## Assessing Center Culture

**Step 1. Answer a few questions.**

1. On average, how much do center staff members value healthy eating, activity, and healthy weight?

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 |
| Not at all | A little | Neutral | Many people do, a few don’t | Totally supportive |

1. Who on center can you rely on to support a culture of wellness?

**Step 2. Make a plan.**

1. Set a goal for center culture based on the scale above. For example, if you thought the culture was neutral (level 3), you may want to try to move up to level 4. If you are already at level 5, your goal may be to stay there.
2. Review “Making Healthy Eating and Exercise Part of the Center Culture.” Write down a few ideas to get started.
3. Contact those who you feel will be supportive. Enlist their help in the program.
4. Review G*arnering Support for Healthy Foods and Fitness.* Try out some of the talking points with any resistant staff members.