

WellSAT: 3.0

Wellness School Assessment Tool

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Welcome to the WellSAT 3.0

The WellSAT is a quantitative assessment tool to help you score and improve your local School Wellness Policy. Since 2010, this measure has been used by thousands of people across the country, representing school districts from every state.

All WellSAT items reflect the federal law or best practices. The purpose of scoring your district policy is to identify where it is strong and where it could be improved.

This is the third update to the WellSAT and we would like to thank all of the **people** who have contributed to each version of the WellSAT.

Click [here](#) for a full list of updates.

Click [here](#) for a pdf of the questions and [here](#) for a blank scorecard.

Highlights of the changes from WellSAT 2.0 are below:

- Items that are part of the latest federal regulations are noted with this symbol: 🏛️ These items also include direct quotes from the final rule in the scoring guidance.
- Instead of one "Farm to School" question, there are now two separate questions that address the **components** of education, school gardens, and procurement. These questions are noted with this symbol: 🍷
- Instead of one CSPAP (Comprehensive School Physical Activity Plan) question, there are now separate questions for the **components** of physical education, physical activity before and after school, physical activity during school, staff involvement, and family and community engagement. These questions are noted with this symbol: 🏃

New items address:

- Feeding children with unpaid meal balances without stigmatizing them
- School level health advisory teams (in addition to district wellness committees)
- Food marketing in schools and fundraising

Old items were removed if they were no longer relevant due to Smart Snacks and other Healthy Hunger-Free Kids Act meal nutrition standards.

History of School Wellness Policies:

The Children Nutrition and WIC (Women, Infants, and Children Program) Reauthorization Act of 2004 mandated that all school districts participating in federal school meal programs create and implement school wellness policies by July 2006. Policies were required to include:

- Goals for nutrition education and physical activity to promote student wellness
- Nutritional guidelines for all foods available on each school campus during the school day
- An assurance that reimbursable school meals follow federal law
- A plan for measuring policy implementation
- The involvement of parents, students, the school food authority, school board, school administrators, and the public in the development of the policy.

The 2010 Healthy Hunger-Free Kids Act clarified and strengthened these requirements, and in 2016, the U.S. Department of Agriculture (USDA) released updated regulations that require school districts to:

- Review and consider evidence-based strategies to promote student wellness
- Comply with federal competitive food nutrition standards (i.e., Smart Snacks) for all foods sold on campus during the school day
- Prohibit marketing of all foods and beverages that do not meet Smart Snacks standards

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If you would like to view the survey without scoring a school wellness policy, click [here](#). Data will not be saved.



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- Permit all stakeholders to participate in policy development, implementation, review, and updates
- Report annually to the community about policy content, implementation, and updates
- Complete triennial assessments on compliance, alignment with model policies, and progress towards goals
- Designate one or more officials as responsible for school-level compliance with the policy

WellsAT 3.0 is designed to assist school districts in meeting these requirements.

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