



CREATING HEALTHY
SCHOOLS AND
COMMUNITIES

School Wellness Data

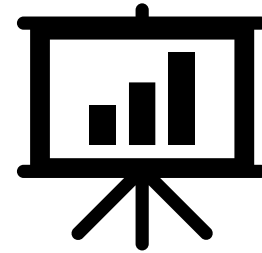
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Why collect school wellness data?



You have to put in your wellness policy that you will measure:

1. The extent to which each school is in compliance with wellness policy.
2. The extent to which wellness policy compares to model wellness policies.



Data can be used to:

1. Figure out areas that need improvement.
2. Convince others of the need to make changes.
3. Track progress & make comparisons.



The process of collecting the data will:

1. Provide a common language around wellness.
2. Encourage discussion.
3. Spread awareness of wellness policy and committee.



Using data collection tools can spark new ideas for how to improve school wellness.

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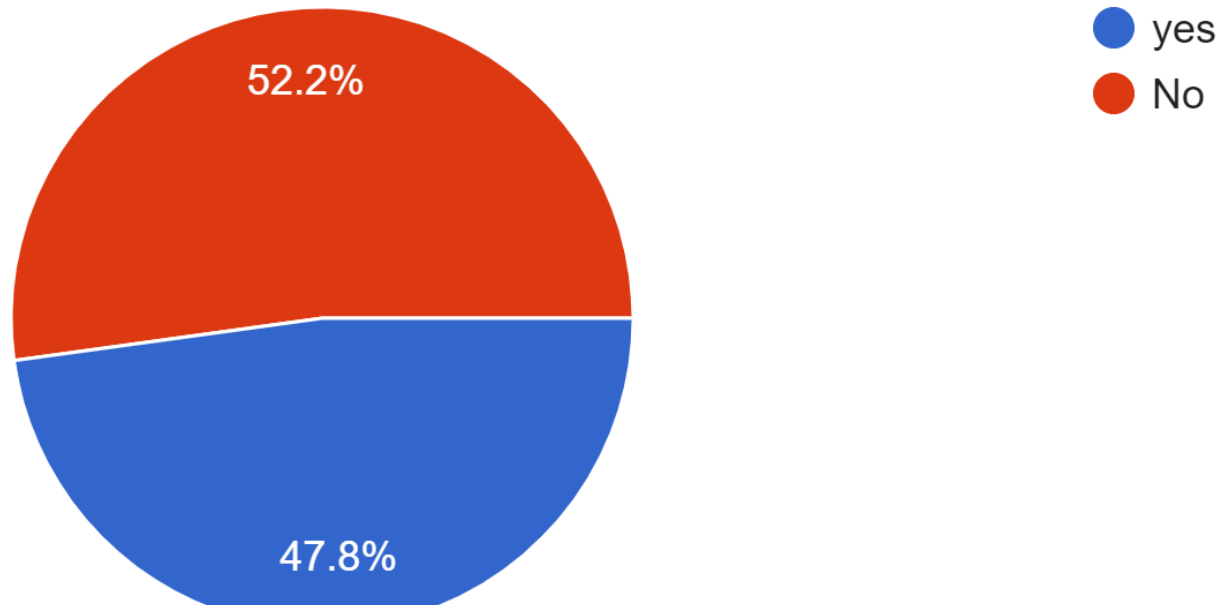


Using data collection tools can spark new ideas for how to improve school wellness.

Why else have you collected wellness data?

Has your school used the CDC's School Health Index to assess school wellness practices? (if so bring a copy of the results or the SHI reference number with you)

23 responses



WellSAT: 3.0

Wellness School Assessment Tool

How to assess your district wellness policy.



School Health Index (SHI)

How to assess your school wellness practices.

WellSAT 3.0

School wellness policies are evaluated based on the degree to which they address **67 policy items**. These items are categorized into six sections:

1. Nutrition Education
2. Standards for USDA Child Nutrition Programs and School Meals
3. Nutrition Standards for Competitive and Other Foods and Beverages
4. Physical Education and Activity
5. Wellness Promotion and Marketing
6. Implementation, Evaluation and Communication

WellSAT 3.0

Each policy item is rated "0," "1," or "2,"

0= not mentioned

1= weak statement

(should, encourage, discourage)

2= strong statement

(will, must, prohibit)

WellSAT 3.0

Each section gets a comprehensiveness percentage score based on how many items scored a 1 or 2.

Each section gets a strength percentage score based on how many items scored a 2.

The scores are averaged across the 6 sections to provide an overall comprehensiveness and strength score for each policy.

School Health Index

Uses 182 questions to address seven health topic areas:

- Physical activity and physical education
- Nutrition
- Tobacco-use prevention
- Alcohol and other drug use prevention
- Chronic health conditions (e.g., asthma, food allergies)
- Unintentional injury and violence prevention (safety)
- Sexual health, including HIV, other STD and pregnancy prevention

School Health Index

The 182 questions are divided up into 11 modules that correspond to the Whole School, Whole Community, Whole Child model.



School Health Index

The School Health Index uses a 4-point scale, assigning 3, 2, 1, or 0 points to each question.

3 = the policy or practice fully in place

2 = the policy or practice is partially in place

1 = the policy or practice in under development

0 = the policy or practice is not in place

School Health Index

The scores for each question in a module are added up, divided by 4 X the number of questions and an average score is calculated for each module.

These scores are displayed in a scorecard and classified as low, medium or high.

There is no overall SHI score.

How to collect the data

What data are you going to collect? WellSAT, SHI, both?

Decide who you need to participate?

Who should participate in the policy assessment (WellSAT)?

The district wellness committee or a subset of the wellness committee, if the committee is very large.

6-12 people

How to you complete the assessment?

Create account at [WellSAT: Rudd Center — Home](#)

Complete a new policy assessment or **look below to see your scored policies**

Wellness Policy Assessment Name:

I am coding a SWP from a school district located in the following state:

Or manually enter your school district's National Center for Education Statistics (NCES) ID number:

Note: To find your NCES ID, search for public school districts at: <https://nces.ed.gov/ccd/districtsearch/>
and private school districts at: <https://nces.ed.gov/surveys/pss/privateschoolsearch/>

Practice Mode

Applicable Month/Year /

(Optional) Start with answers copied from this selected policy below:

Include WellSAT-I

How to you complete the assessment?

Schedule a 1-2 hour meeting

Send everyone the district policy and ask them to read it through before the meeting.

Print out all the [WellSAT questions](#)

Assign 1-2 people to each section and ask them to find the language in the policy that answers each question.

NE6: Nutrition education is integrated into other subjects beyond health education.

P.1

0	Not mentioned
1	Vague and/or suggested Examples: <ul style="list-style-type: none">• "...will encourage teachers to integrate nutrition education into the broader curriculum."• "Staff shall teach, encourage, and support healthy eating by students by providing nutrition education and engaging in nutrition promotion for all grade levels throughout the school day in a number of different instructional settings. Instruction shall be integrated and include information about nutrition, exercise, and/or healthy choices that..." "Instructional staff are encouraged to integrate nutritional themes into daily lessons when appropriate."
2	Requires that nutrition education be integrated into other subjects. Examples: <ul style="list-style-type: none">• "Nutrition education will be integrated into mathematics classes."• "Nutrition education will be integrated into the broader curriculum, where appropriate." "Nutrition education is integrated into cooking lessons."

Nutrition Promotion and Education

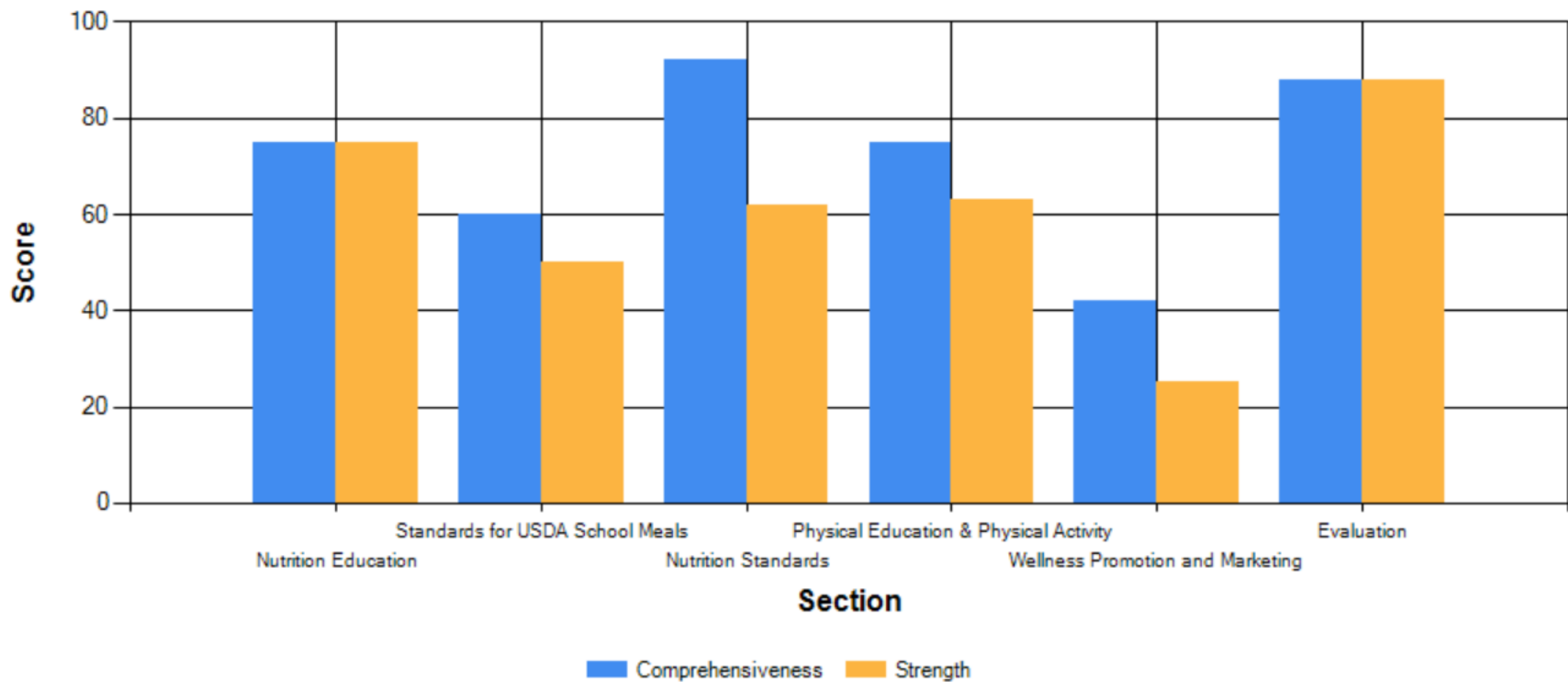
- NE 6 a) Classroom Teaching: Nutrition topics will be integrated within the comprehensive health education curriculum and other instructional areas, as appropriate, and taught at every grade level, K through 12. Nutrition instruction will follow applicable New York State Standards and be designed to help students acquire:

How to you complete the assessment?

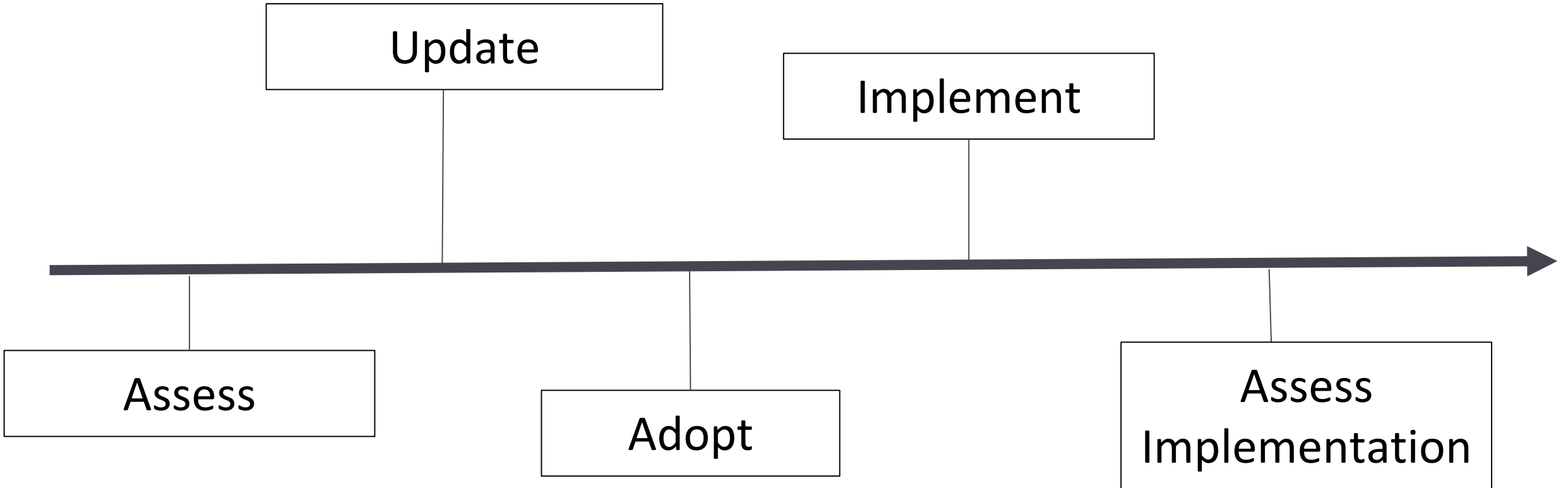
Each person (or team) shares out the score for each question and what the policy language is. Discuss.

This will take a bit of time.

Record final answers either online or on a printed scorecard.



What's next in wellness policy work?



Best practices for updating the policy

Hold multiple open forums / focus groups

Communicate often

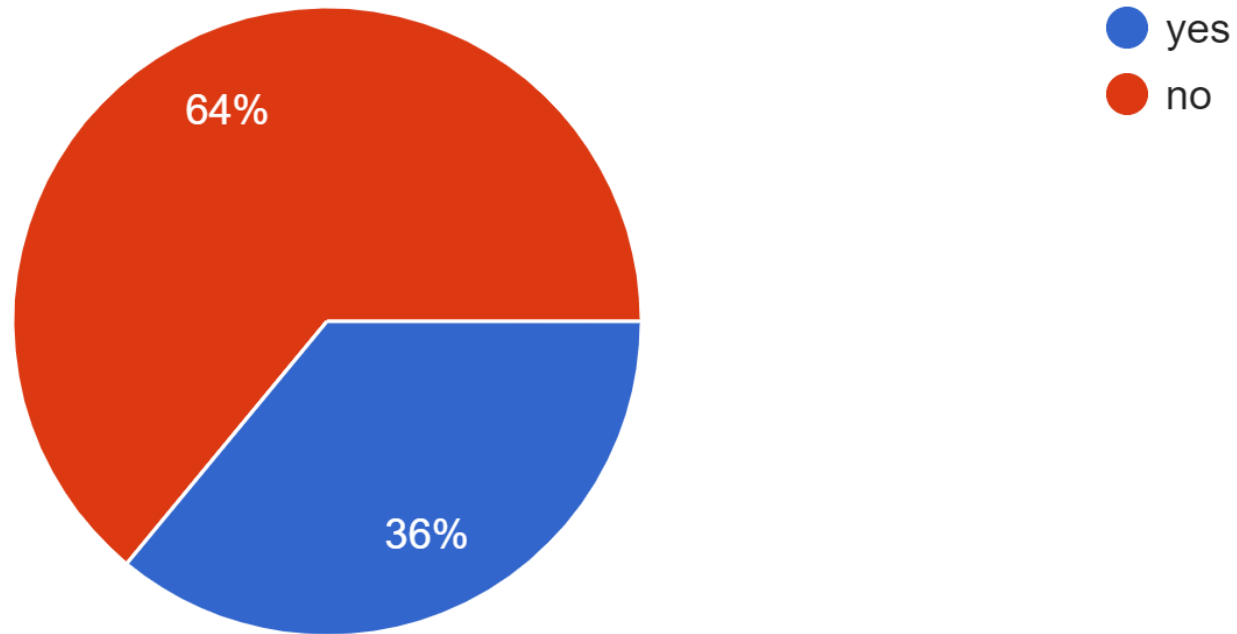
Consider implementation and training needs

Use a policy template

Don't rush the process to check a box or meet a deadline

Has your district updated your wellness policy in the last three years? (bring a copy of your district wellness policy with you.)

25 responses



How to complete the SHI assessment?

You can conduct the assessment using the [interactive online](#) version or by downloading the print version.

Once you are ready to begin using the online SHI, you will need to register your team or committee. If your team has participated before and you have an existing assessment, enter your reference number, or [request to join an existing team](#).

If you have questions about using the SHI, you can view the [Frequently Asked Questions](#) or [Online Help](#).

Access Your Team SHI Assessment

Reference Number:

Go

[Forgot your reference number?](#)

Register a New Team

Register your team to start a new SHI assessment for your school.

Register

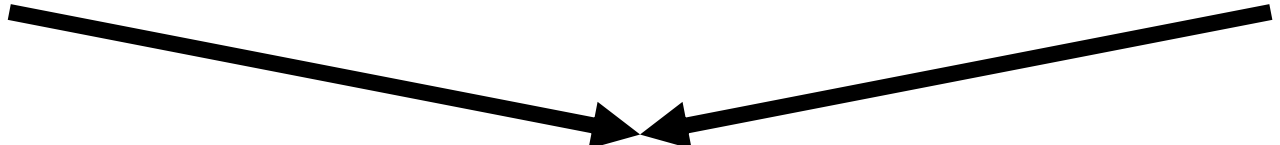
[Request to join an existing team](#)

[Your Guide to Using the School Health Index \(cdc.gov\)](#)

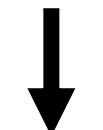
How to complete the SHI assessment?

**Complete by the SHI team
(wellness team)**

**Complete with all school faculty
at a faculty meeting.**



Create 11 module teams based on expertise in different health and wellness areas (at least 2 people per module).



Have each module team discuss and answer the questions in their module

Module	Completed by
1. Health and Safety Policies	building administrator and teachers
2. Health Education	health education teachers and classroom teachers
3. Physical Education and Physical Activity	PE teachers and classroom teachers
4. Nutrition Environment	food services manager and teachers
5. Health Services	school nurse and teachers
6. Behavioral Supports	school social workers, counselors, psychologists and teachers
7. Social Emotional Climate	school social workers, counselors, psychologists and teachers
8. Physical Environment	facilities manager, teachers
9. Employee Wellness	teachers and variety of school staff members
10. Family Engagement	family support center/family resource center staff, teachers, building administrators, parents, students
11. Community Involvement	family support center/family resource center staff, teachers, building administrators, parents, students

Modules/Questions

Select a Module and begin answering the Discussion Questions.



Export All Modules – Discussion Questions, Strengths and Weaknesses



Export All Modules – Summary

Module 1 : School Health and Safety Policies and Environment



[Discussion Questions](#) | [Scorecard and Planning Questions](#) | [Summary](#) | [Resources](#)

Module 2 : Health Education



[Discussion Questions](#) | [Scorecard and Planning Questions](#) | [Summary](#) | [Resources](#)

Module 3 : Physical Education and Physical Activity Programs



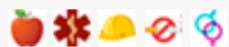
[Discussion Questions](#) | [Scorecard and Planning Questions](#) | [Summary](#) | [Resources](#)

✓ Module 4 : Nutrition Environment and Services



[Discussion Questions](#) | [Scorecard and Planning Questions](#) | [Summary](#) | [Resources](#)

Module 5 : School Health Services



[Discussion Questions](#) | [Scorecard and Planning Questions](#) | [Summary](#) | [Resources](#)

Module 6 : School Counseling, Psychological, and Social Services



[Discussion Questions](#) | [Scorecard and Planning Questions](#) | [Summary](#) | [Resources](#)

SHI Health Topics:

- Nutrition
 - Physical Activity
 - Chronic Health Conditions
 - Safety
 - Alcohol and Other Drugs
 - Tobacco Use
 - Sexual Health
-
- Module Complete

Some tips:

Ideal module team size is 5-10 people.

Questions should be answered based on current practices in the school.

The most important outcome is not the score but the discussion.
The answers are subjective.

Modules	Low		Medium		High
	0-20%	21-40%	41-60%	61-80%	81-100%
Module 1 - School Health and Safety Policies and Environment					✓
Module 2 - Health Education					✓
Module 3 - Physical Education and Physical Activity Programs					✓
Module 4 - Nutrition Environment and Services				✓	
Module 5 - School Health Services					✓
Module 6 - School Counseling, Psychological, and Social Services				✓	
Module 7 - Social and Emotional Climate				✓	
Module 8 - Physical Environment		✓			
Module 9 - Employee Wellness and Health Promotion			✓		
Module 10 - Family Engagement		✓			
Module 11 - Community Involvement	✓				

Identify strengths, weakness and actions

At the end of each set of module questions, teams will be asked to identify strengths, weaknesses and actions.

These can be used to start to create a school wellness action plan.

Identify
Strengths,
Weaknesses and
Actions

This can all be done within the
SHI online assessment and
planning tool.

Create Action
Plan

Assess

Prioritize
Actions

Implement
Action Plan

