



Glossary

Environmental Change: Changes to the economic, social, and/or physical environment(s)

Evaluation: A systematic collection of information about the activities, characteristics, and outcomes of programs

Evaluation Plan: A written outline that defines the information to be collected about your program or project, how and when the information will be collected, keeping in mind the components will have different intervals

Focus Group: A qualitative method of data collection wherein a skilled moderator facilitates discussion on a selected topic among six to ten respondents, allowing them to respond spontaneously to the issues raised

Goal: The overall health improvement to be attained

Indicator: The observable, measurable characteristic or change that will tell you if the outcome was achieved. See examples in Exhibit 2 on page 34.

Interview: A qualitative data collection method in which an interviewer uses a question guide to illicit responses from a participant, using open-ended questions

Objective: The specific measurable results of the initiative

Outcome: Benefits or changes experienced by individuals or groups during or after participating in project activities. See examples in Exhibit 1 on page 33.

Policy: Law, regulation, and rules (formal and informal)

Qualitative Data: Descriptive information, such as descriptions of barriers to getting the recommended amount of physical activity weekly, opinions of certain sports activities, and expectations of group participation

Quantitative Data: Numerical data, including frequencies, percentages, and rates, such as the percentage of respondents exercising three or more times a week, the rate of obesity among a population, and the number of children enrolled in a roller-skating program

Strategies: Statements that explain how the initiative will reach its objectives

Survey: A series of written or verbal questions that one asks an individual or organization for the purpose of collecting data

Vision: A statement that identifies the ideal conditions for a community; how the community would look if the identified issue(s) were perfectly addressed



Here are some quick tips on how to walk safely in your community...

- If walking at night or at dusk, wear at least two pieces of reflective clothing (e.g., reflective arm bands, reflective jacket, reflective leg bands, etc.) and carry a flashlight to make yourself visible. If you're walking your dog, get a reflective vest or collar for him/her too.
 - If possible, avoid walking in heavy traffic areas.
-
- If possible, avoid walking near bushes or other places that may make you vulnerable.
 - If you have a mobile phone, bring it just in case of an emergency. However, turn it off while you're walking to limit distractions.
 - Plan your walking route ahead of time.
-
- Always be alert and aware of your surroundings.
 - Don't use walkmans or other gadgets — you won't be able to hear potential hazards!
 - Always let a person know where you are going and when you expect to return.
-
- Trust your instincts! If something doesn't seem right, walk away from the situation.
 - Always use sidewalks. If none are available, use the roadway but exhibit caution!
 - Walk with a friend, or if possible, join a community walking club and meet potential walking buddies!
-
- Use crosswalks when available!
 - Give yourself plenty of time to cross the street.
 - If you encounter any wild animals on your walk, avoid them, especially during the spring when many animals are foraging with their young.