

# Imperial County Juvenile Hall

## Wellness Policy

**“ This institution and USDA are an equal opportunity provider, employer, and lender.”**

# **Imperial County Probation Department**

## **Local Wellness Policy**

**Authority:** Dan Prince, Chief Probation Officer

**Policy:** The Local Wellness Program outlines the responsibilities for Probation as well as collaborative groups working with the Department.

**Purpose:** To establish a process and committee that will recognize, develop, implement and monitor a local wellness program in accordance with the Healthy, Hunger-Free Kids (HHFKA) Act of 2010 (PL 111-296) and Title 15 Minimum Standards for Juvenile Facilities. The Imperial County Juvenile Detention Center, with the County Office of Education, recognizes the importance of a well balanced diet, physical activity and physical education.

## **Definitions:**

### **Wellness Program:**

A Health Education Program specialized to promote healthy lifestyles, behavior, health education, nutrition, education and physical education for at risk youth within juvenile detention facilities.

### **Nutrition Education:**

Promotes good health, nutrition and the reduction of childhood obesity.

### **Physical Activity:**

Bodily movement that is produced by the contraction of skeletal muscle and that substantially increases energy expenditures, including exercise, sport, dance, and other movement forms.

### **Health Education:**

Any combination of learning experiences that provide individuals the opportunity to acquire information and skills needed to make quality health decisions.

### **Healthy Choices Committee or HCC:**

A committee comprised of key members of the facility appointed to oversee school health and safety policies and programs, including development, implementation and periodic review and update of the wellness policy

## **1. Establish Goals for Physical Education**

### **a. Physical Education**

The exercise schedule shall include the opportunity for at least one (1) hour of large muscle group physical activity each day. This activity shall be conducted outdoors. If weather conditions do not permit outdoor activity, then one hour of exercise involving large muscle group activity shall be provided indoors. Physical education will be moderate to vigorous in nature.

Physical education classes provide youths with the knowledge of the long-term and short-term benefits of physical activities. Proper stretching and warm-ups should be emphasized throughout the education process.

### **b. Scheduling of Physical Activities**

The school shall discourage extended periods (i.e., periods of two or more hours) of inactivity. For example, when activities such as mandatory school wide testing necessitate that students remain indoors for long periods of time, the school will give students periodic breaks during which they are encouraged to stand and be moderately active.

To provide youths with physical activity, Imperial County Juvenile Hall encourages all youths to participate in regularly scheduled physical activity during school hours, as well as after school activities. Imperial County Juvenile Hall staff are responsible for scheduling and supervising all school, weekend and holiday activities. The facility offers a range of activities that meet the needs, interests and abilities of all students wishing to participate.

## **2. Promoting Nutrition**

### **a. Meeting the Resident's Needs**

The facility provides a safe and healthy environment that supports health and ensures that youths are physically and emotionally safe. In addition to physical safety, youths are taught about proper nutrition and physical education by the onsite school instructor. Additional physical activities are

promoted within the dining hall through nutrition awareness and healthy menu postings.

Youths have access to credentialed teachers, mental health clinicians, nursing staff, supervising probation officers and group counselors who provide them with support and assistance in making healthy decisions, managing emotions, and coping with crisis.

Food Services provide a variety of nutritious and appealing foods that meet the health and nutritional needs of young adults and are served in healthy portion sizes. In addition Food Services will accommodate religious, ethnic, and cultural diversity of a particular youth in meal planning.

Dining hall meals are presented in a clean and healthy environment. Youth are provided ample time to consume meals.

The facility prohibits the advertisement of none nutritious foods or beverages through signage, vending machine fronts and logos.

The use of foods and physical activity as a means of reward or punishment is prohibited.

#### **b. Staff Participation**

Imperial County Juvenile Hall highly values the health and well-being of every staff member therefore encourages them to utilize the Imperial County Wellness Program provided to its employees.

School staff are encouraged to participate in physical activities with the youths. Staff is encouraged to model healthful eating and physical activity as a valuable part of daily life.

#### **c. Educational Environment**

Education is a part of everyday life at the facility. Physical education takes place within the confines of the on-site school or after hours through the counseling staff. Nutritional education is incorporated into the school curriculum, is part of the dining service experience, and manifests in the dining program. The Wellness Committee plays a key role in promoting health lifestyle choices among the resident youth and staff.

### **3. Nutrition Education**

#### **a. Nutrition Education Goals**

The Facility promotes a nutritious educational approach to healthy eating behaviors. Nutritional education is offered in the cafeteria through posters and literature as well as in the classroom. Teachers are encouraged to integrate nutritional themes into daily lessons, where appropriate, and to emphasize the health benefits of good nutrition.

#### **b. Activities for Lifelong Change**

All youth at juvenile hall shall possess the knowledge and skills necessary to make nutritious food choices and enjoyable eating and physical activity choices for a lifetime. Youth should:

- i. Demonstrate ways in which they can enhance and maintain their nutrition-related health and well-being.
- ii. Understand and demonstrate behaviors that prevent disease and speed recovery from illness, based on concepts and self-management skills related to diet, physical activity and safe food handling.
- iii. Understand and accept individual differences in growth and development and the relationship between the human body and nutrition.

#### **c. Instructors and Staff Development**

The safety of all youths remains the focus of the facility. As such, all personnel working directly with youths in the facility must obtain and maintain the appropriate credential, certification or training required to fulfill their job function.

Additionally, the Probation Department, County Office of Education, Health Provider and Behavioral Health will provide employees with access to continuing education within their field. Maintaining the most up-to-date standards, curriculum, techniques and tools to promote youth wellness is the goal of these agencies.

Staff development should include training and/or certification for food service personnel at their various levels of responsibility, including safe food handling

techniques and personal hygiene in accordance with Section 113947 of the Health and Safety Code, California Retail Food Code (CalCode).

#### 4. Medical Staff

##### a. Physicals and Written Orders

Youths are given a physical within 96 hours of admittance. Youth's weight is recorded in their medical chart and if underweight, the facility physician will monitor the youth and order a higher caloric diet. Youths who are overweight are counseled on a proper diet to maintain a healthy weight.

The facility physician is available on-site on a regularly scheduled basis. Written orders for specific diet changes come directly from the facility physician. Any diet orders are then communicated to the kitchen, as well as juvenile hall staff.

#### 5. Food Service Regulations

##### a. Requirements of the National School Breakfast/Lunch Program

In order to maximize the facility's ability to provide healthy and nutritious meals and snacks, this facility will participate in available federal nutrition programs, including the National School Lunch (210.1-210.31), National School Breakfast Program (220.1-220.21) and after-school snack program.

#### Other Specifications: Daily Amount Based on the Average for a 5-Day Week

Meal Pattern	Grades K-12	Grades K-5	Grades K-8	Grades 6-8	Grades 6-12	Grades 9-12
Min-max calories (kcal) <sup>g,h</sup>	450–500	350–500	400–500	400–550	450–550	450–600
Saturated fat (% of calories) <sup>h</sup>	<10% of calories	<10% of calories	<10% of calories	<10% of calories	<10% of calories	<10% of calories
Sodium Target 1 (mg) <sup>h,i 2014-15 SY</sup>	≤ 540 mg	≤ 540 mg	≤ 540 mg	≤ 600 mg	≤ 600 mg	≤ 640 mg
Reference Only Sodium Target 2 (mg) <sup>h,i 2017-18 SY</sup>	≤ 485 mg	≤ 485 mg	≤ 485 mg	≤ 535 mg	≤ 535 mg	≤ 570 mg

Trans fat<sup>h</sup>-Nutrition label or manufacturer specifications must indicate zero grams of trans fat (< 0.5 grams) per serving

\*U.S. Department of Agriculture has lifted the **weekly maximums** for grains. The **daily and weekly minimums** for grains and the **weekly calorie ranges** still apply. The maximums are used as a guide for menu planning purposes only.

<sup>a</sup> Food items included in each group and subgroup and amount equivalents. Minimum creditable serving is 1/8 cup.

<sup>b</sup> One quarter-cup of dried fruit counts as 1/2 cup of fruit; 1 cup of leafy greens counts as 1/2 cup of vegetables. All juice must be 100% full-strength. Frozen 100% juice without added sugar can be used.

<sup>c</sup> Vegetables may be substituted for fruits, but the first two cups per week of any such substitution must be from the dark green, red/orange, beans and peas (legumes) or "Other vegetables" subgroups, as defined in 210.10(c)(2)(iii).

<sup>d</sup> All grains must be whole grain-rich. Schools may substitute 1 oz. eq. of meat/meat alternate for 1 oz. eq. of grains after the minimum daily grains requirement is met. Meat/meat alternates may be offered as extra food items that do not count toward the grain component or as food items for OVS. These extra food items need to be included in the weekly calories, sodium, and saturated fat.

<sup>e</sup> There is no meat/meat alternate requirement.

<sup>f</sup> All fluid milk must be low-fat (1 percent milk fat or less, unflavored) or fat-free (unflavored or flavored).

<sup>g</sup> The average daily calories for a 5-day school week must be within the range (at least the minimum and no more than the maximum values).

<sup>h</sup> Discretionary sources of calories (solid fats and added sugars) may be added to the meal pattern if within the specifications for calories, saturated fat, trans fat, and sodium. Foods of minimal nutritional value and fluid milk with fat content greater than 1 percent milk fat are not allowed.

<sup>i</sup> Final sodium targets must be met no later than July 1, 2022 (SY 2022–23). The first intermediate target must be met no later than SY 2014–2015 and the second intermediate target must be met no later than SY 2017–18. See required intermediate specifications in § 220.8(f)(3).

Note: For offer versus serve, every student must take either 1/2 cup fruit (or substituted vegetable) or a combination of both to count as a reimbursable meal.

## Seven Day School Week Meal Component Adjustments

7-day School Week- Breakfast	Grades K–5 Weekly (daily)	Grades 6–8 Weekly (daily)	Grades 9–12 Weekly (daily)
<b>Fruits</b> (cups)	7 (1)	7 (1)	7 (1)
<b>Grains</b> (oz. eq)	10-14 (1)*	11-14 (1)*	12.5-14 (1)*
<b>Fluid Milk</b> (cups)	7 (1)	7 (1)	7 (1)
7-day School Week- Lunch	Grades K–5 Weekly (daily)	Grades 6–8 Weekly (daily)	Grades 9–12 Weekly (daily)
<b>Fruits</b> (cups)	3.5 (0.5)	3.5 (0.5)	7 (1)
<b>Vegetables</b> (cups)	5.25 (0.75)	5.25 (0.75)	7 (1)
<b>Dark Green</b>	0.5	0.5	0.5
<b>Red/Orange</b>	0.75	0.75	1.25
<b>Beans/Peas (Legumes)</b>	0.5	0.5	0.5
<b>Starchy</b>	0.5	0.5	0.5
<b>Other</b>	0.5	0.5	0.75
<b>Additional Vegetable to</b>	2.5	2.5	3.5

<b>Reach Total</b>			
<b>Grains (oz. eq)</b>	11-12.5 (1)*	11-14 (1)*	14-17 (2)*
<b>Meats/Meat Alternates (oz. eq)</b>	11-14 (1)*	12.5-14 (1)*	14-17 (2)*
<b>Fluid Milk (cups)</b>	7 (1)	7 (1)	7 (1)

\*U.S. Department of Agriculture has lifted the **weekly maximums** for grain and meat/meat alternates for breakfast and lunch. The **daily and weekly minimums** for grains and meat/meat alternates still apply. The maximums are used as a guide for menu planning purposes only.

### **b. Evening Snacks**

The evening snack program is an extension of the National School Lunch Program and is designed to provide a meal supplement to youths.

Snacks served during the school day will make positive contributions to the youth's diets and health with emphasize the serving fruits and vegetables as a primary snack and water as a primary beverage. During school celebrations the school shall only serve food that is nutritious and healthy.

### **c. Water**

The facility will provide the youth access to potable water throughout the day.

### **d. Atmosphere**

Youths are provided with a comfortable setting to enjoy their meals. Youths are informed of the menu items. They are encouraged to try new items they may not have experienced before. Youths are allotted a minimum of (20) minutes to enjoy their meals and sit among their peers during the meal service.

Seasonal decorations, as well as menu choices, provide a comfortable dining experience. Decorations are to remain appropriate and in theme with the seasons. Healthy educational posters are to be in plain view of all youths.

## **6. Measuring Implementation of the Policy**

### **a. "Healthy Choices" Establishing Guidance for All Youths**

The facility will convene a wellness committee (here to referred as the Healthy Choices Committee or HCC) which is comprised of key members of the facility. In addition a chairperson will be appointed to direct the efforts of the HCC. The HCC will meet quarterly to establish goals and oversee school health and safety policies and programs, including development, implementation and periodic review and update of the wellness policy. The



key members of the facility board are to include: administrators, teachers, facility nurse, kitchen supervisor, detention staff and community members.

#### **b. Monitoring**

The Healthy Choices Committee will be involved in establishing the goals for the school wellness policy, success indicators, reporting methodology and frequency of reporting to the Facility Manager.

The Chairperson of the “Healthy Choices” committee will recommend for facility approval specific quality indicators used to measure the implementation of the policy (e.g., nutrient analysis of meals, feedback from food service personnel, administrators, members of the school health council and other appropriate persons).

The Chairperson of the “Healthy Choices” committee will report each year on wellness policy compliance to the facility director and school administrators to inform them of the findings related to policy compliance.

#### **c. Review**

The facility will conduct a baseline assessment of nutrition and physical activity programs and policies, which is compiled by the Chairperson of the “Healthy Choices” committee and used to set priorities.

The nutrition and physical activity assessment will be completed at least every two years to determine compliance and progress in the implementation and adoption of the school wellness policy.

As necessary, the wellness policy should be revised to address changes in state and federal law, as well as areas in need of improvement.

#### **d. Training**

The facility will provide appropriate and continuing professional development that is supportive of the adopted wellness policy to members of the “Healthy Choices” committee.

#### **e. Public Notification**

The facility shall have available a copy of the wellness policy in visiting areas for public viewing. In addition, the wellness policy can be found on the Imperial County Probation web page

## References

### Requirements of California Code of Regulation, Title 22

Additional food service regulations are addressed on the *California Code of Regulations, Title 22, Division 6, Chapter 1, Article 6*, Section 80076 as follows:

1. All food shall be safe and of the quality and in the quantity necessary to meet the needs of the residents. Each meal shall meet at least 1/3 of the servings recommended in the *USDA Basic Food Group Plan – Daily Food Guide* for the age group served. All food shall be selected, stored, prepared and served in a safe and healthful manner.
2. Where all food is provided by the facility, arrangements shall be made so that each resident has available at least three meals per day.
  - a. Not more than 15 hours shall elapse between the third meal of one day and first meal of the following day.
3. Where meal service within a facility is elective, arrangements shall be made to ensure availability of a daily food intake meeting the requirements of (a) (1) above for all clients who, in their admission agreement, elect meal service.
4. Between meal nourishment, or snacks, shall be available for all residents unless limited by dietary restrictions prescribed by a physician.
5. Menus shall be written at least one week in advance and copies of the menus as served shall be dated and kept on file for at least 30 days. Menus shall be made available for review by the clients or their authorized representatives and the licensing agency, upon request.
6. Modified diets prescribed by a resident's physician as a medical necessity shall be provided.
  - a. The licensee shall obtain and follow instructions from the physician or dietitian on the preparation of the modified diet.
7. Commercial foods shall be approved by appropriate federal, state and local authorities. All foods shall be selected, transported, stored, prepared and served so as to be free from contamination and spoilage and shall be fit for human consumption. Food in damaged containers shall not be accepted, used or retained.
8. Where indicated, food shall be cut, chopped or ground to meet individual needs.
9. Powdered milk shall not be used as a beverage, but shall be allowed in cooking and baking. Raw milk, as defined in Division 15 of the California Food and Agricultural Code, shall not be used. Milk shall be pasteurized.
10. Except upon written approval by the licensing agency, meat, poultry and meat food products shall be inspected by state or federal authorities. Written evidence of such inspection shall be available for all products not obtained from commercial markets.
11. All home canned foods shall be processed in accordance with standards of the University of California Agricultural Extension Service. Home canned foods from outside sources shall not be used.

12. If food is prepared off the facility premises, the following shall apply:
  - a. The preparation source shall meet all applicable requirements for commercial food services.
  - b. The facility shall have the equipment and staff necessary to receive and serve the food and for cleanup.
  - c. The facility shall maintain the equipment necessary for in-house preparation, or have an alternate source for food preparation, and service of food in emergencies.
13. All persons engaged in food preparation and service shall observe personal hygiene and food services sanitation practices which protect the food from contamination.
14. All foods or beverages capable of supporting rapid and progressive growth of microorganisms, which can cause food infections or food intoxications, shall be stored in covered containers at 45 degrees F (7.2 degrees C) or less.
15. Pesticides and other similar toxic substances shall not be stored in food storerooms, kitchen areas, food preparation areas, or areas where kitchen equipment or utensils are stored.
16. Soaps, detergents, cleaning compounds, or similar substances, shall be stored in areas separate from food supplies.
17. All kitchen, food preparation, and storage areas shall be kept clean, free of litter and rubbish, and measures shall be taken to keep all such areas free of rodents and other vermin.
18. All food shall be protected against contamination. Contaminated food shall be discarded immediately.
19. All equipment, fixed or mobile, dishes and utensils shall be kept clean and maintained in safe condition.
20. All dishes and utensils used for eating and drinking and in the preparation of food and drink, shall be cleaned and sanitized after each usage.
  - a. Dishwashing machines shall reach a temperature of 165 degrees F (74 degrees C) during the washing and/or drying cycle to ensure that dishes and utensils are cleaned and sanitized.
  - b. Facilities not using dishwashing machines shall clean and sanitize dishes and utensils by an alternative comparable method.
21. Equipment necessary for the storage, preparation and service of food shall be provided, and shall be well maintained.
22. Tableware and tables, dishes and utensils shall be provided in the quantity necessary to serve the residents.
23. Adaptive devices shall be provided for self help in eating as needed by residents.

Adopted: 2008 \_\_\_\_\_  
Facility Manager

Revised: 2010 \_\_\_\_\_  
Facility Manager

Revised: 2015 \_\_\_\_\_  
Chief Probation Officer

Revised: 2018 \_\_\_\_\_  
Facility Manager