



Wellness Policy – Triennial Assessment Report April 2022

Background Information: Based on regulations from the United States Department of Agriculture (USDA), our district's wellness policy must be assessed a minimum of once every three years. Schools may assess their policy more frequently if desired. St. Clair County performs an assessment every three years; however, the committee meets annually to review and address policy updates.

Purpose: St. Clair County's wellness policy is assessed and reviewed according to state and federal guidelines. As part of the triennial assessment, a wellness committee was formed to evaluate our local wellness policy. The committee was formed in March 2022. Members were sent a questionnaire via Microsoft Forms with questions based on the WellSAT 3.0 policy evaluation tool. Along with the policy, the responses, were used to complete the WellSAT 3.0 evaluation. The committee met on April 20th, 2022 to discuss questionnaire results and policy revisions.

Results: The WellSAT 3.0 assessment tool is used to identify strengths and weaknesses within local wellness policies. The following topics were evaluated: Nutrition Education, Standards for USDA Child Nutrition Programs and School Meals, Nutrition Standards for Competitive and Other Foods and Beverages, Physical Education and Physical Activity, Wellness Promotion and Marketing, and Implementation/Evaluation/Communication.

St. Clair County's WellSAT 3.0 report showed an overall total comprehensive score of 76 and an overall strength score of 66. Scores are based on a scale of 0-100. According to these results, the St. Clair County district operates above average in all areas except wellness promotion and marketing. Results are compared to national averages. According to the questionnaire results sent to the wellness committee members, 92% say that their school supports the district wellness policy and have adopted it as their own. These results also concur that wellness promotion and marketing is a weakness within our district.

Recordkeeping: A copy of the most recent triennial assessment, wellness policy, and supporting documents will be kept on file at the district office. The district wellness policy and triennial assessment will be posted on the district child nutrition website. Supporting documents from annual review will also be kept on file. State agencies will assess compliance of wellness policy requirements during their administrative review every three years.