

2022 LTISD Local Wellness Policy Triennial Assessment

This document provides the methods, results, and discussion of the triennial assessment for the Lake Travis ISD local school wellness policy. The results of the assessment will help guide the School Health Advisory Council (SHAC) to make future improvements to the policy.

Methods:

Two methods were used to assess the school wellness policy.

- WellSAT 3.0
 - Used to compare the school wellness policy to a model policy
 - Completed for district by Marissa Albers, MPH, RD
- Wellness Policy Assessment Tool (Department of Agriculture - State of New Jersey)
 - Used to measure the district's compliance in following the school wellness policy
 - Requested to be completed by SHAC representatives for each campus.

Results:

WellSAT 3.0 Results

- Scores for each section were calculated by assigning a 0-2 number rating for each question based on if the item was addressed in the policy and the strength of its implementation.

Table 1: Summary of WellSAT 3.0 Results

| Section category: | Comprehensiveness: | Strength: |
|--|---------------------------|------------------|
| 1. Nutrition Education | 75 | 50 |
| 2. Standards for USDA School Meals | 30 | 20 |
| 3. Nutrition Standards for Competitive Foods | 69 | 8 |
| 4. Physical Education & Physical Activity | 31 | 6 |
| 5. Wellness Promotion & Marketing | 33 | 17 |
| 6. Implementation, Evaluation, and Marketing | 88 | 63 |
| Overall District Score: | 54 | 27 |
| National Average: | 54 | 33 |

Campus Assessments

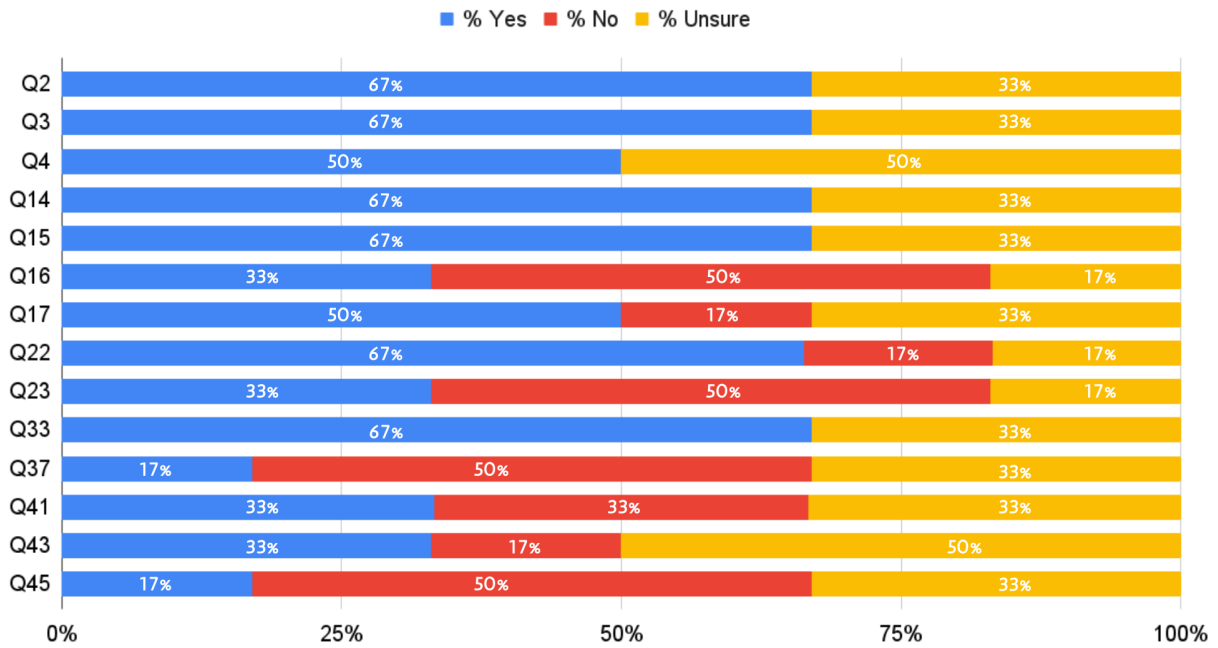
- SHAC members were invited to complete a 48 question assessment, the *Wellness Policy Assessment Tool (Department of Agriculture - State of New Jersey)*, to evaluate compliance with the wellness policy. A total of 4 SHAC members completed the assessment for their respective campus.
- **Table 2** includes select questions that were identified as areas for improvement in the last Triennial Assessment, conducted in 2018.
- **Graph 1** displays 2018 Wellness Policy Assessment Tool Results for Areas of Improvement Identified in 2018.
- **Graph 2** displays 2022 Wellness Policy Assessment Tool Results for Areas of Improvement Identified in 2018. These results can be compared to show progress since the last Triennial Assessment.
- **Table 3** highlights additional areas for improvement identified in the current 2022 Triennial Assessment.
- **Graph 3** displays 2022 Wellness Policy Assessment Tool Results for Additional Areas of Improvement Identified in 2022. “Areas for improvement” were identified as questions that did not receive 100% “yes” responses.

Table 2. Areas for Improvement Identified in 2018

| |
|---|
| Question: |
| Q2. We have a designee in charge of compliance. |
| Q3. We make our policy available to the public. |
| Q4. We measure the implementation of our policy goals and communicate results to the public. |
| Q14. We annually evaluate how to market and promote our school meal programs. |
| Q15. We regularly share school meal nutrition, calorie, and sodium content info with students and families. |
| Q17. We participate in Farm to School activities and/or have a school garden. |
| Q22. We provide teachers with samples of alternative reward options other than food or beverages. |
| Q23. We prohibit the use of food and beverages as a reward. |
| Q33. We provide physical education for middle school during a semester. |
| Q37. We prohibit staff and teachers from keeping kids in from recess for punitive reasons. |
| Q41. We provide training to staff on the importance of modeling healthy behaviors. |
| Q43. We have a staff wellness program. |
| Q45. We actively promote walk or bike to school for students with Safe Routes to school. |

Graph 1.

2018 Wellness Policy Assessment Tool Results for Areas of Improvement Identified in 2018



Graph 2.

2022 Wellness Policy Assessment Tool Results for Areas of Improvement Identified in 2018

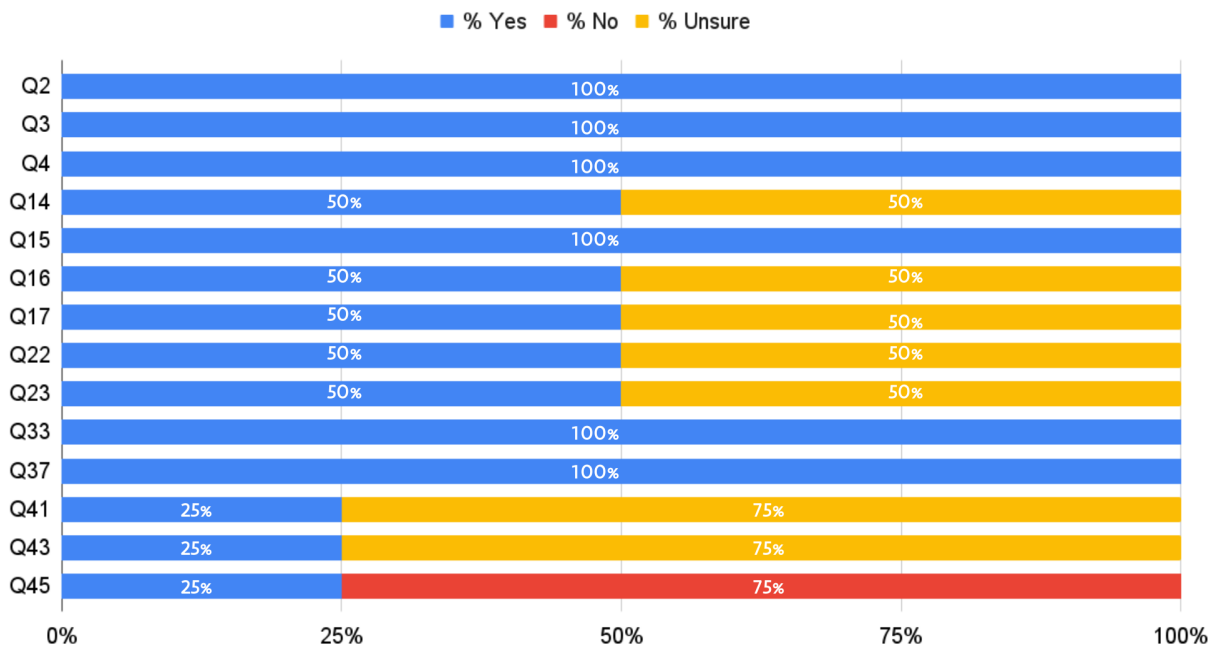
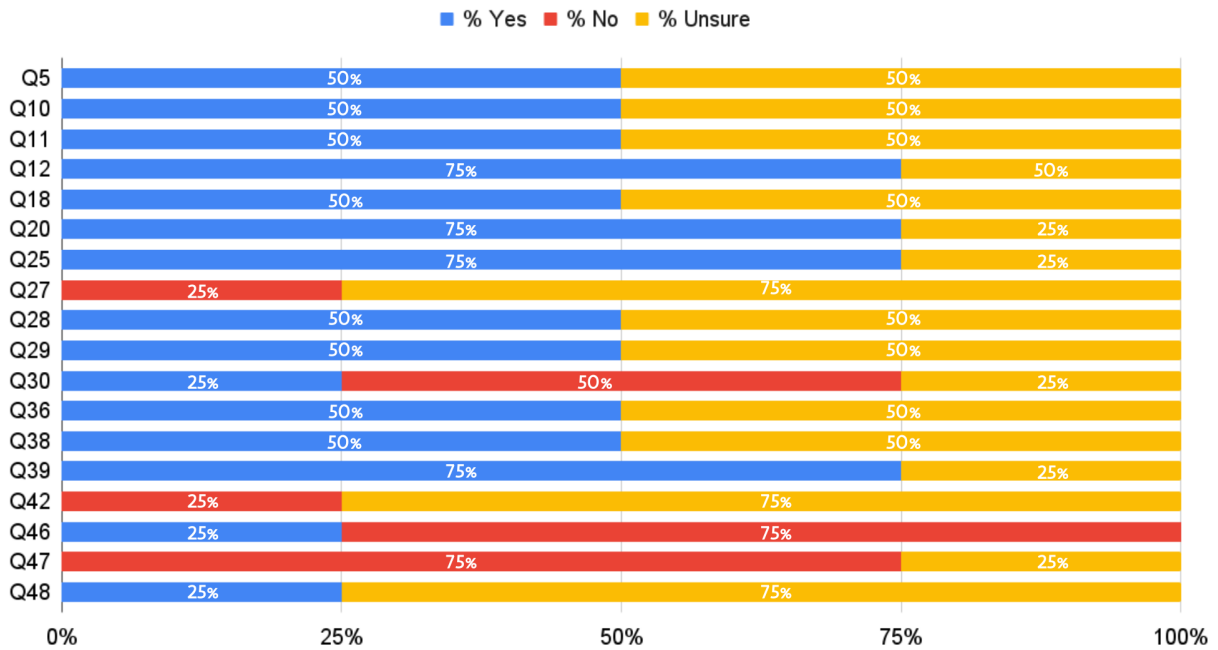


Table 3. Additional Areas of Improvement Identified in 2022

| |
|---|
| Question: |
| Q5. Our district completes triennial reviews of the wellness policy. |
| Q10. We promote healthy eating and nutrition education with signage, use of creative menus, posters, bulletin boards, etc. |
| Q11. We have reviewed Smarter Lunchroom techniques and evaluated our ability to implement some of them. |
| Q12. We place fruits and vegetables where they are easy to access (e.g. near the cafeteria cashier or near the front of the line). |
| Q18. We only advertise and promote nutritious foods and beverages on school grounds (e.g. buildings, playing fields, etc). |
| Q20. We offer fruits or non-fried vegetables: (in Vending Machines, School Stores, Snack Bars, and/or à La Carte). |
| Q25. We operate the School Breakfast Program: (Before School, In the Classroom, and/or Grab & Go). |
| Q27. We operate an Afterschool Snack Program. |
| Q28. We operate the Fresh Fruit and Vegetable Program. |
| Q29. We have a Certified Food Handler as our Food Service Manager. |
| Q30. We have adopted and implemented Smart Snacks nutrition standards for ALL items sold during school hours, including: (as à La Carte Offerings, in School Stores, in Vending Machines, and/or as Fundraisers). |
| Q36. We provide opportunities for physical activity integrated throughout the day. |
| Q38. Teachers are allowed to offer physical activity as a reward for students. |
| Q39. We offer before or after school physical activity: (Competitive sports, Non-competitive sports, and/or Other clubs). |
| Q42. We provide annual training to all staff on: (Nutrition, and/or Physical Activity). |
| Q46. We have a recycling /environmental stewardship program. |
| Q47. We have a recognition /reward program for students who exhibit healthy behaviors. |
| Q48. We have community partnerships which support programs, projects, events, or activities. |

Graph 3.

2022 Wellness Policy Assessment Tool Results for Additional Areas of Improvement Identified in 2022



Discussion:

Strengths:

- The Wellness Policy written language is comprehensive in addressing most of federal wellness policy requirements.
- Active and engaged SHAC that meets quarterly.
- Enforcement of non-food rewards at elementary schools.

Areas for Improvement:

- Ensure all hyperlinks are functional in the Wellness Policy document.
- Include 100% of federally required policy items in the Local Wellness Policy.
- Create a consistent process and scoring system to evaluate progress made year to year using the WellSAT 3.0 and WellSAT-I assessment tools.
- Improve communication, involvement, and awareness by all stakeholders.
- Consistent nutrition education and marketing in the school cafeteria.
- Increase strength of wellness policy requirements.

Summary:

While the LTISD local school wellness policy comprehensively addresses most policy requirements mandated by federal law, a few federal requirements were missing from the written language of the policy. Of note, while the federally required policy items are missing from the written language of the policy, they are implemented in practice. Additionally, some hyperlinks were not functioning in the written policy. Improved communication is needed between all stakeholders for a complete understanding of what wellness policy action steps are and are not being implemented at each campus.

The wellness policy will be reviewed by the SHAC during the 22-23 school year. Changes to the policy will be made based on the results of this triennial assessment and discussion between stakeholders.

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