



WellSuite® IV Validity

of Health Assessments

Wellsource® is a leading provider of health assessments with a strong reputation for scientific validity and reliability due to its evidence-based approach. Wellsource draws scientific health content from the well-recognized health organizations and large-population studies listed below.

Health Science Content Sources for Wellsource® Products

Heart Health

- American Heart Association (AHA)
 - AHA, 2020 Impact Goal, Seven Metrics for Heart Health
 - AHA, Getting Heart Healthy One Simple Step at a Time
- Centers for Disease Control (CDC)
- Harvard School of Public Health (HSPH)
 - HSPH, The Nutrition Source, Cardiovascular Disease Prevention
 - HSPH, Nurses' Health Study (238,000 women)
 - HSPH, Health Professional Follow-up Study (51, 529 men)
- The Multiple Risk Factor Intervention Trial (MRFIT) (356,222 men)
- National Institutes of Health (NIH)
 - NIH, Adult Treatment Panel 3-4, Guidelines for Heart Health
 - NIH, JNC-7 Report on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure
 - NIH Clinical Practice Guidelines: Managing Blood Cholesterol in Adults
 - NIH Clinical Practice Guidelines: Managing Blood Pressure in Adults
 - NIH Clinical Practice Guidelines: Managing Overweight and Obesity in Adults
 - NIH Clinical Practice Guidelines: Accessing Cardiovascular Risk in Adults
- National Heart, Lung, and Blood Institute
- Office of Disease Prevention and Health Promotion
- U.S. Preventive Services Task Force, Guide to Clinical Preventive Services

Cancer Prevention

- Adventist Health Study I (58,000 men and women)
- Adventist Health Study II (96,000 men and women)
- AICR and World Cancer Research Fund, Guidelines for Cancer Prevention
- American Cancer Society, Guidelines on Nutrition and Physical Activity for Cancer Prevention

- HSPH, The Nutrition Source, Cancer Prevention
- Health and Ways of Living Study (Alameda County Study)
- NIH, National Cancer Institute, Cancer Prevention
- The National Institute for Occupational Safety and Health (NIOSH)
- U.S. Department of Health and Human Services (HHS)
 - HHS, Surgeon General's Report: The Health Consequences of Smoking
 - HHS, Women's Preventive Services
- U.S. Preventive Services Task Force, Guide to Clinical Preventive Services

Diabetes Prevention

- American Diabetes Association (ADA)
- CDC, National Diabetes Education Program
- Diabetes Care, Standards of Medical Care in Diabetes
- HSPH, Diabetes Prevention Toolkit
- NIH, The Diabetes Prevention Program
- U.S. Preventive Services Task Force, Guide to Clinical Preventive Services

Fitness

- American College of Sports Medicine, Guidelines for Exercise Testing and Prescription
- American Heart Association, Recommendations for Physical Activity
- CDC, Physical Activity for Everyone, Physical Activity Guidelines
- Harvard School of Public Health, The Nutrition Source, Benefits of Physical Activity
- National Institute on Aging, Exercise and Physical Activity Guidelines
- NIH, Recommendations for Physical Activity
- Office of Disease Prevention and Health Promotion, Physical Activity Guidelines for Americans

Mental Health

- CDC, Guidelines for Prevention of Depression and Anxiety
- Harvard School of Public Health, Mental Health
- InterHeart Study and Psychosocial Risk Factors (29,972 men and women)
- Mental Health Foundation (UK)
- National Institute on Alcohol Abuse and Alcoholism
- National Sleep Foundation
- NIH, National Institute of Mental Health
- U.S. Preventive Services Task Force, Screening for Depression in Adults

Nutrition

- Adventist Health Study I (58,000 men and women)
- Adventist Health Study II (96,000 men and women)
- CDC, National Health and Nutrition Examination Survey (NHANES)

- Harvard, Nutrition Source, Healthy Eating Plate
- Institute of Medicine, Dietary Reference Intakes (DRIs)
- JAMA, The State of U.S. Health, Burden of Disease, Injuries, and Risk Factors
- Prevention with the Mediterranean Diet (the PREDIMED Study)
- USDA, ChooseMyPlate.gov
- USDA, Dietary Guidelines for Americans

Obesity

- CDC, Guidelines for Prevention of Obesity and Overweight
- Harvard School of Public Health, Obesity Prevention Source
- The National Center for Health Statistics
- NIH, Aim for a Healthy Weight
- The National Longitudinal Mortality Study (NLMS)
- National Sleep Foundation, Obesity and Sleep

In 1979, Wellsource published the first computer-based health assessment to assess corporate wellness in the United States and has since become acknowledged as a leader in wellness assessment. Our assessments have been used in a variety of research projects (over 34* to date), making Wellsource® health assessments some of the most established and valid questionnaires for assessing wellness on the market today.

* A complete list is available upon request.



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