

Distribution of WellSAT 3.0 Coding by Category and Variable

WellSAT 3.0 Variable by Category	# (%) districts coded at each level (N=50)			Mean Score	Std. Dev.
	0 n (%)	1 n (%)	2 n (%)		
Nutrition Education (NE)					
NE1. FR Goals for nutrition education	1 (2)	2 (4)	47 (94)	1.92	0.34
NE2. Nutrition education teaches skills	7 (14)	3 (6)	40 (80)	1.66	0.72
NE3. ES nutrition education	4 (8)	15 (30)	31 (62)	1.54	0.65
NE4. MS nutrition education	4 (8)	15 (30)	31 (62)	1.54	0.65
NE5. HS nutrition education	5 (11)	14 (31)	26 (58)	1.47	0.69
NE6. Nutrition education integrated	22 (44)	9 (18)	19 (38)	0.94	0.91
NE7. Links nutrition education with school food environment	23 (46)	11 (22)	16 (32)	0.86	0.88
NE8. Agriculture and the food system	36 (72)	9 (18)	5 (10)	0.38	0.67
Standards for USDA Child Nutrition Programs and School Meals (SM)					
SM1. FR USDA school meals	4 (8)	42 (84)	4 (8)	1.00	0.40
SM2. USDA School Breakfast Program	11 (22)	18 (36)	21 (42)	1.20	0.78
SM3. FR protects privacy of students	24 (48)	9 (18)	17 (34)	0.86	0.90
SM4. Unpaid meals	44 (88)	3 (6)	3 (6)	0.18	0.52
SM5. Eligibility information	23 (46)	7 (14)	20 (40)	0.94	0.93
SM6. Strategies to increase participation	13 (26)	9 (18)	28 (56)	1.30	0.86
SM7. Seat time for lunch	24 (48)	21 (42)	5 (10)	0.62	0.67
SM8. FR Water during meals	26 (52)	1 (2)	23 (46)	0.94	1.00
SM9. FR food service training	23 (46)	20 (40)	7 (14)	0.68	0.71
SM10. Local food procurement	41 (82)	2 (4)	7 (14)	0.32	0.71
Nutrition Standards (NS) for Competitive and Other Foods and Beverages					
NS1. FR Smart Snacks	1 (2)	9 (18)	40 (80)	1.78	0.46
NS2. Link or full text of Smart Snacks	8 (16)	33 (66)	9 (18)	1.02	0.59
NS3. FR A la carte sales	3 (6)	7 (14)	40 (80)	1.74	0.56
NS4. FR Vending machine sales	2 (4)	7 (14)	41 (82)	1.78	0.51
NS5. FR school store sales	3 (6)	7 (14)	40 (80)	1.74	0.56
NS6. FR Fundraisers	0 (0)	8 (16)	42 (84)	1.84	0.37
NS7. Exemptions for infrequent school-sponsored fundraisers	38 (76)	10 (20)	2 (4)	0.28	0.54
NS8. Caffeine HS	44 (98)	1 (2)	0 (0)	0.02	0.15
NS9. ES Class parties	17 (34)	33 (66)	0 (0)	0.66	0.48
NS10. Food served before/after SD	44 (88)	3 (6)	3 (6)	0.18	0.52
NS11. Food sold after SD	43 (86)	6 (12)	1 (2)	0.16	0.42

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NS12. Food as reward	23 (46)	20 (40)	7 (14)	0.68	0.71
NS13. Water throughout day	36 (72)	0 (0)	14 (28)	0.56	0.91
Physical Education (PE) and Physical Activity (PA)					
PEPA1. PE curriculum	0 (0)	7 (14)	43 (86)	1.86	0.35
PEPA2. National or state PE standards	9 (18)	2 (4)	39 (78)	1.60	0.78
PEPA3. Physically active lifestyle	7 (14)	2 (4)	41 (82)	1.68	0.71
PEPA4. PE time ES	31 (62)	16 (32)	3 (6)	0.44	0.61
PEPA5. PE time MS	33 (66)	16 (32)	1 (2)	0.36	0.53
PEPA6. PE time HS	40 (80)	4 (8)	1 (2)	0.13	0.40
PEPA7. Qualifications for PE teachers	25 (50)	4 (8)	21 (42)	0.92	0.97
PEPA8. PE teacher training	32 (64)	5 (10)	13 (26)	0.62	0.88
PEPA9. PE exemption	48 (96)	2 (4)	0 (0)	0.04	0.20
PEPA10. PE substitution	47 (94)	1 (2)	2 (4)	0.10	0.42
PEPA11. Family engagement in PA	22 (44)	24 (48)	4 (8)	0.64	0.63
PEPA12. Before/after school PA opportunities	11 (22)	18 (36)	21 (42)	1.20	0.78
PEPA13. Recess	19 (38)	25 (50)	6 (12)	0.74	0.66
PEPA14. PA breaks	14 (28)	30 (60)	6 (12)	0.84	0.62
PEPA15. Joint use	33 (66)	6 (12)	11 (22)	0.56	0.84
PEPA16. Safe routes to school	33 (66)	8 (16)	9 (18)	0.52	0.79
Wellness Promotion and Marketing (WPM)					
WPM1. Staff Role model	21 (42)	20 (40)	9 (18)	0.76	0.74
WPM2. Employee wellness	27 (54)	6 (12)	17 (34)	0.80	0.93
WPM3. PA as reward	48 (96)	0 (0)	2 (4)	0.08	0.40
WPM4. PA as punishment	28 (56)	8 (16)	14 (28)	0.72	0.88
WPM5. PA withheld as punishment	29 (58)	7 (14)	14 (28)	0.70	0.89
WPM6. Healthy marketing	22 (44)	4 (8)	24 (48)	1.04	0.97
WPM7. Restricted marketing	23 (46)	7 (14)	20 (40)	0.94	0.93
WPM8. Marketing on signs	42 (84)	4 (8)	4 (8)	0.24	0.59
WPM9. Marketing in education materials	42 (84)	4 (8)	4 (8)	0.24	0.59
WPM10. Marketing on vending machines	42 (84)	4 (8)	4 (8)	0.24	0.59
WPM11. Marketing in school publications/radio channel 1	42 (84)	4 (8)	4 (8)	0.24	0.59
WPM12. Marketing through fundraisers	44 (88)	3 (6)	3 (6)	0.18	0.52
Implementation, Evaluation, and Communication (IEC)					

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IEC1. District committee	8 (16)	6 (12)	36 (72)	1.56	0.76
IEC2. FR stakeholders	6 (12)	24 (48)	20 (40)	1.28	0.67
IEC3. FR identifies person responsible	9 (18)	7 (14)	34 (68)	1.50	0.79
IEC4. FR wellness policy available	23 (46)	6 (12)	21 (42)	0.96	0.95
IEC5. FR triennial assessment	6 (12)	9 (18)	35 (70)	1.58	0.70
IEC6. FR triennial assessment made available	17 (34)	15 (30)	18 (36)	1.02	0.84
IEC7. FR update	8 (16)	24 (48)	18 (36)	1.20	0.70
IEC8. School committee	44 (88)	1 (2)	5 (10)	0.22	0.62
