

# Rural Community Food and Physical Activity Environment

## Clatskanie Audit Results Maps 2013



The information contained in this report can be used to drive decisions about land use and siting for new resources, to secure funding to improve the community food system, parks and recreation resources, and transportation planning. It can also be used by community members to seek out locally available and affordable healthy food and physical activity options.

# GROW Healthy Kids & Communities Background Information

GROW HKC partners with rural people, organizations, and communities to generate local options to support weight healthy lifestyles – healthy eating and physical activity every day - for all children and families.

GROW engages people in the communities we serve in assessing the conditions that most affect them where they live, learn, work and play. We do this to identify what changes will best support weight healthy behaviors for children and families and improve food and physical activity resources in the community.

HEAL MAPPS, one of the GROW programs, helped residents to tell their story of life in the community, their personal experiences or encounters with food and physical activity resources as either supporting or hindering weight healthy choices and habits.

*People's lived experiences are very important for understanding how and why healthy habits develop.*

In order to have the most complete picture of the food and physical activity environment, we need to know about all of the available resources: who makes food and physical activity available, what types of food and physical activity are available, where are they located, and is there a cost?

The Rural Community Food and Physical Activity Environment Audit is a participatory survey of all of the food and physical activity resources in the community. The auditors use camera-enabled GPS units and photomapping methods to document and survey resource availability and location.

OSU faculty integrate community data with other geographic information systems (GIS) data to provide a visual report of the relationship between the location and types of food and physical activity assets and where most people live in the community.

# GPS-Assisted Observational Survey Tool

## GROW HKC Community Food Environment Audit

Please use the provided Garmin (GPS) unit, in conjunction with this survey, to map, photograph, and log information about all the food environment and resources in your community. If you do not have access to a Garmin unit, you may use any other GPS mapping device, such as a QStarz or GPS app on your smartphone, along with a camera. For each photograph that you take, please take care not to include people in your photographs.

Specifically, you will map, photograph and log information about all possible food resources in your community. Once you complete the audit of your sector, please check off all of the food resource categories that you encountered in your sector.

- A. Grocery Stores
- B. Convenience Stores
- C. Roadside or Dockside Retailers
- D. Restaurants
- E. Vending Machines (in public spaces)
- F. Food Banks and Food Pantries
  - Food Assistance Programs, including:
    - G. Meals on Wheels
    - H. Gleaners
    - I. Free Meal Sites
    - J. Summer Meal Service Programs
- K. Farm Stands / U-Pick Operations
- L. Farmers Markets
- M. Community Gardens
- N. Hunting, Fishing and Foraging Supports
- O. Home-Based Food Retailers
- P. Other Community Food Resources

### A. Grocery Stores

Name of Store: \_\_\_\_\_

A *grocery store* is a retailer where people buy most of their food for meals and snacks.

**Photographs and Logs:** Please photograph and log (with the Garmin unit) each grocery store you come across in your sector.

Take a photo of the front of the grocery store. Take a single photo, if you can capture the entire store and the sign with the store's name in a single shot. If you need to take more than one photo to capture the entire store and the sign, take the shot looking straight ahead, and as needed, 1-2 shot(s) looking to the left and to the right. Record your photo code(s), below.

- looking straight ahead DSC \_\_\_\_\_ .JPG
- looking to the left (as needed) DSC \_\_\_\_\_ .JPG
- looking to the right (as needed) DSC \_\_\_\_\_ .JPG

Take additional photographs that describe the access to this store. Examples of photographs to take are listed below. For each feature that is present, please take no more than one photo.

- Bike rack at the store DSC \_\_\_\_\_ .JPG
- Bus stop adjacent to the store DSC \_\_\_\_\_ .JPG
- Parking at the store. Also, note the type of parking, below. DSC \_\_\_\_\_ .JPG
  - Streetside
  - Parking lot
- Handicapped parking spaces at the store DSC \_\_\_\_\_ .JPG
- Ramps / curb cuts that promote handicap accessibility DSC \_\_\_\_\_ .JPG
- Evidence of walking access to the store
  - Sidewalk leading to store DSC \_\_\_\_\_ .JPG
  - Crosswalks DSC \_\_\_\_\_ .JPG
- Sign or poster that states the store hours DSC \_\_\_\_\_ .JPG
- Sign or poster that states that the store takes SNAP, EBT or Oregon Trail DSC \_\_\_\_\_ .JPG
- Sign or poster that states that the retailer is a WIC-authorized vendor DSC \_\_\_\_\_ .JPG
- Other access feature (Describe: \_\_\_\_\_) DSC \_\_\_\_\_ .JPG

**Food Retailer Description:** Please categorize this food retailer, by answering the questions below to the best of your knowledge.

Is a membership required to shop in this store (e.g., Bi-Mart, Costco, Sam's Club)?

Yes  No  I don't know

Can you purchase products in bulk in this store?

Community Audit activities yield rich attribute data that can be associated with resource photos and tracks. Community members collect this information while mapping by using a survey that integrates two research-based measures: the rural active living assessment and the community food security assessment. OSU researchers included additional items known to be influential in the rural food and physical activity systems, such as hunting, fishing, and foraging supports.

# Rurality and Weight Health



Many risk factors have been associated with childhood obesity, including rural residency

- Overweight/obesity prevalence is higher among children living in rural (36%) compared to urban (30%) areas
- Weight health and habits carry over into adulthood
- Rural communities face unique environmental challenges that can impact residents' healthy eating and physical activity lifestyle patterns
- Environmental strategies found to prevent obesity have focused on more urban areas

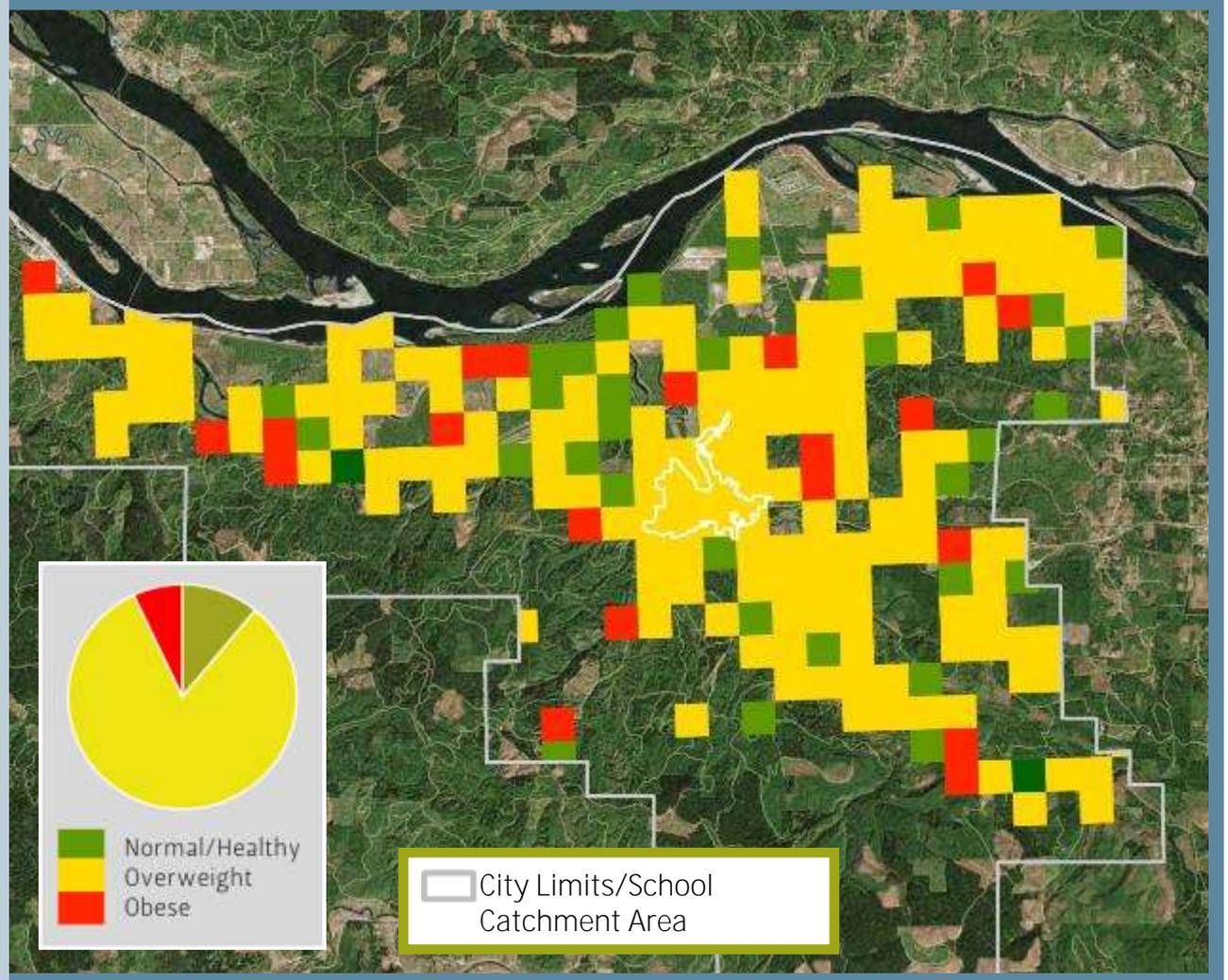
# Clatskanie Community Adult Weight Health (BMI)

Visualizing weight health in Clatskanie was enabled by the \*Oregon Environmental Public Health Tracking Program

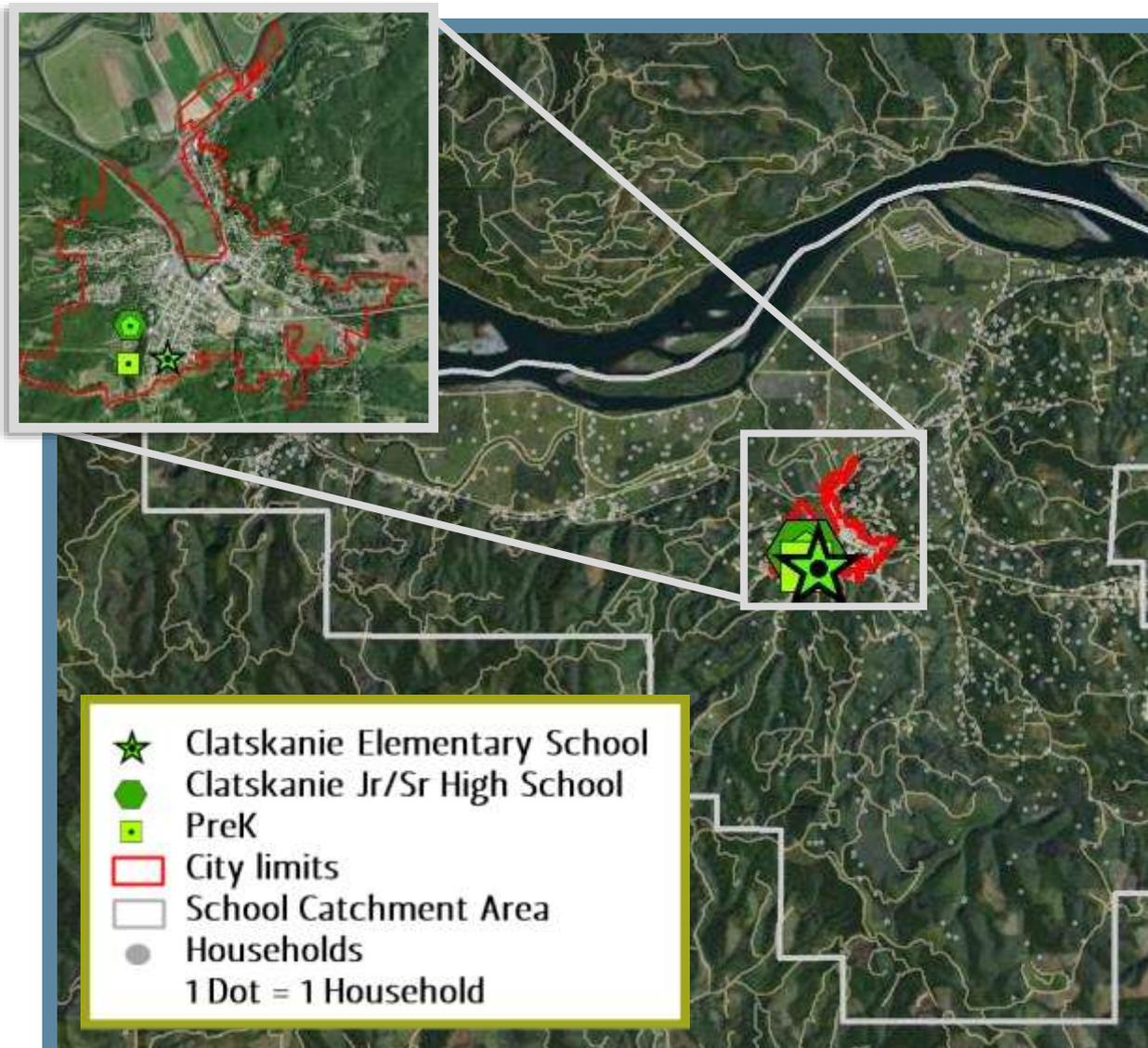
## *Adult Body Mass Index (BMI)*

- 11% Healthy (BMI 18-24.9)
- 82% Overweight (BMI 25-29.9)
- 7% Obese (BMI >30)

\*DMV records used to calculate BMI reliably illustrate the BMI distribution despite underestimation



# Where people live matters for easy access to resources



Community boundaries include the School District catchment for 3 schools and city limits

Clatskanie has 5508 people living in 2466 households (2010 census) spatially dispersed in an area of about 124 sq. mi.

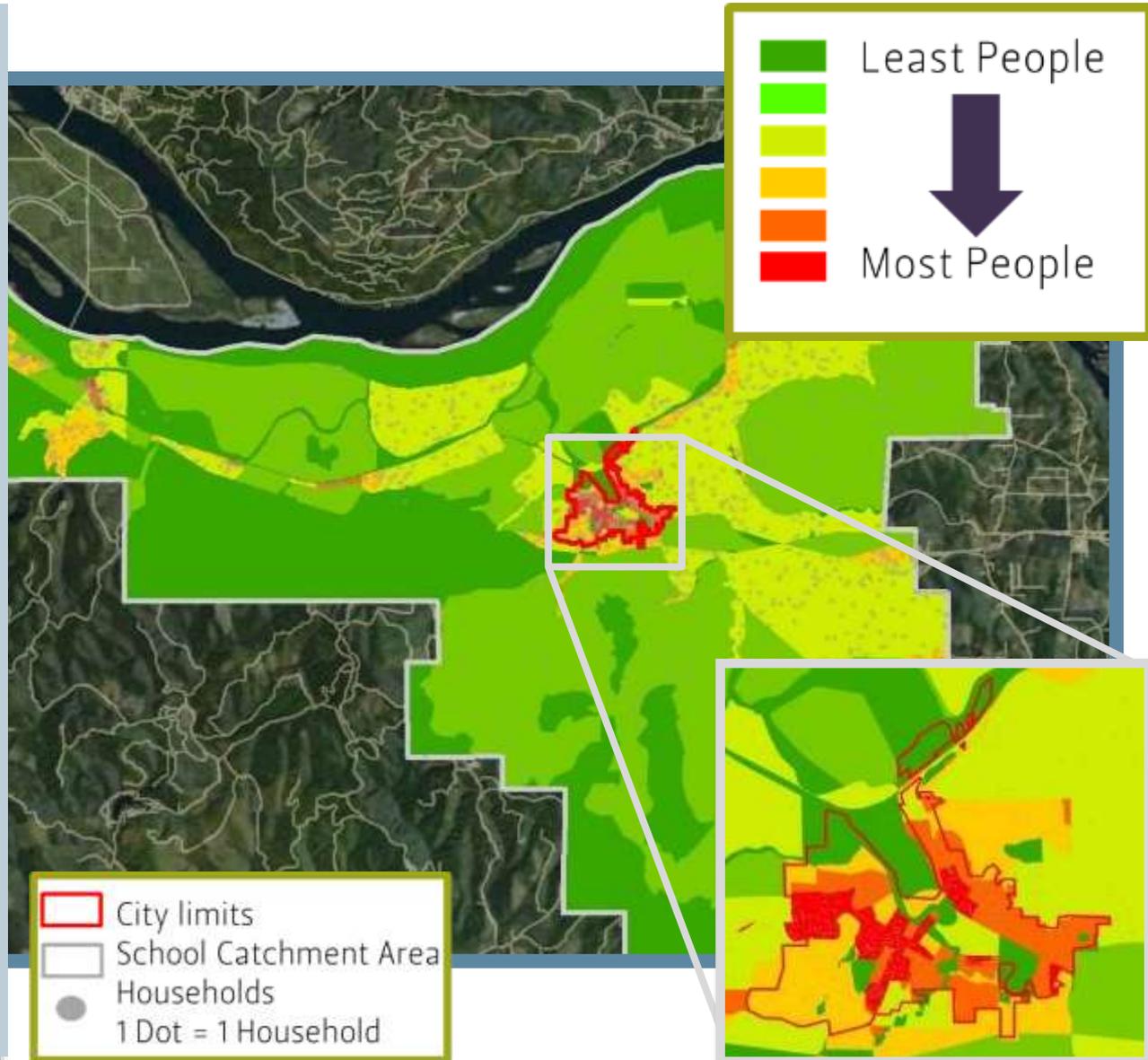
Easy access to locally available resources is determined by proximity, transportation mode, ability to drive, cost & household income, etc. which will vary among families

# Using Maps to Show Where Most People Live...

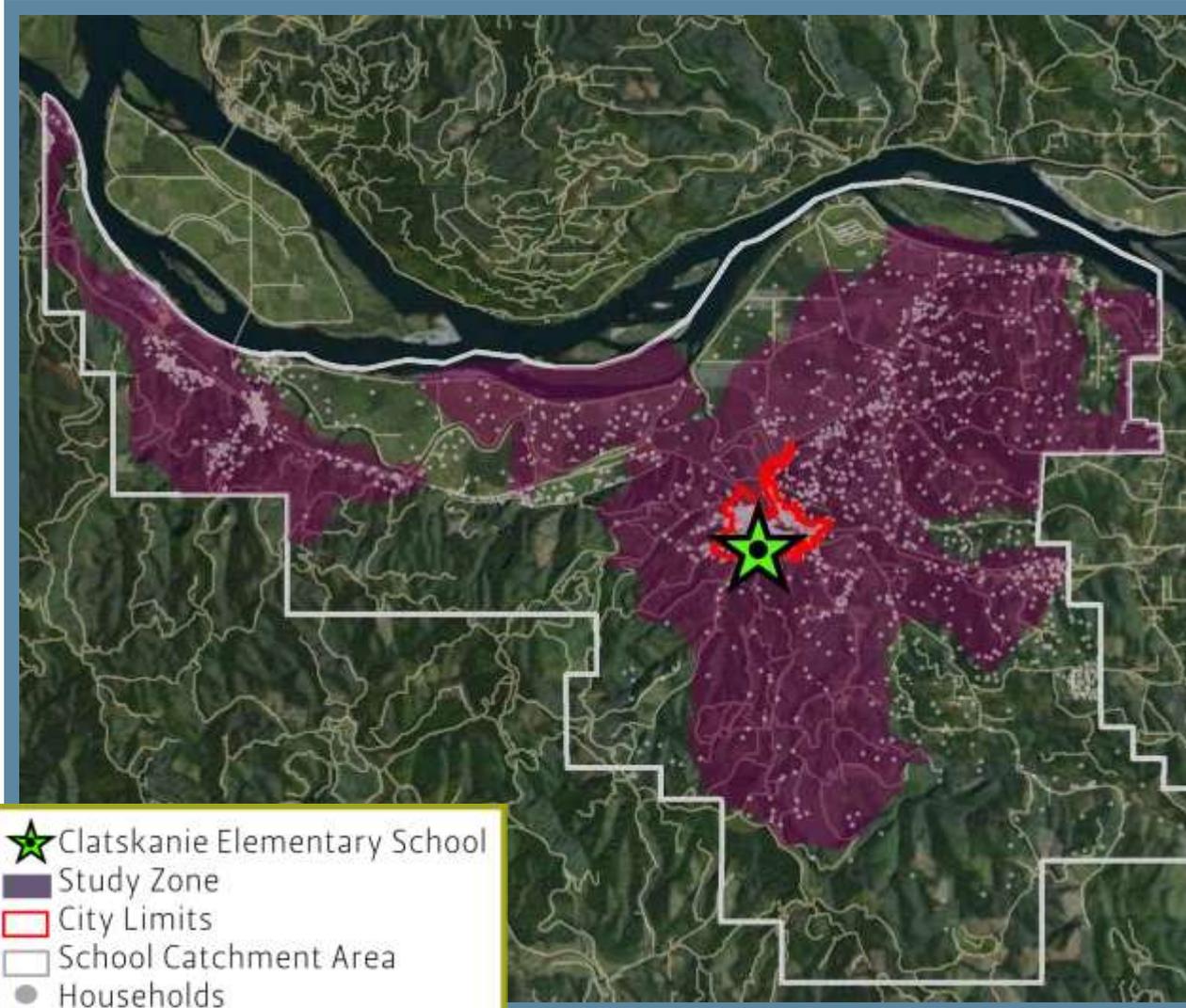
Within audit boundaries, we calculated statistically significant clusters of population based on population density

The geographic centers of these clusters were used to create network buffers, ranging in size from 2 to 5 miles, that captured 85% or more of the community population

The yellow to red areas are the most highly populated; Clatskanie is sparsely populated (greens) throughout much of the boundary area.



# Using Maps to Show Where Most People Live: Study Zone



- ★ Clatskanie Elementary School
- Study Zone
- City Limits
- School Catchment Area
- Households
- 1 Dot = 1 Household

Most populated areas were Used to define the “study zone” to determine the food and PA resources relevant to where most people live

The study zone (purple) captures 95% of Clatskanie's population

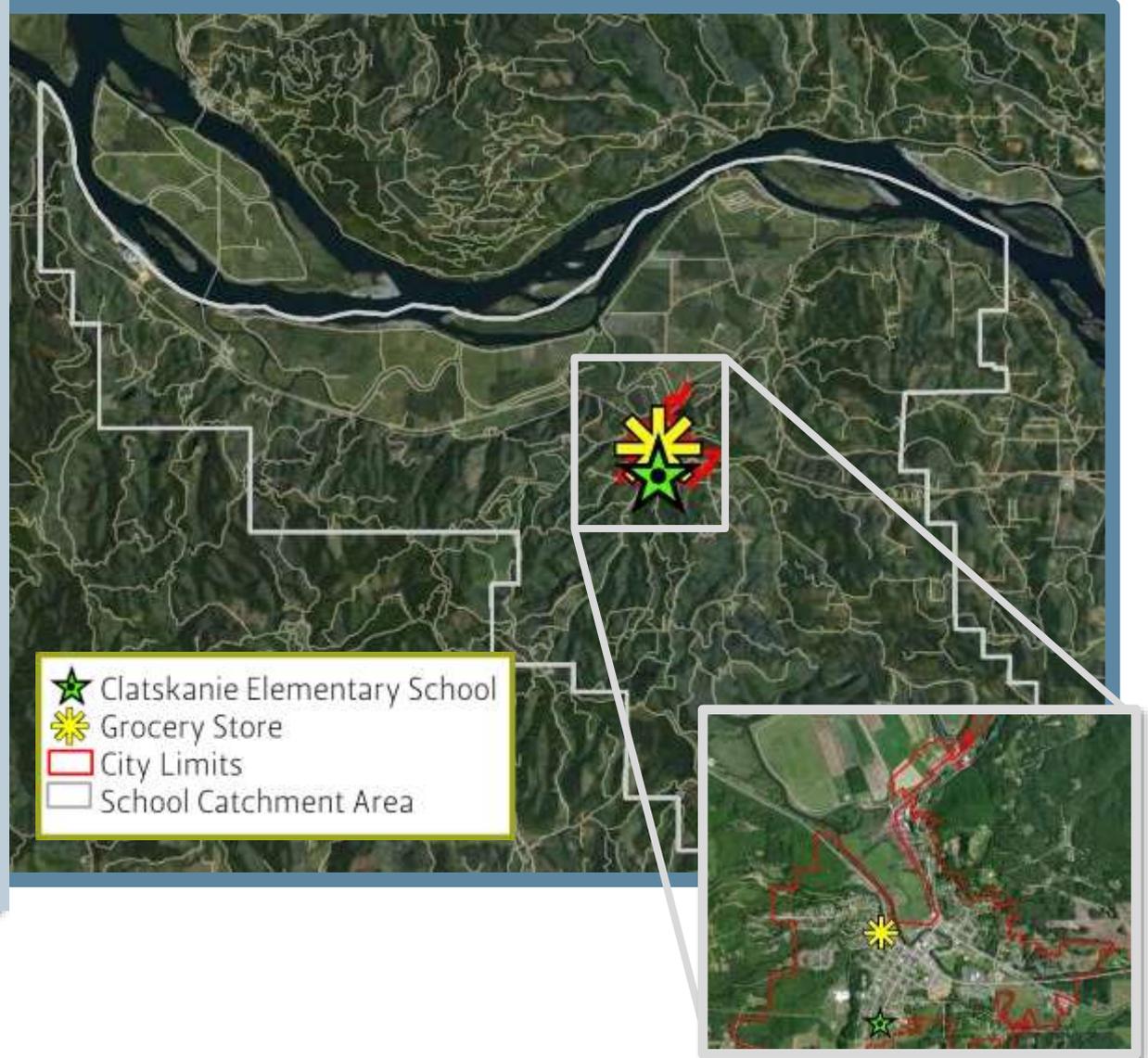
Defining the study zone helped limit time and travel distance for Clatskanie community members who mapped resources and collected survey data, while not limiting the ability to capture data that is important to the community.

# Grocery Store Locations

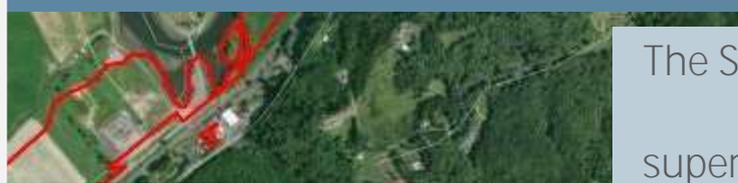
Clatskanie has one grocery store located within city limits and 3 SNAP Authorized retailers.

SNAP, or the Supplemental Nutrition Assistance Program, is a federal program that offers nutrition assistance to income eligible families and individuals.

Based on a measure of availability of healthy food options, the “Modified Retail Food Environmental Index,” Clatskanie scored “12.5” on scale ranging from 0 (no access to healthy food) to 100 (only access to healthy food)

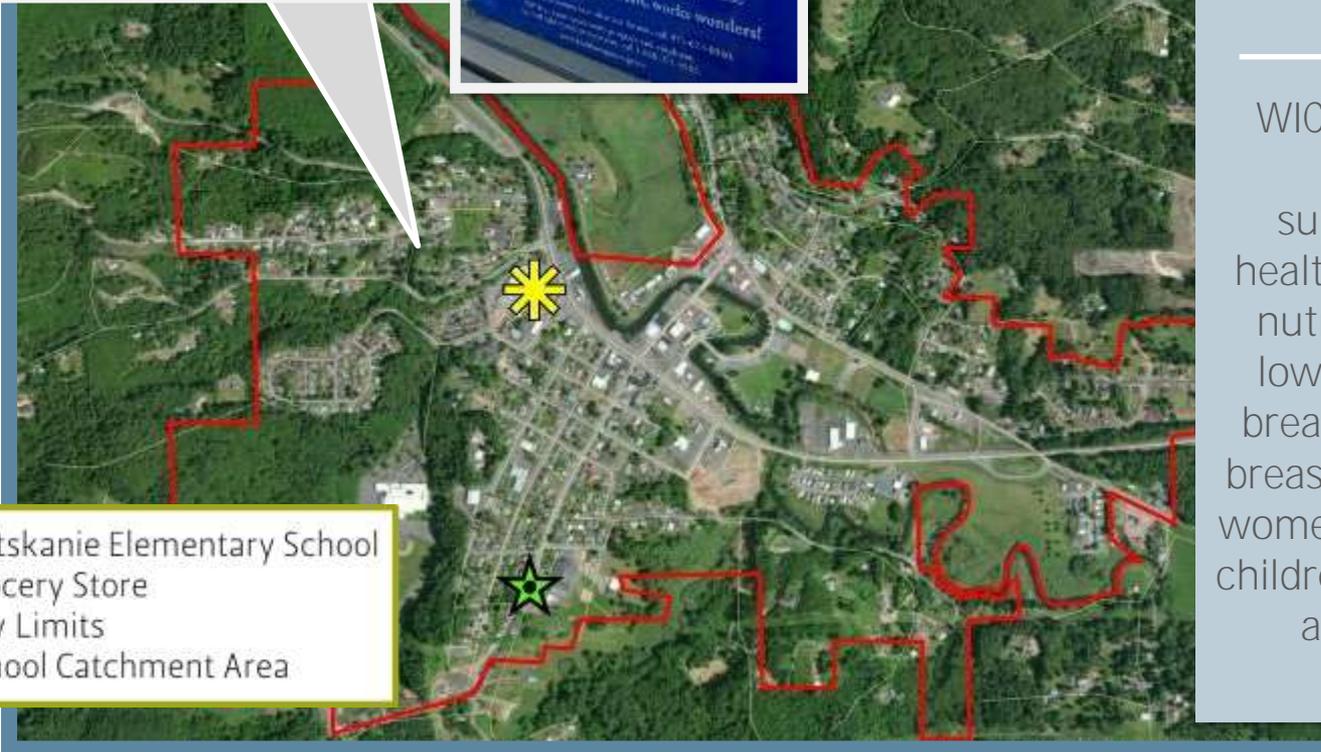


# Resources for Groceries Shown by Location



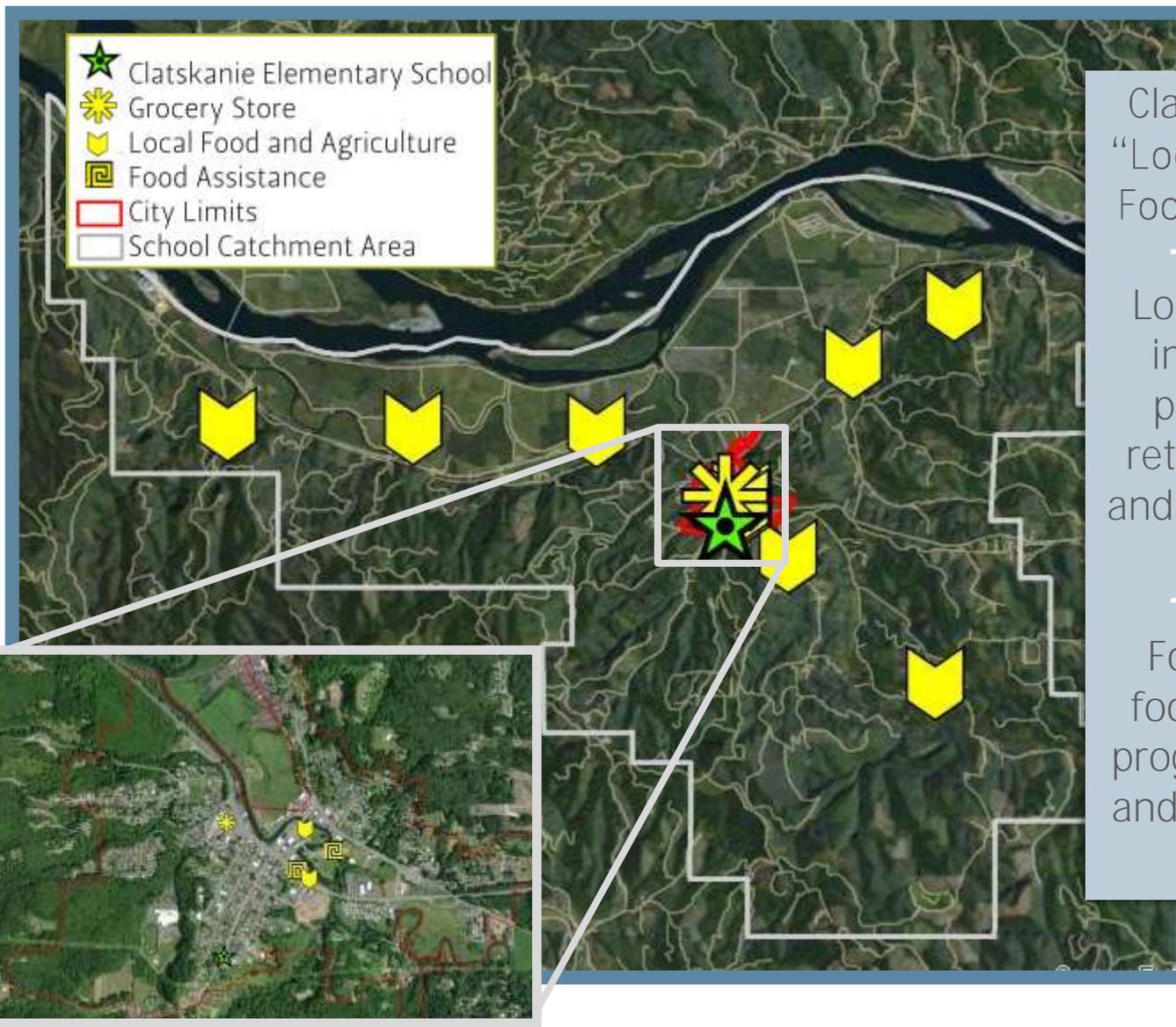
The Safeway in Clatskanie is a full service supermarket and is one of the SNAP retailers in town. Safeway is also a WIC (Women, Infants, and Children) authorized vendor.

WIC is a SNAP program that provides supplemental foods, health care referrals, and nutrition education for low-income pregnant, breastfeeding, and non-breastfeeding postpartum women, and to infants and children up to age five who are found to be at nutritional risk



- ★ Clatskanie Elementary School
- ★ Grocery Store
- City Limits
- School Catchment Area

# Local Food, Agriculture, & Food Assistance

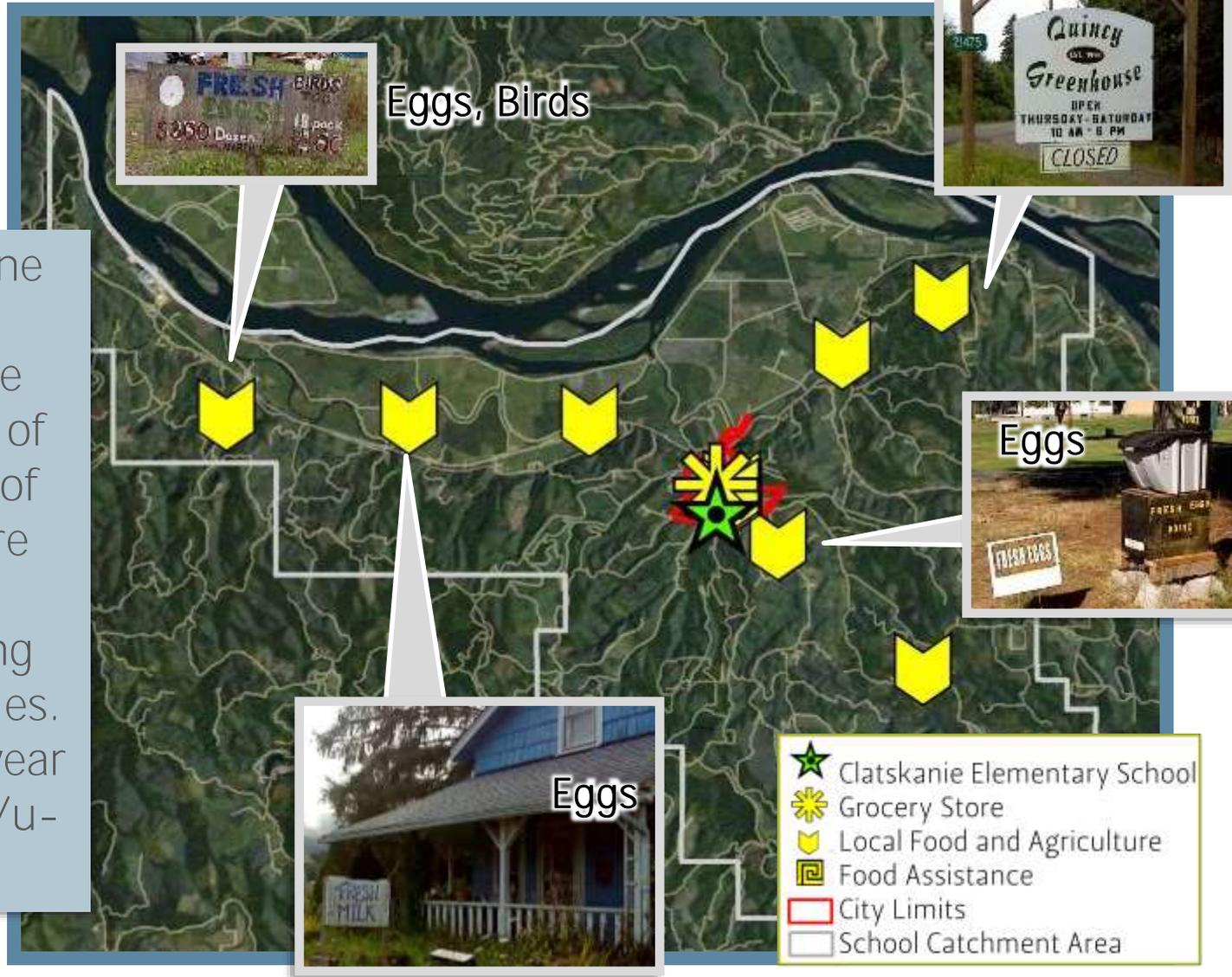


Clatskanie has a number of “Local Food, Agriculture, and Food Assistance” resources.

Local Food and Agriculture includes farm stands, u-picks, home-based food retailers, farmer’s markets, and hunting/fishing/gleaning supports.

Food Assistance includes food banks, summer lunch programs, community meals and other supplemental food support programs.

# Resources for Local Food, Agriculture & Food Assistance Shown by Location



Clatskanie has nine Local Food/Agriculture resources. Many of these lie outside of city limits and are home based operations, selling eggs and vegetables. There is also one year round farm stand/u-pick operation

# Resources for Local Food, Agriculture & Food Assistance Shown by Location

Within city limits, Clatskanie has a farm stand and community garden (some fees apply), as well as two locations for food assistance: Turning Point Food Bank and a lunch program that happens in the city park during summer break.

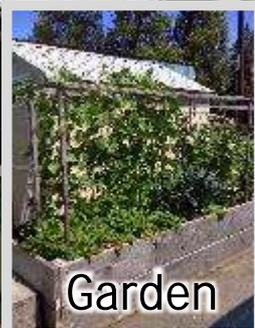
4H Mud Club  
Community Garden



Summer Lunch  
@ City Park



Turning Point  
Food Bank



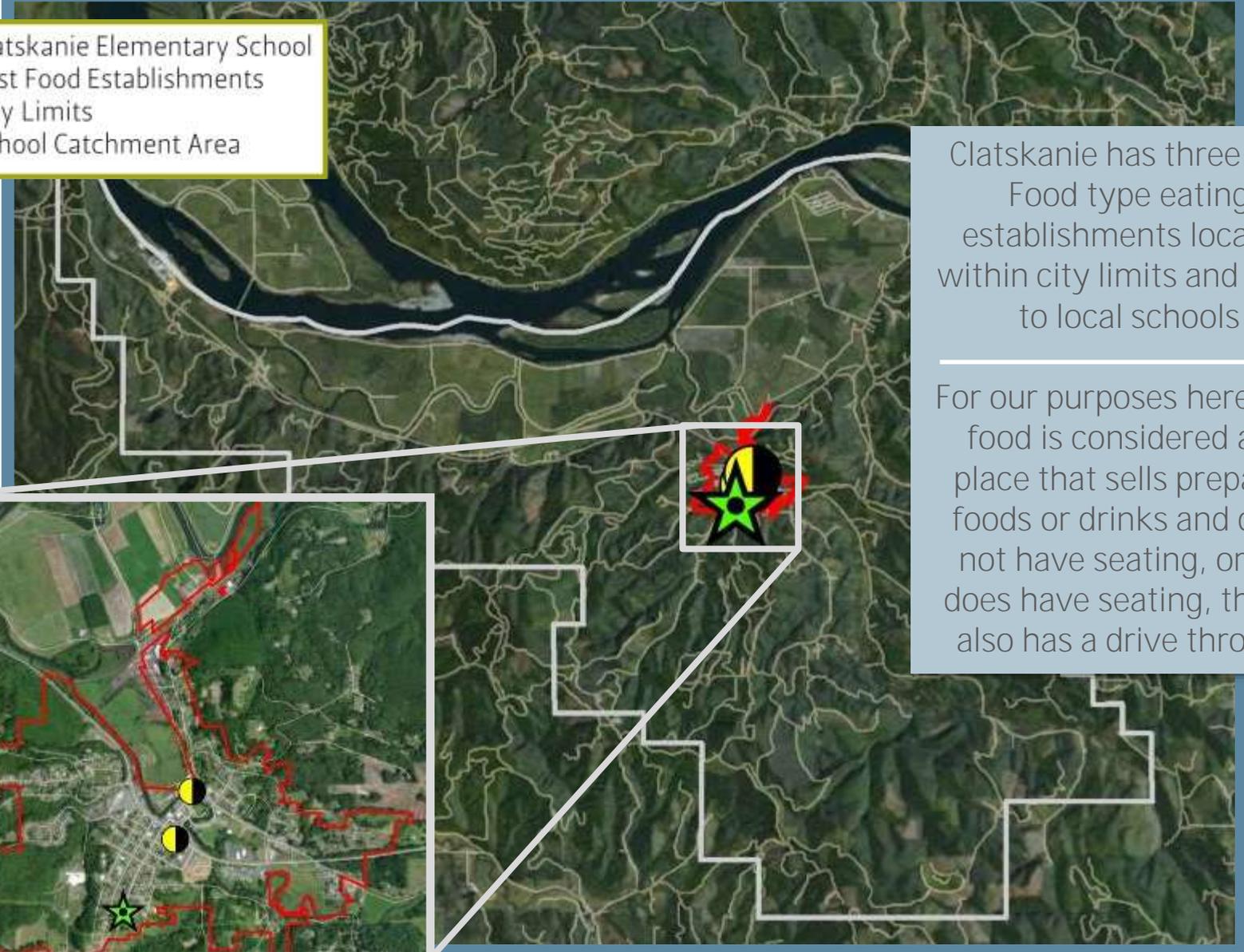
Garden

Jo's Country Market  
Fruits & Veggies



# Fast Food

- ★ Clatskanie Elementary School
- Fast Food Establishments
- City Limits
- School Catchment Area



Clatskanie has three Fast Food type eating establishments located within city limits and close to local schools

For our purposes here, fast food is considered any place that sells prepared foods or drinks and does not have seating, or if it does have seating, then it also has a drive through

# Resources for Fast Food Shown by Location

The Fast Food establishments in Clatskanie consist of a drive through coffee hut and a vending machine

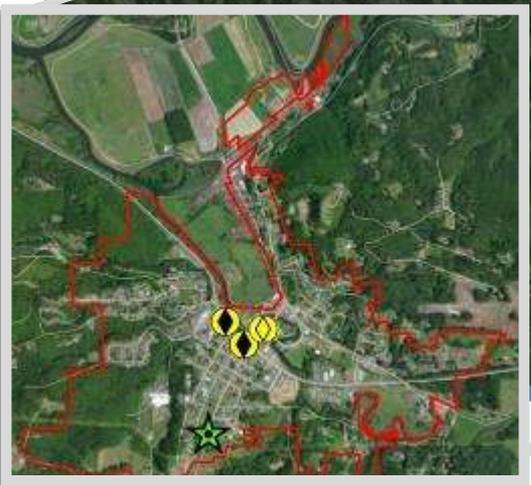
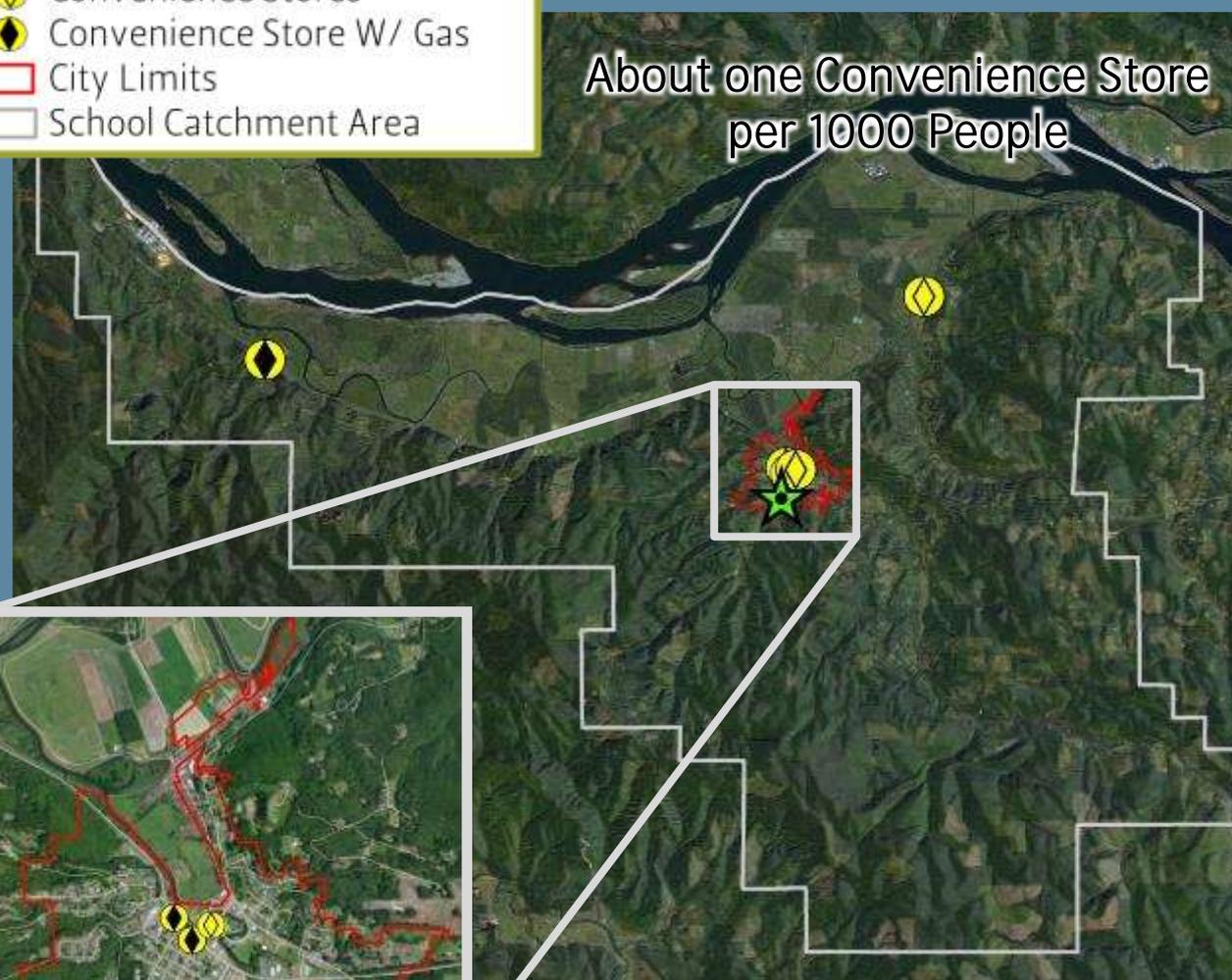


- ★ Clatskanie Elementary School
- Fast Food Establishments
- City Limits
- School Catchment Area

# Convenience Stores

- ★ Clatskanie Elementary School
- ◆ Convenience Stores
- ◆ Convenience Store W/ Gas
- City Limits
- School Catchment Area

About one Convenience Store  
per 1000 People

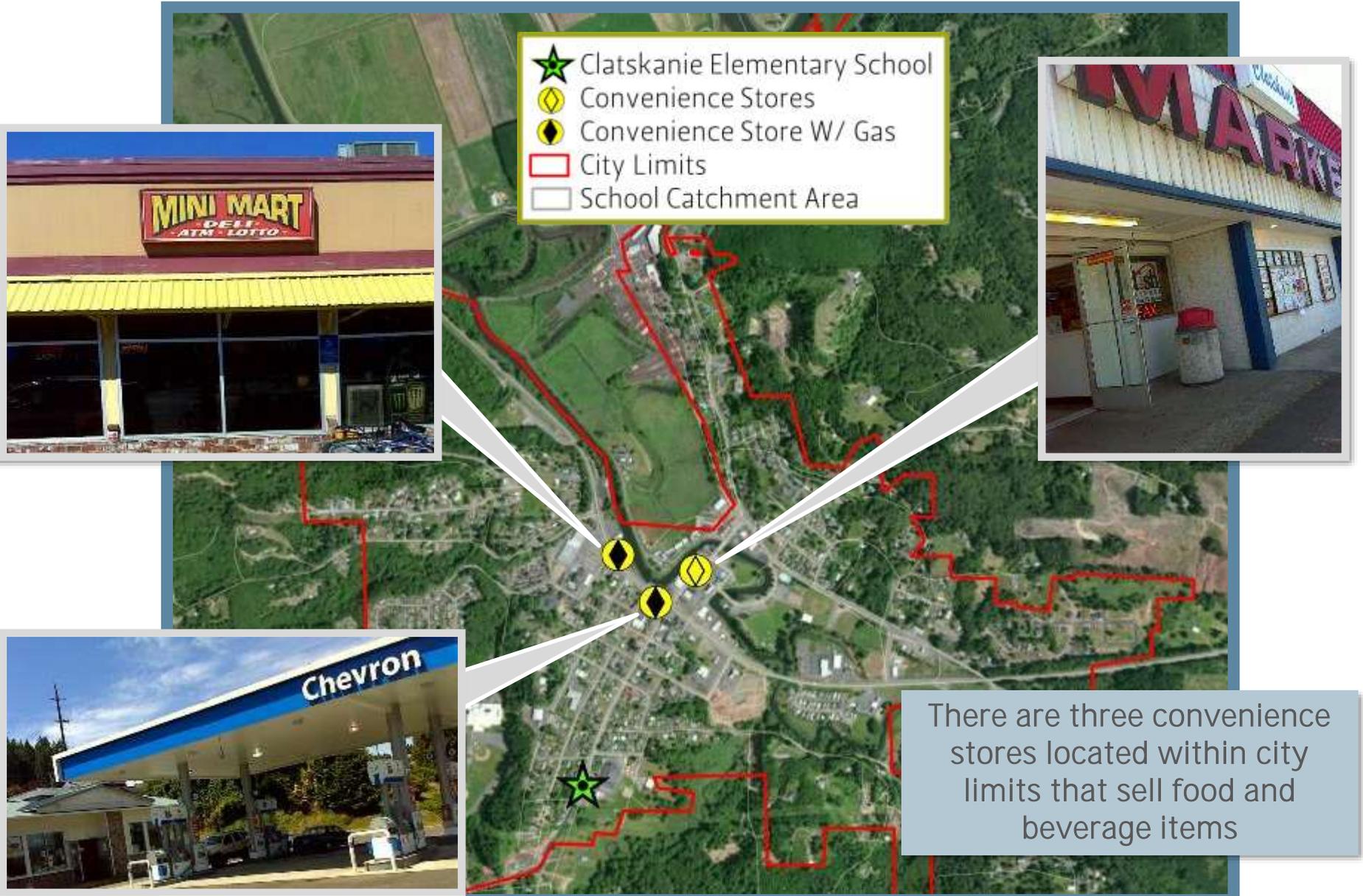


Clatskanie has five convenience stores, three of which are located within city limits

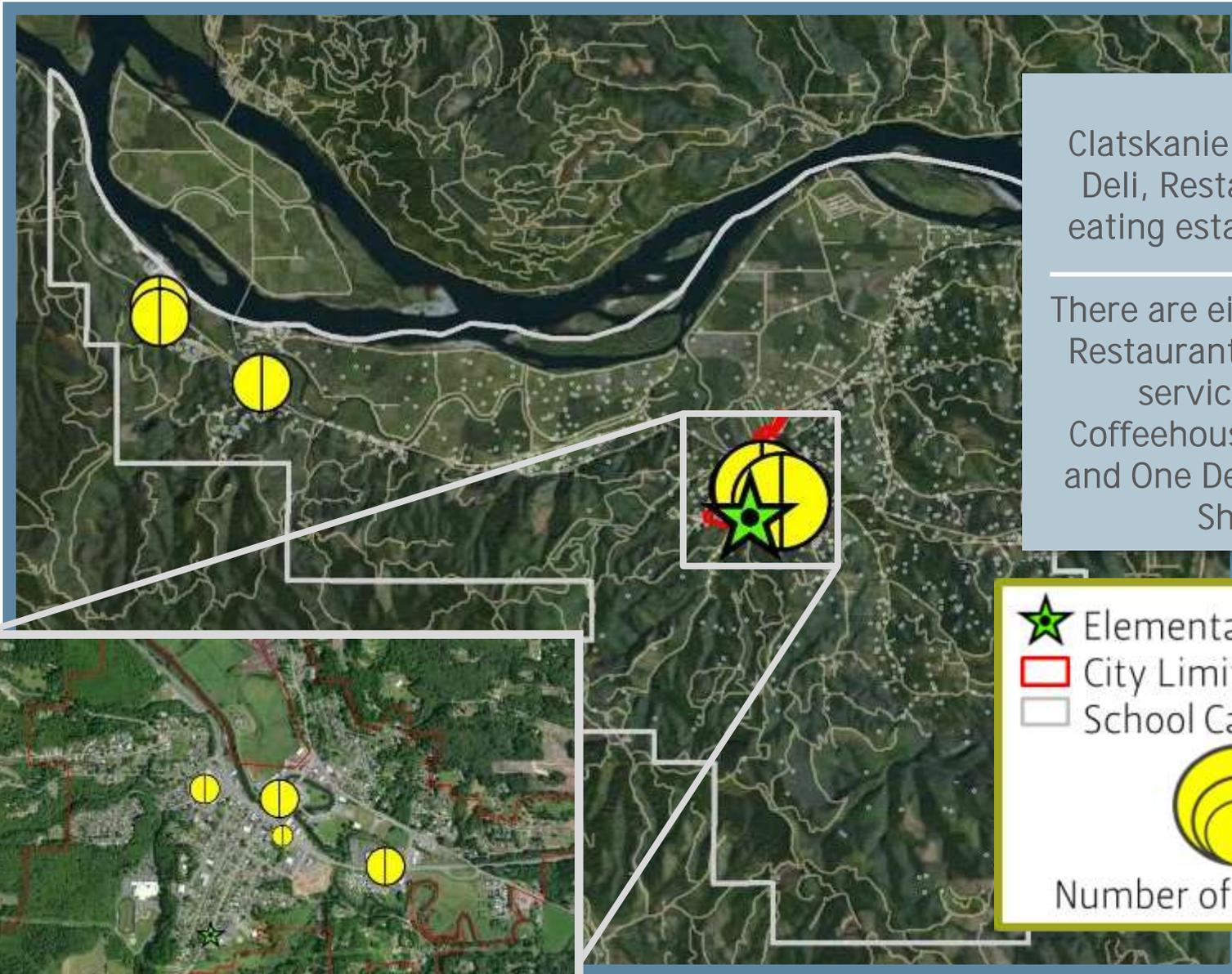
Clatskanie's "Modified Retail Food Environmental Index" score was 12.5 (out of 100). A lower score indicating a higher number of places that don't typically have healthy food and lower numbers of places that would typically have healthy food options

Comparing the ratio of fast food establishments per 1000 people to the fact that Clatskanie has less than one grocery store per 1000 people, you can see why Clatskanie scores low on this index.

# Resources for Convenience Stores Shown by Location



# Café, Delis, & Restaurants



Clatskanie has 12 Café, Deli, Restaurant type eating establishments.

There are eight Sit-down Restaurants with table service, three Coffeehouse/Bakeries, and One Deli/Sandwich Shop .

- ★ Elementary School
- City Limits
- School Catchment Area



Number of Restaurants

# Resources for Café, Delis & Restaurants Shown by Location

Outside of city limits community members can dine at three Sit-down Restaurants with wait staff



- ★ Elementary School
- City Limits
- School Catchment Area

Number of Restaurants

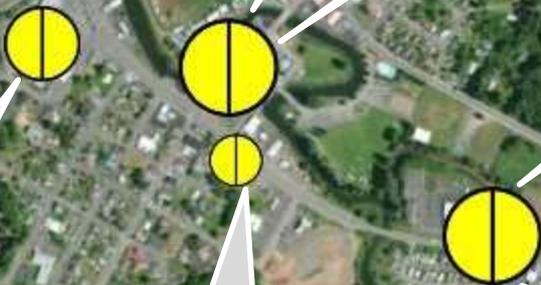


# Resources for Café, Delis & Restaurants Shown by Location

Within city limits, community members have a variety of options: they can dine at the five Sit-down type restaurants as well as a number of Café/Bakeries, and a Deli/Sandwich shop



3 Pub/Lounge/Grills



# City/Neighborhood Parks and Playgrounds

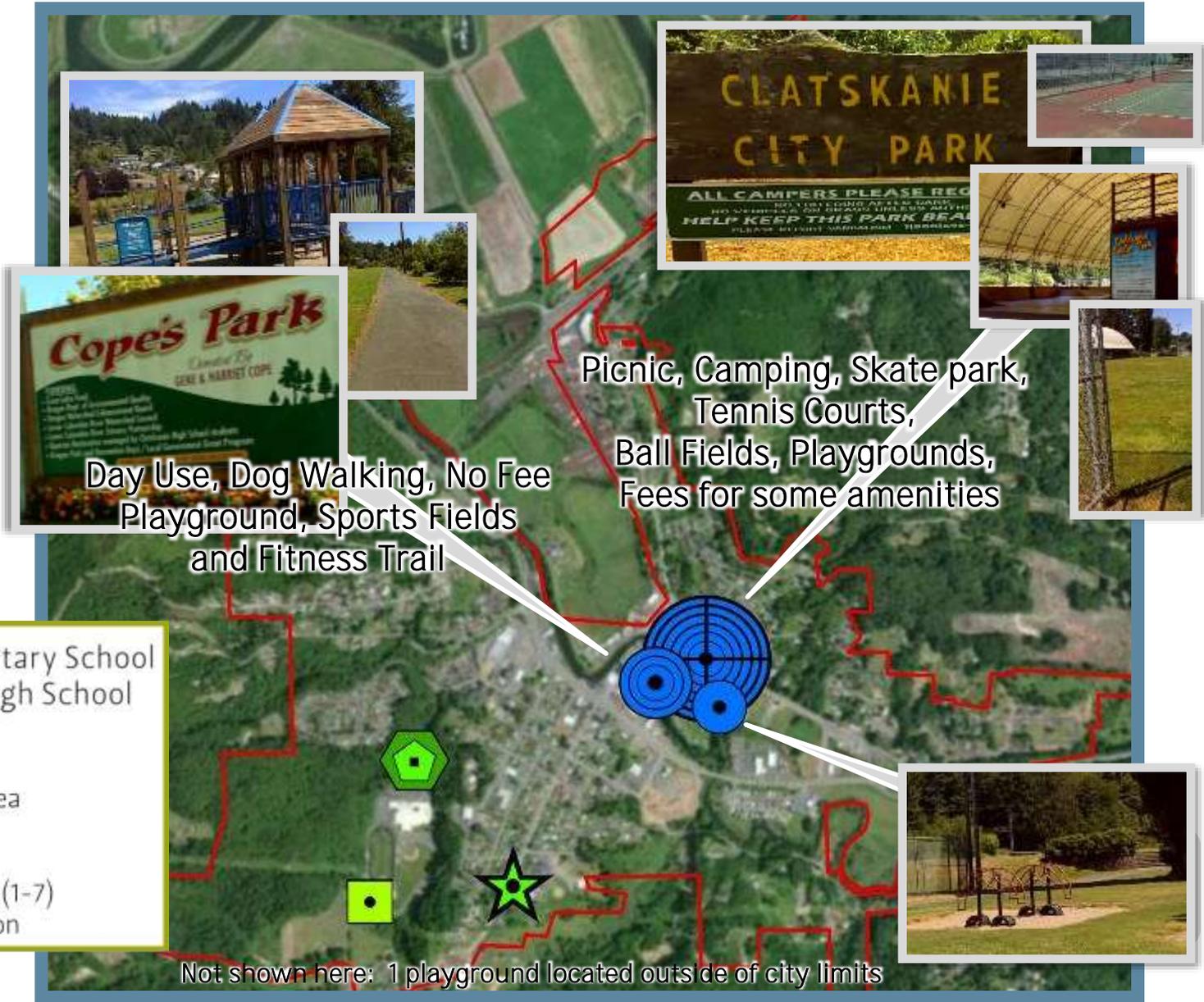


Clatskanie has two city parks and three playgrounds, most within city limits



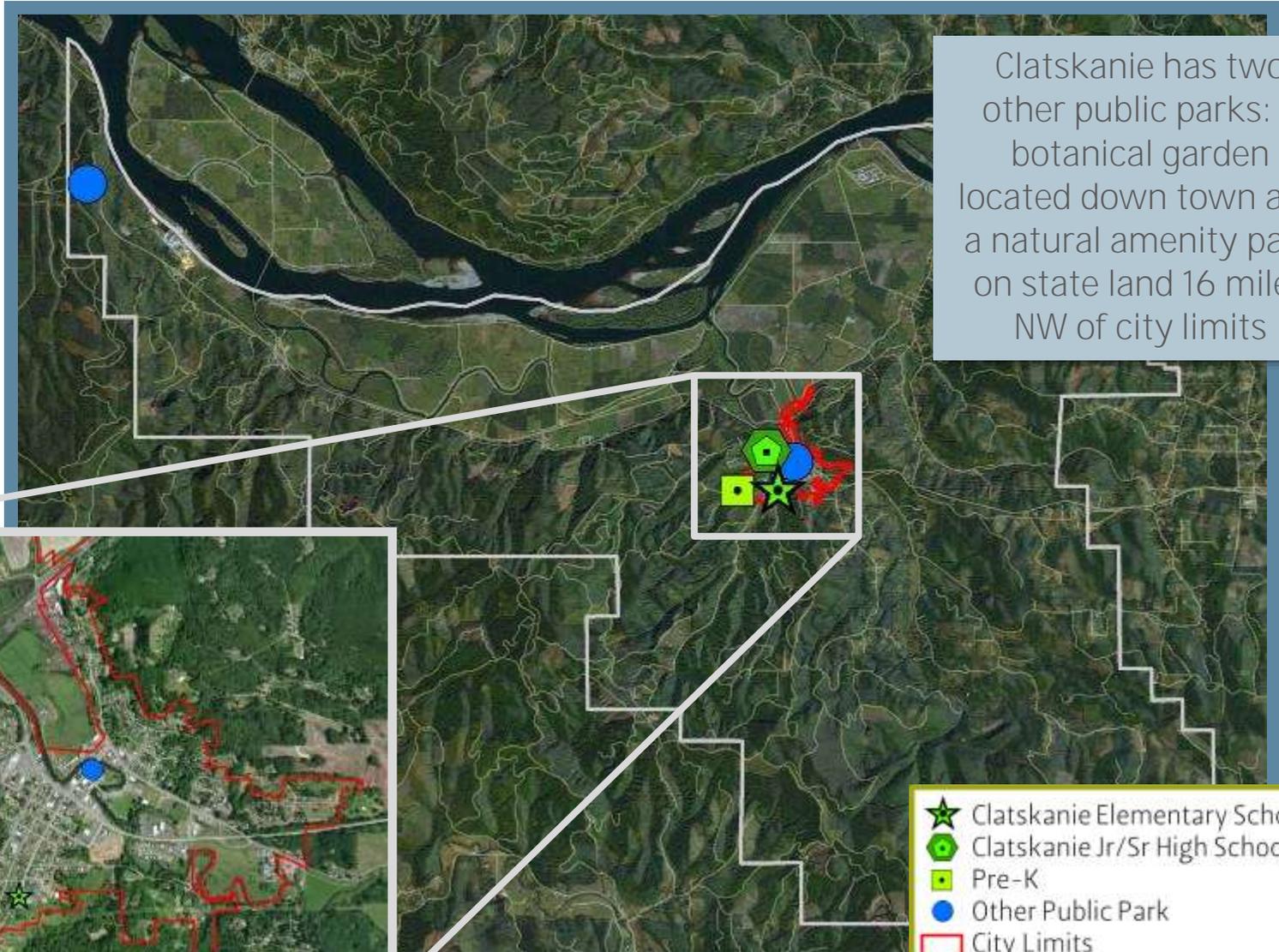
# City/Neighborhood Parks and Playgrounds

A total of two public parks with 8 unique amenities and 3 playgrounds (not including those on school property) can be found within city limits



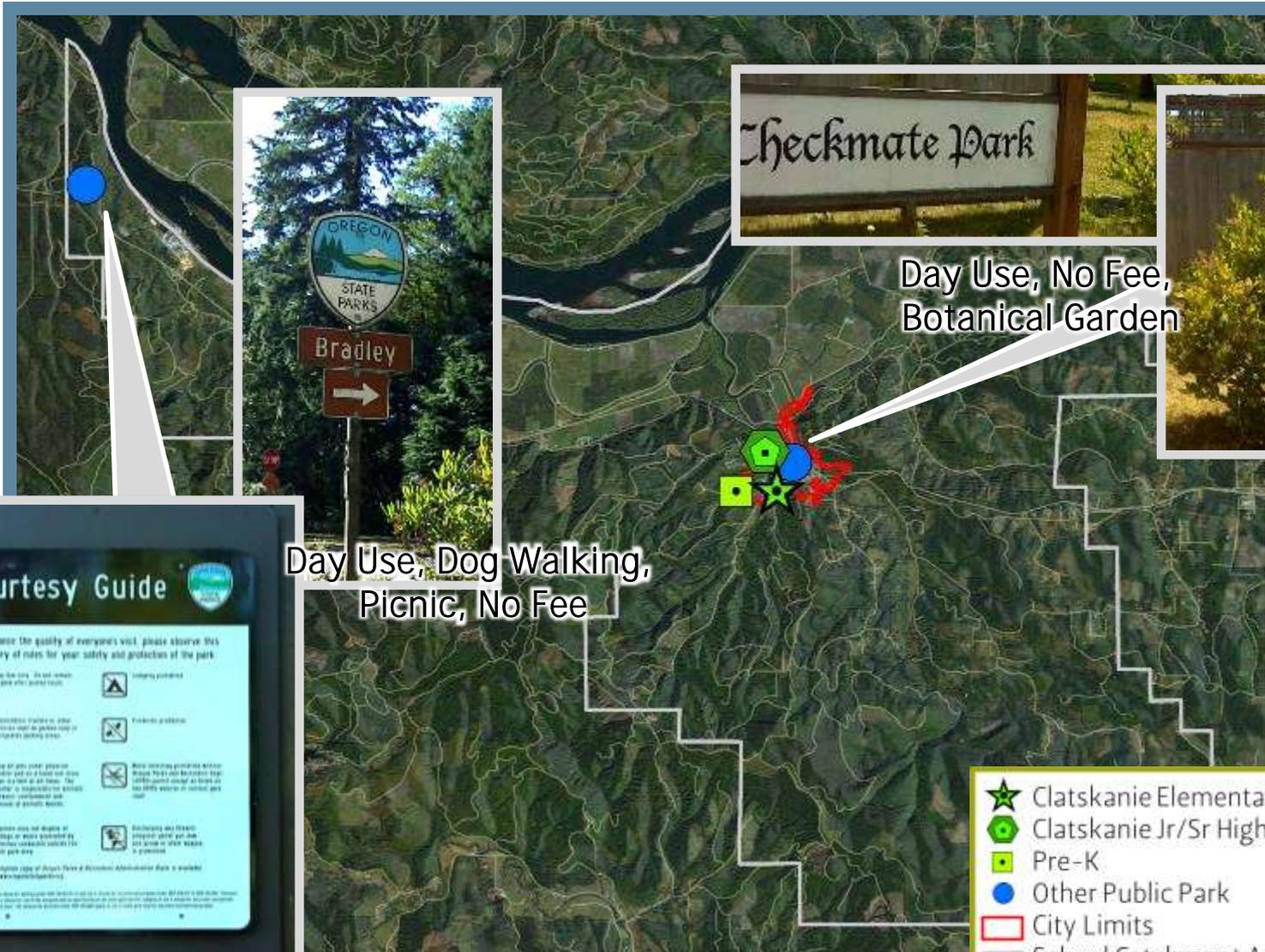
# Other Public Parks

Clatskanie has two other public parks: a botanical garden located down town and a natural amenity park on state land 16 miles NW of city limits



- ★ Clatskanie Elementary School
- ⬡ Clatskanie Jr/Sr High School
- Pre-K
- Other Public Park
- City Limits
- School Catchment Area

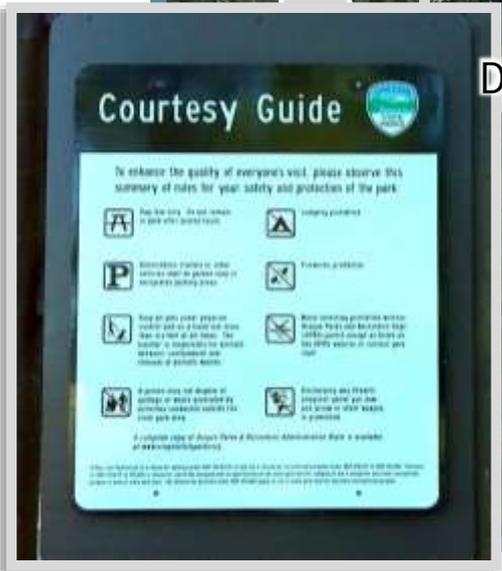
# Resources for Other Public Parks Shown by Location



Day Use, No Fee,  
Botanical Garden



Day Use, Dog Walking,  
Picnic, No Fee

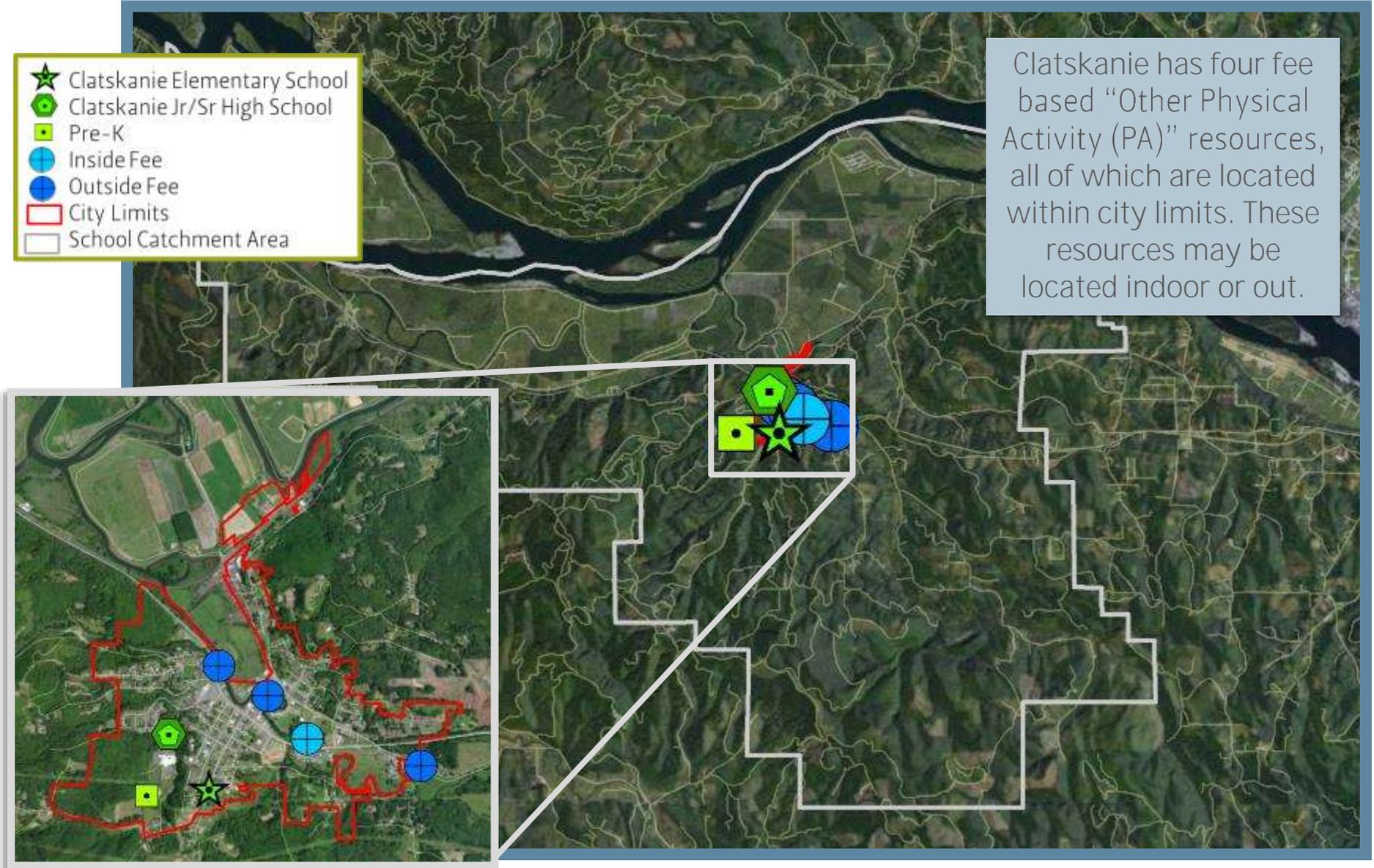


- ★ Clatskanie Elementary School
- 🏠 Clatskanie Jr/Sr High School
- 🟡 Pre-K
- 🟦 Other Public Park
- 🔴 City Limits
- 🟩 School Catchment Area

# Other Physical Activity Resources: Fee Based

- ★ Clatskanie Elementary School
- ⬢ Clatskanie Jr/Sr High School
- Pre-K
- Inside Fee
- Outside Fee
- ▭ City Limits
- ▭ School Catchment Area

Clatskanie has four fee based “Other Physical Activity (PA)” resources, all of which are located within city limits. These resources may be located indoor or out.



# Resources for Other PA-Fee Based Shown by Location



Community Garden Fees for Garden Plots



Camping and Hiking Gate Key Deposit



Fitness Center Membership Fees

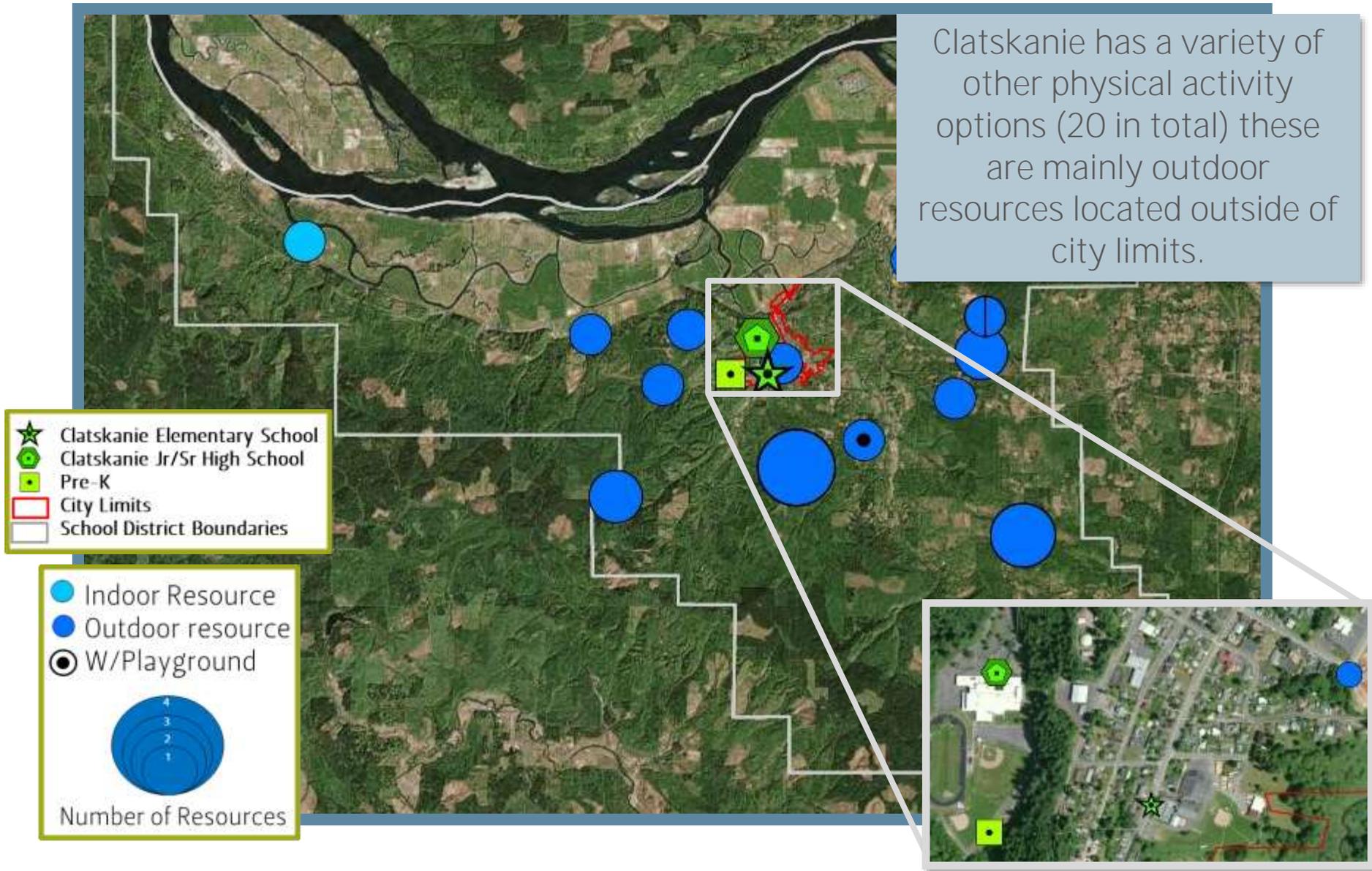


There are four fee-based "Other PA" resources located within city limits. These are mostly outdoor resources, with the lone indoor resource being a fitness center

\*PA=Physical Activity

# Other Physical Activity Resources-Free

Clatskanie has a variety of other physical activity options (20 in total) these are mainly outdoor resources located outside of city limits.



# Resources for Other PA-Free Shown by Location

Hiking, Bike Riding,  
Horseback Riding,  
Dog Walking

Trails/Trailheads

Paved Trail

Riverwalk  
CLATSkanie  
PEOPLE'S UTILITY  
NO  
MULTI-PURPOSE VEHICLES

Equestrian Center  
Unknown Fees

Westport Community  
Center  
Only Free Indoor  
PA Resource in area

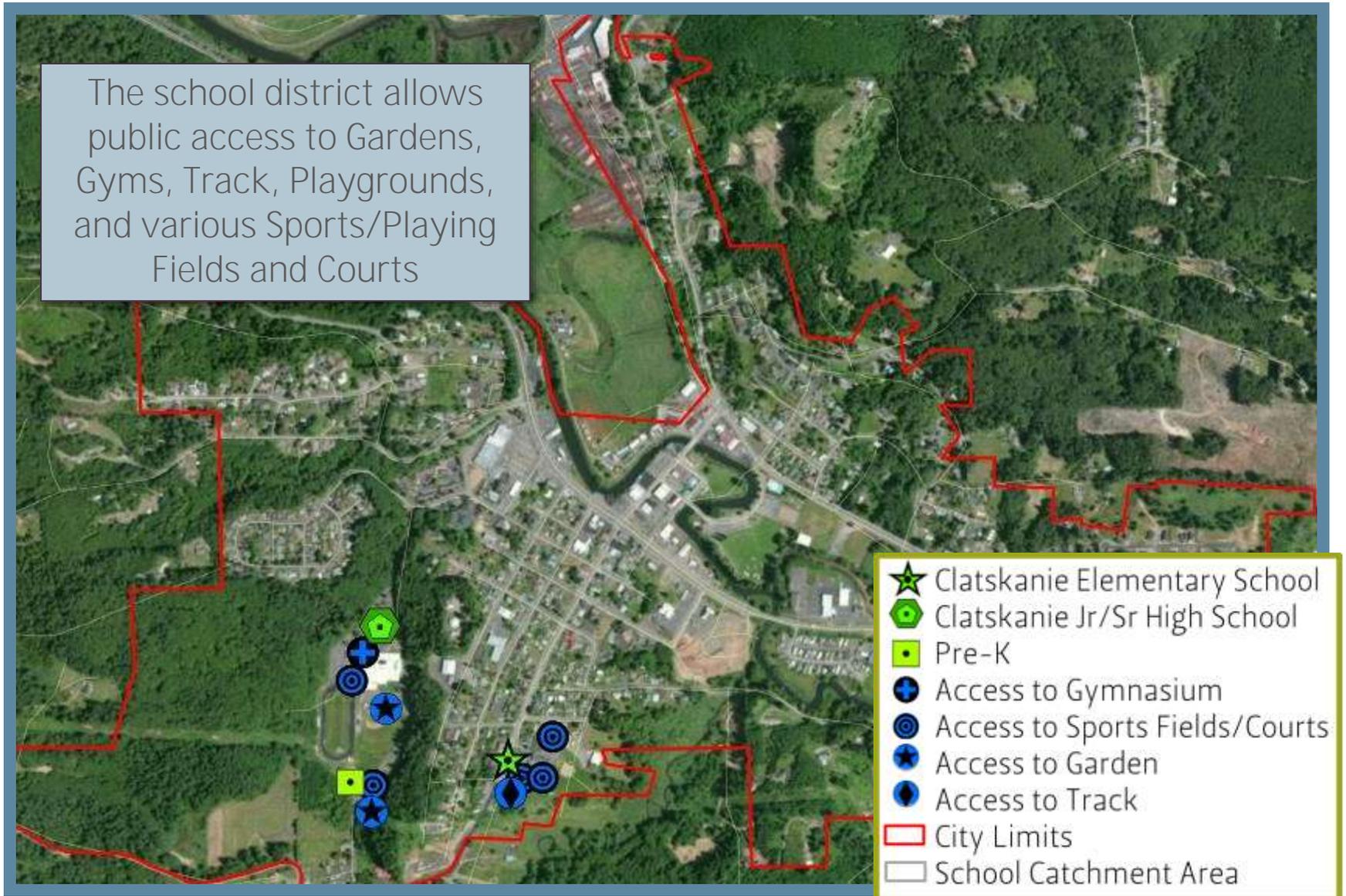
Shepard Road Mountain Trail  
Offering many challenges  
for all ages and abilities  
Equestrian Park  
503-730-9876  
www.shepardroadmountaintrail.com

Resources are mainly  
trails/logging roads  
on private timber  
land, which may be  
closed due to fire  
danger or logging  
activities

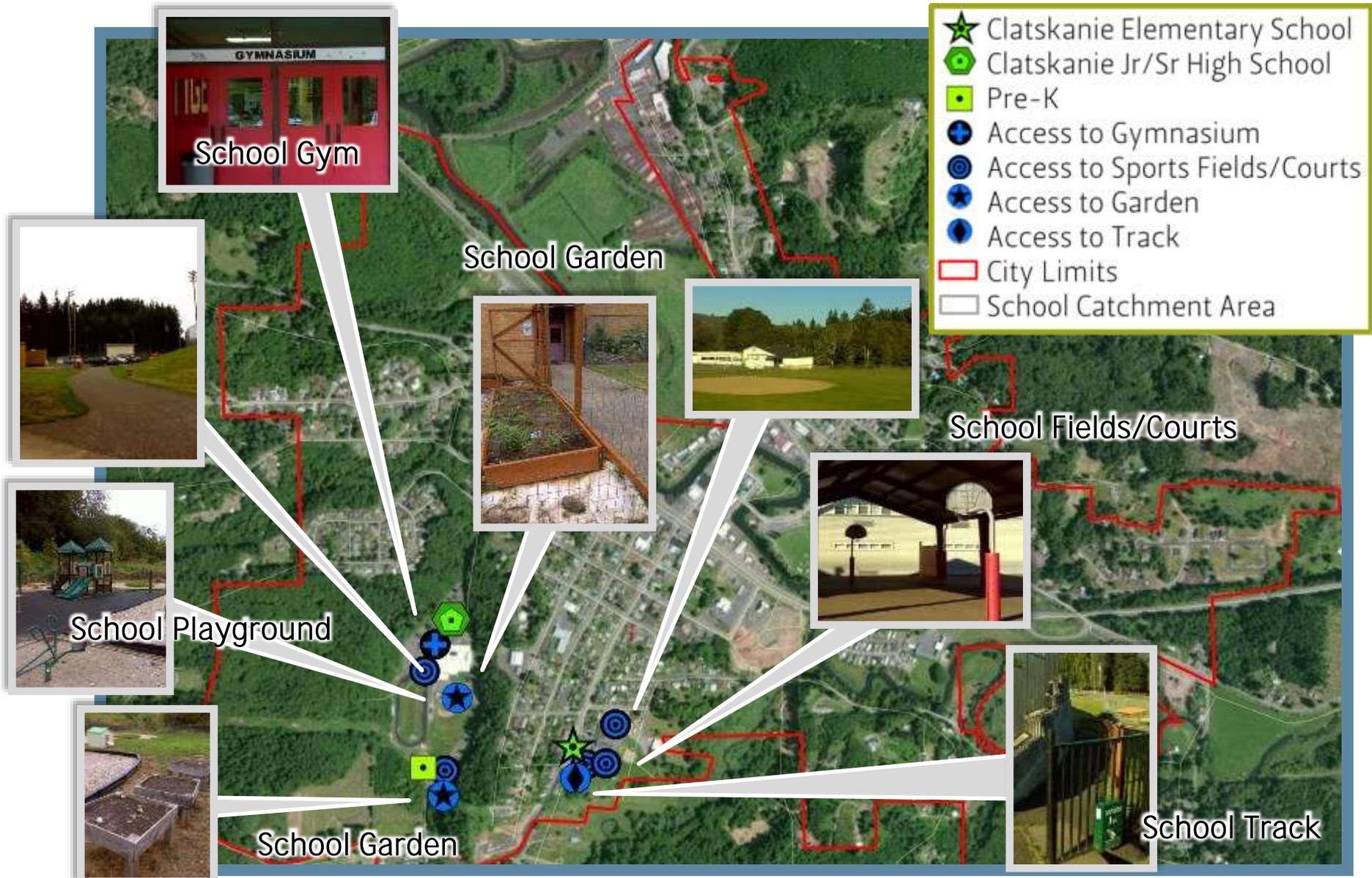
Trails/Trailheads

# School Physical Activity Resources

The school district allows public access to Gardens, Gyms, Track, Playgrounds, and various Sports/Playing Fields and Courts



# Resources for School Physical Activity Shown by Location



# Ease of Access to Resources

- Spatial accessibility is relative: if you have a car and gas money, your spatial access to resources is potentially only limited by how much time you want to spend in the car. As our goal is to include all potential community members, not just those with a means of transportation, we analyzed the proportion of community members who have “Easy Access” to resources.
- We described Easy Access as being located within a ¼ mile distance to a resource category.
- While Clatskanie does have some food and physical activity (PA) resources located close-in, the bulk of the PA and Local Food resources are located outside of city limits.
- Resources have been aggregated into 6 categories: ○ Low/No Cost Outdoor PA, ○ Low/No Cost Indoor PA, ○ Fee-Based Outdoor PA, ○ Fee-Based Indoor PA, ○ Local Agriculture, Grocery and Food Assistance, ○ Fast Food/Convenience Store and Restaurant

## Low/No Cost PA Resources

Community Centers  
Public lands/Parks & Playgrounds  
Sports Fields/Courts

## Fee-Based PA Resources

Golf Courses  
Equestrian centers  
Exercise/Fitness centers

## Local Agriculture

Farm stands/U-picks  
Farmer’s markets  
Home-based sales (Eggs, Milk, Veggies)  
Hunting/Fishing/Gleaning Supports

# Ease of Access to Resources

Analyzed via a ¼ mile network buffer: approximately a 5 to 10 minute walk

## Low/No Cost PA Resources

Community Centers  
Public lands/Parks & Playgrounds  
Sports Fields/Courts

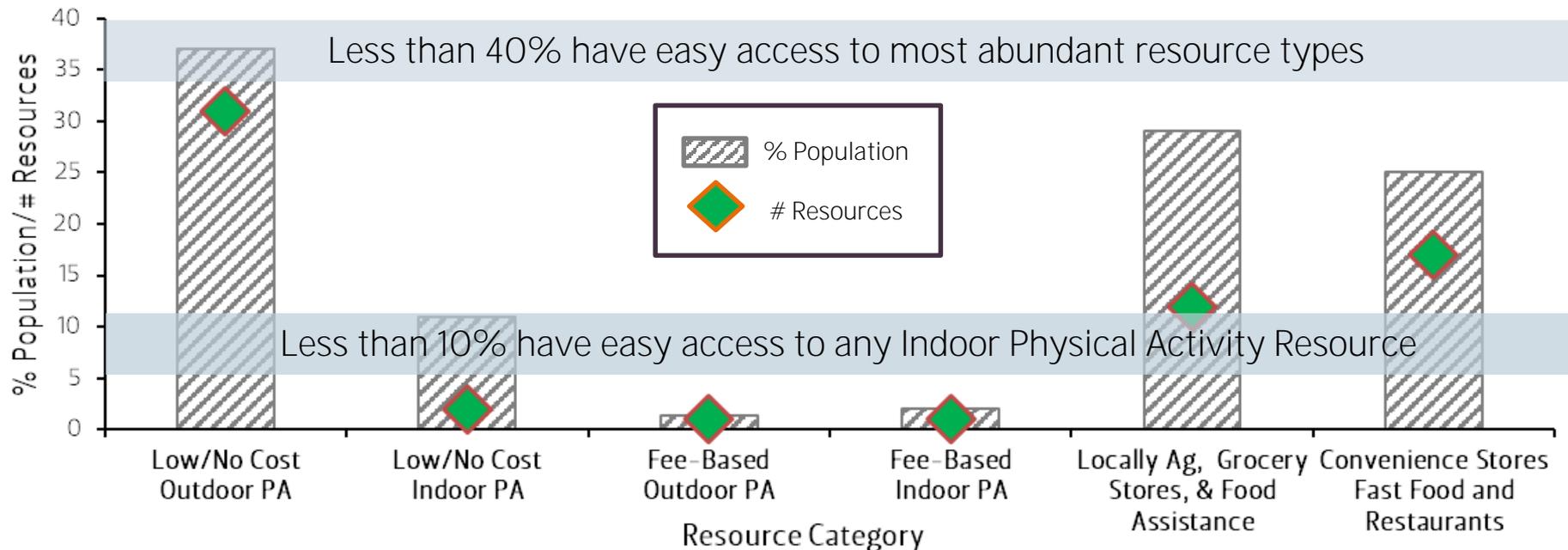
## Fee-Based PA Resources

Golf Courses  
Equestrian centers  
Exercise/Fitness centers

## Local Agriculture

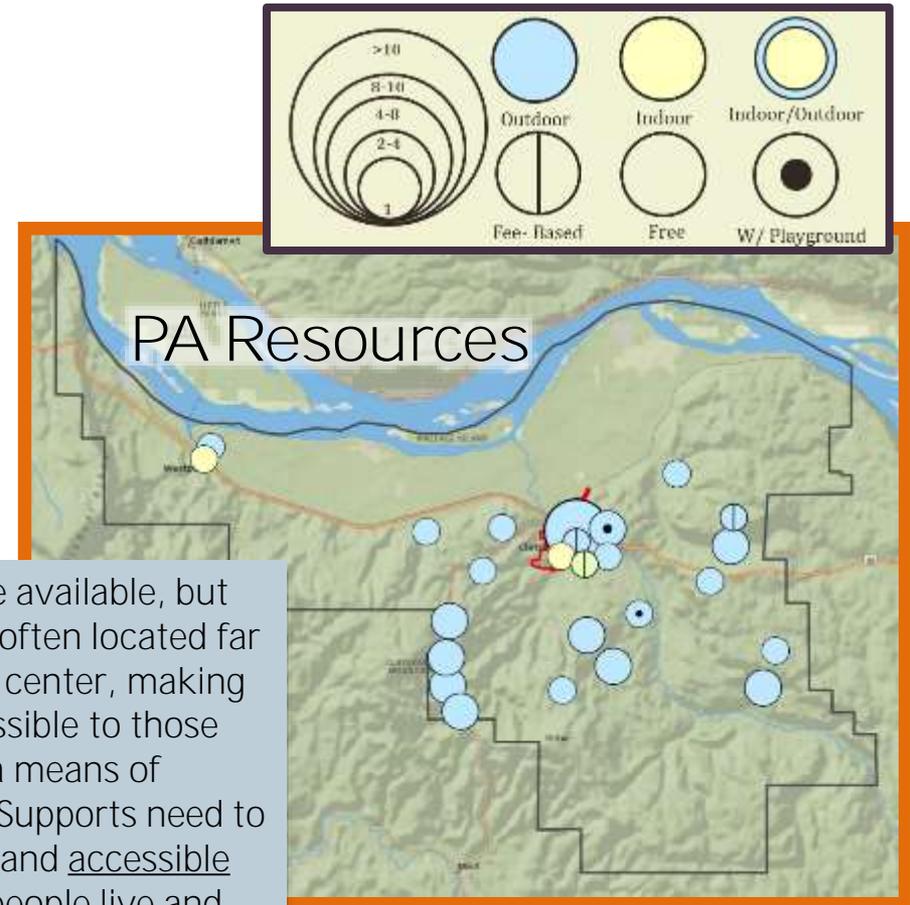
Farm stands/U-picks  
Farmer's markets  
Home-based sales (Eggs, Milk, Veggies)  
Hunting/Fishing/Gleaning Supports

## Proportion of Clatskanie Population within 1/4 mile of Food and Physical Activity Resources



# Conclusions

In rural communities, a lack of available resources and accessibility to existing resources may make developing and maintaining healthy dietary and activity habits difficult.



Resources are available, but spread out and often located far from the town center, making them inaccessible to those without a means of transportation. Supports need to be affordable and accessible from where people live and work.

- City Limits
- School Catchment Area