

## RALA Town Wide Assessment (TWA) Scoring Tool

Town: _____
Scorer Name: _____

Once you have completed the TWA for your rural town, 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 Town-wide physical activity amenities. These scores can be used to compare to other rural towns or to compare your town to itself over time.

To score the TWA, simply look at the “ASSIGNED POINTS” column that corresponds with each of the answers you gave for your town on the RALA TWA and fill in that number of points under the last column, “MY TOWN’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 and question numbers from the original RALA TWA are included in Column A for cross-reference\*\*\**

#	Column A DOMAIN/ITEMS	ASSIGNED POINTS	MY TOWN’S POINTS
<b>1.</b>	<b>SCHOOL LOCATION</b>		
<b>Items</b>	There is an <u>elementary</u> school in my town that children can walk to. (Pg1,Q14)	<i>Yes</i> (6 points) <i>No</i> (0 points)	+ _____ points
	There is a <u>middle</u> school in my town that children can walk to. (Pg1,Q13)	<i>Yes</i> (5 points) <i>No</i> (0 points)	+ _____ points
	There is a <u>high</u> school in my town that children can walk to. (Pg1,Q12)	<i>Yes</i> (4 points) <i>No</i> (0 points)	+ _____ points  ----- = _____ <b>(TOTAL SCORE: SCHOOL LOCATION)</b>

2.	TRAILS	ASSIGNED POINTS	MY POINTS
Items	There is a <u>Hiking or Walking Trail</u> (Pg3,Q1)	<i>Yes, within 5 miles of town center</i> (8 points) <i>Yes, 5-15 miles of town center</i> (5 points) <i>No</i> (0 points)	+ _____ points
	There is a <u>Biking Path</u> (Pg3,Q2)	<i>Yes, within 5 miles of town center</i> (8 points) <i>Yes, 5-15 miles of town center</i> (5 points) <i>No</i> (0 points)	+ _____ points
	There is some <u>Other</u> Type of Trail* (Pg7-9,Q14-18)	<i>Yes, within 5 miles of town center</i> (4 points) <i>Yes, 5-15 miles of town center</i> (1 points) <i>No</i> (0 points)	+ _____ points
	* "Other" can include a different type of trail used for physical activity, or an additional hiking/walking/biking trail		----- = _____ <b>(TOTAL SCORE: TRAILS)</b>
3.	PARKS AND PLAYGROUNDS	ASSIGNED POINTS	MY POINTS
Items	Public Park (Pg4,Q3)	<i>Yes, within 5 miles of town center</i> (8 points) <i>Yes, 5-15 miles of town center</i> (5 points) <i>No</i> (0 points)	+ _____ points
	Public Playground <i>(If playground is within park, assign points to both)</i> (Pg7,Q12)	<i>Yes, within 5 miles of town center</i> (8 points) <i>Yes, 5-15 miles of town center</i> (5 points) <i>No</i> (0 points)	+ _____ points
	School Playground (Pg7,Q12)	<i>Yes, within 5 miles of town center</i> (7 points) <i>Yes, 5-15 miles of town center</i> (4 points) <i>No</i> (0 points)	+ _____ points
	Other** (Pg7-9,Q14-18) ** "Other" can include a different type of park or playground, or an additional public/school park or playground	<i>Yes, within 5 miles of town center</i> (2 points) <i>Yes, 5-15 miles of town center</i> (1 points) <i>No</i> (0 points)	+ _____ points  ----- = _____ <b>(TOTAL SCORE: PARKS AND PLAYGROUNDS)</b>

4.	WATER ACTIVITIES	ASSIGNED POINTS	MY POINTS
Items	<p>Public Use Swimming Pool (Pg4,Q5)</p> <p>Swimming Beach (Pg4,Q4)</p> <p>River with Canoe/Boat/Water-sport Access (Pg5,Q6)</p> <p>Other*** (Pg7-9,Q14-18)</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><i>Yes, within 15 miles of town center</i> (4 points) <i>No</i> (0 points)</p> <p><i>Yes, within 15 miles of town center</i> (4 points) <i>No</i> (0 points)</p> <p><i>Yes, within 15 miles of town center</i> (1 points) <i>No</i> (0 points)</p> <p><i>Yes, within 15 miles of town center</i> (1 points) <i>No</i> (0 points)</p>	<p>+ _____ points</p> <p>+ _____ points</p> <p>+ _____ points</p> <p>+ _____ points</p> <p>-----</p> <p>= _____ <b>(TOTAL SCORE: WATER ACTIVITIES)</b></p>
5.	RECREATION FACILITIES	ASSIGNED POINTS	MY POINTS
Items	<p>Town Recreational Center (town-owned or YMCA) (Pg6,Q10)</p> <p>Playing Field or Courts (Pg7,Q13)</p> <p>Skate Park (Pg5,Q7)</p> <p>-----</p> <p><b><u>*** (CONTINUE RECREATION FACILITIES SECTION ON NEXT PAGE) ***</u></b></p>	<p><i>Yes, within 5 miles of town center</i> (10 points) <i>Yes, 5-15 miles of town center</i> (7 points) <i>No</i> (0 points)</p> <p><i>Yes, within 5 miles of town center</i> (7 points) <i>Yes, 5-15 miles of town center</i> (5 points) <i>No</i> (0 points)</p> <p><i>Yes, within 5 miles of town center</i> (7 points) <i>Yes, 5-15 miles of town center</i> (5 points) <i>No</i> (0 points)</p> <p>-----</p>	<p>+ _____ points</p> <p>+ _____ points</p> <p>+ _____ points</p> <p>-----</p>

<p><b>Score up to 3 of these remaining Recreation Facilities, at 2 points each (total = 6 points)</b></p>	Private Fitness Facility (e.g. Gold's, Curves) (Pg6,Q11)	<i>Yes, within 5 miles of town center</i> (2 points) <i>Yes, 5-15 miles of town center</i> (1 points) <i>No</i> (0 points)	+ _____ points
	Roller Skating Rink (Pg6,Q9)	<i>Yes, within 15 miles of town center</i> (2 points) <i>No</i> (0 points)	+ _____ points
	Ice Skating Rink (Pg5,Q8)	<i>Yes, within 15 miles of town center</i> (2 points) <i>No</i> (0 points)	+ _____ points
	Other**** (Pg7-9,Q14-18)	<i>Yes, within 5 miles of town center</i> (2 points) <i>Yes, 5-15 miles of town center</i> (1 points) <i>No</i> (0 points)	+ _____ points
	Other**** (Pg7-9,Q14-18)	<i>Yes, within 5 miles of town center</i> (2 points) <i>Yes, 5-15 miles of town center</i> (1 points) <i>No</i> (0 points)	+ _____ points
	Other**** (Pg7-9,Q14-18)	<i>Yes, within 5 miles of town center</i> (2 points) <i>Yes, 5-15 miles of town center</i> (1 points) <i>No</i> (0 points)	+ _____ points
<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>(TOTAL SCORE: RECREATIONAL FACILITIES)</b> <i>Note: Maximum points for Recreation Facilities domain = 30 points)</i>
			<b>GRAND TOTAL = _____</b>

For questions or comments on the RALA TWA Scoring Matrix, please contact David Hartley, Research Professor and Director, Maine Rural Health Research Center, University of Southern Maine: [davidh@usm.maine.edu](mailto:davidh@usm.maine.edu) or (207) 780-4513

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