BALDWIN COUNTY JUVENILE DETENTION WELLNESS POLICY

WHEREAS, children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive;

WHEREAS, good health fosters student attendance and education;

WHEREAS, obesity rates have doubled in children and tripled in adolescents over the last two decades, and physical inactivity and excessive calorie intake are the predominant causes of obesity;

WHEREAS, heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States, and major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood;

WHEREAS, 33% of high school students do not participate in sufficient vigorous physical activity and 72% of high school students do not attend daily physical education classes;

WHEREAS, only 2% of children (2 to 19 years) eat a healthy diet consistent with recommendations of Choose My Plate initiatives;

WHEREAS, nationally the items most commonly sold from school vending machines, school stores, and snack bars include low-nutrition foods and beverages, such as soda, sports drinks, imitation fruit juices, chips, candy, cookies and snack cakes;

WHEREAS, school districts around the country are facing significant fiscal and scheduling constraints; and

WHEREAS, community participation is essential to the development and implementation of successful school wellness policies;

THEREFORE, the Baldwin County Juvenile Detention Center is providing an environment that promotes and protects children's health, well-being, and ability to learn by supporting healthy eating, and it is the policy of the Baldwin County Juvenile Detention Center that:

- The Programs will engage residents, food service professionals, health professionals reviewing nutrition policies.
- All residents in grades 6-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages served at programs will meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans.*
- Qualified child nutrition professionals will provide residents with access to a variety of nutritious and appealing foods that meet the health and nutrition needs of youth; will accommodate the religious, ethnic, and cultural diversity of the residents in meal planning and will provide clean, safe, and pleasant settings and adequate time for residents to eat.
- To the maximum extent practicable, program will participate in available federal school meal programs (including the School Breakfast Program, National School Lunch Program (including after school snacks).

- Programs will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity; and will establish linkages between health education and program meal programs with related community services.

TO ACHIEVE THE POLICY GOALS:

I. Nutritional Quality of Foods and Beverages Served in Programs

Program Meals

Meals served through the National School Lunch and Breakfast Programs will:

- Be appealing and attractive to residents;
- Be served in clean and pleasant settings;
- Meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
- Offer a variety of fruits and vegetables;
- Serve only low-fat (1%) and fat-free milk and nutritionally equivalent non-dairy alternatives (to be defined by USDA); and
- Ensue that half of the served grains are whole grain.

Breakfast. To ensure that all residents have breakfast in order to meet their nutritional needs and enhance their ability to learn:

- Programs will, to the extent possible, operate the School Breakfast Program.
- Programs will encourage parents and residents to continue providing a healthy breakfast for their children upon reunification at home.

Meal Times and Scheduling

- Will provide residents with at 15 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;
- Should schedule meal periods at appropriate times, *e.g.*, lunch should be scheduled between 11 a.m. and 1 p.m.
- Will provide residents access to hand washing or hand sanitizing before they eat meals or snacks; and
- Should take reasonable steps to accommodate the tooth-brushing regimens of residents at least 2 times per day.

Sharing of Foods and Beverages. It is prohibited for residents to share their food or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some resident's diets.

Beverages

- Allowed: water, fruit juices and fruit-based drinks that contain at least 50% fruit juice and that do not contain additional caloric sweeteners; unflavored low-fat or fat-free fluid milk and nutritionally equivalent nondairy beverages (to be defined by USDA);
- Not Allowed: soft drinks containing caloric sweeteners; sports drinks, iced teas, fruit-based drinks that contain less than 50% real fruit juice or that contain additional caloric sweeteners; beverages containing caffeine, excluding low-fat or fat-free chocolate milk (which contain trivial amounts of caffeine).

Foods

- Such items could include but are not limited to, fresh fruits and vegetables; 100% fruit juice, fruit-based drinks that are at least 50% fruit juice and that do not contain additional caloric sweeteners; cooked, dried or canned fruits (canned in juice or light syrup); and cooked, dried or canned vegetables (that meet above the fast and sodium guidelines).

Portion Sizes

- Limit portions size of food and beverages to those listed below:
    - One and one quarter ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit;
    - Once ounce for cookies
    - Two ounces for cereal bars, granola bars, pastries, muffins, doughnuts, bagels, and other bakery items;
    - Four fluid ounces for frozen desserts, including, but not limited to, low-fat or fat-free ice cream;
    - Eight ounces for non-frozen yogurt;
    - Twelve fluid ounces for beverages, excluding water.

Snacks. Snacks served to the residents will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. Programs will access if and when to offer snacks based on timing of Program meals, residents nutritional needs, ages, and other considerations.

Rewards. The program prohibits using foods or beverages, especially those that do not meet the nutrition standards for foods and beverages, as rewards for good behavior, and will not withhold food or beverages (including food served through Program meals) as a punishment.

II. Nutrition and Physical Activity Promotion and Food Marketing

Nutrition Education and Marketing. Baldwin County Juvenile Detention Center will teach, encourage and support healthy eating by residents. Program should provide nutrition education and engage in nutrition promotion that:

- Is offered as part of orientation and designed to provide residents with the knowledge and skills necessary to promote and protect their health;
- Is part of discussion at meal times, classes taught by medical personnel at the facility;
- Includes enjoyable, developmentally-appropriate, culturally-relevant, participatory, activities;
- Promotes fruits, vegetables, whole grain products, low fat and fat free dairy products, healthy food preparation methods and health enhancing nutrition practices;
- Emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);
- Includes training for teachers and other staff.

Integrating Physical Activity. For residents to receive the nationally recommended amount of daily physical activity (at least 60 minutes per day) and for the residents to fully embrace regular physical activity as a personal behavior, residents need opportunities for physical activity beyond physical education class. These opportunities include:

- Health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities, such as watching television.

Staff Wellness. Baldwin County highly values the health and well being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. Staff is expected to maintain the minimum physical standards and role model healthy choices for residents.

III. Physical Activity Opportunities and Physical Education

Daily Physical Education (P.E.). All residents in grades 6-12, including residents with disabilities, special health-care needs, and in alternative educational settings, will receive daily physical education (or its equivalent of 225 minutes/week for middle and high school students) for the resident's entire stay.

Physical Activity and Punishment. Program staff will not use physical activity (e.g.) running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.

IV. Monitoring and Policy Review

Monitoring. The Director or designee will ensure compliance with established nutrition and physical activity wellness policies. At each site, the Detention Coordinator will ensure compliance with those policies in his/her facility and will report on the on the compliance to the Director annually. Program

staff will ensure compliance with nutrition policies within the food service areas and will report on this matter to the Detention Coordinator.

Policy Review. To help with the development of wellness policies, each program will conduct an assessment of the Program's existing nutrition and physical activity environments and policies. The results of those will be reported in the Annual Services review for the Department of Youth Services.