

# The Usefulness of the Wellness School Assessment Tool (WellSAT) in the Supplemental Nutrition Assistance Program – Education (SNAP-Ed) Schools in Arizona

Lauren McCullough, MPH; Vanessa A. Farrell Ph.D., RD; Theresa LeGros, MA; Kathryn Orzech, Ph.D.; Traci Armstrong Florian, MA, RD; Evelyn Whitmer, MS; Darcy Dixon, MS; Cheyanne Colville, MS; Scottie Misner, Ph.D., RD

## Objective

To determine the usefulness of the WellSAT 2.0<sup>1</sup> to provide guidance in revising the Local Wellness Policies (LWPs) in SNAP-Ed schools in Arizona.



A **LWP** is a written document of official policies that guide a school district's efforts to establish a school environment that promotes students' health, well-being, and ability to learn by supporting healthy eating and physical activity<sup>2</sup>.

## Study Design

The SNAP-Ed in Arizona used the WellSAT 2.0 to assess **42 LWPs** from school districts serviced by the University of Arizona Cooperative Extension and the Department of Nutritional Sciences in seven counties (Figure 1).

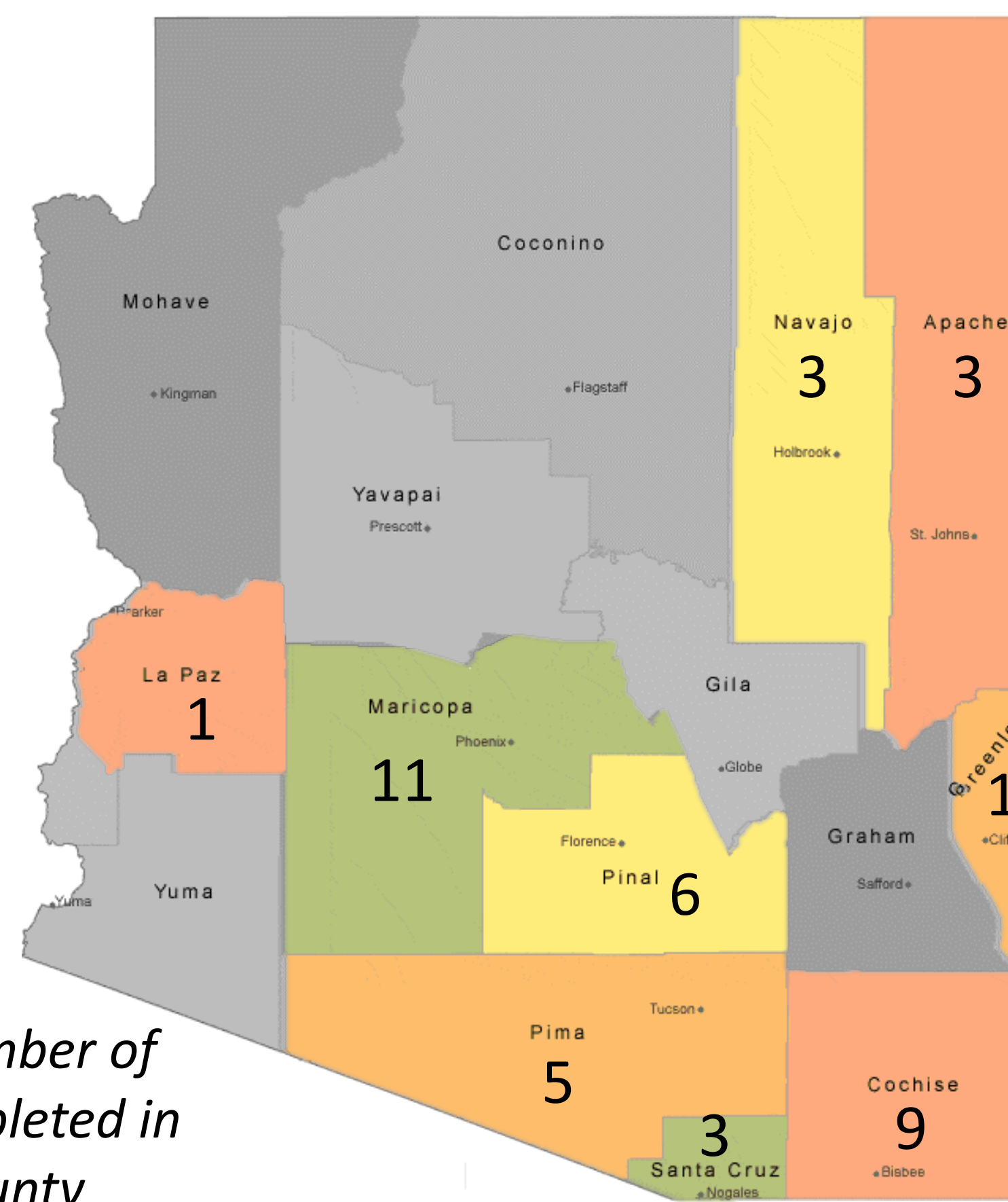


Figure 1: The number of WellSAT 2.0s completed in Arizona by county

## Outcome Measures and Analysis

The WellSAT 2.0 contained **78 policy items**, relating to nutrition, physical activity, and school environment that were categorized into six sections (Table 1).

Table 1: Six Sections of the WellSAT 2.0

Nutrition	Physical Activity	School Environment
<ul style="list-style-type: none"> <li>Nutrition Education</li> <li>Nutrition Standards for Competitive and Other Foods and Beverages</li> <li>The US Dept. of Agriculture (USDA) Standards for Child Nutrition Programs and School Meals</li> </ul>	<ul style="list-style-type: none"> <li>Physical Education and Activity</li> </ul>	<ul style="list-style-type: none"> <li>Implementation, Evaluation, and Communication</li> <li>Promotion and Marketing</li> </ul>

## Outcome Measures and Analysis Continued

The WellSAT 2.0 generated two scores (Figure 2).

**Comprehensive Score:**  
Reflected the extent to which the recommended content areas were covered in the policy.

**Strength Score:**  
Described how strongly the content was stated.

**Both Scores:**  
Ranged from 0-100 with lower scores indicating less content and weaker language, and higher scores indicating more content and specific and directive language.

Figure 2: Score definitions and description

The WellSAT 2.0 results were used to provide targeted technical assistance (TA) (Figure 3).

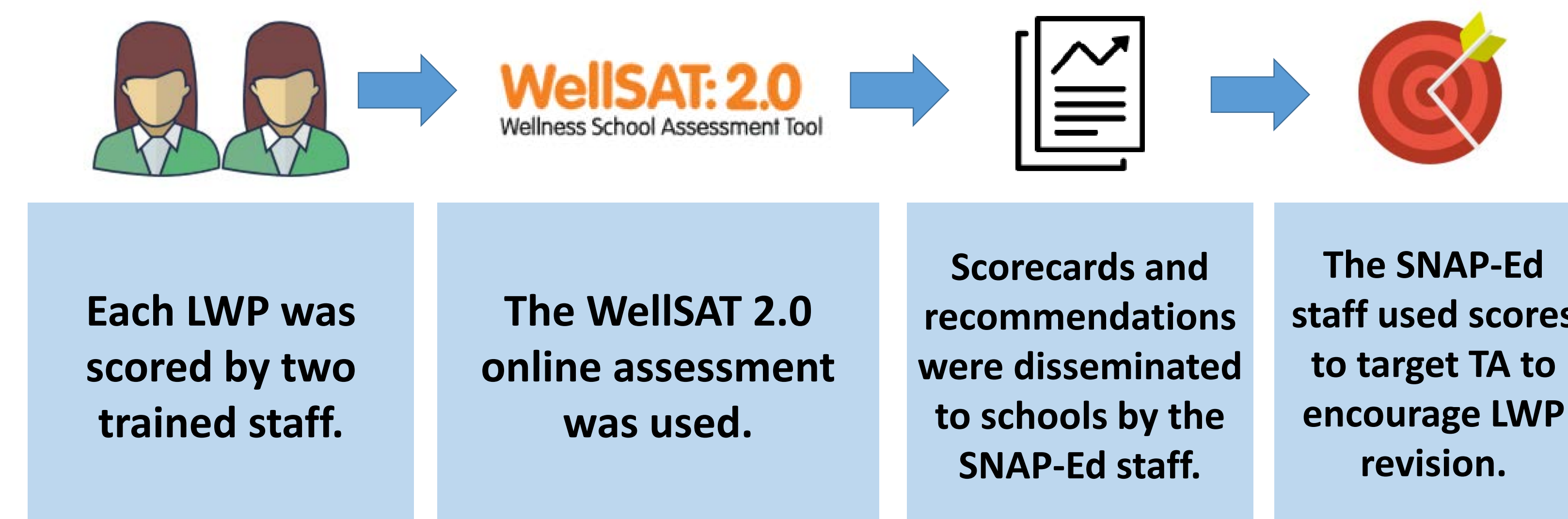


Figure 3: WellSAT 2.0 Process

## Results

Forty-two LWPs were assessed (Table 2).

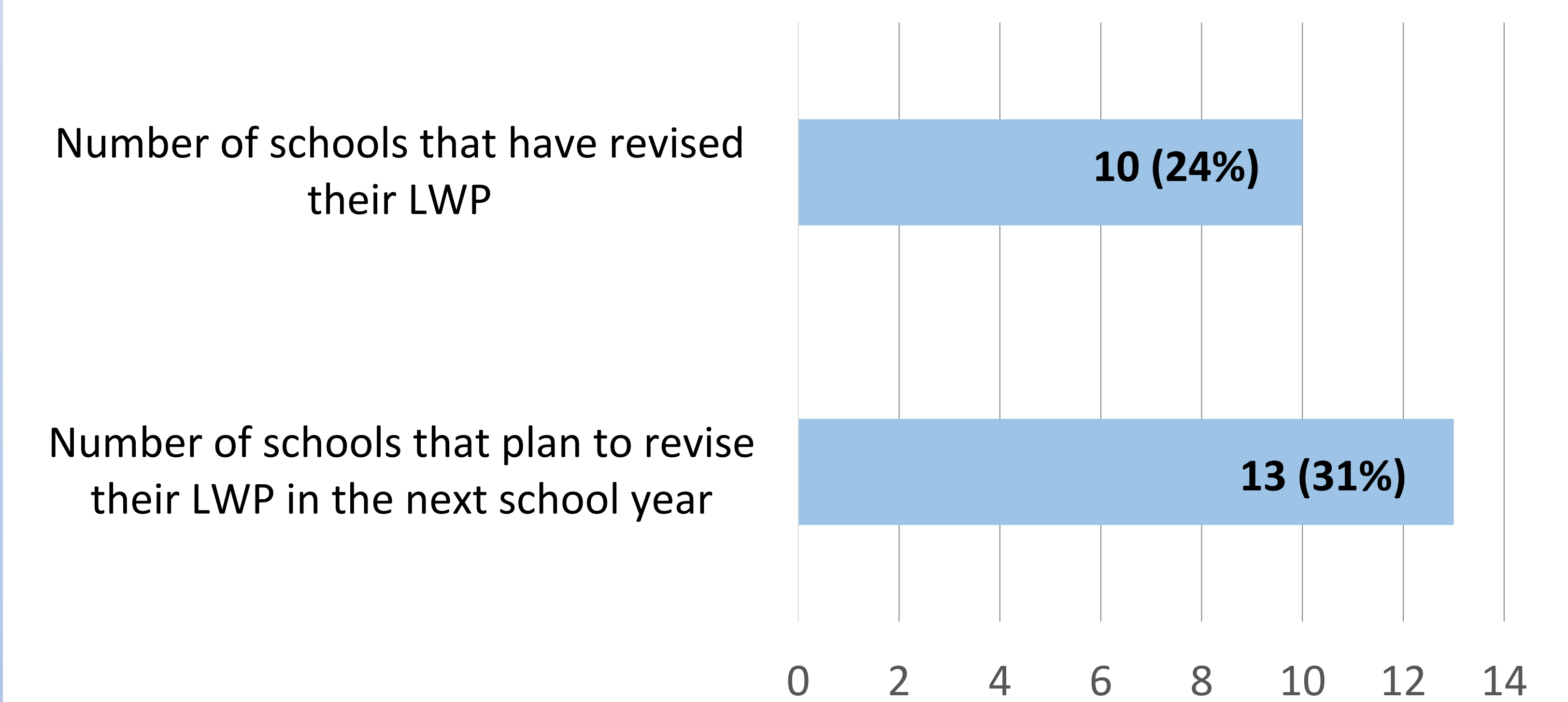
Table 2: Total Comprehensive and Strength Scores

Location	Total Comprehensive Score	Total Strength Score
Apache	56	29
Cochise	61	34
Greenlee	54	21
La Paz	29	11
Maricopa	58	27
Navajo	53	25
Pima	54	29
Pinal	68	42
Santa Cruz	72	44
SNAP-Ed Arizona Mean	<b>60</b>	<b>32</b>
United States Mean (2014) <sup>3</sup>	44	25

## Results Continued

After sharing the WellSAT 2.0 results with the schools, 55% of the schools revised or made a plan to revise their LWP (Table 3).

Table 3: Outcomes of the SNAP-Ed LWP Technical Assistance



## Conclusions and Implications

The use of the WellSAT 2.0 enabled the SNAP-Ed in Arizona to communicate results and provide technical assistance that encouraged the LWP revisions.

The Cochise County School Health Team partnered with the Health Department to revise the LWPs and received an award for their partnership



## References

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COLLEGE OF AGRICULTURE & LIFE SCIENCES  
**Nutritional Sciences**

