

## Wellness School Assessment Tool (WellSAT)

The WellSAT is intended to assess the quality of a school corporation's wellness policy and to provide guidance and resources for making policy improvements. Developed by Yale University's Rudd Center for Obesity, the WellSAT is used throughout the country to assess school wellness policies. The WellSAT score is intended for use by school corporation-level administrators, school-level officials such as principals, Coordinated School Health (CSH) Advisory Council members, evaluators and researchers working with a school corporation.

Assessment questions are divided into five categories:

- Nutrition Education and Wellness Promotion
- Standards for USDA Child Nutrition Programs and School Meals
- Nutrition Standards for Competitive and Other Foods and Beverages
- Physical Education and Physical Activity
- Evaluation

**WellSAT:**  
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Most questions are given a score of 0-2, with a 2 having the most strength. For example:

0 = Not Mentioned	The item is not included in the text of the policy
1 = Weak Statement	<p>Assign a rating of "1" when the item is mentioned, but:</p> <ul style="list-style-type: none"> <li>• The policy will be hard to enforce because the statement is vague, unclear or confusing.</li> <li>• Statements are listed as goals, aspirations, suggestions or recommendations</li> <li>• There are loopholes in the policy that weaken the enforcement of the item.</li> <li>• The policy mentions a future plan to act without specifying when the plan will be established.</li> </ul> <p>Words often used include "may, can, would, should, might, encourage, suggest, urge, some, partial, make an effort and try."</p>
2 = Meets/Exceeds Expectations	<p>Assign a rating of "2" when the item is mentioned, and it is clear that the policymakers are committed to making the item happen because:</p> <ul style="list-style-type: none"> <li>• The item is described using specific language (e.g., a concept followed by concrete plans or strategies for implementation).</li> <li>• Strong language is used to indicate that action or regulation is required, including: "shall, will, must, have to, insist, require, all, total, comply and enforce."</li> <li>• A district is unable to enforce an item (e.g., teachers role modeling healthy behaviors), but the goal is clearly stated (e.g., "shall encourage teachers to role model healthy behaviors").</li> </ul>

The WellSAT gives school wellness policies two scores: a comprehensiveness score (measuring the extent to which content areas are covered) and a strength score (measuring how strong the content is stated). The overall score is the combination of those two scores. The tool measures the policy language only and does not measure a policy's implementation efforts.

WellSAT can be found at [www.wellsat.org](http://www.wellsat.org).