

UTAH DIVISION OF JUVENILE JUSTICE SERVICES

Juvenile Wellness Progress Report¹

Assistant Program Director	Tracy Hart
Facility Name	Weber Valley Detention Center (WVDC)
Facility Wellness Policy Committee	Kingi Tonga, Dusty “Shay” Hansen, Mike Van Fleet, Elena Jimenez, Cole Carpenter, Danielle Gill
Wellness Policy Website²	http://www.hspolicy.utah.gov/jjs
Juvenile Justice Services Food Services Coordinator	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?

WVDC partners with Utah State University Extension “Food Sense” Program. USU runs monthly nutrition education and menu planning groups for youth at WVDC. The Food Sense educator provides youth with information on nutrition and the importance of eating a balanced diet. They prepare a healthy meal with the youth in residence and provide the youth with take home menus for simple meals they can prepare at home when they leave detention. WVDC follows nutritional guidelines and provide meals in accordance to USDA requirements. The weekly menu is posted on the food service cart and is visible to youth and staff. It specifies the meal and portion sizes. The reimbursable meal posters are posted in close proximity to the meal service station and are visible to youth and staff. WVDC provides physical education for youth daily. The SPARK Program is being utilized, which incorporates overall health and wellness education in addition to physical activities. WVDC has focused on Health 15 as the Facility Improvement Plan (FIP) for PbS over the next six months. This FIP’s focus is Juvenile Wellness with particular emphasis on exercise and nutrition.

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

WVDC utilizes the SPARK Program to promote exercise activities that engage and motivate youth to participate in physical exercise. SPARK is an evidence based program that teaches basic skills transferrable to a myriad of social areas. SPARK is an all-inclusive program regardless of athletic ability. WVDC is running the SPARK Program several times each week and is incorporated into facility programming. WVDC programming incorporates other physical activities, such as volleyball, basketball, soccer, etc. WVDC has selected Health 15 as the Facility Improvement Plan over the next six months. The focus will be to ensure youth are actively engaged in physical activities each day and receiving education on health and wellness throughout their stay. WVDC will provide an exercise log for youth to track their progress and potentially earn school credit.

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

WVDC has the Utah State University Extension running monthly “Food Sense” educational groups where youth are able to participate in preparing the planned menu and are educated on the importance of nutrition with take home menus provided by the USU educator. WVDC volunteers provide activities and events that promote healthy eating and wellness. Volunteers have also provided groups for youth, such as animal therapy, cooking classes, and worship services to promote mental, emotional and spiritual wellbeing.

Is the public involved? How?

WVDC volunteers provide activities and events for youth in residence throughout the year. Utah State Extension is providing a monthly “Food Sense” nutrition education and menu planning group. Volunteers conduct worship services several times each week to promote spiritual wellbeing.

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?	X
	Employ active learning or experiential strategies?	X
	Teaching how to assess and manage personal eating habits?	X
	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

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.

NUTRITIONAL GUIDELINES: Are there areas in which you are doing something special? (Please check all that apply)	Is your facility serving meals and snacks to juveniles in accordance with USDA requirements & Division policy 01-12 Juvenile Food Services?	X
	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: Are there areas in which you are doing something special? (Please check all that apply)	Improving overall health and well-being?	X
	Encouraging a personal commitment by juveniles to adopt healthy activities as a permanent lifestyle?	X
	Helping to reduce stress and improve physical and mental functioning?	X
	Preventing chronic health problems later in life?	X
	Improving emotional self-regulation?	X
	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: Are there areas in which you are doing something special? (Please check all that apply)	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
	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