

Mt. Diablo Unified School District, Food & Nutrition Services Wellness Assessment

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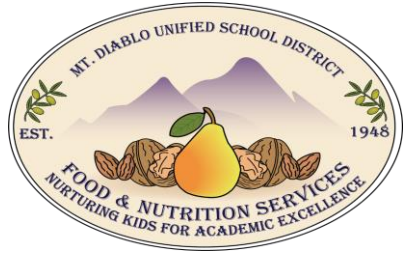
June 8, 2022



Wellness Assessment Purpose



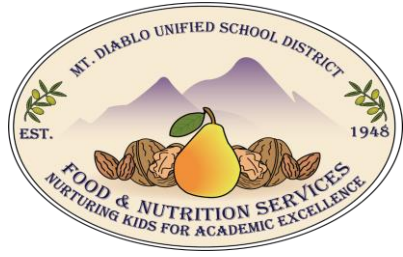
- USDA requires as of 2020 a Triennial Assessment required for all school district's Local School Wellness Policy.
- Assessment will compare school district Local School Wellness Policy to a Model Local School Wellness Policy.
- Assess progress of school district Local School Wellness Policy to school district Local School Wellness Policy goals.
- Assess school district Local School Wellness Policy in compliance with USDA Local School Wellness Policy regulations.



Wellness Assessment Scores

Positive Outcomes for MDUSD Local School Wellness Policy

- Nutrition education links with the school food environment.
- Assures compliance with USDA nutrition standards for reimbursable school meals.
- Addresses fundraising with food to be consumed during the school day.
- Addresses availability of free drinking water throughout the school day.



Wellness Assessment Scores

Positive Outcomes for MDUSD Local School Wellness Policy

- Addresses time per week of physical education Instruction for all middle school students.
- Specifies marketing to promote healthy food and beverage choices.
- Specifically addresses marketing in school publications and media (e.g., advertisements in school publications, on school radio stations, in-school television, computer screen savers, school-sponsored Internet sites, or announcements on the public announcement (PA) system).



Wellness Assessment Scores

Section 1 : Nutrition Education



Comprehensive Score: 100

Strength Score: 12.5

Areas of Improvement: Elementary, Middle, and High School students receive sequential and comprehensive nutrition education.

Areas of Improvement: Includes goals for nutrition education that are designed to promote student wellness.



Wellness Assessment Scores

Section 2 : Standards for USDA Child Nutrition Programs and School Meals

Comprehensive Score: 80

Strength Score: 70

Areas of Improvement: Specifies strategies to increase participation in school meal programs.

Areas of Improvement: Addresses the amount of "seat time" students have to eat school meals.



Wellness Assessment Scores

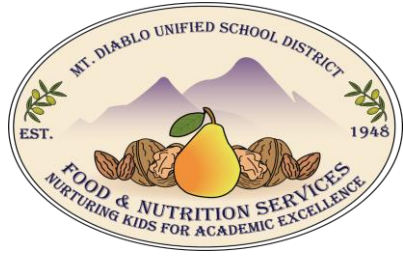
Section 3 : Nutrition Standards for Competitive and Other Foods and Beverages

Comprehensive Score: 100

Strength Score: 61.5

Areas of Improvement: Regulates food and beverages served at class parties and other school celebrations in elementary schools.

Areas of Improvement: Addresses food not being used as a reward.



Wellness Assessment Scores

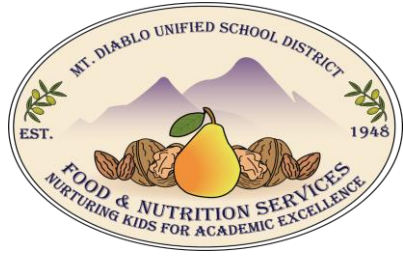
Section 4 : Physical Education Physical Activity

Comprehensive Score: 81

Strength Score: 12.5

Areas of Improvement: Addresses providing physical education training for physical education teachers.

Areas of Improvement: Addresses family and community engagement in physical activity opportunities at all schools.



Wellness Assessment Scores

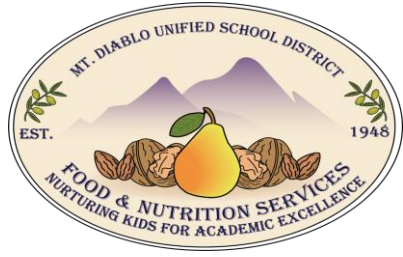
Section 4 : Physical Education Physical Activity

Comprehensive Score: 81

Strength Score: 12.5

Areas of Improvement: Addresses physical activity breaks during school.

Areas of Improvement: Addresses time per week of physical education instruction for all high school students.



Wellness Assessment Scores

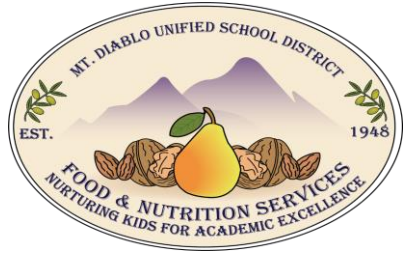
Section 5 : Wellness Promotion and Marketing

Comprehensive Score: 66

Strength Score: 50

Areas of Improvement: Addresses using physical activity as a reward.

Areas of Improvement: Addresses physical activity not being used as a punishment.



Wellness Assessment Scores

Section 5 : Wellness Promotion and Marketing

Comprehensive Score: 66

Strength Score: 50

Areas of Improvement: Addresses physical activity not being withheld as a punishment.

Areas of Improvement: Specifically addresses marketing through fundraisers and corporate-incentive programs (e.g., fundraising programs that encourage students and their families to sell, purchase, or consume products and corporate incentive programs that provide funds to schools in exchange for proof of purchases of company products).



Wellness Assessment Scores

Section 6 : Implementation, Evaluation, and Communication

Comprehensive Score: 87.5

Strength Score: 87.5

Areas of Improvement: Addresses the establishment of an ongoing school building level wellness committee.



Wellness Assessment Scores

Mt. Diablo Unified School District Wellness Committee Recommendations for Improvement

- Includes goals for nutrition education that are designed to promote student wellness.
- Addresses the amount of "seat time" students have to eat school meals.
- Regulates food and beverages served at class parties and other school celebrations in elementary schools.
- Addresses providing physical education training for physical education teachers.
- Addresses time per week of physical education instruction for all high school students.



Wellness Assessment Scores

Mt. Diablo Unified School District Wellness Committee Recommendations for Improvement

- Addresses the establishment of an ongoing school building level wellness committee.
- Update Present Local School Wellness Policy in 2022-2023 School Year.
- Add Local Procurement to LSWP with Food & Nutrition Services purchasing Food items within a 250-mile radius of Mt. Diablo Unified School District with percentage goals each school year.

Questions

