

RURAL ACTIVE LIVING ASSESSMENT (RALA) TOOLS

What are the RALA Tools?

The Rural Active Living Assessment or RALA tools are simple to use tools designed to assess the physical environment and amenities, characteristics, programs and policies of a community that influence levels of physical activity as well as the accessibility and availability of healthy food in rural communities. In other words the RALA tools can help to assess the built environment of a community for active healthy living amongst its residents.

Who developed the RALA Tools?

The RALA Tools were developed through the Maine Rural Health Research Centre at the University of Southern Maine. The Office of the Chief Medical Officer of Health (OCMOH) has adapted the RALA Tools for use in New Brunswick. Additionally, the OCMOH added a Supplementary Food Environment Assessment tool to give a more complete view of the community for healthy living.

Who can use the RALA Tools?

The RALA Tools are designed for use in rural communities (population of 10,000 or less). They can be completed by a planner or other appropriate municipal staff member, knowledgeable community members or a Public Health Inspector (PHI). The tools could also be used at a neighbourhood level in larger communities or cities.

- PHIs from local Health Protection Branch (HPB) offices can complete the RALA Tools for a community or be available as a resource to provide support and guidance while representatives from the community complete the tools.

Who can I contact if I have any questions or would like to use the RALA Tools?

If you have any questions or are interested in using the RALA Tools, please contact your nearest regional Health Protection Branch office.

Related Links:

Active Living Research: <http://activelivingresearch.org/node/11947>