

School Wellness Policy Score Sheet

District:

Date of Review:

The *School Wellness Policy Score Sheet* summarizes a district's school wellness policy scores based on seven sections, containing a total of 96 policy items. Each policy item is rated as "0" (item is not mentioned), "1" (weak statement is made regarding the item), or "2" (strong statement is made regarding the item). Each policy section receives a score for comprehensiveness and strength. **Comprehensiveness** is calculated by counting the number of items rated as either "1" or "2," dividing by the number of items in the section, and multiplying by 100. **Strength** is calculated by counting the number of items rated as "2," dividing by the number of items in the section, and multiplying by 100.

Section 1. Nutrition Education		Rating
NE1	Federal Requirement: Includes goals for nutrition education that are designed to promote student wellness in a manner that the local education agency determines is appropriate.	
NE2	Nutrition curriculum provided for each grade level.	
NE3	Coordinates nutrition education with the larger school community.	
NE4	Nutrition education extends beyond the school environment.	
NE5	District provides nutrition education training for teachers.	
NE6	Nutrition education is integrated into other subjects beyond health education.	
NE7	Nutrition education teaches skills that are behavior-focused, interactive, and/or participatory.	
NE8	Specifies number of nutrition education courses or contact hours.	
NE9	Nutrition education quality is addressed.	
<p style="text-align: center;">Subtotal for Section 1 Nutrition Education</p>		
<p>Comprehensiveness Score <i>Count the number of items rated as "1" or "2" and divide this number by 9. Multiply by 100. Do not count an item if it is rated as "0."</i></p>		
<p>Strength Score <i>Count the number of items rated as "2" and divide this number by 9. Multiply by 100.</i></p>		

Section 2. Standards for USDA Child Nutrition Programs and School Meals		Rating
US10	Federal Requirement: Assures that guidelines for reimbursable school meals shall not be less restrictive than USDA school meal regulations.	
US11	Addresses access to and/or promotion of the School Breakfast Program (USDA).	
US12	Addresses access to and/or promotion of the Summer Food Service Program.	
US13	Addresses nutrition standards for school meals beyond USDA (National School Lunch Program / School Breakfast Program) minimum standards.	
US14	Specifies use of low-fat versions of foods and/or low-fat methods for preparing foods.	
US15	Specifies strategies to increase participation in school meal programs.	
US16	Optimizes scheduling of meals to improve student nutrition.	
US17	Ensures adequate time to eat.	
US18	Addresses access to hand washing before meals.	
US19	Requires nutrition qualifications for school food service staff.	
US20	Ensures training or professional development for food service staff.	
US21	Addresses school meal environment.	
US22	Nutrition information for school meals (e.g., calories, saturated fat, sugar) is available.	
<p style="text-align: center;">Subtotal for Section 2 Standards for USDA Child Nutrition Programs and Meals</p>		
<p>Comprehensiveness Score <i>Count the number of items rated as "1" or "2" and divide this number by 13. Multiply by 100. Do not count an item if it is rated as "0."</i></p>		
<p>Strength Score <i>Count the number of items rated as "2" and divide this number by 13. Multiply by 100.</i></p>		

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Section 3. Nutrition Standards for Competitive and Other Foods and Beverages		Rating
NS23	Federal Requirement: Includes nutrition guidelines for ALL foods available on school campus during the school day with the objective of promoting student health and reducing childhood obesity.	
NS24	Regulates vending machines.	
NS25	Regulates school stores.	
NG26	Regulates food service a la carte.	
NS27	Regulates food served at class parties and other school celebrations.	
NS28	Regulates food from home for the whole class.	
NS29	Regulates food sold before school.	
NS30	Regulates food sold after school (beyond district-run after-school programs).	
NS31	Regulates food sold at evening and community events on school grounds.	
NS32	Regulates food sold for fundraising.	
NS33	Addresses limiting sugar content of foods.	
NS34	Addresses limiting fat content of foods.	
NS35	Addresses limiting sodium content of foods.	
NS36	Addresses limiting calorie content per serving size of foods.	
NS37	Addresses limiting serving size of foods.	
NS38	Addresses increasing "whole foods": whole grains, unprocessed foods, or fresh produce.	
NS39	Addresses limiting the use of ingredients with questionable health effects in food or beverages (e.g., artificial sweeteners, processed or artificial foods, <i>trans</i> fats, high fructose corn syrup [HFCS]).	
NS40	Addresses food not being used as a reward and/or withheld as a punishment.	
NS41	Nutrition information (e.g., calories, saturated fat, sugar) available for foods other than school meals.	
NS42	Addresses limiting sugar content of beverages.	
NS43	Addresses limiting fat content of drinks (other than milk [e.g., milkshakes or smoothies]).	
NS44	Addresses limiting calorie content per serving size of beverages.	
NS45	Addresses limiting regular (sugar-sweetened) soda.	
NS46	Addresses limiting beverages other than soda containing added caloric sweeteners such as sweetened teas, juice drinks, energy drinks, and sports drinks.	
NS47	Addresses limiting sugar/calorie content of flavored milk.	
NS48	Addresses limiting fat content of milk.	
NS49	Addresses serving size limits for beverages.	
NS50	Addresses limiting caffeine content of beverages (with the exception of trace amounts of naturally occurring caffeine substances).	
NS51	Addresses access to free drinking water.	
Subtotal for Section 3 Standards for Competitive and Other Foods and Beverages	Comprehensiveness Score <i>Count the number of items rated as "1" or "2" and divide this number by 29. Multiply by 100. Do not count an item if it is rated as "0."</i> Strength Score <i>Count the number of items rated as "2" and divide this number by 29. Multiply by 100.</i>	<div style="border: 2px solid black; width: 60px; height: 40px; margin: 0 auto;"></div> <div style="border: 2px solid black; width: 60px; height: 40px; margin: 0 auto;"></div>

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Section 4. Physical Education		Rating
PE52	Addresses physical education curriculum for each grade level.	
PE53	Addresses time per week of physical education for elementary school students.	
PE54	Addresses time per week of physical education for middle school students.	
PE55	Addresses time per week of physical education for high school students.	
PE56	Physical education promotes a physically active lifestyle.	
PE57	Specifies competency assessment (i.e., knowledge, skills, or practice).	
PE58	Addresses physical education quality.	
PE59	Physical education program promotes inclusive play.	
PE60	Addresses physical education classes, courses, or credits as an important part of the curriculum.	
PE61	Addresses frequency of required physical education (daily).	
PE62	Addresses teacher-student ratio for physical education.	
PE63	Addresses safe and adequate equipment and facilities for physical education.	
PE64	Addresses amount of time devoted to moderate to vigorous activity in physical education.	
PE65	Addresses qualifications for physical education instructors.	
PE66	District provides physical education training for physical education teachers.	
PE67	Addresses physical education waiver requirements (e.g., substituting physical education requirement with other activities).	
PE68	Requires students to participate in an annual health assessment (e.g., fitness or Body Mass Index [BMI]).	
Subtotal for Section 4 Physical Education		
Comprehensiveness Score <i>Count the number of items rated as "1" or "2" and divide this number by 17 Multiply by 100. Do not count an item if it is rated as "0."</i>		
Strength Score <i>Count the number of items rated as "2" and divide this number by 17 Multiply by 100.</i>		

Section 5. Physical Activity		Rating
PA69	Federal Requirement: Includes goals for physical activity that are designed to promote student wellness in a manner that the local education agency determines is appropriate.	
PA70	Physical activity provided for every grade level.	
PA71	Includes physical activity opportunities for school staff.	
PA72	Regular physical activity opportunities are provided throughout the school day (not including recess).	
PA73	Addresses physical activity through intramurals or interscholastic activities.	
PA74	Addresses community use of school facilities for physical activity outside of the school day.	
PA75	Addresses safe, active routes to school.	
PA76	Addresses not using physical activity (extra or restricted) as punishment.	
PA77	Addresses recess frequency or amount in elementary school.	
PA78	Addresses recess quality to promote physical activity.	
Subtotal for Section 5 Physical Activity		
Comprehensiveness Score <i>Count the number of items rated as "1" or "2" and divide this number by 10. Multiply by 100. Do not count an item if it is rated as "0."</i>		
Strength Score <i>Count the number of items rated as "2" and divide this number by 10. Multiply by 100.</i>		

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Section 6. Communication and Promotion	Rating
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CP79	Federal Requirement: Involve parents, students, and representatives of the school food authority, the school board, school administrators, and the public in the development of the school wellness policy.	
CP80	Includes staff wellness programs specifically addressing the health of staff.	
CP81	Addresses consistency of nutrition communication.	
CP82	Encourages staff to be role models for healthy behaviors.	
CP83	Specifies who in the district is responsible for wellness/health communication beyond required policy implementation reporting.	
CP84	Specifies district using Centers for Disease Control and Prevention's (CDC) Coordinated School Health Program (CSHP) model or other coordinated/comprehensive method.	
CP85	Addresses methods to solicit or encourage input from stakeholder groups (e.g., two-way sharing).	
CP86	Specifies how district will engage parents or community to meet district wellness goals.	
CP87	Specifies what content/information district communicates to parents.	
CP88	Specifies marketing to promote healthy choices.	
CP89	Specifies restricting marketing of unhealthful choices.	
CP90	Establishes a health advisory committee or school health council that is ongoing beyond policy development.	

Subtotal for Section 6 Communication and Promotion	Comprehensiveness Score <i>Count the number of items rated as "1" or "2" and divide this number by 12. Multiply by 100. Do not count an item if it is rated as "0."</i>	
	Strength Score <i>Count the number of items rated as "2" and divide this number by 12. Multiply by 100.</i>	

Section 7. Evaluation	Rating
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E91	Federal Requirement: Establish 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.	
E92	Addresses a plan for policy implementation, including a person or group responsible. (initial or ongoing)	
E93	Addresses a plan for policy evaluation, including a person/group responsible for tracking outcomes.	
E94	Addresses the audience and frequency of a report on compliance and/or evaluation.	
E95	Identifies funding support for wellness activities or policy evaluation.	
E96	Identifies a plan for revising the policy.	

Subtotal for Section 7 Evaluation	Comprehensiveness Score <i>Count the number of items rated as "1" or "2" and divide this number by 6. Multiply by 100. Do not count an item if it is rated as "0."</i>	
	Strength Score <i>Count the number of items rated as "2" and divide this number by 6. Multiply by 100.</i>	

Overall District Policy Score

Total Comprehensiveness Count the total <i>number of items</i> rated as either "1" or "2" in each of the seven sections above and divide this number by 96. Multiply the resulting number by 100 to get the overall district comprehensiveness score. <i>Do not count an item if it is rated as "0."</i>	District Score <div style="background-color: #ADD8E6; width: 100%; height: 30px;"></div>
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Total Strength Count the <i>number of items</i> rated as "2" in each of the seven sections above and divide this number by 96. Multiply the resulting number by 100 to get the overall district strength score.	District Score <div style="background-color: #ADD8E6; width: 100%; height: 30px;"></div>
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