

UTAH DIVISION OF JUVENILE JUSTICE SERVICES

Juvenile Wellness Progress Report¹

Assistant Program Director	Stephanie Sinju	
Facility Name	Wasatch Youth Center	
Facility Wellness Policy Committee		
Wellness Policy Website²	http://www.hspolicy.utah.gov/jjs	
Juvenile Justice Services Food Services Coordinator	Kainoa Willing (801) 538-4366 kwilling@utah.gov	
<p>How is your facility meeting the wellness policy goals? Is there anything special your facility is doing?</p> <p>SPARK P.E. – we reinforce to youth the benefits of physical exercise on the brain and body Daily snack prep – youth help with this, and taught about healthy eating during this time Food is never taken away as punishment. Food is not used as a reward during school hours.</p>		
<p>How has your facility encouraged juveniles to engage in recreation activities that include physical activity and promote good nutrition practices?</p> <p>Youth in one of our units did not like traditional sports, however we found they loved Wii fit. We put this in their unit to encourage their exercise</p>		
<p>What is your facility doing for local wellness policies events or activities?</p> <p>We recently starting doing a physical fitness exam, with routine check in's. This seems to motivate some youth to improve.</p>		
<p>Is the public involved? How?</p> <p>Teachers, medical staff, JJS counselors, and youth are encouraged to be active in making suggestions about our health. The nurse does talk about health and nutrition with all youth</p>		
<p>NUTRITION EDUCATION:</p> <p>Are there areas in which you are doing something special? (Please check all that apply)</p>	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	

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.

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

	Supporting and encouraging juveniles to facilitate ongoing interest?	X
	Your facility has not allowed exercise that is overly intense, beyond the abilities and needs of the juvenile?	X
	Your facility has not used exercise as a form of punishment?	X