



# Needs Assessment

## Assess the School Environment

An assessment of the school environment is crucial as it can be used to identify strengths and areas that need improvement. It can also help determine how school-based policies are being implemented. Completing an assessment can assist the wellness committee with making positive changes in the school health environment.

# 3

### Assessment Tools

- [\*Alliance for a Healthier Generation, Healthy Schools Program Inventory \(HSP\)\*](#) – An online tool that schools can use to review their current health and wellness policies and activities. The HSP also has an action planning tool that easily links to corresponding resources.
- [\*Fuel Up to Play 60 School Wellness Investigation\*](#) – An online tool that allows schools to assess their current nutrition and physical activity environment as well as identify opportunities to make it better.
- [\*School Health Index\*](#) – An online planning tool that schools can use to improve their health and safety policies and programs. This tool assesses the extent to which your school implements the policies and practices recommended by the Centers for Disease Control and Prevention in its research based guidelines and strategies for school health and safety programs.
- [\*WellSAT\*](#) – An online tool that provides a standard method for the quantitative assessment of a school wellness policy. This tool assesses the comprehensiveness and strength of a school wellness policy.

After an assessment tool is chosen, decide how it will be administered. Members of the school wellness committee should be involved in the process. Therefore, the assessment could be completed during a wellness committee meeting or members could divide into sub-groups to complete separate portions of the assessment. Once completed, results of the assessment should be communicated to wellness committee members and to other school staff. The school wellness committee can use this information to create and revise nutrition and physical activity policies.

