

No Data Tip Sheet

The worksheets in this chapter call for community data that is not always available. Listed below are some tips that can help if you do not have data specific to your community.

- Use a subcategory of data that the state does tabulate and that is close to your situation. For example the state may breakdown the data into these categories: rural, urban, or suburban, or by geographic region.
- Ask the state health agency and/or an academic institution for help in calculating data for your community or region. State health agencies may have access to local-level data and may help you generate data that will meet your needs.
- Use data from a community that is similar to yours in demographics and geography.
- Use program data. Be sure you and your partners are clear about the data source. For example, the WIC program collects BMI data on children in the program. Your team could use this data to assess childhood overweight in your community. However, everyone needs to be clear that the data is for children five years and younger from low-income families.
- Use state or even national data, but this should be your last resort.
- Make collecting local-level nutrition and physical activity data part of your intervention plan.
- Collect data on health behaviors and health outcomes through evaluation. Include some questions on your program evaluations that ask people about their health status, including diseases, attitudes and behaviors.