

Calhoun County Youth Center Local Wellness Policy¹ (August 2023)

Preface

The Calhoun County Youth Center (CCYC) is committed to creating a healthy facility environment that enhances the development of lifelong wellness practices to promote healthy eating and physical activities that support resident achievement.

CCYC staff and Wellness Committee members will oversee the implementation of the Local Wellness Policy (LWP). The Wellness Committee will meet at least once a year and we will use the HSAT (Healthy School Action Tool²) to monitor the implementation of the LWP. The LWP will be able to be accessed on the Calhoun County Youth Center's website as well as a hard copy available at the Youth Center.

Nutrition Standards

The CCYC shall ensure that meals served for breakfast follow the School Breakfast Program Meal Pattern³, lunch meals follow the National School Lunch Program (NSLP) Meal Pattern⁴ and afternoon snack follow the School Nutrition Program's Afternoon Snack Program⁵. Staff shall be encouraged to be a role model for residents as well as encourage residents to make nutritious food choices throughout the day.

The CCYC shall monitor all food and beverages served to residents, including those available outside the federally regulated child nutrition programs.

Physical Activity Opportunities

The CCYC shall offer physical education opportunities that include the components of a quality physical education program.⁶ Physical education

¹ <https://www.fns.usda.gov/tn/local-school-wellness-policy>

² Healthy School Action Tool <https://mihealthtools.org/hsat/>

³ USDA Breakfast Meal Pattern <https://fns-prod.azureedge.us/sites/default/files/resource-files/school-breakfast-meal-pattern-charts-2022.pdf>

⁴ USDA National School Lunch Program Meal Pattern <https://fns-prod.azureedge.us/sites/default/files/resource-files/nslp-meal-pattern-chart-2022.pdf>

⁵ Michigan Department of Education Office of Health and Nutrition Services School Nutrition Programs Afterschool Snack Program - Meal Requirements https://www.michigan.gov/mde/-/media/Project/Websites/mde/Year/2018/04/18/Afterschool_Snack_Program_Requirements_42017_003.pdf

⁶ https://health.gov/sites/default/files/2019-09/Physical_Activity_Guidelines_2nd_edition.pdf

shall equip residents with the knowledge, skills, and values necessary for lifelong physical activity.

All residents shall have the opportunity to participate regularly in supervised organized physical activities, intended to maintain physical fitness and to understand the short and long-term benefits of a physically active and healthy lifestyle.

Implementation and Assessing

The Youth Center Director or Designee shall implement the LWP and assess how well it is being managed and enforced. The Youth Center Administrative Team shall develop and implement administrative rules consistent with this policy. Input from the Coordinated Facility Health Team shall be considered before implementing such rules.

Administrative Rules Regarding Calhoun County Youth Center Local Wellness Policy

To assist in the creation of a healthy facility environment, the Youth Center Director or Designee shall establish a Coordinated Facility Health Team⁷ (CFHT) that will provide an ongoing review and evaluation of the Calhoun County Youth Center Local Wellness Policy and these administrative rules.

The Director/Designee shall appoint a member of the administrative staff of the Youth Center to organize the CFHT and invite appropriate staff and stakeholders to become members of the Team. A Team may include representatives from the following areas:

- Administration
- Counseling/psychological/and social services
- Food services
- Health education
- Health services
- Physical education/activities
- Community representation such as the MSU Extension office

These rules are subject to ongoing administrative review and modification as necessary to help assure compliance with the purpose and intent of Calhoun County Youth Center Local Wellness Policy.

The designated official for oversight is: CCYC Director or Designee

⁷ [12- Forming a Coordinated Health Team 368756 7.pdf \(michigan.gov\)](#)

Nutrition

Nutrition Education

Nutrition education, a component of comprehensive health education, shall be offered every year to all residents of the facility. Nutrition education topics shall be integrated into the entire curriculum when appropriate.

The Facility shall implement a quality nutrition education program that addresses the following:

Curriculum:

- Has a curriculum aligned with the *Michigan Health Education Content Standards and Benchmarks*.
- Equips students to acquire the knowledge and skills needed to engage in sound nutrition behavior.

Instruction and Assessment:

- Aligns curriculum, instruction, and assessment.
- Builds residents' confidence and competence in making healthy nutrition choices.
- Engages residents in learning that prepares them to choose a healthy diet.
- Includes residents of all abilities.
- Provide Food Handlers Training to residents to equip them for marketable skills with food service industry

Opportunity to Learn:

- Includes residents of all abilities.
- Provides adequate instructional time to build residents' confidence and competence in health-enhancing skills.

GOAL: MSU Extension staff will facilitate a group on Nutrition to all residents within the facility. This will be a 6 week group (one hour a week) that teaches residents proper nutrition, reading food labels, proper eating and is in line with School Nutrition Programs. After the 6 week group, there will be a few week break for new residents to enter the program and then the group will reconvene for another 6 weeks.

Nutrition Promotion

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages

and by creating food environments that encourage healthy nutrition choices and participation in school meal programs. The CCYC staff will be encouraged to model healthy eating habits as well as the CCYC will provide and promote healthy food and beverage choices in the CCYC store.

GOAL: Foods and beverages that are promoted to residents throughout the school day will meet or exceed the USDA Smart Snacks in School nutrition standard

Standards and Nutrition Guidelines for all Foods and Beverages

The CCYC shall offer school meal programs with menus meeting the meal patterns and nutrition standards established by the United States Department of Agriculture (USDA). The CCYC shall encourage residents to make food choices based on the most current Dietary Guidelines for Americans. Food and beverages that compete with the CCYC's policy of promoting a healthy facility environment shall be discouraged.

CCYC complies with the Healthy, Hunger-Free Kids Act of 2010 & USDA's Smart Snacks in Schools.

The CCYC shall offer and promote the following food and beverages in all venues outside federally regulated child nutrition programs:

- Whole and enriched grain products that are high in fiber, low in added fats and sugars, and served in appropriate portion sizes consistent with the current USDA standards.
- Fresh, frozen, canned or dried fruits and vegetables using healthy food preparation techniques, and 100 percent fruit or vegetable juice in 12-ounce servings or less.
- Nonfat, low-fat, plain and/or flavored milk and yogurt, nonfat and/or low-fat real cheese, rather than imitation cheese. Offer the following serving sizes: yogurt in eight-ounce servings or less, milk in 16-ounce servings or less, cheese in 1.5-ounce (two ounce, if processed cheese) servings or less.
- Nuts, nut butters, seeds, trail mix, and/or soybean snacks in one ounce portions or less; portions of three ounces or less of cooked lean meat, poultry, or fish using healthy food preparation techniques.

- Accompaniments (sauces, dressings, and dips), if offered, in two ounce servings or less.⁸
- The CCYC will adhere to the most up to date calorie, sodium and fat limits set forth by the USDA.

The CCYC shall monitor food service distributors and snack vendors to ensure that they provide predominantly healthy food and beverage choices that comply with this policy's purpose in all venues.

The CCYC shall provide Food Handlers training to residents to equip them for marketable skills with the food service industry.

The CCYC shall encourage serving healthy food at school parties.

Physical Activity Opportunities

The CCYC should offer daily opportunities for structured physical activity, for all residents. The CCYC shall provide proper equipment and a safe area designated for physical activity. In addition, outdoor recreation shall be offered when the safety and security of resident and staff can be ensured – year round (weather permitting). Sun safety shall be practiced through providing sunscreen to the residents when outdoors.

GOAL: Residents shall have the opportunity to participate daily in supervised physical activities that promote cooperation, teamwork and participation. These activities will vary daily/weekly so all residents with different abilities have a chance to participate equally.

Other School-Based Activities Designed to Promote Resident Wellness

The CCYC shall strive to create a healthy school environment that promotes healthy eating and physical activity.⁹ In order to create this environment, the following activities shall be implemented:

Dining Environment

- A clean, safe, enjoyable meal environment for residents,
- Enough space and serving areas to ensure all residents have access to meals with minimum wait time, and

⁸ Michigan State Board Of Education Policy On Offering Healthy Food And Beverages In Venues Outside Of The Federally Regulated Child Nutrition Programs, December 2003.

http://www.michigan.gov/documents/Healthy_Foods_AttchmtA_12_9_83141_7.pdf

⁹ CDC Healthy Schools – School Health Guidelines [School Health Guidelines | Healthy Schools | CDC](https://www.cdc.gov/schoolhealth/)

- Ensure water is available so that residents can get water at meals and throughout the day.

Time to Eat

- Adequate time for residents to enjoy eating healthy foods, and
- That lunch time is scheduled as near to the middle of the day as possible.

Physical Activity

- Not deny resident physical activities as a form of discipline,
- Not use physical activity as a punishment, and
- Encourage using physical activity as a reward.

Consistent Facility Activities and Environment

- Provide opportunities for on-going professional training and development for all staff and teachers in the areas of nutrition and physical education/activities,
- Encourage parents/guardians, teachers, facility administrators, residents, and foodservice personnel to serve as role models in practicing healthy eating and being physically active, both in the facility and at home,
- Encourage and provide opportunities for residents to practice healthy eating and serve as role models in facility dining areas, and
- Implement garden project on an annual basis - including resident involvement in the planting, maintenance and harvesting of the produce.

Health Screening

- Provide access to primary care,
- Implement measures to prevent and control communicable diseases (flu, TB, HIV), and
- Create opportunities for promoting and maintaining health.

Social Services

- Have staff provide emotional, rational behavior therapy on a daily basis, and
- Provide anger management, social skills and moral decision making training.

Substance Abuse

- Provide substance abuse counseling as a group and on an individual basis by professional contracted staff.

GOAL: Residents shall receive weekly at least a 45 minute group dealing with substance abuse education by a professional substance abuse counselor with an opportunity to meet individually with that counselor.

GOAL: Residents shall have enough time to complete their meal at each designated mealtime and given the opportunity to brush their teeth after each meal.

GOAL: Encourage staff to participate in the county wide wellness program.

Implementation, Assessment, Documentation and Updates

Implementation

The CCYC will develop and maintain a plan to manage and coordinate the implementation of this wellness policy. All employees of the CCYC are encouraged to be a positive healthy lifestyle role model for residents by following, at a minimum, these administrative rules. Residents can learn healthy lifestyle habits by observing the food and physical activity patterns of CCYC personnel and other adults who serve as role models in their lives. In order to send consistent messages to residents, all adults in the CCYC are encouraged to make healthy food choices and engage in physical activity. The CCYC shall work through its Coordinated Facility Health Team to find cost effective ways to encourage staff wellness.

(Employees choosing to violate or ignore these rules will be subject to possible disciplinary action as determined by the CCYC Director in accordance with applicable collective bargaining agreements.)

Triennial Assessment

The CCYC will assess the wellness policy every three years, at a minimum. The assessment will determine:

- Compliance with the LWP,
- How the wellness policy compares to model wellness policies, and
- Progress made in attaining the goals of the wellness policy.

The person responsible for the Triennial Assessment is: CCYC Director or Designee

Documentation

The CCYC shall retain records to document compliance with the wellness policy requirements. Documents retained will include:

- A copy of the wellness policy,
- Web address of the current wellness policy,
- Documentation on how the policy and assessments are made available to the public,
- The most recent assessment of implementation of the policy, and
- Documentation of efforts to review and update the policy including who was involved in the process, their position, and how others were made aware of their ability to participate.

**The LWP can be found on the Calhoun County Website:
<https://www.calhouncountymi.gov/departments/youth-center>**

Required documentation will be maintained in the Food Service Director's or Project Leader's Office

Updates to the LWP

The CCYC will update or modify the LWP as appropriate based on:

- The results of the HSAT and Triennial Assessments,
- As CCYC priorities change,
- Wellness goals are met,
- New health science, information and technology emerges, and
- As new federal or state guidance or standards are issued.

The LWP will be updated at least every three years following the Triennial Assessment.

Public Updates

The CCYC will inform the public annually about the LWP via the Calhoun County website including posting the Triennial Assessment on the Calhoun County Website once completed.

Civil Rights Statement

The following civil rights statement will be used on program materials:

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/ad-3027.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1. **mail:**
U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or
2. **fax:**
(833) 256-1665 or (202) 690-7442; or
3. **email:**
Program.Intake@usda.gov

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