



Local School Wellness Policy Trends in San Diego County 2015-2025

Partnerships For Healthy Schools

To combat chronic absenteeism...

More than
73,000 students
missed 10% or
more of school
days in SY
2024-25



The number of chronically absent students in San Diego County has decreased from **20.1%** to **18.5%** in School Year (SY) 2024-25, a difference of about **7,500** students.

SY 2024-25
18.5%

SY 2023-24
20.1%

...districts need strong wellness policies...

WellSAT* scores of district Wellness Policies show significant improvement over the past 10 years.



Comprehensiveness



Language Strength

SY 2024-25 County
Average

76

Comprehensiveness

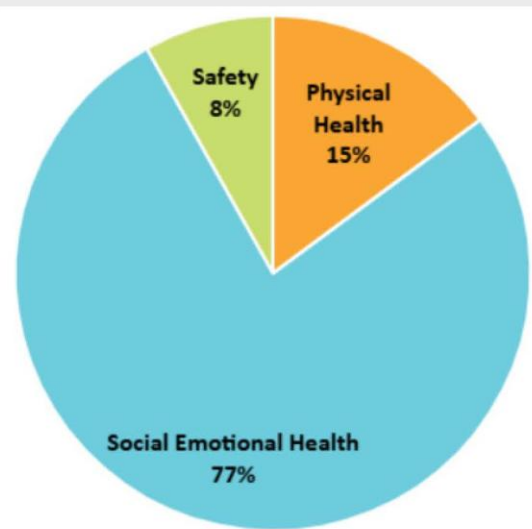
50

Language Strength

*WellSAT Policy is a national tool to identify where local school wellness policies are strong and where they could be improved to meet current requirements and best practices.

...supported by funding.

- This chart shows how the funding is divided among the Health and Wellness priorities.
- In 2024-25, San Diego County School Districts in San Diego County collectively spent **\$126 million** on Health and Wellness Actions - a **decrease of 34%** from the previous year.
- Itemization of funding decreased by **11%** from the previous year (**28% to 25%**) making district spending for Health and Wellness less transparent.



To learn more about your district's trends in these key areas, please email us at LiveWellEducation@sdcounty.ca.gov

LiveWellSD.org/LiveWellSchools



LIVE WELL
SAN DIEGO

WELLNESS POLICY



1. What is a wellness policy?

A written document that guides school districts' efforts in creating healthy and safe environments. These policies can help inform a district's budget and spending.



2. Who must have a policy?

A school district participating in any Federal Child Nutrition Program is required to develop and implement a wellness policy.

3. How does Live Well Schools help?

Our team created a model policy, does continual analysis of school wellness policies as they are updated, and works hand in hand with school districts in the updating process.



4. Why is this important?

Research tells us that "place" has a significant impact on health and well-being. Adults need to create healthy schools as places where children can thrive.

For more information, visit the resources below:

- COI Policy Clearinghouse
- Live Well Schools Model Wellness Policy
- Topics to Include in Wellness Policy

Brief Background

A Local School Wellness Policy is a written document that guides a school district's efforts to create supportive school nutrition and physical activity environments. All school districts participating in any federal Child Nutrition Program were required to develop and implement a wellness policy beginning in 2007.

San Diego County school district wellness policies may be found in the [Policy Clearinghouse](#) of the San Diego County Childhood Obesity Initiative.

[Live Well Schools](#) has assessed the quality of district wellness policies in San Diego County since 2015 using a tool called the WellSAT.

The WellSAT Tool

[WellSAT Policy](#), developed by the UConn Rudd Center for Food Policy and Health, is a tool used across the United States to rate 62 policy components to produce a report scoring comprehensiveness and language strength, each on a scale of 0 to 100 points.

Data Summary

Live Well Schools created the table below to show the San Diego County WellSAT score averages by year based on overall comprehensiveness and language strength. Encouragingly, county averages for overall comprehensiveness and language strength continue to steadily improve over time. As the table shows:

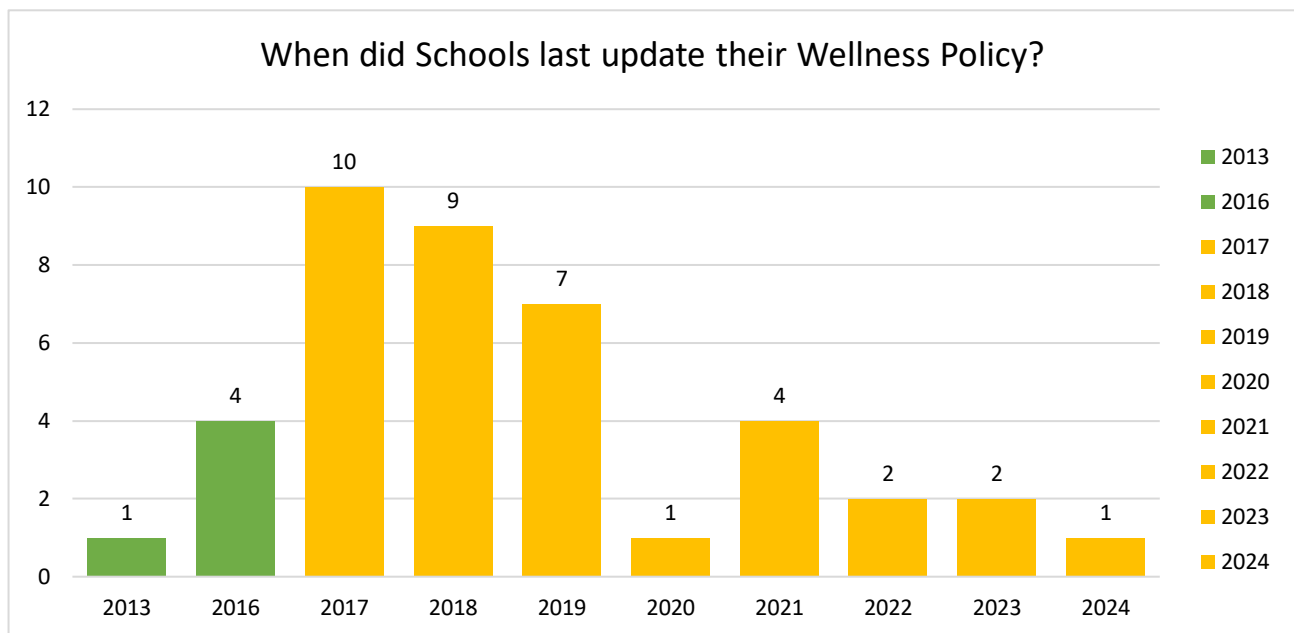
- There was a large increase in overall comprehensiveness and language strength from 2015 to 2019. This large increase can be partly explained by the fact that 22 school districts updated their wellness policies during that period.
- From 2019 to current, a much smaller number of districts updated their policies which is reflected in the minor increase in averages from 2019 to the present day.

San Diego County School District WellSAT Averages			
Scoring Year	2015	2019	2025
Overall Comprehensiveness (max. 100 points)	52	72	76
Overall Language Strength (max. 100 points)	30	43	50

This improvement can be attributed to the collaborative efforts of school districts and supportive partners, including HHSA and the San Diego County Childhood Obesity Initiative, to revise and strengthen wellness policies.

Another factor contributing to the increase in WellSAT scores is that most school districts have updated their Wellness Policies to meet the requirements of the Healthy, Hunger-Free Kids Act Final Rule which was released in 2017.

The figure below, showing the distribution of current Wellness Policies by year of last update, demonstrates that nearly all school districts revised their Wellness Policies during the 2017 - 2024 period, with only five districts having Wellness Policies dated 2016 or earlier.



Notably, Wellness Policies that have been revised more recently are more comprehensive and include stronger language, as evidenced by the higher WellSAT scores of Wellness Policies that have been updated since 2017.

2013-2016 Average Total Scores	2017-2024 Average Total Scores	% Change in Average Total Scores
100.5	128.0	27.4
2013-2016 Average Comprehensive Scores	2017-2024 Average Comprehensive Scores	% Change in Comprehensive Scores
61.0	75.4	23.7
2013-2016 Average Strength Scores	2017-2024 Average Strength Scores	% Change in Strength Scores
39.5	52.6	33.1

As displayed in the above charts:

- The average **total scores** for policies updated in the period 2017 - 2025 are approximately **27.4% higher** than the scores from policies that were last updated during the period 2013 - 2016.
- The average **comprehensive scores** for policies updated in the period 2017 - 2025 are **23.7% higher** than the scores from policies that were last updated during the period 2013 - 2016.

- The average **strength scores** for policies updated in the period 2017 - 2025 are approximately **33.1% higher** than policies that were last updated during the period 2013 - 2016.

School districts are encouraged to revise their Wellness Policies to meet current federal and state requirements and incorporate best practices. HHSA and other supportive partners are available to provide tools, resources, and direct assistance to school districts that would like to update their Wellness Policies.

School districts and supportive partners are to be commended for the continued progress in creating, updating, implementing, and assessing wellness policies that affirm a strong commitment to healthy school environments leading to student success.

- **Find** resources related to updating, implementing, and assessing Wellness Policies on the [Tools for Schools](#) searchable database from Live Well Schools.
- **Learn** what County of San Diego Health and Human Services Agency programs are in, or could be in, your schools by using the [Live Well Schools Map](#).
- **Contact** [Live Well Schools](#) for additional information and support.