Welcome to Module 3: Starting the WPAT assessment. After completing the fields to create a new WPAT, you will be directed to the beginning of the assessment. At the top of the screen, you will see that you are on the first of 31 topics.

You will also see that you are in the section on Nutrition Education and that the first topic is on curriculum that teaches skills using active learning strategies.

As you scroll down the page you will see instructions to “Click the icon next to each question to view additional information about the assessment item and responses.”

The first question in the assessment is from the WellSAT 3.0. It is labeled as NE2, which is the same label used in the WellSAT tool.

If you have already completed a WellSAT assessment, you can look at the results for question NE2 and click on that result in the WPAT. However, if you have not completed a WellSAT assessment, you can answer the question in real time directly in the WPAT tool.

The question asks you to assess the district’s written policy about nutrition education teaching skills that are behavior-focused, interactive, and/or participatory.

The response options are:

0: No policy; 1: Weak Policy; 2: Strong Policy.

For guidance on how to determine the strength of the policy, click on the info bubble. A pop-up screen will come up with additional guidance. A zero means that the district does not have a policy about this topic.

There will also be examples of sample language to help you determine the difference between a weak policy and a strong policy. This guidance comes directly from the WellSAT tool.

Once you score the policy, you can scroll down to the next question.

The next question is asking about school-level practices based on a question that is from the School Health Index or SHI.

If you have already completed the SHI, you can simply type in the results from Module 2 N.1.

If you have not yet completed the SHI, you can answer the question directly in WPAT.

Question N.1 asks “Does your health education curriculum address all these essential topics on healthy eating? (Click info button for the list of topics.)”.

You can click on the information bubble to see the list of essential healthy eating topics. Then select the response that most closely describes what is happening at your schools.

Does health education curriculum address one or none of the topics, some of the topics, most of the topics, or all the topics?

As you scroll down the page you will see there are 2 more questions from SHI to address, Module 2 CC.3 and Module 2 CC.4.

Using a similar process as above, read through each question, click on the info button for more details if needed, and then select the appropriate response.

After completing all 4 questions on this page, you will see a summary of the scores at the bottom of the page: a written policy score, an implementation score, and recommendations for next steps in this area.

From here you can either save and exit the assessment or continue to the next question

After clicking on “next question” you will see that you are now on question 2 of 31. This question is also focused on nutrition education but asks specifically about the curriculum and if it is required and aligns with standards.

Using the same process as before, you will first answer the question about the district wellness policy for this topic and then answer the question about school-level practices.

And again, you will see a summary of the policy score, implementation scores, and recommendations for next steps in this area.

The WPAT consists of 31 topics—5 on nutrition education, 4 on school meals, 8 on competitive foods, 11 on physical education and physical activity, and 3 on wellness promotion and marketing.

In addition to the 31 topics, there are a few open text questions that we will discuss in our next video Module 4, Completing Open Text Questions in the WPAT.