

The [Wellness School Assessment Tool](#) (WellSAT) is a quantitative assessment of school wellness policies that has been completed by thousands of people in districts across the country since 2010. All of the questions reflect federal laws or best practices. On December 20, 2019, the Bellingham Public Schools Wellness Department completed the WellSAT 3.0 to determine the areas in which our district's wellness policy is strong and where it could be improved. The results are presented in the chart below, in comparison with the national mean score for each question.

Bellingham WellSAT 3.0 Results Compared

Category & Question	National Mean Score	Bellingham Score
Wellness Promotion and Marketing		
Encourages staff to model healthy eating and physical activity behaviors.	1	2