

Chapter:	FOOD SERVICE	Statutes and Standards:	
Subject:	Wellness Policy	RCW	69.06
		ACA:	3-JDF-4A-01 to 09,12,13, 14; 3-JDF-2E-07,08; 3-JDF-5E-02, 03, 04
		NCCHC	Y-E-01 thru 06, Y-F-01 thru 03, Y-G-01
		WAC	337-065, 080, 090
		USC	Sect. 204 of Public Law 108-265—June 30. 2004

- I. **POLICY:** The Spokane County Juvenile Court recognizes that childhood obesity has reached epidemic levels in Washington and throughout the country. Overweight children are at a higher risk for developing severe long-term health problems. However, research indicates that obesity and subsequent diseases are largely preventable through proper diet and regular physical activity. The Spokane County Juvenile Court understands it has a responsibility to provide proper medical attention, mental health assessment, nutrition and physical activity to children in its care and therefore supports medical and mental health screening. The goal is to educate, promote and provide 1) a nutritious diet, and 2) physical activity to enhance the well being of their residents.
POLICY DEVELOPMENT/IMPLEMENTATION/REVIEW TEAM: The team consists of the Juvenile Court Business Manager, the Jail Food Service Manager, the Detention Services Unit Supervisor, Detention Nurse Manager, Detention School Principal and the Detention School Physical and Health Education Instructor. The team meets annually or as needed to address NSLP and wellness issues.
- II. **PROCEDURES:**
 - A. Provide medical and Mental health services to youth in custody (see Policies 12.6 and 12.9).
 - 1. All youth admitted to Detention will be screened at intake for medical and mental health needs according to a standardized screening tool.
 - 2. All youth identified with medical needs will be referred to the Detention medical personnel for a complete medical evaluation, follow-up care and education/consultation.
 - 3. All youth identified with mental health needs will be further evaluated by the Detention mental health professional for intervention services and transitional planning.
 - B. Provide youth with nutritious meals and snacks (see Policy 10.2).
 - 1. The food service program, juvenile staff, and school staff shall provide all youth with nutritious meals and snacks according to the nutritional standards required by state and federal guidelines.
 - 2. When practicable, the department shall use food commodities made available under the Federal Food Commodity Program school menus.
 - C. Provide youth opportunities for physical activity and developmentally appropriate exercise (see Policy 17.9).
 - 1. The Detention programming insures that physical fitness and/or outdoor activity is a part of the youth's daily regimen.
 - 2. Youth are given a minimum of one hour of physical activity every day
 - 3. Physical education is also part of the daily Detention programming.
 - D. Provide youth with accurate information/education related to these topics (see school curriculum).
 - 1. Youth who eat well balanced meals are more likely to be healthier and better apt to learn in the classroom.
 - 2. Nutrition information is integrated in health/science education and/or core curriculum.
 - 3. Promote nutrition awareness towards helping youth make healthy eating choices and foster lifelong healthy living habits.

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Revised Date: 2/6/12 RT	Approved By: Bonnie Bush	Effective Date: 3/1/12