

Assessment Tools Review



UConn
RUDD CENTER
FOR FOOD POLICY & OBESITY

February 9, 2018

Rudd Center Mission

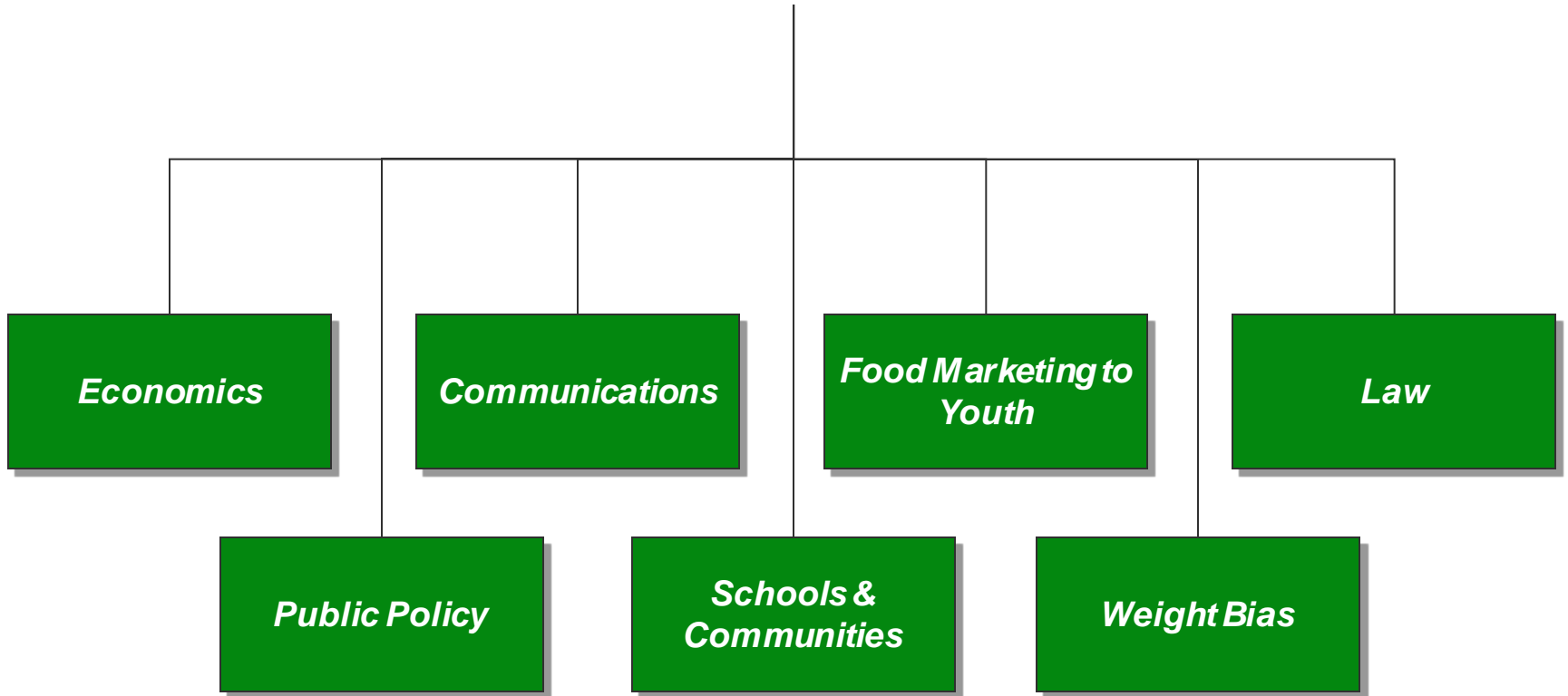
To promote solutions to childhood obesity, poor diet, and weight bias through research and policy.

Rudd Center Mission

We believe that *every* child, regardless of who they are, where they live, and what they look like, deserves the opportunity to eat healthfully.



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WellSAT:

Wellness School Assessment ToolSM

[How To Use This Tool](#)

[FAQ](#)

[How WellSAT Scores are Calculated](#)

[Resources](#)



New!! WellSAT 2.0
With the Healthy, Hunger-Free Kids Act, the nation stepped up its commitment to safeguard children's health. Now your district can too! WellSAT 2.0 reflects new USDA school food requirements and current best practices in all areas of school wellness.

Let's get started!

Welcome to the WellSAT 2.0

In passing the Child Nutrition and WIC (Women, Infants and Children program) Reauthorization Act of 2004, Congress mandated that all school districts participating in federal school meal programs create and implement school wellness policies by July 2006. In 2010, the Healthy, Hunger-Free Kids Act strengthened local wellness policy requirements and added requirements for public participation, transparency and implementation. These policies must address nutrition education, nutrition standards for foods sold, and physical activity, and must include measures for evaluating the policy's effectiveness. By completing the updated Wellness School Assessment Tool, WellSAT 2.0 users will be able to assess the quality of their school district's wellness policy*, and will be provided with personalized guidance and resources for making improvements, based on the assessment.

*WellSAT 2.0 measures the quality of *written* policies. For information on how to assess wellness policy implementation, click [here](#)

Support for this project was provided by grants from the Robert Wood Johnson Foundation and Rudd Foundation.

[My saved policies](#)

WellSAT 3.0

- Why was it updated?
 - Local wellness policy final rule
- Launch Date: Spring 2018

WellSAT 3.0 Changes

- New Section Titles
 1. Coordinating Policy, Process and Practice
 2. Nutrition Environment and Services
 3. Health Education
 4. PE & PA
 5. Employee Wellness

WellSAT Coding

- **0** = item not addressed in policy
- **1** = item was addressed in a vague, suggested, unclear manner
- **2** = item was addressed in a clear, specific and directive manner

WellSAT Scores

- Type
 - **Comprehensive** – percentage of items addressed in *some way*
 - (1's and 2's)
 - **Strength** – percentage of items addressed in a clear and specific manner
 - (2's only)

WellSAT Scorecard

Version: 2.0

Policy Name: Margaret Read

Section 1. Nutrition Education

Rating

NE1	There is a standards-based nutrition curriculum, health education curriculum, or other curriculum that includes nutrition.	2
NE2	All elementary school students receive nutrition education.	2
NE3	All middle school students receive nutrition education.	2
NE4	All high school students receive nutrition education.	2
NE5	Links nutrition education with the school food environment.	2
NE6	Nutrition education teaches skills that are behavior-focused.	2
NE7	Nutrition education is sequential and comprehensive in scope	2
Subtotal for Section 1	Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 7. Multiply by 100. Do not count an item if the rating is "0."	100
	Strength Score: Count the number of items rated as "2" and divide this number by 7. Multiply by 100.	100

[Click here for Nutrition Education Resources](#)

WellSAT Scorecard

Overall District Policy Score

Total Comprehensiveness Add the comprehensiveness scores for each of the six sections above and divide this number by 6.	District Score 100
Total Strength Add the strength scores for each of the six sections above and divide this number by 6.	District Score 100

Revising Policy

- Look at your WellSAT scorecard
 - Make a list of your 0's
 - Make a list of your 1's
- Model policy examples
 - AHG
 - ChangeLabs model marketing policy
 - ChangeLabs model bullying policy
 - Farm to school policy language

WellSAT-I

Wellness School Assessment Tool for Implementation

The WellSAT-I 3.0

- Match WellSAT 3.0 Items
- Sections
 1. Coordinating Policy, Process and Practice
 2. Nutrition Environment and Services
 3. Health Education
 4. PE & PA
 5. Employee Wellness

The WellSAT-I

- Interview Format
 - District Level:
 - FSD
 - Implementation Designee
 - Head of Curriculum
 - IT
 - School Building Level:
 - Principal/Assistant Principal
 - Teacher
 - PE Teacher
 - Cafeteria Manager

The WellSAT-I

- Scoring
 - 0 = No implementation
 - 1 = Low Partial implementation
 - 2 = High Partial implementation
 - 3 = Full implementation

- Types of Scores
 - Comprehensive and Scope
 - By section
 - Overall
 - District-if all schools are assessed

WellSAT Score	WellSAT-I Score	Policy vs Practice Result	Recommendation
0 – not mentioned in the wellness policy	0 – no implementation	No policy and No practice	Decide whether the topic is a priority. If it is, add to the wellness policy and implementation plan
	1 – low partial implementation	No written policy but this is practiced to some degree	Consider adding the practice to the wellness policy
	2 – high partial implementation		
	3 – full implementation	No written policy but the practice occurs	
1 – weak statement. Item is vague and/or suggested in the wellness policy.	0 – no implementation	Weak policy and no practice	Strengthen the language describing this topic in the written wellness policy
	1 – low partial implementation	Weak written policy but this is practiced to some degree	
	2 – high partial implementation		
	3 – full implementation	Weak written policy and full implementation	
2 – strong statement. Item is clearly stated and described in strong and specific language in the wellness policy.	0 – no implementation	Strong policy and no practice	Develop an implementation plan for this policy
	1 – low partial implementation	Strong written policy but it is practiced to some degree	Develop a plan to fully implement the policy
	2 – high partial implementation		
	3 – full implementation	Strong written policy and fully implemented	Keep up the great work!

WellSAT Item Score = 2

WellSAT-I Score	Policy vs Practice	Recommendations
0 No Implementation		
1 Low Partial Implementation		
2 High Partial Implementation		
3 Full Implementation		

WellSAT Item Score = 2

WellSAT-I Score	Policy vs Practice	Recommendations
0 No Implementation	Strong policy, no practice	Develop an implementation plan
1 Low Partial Implementation		
2 High Partial Implementation		
3 Full Implementation		

WellSAT Item Score = 2

WellSAT-I Score	Policy vs Practice	Recommendations
0 No Implementation	Strong policy, no practice	Develop an implementation plan
1 Low Partial Implementation	Strong written policy but it is practiced to some degree	Develop a plan to fully implement the policy
2 High Partial Implementation		
3 Full Implementation		

WellSAT Item Score = 2

WellSAT-I Score	Policy vs Practice	Recommendations
0 No Implementation	Strong policy, no practice	Develop an implementation plan
1 Low Partial Implementation	Strong written policy but it is practiced to some degree	Develop a plan to fully implement the policy
2 High Partial Implementation		
3 Full Implementation	Strong written policy and fully implemented	Keep up the great work!

WellSAT Item Score = 1

WellSAT-I Score	Policy vs Practice	Recommendations
0 No Implementation		
1 Low Partial Implementation		
2 High Partial Implementation		
3 Full Implementation		

WellSAT Item Score = 1

WellSAT-I Score	Policy vs Practice	Recommendations
0 No Implementation	Weak policy and no practice	
1 Low Partial Implementation		
2 High Partial Implementation		
3 Full Implementation		

WellSAT Item Score = 1

WellSAT-I Score	Policy vs Practice	Recommendations
0 No Implementation	Weak policy and no practice	
1 Low Partial Implementation	Weak written policy but it is practiced to some degree	
2 High Partial Implementation		
3 Full Implementation		

WellSAT Item Score = 1

WellSAT-I Score	Policy vs Practice	Recommendations
0 No Implementation	Weak policy and no practice	
1 Low Partial Implementation	Weak written policy but it is practiced to some degree	
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3 Full Implementation	Weak written policy and fully implemented	

WellSAT Item Score = 1

WellSAT-I Score	Policy vs Practice	Recommendations
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2 High Partial Implementation		
3 Full Implementation	Weak written policy and fully implemented	

WellSAT Item Score = 0

WellSAT-I Score	Policy vs Practice	Recommendations
0 No Implementation		
1 Low Partial Implementation		
2 High Partial Implementation		
3 Full Implementation		

WellSAT Item Score = 0

WellSAT-I Score	Policy vs Practice	Recommendations
0 No Implementation	No policy and no practice	Decide whether the topic is a priority. If it is, add to the wellness policy and implementation
1 Low Partial Implementation		
2 High Partial Implementation		
3 Full Implementation		

WellSAT Item Score = 0

WellSAT-I Score	Policy vs Practice	Recommendations
0 No Implementation	No policy and no practice	Decide whether the topic is a priority. If it is, add to the wellness policy and implementation
1 Low Partial Implementation	No written policy but this is practiced to some degree	
2 High Partial Implementation		
3 Full Implementation		

WellSAT Item Score = 0

WellSAT-I Score	Policy vs Practice	Recommendations
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3 Full Implementation	No written policy but the practice occurs	

WellSAT Item Score = 0

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	3 – full implementation	Strong written policy and fully implemented	Keep up the great work!

Resources

- Communication of Wellness Policy
 - Press Release
 - Webinars
 - Attractive & Eye Catching
- School Food and Beverage Marketing
 - Marketing Assessment
 - Rudd Center's Food Marketing Presentation



Questions?

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