

**UTAH DIVISION OF JUVENILE JUSTICE SERVICES**

**Juvenile Wellness Progress Report1**

<b>Assistant Program Director</b>	Trent Clements	
<b>Facility Name</b>	Decker Lake Youth Center	
<b>Facility Wellness Policy Committee</b>		
<b>Wellness Policy Website<sup>2</sup></b>	http://www.hspolicy.utah.gov/jjs	
<b>Juvenile Justice Services Food Services Coordinator</b>	Kainoa Willing (801) 538-4366 kwilling@utah.gov	
<b>How is your facility meeting the wellness policy goals? Is there anything special your facility is doing?</b>		
Follow nutrition guidelines. Using vegetables from our garden. Started a greenhouse Exercise program		
<b>How has your facility encouraged juveniles to engage in recreation activities that include physical activity and promote good nutrition practices?</b>		
Yes		
<b>What is your facility doing for local wellness policies events or activities?</b>		
<b>Is the public involved? How?</b>		
No		
<b>NUTRITION EDUCATION:</b>  <b>Are there areas in which you are doing something special? (Please check all that apply)</b>	Focus on changing behavior rather than learning general facts about nutrition?	✓
	Teaching how to read labels, plan meals, & calculate daily nutrients?	✓
	Employ active learning or experiential strategies?	
	Teaching how to assess and manage personal eating habits?	
	Devoting adequate time & intensity to on focus behaviors & skill building?	
	Using cafeteria or eating areas to support nutrition education through healthy menu options, wall posters and discussion about the importance of healthy meals?	✓
	Promoting fruits, vegetables, whole grain products, low-fat and fat free dairy products, healthy food prep methods, and health enhancing practices?	✓

1 Assistant Program Directors please complete this form in its entirety and return to JJS Food Services Coordinator no later than January 31 of each calendar year.

2 The Wellness Policy is available to the public via the DHS/DJJS Policy website or by contacting the JJS Food Service Coordinator.

<b>NUTRITIONAL GUIDELINES:</b>  <b>Are there areas in which you are doing something special? (Please check all that apply)</b>	Is your facility serving meals and snacks to juveniles in accordance with USDA requirements & Division policy 01-12 Juvenile Food Services?	✓
	Your facility <b>has not</b> used food or beverages as a reward for juveniles <b>during the school day</b> ?	✓
	Your facility <b>has not</b> withheld food or beverages as punishment for juveniles <b>at any time</b> ?	✓
	Marketing is only for fruits, vegetables, and low-fat or non-fat milk?	
<b>PHYSICAL EDUCATION &amp; ACTIVITY:</b>  <b>Are there areas in which you are doing something special? (Please check all that apply)</b>	Improving overall health and well-being?	✓
	Encouraging a personal commitment by juveniles to adopt healthy activities as a permanent lifestyle?	✓
	Helping to reduce stress and improve physical and mental functioning?	✓
	Preventing chronic health problems later in life?	✓
	Improving emotional self-regulation?	✓
	Improving productivity in school and in the community?	✓
	Transforming the brain for peak performance and spark new brain-cell growth?	✓
	Ensuring physical education courses provide an environment where juveniles learn, practice, and are assessed on developmentally appropriate motor skills, social skills and knowledge?	✓
	Providing, through physical education, safe and satisfying physical activity for all juveniles, including those with special needs?	✓
Providing adequate and appropriate equipment to be available for all juveniles to participate in physical education/activity?	✓	
<b>EXERCISE FUNDAMENTALS:</b>  <b>Are there areas in which you are doing something special? (Please check all that apply)</b>	Using evidence based program for physical education to physically transform an individual's brain for peak performance, reduction of anxiety and depression, improving learning capacity?	✓
	Physical exercise sessions 3 to 5 days per week for a minimum of 45 minutes?	✓
	Target heart rate achieved for 30 minutes?	✓
	Keeping the program fresh and challenging by varying the mode of training?	✓
	Exercise program includes stretching, aerobic exercise, and muscular resistance exercise?	✓
	Encouraging healthy nutrition, proper hydration, and adequate sleep?	✓
	Offering exercise logs for juveniles to monitor their progress if they choose?	✓
	Supporting and encouraging juveniles to facilitate ongoing interest?	✓
	Your facility <b>has not</b> allowed exercise that is overly intense, beyond the abilities and needs of the juvenile?	✓
	Your facility <b>has not</b> used exercise as a form of punishment?	✓