

HEALTH/WELLNESS POLICY

Date Adopted:	12/2006
Date Modified/Approved:	6/2/2014; 4/20/2023; 5/9/2023; 10/2024, 9/2025, 8/2026
Board Approval Required:	No
Programs Affected:	Residential Treatment, Group Care
Reference:	67:42:07:13 MN 2960.0110, subpart 3, A MN 2960.0080, subpart 10 RTX 10.04, RTX 18.01

Introduction

Living a healthy lifestyle and maintaining a healthy weight requires reliable access to healthy food and physical activity options, knowledge of nutrition, and appropriate amounts of physical activity. A coordinated effort of residential leadership, food service professionals, nursing, therapists, residential counselors and workers, residents, and stakeholders outside our programs are needed to improve the long-term health and well-being of our residents.

In the Child Nutrition and WIC Reauthorization Act of 2004, PL 108-265, the U.S. Congress established a new requirement for all local agencies including public and nonpublic, as well as Residential Child Care Institutions, with a federally funded National School Lunch program. The local agencies were required to develop and implement wellness policies that address nutrition and physical activity by the start of the 2006-07 school year. The Healthy Hunger Free Kids Act of 2010 strengthens the nutrition and physical activity requirements for school wellness policies and includes goals for nutrition promotion, while still permitting local flexibility so agencies can tailor policies to their particular needs.

In response to the 2004 requirement, Lutheran Social Services (LSS) adopted a Health/Wellness Policy for its residential programs in 2006 and modified it in 2010. In 2013, LSS formed a wellness committee to address changes and requirements of the Healthy Hunger Free Kids Act of 2010. Following making changes to the current Health/Wellness Policy, the wellness committee's role will change from an advisory role to monitoring implementation and measuring outcomes.

Rationale

Supporting the 2011 United States Department of Agriculture (USDA) Nutrition Standards is important for resident health and academic success (USDA Website: 2010 Dietary Guidelines for Americans.) Studies show that students who eat breakfast have better nutrition, fewer sick days, fewer disruptive behaviors, and better school performance. Also residents with increased consumption of fruits and vegetables and lower caloric intake levels of fats were significantly less likely to fail the literacy assessment test (SOURCE: A Recipe for Academic Success brochure).

A healthy environment goes beyond meals in the cafeteria. Nutrition education and physical activity should be incorporated into the resident's day as often as possible. Studies have shown that physical activity can enhance cognitive functioning and academic achievement. (*American Journal of Public Health, 100(4), 646-653*) The increasing rate of overweight and obesity among youth continues to jeopardize the future health and productivity of our children. This generation of children may live shorter lives than their parents. During the last three decades, the prevalence of obesity has tripled among persons aged 6-19 years. Multiple chronic disease risk

factors, such as high blood pressure, high cholesterol level, and high glucose levels are related to obesity. Residential programs have a responsibility to help residents maintain a healthy Body Mass Index (BMI) and promote physical activity and healthy eating through policies, practices and supportive environments.

Wellness Committee

LSS's residential program as a whole must convene a wellness committee to develop, implement, assess and review its wellness policy. The most effective wellness policy is one that utilizes input from residential leadership, residential staff, food service professionals, residents, and parents. The committee must include the following representation:

- 1) Residential Director and/or Associate Director
- 2) Food Service Coordinator
- 3) Residential Child Care Professional
- 4) School Staff Member
- 5) Resident
- 6) Parent
- 7) Food Service Staff and/or Dietician (for Summit Oaks this includes the contracted food service provider)

Implementation of Wellness Policy

Our agency is required to inform (e.g. newsletters, social and mass media, school conferences, resident's quarterlies and agency web site) and update the public (including parents/guardians, workers, residents and staff) about the content and implementation of the Wellness Policy. ***The Wellness Policy should be reviewed, updated, and reported once annually at a minimum and comprehensively evaluated every three years. LSS uses the yearly distribution of policy handbooks to clients, families, residential staff, teachers and stakeholders to notify of wellness policy updates.***

Notification – other possible channels include, but are not limited to:

- 1) Newsletter (printed or electronic)
- 2) Social Media (Facebook, Twitter, website, etc.)
- 3) Events (quarterlies, visits)
- 4) Email
- 5) Year-end reports

Content for Notification

- 1) Overview of wellness policy
- 2) Purpose
- 3) Relevance for our residential programs
- 4) List of residential program wellness committee members
- 5) Role of member on the council
- 6) List effects of residential wellness policy on residents
- 7) Where to go for questions and resources
- 8) What is being done
- 9) What will be done
- 10) Where to find actual policy
- 11) Inform programs of requirements for complying with the 2010 Healthy Hungry Free Kids Act

Implementation and Designees

Each center is required to designate one or more officials, as appropriate, to insure each center complies with the agency's wellness policy. (See Chart)

Implementation at each center must address the following four components:

- 1) Nutrition Education and Promotion
- 2) Physical Activity, Physical Education and Promotion
- 3) Nutrition Standards
- 4) Other Residential Program Activities

Each center should develop an action plan for implementation of the wellness policy.

Stakeholders: residents, staff, parent/guardians, and general public (board members)	
Summit Oaks Center	Canyon Hills Center
1) Nutrition Education & Promotion	1) Nutrition Education & Promotion
2) Physical Activity Education & Promotion	2) Physical Activity Education & Promotion
3) Nutrition Standards	3) Nutrition Standards
4) Other Residential Activities	4) Other Residential Activities

Nutrition Education and Promotion Component

The primary goal of nutrition education and nutrition promotion is to influence residents' lifelong eating behaviors. Nutrition education will be offered as part of sequential, comprehensive, standards-based program designed to provide residents with the knowledge and skills necessary to promote their health. Nutrition promotions are messages targeted to a specific audience to inspire/motivate them to take action. Nutrition education and nutrition promotions will be incorporated into the school day as often as possible.

- 1) The Center will provide training for staff and residents in nutrition and physical education. Staff trainings will be documented in their personnel file. Resident trainings will be documented in group notes.
- 2) Staff will be encouraged to participate in the agency's Wellness Program.
- 3) A daily nutrition group will be held before/during/or directly after the after school snack.
- 4) Nutrition education and nutrition promotion provide consistent scientifically-based nutrition messages throughout the residential units and the cafeteria.
- 5) Nutrition education will incorporate math, science, language arts, and social studies.
- 6) Nutrition education and nutrition promotion provide enjoyable, developmentally appropriate, culturally relevant, and participatory activities (e.g. contests, promotions, taste testing, farm visits, residential gardens, holiday menus reflecting holiday cultural history).
- 7) Nutrition promotion creates environments (residential units, cafeteria, vending machines, etc.) that inspire healthy nutrition choices.
- 8) Nutrition promotion includes an action plan that identifies observable and measurable goals for nutrition promotion.
- 9) Nutrition promotion encourages staff to be role models for health and to exhibit a positive outlook toward healthy behaviors.

Physical Activity, Education, and Promotion Component

The primary goal for the physical activity component is to provide opportunities for every resident to develop the knowledge and skills for specific physical activities, maintain physical fitness, regularly participate in physical activity, reduce sedentary time, and provide health education in order to instill an understanding of the short and long-term benefits of a physically active and healthful lifestyle.

- 1) A medical professional will sign off on activities a resident is able/not able to perform and the orders will be communicated to staff.
- 2) All residents will receive daily physical education (or its equivalent of 225 minutes per week for the entire year and at least 50% of daily activity should be moderate to vigorous physical activity).
- 3) Centers will offer activities that meet the needs, interests, and abilities of all residents.
- 4) Centers will offer extracurricular physical activities on and off campus.
- 5) Recreational activities will be developed and implemented daily, and displayed on a monthly calendar.
- 6) Recreational activities will be developed by the designated residential staff with input from the residents.
- 7) Residents will be individually assessed and asked to develop a plan, with staff assistance, to become more physically fit.
- 8) Extended periods of inactivity, two hours or more, are discouraged. Residents will be given periodic breaks when they are inactive for longer than two hours and will be encouraged to stand and be moderately active (e.g. stretch, run in place, jumping jacks, touch their toes, etc.).

Consequences Withholding or Punishing

- 1) Food will not be withheld from residents as a consequence for inappropriate behavior or academic performance as outlined in the Center's disciplinary policy.
- 2) Withholding meal time will not be used as a punishment.
- 3) Residents will not be denied their rights as described in the Resident's Handbook.

Use of School Facilities Outside of School Hours

- 1) School and Center spaces and facilities will be available to students, staff and outside parties as per policy. Food preparation areas are not available to outside parties.
- 2) Center policies concerning safety will apply at all times.

Other Center-Based Activities Component

Centers will create an environment that provides and demonstrates consistent wellness messages, is conducive to healthy eating and physical activity; and contributes to forming healthy life long habits for residents and staff.

Employee Wellness

- 1) LSS's residential wellness policy provides staff opportunities to participate in physical activities and healthy eating programs.
- 2) Residential staff will serve as role models and will practice healthy eating, physical activity, and other activities that support staff and student wellness.

Professional Development

- 1) Centers will provide professional development regarding the impact of nutrition and physical activity on academic performance to foodservice professionals, residential staff, administrators, and clinical therapist when available.
- 2) Centers will provide ongoing content specific professional development and education for foodservice professionals, residential staff, administrators, and clinical therapist when available.

Eating Environment

- 1) Residents and staff will have adequate space to eat meals in clean, safe, pleasant surroundings. Residents will have adequate time (15 minutes for breakfast, 20 minutes for lunch once seated) to eat, relax, and socialize during the midday.
- 2) Convenient access to facilities for hand washing and oral hygiene will be available before and after all meal periods.

Convenient and Safe Drinking Water

- 1) Centers will promote drinking water availability as an essential component of resident wellness by improving access to free, safe drinking water in varied locations and encouraging resident consumption of water throughout the day.

Rewards, Incentives, and Consequences

- 1) Rewards and incentives will be given careful consideration as to the messages they send to the residents receiving them. Food will not be used as a reward or incentive in the Centers, but other more appropriate rewards may be used (e.g. extra free time, physical activity opportunity, bookmarks, etc.)

Vending Machines/Canteen Services

- 1) The Center may provide vending machine/canteen services with healthy choices.
- 2) No vending/canteen services will be available one hour before and one hour after meals.

Special Events/Visitors

- 1) Beginning January 1, 2014, special events such as a resident's birthday will be celebrated during the supper/evening meal time. The menu for that meal time will be adjusted to include a birthday cake for the resident celebrating a birthday and will be shared with his/her peers from the resident's unit.
- 2) Beginning January 1, 2014, visitors will not be allowed to bring in food from outside of our building to our residents.

Nutrition Standards Component

Residents' life-long eating habits are greatly influenced by the types of foods and beverages available to them. Foods of good nutritional content including fruits, vegetables, low-fat dairy foods, lean meat, whole grain products, and plain water will be available.

School Meal Program

- 1) The Center's foodservice program will operate in accordance with the Healthy Hunger Free Kids Act of 2010 and within applicable laws and regulations of the state of South Dakota.
- 2) Centers will comply with all USDA regulations and state policies.
- 3) Centers will offer varied and nutritious food choices that are consistent with the Dietary Guidelines for Americans. For the purpose of this policy, "Dietary Guidelines for Americans" refers to the current set of recommendations of the federal government that are designed to help people choose diets that will meet the current recommended nutrient requirements, promote health, support active lives, and reduce chronic disease risks.
- 4) Menus will be planned in accordance with the Healthy Hunger Free Kids Act of 2010.
- 5) The Center will provide healthy snacks as a part of the after-school snack and evening activities.
- 6) Students with special dietary needs (e.g. diabetes, celiac sprue, allergies) will be accommodated as required by the USDA.

- a. Special dietary needs identified during the admission such as diabetes, allergies, obesity or extreme weight gain or loss as a result of a psychiatric disorder or from the medication used to treat the disorder, will be made part of the initial treatment plan.
- b. Special dietary needs identified during the assessment process or through the course of work with the student will be brought to the weekly treatment team meeting. The treatment team will discuss and refer to a physician. The physician could order a consultation with a dietitian. After receiving the recommendation from the dietitian or physician, the physician and/or psychiatrist would sign off on the appropriate Special Diet form. The therapist will add an intervention under the appropriate objective on the student's treatment plan.
- c. The director/nurse will immediately give the food service supervisor a copy of the Special Diet form and notify kitchen staff of the student's special needs diet.
- d. The nurse is responsible to set up and monitor documentation procedures.
- e. The clinical therapist is responsible to report progress on the intervention in the student's monthly and quarterly reports.

Snacks

Snacks will meet the Standards for Food and Beverages set forth in this document and/or that follows the Department of Health Munch Code.

- 1) Healthy snacks will include fresh, dried, or canned fruits (in water, 100% juice or light syrup if a water or juice option is not available); vegetables; 1% or skim milk; and whole grains meeting the Standards for Food and Beverages.

Beverages

- 1) Provide 100% full strength fruit and vegetable juices with no sweeteners or non-nutritive sweeteners (limited to 4 oz. portions).
- 2) Provide water (non-flavored, non-sweetened, non-carbonated, non-caffeinated, and without non-nutritive sweeteners).
- 3) Provide 1% or skim milk meeting State and local standards for pasteurized milk and/or USDA approved alternative dairy beverages may be offered (limited to 8 oz. portions).
- 4) Flavored milk (chocolate or strawberry), skim or 1% only (limited to 8 oz. portions).
- 5) Limit access to soft drinks, sport drinks, punch, fruit drinks, iced tea, coffee and coffee like beverages, and other items not included in allowable beverages listed above.
- 6) Allow only water as a beverage in classroom.

Parties/Celebrations/Center Events

- 1) Centers should limit celebrations that involve food during the school day.
- 2) Each party should include no more than one food or beverage that does not meet the Standards for Food and Beverages as outlined in this policy.
- 3) Healthy choices of food and beverages that meet the Standards for Food and Beverages will be offered at center-sponsored events outside the school day.

Standards for Food and Beverages

Follow USDA Healthier US School Challenge Competitive Foods Criteria for Bronze/Silver Award. Complete guidance to be found at:

http://www.fns.usda.gov/tn/healthierus/2012criteria_chart.html

Total Fat	Calories from total fat must be at or below 35% (excluding nuts, seeds, nut butters and reduced-fat cheese)
Trans Fat	"Trans fat-free" less than 0.5g <i>trans</i> fat per serving

Saturated Fat	Calories from saturated fat must be below 10%. Reduced-fat cheese is exempt.
Sugar	<i>Total</i> sugar must be at or below 35% by weight (includes naturally occurring and added sugars). Fruits and vegetables are exempt.
Sodium	Must be at or below 600 mg per side dish/entrée
Portion Sizes	Not to exceed the serving size of the food served in the NSLP/SBP; for other sales, the item package or container is not to exceed 200 calories.
Fruits and Non-Fried Vegetables	Fruits and vegetables may be fresh, frozen, canned, or dried, and they must be found in Chapter 2 of the Food Buying Guide. Dried fruit must have no added sweetener; canned fruit must be packed in juice or light syrup.
Milk	Only low-fat (1% or less) or fat-free milk meeting State and local standards for pasteurized milk and/or USDA approved alternative dairy beverages may be offered daily.
Milk Serving Sizes	Milk serving size is limited to 8-fluid ounces.
Other Approved Beverages	Fruit and vegetable juices: 100% full strength with no sweeteners or non-nutritive sweeteners. Water (non-flavored, non-sweetened, non-carbonated, non-caffeinated, without non-nutritive sweeteners).
Juice Serving Size	High School: 4-fluid ounces

Measurement and Assessment

Centers will designate the Director and/or Associate Director to annually assess and document the implementation of the agency's wellness policy. The assessment will include, but is not limited to:

- 1) Establishment of goals for nutrition education and promotion; physical activity, physical education, and promotion; nutrition standards; and other residential activities
- 2) Identification of stakeholders involved in the development and implementation of the agency's wellness policy
- 3) Means of informing the public about the content and implementation of the agency's wellness policy
- 4) Comparison of the Agency's Wellness Policy with the Model Local Wellness Policy
- 5) Attainment of goals associated with the Agency's Wellness Policy

Non Discrimination Statement

The United States Department of Agriculture's required nondiscrimination statement must be printed as follows:

The U.S. Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.)

If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at http://www.ascr.usda.gov/complaint_filing_cust.html, or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at program.intake@usda.gov

Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish).

USDA is an equal opportunity provider and employer.

PLEASE NOTE: As stated above, all protected bases do not apply to all programs. *The first six protected bases of race, color, national origin, age, disability and sex are protected bases for applicants and recipients of the Child Nutrition Programs.*

School Food Authorities (SFAs) participating in the National School Lunch Program, School Breakfast Program, After School Snack Program or Special Milk Program must include this statement in full, on all program materials used for public information, public education or public distribution.

The USDA "And Justice for All" poster must be displayed at each feeding site in a location that is visible to students during meal service.

Suggested Links

Drinking Water

http://changelabsolutions.org/sites/phlpnet.org/files/Wellness_Policy_Language_Water_Access_in_Schools_20111108.pdf

Youth Physical Activities Guidelines Toolkit

<http://www.cdc.gov/healthyyouth/physicalactivity/guidelines.htm>

Let's Move in School - Toolkits

<http://www.aahperd.org/letsmoveinschool/tools/pta-ptto-toolkit.cfm>

<http://www.aahperd.org/letsmoveinschool/tools/peteachers/index.cfm>

http://www.aahperd.org/letsmoveinschool/tools/superintendent_school-board_toolkit.cfm

Concessions

<http://www.munchcode.org/>

USDA Websites

<http://www.fns.usda.gov/tn/HealthierUS/training.html>

<http://teamnutrition.usda.gov/healthierUS/index.html>