



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 (12/12)
II-D-3.1 (07/06)**

Effective Date:

12/21/2018

Date of Last Review/Revision:

12/21/2020

Related Standards and References:

- [Nutrition Standards in the National School Lunch and School Breakfast Programs \(01/26/12\)](#)
- [USDA Professional Standards for School Nutrition Programs Personnel](#)
- [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](#)
- [School Nutrition Association \(SNA\); Local Wellness Policy Guidelines](#)
- [Dietary Guidelines for Americans 2020-2025](#)
- [Smart Snacks information](#)
- 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:



 Joseph O'Leary , 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:

Smart Snacks: USDA-established practical, science-based nutrition standards for snack foods and beverages sold to children at school during the school day. The standards allow schools to offer healthier snack foods to children, while limiting junk food.

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.
3. All school nutrition managers and staff will meet or exceed annual continuing education and training requirements for the USDA Professional Standards for School Nutrition Programs Personnel.
4. All staff involved in serving meals to youth must complete annual training on Civil Rights, youth grievance processes, meal counting, food temperature documentation, and reimbursable meals.

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. Safe, unflavored drinking water must be available to all youth throughout the day in all locations.
 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 that do not meet Smart Snack standards are not offered 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 ensuring facilities maintain youth physical activity standards.
- E. School Meals
1. All breakfast, lunch, and after school snacks/meals must comply with federal laws and USDA regulations and policies.
 2. Dinner meals must be planned according to Dietary Guidelines for Americans 2015-2020.
- 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 Youth Wellness Committee. The committee must be comprised of facility administration staff, non-management staff, and Nutrition Services staff. Other staff are encouraged to participate, such as teachers, medical staff, and mental health staff.
 - a) The Youth Wellness Committee must create a Wellness Plan for each school year. The plan must include nutritional standards and measurable wellness goals.
 - (1) Standards and goals may be identified through youth groups, or individual living unit committees and interviews.
 - (2) Examples of nutritional standards and goals include improved vegetable consumption; increased physical activity; enhanced nutrition knowledge; herbs and spices substituting sodium and salt in food preparation; enhanced food presentation; and reduced consumption of food with minimal nutritional value (junk food).
 - (3) Activities to meet goals may include food preparation; recipe modification and testing; gardening from seed to table; contests; and hands-on food and nutrition education.
 - b) The Youth Wellness Committee must meet at least during May and November every year to evaluate performance and effectiveness of the wellness goals.
 - (1) Data will be collected from PbS, youth interviews, and Nutrition Services' menus and records during April and October of each year.
 - (2) A plan for corrective action, if needed, will be recommended as a result of the reviews.
 - (3) Designated facility staff must retain corrective action plans and reports on OYANet.
 - (4) The Food Service operations manager will gather necessary reports and corrective action plans from OYANet to provide School Nutrition Program administrative reviewers.
3. The Food Service operations manager must ensure information on the Youth Wellness Program is available on OYA's public website.

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