

Name of the tool:	College Health Programs and Activities Survey (CHPAS)
Purpose:	We developed and tested a survey to assess how many different health promotion activities, programs, policies, practices and environmental factors were available on a college campus.
How was it conceptualized?	The Partnership for a Healthier America's (PHA) Healthier Campus Initiative (HCI) developed 41 recommendations for colleges to consider adopting when seeking to promote health on campus. The guidelines represented a summary of the detailed commitment framework that was developed by PHA/HCI and a group of the nation's leading nutrition, physical activity and campus wellness experts. PHA had their guidelines verified by a third-party, and provided colleges that participated in the HCI with a number of partner benefits and implementation resources to ensure their success in creating a healthier environment on their campuses.
What were the steps in development (including face/content validation, cognitive interviews, psychometrics, etc.)?	Each of the PHA HCI guidelines were converted into a survey (with efforts to minimize changes in wording whenever possible). The survey was designed so that college campuses could identify which of the 41 guideline areas already existed on their campus. The survey was content validated with five experts and face validated with five members of the priority population.
Who was it tested with? (initial sampling)	Weight can serve as a proxy for overall healthy lifestyles, since weight is theoretically a product of diet and physical activity behavior and may be additionally influenced by other elements of wellness including stress management. As a part of a larger USDA funded "Get Fruved" college campus health promotion project, a group of researchers surveyed 58 colleges to determine which of the 41 PHA/HCI recommendations were currently met on the campuses and how meeting recommendations was associated with weight status. Linear regression revealed that (independent of size, location, or type of school) as the total number of recommendations met increased, the average Body Mass Index (BMI) of students decreased ($P=0.0002$). The recommendations found to be most associated with lower BMI included: offering more university supported physical activity opportunities, implementing a wellness service learning program, having policies supporting bicycles and pedestrians, providing access to a Registered Dietitian/Nutritionist, and offering a bicycle share program. Overall, meeting more of the PHA/HCI's recommendations to promote health on college campuses was associated with a healthier average weight for the student body. It appears that campuses seeking to promote health for students may benefit from following the PHA/HCI recommendations; however, the relationship between guidelines and weight was associational only and causal interpretation should be avoided.
How is it scored?	One point per affirmative response can be added and used as continuous scores with a top possible score of 41. Scores can also be added using 2.5 points per item; however, the total is recommended to be capped at a top possible score of 100 to provide an easier interpretation.
How has it been used since?	HCRC researchers have been working on a development article.
Limitations for use:	As new health promotion activities, programs, policies, practices and environmental factors emerge that are not captured by the tool, this tool may not capture all of the health promotion efforts of a college.
Potential applications and future applications:	This tool would be appropriate for colleges to use annually to track and communicate increases in organizationally-led efforts to promote health at their institution.