



Youth Home

Local Wellness Policy Durham County Youth Home 2021-2022

The Durham County Youth Home (DCYH) operated by Durham County Government has a responsibility to help students learn and maintain healthy eating and physical activity patterns. DCYH is committed to providing an environment that promotes health, well-being and a positive learning environment that supports healthy eating and physical activity. Healthy eating and activity patterns are essential for residents to achieve their full potential, physical and mental growth and well-being.

The DCYH will maintain its wellness policy and assures school meals are not less restrictive than the USDA guideline as well as promote an optimal nutrition environment during school hours by engaging in physical activity, health education and nutrition. We support healthy eating, physical activity and healthy life styles.

Nutrition Education

Durham County Youth Home goals:

- Offer a school breakfast and lunch program with menus that meet the meal pattern and nutrition standards established by the USDA.
- Establish food safety for all food operation and adherence to serving guidelines maintained.
- Serve meals using a variety of fruits and vegetables; use only low-fat (1%) and fat free milk and nutritionally equivalent nondairy alternatives according to USDA guidelines and all grains served will be whole grain.
- Maintain serve safe certification with cook
- Compliant with annual meal pattern and standards
- Pass all health and state inspections
- Establish an environment during meals that is clean and safe and that is conducive to a positive dining experience.
- Promote area universities to provide group discussions on healthy lifestyles, physical activity and eating habits.
- Learn about various foods from other cultures and ethnicities.
- Due to nature of the Detention center food and beverages are not marketed/sold to juveniles during the school day.
- Youth Home does not participate in classroom celebrations during the school day.

Nutrition Promotion

Durham County Youth Home Goals:

- All residents in DCYH will receive education and skills necessary to make nutritiously good choices and engage in physical activity as part of their daily life style.
- Promote healthy life styles that aid in reducing obesity.
- Provide access to hand washing and hand sanitizing before they eat meals and snacks.
- Provide adequate time for juveniles to eat meals.
- Provide an environment that is clean, safe and positive.
- Provide juveniles time following meals to accommodate hygiene regimens.
- Vending machines not allowed inside areas for residents.
- Offer a school breakfast and lunch program with menus that met the meal pattern and nutritional standards established by the U.S. Department of Agriculture.
- Serve meals that incorporate a variety of fruits and vegetables; use only low-fat (1%) and fat free milk and nutritionally equivalent nondairy alternatives according to USDA guidelines and all grains served will be whole grain.
- Youth Home will provide one activity goal and promotion submit quarterly reports to Director September, December, March and June

Physical Education

Durham County Youth Home Goals:

- Provide physical activity through recreation opportunities for all residents daily incorporating muscle activity individual and group activities and provide in a positive environment that are age appropriate.
- Schedule, when possible recreation activities around meal time to promote a healthy appetite.
- Incorporate at minimum one (1) hour a day for physical activity
- Goal: Exercise two times a day with inside activity and outside physical activity weather permitted.

Health Education

Durham County Youth Home Goals:

- Increase educational opportunities when possible through local universities, community stakeholders and volunteers.
- Durham Park and Recreation annual field day
- Durham County Public Health provide health education programming.
- Duke Med Mentors provide education of healthy eating and health
- Provide counseling and psychological services to encourage and safe guard the physical, emotional and social well-being of juveniles, i.e., individual counseling, group counseling, substance abuse counseling and mental health assessments.
- Commitment to other school based strategies for wellness.



Implementation

- Schedule annual meeting to review plan and implementation according to guidelines of the facilities wellness policy.
- Wellness Committee designated team meet one (1) time per year or as needed for new policy implementations as scheduled.
- Committee members are Youth Home Director, Child Nutrition (CN) Manager and DCYH Management Team.
- Public Involvement will be available by placing the wellness policy on our information board in the administrative area for all visitors to review and comment if they choose. (Do to the nature of the business public involvement is not available do to unique nature of school and limitations).

MEASURING, EVALUATING AND MAINTAINING

- DCYH Director and CN Manager will ensure that the local Wellness Committee conducts an Tri- annual review of the progress towards program goals and submit a written report regarding progress and suggestions for revisions to the program.
- DCYH will ensure compliance with nutrition policies within the food service area.

GOALS

- Promote healthy life styles and exercise
- Regularly provide physical activity to juveniles
- Serve healthy food choices per USDA guidelines
- Provide nutritional education and tasting at least twice a year

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