

## **CHECKLIST OF HEALTH PROMOTION ENVIRONMENTS AT WORKSITES (CHEW)**

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The CHEW is an observational measure of environments in and around worksites that may affect health behaviors. It is based on an ecological perspective that emphasizes effects of physical environments, social environments, and policies. The CHEW is designed to assess selected aspects of physical environments in worksites. Detailed assessments of factors that can encourage or discourage physical activity and healthful eating behaviors are conducted. Limited assessment of factors that might influence smoking and alcohol use are included in the measure. The National Workplace Health Project is also using an interview-based measure of health-related policies (KIIS).

The CHEW is intended to be used in a wide variety of workplaces and assesses three environments. The "worksite" is the area of the building that is under one management, but it can also include common areas in the building. The "grounds" is the area around the worksite building. The "neighborhood" is the area just beyond the grounds.

The CHEW can be used in cross-sectional analyses to evaluate the correlation of physical environment variables with physical activity and eating behaviors, particularly in the worksite. The CHEW can be used to assess changes over time in health-promoting environment characteristics that may be result of planned or unplanned interventions.

This packet contains the 5 September version of the CHEW that has been used to assess approximately 20 worksites in and around Sydney, as well as a number of worksites around Melbourne. Several pages of notes to assessors follow. Finally, instructions for reducing the data and creating scales are provided. Data on inter-observer agreement are being collected.