

Nutrition Environment Assessment Tool (NEAT)

Introduction & Overview:

The Nutrition Environment Assessment Tool (NEAT) assessment was developed to help communities assess their environment to find out how it supports healthy eating. The NEAT consists of four sections, each representing an important aspect of a healthy community environment as it pertains to healthy eating. Completing NEAT is a first step in improving your community's support of healthy eating. The results of NEAT will assist you in identifying the existing environmental and policy supports at within your community that encourage healthy eating. NEAT will also recommend ways in which your community can more effectively support healthy eating among its residents via policy and/or environmental changes.

All four NEAT sections follow a similar format which includes questions for the community team to answer and a scorecard that shows how many points your worksite receives out of the total possible points for each sub-section, section and overall. The NEAT also provides a Support Rating (from Fully Supportive to Not at all Supportive) based on the percent of possible that your community scores on a given factor.

The best and easiest way to complete the NEAT is to use the online version. The online version automatically scores your NEAT each time you save your work. It also checks to make sure all questions are answered completely and consistently, thus preventing any inadvertent errors and providing immediate feedback on any necessary corrections. Additionally, for Section 2 (Worksite Policies & Environment), the online version automatically adjusts the scoring for fairness if your community has fewer than three worksites.

Because community teams usually need to collect data prior to completing the online assessment and because teams may meet in locations where there is no access to the Internet, we have provided a print version that looks very similar to the online version. While this version won't allow for the automated scoring and corrections and other advantages offered online, it will make it easier for teams to transfer their answers quickly to the online NEAT. The print version also offers communities that might be interested in completing the NEAT a chance to preview the tool prior to registering to complete the NEAT online.

The print versions are available for download and printing at <http://www.mihealthtools.org/neat/Default.asp?tab=Preview>. For ease of printing, the materials are provided as downloadable PDFs.

Other useful items already available on the Promoting Healthy Eating website are:

- **A Resource Guide** (<http://www.mihealthtools.org/neat/Default.asp?tab=Resources>) - Provides links to resources that will help you in completing the NEAT and defining actions that are most likely to make a difference.
- **Frequently Asked Questions** (<http://www.mihealthtools.org/neat/Default.asp?tab=FAQ>) –Answers to common questions, such as “how long will it take to complete the NEAT?” and “What are the benefits for completing NEAT?”

How to Get Started:

1. Assemble a Nutrition Environment Assessment team. Broad participation is important for meaningful assessment and successful planning and implementation. See the About Healthy Food Environments section of the Promoting Healthy Eating website (<http://www.mihealthtools.org/neat>) for more information on community members to involve.
2. Register for the online NEAT at <http://www.mihealthtools.org/neat>.
3. Review the NEAT and the NEAT instructions (available online after you register) as a team prior to completing it and determine team member assignments.
4. Answer each item to the best of your knowledge, being as precise as possible. Make sure all team members agree on the answers.

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Section 1: Community Policies & Environment

Many aspects of a community can make it easier for residents to eat healthfully. To promote a healthy community, the places where community residents shop for food must provide healthy food choices at a reasonable price. Restaurants, grocery stores, and convenience stores also offer an ideal opportunity to educate consumers about healthy choices at the point of purchase. Resources for healthy eating through organizations and facilities within the community are yet another dimension of the community that can support healthy habits in many different ways and across all age groups. The local media – newspapers, radio and television- can also be very powerful. Routine coverage about health information and health promotion events within the community provides a vehicle for education and inspiration to promote healthy eating.

See the [Resource Guide](#) for information about who to contact to assist you in completing Section 1 of this assessment.

1.1 Family Style Restaurants* Support Healthy Eating

1.1 a Please indicate the three busiest family-style restaurants in your community. If there are fewer than three family-style restaurants in your community, complete the information below by listing any family-style restaurants within your community first and then listing the family-style restaurants outside of your community that your residents frequent most often. Also record the location (city/town) of each restaurant in the space provided.

Name of Family-Style Restaurant 1: _____ Location: _____

Name of Family-Style Restaurant 2: _____ Location: _____

Name of Family-Style Restaurant 3: _____ Location: _____

*See the [Resource Guide](#) for a definition of “family-style” restaurant.

1.1b Check the menu items/options offered at each restaurant. (Check all that apply – 1 point for each checked box.)

	Restaurant #1	Restaurant #2	Restaurant #3
At least 2 non-fried vegetable options	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Non-fried vegetables available without sauce or butter	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Baked, broiled or grilled foods	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Milk	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Skim or 1% milk	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
100% fruit juice (not fruit punch, lemonade or fruit drinks)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Vegetable or broth-based soups (not cream-based)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Half or smaller portions available at a lower price than regular price	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Substitutes offered for French fries at no extra cost (excluding onion rings, other fried or creamy options)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Items identified on the menu* that are low in calories and fat (not low carb), such as fruit	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
At least one healthy option* on the children's menu (for example, grilled chicken with fruit and/or vegetable rather than fries)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Leafy green salads	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Reduced calorie or fat-free salad dressing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<i>Check here if none of the above are offered (0 pts)</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

*Menus might be labeled with words (low-calorie, low-fat) or with a symbol (for example a heart, indicating that menu items meet the American Heart Association's dietary guidelines or participation in the MFIT Healthy Dining Program). See the [Resource Guide](#) for more on the MFIT program.

*See the [Resource Guide](#) for more information about foods/menu items that are considered to be healthy options.

1.2 Fast Food Restaurants* Support Healthy Eating

1.2 a Please indicate the three busiest fast-food restaurants in your community. If there are fewer than three fast-food restaurants in your community, complete the information below by listing any fast food restaurants within your community first and then listing the fast food restaurants outside of your community that your residents frequent most often. Also record the location (city/town) of each restaurant in the space provided.

Name of Fast Food Restaurant 1: _____ Location: _____

Name of Fast Food Restaurant 2: _____ Location: _____

Name of Fast Food Restaurant 3: _____ Location: _____

**See the [Resource Guide](#) for a definition of "fast food" restaurant.*

1.2b Check the menu items/options offered at each restaurant. (Check all that apply – 1 point for each checked box.)

	Restaurant #1	Restaurant #2	Restaurant #3
Items identified on the menu* that are low in calories and fat (not low carb), such as fruit	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Low-fat muffins	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Bagels or English muffins	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Milk	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Skim or 1% milk	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
100% fruit juice (not fruit punch, lemonade or fruit drinks)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Vegetable or broth-based soups (not cream-based)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Plain baked potato	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Nutrition analysis on foods is available	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Light (reduced-fat) mayonnaise available	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
At least one healthy option* on the children's menu (for example, grilled chicken with fruit and/or vegetable rather than fries)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Leafy green salads	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Reduced calorie or fat-free salad dressing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<i>Check here if none of the above are offered (0 pts)</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

*Menus might be labeled with words (low-calorie, low-fat) or with a symbol (for example a heart, indicating that menu items meet the American Heart Association's dietary guidelines or participation in the MFIT Healthy Dining Program). See the [Resource Guide](#) for more on the MFIT program.

*See the [Resource Guide](#) for more information about foods/menu items that are considered to be healthy options.