

OREGON YOUTH AUTHORITY



Policy Statement Part II – Youth Services (Facilities)

Subject:

Youth Wellness

Section – Policy Number:

D: Health and Mental Health – 3.1

Supersedes:

II-D-3.1 (07/06)

Effective Date:

12/21/2012

Date of Last Review:

12/21/2016

Related Standards and References:

- [Nutrition Standards in the National School Lunch and School Breakfast Programs \(01/26/12\)](#)
- [Federal Public Law PL 108.265, section 204](#)
- [Child Nutrition Act \(42 U.S.C. §1779 Ch. 13A\)](#)
- [Richard B. Russell National School Lunch Act \(42 U.S.C. §1758\)](#)
- American Correctional Association, *Standards for Juvenile Correctional Facilities*; 4-JCF-5G-03 (Large-muscle Activity); 4-JCF-5G-04 (Recreation Schedules); 4-JCF-5G-05 (Indoor and Outdoor Activities); 4-JCF-4A-01 to 4-JCF-4A-05 (Food Service)
- National Commission on Correctional Healthcare, *Standards for Health Services in Juvenile Detention and Confinement Facilities* Y-47 (Diet)
- Performance-based Standards (PbS), *Juvenile Correction and Detention Facilities Programming*; Health and Mental Health Standard)
- [Oregon Local Wellness Policy; Child Nutrition Programs, ODE, October 2005](#)
- [School Nutrition Association \(SNA\); Local Wellness Policy Guidelines](#)
- Interagency Agreement between Oregon Youth Authority and Oregon Department of Education
- [OYA Policy](#): II-E-2.1 (Youth Recreational Activities)
II-D-3.0 (Facility Nutrition Services)

Related Procedures:

- None

Policy Owner:

Facility Services Assistant Director

Approved:

Fariborz Pakseresht , Director

I. PURPOSE:

The purpose of this policy is to encourage and support an environment that engages youth in striving to maintain lifelong wellness practices.

II. POLICY DEFINITIONS: None

III. POLICY:

OYA is committed to cultivating and supporting an environment that promotes youth health and wellbeing. Guiding youth to establish lifelong habits that promote good nutrition, exercise, and healthy choices sustaining a healthy lifestyle is an integral part of youth reformation.

OYA in conjunction with the Oregon Department of Education (ODE) and contracted providers will collaborate to implement the appropriate standards and practices of a sound wellness policy for youth. This includes the adoption of the guidelines set forth by ODE and the School Nutrition Association. These guidelines encompass the requirements articulated in federal law and state regulations.

OYA policy is comprised of the following six elements:

- Nutrition education;
- Nutrition guidelines;
- Physical activity;
- School meals;
- Development and implementation of a wellness policy; and
- Other school-based activities.

IV. GENERAL STANDARDS:

A. Nutrition Education

1. Nutrition education is valued and is integrated in educational curriculum, recreation and physical activities, living units, and nutrition services programs.
2. This standard is incorporated into interagency agreements between OYA and ODE.

B. Nutrition Guidelines

1. The superintendent/camp director must ensure nutritious foods are available as an affordable option whenever food is sold or served on OYA property.
2. Food and beverages sold or served on OYA grounds must be selected to enhance and ensure youth are offered a variety of healthy nutrient-loaded foods.
3. OYA controls the sale of Foods of Minimal Nutrition Value (FMNV) and all competitive foods within the facilities.
4. Budget neutrality or profit generation must not take precedence over the nutrition needs of youth.

- C. OYA encourages youth to make nutritious food choices.
1. All youth participate in the meal program prepared by Nutrition Services.
 2. Youth are encouraged to eat/try a variety of foods.
 3. Competitive foods are not offered during designated meal periods.
 4. Foods of Minimal Nutrition Value are not offered prior to or during designated meal periods.
- D. Physical Activity
1. Physical activity is valued and is part of OYA daily programming.
 - a) OYA policy II-E-2.1 (Youth Recreational Activities) mandates that youth are provided a daily minimum of one hour of large muscle group activity during the work week and two hours of large muscle group activity each day of the weekend.
 - b) Living unit activities and programs must support and promote varied opportunities for youth to exercise.
 2. Recreation staff (or designees) must test youth for physical fitness twice a year and record the youth's physical fitness levels.
 3. OYA uses the Council of Juvenile Correctional Administrators (CJCA) Performance-based Standards (PbS) reporting in assuring facilities maintain youth physical activity standards.
- E. School Meals
- All breakfast, lunch, and after school snacks/meals must comply with federal laws and USDA regulations and policies.
- F. Development and Implementation of the Youth Wellness Policy
1. Each facility superintendent/camp director must designate a person responsible for the operational implementation of this policy.
 2. Each facility must have a local Wellness Committee. The committee must be comprised of facility administration staff, non-management staff, teachers, and available medical, Treatment Services, and Nutrition Services staff.
 - a) The Wellness Committee must create a Wellness Plan for each school year. The plan must include nutritional standards and measurable wellness goals.
 - b) The local Wellness Plan must be reviewed annually as part of the USDA on-site review process.

- (1) Data will be collected from PbS, youth interviews, review of youth canteen purchases, and Nutrition Services' menus and records.
- (2) A plan for corrective action, if needed, will be recommended as a result of annual review process.

G. Other School-Based Activities

OYA encourages youth to engage in recreational activities that include large muscle exercise and promote good nutrition practices. These activities may include scheduled events during the evening, weekend, non-school days, and holidays.

V. LOCAL OPERATING PROTOCOL REQUIRED: NO