**Community Nutrition Survey**

Visitations to local markets, supermarkets, in home stores, home based or local food production sites, restaurants, farmer’s markets, local clinics, local schools, school lunch facilities, local gardens, local clinics, local pharmacies or centers for health such as immunization sites, malaria test sites, or contraceptive or maternal centers, community water system/well and wastewater systems, home visits to view several homes of typical, poor and well off locals, libraries, radio stations or places that disseminate information, government health offices.

**Map of community**

Accessibility by road, public tansportation

Nearest shopping opportunities?

**Health Statistics and Surveys**

WHO data

Studies of nutritional status of area if available

Is there a mandate to do health surveys of community?

Who is keeping health records in area?

What are the key infectious diseases?

What are the most significant NCD—non-communicable diseases?

**Foods**

Common protein foods

Common carbohydrate foods (enriched or fortified?)

Common fruits and veggies

Common condiments, including fats

Fortified and enriched foods, including salt, sugar, grains

Usual beverages

Availability of potable water

Iron sources and availability

Calcium sources and availability

Vitamin A sources and availability

Vitamin C sources and availability

Typical eating pattern of meals and snacks

Typical breakfast

Typical lunch

Typical snacks

Typical dinner

Junk foods, candies, sodas, traditional snacks available

Price comparisons: meats/protein foods, junk food snack, egg, staple fruit, staple starch, staple vegetables, beans, soda

What foods are provided by government to families or feeding programs/schools?

**School Lunches**

Are any institutional lunches available?

How often?

Who prepares?

Who funds?

What are the foods and beverages provided?

Who qualifies for food? ages? income? neighborhood?

Who provides the food? NGO? government? local group?

What other resources are available at site?

Is hand washing or sanitation available on site?

Is potable water available on site?

**Food Availability, Farms, and Markets**

Is food home grown or purchased?

Where do most people purchase their food?

Is food available for purchase within a reasonable distance of population?

What are the growing and harvesting seasons?

Note crops available for consumption at each season:

What crops are grown as cash crops but not available to farmers?

Typical budget for food?

What animals are raised for food or milk?

Availability of dairy products in community?

Frequency of dairy consumption

Availability of any types of meat in community.

Frequency of meat/fowl/fish consumption

**Cooking and Food Storage**

Are most foods cooked at home?

Do families share cooking responsibilities?

How often do people buy premade food? eat in restaurants?

What cooking facilities does the typical home have?

What fuel is used and how is it obtained? Is the cost an issue?

What kinds of pots/pans are used (aluminum, iron, other?)

What dish washing set ups do homes have?

What hand washing set ups to homes have?

How is water obtained for the home?

What food preparation area is available and what level of sanitation does it have?

Is there an issue with flies or other insects or vermin that might spread disease?

How is food stored before use?

How is leftover food stored?

Is there refrigeration available?

What foods are commonly stocked in the average kitchen?

What happens to waste water and food waste?

**Food Beliefs and Rules**

What foods are considered most appropriate for pregnant women?

 women who have just had babies?

 women who are nursing?

How does the family eat? together, apart, some people first

Where does eating take place? table, mat on floor, outside, etc.

How is the diet altered during illness?

How is diet different for males vs females?

Is the diet altered during menses?

What is the general understanding about what causes good and bad health?

How does religion tie in with health beliefs?

Do people believe they can affect how healthy they are? How?

**Infant Feeding and Complimentary Foods**

How common is breast feeding?

What is the normal alternative to breast milk if not breast feeding?

What formulas are available in the community?

How are formulas promoted?

How are they viewed by mothers?

Are bottles used to feed babies?

What is typically in the bottles?

How are bottles cleaned?

What kind of water is used in formula preparation? (boiled, sterilized, local, etc)

What foods are considered best for babies to eat?

When are babies first given foods other than breast milk or formula?

**Sanitation and Hygiene**

What are the sources of water for drinking and cooking? for washing clothes? for bathing? for handwashing?

What are the handwashing facilities in homes? schools? community?

What are the means of obtaining potable water?

Are any of these methods used: boiling, chlorine, UV light

Is chlorine available? Cost?

Are people familiar with these techniques and/or would they be useful?

What are the toileting facilities?

Are they used?

If not, why not?

What is used for toilet paper?

Are there functional wells? If they are not functioning, why not?

Who is in charge of maintaining the wells?

Is tooth brushing practiced or other types of tooth and mouth care?

What do people use to clean their teeth? (brush, cloth, twig?)

Do they use toothpaste and/or use alternatives?

Is the fluoride content of the water known?

How is personal bathing conducted?

Where?

How often?

What kind of water?

What kind of soap?

What are the challenges for personal hygiene?

**Health Care**

Who provides health care in this community?

Is there a health committee or a community health director?

Where is the nearest medical clinic? hospital?

How long does it take to get there? (by foot, horse, bike, bus, car, etc)

Do mobile health clinics come to the community? Who runs them? How often?

Are their native health practitioners working in the community?

How available are they?

What is the cost of medical clinic treatment?

What is the cost of native health practitioners (shamans, healers, midwifes)

Where does one go to get medicines?

Is it common to use home gathered and produced medicines?

If so, what are the most common home remedies?

What are the most common treatments (western and traditional) for malaria, dengue, diarrhea, anemia, pain, urinary tract infection, a cold, respiratory tract infection, heart troubles, headache, allergies, diabetes, and other illnesses

Is health monitoring practiced by any NGO or governmental group?

Are immunizations happening routinely in this community? How?

Is control of malaria and other vector borne illnesses being managed?

Is malaria diagnosis and treatment available?

What nutritional supplements are given routinely? to pregnant women? infants?

What supplements are available at health clinics? in stores?

**Indiginous/Traditional Medicine**

Who practices traditional medicine (male, female, young, old, families, herbalists, …

What is their scope of practice

What are their primary treatment modalities (herbs, prayer, diet, other)

How are they integrated into “western” medicine

What practitioners do people use? Does this vary with illness or need?

Are midwives considered traditional healers or something unique?

**Hospitals**

Where is the nearest hospital?

What level of treatment is provided there?

What are the most common diagnoses for admission?

What health care personnel staff the hospital?

What nutrition related issues are important at this hospital?

Does any education take place here?

How is food provided to patients?

What supplements and formulas are being used?

Lots more questions depending on situation!

**Education**

Average literacy in area for women and men

Are children attending school?

How long do kids usually attend school? Boys? Girls?

Are they given any health education in the schools?

If so, what is the curriculum?

What are their resources for teaching?

What training have the teachers had in health issues?

Would teachers like training in health issues?

What resources do schools have for teaching nutrition and health, including books, posters, basic school supplies, teaching aids?

Who manages the schools, teachers, and curriculum and makes decisions?

Is there a government curriculum, local school board, school director, etc?

Are they provided with any food in conjunction with school?

Are they provided with any health care services in conjunction with school, such as de-worming or immunizations? If so, what?

What could help this school system provide health and nutrition education?

**Community**

What groups or individuals are influential in this community?

How are decisions made in households, families, neighborhoods?

Does the community work together to provide water, potable water, washing stations, schools, wells, garbage management, toilets or latrines, community cleanliness, health care, etc?

What role do women and men play in community decisions?

What concerns does the community have about their wellbeing and services?

**Health workers to be trained**

Education level

Volunteer vs paid position

Hired and supervised by whom?

Hours worked/part time vs full time

Responsibilities and their target patients or clients

Previous nutrition training

Nutrition activities: monitoring, teaching, counseling, demonstrations, classroom, other health professionals, prescribing

Nutrition problems most commonly encountered:

Biggest nutritional concerns:

Roadblocks to good nutrition:

Educational tools, including audio visuals available for use

Who provides training for these workers?

What subjects do trainers want help with?

Do they have clear interventions/treatments/educational messages for all the most important/common health conditions they encounter?