In the first part of the course project you listed child and parent/adult behaviors related to excessive weight gain in children and chose your specific community setting. From these lists you identified two behaviors to focus on in your action plan. Now it's time to assess the environmental factors that influence these behaviors.

2a

From your knowledge of your community setting(s), brainstorm environmental factors you think may be influencing the behaviors you chose to focus on in Course Project 1. Fill in the chart below with these factors, considering all the environmental domains: built, social, economic, and policy. (You can change the target behaviors by going back to Course Project 1 via the Course Home page.)

(loading...)	
Built Environment	
Social Environment	
Economic Environment	
Policy Environment	

(loading...)	
Built Environment	
Social Environment	
Economic Environment	
Policy Environment	

Project 2 Examples

Target Behavior (Eating): Nick and other kids in his school and community overconsume sweetened beverages	
Built Environment	Sweetened beverages are widely available in vending machines in schools. Convenience stores selling sweetened beverages are nearby.
Social Environment	Ads for sweetened beverages are widespread. Drinking sweetened beverages, especially soda, is seen as "cool" by peers.
Economic Environment	Vending machines provide needed revenue for schools. Kids have money to buy drinks at school.
Policy Environment	Federal school regulations allow noncarbonated sweetened beverages to be sold all day and sodas for much of the day.

Target Behavior (Activity): Miguel and other kids in his neighborhood don't walk to school	
Built Environment	Neighborhood is not very walkable.
Social Environment	Getting a ride to school is seen as "cool."
Economic Environment	Funds for sidewalks, lights, and pedestrian bridges/paths are limited.
Policy Environment	Sidewalks are not required in residential areas.

2b Which of these environmental factors do you think you and your collaborators might be able to influence as a way to change the behaviors you have prioritized? Prioritize one environmental factor for each of your target behaviors. Considering the importance and potential changeability of these factors may help with your selection.

Your priority environmental factor affecting target behavior related to **eating**:

Your priority environmental factor affecting target behavior related to **activity**:

Examples: Anita--the nutrition professional who will be coming in with a team to assess Nick's and Miguel's schools and neighborhoods--might prioritize the following two environmental factors:
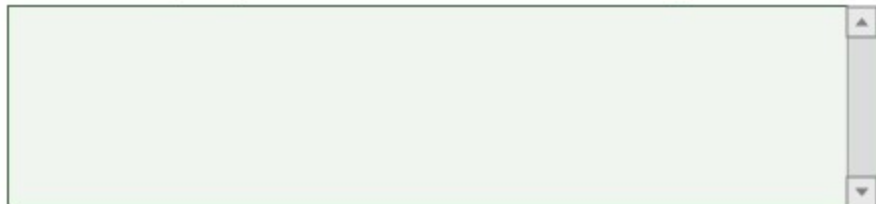
Eating-related: sweetened beverages are widely available in vending machines in school

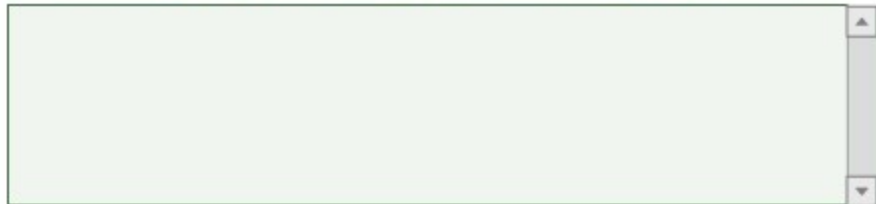Activity-related: neighborhood is not very "walkable."

2c Identify what data collection methods, tools, and strategies you could use to gather information that would help you assess how these environmental factors are affecting behavior and how much they are affecting it.

For some suggested tools, go to **Tools for You** on the Cornell NutritionWorks website; the tools listed in the examples below are available there. You should practice using at least one of these tools to assess one of the environmental factors you have identified.

Tools to assess priority environmental factor related to **eating** behavior:

Tools to assess priority environmental factor related to **activity** behavior:

Examples: Tools Anita's team might use to assess the availability of sweetened beverages in vending machines in Nick's school: CDC's School Health Index, the Vending Machine Checklist from CSPI, Interviews with key school personnel.

Tools Anita's team might use to assess the walkability of Miguel's neighborhood: Walkability Checklist and the Physical Activity Facilities Survey.

2d Draft measurable objectives to change each of the environmental factors you have prioritized above. Once you have collected your data, your objectives or even your selected environmental factor might need to change. (For example, in the case study, Anita's group had to shift their focus from lack of sidewalks to a dangerous intersection after their assessment of Miguel's neighborhood.) However, these draft objectives will help guide your planning now.

Objective to address priority environmental factor related to **eating** behavior:

Objective to address priority environmental factor related to **activity** behavior:

Examples: Anita and her team's objective to address her priority
environmental factor related to eating behavior:

Decrease by 30% the number of sweetened beverages available in
vending machines in Baker Middle School in two years.

Anita and her team's objective to address her priority
environmental factor related to activity behavior:

Increase by 20% the walkability score of the neighborhood near
Pleasantville Middle School by the end of the next school year.