

/MJJ

Codebook & Scoring Appendices

Community Wide and Program & Policy Assessment Scoring Tools

Name of Community: _____

Name of Scorer(s): _____

RALA Community Wide Assessment (CWA) Scoring Tool

Once you have completed the CWA for your rural community, you can use the scoring tool below to obtain a domain specific score (e.g. a score for your School Location or a score for the Trails in your community) and also an overall score for your Community-wide physical activity amenities. These scores can be used to compare to other rural communities or to compare your community to itself over time.

To score the CWA, simply look at the “ASSIGNED POINTS” column that corresponds with each of the answers you gave for your community on the RALA CWA and fill in that number of points under the last column, “MY COMMUNITY’S POINTS”. Once you have filled in all of your points for each of the items, add up the points for each domain to get that domain’s “TOTAL SCORE” and also add up your “GRAND TOTAL” score at the very bottom of the matrix.

Corresponding page numbers from the original RALA CWA Tool are included in Column A “Domain/Items” for cross-reference

#	DOMAIN/ITEMS	ASSIGNED POINTS	MY COMMUNITY’S POINTS
1.	SCHOOL LOCATION		
Items	<p>There is an <u>elementary</u> school in my community that many children can walk to (Page 1)</p> <p>There is a <u>middle</u> school in my community that many children can walk to (Page 1)</p> <p>There is a <u>high</u> school in my community that many children can walk to (Page 1)</p>	<p>Yes (6 Points) No (0 Points)</p> <p>Yes (5 Points) No (0 Points)</p> <p>Yes (4 Points) No (0 Points)</p>	<p>+ _____ points</p> <p>+ _____ points</p> <p>+ _____ points</p> <hr/> <p>= _____ (TOTAL SCORE: SCHOOL LOCATION)</p>

#	DOMAIN/ITEMS	ASSIGNED POINTS	MY COMMUNITY'S POINTS
2	TRAILS		
Items	<p>There is a <u>Hiking or Walking Trail</u> (Page 2)</p> <p>There is a <u>Biking Path</u> (Page 2)</p> <p>There is some <u>Other</u> Type of Trail* (Pages 8-11)</p> <p>* "Other" can include a different type of trail used for physical activity, or an additional hiking/walking/biking trail</p>	<p>Yes, within 8 kilometers of community center (8 points) Yes, 8-25 kilometers of community center (5 points) No (0 points)</p> <p>Yes, within 8 kilometers of community center (8 points) Yes, 8-25 kilometers of community center (5 points) No (0 points)</p> <p>Yes, within 8 kilometers of community center (8 points) Yes, 8-25 kilometers of community center (5 points) No (0 points)</p>	<p>+ _____ points</p> <p>+ _____ points</p> <p>+ _____ points</p> <p>----- = _____ (TOTAL SCORE: TRAILS)</p>
3.	PARKS AND PLAYGROUND		
Items	<p>Public Park (Page 3)</p> <p>Public Playground (If playground is within park, assign points to both) (Page 7)</p> <p>School Playground (Page 7)</p> <p>Other** (Pages 8-11)</p> <p>**Other can include a different type of park or playground, or an additional public/school park or playground</p>	<p>Yes, within 8 kilometers of community center (8 points) Yes, 8-25 kilometers of community center (5 points) No (0 points)</p> <p>Yes, within 8 kilometers of community center (8 points) Yes, 8-25 kilometers of community center (5 points) No (0 points)</p> <p>Yes, within 8 kilometers of community center (8 points) Yes, 8-25 kilometers of community center (5 points) No (0 points)</p> <p>Yes, within 8 kilometers of community center (8 points) Yes, 8-25 kilometers of community center (5 points) No (0 points)</p>	<p>+ _____ points</p> <p>+ _____ points</p> <p>+ _____ points</p> <p>----- = _____ (TOTAL SCORE: PARKS AND PLAYGROUNDS)</p>

#	DOMAIN/ITEMS	ASSIGNED POINTS		MY COMMUNITY'S POINTS
4.	WATER ACTIVITIES			
Items	Public Use Swimming Pool (Page 4)	Yes, within 25 kilometers of community center (4 points) No (0 points)		+ _____ points
	Swimming Beach (Page 3)	Yes, within 25 kilometers of community center (4 points) No (0 points)		+ _____ points
	River, Lake, Pond, etc. with Canoe/Boat/Water-sport Access (Page 5)	Yes, within 25 kilometers of community center (4 points) No (0 points)		+ _____ points
	Other*** (Pages 8-11)	Yes, within 25 kilometers of community center (4 points) No (0 points)		-----
	*** "Other" can include a different type of water activity amenity, or another public use swimming pool, beach or river access venue			= _____ (TOTAL SCORE: WATER ACTIVITIES)
5.	RECREATION FACILITIES			
Items	Community Recreation Center (community-owned or private like the YMCA) (Page 6)	Yes, within 8 kilometers of community center (10 points) Yes, 8-25 kilometers of community center (7 points) No (0 points)		+ _____ points
	Playing Field or Courts (Page 7)	Yes, within 8 kilometers of community center (10 points) Yes, 8-25 kilometers of community center (7 points) No (0 points)		+ _____ points
	Skateboard Park (Page 5)	Yes, within 8 kilometers of community center (10 points) Yes, 8-25 kilometers of community center (7 points) No (0 points)		+ _____ points
	*** (CONTINUE RECREATION FACILITIES SECTION ON NEXT PAGE) ***			

#	DOMAIN/ITEMS	ASSIGNED POINTS	MY COMMUNITY'S POINTS
	<p>Private Fitness Facility (e.g. Curves) (Page 6)</p> <p>Roller Skating Rink (Page 5)</p> <p>Score up to 3 of these remaining Recreation Facilities, at 2 points each (total= 6 points)</p> <p>Ice Skating Rink (Page 8)</p> <p>Other*** (Pages 8-11)</p> <p>(Pages 8-11)</p> <p>(Pages 8-11)</p> <p>***"Other" can include a different type of recreational facility (e.g., yoga/dance studio, sledding hill, etc), or another recreational facility if more than one that is already listed</p>	<p>Yes, within 8 kilometers of community center (2 points) (1 points) Yes, 8-25 kilometers of community center (0 points)</p> <p>No (2 points) (1 points) (0 points)</p> <p>Yes, within 8 kilometers of community center (2 points) (1 points) Yes, 8-25 kilometers of community center (0 points)</p> <p>No (2 points) (1 points) (0 points)</p> <p>Yes, within 8 kilometers of community center (2 points) (1 points) Yes, 8-25 kilometers of community center (0 points)</p> <p>No (2 points) (1 points) (0 points)</p> <p>Yes, within 8 kilometers of community center (2 points) (1 points) Yes, 8-25 kilometers of community center (0 points)</p> <p>No (2 points) (1 points) (0 points)</p> <p>Yes, within 8 kilometers of community center (2 points) (1 points) Yes, 8-25 kilometers of community center (0 points)</p> <p>No (2 points) (1 points) (0 points)</p>	<p>+ _____ points</p> <p>-----</p> <p>-----</p> <p>= _____ (TOTAL SCORE: RECREATIONAL FACILITIES <i>Note: Maximum points for Recreation Facilities domain = 30 points</i></p>
			GRAND TOTAL: _____

For questions or comments on the RALA CWA Scoring Matrix, please contact Megan Jones, Public Health & Community Planner, Regina Qu'Appelle Health Region (RQHR) – Health Promotion Department: megan.jones@rqhealth.ca or (306) 766.6334

For additional rural active living resource and RALA tool components go to: <http://www.activelivingresearch.org/node/11947>

RALA Program & Policy Assessment (PPA) Scoring Tool

Once you have completed the PPA for your community, you can use the scoring tool below to obtain a domain specific score (e.g. a score for your Community Programs or a score for your School Policies in your community) and also an overall score for your community's physical activity-related programs and policies. These scores can be used to compare to other rural communities or to compare your community to itself over time.

To score the PPA, look at the "ASSIGNED POINTS" columns B and C. If you live in an area that experiences snow fall, please refer to Column B. If you live in an area without snow fall, please refer to column C. Once you have selected the column that applies to your community, simply assign the number of points that corresponds with each of the answers you gave for your community on the RALA PPA and fill in that number of points under column D, "MY COMMUNITY'S POINTS". Once you have filled in all of your points for each of the items, add up the points for each domain to get that domain's "TOTAL SCORE" and also add up your "GRAND TOTAL" score at the very bottom of the matrix.

Corresponding page numbers from the original RALA PPA Tool are included in Column A "Domain Items" for cross-reference

#	DOMAIN/ITEMS	ASSIGNED POINTS	MY COMMUNITY POINTS
1.	Community Policies		
Items	<p>Community has policy requiring bikeways/pedestrian walkways in new public infrastructure projects (Page 1)</p> <p>Community regularly clears snow from sidewalks so that residents can walk/bike to work or school (Page 1)</p>	<p>Yes (7 points) No (0 points)</p> <p>Yes (3 points) No (0 points)</p>	<p>+ _____ points</p> <p>+ _____ points</p> <p>-----</p> <p>= _____ (TOTAL SCORE: COMMUNITY POLICIES)</p>

#	DOMAIN/ITEMS	ASSIGNED POINTS	MY COMMUNITY POINTS
2.	COMMUNITY PROGRAMS		
Items	<p>Community has a public recreation department (Page1)</p> <p>Community has a private recreation organization (e.g. YMCA) (Page 2)</p> <p>Either public or private department/organization (or both) allows resources/facilities to be available for local resident use outside of programming (Page 2)</p> <p>Either public or private department/organization (or both) provides scholarships/sliding fee scale for lower income residents (Page 2)</p> <p>There is organized transportation options (either public or private) that help children get to/participate in physical activity opportunities. (Page 2 & 3)</p>	<p>Yes (10 points) No (0 points)</p> <p>Yes (4 points) No (0 points)</p>	<p>+ _____ points</p> <p>-----</p> <p>= _____ (TOTAL SCORE: COMMUNITY PROGRAMS)</p>
3.	SCHOOL POLICIES		
Items	<p>Schools in the community allow public access to their recreation facilities after school hours (Page 3)</p> <p>Public schools offer a late-bus option for children that stay after school for sponsored activities (Page 3)</p>	<p>Yes (15 points) No (0 points)</p> <p>Yes (15 points) No (0 points)</p>	<p>+ _____ points</p> <p>+ _____ points</p> <p>-----</p> <p>= _____ (TOTAL SCORE: SCHOOL POLICIES)</p>

#	DOMAIN/ITEMS	ASSIGNED POINTS	MY COMMUNITY POINTS	
4.	SCHOOL PROGRAMS			
Items	<p>There are "Walk to School" programs or other programs that encourage children to walk or bike to school (Page 3)</p> <p>Schools are participants in other activities (excluding "Walk to School" programs) that are included in the National "Safe Routes to School" program. (Pg3,Q7)</p> <p>Schools offer other sponsored physical activity initiatives for students (do not include gym/physical education classes) (Page 3)</p>	Yes No Yes No Yes No	(15 points) (0 points) (5 points) (0 points) (10 points) (0 points)	+ _____ points + _____ points + _____ points ----- = _____ (TOTAL SCORE: SCHOOL PROGRAMS)
				GRAND TOTAL= _____

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- **Please Note:** The Codebook & Scoring Appendices were originally designed by researchers at the Maine Rural Health Research Center, University of Southern Maine, and were tested and refined by researchers at the University of Southern Maine, Tufts University, University of Alabama, and University of Mississippi. This version has been further revised for use within Canadian communities through the *Healthy Canada By Design CLASP Initiative*. For additional rural active living resource and RALA tool components go to: <http://www.activelivingresearch.org/node/11947>