

Chula Vista ESD Wellness Policy



The Wellness School Assessment Tool, or WellSAT, was developed by the Rudd Center for Food Policy and Obesity at the University of Connecticut. The WellSAT assesses the quality of a school district's wellness policy in 6 categories, providing two scores in each section and for the overall policy. The Comprehensiveness score indicates the extent to which content areas are addressed in the policy and the Strength score describes how strongly that content is stated. Higher scores reflect a policy's broad scope, thorough content, and strong, specific language. These are expressed out of 100, based on component criteria in each section scored from 0-2. A summary of trends and changes since previous analysis and the district's scorecard is available below. In the subsequent pages, each section of the WellSAT analysis is broken down in detail with current and past scores, evidence from the policy, and a section overview.

Section Contents

- NE Nutrition Education
- SM Standards for USDA School Meals
- NS Nutrition Standards for Competitive and Other Foods and Beverages
- PEPA Physical Education and Physical Activity
- WPM Wellness Promotion and Marketing
- IEC Implementation, Evaluation and Communication

District Scorecard and Overview

Overall Comprehensiveness:	91	2012 Comprehensiveness:	71
Overall Language Strength:	60	2012 Language Strength:	38

Nutrition Education						
Standard	2017	2012		Standard	2017	2012
NE1	2	2		NE5	2	2
NE2	2	2		NE6	1	1
NE3	2	2		NE7	2	2
NE4	N/A	N/A				
Comp:	100	100		Strength:	83	83

Standards for USDA School Meals						
Standard	2017	2012		Standard	2017	2012
SM1	2	1		SM8	2	2
SM2	2	2		SM9	2	0
SM3	2	1		SM10	2	0
SM4	1	1		SM11	2	2
SM5	1	2		SM12	0	1
SM6	1	1		SM13	1	1
SM7	0	0		SM14	2	2
Comp:	86	79		Strength:	57	36

Nutrition Standards for Competitive and Other Foods and Beverages							
Standard	2017	2012			Standard	2017	2012
NS1	2	1			NS7	N/A	N/A
NS2	1	0			NS8	N/A	N/A
NS3	2	0			NS9	2	0
NS4	1	1			NS10	1	0
NS5	2	1			NS11	1	1
NS6	2	0					
Comp:	100	44			Strength:	56	0

Physical Education and Physical Activity							
Standard	2017	2012			Standard	2017	2012
PEPA1	1	2			PEPA11	2	2
PEPA2	2	2			PEPA12	0	0
PEPA3	2	2			PEPA13	2	1
PEPA4	2	2			PEPA14	1	0
PEPA5	N/A	N/A			PEPA15	2	1
PEPA6	0	0			PEPA16	1	1
PEPA7	0	0			PEPA17	1	0
PEPA8	1	0			PEPA18	0	0
PEPA9	2	2			PEPA19	1	2
PEPA10	2	1			PEPA20	1	0
Comp:	79	58			Strength:	42	37

Wellness Promotion and Marketing							
Standard	2017	2012			Standard	2017	2012
WPM1	1	1			WPM9	2	0
WPM2	1	1			WPM10	0	0
WPM3	1	1			WPM11	2	2
WPM4	1	1			WPM12	0	2
WPM5	2	0			WPM13	1	2
WPM6	2	2			WPM14	2	2
WPM7	1	1			WPM15	2	1
WPM8	2	0					
Comp:	87	73			Strength:	47	33

Implementation, Evaluation and Communication							
Standard	2017	2012			Standard	2017	2012
IEC1	2	2			IEC7	1	0
IEC2	2	1			IEC8	0	0
IEC3	2	2			IEC9	2	1
IEC4	2	2			IEC10	2	1
IEC5	2	1			IEC11	2	1
IEC6	1	0					
Comp:	91	73			Strength:	73	27