

Southwest Polk District

The WellSat 2.0 Tool, developed by the Robert Wood Johnson Foundation, was used to assess policies to provide a baseline understanding of existing policy strengths and comprehensiveness as well as areas to strengthen as part of the overall school wellness process improvement efforts. Your district was scored in the following areas:

- Nutrition Education
- USDA Child Nutrition Programs and School Meals
- Nutrition Standards for Competitive and Other Foods and Beverages
- Physical Education and Physical Activity
- Wellness Promotion and Marketing
- Implementation, Evaluation, and Communication of Wellness policies.

Table 1 below summarizes the average scores of each of the seven areas. Please see the attached score card for scores of each specific measure under each of the standards. The comprehensiveness score addresses percentage of recommended measures addressed by the school wellness policy, while the strength score addresses strength of the language of the policy, with lower scores indicating language that is vague and higher scores indicating language that gives clear direction. The RDN Wellness Coach assigned to your school reviewed the score card with your school wellness team contact in the Fall of 2016.

Table 1: WellSat 2.0 Policy Scores

Standard	Comprehensiveness*	Strength*
Nutrition Education	86	71
USDA Child Nutrition Programs and School Meals	57	14
Nutrition Standards for Competitive and Other Foods and Beverages	36	0
Physical Education and Physical Activity	20	15
Wellness Promotion and Marketing	40	20
Implementation, Evaluation, and Communication (of wellness policies)	64	18
Overall Score	51	23

*Maximum score is 100

In addition to the review of the district wellness policy, the Smart Snack Assessment tool and the Building Assessment report was completed as a pre-measure in the fall of 2016 and a post-measure in the spring of 2017. Results of these assessments are reported below.

Smart Snack Assessment Results

In Fall, 2016, the Smart Snack assessment was completed for one school in your district. The overall implementation for applicable Smart Snack Standards was **79% at baseline**. The assessment was repeated in Spring, 2017 and scored **96%**.

Specific areas assessed at each time point are summarized below in Tables 2 and 3.

Table 2: Smart Snack Pre-Assessment Summary, Fall 2016

	Fully in Place	Partially in Place
Methods are in place to assure Smart Snacks standards for all foods and beverages served during the school day in each building.	X	
Accompaniments such as cream cheese, salad dressing & butter are included in the nutrient profile of the food item sold.	X	
<u>A la carte</u> foods sold during the school day meet Smart Snacks Standards.	X	
<u>Vending</u> foods sold during the school day meet Smart Snacks standards.	X	
<u>School store</u> foods sold during the school day meet Smart Snacks standards.	NA	NA
<u>Food cart</u> food items sold during the school day meet Smart Snacks standards.	NA	NA
<u>Fundraiser</u> food items sold during school hours meet Smart Snacks standards.	NOT IN PLACE	NOT IN PLACE
<u>A la carte</u> beverages sold during the school day meet Smart Snacks Standards.		X
<u>Vending</u> beverages sold during the school day meet Smart Snacks standards.		X
<u>School store</u> beverages sold during the school day meet Smart Snacks standards.	X	
<u>Food cart</u> beverage items sold during the school day meet Smart Snacks standards.	NA	NA
<u>Fundraiser</u> beverage items sold during school hours meet Smart Snacks standards.	NA	NA

Table 3: Smart Snack Post-Assessment Summary, Spring 2017

	Fully in Place	Partially in Place
Methods are in place to assure Smart Snacks standards for all foods and beverages served during the school day in each building.	X	
Accompaniments such as cream cheese, salad dressing & butter are included in the nutrient profile of the food item sold.	X	
<u>A la carte</u> foods sold during the school day meet Smart Snacks Standards.	X	
<u>Vending</u> foods sold during the school day meet Smart Snacks standards.	X	
<u>School store</u> foods sold during the school day meet Smart Snacks standards.	X	
<u>Food cart</u> food items sold during the school day meet Smart Snacks standards.	NA	NA
<u>Fundraiser</u> food items sold during school hours meet Smart Snacks standards.		X
<u>A la carte</u> beverages sold during the school day meet Smart Snacks Standards.	X	
<u>Vending</u> beverages sold during the school day meet Smart Snacks standards.	X	
<u>School store</u> beverages sold during the school day meet Smart Snacks standards.	X	

<u>Food cart beverage</u> items sold during the school day meet Smart Snacks standards.	NA	NA
<u>Fundraiser beverage</u> items sold during school hours meet Smart Snacks standards.	NA	NA

Building Assessments

Building Assessments were completed for 11 schools at pre-assessment and 9 schools at post-assessment. Each school used the building assessment to set goals for one or more of the following areas:

- Nutrition education (NE)
- Physical education and physical activity (PE)
- Nutrition standards/guidelines (NS)
- Integrating physical activity into the classroom (PA CLRM)
- Communication with parents (COMM)
- Food marketing (MRK)
- Staff wellness (WELL)

Table 4 below shows the district average implementation of goal for each of these areas at baseline (Fall, 2016) and post-assessment (Spring, 2017).

Table 4*. Average Implementation Scores (%) for Building Assessment, Fall 2016 and Fall 2017

	NE	PE	NS	PA CLRM	COMM	MRK	WELL
Fall, 2016 (n=11)	37	94	92	45	33	57	26
Spring, 2017 (n=9)	40	98	95	47	33	80	26
Change from pre to post	+3	+4	+3	+2	----	+23	----

*NA=No goal set for this area

Summary and Conclusion

Results of the Meet the Challenge evaluation plan show overall improvement in wellness policies and practices over the 2016-2017 school year and demonstrate the effectiveness of ongoing wellness coaching from Registered Dietitian Nutritionists (RDNs). Greatest gains were seen in Smart Snack implementation and in food marketing goals. Although there was not a post-policy assessment, policies take time to develop and practices supporting policies are unlikely to change significantly over one school year. However, it should be noted that some schools prefer to utilize best practice wellness policy language from the Robert Wood Johnson Foundation Well SAT 2.0 tool to set goals in each of the areas on the building progress report. This is a recommended practice that may help continue to improve wellness practices over time.