

2025-2026

Wellness Triennial Assessment

June 15th 2026

The Triennial Assessment is a requirement of the United States Department of Agriculture Child Nutrition Programs that allows districts to conduct an in-house review of their wellness program at least once every three years. However, Arkansas Act 1220 and the *DESE Rules Governing Nutrition, Physical Activity, and BMI* influence the annual and triennial requirements for wellness in the state. **In order for your district's Triennial Assessment to be complete, the district will conduct the following tasks:**

✓ Wellness Committee Checklist Part 1, annually

✓ Wellness Committee Checklist Part 2, at least once every three years

✓ Six required School Health Index (SHI) Modules for each school in the district, annually

✓ BMI Assessments, annually

✓ Goals for nutrition, physical activity and Wellness, annually

✓ Health and Wellness School Improvement Priority Report, annually

✓ Health and Wellness District Improvement Priority Report, annually

✓ Public Notification of Wellness Policy Updates and Triennial Assessment (public meeting with notes, printed copy in the parent center, posted to webpage, etc.), at least once every three years

✓ Maintain documentation at the local level for the next Child Nutrition Administrative Review

STEP 1

Federal Regulation states that the Triennial Assessment must check the district's **compliance** with the Local School Wellness Policy.

Complete **Wellness Committee Checklist Part 1** to assess compliance with each of the state and federal requirements.

STEP 2

Federal Regulation states that the Triennial Assessment must **compare the Local School Wellness Policy to model policies**.

In Arkansas, a model policy includes each of the state and federal requirements outlined in Part 1 of the Wellness Committee Checklist.

To determine if the Local School Wellness Policy includes each required piece of an Arkansas model policy, complete **Part 2 of the Wellness Committee Checklist**.

STEP 3

Federal Regulation states that the Triennial Assessment must **evaluate the progress made in attaining the goals** of the Local School Wellness Policy.

? Even though USDA requires the Triennial Assessment only every three years, this portion is completed and reported in Arkansas annually by **October 1** through the School Improvement Reporting Process/Indistar.
 AA AIP

Each school year, typically in the spring, wellness committees complete the **6 required modules of the CDC's School Health Index (SHI)** for each school in the district. Schools also complete the annual **BMI assessments**.

Using these two sets of data, schools **develop goals for nutrition, physical activity, and wellness** that are reported in Indistar for each school under the **Health and Wellness School Improvement Priority Report**.

Districts identify Wellness Committee members and Wellness Leadership under the **Health and Wellness District Improvement Priority Report**.

This institution is an equal opportunity provider.