

## UTAH DIVISION OF JUVENILE JUSTICE SERVICES

### Juvenile Wellness Progress Report<sup>1</sup>

<b>Assistant Program Director</b>	Jill McKinlay
<b>Facility Name</b>	Southwest Utah Youth Center
<b>Facility Wellness Policy Committee</b>	
<b>Wellness Policy Website<sup>2</sup></b>	<a href="http://www.hspolicy.utah.gov/jjs">http://www.hspolicy.utah.gov/jjs</a>
<b>Juvenile Justice Services Food Services Coordinator</b>	Kainoa Willing (801) 538-4366 kwilling@utah.gov

**How is your facility meeting the wellness policy goals? Is there anything special your facility is doing?**

SEE ATTACHED

**How has your facility encouraged juveniles to engage in recreation activities that include physical activity and promote good nutrition practices?**

SEE ATTACHED

**What is your facility doing for local wellness policies events or activities?**

SEE ATTACHED

**Is the public involved? How?**

SEE ATTACHED

**NUTRITION EDUCATION:**

**Are there areas in which you are doing something special? (Please check all that apply)**

Focus on changing behavior rather than learning general facts about nutrition?	X
Teaching how to read labels, plan meals, & calculate daily nutrients?	
Employ active learning or experiential strategies?	X
Teaching how to assess and manage personal eating habits?	
Devoting adequate time & intensity to on focus behaviors & skill building?	X
Using cafeteria or eating areas to support nutrition education through healthy menu options, wall posters and discussion about the importance of healthy meals?	X
Promoting fruits, vegetables, whole grain products, low-fat and fat free dairy products, healthy food prep methods, and health enhancing practices?	X

<sup>1</sup> 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.

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

How is your facility meeting the wellness policy goals? Is there anything special your facility is doing?

As a facility we utilize the Spark program to help engage youth in physical education as we devote time to focus on behaviors and skill building. We actively engage the youth in the educational process by having them participate physically and mentally in each skill so their learning is expanded. We adhere to the national standards for nutrition with each meal the youth partake. Offering healthy options that promote fruits, vegetables, low-fat and fat-free dairy products, and whole grains. Discussions about the importance of healthy eating habits among staff and youth is encouraged and often occurs during meals.

How has your facility encouraged juveniles to engage in recreational activities that include physical activity and promote good nutrition practices?

Diversity in recreational activities is a large contributing factor to how we encourage our youth. As a facility we make it a priority to offer a variety of different options of physical activity such as basketball, softball, football, pickle ball, volleyball, playground games, running, obstacle courses, stationary bikes, elliptical, dodgeball, kick ball and many more. We emphasize with the youth that physical activity not only helps make you stronger and healthier but that it can also relieve stress and be exceedingly enjoyable. We encourage youth to see the value in working together as team toward a common goal as we apply those teachings to their lives. This helps the youth gain a better understanding of the importance of good nutritional practices and how to apply it to their lives.

What is your facility doing for local wellness policies events or activities?

One of the best activities that our facility participate in is the inter-facility competitive sports program. Our youth get the amazing opportunity to compete in football, basketball, volleyball and table tennis with other facilities around the state. This activity really engages the youth in active learning both prior to and during the event. The youth valiantly practice strategy and skill building in the weeks leading up to the competition. At the game they are able to see their hard work pay off and feel such satisfaction and accomplishment. Through the competitive sports program the youth begin to understand the benefits of an active life and continues them on a path of health and wellness.

Is the public involved? How?

We are extremely fortunate to have an incredibly generous community that volunteers their time regularly. Our transition specialist often coordinates with volunteers to come in and teach classes on self-reliance, social skills, educational opportunities, and various other activities.