





Compare your WellSAT 3.0 and WellSAT-I Scores

Locate the text at the top of the scorecard (under the outcome icons) that reads, "If you would like a scorecard that sorts the items by outcome, click here." Click the checkbox. Print out the combined scorecard. With the rest of your district wellness committee, examine the items in each section.

If you are completing this process on paper, you will need to complete the comparison process by hand. Print out the WellSAT 3.0 scorecard and Scorecard for the WellSAT-I. With the two scorecards side by side, go through each section and identify the items that belong in each section using Worksheet 3.

WellSAT 3.0 Score	WellSAT-I Score	Comparison Outcome
2	2	 Strong Policies and Aligned Practices District has a strong policy and is fully implementing practices that align with the policy
1	0	 Create Practice Implementation Plan
2	1 or 0	District has a strong or weak policy, but practice implementation is either absent or limited
0 or 1	2	 Update Policies District is fully implementing a practice but there is no or only weak language in the written policy, or the district is partially implementing practices and there is no language in the policy
0	0 or 1	 Opportunities for Growth
1	1	District has either not addressed the topic in policy or practice; or has only addressed the topic in a very limited way

Items that are federally required are listed first in each section.

Distribution of WellSAT 3.0 Coding by Category and Variable

WellSAT 3.0 Variable by Category	# (%) districts coded at each level (N=50)			Mean Score	Std. Dev.
	0 n (%)	1 n (%)	2 n (%)		
Nutrition Education (NE)					
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
Standards for USDA Child Nutrition Programs and School Meals (SM)					
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
Nutrition Standards (NS) for Competitive and Other Foods and Beverages					
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

Distribution of WellSAT 3.0 Coding by Category and Variable

WellSAT 3.0 Variable by Category	# (%) districts coded at each level (N=50)			Mean Score	Std. Dev.
	0 n (%)	1 n (%)	2 n (%)		
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
Physical Education (PE) and Physical Activity (PA)					
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
Wellness Promotion and Marketing (WPM)					
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
Implementation, Evaluation, and Communication (IEC)					

Distribution of WellSAT 3.0 Coding by Category and Variable

WellSAT 3.0 Variable by Category	# (%) districts coded at each level (N=50)			Mean Score	Std. Dev.
	0 n (%)	1 n (%)	2 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