

# Wellness Triennial Assessment

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 (9/26/22)

Wellness Committee Checklist Part 2, at least once every three years (4/17/22)

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

BMI Assessments, annually (Each fall)

Goals for nutrition, physical activity and Wellness, annually (9/26/22)

Improvement Priority Report, annually 10/1/22 Approved 5/23

Maintain documentation at the local level for the next Child Nutrition 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.

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**.