



Youth Home

## **Local Wellness Policy Durham County Youth Home 2022-2023**

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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- (1) mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410;*
- (2) fax: (202) 690-7442; or*
- (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).*

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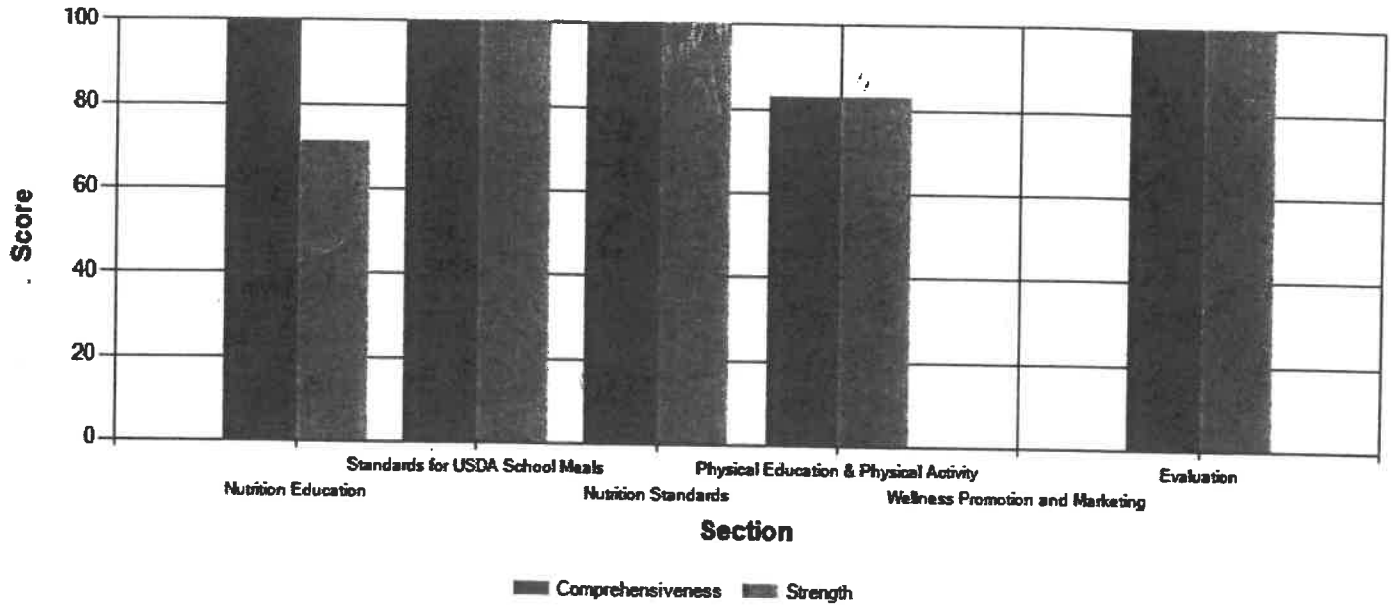
# Your District's Scorecard

Congratulations! You have completed the WellSAT. Check out your scorecard below. It contains details of how you scored on each item and section of the assessment. It also provides resources that will help you improve your district's school wellness policy.

Items with a rating of "0" (item not addressed in the policy) or "1" (general or weak statement addressing the item) can be improved by referring to the resource links next to the items. Multiple resources addressing school wellness policy topics are available online. To avoid duplicative information, we have included a small selection, rather than a comprehensive listing.

**Version: 3.0**

**Policy Name: Youth Home**



## Section 1. Nutrition Education

Rating




Item ID	Description	Rating
NE1	Includes goals for nutrition education that are designed to promote student wellness.	2
NE2	Nutrition education teaches skills that are behavior focused, interactive, and/or participatory.	2
NE4	All middle school students receive sequential and comprehensive nutrition education.	2
NE5	All high school students receive sequential and comprehensive nutrition education.	2
NE6	Nutrition education is integrated into other subjects beyond health education	2
NE7	Links nutrition education with the school food environment.	1
NE8	Nutrition education addresses agriculture and the food system.	1
<b>Subtotal for Section 1</b>	<b>Comprehensiveness Score:</b> Count the number of items rated as "1" or "2" and divide this number by 7 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0."	<b>100</b>
	<b>Strength Score:</b> Count the number of items rated as "2" and divide this number by 7 (the number of items in this section).	<b>71</b>

Multiply by 100.

[Click here for Nutrition Education Resources](#)

## Section 2. Standards for USDA Child Nutrition Programs and School Meals

Rating

		Rating
SM1	 Assures compliance with USDA nutrition standards for reimbursable school meals.	2
SM2	Addresses access to the USDA School Breakfast Program.	2
SM7	Addresses the amount of "seat time" students have to eat school meals.	2
SM8	 Free drinking water is available during meals.	2
SM9	 Ensures annual training for food and nutrition services staff in accordance with USDA Professional Standards.	2
Subtotal for Section 2	<b>Comprehensiveness Score:</b> Count the number of items rated as "1" or "2" and divide this number by 5 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0."	100
	<b>Strength Score:</b> Count the number of items rated as "2" and divide this number by 5 (the number of items in this section). Multiply by 100.	100

[Click here for School Food Resources](#)

## Section 3. Nutrition Standards for Competitive and Other Foods and Beverages

Rating

		Rating
NS10	Addresses nutrition standards for all foods and beverages served to students after the school day, including, before/after care on school grounds, clubs, and after school programming.	2
NS13	Addresses availability of free drinking water throughout the school day.	2
Subtotal for Section 3	<b>Comprehensiveness Score:</b> Count the number of items rated as "1" or "2" and divide this number by 2 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0."	100
	<b>Strength Score:</b> Count the number of items rated as "2" and divide this number by 2 (the number of items in this section). Multiply by 100.	100

[Click here for Nutrition Standards Resources](#)

## Section 4. Physical Education and Physical Activity

Rating

PEPA3	Physical education promotes a physically active lifestyle.	2
PEPA5	Addresses time per week of physical education instruction for all middle school students.	2
PEPA6	Addresses time per week of physical education instruction for all high school students.	2
PEPA9	Addresses physical education exemption requirements for all students.	0
PEPA10	Addresses physical education substitution for all students.	2
PEPA14	<del>✗</del> Addresses physical activity breaks during school.	2
Subtotal for Section 4	<b>Comprehensiveness Score:</b> Count the number of items rated as "1" or "2" and divide this number by 6 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0."	83
	<b>Strength Score:</b> Count the number of items rated as "2" and divide this number by 6 (the number of items in this section). Multiply by 100.	83

[Click here for Resources on Physical Activity in Schools](#)

## Section 5. Wellness Promotion and Marketing







Rating

WPM1	Encourages staff to model healthy eating and physical activity behaviors.	0
WPM2	<del>✗</del> Addresses strategies to support employee wellness.	0
WPM3	Addresses using physical activity as a reward.	0
WPM4	Addresses physical activity not being used as a punishment.	0
WPM5	Addresses physical activity not being withheld as a punishment.	0
Subtotal for Section 5	<b>Comprehensiveness Score:</b> Count the number of items rated as "1" or "2" and divide this number by 5 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0."	0
	<b>Strength Score:</b> Count the number of items rated as "2" and divide this number by 5 (the number of items in this section). Multiply by 100.	0

[Click here for Wellness Promotion and Marketing Resources](#)

## Section 6. Implementation, Evaluation & Communication

Rating

IEC1	Addresses the establishment of an ongoing district wellness committee.	2
IEC2	 Addresses how all relevant stakeholders (parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrator, and the general public) will participate in the development, implementation, and periodic review and update of the local wellness policy.	2
IEC3	 Identifies the officials responsible for the implementation and compliance of the local wellness policy.	2
IEC4	 Addresses making the wellness policy available to the public.	2
IEC5	 Addresses the assessment of district implementation of the local wellness policy at least once every three years.	2
IEC6	 Triennial assessment results will be made available to the public and will include:	2
IEC7	 Addresses a plan for updating policy based on results of the triennial assessment.	2
IEC8	Addresses the establishment of an ongoing school building level wellness committee.	2
Subtotal for Section 6	<b>Comprehensiveness Score:</b> Count the number of items rated as "1" or "2" and divide this number by 8 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0."	100
	<b>Strength Score:</b> Count the number of items rated as "2" and divide this number by 8 (the number of items in this section). Multiply by 100.	100

[Click here for Resources for Wellness Policy Development, Implementation and Evaluation](#)

## Overall District Policy Score

<b>Total Comprehensiveness</b> Add the comprehensiveness scores for each of the six sections above and divide this number by 6.	<b>District Score</b> 81
<b>Total Strength</b> Add the strength scores for each of the six sections above and divide this number by 6.	<b>District Score</b> 76



Federal Requirement



Farm to School



CSPAP

6/11/2021