

WellsAT:

Wellness School Assessment Tool



MEASURE YOUR SCHOOL'S WELLNESS POLICY:

The WellsAT is an online evaluation tool used to assess the quality of school wellness policies that address:

- ✔ Nutrition Education and Wellness Promotion
- ✔ Standards for USDA School Meals
- ✔ Nutrition Standards for Competitive Foods
- ✔ Physical Education and Physical Activity
- ✔ Evaluation

It is the first instrument of its kind, providing a quantitative assessment that can be used to track progress over time.

WHO SHOULD USE THIS TOOL?:

WellsAT is freely available to the public and is intended for use by...

- ✔ School District Level Administrators
- ✔ District Wellness Policy Advisory Board Members
- ✔ Public Health Professionals
- ✔ Researchers
- ✔ Representatives of State Departments of Public Health
- ✔ State Departments of Education

HOW CAN THE RESULTS BE USED?:

You will receive a personalized "scorecard" containing details of how well you scored on each section of the survey. You will be directed to resources that will help you work on areas that need improvement.



HOW ARE WELLSAT SCORES CALCULATED?:

The tool contains 50 items, each with examples of language from real school wellness policies to assist with scoring.

The WellsAT gives two scores:

- 1 a **comprehensiveness** score which reflects the extent to which recommended content areas are covered in the policy
- 2 a **strength** score which describes how strongly the content is stated

Both scores range from 0-100, with lower scores indicating less content and weaker language, and higher scores indicating more content and use of specific and directive language.

This tool was developed by researchers at the Rudd Center for Food Policy and Obesity with input from a scientific advisory board. It is based on the work of a Robert Wood Johnson Foundation Healthy Eating Research Program working group.

