

# Access to Physical Activity Process

## Options to Consider Scoring Matrix

Improving access to places to be physically active, such as walking trails, building facilities or access to nearby facilities, combined with information sharing have been shown to be effective in increasing physical activity behaviors.<sup>1</sup>

The following table asks you to review and score the options for offering physical activity programs. While these options are reviewed and scored individually, it is important to consider combinations of options (e.g., partnering with a community facility and having an on-site unstaffed room for return to work programs or case management of employee injuries).

Physical Activity Options (listed across the top of the table) are those things designed to aid a site in their efforts to positively impact the prevalence and frequency of physical activity through improved “access.” The evaluation criteria listed along the left side of the table are things that are found to be indicators of effectiveness. Pay special attention to local business and site needs in the assessment of each criteria.

Instructions for completing the assessment:

Review and score each Physical Activity Option (along the top of the table) using the criteria that are listed vertically along the left side. Assign a score of 1-9 for each item where 1 is low, 5 is medium, and 9 is high. If you have identified other criteria that need to be considered, list that under “other” at the bottom of the table.

Once all of the options have been scored, total each column. The column(s) with the highest score(s) indicate the appropriate direction to consider for the site.

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<sup>1</sup> The Community Guide to Preventive Services. Creating or improving access to places for physical activity is recommended to increase physical activity. November 15, 2005. Available at: <http://www.thecommunityguide.org/pa/pa-int-create-access.pdf>. Accessed on December 12, 2008.

	<b>Onsite facilities</b> Full-time Staff	<b>Onsite facilities</b> Part-time Staff	<b>Onsite facilities</b> No Staff	<b>Partnering with a community facility or event</b>	<b>Reimbursement for community facility, program, sports league, or for home equipment</b>	<b>Onsite group activity classes</b>
Employee interest						
Employee participation						
Impact on Productivity						
Impact on attracting new employees and retaining current ones						
Impact on community relations						
Ease of access or convenience						
Ease of implementation						
Quality of staff						
Ability to coordinate with company processes						
Control of operations						
Safety						
Capital investment						
Operational costs						
Cost to employees						
Other						
<b>Total Score</b>						