



Colorado Local Wellness Policy Triennial Assessment

In accordance with the [U.S. Department of Agriculture's Final Rule: Local School Wellness Policy Implementation](#), all sponsors participating in the National School Lunch or School Breakfast Program must complete an assessment of their local wellness policy (LWP), at minimum, once every three years. The following report will act as an assessment of the district's LWP.

It is recommended that all Colorado sponsors use the Colorado Local Wellness Policy Triennial Assessment to fulfill the program requirements.

The assessment must measure the following:

1. Sponsor's compliance with their local wellness policy
2. Sponsor's progress toward meeting their local wellness policy goals
3. How the language in the sponsor's wellness policy compares to the model wellness policy.

Instructions:

Before you begin the assessment, please read through the entire instruction section. Next, follow steps 1-3 to complete the Triennial Assessment Report. The report template can be found on page two of this document. Please note, the brackets and with a gray background are editable ({Example of Editable Field}).

STEP 1: Policy Assessment

- Goal: assess compliance with the local wellness policy.
- How to complete: In section 1 of the report, enter an "X" in the column that best suits the the degree of compliance for each wellness policy component.

STEP 2: Policy Progress

- Goal: describe the overall progress made toward meeting policy goals.
- How to complete: In section 2 of the report, provide a narrative update that includes a description of progress achieved, activities implemented, and plans for future wellness policy implementation.

STEP 3: Model Policy Comparison

- Goal: Describe policy strengths and areas for improvement based on the findings of the WellSAT.
- How to complete: First, complete the WellSAT assessment (see below for instructions). Then based on the results from WellSAT, provide a brief description of the LWP strengths and areas of improvement in section 3 of the report.
- How to complete the WellSAT: You can complete the WellSAT assessment either electronically OR by hand. Go to wellsat.org.

Be sure to retain a copy of the completed assessment and share your progress with your school community by posting it to your nutrition services or district webpage.



{School/District Name}
Local Wellness Policy Triennial Assessment Report

Date Completed: {School Year}

A local wellness policy directs efforts to create a healthier school environment. Effective wellness policies support a culture of well-being by establishing healthful practices and procedures for students, staff, and families. Schools/districts participating in the federal Child Nutrition Programs are required to complete an assessment of their local wellness policy, at minimum, once every three years. This report summarizes policy objectives and details the results of the most recent evaluation. For questions regarding the results, contact {Name and Contact Information}.

Section 1: Policy Assessment

We encourage the following people to participate in the development, implementation, and evaluation of our wellness policy:

- | | | | |
|---|--|--|----------------------------------|
| <input type="checkbox"/> Administrators | <input type="checkbox"/> School Food Service Staff | <input type="checkbox"/> P.E. Teachers | <input type="checkbox"/> Parents |
| <input type="checkbox"/> School Board Members | <input type="checkbox"/> School Health Professionals | <input type="checkbox"/> Students | <input type="checkbox"/> Public |

Required Policy Component	Fully in Place	Partially in Place	Not in Place
Nutrition Education			
Nutrition Promotion			
Food and Beverage Marketing Guidelines on School Grounds			
Nutrition guidelines for all foods and beverages available but not sold on school grounds (i.e., classroom celebrations, rewards, etc.)			
Nutrition guidelines for all foods and beverages available sold on school grounds (i.e., a la carte, school stores, vending machines, etc.)			
Physical activity			
Other school-based activities (as defined by your policy)			



Section 2: Policy Progress

{Insert a narrative description of your progress.}

Section 3: Model Policy Comparison

A required component of the triennial assessment is to utilize the Rudd Center's Wellness School Assessment Tool (WellSAT) for comparison of the local wellness policy to a model wellness policy. The WellSAT includes 67 best practice policy items related to nutrition education; nutrition standards for foods; physical education and activity; wellness promotion and marketing; and implementation, evaluation, and communication. The comparison identifies policy strengths and areas for improvement.

Local Wellness Policy Strengths

{Insert a narrative description.}

Areas for Local Wellness Policy Improvement

{Insert a narrative description.}