

SECTION E: Support Services
CHAPTER: E-200 Health Services
NUMBER: E-204 Youth Wellness Program

IMPLEMENTED: 11/01/06
11/02/17 Update

RELATED STANDARDS: AOC III B1, E-F02

POLICY:

This policy is created pursuant to Section 204 of Public Law 108-265 of the Child Nutrition and WIC Reauthorization Act of 2004. It is designed to facilitate the voluntary adoption of eating and physical activity behaviors conducive to the health and well-being of youth in the Pima County Juvenile Detention Center (PCJDC).

PROCEDURE:

This procedure sets nutritional and physical activity standards for youth and reinforces a healthy environment for all detained youth and personnel.

I. NUTRITION EDUCATION GOALS

Any set of learning experiences designed to facilitate the voluntary adoption of eating and other nutrition-related behaviors conducive to health and well-being.

A. Classroom Teaching

1. Life Skills Teachers
2. Health Department

B. Teacher Training

1. Through in-service training provided by the Health Department and Nutritionist

C. Teaching Youth

1. C.A.P.E. Life Skills Teachers
2. Health provider's nutritionist
3. Guest speakers

II. PHYSICAL ACTIVITY GOALS

To provide recreation opportunities for every youth to develop the knowledge and skills for specific physical activities, maintain physical fitness, regularly participate in physical activity, and understand the short and long-term benefits of a physically active and healthy lifestyle.

A. Physical Education requirements

B. Time, frequency and/or intensity

C. Standards or requirements consulted:

1. AOC – One (1) hour of large muscle exercise daily, more on weekends and holidays
2. JDAI – Two (2) to three (3) hours of recreation time on weekends and holidays

D. C.A.P.E. will design and maintain all curriculums for the required courses, including special need issues.

1. Pregnant youth must walk for at least thirty (30) minutes per day unless restricted by doctor's orders.
2. Youth with upper body restrictions must walk for at least thirty (30) minutes per day unless restricted by doctor's orders.

3. Youth with lower body restrictions require an exercise plan from C.A.P.E. to meet their physical health needs.

III. ESTABLISHING NUTRITIONAL STANDARDS FOR ALL FOODS AVAILABLE FOR YOUTH IN DETENTION

Standards will focus on increasing nutrient density, decreasing fat and added sugars, and moderating portion size. Standards must ensure meals meet the program requirements and nutrition standards set forth under the 7 CFR Part 210 and Part 220.

- A. Nutrient value of foods and beverages.
- B. Portion size.
- C. Qualification of food service personnel.

IV. SETTING GOALS FOR OTHER ACTIVITIES DESIGNED TO PROMOTE YOUTH WELLNESS

Create an environment that provides consistent wellness messages and is conducive to healthy eating and being physically active, including, but not limited to the following:

- A. Access to nutrition programs.
- B. Time and scheduling of meals.
- C. Access to facilities for physical activity after school hours.
- D. Coordinated school health approach.
- E. Programming such as yoga, relaxation exercises, or exercise videos.
- F. Community and family involvement is recommended, such as posting information in visitation, or either Health Services or C.A.P.E. providing body mass results to parents and youth.
- G. Personnel wellness such as physical activities (detention gym) and/or nutrition services or programs designed to benefit personnel health.

V. SETTING GOALS FOR MEASUREMENT AND EVALUATION

- A. The Detention Division Director/Designee will ensure compliance with established nutrition and physical activity wellness policies and procedures.
- B. Detention's Support Services Manager will ensure compliance with nutrition policies within the food service and will report on this matter to the Detention Division Director/Designee.
- C. The Detention Division Director/Designee, C.A.P.E. personnel, and the Support Services Manager will develop a summary report every three (3) years on Detention compliance with the nutrition and physical activity wellness policy and procedure, and make changes based on input and modifications of the law.