

Calculating “dose” using the Community Programs and Policies Intensity Score

Dimension	Scoring rubric for characterizing intensity of documented community programs/policies (1=highest intensity; 0=lowest intensity)	Examples
Duration	High (1.0) – Ongoing (i.e., throughout the designated year of the project/study period)	A new bike path continuously available Formation of a municipal parks/recreation committee
	Medium (0.55) – Occurring more than once during that year	Series of cooking classes Rise to 5K program “Walk with a Doctor” series
	Low (0.1) - One-time event	A local health fair or 5K One-time “show-up” event
Reach	High (1.0) – $\geq 21\%$ of the population to benefit from to the CPP	A citywide pedestrian policy having an impact on all residents Strengthening a school wellness policy Walk to school day with high participation School-wide healthy snack program Creation of community center used by 25% of residents in a town
	Medium (0.55) – 6%–20% of the population benefitting from to the CPP	New playground in community park Students grades 3-5 participate in school gardening Several classrooms in school complete weekly wellness journal Exercise room used by 10% of employees at worksite
	Low (0.1) – 0%–5% of the population benefitting from the CPP	Rise to 5K program “Show up” event New extracurricular sport or club
Behavior Change Strategy	High (1.0) – Modifying policies and systems; Changing consequences; Modifying access, opportunities, and barriers	Implement universal free school meals Sidewalk improvements Trail signage Building a school or community garden New or upgraded park or playground Removing vending machines Clinic provides weekly CSA to patients
	Medium (0.55) – Enhancing services and support	Rise to 5K Program Walk/bike to school program Fitness classes Nutrition education/cooking classes Rise VT Smoothie Bike at Farmer’s Market Worksite biometric screening program
	Low (0.1) - Providing information and enhancing skills	Providing an in-service to teachers Social media engagement/campaign Surveying community members about movability