiple food areas to determine the answer. It may be helpful to 'pencil-in' the responses and change them as you encounter additional counters.

	Check	k all that apply.					
	Ο	No areas				A CONTRACTOR	
	Ο	Some areas			1/4		
	Ο	Many areas					
	Ο	All areas					
	Ο	N/A (no counters or vendor to	ıbles)				
Indica food ve		following features are observe	ed in no	ne, som	e, many	or all of the aisles/paths in the	
		ake measurements of multipoful to 'pencil-in' the response				eas to determine the answer. s you go through different	
	Mark o	only one circle per row.					
			None	Some	Many	All	
At leas	t 3 feet ı	wide	0	0	0	0	
Free of obstacles or hazards that are difficult to traverse			Ο	Ο	Ο	0	
Note o	bstacle	s or hazards below					

*53*.

*54*.

Note

<i>55</i> .	Are food voud	thers, such as food stamps or WIC accepted at the food venue?
	Instructions:	you may need to ask a manager/owner
	Mark	only one circle.
	Ο	Yes
	Ο	No
	0	N/A
<i>56</i> .	Is prepared fo	od and beverage nutrition information posted or available at the food venue?
		Look for signs on nutrition facts or ask a manager for a copy. Applies to armers markets and stores that sell prepared food.
	Mark	only one circle.
	Ο	Yes
	O	No
	0	N/A (if community garden)
<i>57</i> .	In which of th	ne following ways, if any, are healthy food purchases promoted? (check all that apply
		look for promotion of such foods as fresh fruits and vegetables, whole grain and reduced fat/sugar/calorie options.
	Ο	Healthy food and beverage choices are promoted by placement in a highly visible location
	Ο	There is signage promoting healthy foods
	0	Prices of healthy foods are comparable to unhealthy foods (for example, a bottle of water costs the same as a bottle of soda)
	О	None of the above
	Ο	N/A (if no food sold)

# **Grocery Store**

Instructions: If not grocery store, choose n/a

**58.** Does the food store have: (check all that apply)

Instructions: It may be necessary to ask a manager or staff about some of the features of the grocery store.

- O Adaptive carts that can be used with a manual mobility device
- O Prices of foods are displayed in large print and in high contrast lettering
- O Checkout aisles designated with the international sign of accessibility
- O A staff person available to help reach items if extra help is needed (i.e. 'assistance' signs posted, help/customer service table, assistants walking around, etc.)
- O Electronic carts
- O None of the above
- O N/A (not a grocery store)



# **Farmers Markets**

Instructions: If not a farmers market choose n/a

**59.** Does the farmers market have: (check all that apply)

Instructions: It may be necessary to ask a manager or staff about some of the features of the farmers market.

- O A staff person available to help reach items if extra help is needed (i.e. 'assistance' signs posted, help/customer service table, assistants walking around, etc.)
- O Smooth, firm surface with no breaks (not grass or gravel)
- O Option to pick items from different vendors and then collect them all when done shopping
- O Adaptive carts that can be used with a mobility device are available for use
- O None of the above
- O N/A (not a farmers market)

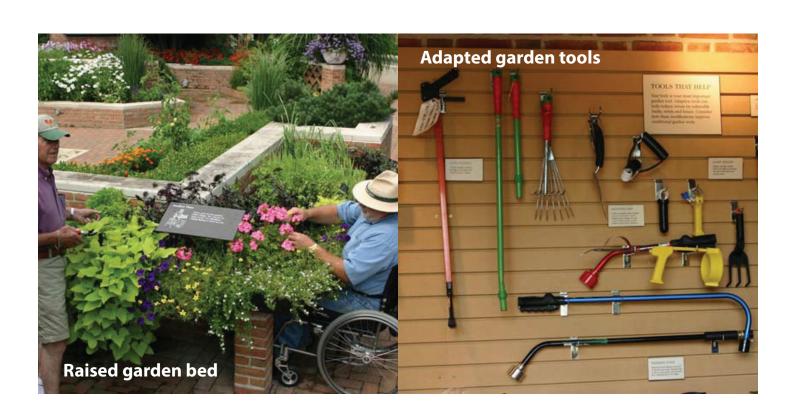
# **Community Gardens**

Instructions: If not a community gardens, choose n/a

**60.** Does the Community Garden have: (check all that apply)

Instructions: It may be necessary to ask a manager or staff about some of the features of the community garden.

- O Raised garden bed between 18 and 30 inches high
- O Adapted equipment is available (e.g. long handled, lightweight, clip on interchangeable tools, tools with arm support, trigger grip, "cut and hold", kneeler/stools)
- O Accommodations are provided for persons with disabilities, such as assistants.
- O Low cost or subsidized memberships
- O None of the above
- O *N/A* (not a community garden)



### **Physical Activity**

**61.** Are there any physical activity venues at the site? \*

Instructions: Physical activity venues include fitness/exercise rooms, pools, sports fields, trails, playgrounds.

Mark only one circle.

- O Yes Skip to question 62.
- O No Skip to question 74.

# **Locker Rooms**

Instructions: select n/a if locker rooms or showers are not available at the facility

**62.** Which of the following features, if any do the locker rooms have? (check all that apply)

Check all that apply.

- O The entrance to the locker room is at least 32 inches wide
- O Locker door handles can be reached by an individual seated in a mobility device
- O Paths in the locker room are free of obstacles
- O Locker doors can be opened without grasping, pinching, twisting or pulling with fingers
- O Clear space in front of lockers (nothing blocking access)
- O None of the above
- O *N/A* (no locker rooms are present at the facility)

<i>63</i> .	Is there at le	ast one shower that has: (check all t	hat apply)
	Ο	Grab bars on the walls	
	0	A stable seat	
	0	Threshold of roll-in shower is level with the floor (within 1/4 inch)	
	0	Hand held spray hose	
	0	None of the above	
	Ο	N/A (no showers are present at the facility)	
Instructions: I	f no exercise	<b>ipment</b> equipment, choose n/a for the foll erobic equipment available, such as	lowing questions a recumbent bike or arm ergometer?
	Mark	only one circle.	
	0	Yes	
	0	No	
	0	N/A (no exercise equipment)	
<i>65.</i>	Is adapted st machine?	rength equipment available, such a	s equipment that provides roll-in access to the
	Mark	only one circle.	
	0	Yes	
	0	No	
	Ο	N/A (no exercise equipment)	



**66.** Are aides for using exercise equipment available, such as foot straps, adaptive handles or adapted gloves that attach to equipment?

Mark only one circle.

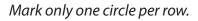
O Yes

O No

O N/A (no exercise equipment)

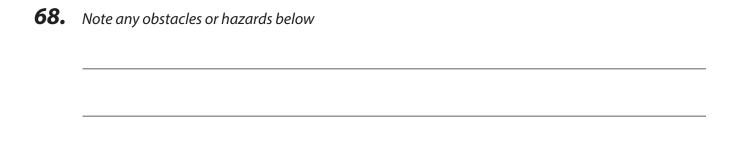
**67.** Indicate if none, some, many, or all of the aisles/paths in the physical activity area are:

Instructions: use a tape measure to determine the width of the aisles or paths in the physical activity venue.









# **Pools**

Instructions: If no pools, choose n/a

- **69.** Does the pool have: (check all that apply)
  - O Zero-depth entrance, ramp or lift to enter
  - O Flotation devices
  - O A slip-resistant path around the pool
  - O Heated/therapeutic section of the pool
  - O None of the above
  - O N/A (no pool)



# **Playgrounds**

Instructions: If no playgrounds, choose n/a

- **70.** Does the playground have: (check all that apply)
  - O Ground material that can be traversed using a mobility device
  - O Elevated playground equipment that has ramps or transfer equipment
  - O Ground level play components available for a person using a mobility device
  - O None of the above
  - O N/A (no playgrounds)

# **Multi-use Trail**

Instructions: If no multi-use trail, choose n/a

- **71.** Does the multi-use trail have: (check all that apply)
  - O Benches or rest areas
  - O Firm, smooth surface
  - O At least 5 feet wide
  - O Free of obstacles or hazards that may be difficult to traverse
  - O Navigational aids, such as pictograms
  - O None of the above
  - O N/A (no multi-use trails)



<i>7</i> 2.	<b>72.</b> What proportion of the spaces within the physical activity areas can be accessed by someor mobility device? (with regards to level changes, entrances and other barriers)				
	Instructions	: answe	r after touring all areas		
	0	None			
	0	Some	?		
	0	Many	′		
	0	All			
73.	Note any im <sub>i</sub>	portant	access issues below		
Health	ncare v	enı'	ies		
74.	Is there a do	ctor's of	fice/clinic or nurse's room at the site? *		
	Mark	only on	pe circle.		
	0	Yes	Skip to question 75.		
	0	No	Skip to question 80.		
Waiting	Room 1				
<i>75</i> .	Is there a wa	iting roc	om available?		
	Instructions	: If no w	raiting room, Skip to Exam Room.		
	Mark	only on	ne circle.		
	0	Yes	Skip to question 76.		
	Ο	No	Skip to question 78.		

### **Waiting Room 2**

<i>76</i> .	Indicate whether the following features are observed in none, some, many or all of the aisles in the
	waiting room:

Mark only one circle per row.

	None	Some	Many	All
At least 3 feet wide	Ο	0	0	0
Free of obstacles or hazards (such as promotional stands)	0	0	0	Ο

**77.** Is there at least one seating area that can accommodate persons using a mobility device and is not blocking paths?

Mark only one circle.

- O Yes
- O No

### **Exam Room**

**78.** Which of the following features, if any, does the exam/diagnostic room have? (check all that apply)

- O Transfer support available for moving to exam table, such as transfer board or lift.
- O Exam table height is adjustable to a height of between 17-19 inches
- O Sufficient space provided for maneuvering inside the room in a mobility device (60" turning diameter)
- O A weighing scale that has railings for stability
- O A wheelchair accessible scale that can accommodate a person and their wheelchair
- O None of the above
- O N/A (no exam room)



**79.** Which of the following features, if any, does the diagnostic equipment seating have? (check all that apply)

Instructions: Answer this question if there is seating used for diagnostic testing. Otherwise choose *N/A*.

- O Adjustable seat height
- O Armrest or railings for support
- O The seat is firm and stable
- O None of the above
- O *N/A* (no diagnostic equipment seating)

# **Final Overall Questions**

80.	Are there any other aspects of the site that are supportive for someone with a disability to participate in the activity?

81.	Are there any other aspects of the site that are a barrier for someone with a disability to participate in the activity?

End of Survey