

DEPARTMENT OF HUMAN SERVICES  
DIVISION OF JUVENILE JUSTICE SERVICES  
POLICY AND PROCEDURES

Policy No.: 03-05	Effective Date:	Revision Date: 05-12-15
Subject: Juvenile Wellness		

**I. Policy Statement**

All Division facilities and programs shall develop and implement programming that promotes the overall wellbeing of juveniles in their care.

**II. Rationale**

The purpose of this policy is to promote the general wellness of the juveniles involved in Division programs. Division staff shall have a clear understanding of their responsibilities to promote overall health and wellbeing of the juveniles in their care.

**III. Definitions**

- A. "Wellness" is an active process through which people become aware of, and make choices toward, a more healthy and successful existence.
- B. "Aerobic Exercise" is any cardiovascular endurance exercise that involves an equal supply and demand of oxygen in the working muscles. Aerobic exercise involves moderate intensity for prolonged duration i.e., at least 20 minutes. Examples of aerobic activity include: jogging, swimming, cycling, rowing, stair-climbing or hiking, rhythmic dance etc.
- C. "Target Heart Rate" is a specific age-based pulse rate to be maintained during aerobic exercise to ensure optimal cardiovascular function. It is an exercise intensity that maintains the heart rate at 60% to 85% of the maximum.
- D. "Muscular Resistance Exercise" is a strength training exercise that encourage muscular development.
- E. "Child Nutrition Programs (CNP)" are programs of the United States Department of Agriculture (USDA) and Utah State Office of Education (USOE) that seek to improve the nutritional well-being of all Utah children. The USOE monitors compliance with federal regulations. The CNP includes the National School Lunch Program (NSLP), School Breakfast Program (SBP), and the After School Snack Program (ASSP).
- F. "School day" – is a period of the day when school or summer school is in session, with teachers present, and is normally only Monday through Friday, and not in the evenings, or on weekends, holidays, school breaks (winter break, spring break, summer, etc.).

DEPARTMENT OF HUMAN SERVICES  
DIVISION OF JUVENILE JUSTICE SERVICES  
POLICY AND PROCEDURES

Policy No.: 03-05	Effective Date:	Revision Date: 05-12-15
Subject: Juvenile Wellness		

**IV. Procedures**

The Division is committed to the fundamentals of a balanced wellness program for juveniles to enhance learning, growing, thriving, and succeeding through nutrition education and physical activity. The Division shall review and consider evidenced based strategies.

A. Nutrition Education and Promotion: Juveniles in Division facilities/programs shall receive health and nutrition education that positively influences eating behaviors and promotes lifelong healthy habits. Nutrition education shall be offered as part of a planned and comprehensive school health education program. Educational Strategies/goals may include;

1. Focus on changing specific behaviors rather than on learning general facts about nutrition.
2. Learn how to read labels, plan meals, and calculate daily nutrients.
3. Employ active learning or experiential strategies.
4. Learn how to assess and manage personal eating habits.
5. Devote adequate time and intensity to focus on behaviors and skill building.
6. Use the cafeteria or eating areas as a learning laboratory to support nutrition education through healthy menu offerings, wall posters, and discussions with staff and juveniles about the importance of eating healthy meals.
7. Promoting fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing practices.

B. Nutritional Guidelines

1. All Division facilities serving meals or snacks to juveniles shall provide meals or snacks in accordance to USDA requirements and Division policy 01-12 Juvenile Food Service.
2. Meals or snacks that are in addition to those covered by USDA requirements and Division policy 01-12 – Juvenile Food Service shall, whenever possible, follow meal planning recommendations from the most current publication of Dietary Guidelines for Americans.

DEPARTMENT OF HUMAN SERVICES  
DIVISION OF JUVENILE JUSTICE SERVICES  
POLICY AND PROCEDURES

Policy No.: 03-05	Effective Date:	Revision Date: 05-12-15
Subject: Juvenile Wellness		

3. Food and beverages shall not be used as a reward for juveniles during the school day. Food and beverages shall not be withheld as a punishment for juveniles at any time.

C. Physical Education and Activity

Staff shall provide, for juveniles in their care, physical education with classes and/or a variety of activities such as; basic movement skills, physical fitness, games, and team and individual sports. These activities may include scheduled events during the evening, weekend, non-school days, and holidays. Strategies and goals may include, but not be limited to;

1. Improving overall health and well being.
2. Encouraging a personal commitment by the juvenile to adopt healthy activities as a permanent lifestyle.
3. Helping to reduce stress and improve physical and mental functioning.
4. Preventing chronic health problems later in life.
5. Improving emotional self regulation.
6. Improving productivity in school and in the community.
7. Transforming the brain for peak performance and spark new brain-cell growth.
8. Ensuring physical education courses provide an environment where juveniles learn, practice and are assessed on developmentally appropriate motor skills, social skills and knowledge, wherever juveniles are working towards their regular school core curriculum requirements.
9. Providing, through physical education, safe and satisfying physical activity for all juveniles, including those with special needs.
10. Providing adequate and appropriate equipment to be available for all juveniles to participate in physical education/activity.

DEPARTMENT OF HUMAN SERVICES  
DIVISION OF JUVENILE JUSTICE SERVICES  
POLICY AND PROCEDURES

Policy No.: 03-05	Effective Date:	Revision Date: 05-12-15
Subject: Juvenile Wellness		

D. Exercise Fundamentals

1. The Division's exercise programming shall be based on the evidence that exercise has the capacity to physically transform an individual's brain for peak performance, reduce anxiety and depression, improve learning capacity and spark new brain-cell growth. Fundamentals (strategies/goals) of a balanced fitness program include:
  - a. Physical exercise sessions three (3) to five (5) days per week for a minimum of 45 minutes. Each session should begin with a 5 to 10-minute dynamic warm-up period.
  - b. For optimal outcomes, target heart rate should be achieved for 30 minutes in each session.
  - c. Keeping the exercise program fresh and challenging by systematically varying the mode of training.
  - d. An exercise program should include stretching, aerobic exercise, and muscular resistance exercise.
  - e. Healthy nutrition, proper hydration, and adequate sleep are key factors.
2. Exercise logs will be available for juveniles to monitor progress if they choose.
3. Program staff will provide support and encouragement for juveniles to facilitate ongoing interest.
4. Exercise that is overly intense, beyond the abilities and needs of the juvenile is prohibited in Division facilities/programs.
5. Exercise used as a form of punishment is prohibited.

E. Wellness Policy Committee

1. The Director of Juvenile Justice Services shall establish a Wellness Committee involving those that are stake holders in the wellness of juveniles.
2. Duties of Committee:
  - a. The committee shall meet at least every three (3) years to assess the policy and report to Division management:
    - i. The extent to which facilities are in compliance with this Wellness Policy;

DEPARTMENT OF HUMAN SERVICES  
DIVISION OF JUVENILE JUSTICE SERVICES  
POLICY AND PROCEDURES

Policy No.: 03-05	Effective Date:	Revision Date: 05-12-15
Subject: Juvenile Wellness		

- ii. The extent to which the Wellness Policy compares to model local school wellness policies; and
  - iii. The progress made in attaining the goals of the Wellness Policy.
- b. The committee shall establish recommendations for wellness promotion to staff, teachers, administrators and juveniles in Division facilities.
- c. The committee shall identify areas of the Wellness Policy that need improvement and make recommendations for any revisions or updates to the policy.
- d. The APD in each facility shall be responsible to facilitate this policy and provide input to the committee regarding progress and/or needed improvements. The APD, or other designee, shall complete an Annual Progress Report (form attached to this policy) prior to the end of each fiscal year. The Annual Progress Report for each facility shall include:
- i. The Web site address for the wellness policy and/or information on how the public can access a copy;
  - ii. A description of each facility's progress in meeting the wellness policy goals;
  - iii. A summary of each facility's local wellness events or activities;
  - iv. Contact information for the leader of the wellness policy committee and/or the Juvenile Justice Services Food Service Coordinator; and
  - v. Information on how individuals and the public can get involved.
- e. The Food Service Coordinator, or other designee, shall oversee monitoring and review of the Wellness Policy for compliance.

F. Public Notification and Involvement

1. The Division will make available to the public:
  - a. This Wellness Policy;
  - b. Information and updates to and about the Wellness Policy;
  - c. Annual Progress reports for each facility;
  - d. Triennial assessment of the Wellness Policy.
2. The Division shall permit participation by the general public and other stake holders in the wellness of juveniles (including parents, juveniles, representatives of the Division, teachers of physical and nutrition education, Division health professionals, the Juvenile Justice Services Food Service Coordinator, the Board of Juvenile Justice Services, and Division administrators and staff) to participate in the development, implementation, reviewing, and updates of the Division's Wellness Policy.

DEPARTMENT OF HUMAN SERVICES  
DIVISION OF JUVENILE JUSTICE SERVICES  
POLICY AND PROCEDURES

Policy No.: 03-05	Effective Date:	Revision Date: 05-12-15
Subject: Juvenile Wellness		

**V. Continuous Renewal**

This policy shall be reviewed every three (3) years to determine its effectiveness and appropriateness. This policy may be reviewed before that time to reflect substantive change.

This policy has been reviewed by the Board of Juvenile Justice Services, and is approved upon the signature of the Director.



5-12-15

\_\_\_\_\_  
Russell K. Van Vleet, Chair  
Board of Juvenile Justice Services

\_\_\_\_\_  
Signature Date



5-12-15

\_\_\_\_\_  
Susan V. Burke, Director  
Division of Juvenile Justice Services

\_\_\_\_\_  
Signature Date