Hello and thanks for joining us for an introduction to the Governor’s Scorecard for Nutrition and Physical Activity! The purpose of this video is to provide you with a history of the Governor’s Scorecard on Nutrition and Physical Activity, including why it was initially developed, how it was implemented, recent revisions and step-by-step instructions for completing the new scorecard.

Let’s start with the history. The Governor’s Scorecard on Nutrition and Physical Activity was initially launched on February 1, 2005 as part of Governor Warner’s Healthy Virginians Initiative. Warner’s administration developed the Healthy Virginians Initiative to demonstrate the positive role of government in promoting healthy lifestyles in workplaces, schools, and at home.

One component of the Initiative was the Nutrition and Physical Activity Awards Program, which was designed to encourage policies and practices that promoted good nutrition and regular physical activity in Virginia schools. To be eligible to participate in the program, schools were required to form a wellness team consisting of the school principal or designee, the school nutrition manager, the school health and physical education teacher, the division health and physical education coordinator, and the division school nutrition director. Each wellness team was able to report and evaluate their school’s wellness environment via an interactive online scorecard consisting of 34 questions related to best practices for school nutrition and physical activity. Schools earned points for each best practice reported.

Schools that earned between 140 and 159 points were awarded a bronze designation, schools that earned between 160 and 179 points were awarded a silver designation, and schools that earned between 180 and 200 points were awarded a gold designation. Schools could use their scores for comparison with other schools and to adjust and enhance their nutrition and physical activity practices over time.

The original scorecard launched during the 2004-2005 school year. Sixty-seven school divisions and 248 schools participated with two schools earning gold designations, two earning silver designations, and four earning bronze designations. The original scorecard was implemented and tracked through the 2008-2009 school year, during which 112 divisions and 845 schools completed the scorecard. Thirteen schools earned gold designations, 57 earned silver designations, and 95 earned bronze designations.

After several years in hibernation, the Governor’s Scorecard was assessed and updated to align with the Centers for Disease Control and Prevention’s Whole School, Whole Community, Whole Child model and the latest best practices in nutrition and physical activity. Like the original scorecard, the revised scorecard measures initiatives taken beyond requirements to promote a culture of health and wellness through food quality, participation in meal programs, health and physical education, and physical activity. Also like the original scorecard, completing the revised scorecard requires a team approach including, at a minimum, the school principal, wellness policy designee, school nutrition manager, division school nutrition director, and at least one parent and one student.

The revised scorecard includes a total of 40 scored questions and takes approximately 90 minutes to complete. Each question is worth up to four points and points are automatically calculated according the answers selected. Each scored question is followed by prompts to add supporting documentation of the best practices reported.

Let’s take a look at how to complete the new scorecard. First, visit the Governor’s Scorecard on Nutrition and Physical Activity webpage. Click on the *Complete the Governor’s Scorecard* link. If you wish to review the questions prior to completing the scorecard, simply click on the *Preview Governor’s Scorecard Questions* link to view the scorecard in Microsoft Word.

Once the scorecard is launched, review the introductory paragraphs, clicking on the arrow at the bottom to advance to the next page. Next, select the superintendent’s region in which your school is located followed by your division and then your school or site. Once finished, proceed to the next page. At this point, you will enter the names of your wellness team members including the school or site principal, the division nutrition director, the school or site nutrition manager, the wellness policy coordinator or designee, and any other individuals assisting with the completion of the scorecard. Then, proceed to the next page. Next, enter the name, email address, and phone number for your wellness team leader and proceed to the next page to begin answering the questions.

Here is a sample question from the scorecard. As you can see, for this question, you simply select all options that apply to your school or site. Points accumulate based on the answers you select as you proceed through the scorecard. For this particular question, schools receive four points for selecting three or more alternative breakfast models, three points for selecting two alternative breakfast models, two points for selecting one alternative breakfast model, and one point if no alternative breakfast models are in place and there is opportunity for growth.

After each scored question are follow-up questions requesting documentation of the reported practices. Here are the follow-up questions for the question on alternative breakfast models that we just reviewed. As you can see, a description and photo of the reported alternative breakfast models as well as any best practices used to launch the models are requested. If your school or site does not offer any alternative breakfast models, skip these questions and proceed to the next page. You may also skip any other questions that do not apply to your school or site. For example, this question applies only to elementary schools.

Upon completing all of the questions, you will receive a score for your school or site. If your team is unable to complete the entire scorecard in one session, that’s okay. The scorecard was designed so that you may pause and resume answering questions at any point. Simply exit out of the scorecard when you need to pause and then open it again when you are ready to continue answering questions. The scorecard will reopen at the location you ended at during your last session.

The scorecard includes a total of 40 scored questions with each question worth up to four points, allowing schools to earn a maximum of 160 points. Schools that earn between 112 and 127 points will receive a bronze designation. Schools that earn between 128 and 143 points will receive a silver designation. And schools that earn between 144 and 160 points will receive a gold designation.

Upon submission of your completed scorecard, a VDOE Office of School Nutrition Programs team member will review the supporting documentation uploaded to verify your answers. Once your answers and total score are verified, you will receive a certificate with your award designation, if applicable. The Office of School Nutrition Programs will use the results of completed scorecards to identify best practices and patterns of structure and support associated with healthy school environments. Schools may use the results as a benchmark for comparison across time and/or with other schools.

Please note that any files uploaded with the scorecard may be used for educational and/or promotional purposes by the Virginia Department of Education. As such, all photos featuring students must comply with the school’s and/or division’s media policies and procedures.

Should you have any questions or require technical assistance with the Governor’s Scorecard, please do not hesitate to reach out the VDOE Office of School Nutrition Programs. Thanks for watching!