Colorado Local Wellness Policy Triennial Assessment and Report

In accordance with the U.S. Department of Agriculture's Final Rule: Local School Wellness Policy Implementation, all sponsors participating in the National School Lunch or School Breakfast Program must complete an assessment of their local wellness policy (LWP), at minimum, once every three years. The following report will act as an assessment of the district's LWP.

This report fulfills that requirement by evaluating:

1. How the language in your LWP compares to the model LWP
2. Compliance with the LWP
3. Progress toward meeting your LWP goals

Triennial Assessment Instructions:

Step 1. Recruit key partners and schedule a meeting to complete this LWP Triennial Assessment and Report.

Step 2. Access your current Local Wellness Policy (often coded as ADF - School Wellness). Review the current LWP goals and content and complete Section 2.

Step 3. Assess implementation of the LWP goals at each of your district's school(s). See Section 3 for more information.

Step 4. Document LWP strengths and areas of improvement for policy content and policy implementation. See Section 4 for more information.

Step 5. Post the results to the public. The LWP Triennial Assessment Report must be made available to the public by posting it to the district webpage.

NOTE: Compliance is assessed during the CDE School Nutrition Administrative Review. Additional guidance may be found on CDE School Nutrition Wellness Resource Website or in the Colorado Local Wellness Policy Toolkit.

District Name:

Mesa

Local Wellness Policy Triennial Assessment Report

Date Completed: **Completed By**:

Section 1: LWP Review and Stakeholder Involvement

Background: The LWP must be reviewed and updated on a periodic basis, as determined by the district, and the district must notify and involve key school partners. This Triennial Assessment Report must be completed at least every three years.

Instructions: Please check the appropriate key school partner boxes below to indicate who participated in completing this Triennial Assessment and Report. Other school staff and teachers are welcome to participate.

X School Administrators	**X** School Food Service Staff	**X** PE Teachers	**X** Parents/ Caregivers
☐ School Board Members	**X** School Health Professionals	☐ Students	**X** General Public / Other

Section 2: Model Policy Comparison

Background: A required component of the triennial assessment is to compare your LWP to a model LWP. The comparison identifies if federally required content is included in the policy as well as policy strengths and areas for improvement.

Instructions: Access your current ***Local Wellness Policy (often coded as ADF - School Wellness)*** and use the rating scale below to indicate if your policy meets the required components. Make notes on anything you would change or consider.

NOTE: Some of the detailed LWP content below may be included in a Local Wellness Policy Regulation or Exhibit (often coded as ADF-R or ADF-E).

Rating Scale:

2 = Includes **all** required language

1 = Includes **some** of the required language

0 = Includes **none** of the required language

Rating	Required Components	Notes
2	The policy identifies one or more school district and/or school officials who have the authority and responsibility for ensuring that each school complies with the policy.	**83.9% of respondents rated this a 2** Overall this was a 2, meaning it is strong in the policy,
1	The policy includes language inviting parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, and the general public to participate in the development, implementation, and review and update of the LWP.	**58.1% of respondents rated this a 1** Overall this was a 1, meaning we need to be more explicit in the policy.
1.5	The policy includes language describing the methods for informing the public (including parents, students, and others in the community) about the LWP and updates this information on an annual basis.	**51.6% of respondents rated this a 2** **41.9% of respondents rated this a 1** We need to be more clear about how we inform the public.
2	The policy includes language that outlines the triennial assessment. At least once every three years, the following is measured and made available to the public: ● The extent to which schools comply with the LWP ● The extent to which the LWP compares to model local school wellness policies ● The progress made in attaining the goals of the LWP	**64.5% of respondents rated this a 2** Overall this was a 2, meaning it is strong in the policy, but we need to show progress
2	The policy includes nutrition standards for all foods and beverages sold on the school campus during the school day that are consistent with Federal regulations for school meals and the Smart Snacks in School nutrition standards.	**93.5% of respondents rated this a 2** Overall this was a 2, meaning it is strong in the policy. No changes were recommended

2	The policy includes standards for all foods and beverages provided, but not sold, to students during the school day (e.g., in classroom parties or classroom snacks brought by parents).	**90.3% of respondents rated this a 2** Overall this was a 2, meaning it is strong in the policy. We need to educate schools and parents on where to find the lists of healthy snacks and foods.
2	The policy includes specific goals for nutrition education and promotion activities.	**93.5% of respondents rated this a 2** Overall this was a 2, meaning it is strong in the policy, but we need to change the term “my plate” to the updated federal regulations as they changed in January.
2	The policy includes requirements for marketing and advertising of only those foods and beverages that meet the USDA Smart Snacks in School nutrition standards on the school campus during the school day.	**93.5% of respondents rated this a 2** Overall this was a 2, meaning it is strong in the policy, and there were no further update recommendations.
2	The policy includes specific goals for physical activity opportunities.	**93.5% of respondents rated this a 2** Overall this was a 2, meaning it is strong in the policy, however, some people inquired if we could change “encourage” to “required” when it comes to secondary.
1	The policy includes specific goals for other school-based activities that promote student wellness.	**83.9% of respondents rated this a 2** **12.9% of respondents rated this a 1** Overall this was a 2, meaning it is strong in the policy, however, after reading the comments, the DWAC settled on a 1 related to “specific goals” and if those goals were specific, measurable, and attainable for all students at all levels

Section 3: Policy Assessment

Background: It is required to document and assess school-level compliance with the LWP.

Instructions: Indicate the column that best suits the degree of compliance, on average, when considering implementation of the local wellness policy at each of your school(s) for each wellness policy component.

- This must include *each school* operating in the National School Lunch or Breakfast Program.
- If you are a medium to large school district, it is recommended to have each school complete a

school-level health policy and practice assessment, such as WellSAT or Smart Source to assess implementation. Attach the district level report to meet policy assessment requirements.

Elementary

Required Policy Component	Fully in Place	Partially in Place	Not in Place
Nutrition Education	90.91%		
Nutrition Promotion		81.82%	
Nutrition Guidelines for all food and beverages available but not sold on school grounds (classroom celebrations, rewards, etc.)		72.27%	
Nutrition Guidelines for all food and beverages sold on school grounds (fundraisers, ala carte, school stores, vending machines, etc.)		77.27%	
Physical Activity	95.45%		
Other school-based activities (as defined in your policy)	90.91%		
	Percentages of schools meeting best practices according to D51's 2025 Smart Source Survey		

Source: D51 2025 Smart Source Data

Secondary

Required Policy Component	Fully in Place	Partially in Place	Not in Place
Nutrition Education		75%	
Nutrition Promotion	91.67%		
Nutrition Guidelines for all food and beverages available but not sold on school grounds (classroom celebrations, rewards, etc.)		83.33%	
Nutrition Guidelines for all food and beverages sold on school grounds (fundraisers, ala carte, school stores, vending machines, etc.)		83.33%	
Physical Activity	100%		
Other school-based activities (as defined in your policy)	100%		
	Percentages of schools meeting best practices according to D51's 2025 Smart Source Survey		

Source: D51 2025 Smart Source Data

Section 4: Policy Assessment Report

Background: It is required to include a description of the progress made in attaining goals of the LWP.

Instructions: Provide a short narrative below that describes the results of Section 2, Model Wellness Policy Comparison, and Section 3, Policy Assessment. Consider including a description of wellness efforts at the school level, a description of progress achieved, activities implemented and plans for updating the LWP and/or future wellness policy implementation.

Local Wellness Policy Strengths

D51's Local Wellness Policy (ADF) and supporting regulations (ADF-R) provide a strong foundation for healthy school environments and align with key components of Colorado Department of Education guidance and the USDA's Final Rule on Local School Wellness Policy Implementation. Strengths include nutrition education aligned with Colorado Academic Standards, provisions addressing federal school meal and Smart Snacks standards, guidelines for foods provided during the school day, and restrictions on food and beverage advertising. The policy also promotes physical education, daily movement, recess, and before- and after-school activity through a Comprehensive School Physical Activity Program. Practical supports—including free drinking water, designated meal times, and resources for healthy celebrations—help translate wellness goals into school practices. Wellness Champions and the District Wellness Advisory Council provide a structure for implementation, monitoring, and periodic review. These strengths were reinforced by the assessment findings: 93.5% of respondents rated the policy's language as fully addressing the reviewed components for nutrition standards for foods sold, nutrition education and promotion, food marketing, and physical activity goals. Together, these provisions support the state and federal emphasis on healthy eating, active learning environments, and ongoing policy improvement.

Areas for Local Wellness Policy Improvement

D51 can strengthen ADF and ADF-R by making participation, accountability, communication, and evaluation procedures more explicit, consistent with Colorado Department of Education guidance and the USDA's Final Rule. The assessment identified stakeholder participation as the greatest opportunity for improvement; the policy should clearly invite students, parents and caregivers, Nutrition Services representatives, PE teachers, school health professionals, administrators, school board members, and the general public to participate in its development, implementation, review, and updates. It should also identify the officials responsible for ensuring compliance at each school and describe how implementation will be documented. A clear annual communication process should explain where the public can access the policy, updates, and assessment results. Additionally, the triennial assessment language should explicitly address school-level compliance, comparison with a model wellness policy, and progress toward policy goals. More measurable wellness objectives, clearer expectations for physical activity, and accessible guidance for classroom snacks and celebrations would help staff and families apply the policy consistently. These revisions would build on D51's existing strengths while improving transparency and supporting consistent implementation across schools.

Description of Local Wellness Policy Implementation

D51 is implementing its Wellness Policy through school leadership, nutritious meals, and opportunities for students and families to be active. Currently, 91% of schools have a designated Wellness Champion, up from 78%, strengthening school-level support for wellness activities and policy implementation. Nutrition Services advances farm-to-table efforts through scratch cooking, locally raised beef, and produce sourced from local and statewide growers, supporting Colorado farmers and ranchers while bringing fresh ingredients into school meals. Mesa County Valley School District 51 Schools also promote physical activity through Safe Routes to School Walk, Bike and Roll to School Day, Girls on the Run, classroom brain breaks, and fun, collaborative family nights. Together, these efforts put the policy into practice by expanding access to nutritious foods, incorporating movement throughout the day, and engaging school communities in healthy habits.

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