

# Your District's Scorecard

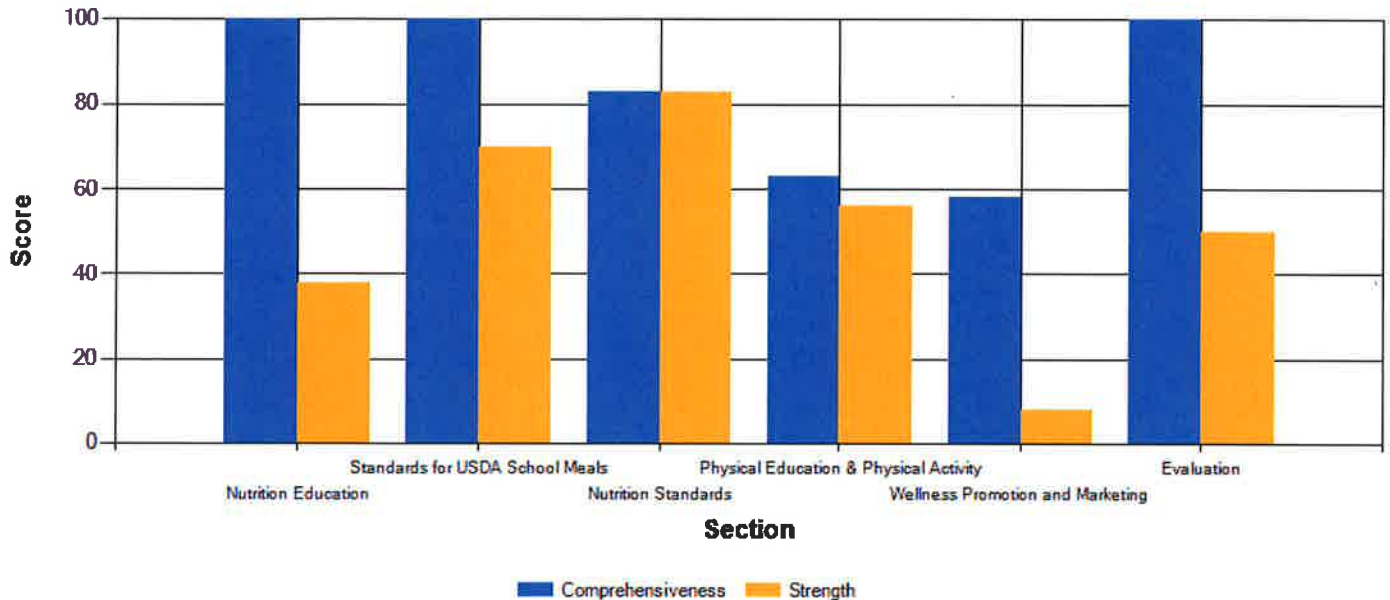
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Congratulations! You have completed the WellSAT. Check out your scorecard below. It contains details of how you scored on each item and section of the assessment. It also provides resources that will help you improve your district's school wellness policy.

Items with a rating of "0" (item not addressed in the policy) or "1" (general or weak statement addressing the item) can be improved by referring to the resource links next to the items. Multiple resources addressing school wellness policy topics are available online. To avoid duplicative information, we have included a small selection, rather than a comprehensive listing.

**Version: 3.0**

**Policy Name: Coffee County Schools Wellness Assessment 5/2024**



## Section 1. Nutrition Education

Rating

NE1	Includes goals for nutrition education that are designed to promote student wellness.	2
NE2	Nutrition education teaches skills that are behavior focused, interactive, and/or participatory.	2
NE3	All elementary school students receive sequential and comprehensive nutrition education.	1
NE4	All middle school students receive sequential and comprehensive nutrition education.	1
NE5	All high school students receive sequential and comprehensive nutrition education.	1
NE6	Nutrition education is integrated into other subjects beyond health education	2
NE7	Links nutrition education with the school food environment.	1
NE8	Nutrition education addresses agriculture and the food system.	1
<b>Subtotal for Section 1</b>	<b>Comprehensiveness Score:</b> Count the number of items rated as "1" or "2" and divide this number by 8 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0."	<b>100</b>






**Strength Score:**

Count the number of items rated as "2" and divide this number by 8 (the number of items in this section). Multiply by 100.

**38**

[Click here for Nutrition Education Resources](#)






**Section 2. Standards for USDA Child Nutrition Programs and School Meals****Rating**

<b>SM1</b>	 Assures compliance with USDA nutrition standards for reimbursable school meals.	<b>2</b>
<b>SM2</b>	Addresses access to the USDA School Breakfast Program.	<b>1</b>
<b>SM3</b>	 District takes steps to protect the privacy of students who qualify for free or reduced priced meals.	<b>1</b>
<b>SM4</b>	Addresses how to handle feeding children with unpaid meal balances without stigmatizing them.	<b>2</b>
<b>SM5</b>	Specifies how families are provided information about determining eligibility for free/reduced priced meals.	<b>2</b>
<b>SM6</b>	Specifies strategies to increase participation in school meal programs.	<b>2</b>
<b>SM7</b>	Addresses the amount of "seat time" students have to eat school meals.	<b>2</b>
<b>SM8</b>	 Free drinking water is available during meals.	<b>2</b>
<b>SM9</b>	 Ensures annual training for food and nutrition services staff in accordance with USDA Professional Standards.	<b>2</b>
<b>SM10</b>	 Addresses purchasing local foods for the school meals program.	<b>1</b>
<b>Subtotal for Section 2</b>	<b>Comprehensiveness Score:</b> Count the number of items rated as "1" or "2" and divide this number by 10 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0."	<b>100</b>
	<b>Strength Score:</b> Count the number of items rated as "2" and divide this number by 10 (the number of items in this section). Multiply by 100.	<b>70</b>

[Click here for School Food Resources](#)

**Section 3. Nutrition Standards for Competitive and Other Foods and Beverages****Rating**


<b>NS1</b>	 Addresses compliance with USDA nutrition standards (commonly referred to as Smart Snacks) for all food and beverages <b>sold</b> to students during the school day.	<b>2</b>
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NS2	USDA Smart Snack standards are easily accessed in the policy.	2
NS3	 Regulates food and beverages sold in a la carte.	2
NS4	 Regulates food and beverages sold in vending machines.	2
NS5	 Regulates food and beverages sold in school stores.	2
NS6	 Addresses fundraising with food to be consumed during the school day.	2
NS7	Exemptions for infrequent school-sponsored fundraisers with food to be consumed during the school day.	2
NS8	Addresses foods and beverages containing caffeine at the high school level.	0
NS9	 Regulates food and beverages <b>served</b> at class parties and other school celebrations in elementary schools.	0
NS10	Addresses nutrition standards for all foods and beverages <b>served</b> to students <b>after</b> the school day, including, before/after care on school grounds, clubs, and after school programming.	2
NS12	Addresses food not being used as a reward.	2
NS13	Addresses availability of free drinking water throughout the school day.	2
<b>Subtotal for Section 3</b>	<b>Comprehensiveness Score:</b> Count the number of items rated as "1" or "2" and divide this number by 12 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0."	<b>83</b>
	<b>Strength Score:</b> Count the number of items rated as "2" and divide this number by 12 (the number of items in this section). Multiply by 100.	<b>83</b>

[Click here for Nutrition Standards Resources](#)

#### Section 4. Physical Education and Physical Activity

Rating



PEPA1	 There is a written physical education curriculum for grades K-12.	2
PEPA2	The written physical education curriculum for each grade is aligned with national and/or state physical education standards.	2
PEPA3	Physical education promotes a physically active lifestyle.	2
PEPA4	Addresses time per week of physical education instruction for all elementary school students.	2
PEPA5	Addresses time per week of physical education instruction for all middle school students.	2
PEPA6	Addresses time per week of physical education instruction for all high school students.	2

<b>PEPA7</b>	Addresses qualifications for physical education teachers for grades K-12.	<b>2</b>
<b>PEPA8</b>	Addresses providing physical education training for physical education teachers.	<b>2</b>
<b>PEPA9</b>	Addresses physical education exemption requirements for all students.	<b>0</b>
<b>PEPA10</b>	Addresses physical education substitution for all students.	<b>0</b>
<b>PEPA11</b>	 Addresses family and community engagement in physical activity opportunities at all schools.	<b>1</b>
<b>PEPA12</b>	 Addresses before and after school physical activity for all students including clubs, intramural, interscholastic opportunities.	<b>2</b>
<b>PEPA13</b>	Addresses recess for all elementary school students.	<b>0</b>
<b>PEPA14</b>	 Addresses physical activity breaks during school.	<b>0</b>
<b>PEPA15</b>	Joint or shared-use agreements for physical activity participation at all schools.	<b>0</b>
<b>PEPA16</b>	District addresses active transport (Safe Routes to School) for all K-12 students who live within walkable/bikeable distance.	<b>0</b>
<b>Subtotal for Section 4</b>	<b>Comprehensiveness Score:</b> Count the number of items rated as "1" or "2" and divide this number by 16 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0."	<b>63</b>
	<b>Strength Score:</b> Count the number of items rated as "2" and divide this number by 16 (the number of items in this section). Multiply by 100.	<b>56</b>

[Click here for Resources on Physical Activity in Schools](#)

## Section 5. Wellness Promotion and Marketing

Rating







<b>WPM1</b>	Encourages staff to model healthy eating and physical activity behaviors.	<b>2</b>
<b>WPM2</b>	 Addresses strategies to support employee wellness.	<b>1</b>
<b>WPM3</b>	Addresses using physical activity as a reward.	<b>1</b>
<b>WPM4</b>	Addresses physical activity not being used as a punishment.	<b>1</b>
<b>WPM5</b>	Addresses physical activity not being withheld as a punishment.	<b>1</b>
<b>WPM6</b>	Specifies marketing to promote healthy food and beverage choices.	<b>1</b>
<b>WPM7</b>	 Restricts marketing on the school campus during the school day to only those foods and beverages that meet Smart Snacks standards.	<b>1</b>

<b>WPM8</b>	Specifically addresses marketing on school property and equipment (e.g., signs, scoreboards, sports equipment).	<b>0</b>
<b>WPM9</b>	Specifically addresses marketing on educational materials (e.g., curricula, textbooks, or other printed or electronic educational materials).	<b>0</b>
<b>WPM10</b>	Specifically addresses marketing where food is purchased (e.g., exteriors of vending machines, food and beverage cups and containers, food display racks, coolers, trash and recycling containers).	<b>0</b>
<b>WPM11</b>	Specifically addresses marketing in school publications and media (e.g., advertisements in school publications, school radio stations, in-school television, computer screen savers, school-sponsored Internet sites, and announcements on the public announcement (PA) system).	<b>0</b>
<b>WPM12</b>	Specifically addresses marketing through fundraisers and corporate-incentive programs (e.g., fundraising programs that encourage students and their families to sell, purchase, or consume products and corporate incentive programs that provide funds to schools in exchange for proof of purchases of company products, such as Box Tops for Education).	<b>0</b>
<b>Subtotal for Section 5</b>	<b>Comprehensiveness Score:</b> Count the number of items rated as "1" or "2" and divide this number by 12 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0."	<b>58</b>
	<b>Strength Score:</b> Count the number of items rated as "2" and divide this number by 12 (the number of items in this section). Multiply by 100.	<b>8</b>

[Click here for Wellness Promotion and Marketing Resources](#)

## Section 6. Implementation, Evaluation & Communication

Rating

<b>IEC1</b>	Addresses the establishment of an ongoing district wellness committee.	<b>1</b>
<b>IEC2</b>	 Addresses how all relevant stakeholders (parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrator, and the general public) will participate in the development, implementation, and periodic review and update of the local wellness policy.	<b>1</b>
<b>IEC3</b>	 Identifies the officials responsible for the implementation and compliance of the local wellness policy.	<b>2</b>
<b>IEC4</b>	 Addresses making the wellness policy available to the public.	<b>2</b>
<b>IEC5</b>	 Addresses the assessment of district implementation of the local wellness policy at least once every three years.	<b>2</b>
<b>IEC6</b>	 Triennial assessment results will be made available to the public and will include:	<b>2</b>
<b>IEC7</b>	 Addresses a plan for updating policy based on results of the triennial assessment.	<b>1</b>
<b>IEC8</b>	Addresses the establishment of an ongoing school building level wellness committee.	<b>1</b>
<b>Subtotal for Section 6</b>	<b>Comprehensiveness Score:</b> Count the number of items rated as "1" or "2" and divide this number by 8 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0."	<b>100</b>
	<b>Strength Score:</b> Count the number of items rated as "2" and divide this number by 8 (the number of items in this section). Multiply by 100.	<b>50</b>

section). Multiply by 100.

[Click here for Resources for Wellness Policy Development, Implementation and Evaluation](#)

## Overall District Policy Score

<b>Total Comprehensiveness</b> Add the comprehensiveness scores for each of the six sections above and divide this number by 6.	<b>District Score</b> <b>84</b>
<b>Total Strength</b> Add the strength scores for each of the six sections above and divide this number by 6.	<b>District Score</b> <b>51</b>



Federal Requirement



Farm to School



CSPAP

## How should I communicate the results?

It is important to communicate that the scores should not be interpreted like letter grades. We tested this tool in 2018 in a sample of 50 school districts around the country and the average comprehensiveness score was 54 and the average strength score was 33.

**Distribution of WellSAT 3.0 Coding by Category and Variable**

<b>WellSAT 3.0 Variable by Category</b>	<b># (%) districts coded at each level (N=50)</b>			<b>Mean Score</b>	<b>Std. Dev.</b>
	<b>0 n (%)</b>	<b>1 n (%)</b>	<b>2 n (%)</b>		
<b>Nutrition Education (NE)</b>					
NE1. FR Goals for nutrition education	1 (2)	2 (4)	47 (94)	1.92	0.34
NE2. Nutrition education teaches skills	7 (14)	3 (6)	40 (80)	1.66	0.72
NE3. ES nutrition education	4 (8)	15 (30)	31 (62)	1.54	0.65
NE4. MS nutrition education	4 (8)	15 (30)	31 (62)	1.54	0.65
NE5. HS nutrition education	5 (11)	14 (31)	26 (58)	1.47	0.69
NE6. Nutrition education integrated	22 (44)	9 (18)	19 (38)	0.94	0.91
NE7. Links nutrition education with school food environment	23 (46)	11 (22)	16 (32)	0.86	0.88
NE8. Agriculture and the food system	36 (72)	9 (18)	5 (10)	0.38	0.67
<b>Standards for USDA Child Nutrition Programs and School Meals (SM)</b>					
SM1. FR USDA school meals	4 (8)	42 (84)	4 (8)	1.00	0.40
SM2. USDA School Breakfast Program	11 (22)	18 (36)	21 (42)	1.20	0.78
SM3. FR protects privacy of students	24 (48)	9 (18)	17 (34)	0.86	0.90
SM4. Unpaid meals	44 (88)	3 (6)	3 (6)	0.18	0.52
SM5. Eligibility information	23 (46)	7 (14)	20 (40)	0.94	0.93
SM6. Strategies to increase participation	13 (26)	9 (18)	28 (56)	1.30	0.86
SM7. Seat time for lunch	24 (48)	21 (42)	5 (10)	0.62	0.67
SM8. FR Water during meals	26 (52)	1 (2)	23 (46)	0.94	1.00
SM9. FR food service training	23 (46)	20 (40)	7 (14)	0.68	0.71
SM10. Local food procurement	41 (82)	2 (4)	7 (14)	0.32	0.71
<b>Nutrition Standards (NS) for Competitive and Other Foods and Beverages</b>					
NS1. FR Smart Snacks	1 (2)	9 (18)	40 (80)	1.78	0.46
NS2. Link or full text of Smart Snacks	8 (16)	33 (66)	9 (18)	1.02	0.59
NS3. FR A la carte sales	3 (6)	7 (14)	40 (80)	1.74	0.56
NS4. FR Vending machine sales	2 (4)	7 (14)	41 (82)	1.78	0.51
NS5. FR school store sales	3 (6)	7 (14)	40 (80)	1.74	0.56
NS6. FR Fundraisers	0 (0)	8 (16)	42 (84)	1.84	0.37
NS7. Exemptions for infrequent school-sponsored fundraisers	38 (76)	10 (20)	2 (4)	0.28	0.54
NS8. Caffeine HS	44 (88)	1 (2)	0 (0)	0.02	0.15
NS9. ES Class parties	17 (34)	33 (66)	0 (0)	0.66	0.48
NS10. Food served before/after SD	44 (88)	3 (6)	3 (6)	0.18	0.52
NS11. Food sold after SD	43 (86)	6 (12)	1 (2)	0.16	0.42



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	<b>0 n (%)</b>	<b>1 n (%)</b>	<b>2 n (%)</b>		
NS12. Food as reward	23 (46)	20 (40)	7 (14)	0.68	0.71
NS13. Water throughout day	36 (72)	0 (0)	14 (28)	0.56	0.91
<b>Physical Education (PE) and Physical Activity (PA)</b>					
PEPA1. PE curriculum	0 (0)	7 (14)	43 (86)	1.86	0.35
PEPA2. National or state PE standards	9 (18)	2 (4)	39 (78)	1.60	0.78
PEPA3. Physically active lifestyle	7 (14)	2 (4)	41 (82)	1.68	0.71
PEPA4. PE time ES	31 (62)	16 (32)	3 (6)	0.44	0.61
PEPA5. PE time MS	33 (66)	16 (32)	1 (2)	0.36	0.53
PEPA6. PE time HS	40 (89)	4 (9)	1 (2)	0.13	0.40
PEPA7. Qualifications for PE teachers	25 (50)	4 (8)	21 (42)	0.92	0.97
PEPA8. PE teacher training	32 (64)	5 (10)	13 (26)	0.62	0.88
PEPA9. PE exemption	48 (96)	2 (4)	0 (0)	0.04	0.20
PEPA10. PE substitution	47 (94)	1 (2)	2 (4)	0.10	0.42
PEPA11. Family engagement in PA	22 (44)	24 (48)	4 (8)	0.64	0.63
PEPA12. Before/after school PA opportunities	11 (22)	18 (36)	21 (42)	1.20	0.78
PEPA13. Recess	19 (38)	25 (50)	6 (12)	0.74	0.66
PEPA14. PA breaks	14 (28)	30 (60)	6 (12)	0.84	0.62
PEPA15. Joint use	33 (66)	6 (12)	11 (22)	0.56	0.84
PEPA16. Safe routes to school	33 (66)	8 (16)	9 (18)	0.52	0.79
<b>Wellness Promotion and Marketing (WPM)</b>					
WPM1. Staff Role model	21 (42)	20 (40)	9 (18)	0.76	0.74
WPM2. Employee wellness	27 (54)	6 (12)	17 (34)	0.80	0.93
WPM3. PA as reward	48 (96)	0 (0)	2 (4)	0.08	0.40
WPM4. PA as punishment	28 (56)	8 (16)	14 (28)	0.72	0.88
WPM5. PA withheld as punishment	29 (58)	7 (14)	14 (28)	0.70	0.89
WPM6. Healthy marketing	22 (44)	4 (8)	24 (48)	1.04	0.97
WPM7. Restricted marketing	23 (46)	7 (14)	20 (40)	0.94	0.93
WPM8. Marketing on signs	42 (84)	4 (8)	4 (8)	0.24	0.59
WPM9. Marketing in education materials	42 (84)	4 (8)	4 (8)	0.24	0.59
WPM10. Marketing on vending machines	42 (84)	4 (8)	4 (8)	0.24	0.59
WPM11. Marketing in school publications/radio channel 1	42 (84)	4 (8)	4 (8)	0.24	0.59
WPM12. Marketing through fundraisers	44 (88)	3 (6)	3 (6)	0.18	0.52
<b>Implementation, Evaluation, and Communication (IEC)</b>					

**Distribution of WellSAT 3.0 Coding by Category and Variable**

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	<b>0</b> n (%)	<b>1</b> n (%)	<b>2</b> n (%)		
IEC1. District committee	8 (16)	6 (12)	36 (72)	1.56	0.76
IEC2. FR stakeholders	6 (12)	24 (48)	20 (40)	1.28	0.67
IEC3. FR identifies person responsible	9 (18)	7 (14)	34 (68)	1.50	0.79
IEC4. FR wellness policy available	23 (46)	6 (12)	21 (42)	0.96	0.95
IEC5. FR triennial assessment	6 (12)	9 (18)	35 (70)	1.58	0.70
IEC6. FR triennial assessment made available	17 (34)	15 (30)	18 (36)	1.02	0.84
IEC7. FR update	8 (16)	24 (48)	18 (36)	1.20	0.70
IEC8. School committee	44 (88)	1 (2)	5 (10)	0.22	0.62