

TRIENNIAL WELLNESS POLICY ASSESSMENT

June 5, 2023

Introduction

District wellness policies became a requirement after passage of the WIC Reauthorization Act of 2004 and were required to be in place in schools by the 2007 school year. Since then, additional policy revisions and a broader audience have informed revisions that have informed the current policy.

The 2019 revision of the HSD Local Wellness Policy (EFA), included a newly required assessment to be completed every 3 years after adoption.

Unfortunately, the COVID-19 pandemic delayed or prevented activities and prescriptions promoted in the policy for wellness promotion and activities. Federal oversight recognized the condition and an extension was included in pandemic-related emergency waivers that permitted a 1-year extension of the triennial assessment completion, extending the due date to June 2024.

HSD Policy EFA is broken into two segments:

- Policy Implementation, Monitoring, Accountability, and Community Engagement, and
- Nutrition Promotion and Nutrition Education

This Triennial Assessment both reflects upon the implementation and progress toward goals included in the policy and provides a resource for recommendations and revisions to the policy for the next three year term or until the next assessment is completed.

Methods of Review

This assessment reflects recommendations supplied by the Oregon School Boards Association (OSBA), model policy recommendations by the United States Department of Agriculture (USDA)⁴, the Centers for Disease Control^{1,2}, and the WellSAT Wellness School Assessment Tool³.

Note: Many of the language recommendations (e.g. notification of free and reduced-price meals) described in the reference materials toward the administration of USDA food service programs are included in separate district Policy EFAA and administrative regulations. Language that was recommended but present in policy EFAA were determined not to be duplicated in policy EFA, district Wellness Policy.

Recommended Revisions to Policy

Upon review and assessment using the methods above, revisions are recommended in the following areas to the Local Wellness policy EFA and edits are incorporated into the draft policy revision represented in Attachment A to this report:

Nutrition Education

- Add the promotion of nutrition education goals in schools, including assurances that curriculum meets criteria that are prescribed in the Oregon Health Education Standards

Standards for USDA Child Nutrition Programs

- Include the Child and Adult Care Feeding Program (CACFP)
- Additional language to outline the source and components of USDA Guidelines:
 - *Meals served through the district's food services program shall comply with national standards for meal patterns, nutrient levels, and calorie requirements for the age/grade levels served, as specified in 7 CFR 210.100 or 220.8, as applicable.*
- Include language around the requirement of Professional Standards (a program term) for Nutrition Services Employees. This description is a Federal requirement to be included in the policy.

Nutrition Standards for Competitive and Other Foods and Beverages

- Add language identifying and defining competitive foods
- Add description of "district" as determinant authority for competitive foods

Wellness Promotion and Marketing

- Add permissive and promoting language around and Employee Wellness Program including:
 - Health education and promotion
 - Safe and supportive social and physical environments
 - Available assistance programs
 - Identification and dissemination of fitness and nutrition opportunities for employees

Implementation, Evaluation and Communications

- In the section, "Other Activities that Promote Student Wellness" (optional) Expand to include a specific list of activities that promote student wellness such as: scoliosis screenings, Safe Routes to Schools, nonfood-related fundraisers, and other promotional healthy school-environment activities.

References:

¹School Health Guidelines to Promote Healthy Eating and Physical Activity, CDC (2011)

²Putting Local School Wellness Policies into Actions: Stories from School Districts and Schools, CDC (2014)

³WellSAT: Rudd Center for Food Policy & Obesity, UCONN Institute for Health Research and Policy

⁴Local School Wellness Policies resources

<https://www.fns.usda.gov/tn/local-school-wellness-policy>, USDA (2023)

⁵Board Policy EFA, Hillsboro School District (2023)