

/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.	<b>SCHOOL LOCATION</b>		
Items	There is an <u>elementary</u> school in my community that many children can walk to (Page 1)	Yes (6 Points) No (0 Points)	+ _____ points
	There is a <u>middle</u> school in my community that many children can walk to (Page 1)	Yes (5 Points) No (0 Points)	+ _____ points
	There is a <u>high</u> school in my community that many children can walk to (Page 1)	Yes (4 Points) No (0 Points)	+ _____ points
			= _____ (TOTAL SCORE: SCHOOL LOCATION)

#	DOMAIN/ITEMS	ASSIGNED POINTS	MY COMMUNITY'S POINTS
2	<b>TRAILS</b>		
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 Type of Trail*</u> (Pages 8-11)</p> <p><i>* "Other" can include a different type of trail used for physical activity, or an additional hiking/walking/biking trail</i></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>-----</p> <p>= _____ <b>(TOTAL SCORE: TRAILS)</b></p>
3.	<b>PARKS AND PLAYGROUND</b>		
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><i>**Other can include a different type of park or playground, or an additional public/school park or playground</i></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>-----</p> <p>= _____ <b>(TOTAL SCORE: PARKS AND PLAYGROUNDS)</b></p>

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

#	DOMAIN/ITEMS	ASSIGNED POINTS	MY COMMUNITY'S POINTS
	Private Fitness Facility (e.g. Curves) (Page 6)  Roller Skating Rink (Page 5)  Ice Skating Rink (Page 8)  Other*** (Pages 8-11)  (Pages 8-11)  (Pages 8-11)	Yes, within 8 kilometers of community center (2 points) Yes, 8-25 kilometers of community center (1 points) No (0 points)  Yes, within 8 kilometers of community center (2 points) Yes, 8-25 kilometers of community center (1 points) No (0 points)  Yes, within 8 kilometers of community center (2 points) Yes, 8-25 kilometers of community center (1 points) No (0 points)  Yes, within 8 kilometers of community center (2 points) Yes, 8-25 kilometers of community center (1 points) No (0 points)  Yes, within 8 kilometers of community center (2 points) Yes, 8-25 kilometers of community center (1 points) No (0 points)	+ _____ points  + _____ points  + _____ points  + _____ points  + _____ points  + _____ points  ----- ---- = _____ (TOTAL SCORE: RECREATIONAL FACILITIES <i>Note: Maximum points for Recreation Facilities domain = 30 points</i> )
	<div style="border: 1px solid black; padding: 5px; width: fit-content;"> <p><b>Score up to 3 of these remaining Recreation Facilities, at 2 points each (total= 6 points)</b></p> </div> <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>		
			<b>GRAND TOTAL: _____</b>

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

#	DOMAIN/ITEMS	ASSIGNED POINTS		MY COMMUNITY POINTS
<b>2.</b>	<b>COMMUNITY PROGRAMS</b>			
<b>Items</b>	Community has a <b>public recreation department</b> (Page 1)	Yes (10 points) No (0 points)		+ _____ points
	Community has a <b>private recreation organization</b> (e.g. YMCA) (Page 2)	Yes (4 points) No (0 points)		+ _____ points
	Either <b>public</b> or <b>private department/organization</b> (or both) allows resources/facilities to be available for local resident use outside of programming (Page 2)	Yes (4 points) No (0 points)		+ _____ points
	Either <b>public</b> or <b>private department/organization</b> (or both) provides scholarships/sliding fee scale for lower income residents (Page 2)	Yes (4 points) No (0 points)		+ _____ points
	There is organized transportation options (either public or private) that help children get to/participate in physical activity opportunities. (Page 2 & 3)	Yes (4 points) No (0 points)		+ _____ points
				----- = _____ <b>(TOTAL SCORE: COMMUNITY PROGRAMS)</b>
<b>3.</b>	<b>SCHOOL POLICIES</b>			
<b>Items</b>	Schools in the community allow public access to their recreation facilities after school hours (Page 3)	Yes (15 points) No (0 points)		+ _____ points
	Public schools offer a late-bus option for children that stay after school for sponsored activities (Page 3)	Yes (15 points) No (0 points)		+ _____ points
				----- = _____ <b>(TOTAL SCORE: SCHOOL POLICIES)</b>

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

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](mailto:megan.jones@rqhealth.ca) or (306) 766.6334

- 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>