

## **Compare and Summarize Your WellSAT Scores – Transcript**

Hello, and welcome to Step 3 of the triennial assessment process: Comparing your scores and summarizing.

This video was developed by the University of Connecticut Rudd Center for Food Policy and Health.

This is the third of four steps to complete the triennial assessment

This step documents your progress toward meeting your wellness goals by analyzing how your policies and practices compare to one another.

Let's begin with a bit of background.

First, let's talk about what we've found nationally about how wellness policies and practices are related.

A few years back, the Rudd Center collaborated on a national study that looked at wellness policies and practices in California, Connecticut, Kentucky, Minnesota, Oklahoma, Rhode Island, South Dakota, and West Virginia.

We studied 41 school districts and 94 schools, including elementary, middle, and high schools. We used the WellSAT Policy, which you completed in step 1, and the WellSAT Practice, which you completed in step 2.

We hypothesized that practices that were written into the wellness policy would be more likely to be implemented than practices that did not appear in the policy.

This chart shows how we expected scores to be distributed.

We expected that when you took the average of each of the WellSAT Policy scores for a school, then compared them to the average of each of their WellSAT Practice scores, we would see a neat line like this—that schools with weak policy scores would have weak practice implementation scores, and those with strong policy scores would have strong practice implementation scores.

However, this is what we actually found. The scores look nothing like we expected them to look, so we had to figure out how to think about what this means.

The way that we found to think about this is how you will organize what you find in your own schools. Let's take a look.

We realized that we could break this chart down into four quadrants, and each of those quadrants tells us a different story.

The first section is on the upper right of the chart. This is where you have strong policy scores (so the WellSAT Policy scores are between a 1 and a 2) AND you have full implementation (so the WellSAT Practice scores are also between a 1 and a 2).

So, each of those dots represents a policy, and we use a star as an icon for this section to recognize that these are areas where districts are doing a great job with their policies and a great job implementing the corresponding practices.

The second section is in the lower right. This section is where policies are strong, but they aren't being put into practice—they are written, but not implemented. As you can see, there were hardly any policies in this section.

The icon for this section is a group of hands coming together, to symbolize that schools with policies in this section need to get together and create an implementation plan.

The third section is in the upper left, where most of the dots are. These are items where a practice is implemented, but it is not written into policy.

We use a notebook and pen as the icon for this section, as districts can write policies to back up these practices.

And the last section is in the lower left. These are areas that are “off the radar” for districts—they are not in the policy, nor is the district implementing them. Just like the bottom right section, there are very few dots in this section as well.

We represent this section with a chart icon, showing that these are areas where there is room for growth if districts wish to improve their wellness policies and practices.

So now that we've looked at these four sections, we are going to use them to categorize your WellSAT Policy and WellSAT Practice scores. This will show where your policies align with your practices, where they don't align, and where there is room for improvement.

This table gives an overview of the four categories. The WellSAT website will automatically sort your scores into these categories for you, and you will need to write a summary of what you find in each section.

First, we'll look at strong policies and aligned practices. Any items where you have a score of 2 for BOTH your WellSAT Policy score and your WellSAT Practice score will fall into this category.

Next, we'll look at any items where your policy score is a 1 and your practice score is a 0, OR where your policy score is a 2 and your practice score is a 1 or a 0. Those items are in the "Create a Practice Implementation Plan" section.

Next, we'll look at any items where your policy score is a 0 or a 1 AND your practice score is a 2. Those items are in the "Update Policies" category.

Finally, we'll see any items where your policy score is a 0 AND your practice score is a 0 or a 1; or where your practice and policy scores are both 1s. Those items are in the "Opportunities for Growth" category.

Now, let's talk about summarizing your findings.

The first section of items you will see after the optional introduction is Section 1: Strong Policies and Aligned Practices. This section identifies areas where your district, school, or institution has a strong policy and is fully implementing practices that align with the policy.

Your narrative should describe your areas of success in meeting wellness goals, as demonstrated by the items in this section.

To help create your summary, think about which federal requirements are in this section. You might also consider whether there are items in this section that were not as highly scored in your last assessment. You could describe how your district, school, or institution improved your policies or practices for these items.

Section 2 is Create Practice Implementation Plan. This section identifies areas where your district, school, or institution has either a strong or weak policy, but practice implementation is either absent or limited.

Your narrative should describe how your district, school, or institution will create practice implementation plans to ensure full compliance with all elements of the local school wellness policy.

To create your summary, think about which federal requirements are in this section. You should also describe how you plan to improve implementation for all items in this section. You might consider plans such as: Who is responsible? When will improvements occur? And how will improvements be assessed?

Section 3 is Update Policies. This section identifies areas where your district, school, or institution is either: fully implementing a practice but there is no language or only weak language in the written policy, or partially implementing practices and there is no language in the policy.

Your narrative should describe how the district, school, or institution will update its policy to include all federally required items. You may also add plans for additional policy updates if desired.

To create your summary, think about which federal requirements are in this section. You might also consider other areas your district, school, or institution considers priorities. Describe how you plan to update your policy, again considering who is responsible, what the timeline will be, and how it will be assessed. Finally, consider whether you would like to improve practices for any items in this section that were scored as partially implemented.

Section 4 is Opportunities for Growth. This section identifies areas where your district, school, or institution has either not addressed the topic in policy or practice; or has only addressed the topic in a very limited way.

Your narrative should describe how your district, school, or institution will update its policy and practices to include all federally required items. You may also add plans for additional wellness goals if desired.

To create your summary, think about which federal requirements are in this section. You might also consider other areas your district, school, or institution considers priorities. Describe how you plan to improve implementation and update your policy, again considering who is responsible, what the timeline will be, and how it will be assessed.

Finally, you will need to compare your current assessment to previous triennial assessments to identify areas where your district, school, or institution has improved over time or needs improvement.

Your narrative should describe how your results on this triennial assessment compare to previous triennial assessments.

To create your summary, think about areas in which policies or practices have improved since your last assessment. What did you do to improve these? Also, think about areas in which policies or practices have declined. Why did these declines occur? How do you plan to reverse these declines?

The final step of the triennial assessment is to share your assessment report.

First, you will need to share your assessment findings with the public. Most districts and schools do this by posting their triennial assessment report on their district or school website.

We recommend posting the entire triennial assessment scorecard that is created on the WellSAT website once you have completed your summaries. However, at a minimum, you need to include your WellSAT Policy scores for all items; summaries and scores for federal requirements and any items that are present in your policy; and your comparison with prior assessments.

The WellSAT triennial assessment process also provides space for an optional introduction and conclusion. You can use this space to provide a high-level overview of your findings and explain to families and community members how you completed the assessment.

Finally, you should retain all your materials from this triennial assessment to share at your next administrative review.

Although posting most of Sections 3 and 4 of the summaries publicly is optional, you should retain these internally and use them to plan updates to your wellness policy. You should use Sections 2 and 4 to improve your implementation of wellness practices.

Once you have shared your triennial assessment, you have completed the process. Congratulations!

For more information about the WellSAT, please visit the Rudd Center and WellSAT websites.

Thank you for watching, and good luck with this year's triennial assessments.