

New Wellness School Assessment Tool Available Online

Attention Wellness Policy Coordinators! How complete is your school(s)/school districts wellness policy? Now you may score your school district's wellness policy quality in less than one hour, with the newly developed online Wellness School Assessment Tool (WellSAT), developed by the Rudd Center for Food Policy and Obesity at Yale University with funding through the Robert Wood Johnson Foundation.

Whether you are responsible for one single school or the school district's wellness policy, you may now identify the wellness policy's strengths and weaknesses in the following areas: nutrition education and promotion, physical activity/physical education, school meals and competitive foods. An added feature of WellSAT is the scorecard that provides resource links for specific areas needing improvement. The scorecard rates comprehensiveness as well as strength. To view the online scoring survey and/or use the free tool, visit www.wellsat.org.