



## EVALUATION TOOLS AND STRATEGIES

Part of the federal requirement for creating wellness policies and plans is for school districts to evaluate their implementation efforts. To assist with this process, the following evaluation tools are available and accessible in the public domain to guide and help districts measure their movement toward a healthy school environment. Ideally, only one comprehensive evaluation instrument would exist that schools could utilize to evaluate and assess a wellness policy and its implementation. However, schools are highly diverse and will have varying needs and emphases when establishing their own wellness plans. Therefore, numerous resources listed below can be used to help evaluate and assess each component of a wellness policy and its implementation. These tools evaluate various dimensions, including nutrition, the school environment, nutrition education, physical activity opportunities and physical education to ensure that best practices and outcomes are measured. Each tool will offer a different look at the key guidelines and objectives offered in this publication to support districts in their work.

### **Changing the Scene: Improving the School Nutrition Environment**

This education and assessment kit includes a variety of tools for use at the local level to raise awareness and address school environmental issues that influence students' eating and physical activity practices.

<http://www.fns.usda.gov/tn/Resources/changing.html>

<http://www.fns.usda.gov/tn/Resources/support.pdf>

### **The American Dietetic Association and WellPoint**

This online survey evaluates family lifestyles and habits. The tool also highlights areas where families can change their home environment and daily routines to improve the wellness environment.

[http://www.wellpoint.com/healthy\\_parenting/familyinvolvement.html](http://www.wellpoint.com/healthy_parenting/familyinvolvement.html)

### **The Strategic Alliance ENACT**

ENACT teaches about best practices and promising approaches and strategies for improving the nutritional and physical activity environment. ENACT is an organization that conducts assessments and determines priorities for changing environments to fit wellness models. The program serves as a report card for assessing the usefulness of an environment's wellness factors.

<http://www.preventioninstitute.org/sa/enact/enact/index.htm>

### **NOVA Southeastern University Recreation and Wellness**

This is a sports and intramural survey that evaluates recreational environments. This tool provides listed expectations of a model wellness recreational environment and offers feedback.

<http://www.rec.nova.edu/surveys/intramural.html>

### **The National Center for Chronic Disease Prevention and Health Promotion: School Health Index**

This self-assessment tool was developed to help schools identify the strengths and weaknesses of their health and safety policies and programs; to help schools develop an action plan for improving student health; and to engage teachers, parents, students and the community in promoting health-enhancing behaviors.

<http://apps.nccd.cdc.gov/SHI/Static/Introduction.aspx>



### **The New Hampshire Department of Education Local Wellness Policy Toolkit**

The New Hampshire Department of Education offers an all-inclusive assessment tool to evaluate the complete school environment. This tool evaluates commitment to nutrition, quality of school meals, additional healthy food options, the dining experience, nutrition education and marketing.

<http://www.ed.state.nh.us/education/doe/organization/programsupport/Localwellnesspolicy.htm>

### **Michigan's Healthy School Action Tool**

This online assessment tool helps educators evaluate the current health of the school environment. It also offers methods for making improvements in five key areas.

<http://mihealthtools.org/schools/>

### **The Mississippi School Nutrition and Physical Activity Environment Assessment Tool**

This tool evaluates the proficiency of the current school nutrition and physical activity environment and develops best practices for suggested improvements.

[http://www.mde.k12.ms.us/HealthySchools/downloads/Environment\\_Assessment.doc](http://www.mde.k12.ms.us/HealthySchools/downloads/Environment_Assessment.doc)

### **The National Center for Bicycling & Walking**

This organization offers community assessment tools to evaluate and provide alternatives for competitive and noncompetitive outdoor activities.

[http://www.bikewalk.org/vision/community\\_assessment.htm](http://www.bikewalk.org/vision/community_assessment.htm)

### **USDA, MyPyramid Tracker**

USDA's Center for Nutrition Policy and Promotion offers the assessment tool MyPyramid Tracker to evaluate food intake and physical activity level. The intended purpose of the evaluation is to enable a student to make smarter choices, find a balance between food and physical activity, and get the most nutrition out of food intake.

<http://www.mypyramidtracker.gov/>

### **Michigan Surgeon General, Health Risk Appraisal**

The Health Risk Appraisal allows one to create an individual personal health plan, and then it provides a confidential, in-depth assessment with recommendations for health improvement.

<http://www.michigan.gov/surgeongeneral>

### **FITNESSGRAM**

FITNESSGRAM is a physical fitness assessment. Each of the test items was selected to assess important aspects of a student's health related to fitness. Students are compared not to each other, but to health fitness standards that are carefully established for each age and gender and that indicate good health. Health-related fitness components include aerobic capability, body composition, strength, endurance and flexibility.

<http://www.cooperinst.org/ftginfo.asp>