

# WORKSHEET

## Inventory of Current Activities

Health promotion programs will emphasize one of three types of change:

- Awareness
- Lifestyle
- Supportive Environment

These programs usually take place in different settings throughout the community. Another type of resource inventory is to classify programs according to type and setting. A comprehensive community health promotion program will have a variety of programs in a variety of settings. To fill out this worksheet, refer to your health resource inventory and determine whether the program is geared towards change in Awareness, Lifestyle, or Supportive Environment, and then place it in its present setting. Where are the gaps?

Risk Factor: \_\_\_\_\_

STRATEGY	SETTING					
	Schools	Work-Sites	Health Care	Restaurants	Grocery	Community
<b>Awareness:</b> Increase Level of awareness or interest in the topic, i.e., newsletters, posters, health fairs, health screenings						
<b>Lifestyle:</b> Change the behavior of the individual, e.g., behavior modification, experiential learning, and skill building activities						
<b>Supportive Environment:</b> Programs that change the environment or programs that encourage healthy habits and discourage unhealthy ones						