

Below is a list of resources and indicators that could be useful in researching and implementing projects for the Nutrition & Healthy Lifestyles grant rounds. This list is intended as an **informational resource only**; the Health Fund does not endorse or require these tools be used in funded projects, unless otherwise noted. We do highly recommend the use of validated tools in project planning, implementation, and evaluation, but this is not an exhaustive list.

Please direct specific questions to Jan Delatorre at jan@mihealthfund.org.

Indicators and Data Sources for Individual-Level Outcomes

Indicator	Data Source
Increased physical activity	Physical Activity Questionnaire for Older Children and Adolescents Adult Physical Activity Questions on the National Health Interview Survey Physical Activity Questionnaire for Older Adults International Physical Activity Questionnaire
Improved nutrition/healthy eating	SNAP-Ed Tools for Adults Children, and Youth Fruit and Vegetables Consumption for Adults (BRFSS—See Core Section 12) Fruits and Vegetables Consumption for Children and Youth (2019 YRBS—Also applicable for physical activity)
Reduced screen time	Screen-Free Activity Log
Improved BMI	Adult BMI Child and Teen BMI Children’s BMI Tool for School
Increased breastfeeding rates	Breastfeeding assessment tools

Indicators and Data Sources for Population-Level Outcomes

Indicator	Data Source
Improved population-level access to physical activity opportunities	Access to exercise opportunities Measuring county-wide percentage of adults reporting no leisure-time physical activity (includes methodology)
Improved population-level access to healthy food	USDA—Food Access Research Atlas County-level Food Environment Index (composite) Feeding America—Food Insecurity County-level limited access to healthy food (use USDA research atlas above for census tracts)
Improved park usage and trails	Complete Parks Indicators—A Systems Approach Core Measures of Trail Use System for Observing Play and Recreation in Communities—SOPARC