

Wellness Policy

The Rudd Center for Food Policy and Obesity at Yale University recently released the new WellSAT (Wellness School Assessment Tool), an online evaluation of school wellness policies that address nutrition education and promotion, physical activity/physical education, school meals and competitive foods. It is the first instrument of its kind, providing a quantitative assessment that can be used to track progress over time.

The tool contains 50 items, each with examples of language from real school wellness policies to assist with scoring. Users are given a scorecard upon completion that links them to resources to improve specific parts of their school wellness policies. They receive scores in two domains -comprehensiveness and strength. Users scoring multiple policies can download their data for comparison across districts or within the same district over time.

The Rudd Center's Well SAT is available at <http://wellsat.org/> .
For questions, please e-mail wellsat.rudd@yale.edu .