

WellSAT

2010-2011 RESULTS

Pima County, Arizona

Wellness School Assessment Tool

- In 2004 Congress mandated that all school districts participating in federal school meals programs create and implement a Local Wellness Policy (LWP) by July 2006.
- The WellSAT was developed at the Yale Rudd Center for Food Policy and Obesity:
www.wellsat.org
- The WellSAT provides a standard method for the quantitative assessment of Local Wellness Policies.

Components of the WellSAT

- Nutrition Education (NEWP)*
- Standards for USDA Child Nutrition Programs and School Meals (US)*
- Nutrition Standards for Competitive and Other Foods and Beverages (NS)*
- Physical Education and Physical Activity (PEPA)*
- Communication and Promotion (CP)
- Evaluation (E)*

WellSAT Overall Scoring Criteria

- Each section item is rated: 0,1, or 2.

Rating		Explanation
0	= Not Mentioned	The item is not included in the text of the policy.
1	= Weak Statement	<p>Assign a rating of "1" when the item is mentioned, <u>but</u>:</p> <ul style="list-style-type: none">• The policy will be hard to enforce because the statement is <i>vague, unclear, or confusing</i>.• Statements are listed as <i>goals, aspirations, suggestions, or recommendations</i>.• There are <i>loopholes</i> in the policy that weaken enforcement of the item.• The policy mentions a <i>future plan to act</i> without specifying when the plan will be established. <p>Words often used include: <i>may, can, could, should, might, encourage, suggest, urge, some, partial, make an effort, and try</i>.</p>
2	= Meets / Exceeds Expectations	<p>Assign a rating of "2" when the item is mentioned, and it is clear that the policy makers are committed to making the item happen because:</p> <ul style="list-style-type: none">• The item is described using specific language (e.g., a concept followed by concrete plans or strategies for implementation).• Strong language is used to indicate that action or regulation is required, including: <i>shall, will, must, have to, insist, require, all, total, comply and enforce</i>.• A district is unable to enforce an item (e.g., teachers role modeling healthy behaviors), but the goal is clearly stated (e.g., "shall encourage teachers to role model healthy behaviors").

WellSAT Overall Scoring Criteria

- After each item in a section is rated, a score for comprehensiveness and strength is calculated.

Comprehensiveness reflects the existence of topics in the policy.

Strength reflects the quality of policy statements, i.e. topics are addressed with *specific and directive language*.

- After the comprehensiveness and strength score is calculated for each section, an overall comprehensiveness and strength score is calculated.

Pima County, AZ

In 2010 and 2011, 9 school districts in Pima County assessed their Local Wellness Policies using the WellSAT. These districts represent 73% of unified school districts in the county, and serve over 186 elementary, middle, and high schools.

1. Ajo Unified School District
2. Continental Elementary School District*
3. Flowing Wells Unified School District
4. Marana Unified School District
5. Sahuarita Unified School District
6. Sunnyside Unified School District
7. Tanque Verde Unified School District
8. Tucson Unified School District
9. Vail Unified School District

*Continental is a single K-8 school and its own district

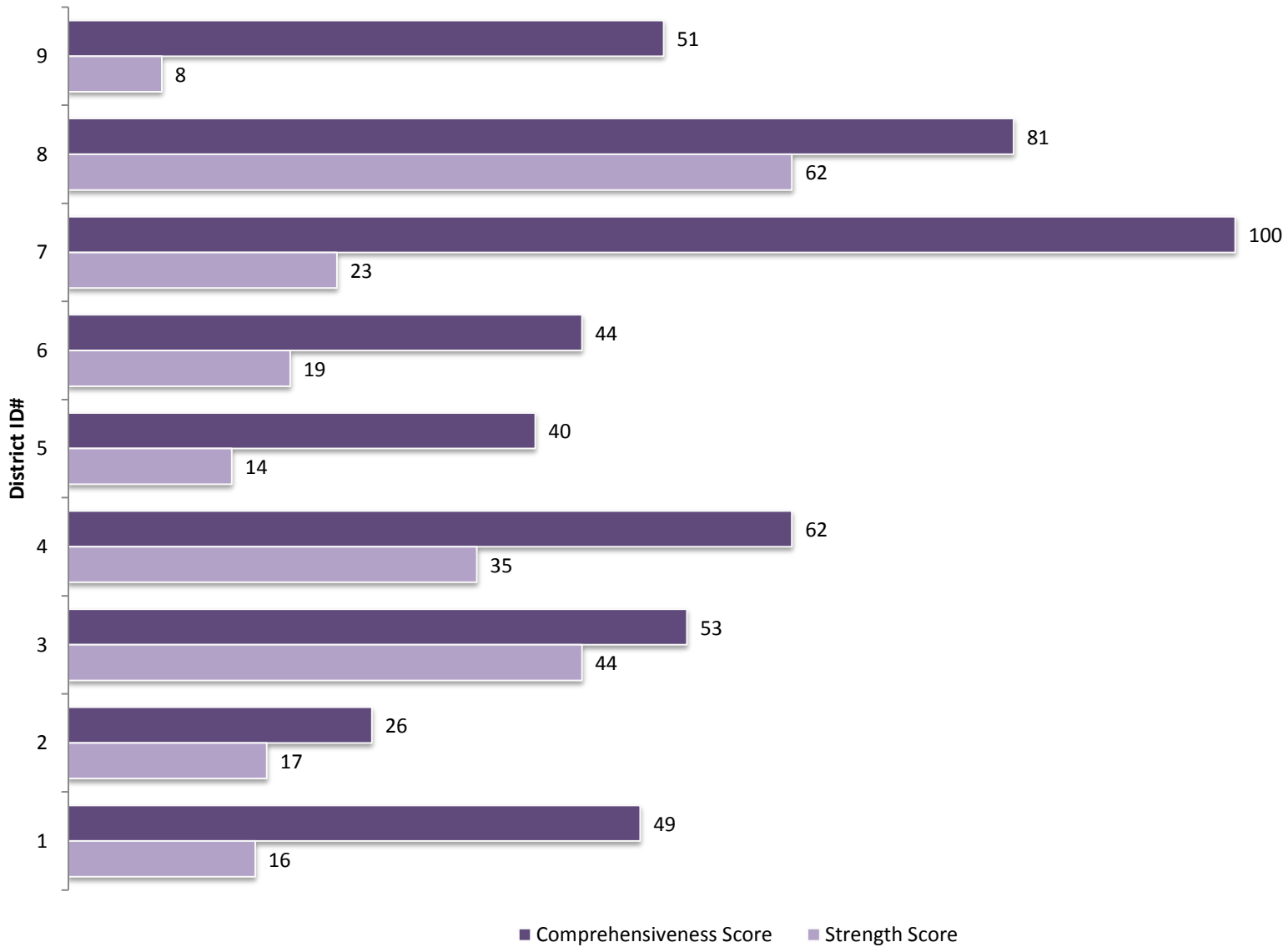
Pima County Highlights

Percentages of districts scoring a “0”, “1”, and “2” per item were calculated.

- ☐ If over 50% of the districts assigned a “0” (not mentioned) to a specific item, the item is considered a **weakness** across participating Pima County districts.
- ☐ If over 50% of the districts assigned a “1” (weak statement) to a specific item, the item was recognized as an item that **needs improvement** across participating Pima County districts.
- ☐ If over 50% of the districts assigned a “2” (meets/exceeds expectations) to a specific item, the item was recognized as **a strength** across participating Pima County districts.

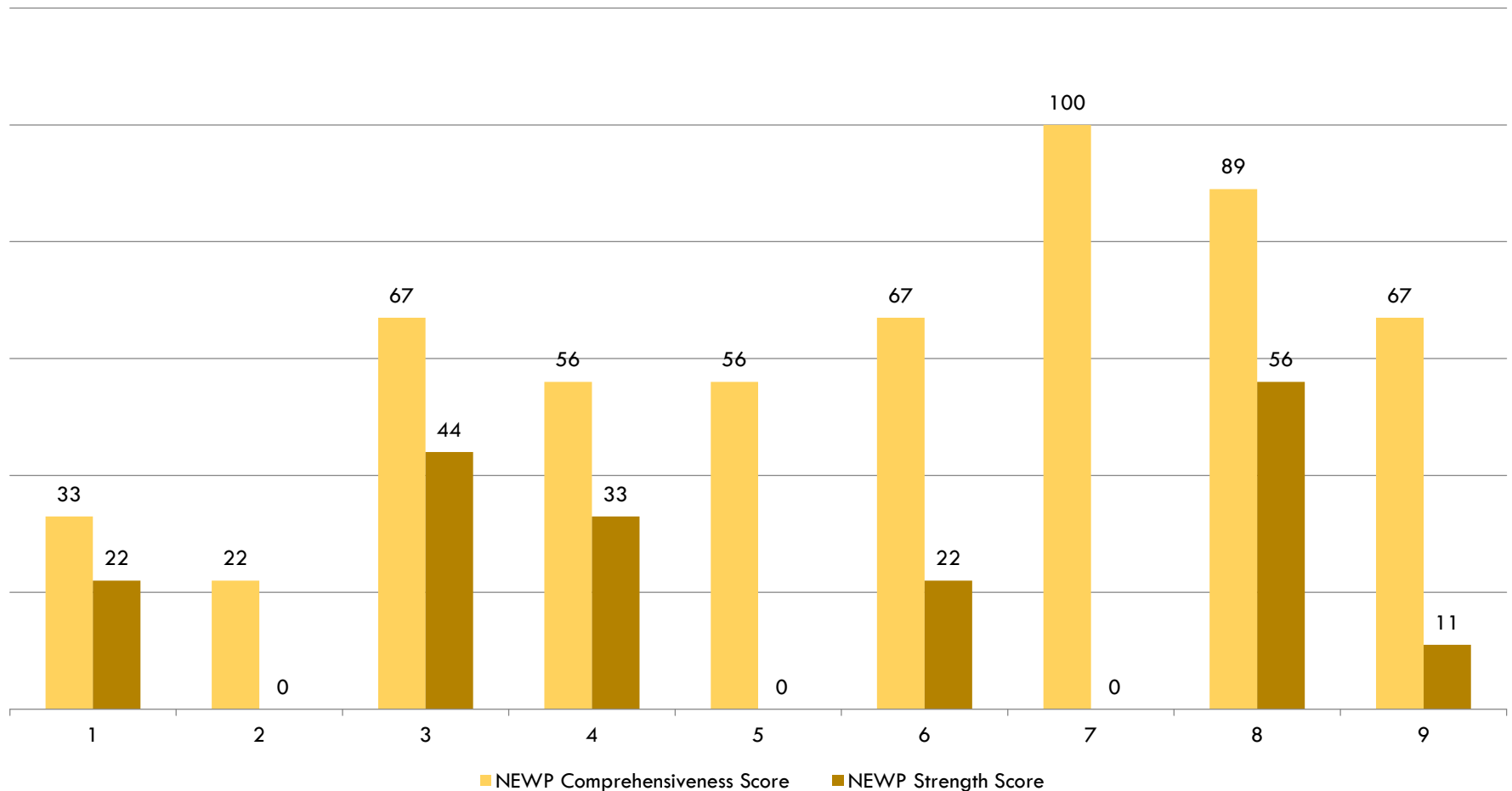
Overall Comprehensiveness and Strength Scores

(N=9)



Section 1: Nutrition Education and Wellness Promotion (NEWP)

Section 1: Comprehensive and Strength Scores (N=9)



Section 1: Nutrition Education and Wellness Promotion (NEWP)

Weakness ("0" / Not Mentioned)

This section includes goals for nutrition education that are designed to promote student wellness in a manner that the local education agency determines is appropriate.

- 78% of Pima County school districts do not specify using the CDC's Coordinated School Health model or other coordinated/comprehensive method. (NEWP 5)

Section 1: Nutrition Education and Wellness Promotion (NEWP)

Needs Improvement (“1” / Weak Statement)

This section includes goals for nutrition education that are designed to promote student wellness in a manner that the local education agency determines is appropriate.

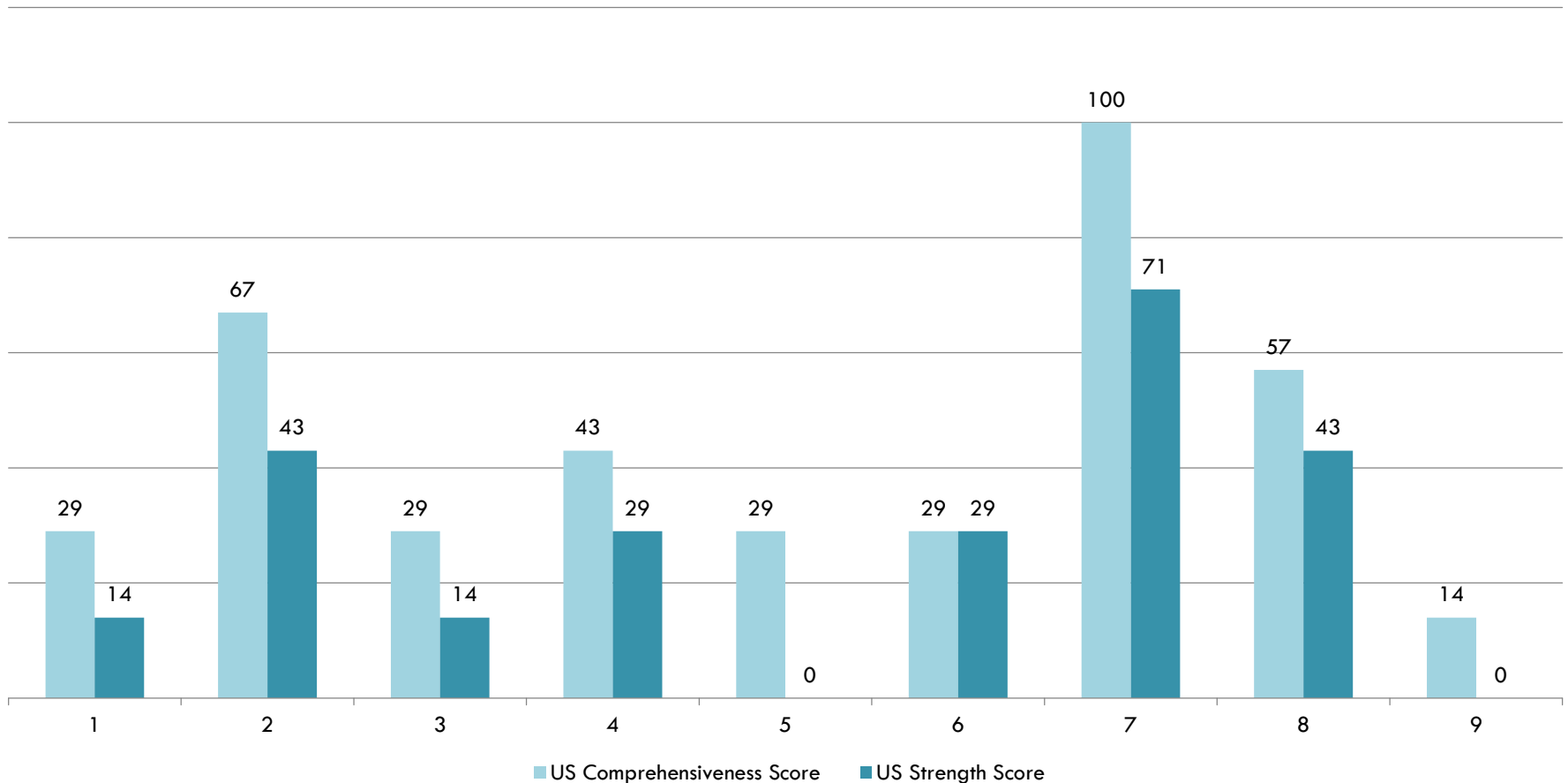
63% of school districts do not specify how to market and promote healthy food choices. (NEWP 7)

56% of school districts do not specify how they will provide nutrition curriculum for each grade level. (NEWP 1)

*50% of districts do not mention this in their wellness policies as well. See previous slide.

Section 2: Standards for USDA Child Nutrition Programs and School Meals (US)

Section 2: Comprehensive and Strength Scores (N=9)



Section 2: Standards for USDA Child Nutrition Programs and School Meals (US)

Weakness (“0” / Not Mentioned)

This section relates to U.S. Department of Agriculture (USDA) school meals and not regulation of competitive foods. Assures that guidelines for reimbursable school meals shall not be less restrictive than USDA school meal regulations.

- **89% of school districts do not address:**
 - Strategies to increase participation in school meals programs. (US 3)
 - Assurance of nutrition training for food service director and/or onsite manager (or other person responsible for menu planning). (US 5)
- **67% of school districts do not address how nutrition information for school meals (e.g. calories, saturated fat, sugar) is available. (US 7)**

Section 2: Standards for USDA Child Nutrition Programs and School Meals (US)

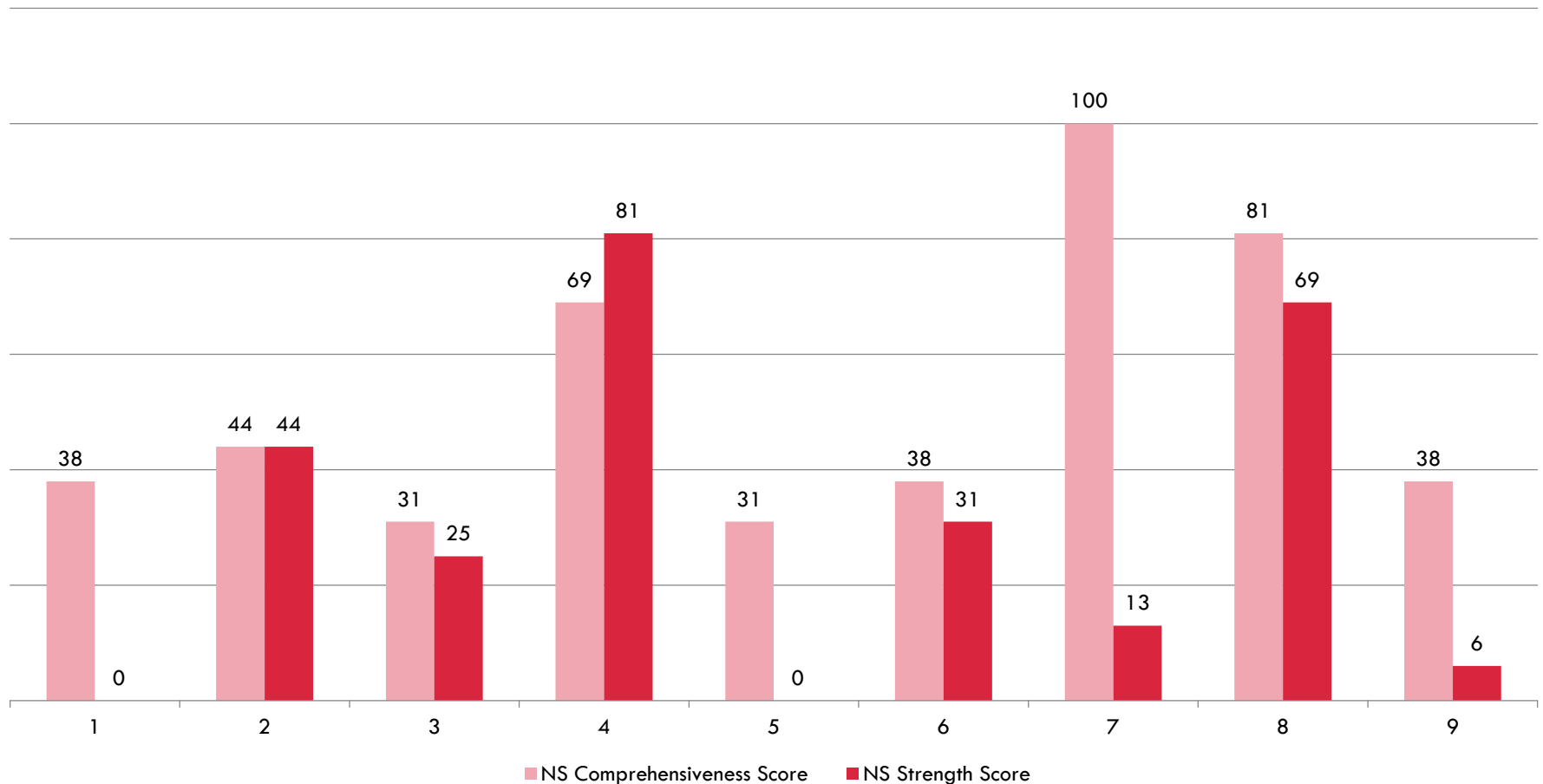
Strength ("2" / Meet, Exceeds Expectations)

This section relates to U.S. Department of Agriculture (USDA) school meals and not regulation of competitive foods. Assures that guidelines for reimbursable school meals shall not be less restrictive than USDA school meal regulations.

- 67% of school districts specifically address nutrition standards for school meals beyond USDA minimum standards. (US 2)

Section 3: Nutrition Standards for Competitive* and Other Foods and Beverages (NS)

Section 3: Comprehensive and Strength Scores (N=9)



* Competitive foods are foods SOLD or SERVED (for free) outside of USDA school meals.

Section 3: Nutrition Standards for Competitive and Other Foods and Beverages (NS)

Weakness (“0” / Not Mentioned)

This section relates to
sale or service of foods
outside USDA school
meals.

56% school districts
do not address:

Limiting sugar and fat content of foods
sold/served at class parties and other school
celebrations. (NS 5 ,6)

67% of school
districts do not
address:

Limiting sodium content of foods sold/served
outside of USDA meals. (NS 7)

Limiting calorie content per service size of foods
sold/served outside of USDA meals. (NS 8)

Serving size limits for beverages sold/served
outside of school meals (NS 14)

78% of school
districts’ do not
address:

Increasing “whole foods” sold/served outside of
USDA meals. (NS 9)

89% of school
districts do not
address:

Access to free drinking water. (NS 15)

Section 3: Nutrition Standards for Competitive and Other Foods and Beverages (NS)

Needs Improvement (“1” / Weak Statement)

This section relates to
sale or service of foods
outside USDA school
meals.

56% of school
districts are not
specific about:

Addressing food not being used
as a reward. (NS 10)

67% of school
districts are not
specific about:

Regulating food served at class
parties and other school
functions. (NS 4)

Section 3: Nutrition
Standards for Competitive
and Other Foods and
Beverages (NS)

Strength ("2" / Meets, Exceeds Expectations)

This section relates to
sale or service of foods
outside USDA school
meals.

67% of school
districts clearly
address:

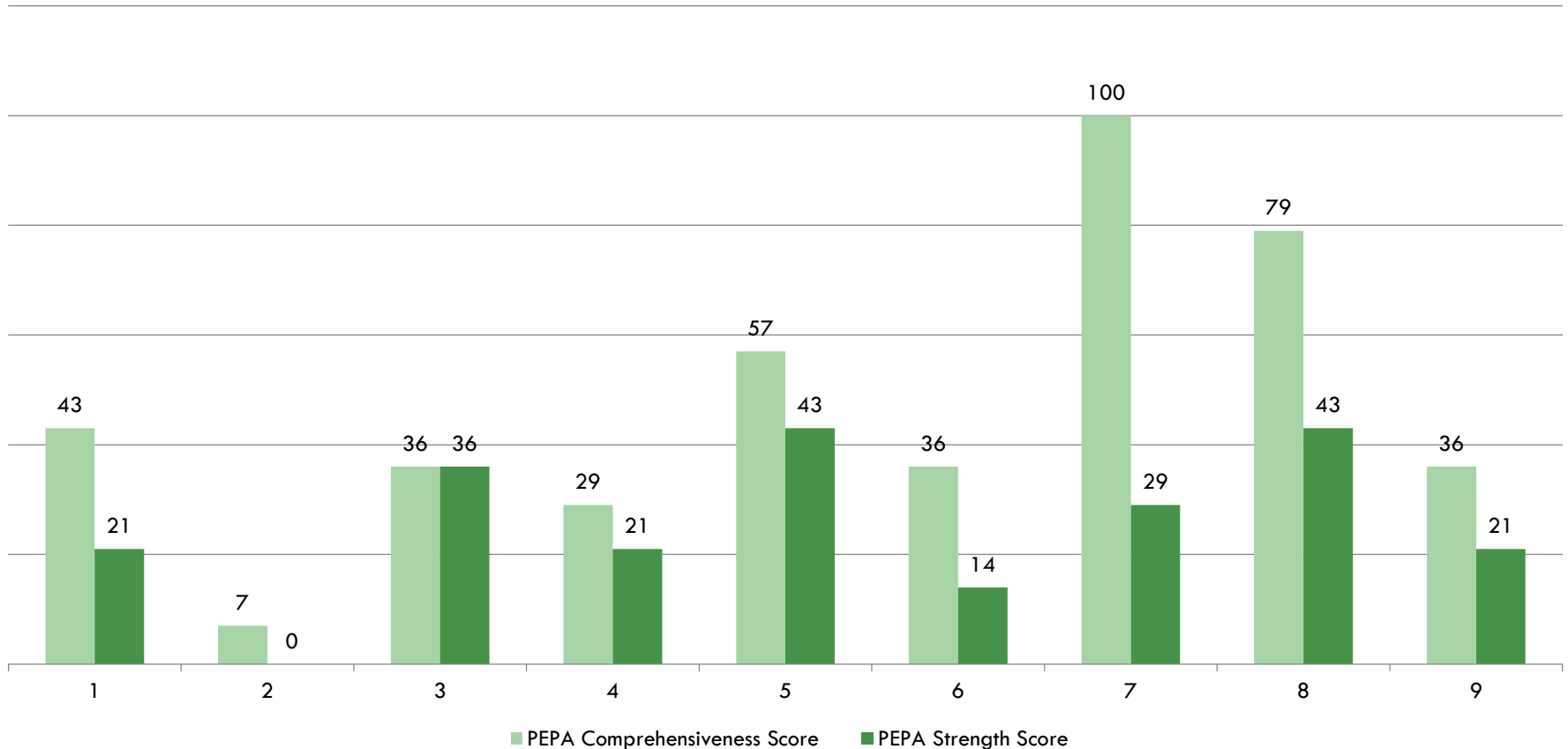
Regulating vending
machines. (NS 1)

56% of school
districts clearly
address :

Regulating food service a
la carte or food sold as an
alternative to the
reimbursable school meal
program. (NS 3)

Section 4: Physical Education and Physical Activity (PEPA)

Section 4: Physical Education and Physical Activity (PEPA) Comprehensive and Strength Scores (N=9)



Section 4: Physical Education and Physical Activity (PEPA)

This section addresses Standards developed by the National Association for Sport and Physical Education (NASPE).

Weakness (“0” / Not Mentioned)

- 89% of school districts do not address :
 - Physical education waiver requirements. (PEPA 9)

- 78% of school districts do not address :
 - Teacher-student ratio for physical education. (PEPA 5)
 - Adequate equipment and facilities for physical education. (PEPA 6)
 - Providing physical education training for physical education teachers. (PEPA 8)

- 67% of school districts do not address:
 - Time per week of physical education for middle and high school students. (PEPA 3,4)

- 56% of school districts do not address :
 - Written physical education curriculum/program for each grade level. (PEPA 1)
 - Qualifications for physical education instructors. (PEPA 7)
 - Regular physical activity breaks are provided for elementary school students during classroom time, not including PE and recess. (PEPA 10)

Section 4: Physical Education and Physical Activity (PEPA)

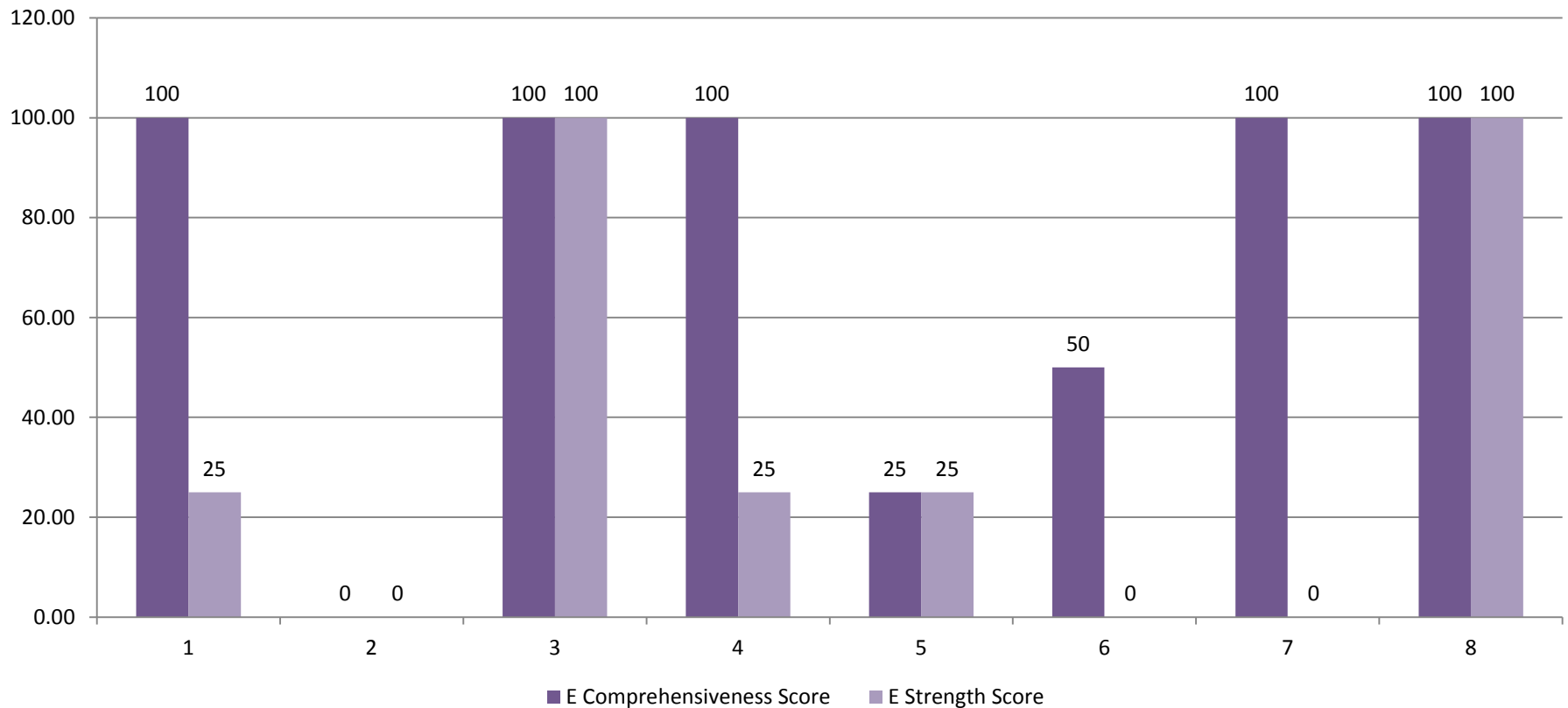
This section relates to the physical education curriculum for each grade level.

Strength (“2” / Meets, Exceeds Expectations)

- 78% of school districts prohibit the restriction of physical activity as a punishment. (PEPA 13)
- 56% of school districts do not specifically and clearly address provisions of daily recess in elementary schools. (PEPA 14)

Section 5: Evaluation

Section 5
Comprehensive and Strength Scores
(N=9)



Section 5: Evaluation

Needs Improvement (“1” / Weak Statement)

This section covers establishing a plan for measuring implementation of the local wellness policy, including designation of one or more persons within the local educational agency or at each school, as appropriate, charged with operational responsibility for ensuring that the school meets the local wellness policy.

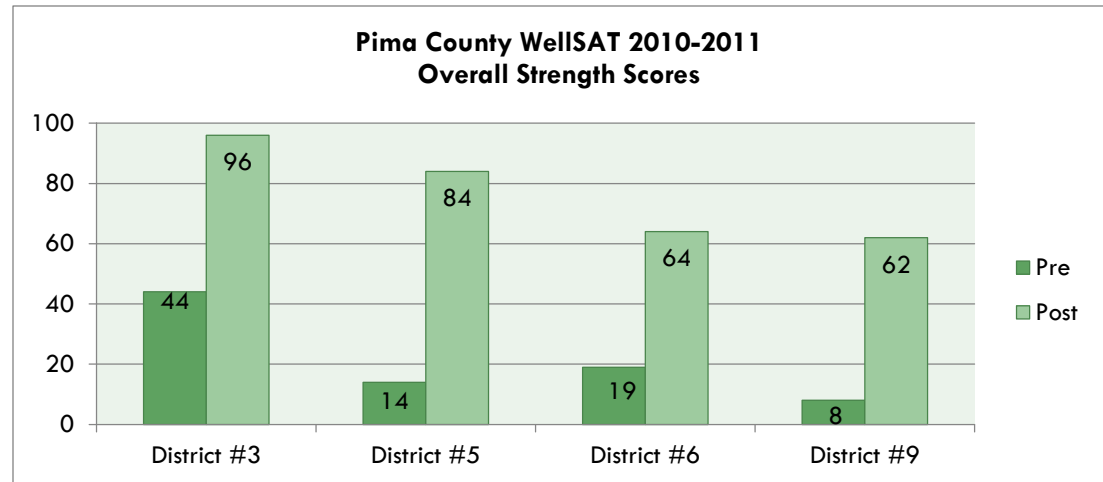
- **56% of school districts do not specifically and clearly address:**
 - A plan for policy evaluation. (E 2)
 - Identifying a plan for revising the school wellness policy. (E 4)

2012 Re-Assessment

In 2012, four districts completed the WellSAT again, after revising their LWPs.

Each District increased its Overall Strength Scores by anywhere from 45 to 70 points.

The greatest increase was in the Evaluation Section (E), where the median increase amongst the districts was 87.5.



Pima County WellSAT 2010-2011 Change in Overall Strength Scores by Section																		
District	NEWP			US			NS			PEPA			E			Overall		
	pre	post	↑	pre	post	↑	pre	post	↑	pre	post	↑	pre	post	↑	pre	post	↑
3	44	100	56	14	86	72	25	94	69	36	100	64	100	100	0	44	96	52
5	0	89	89	0	86	86	0	94	94	43	50	7	25	100	75	14	84	70
6	22	67	45	29	43	14	31	81	50	14	29	15	0	100	100	19	64	45
9	11	33	22	0	57	57	6	75	69	21	43	22	0	100	100	8	62	54



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