



# Youth Home

## **Local Wellness Policy Durham County Youth Home 2024-2025**

The Durham County Youth Home (DCYH), operated by the Durham County Government, holds a steadfast commitment to fostering healthy eating and physical activity patterns among its students. This commitment is not just a duty, but a core value that underpins our operations. We provide an environment that not only promotes health and well-being but also cultivates a positive learning environment that actively supports healthy eating and physical activity. We firmly believe that healthy eating and activity patterns are not just beneficial, but crucial for our residents to reach their full potential, both in terms of physical and mental growth and well-being.

DCYH is not just a place of learning, but a community that actively supports and encourages healthy lifestyles. We maintain our wellness policy to ensure that school meals are not less restrictive than the USDA guidelines. Moreover, we strive to create an optimal nutrition environment during school hours by engaging in physical activity, health education, and nutrition. Our goal is to instill in our residents a love for healthy eating, physical activity, and most importantly, a commitment to maintaining a healthy lifestyle.

### **Nutrition Education**

Durham County Youth Home goals:

- Offer a school breakfast and lunch program with menus that meet the meal pattern and nutritional standards established by the USDA.
- Establish food safety for all food operations and maintain adherence to serving guidelines.
- Serve meals using a variety of fruits and vegetables; use only low-fat (1%) and fat-free milk and nutritionally equivalent non-dairy alternatives according to USDA guidelines, and all grains served will be whole grains.
- Maintain serve-safe certification with cook
- Compliant with annual meal patterns and standards
- Pass all health and state inspections
- Establish an environment during meals that is clean, safe, and conducive to a positive dining experience.
- Promote area universities to provide group discussions on healthy lifestyles, physical activity, and eating habits.
- Learn about various foods from other cultures and ethnicities.
- Due to the nature of the Detention center, food and beverages are not marketed/sold to juveniles during the school day.
- Youth Home does not participate in classroom celebrations during the school day.

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### **Nutrition Promotion**

#### Durham County Youth Home Goals:

- All residents in DCYH will receive the education and skills necessary to make nutritious choices and engage in physical activity as part of their daily lifestyle.
- Promote healthy lifestyles that aid in reducing obesity.
- Provide access to hand washing and hand sanitizing before they eat meals and snacks.
- Provide adequate time for juveniles to eat meals.
- We are committed to providing an environment that is not just clean and safe, but also fosters a positive atmosphere for our residents, ensuring their well-being is our top priority.
- Provide juveniles with time following meals to accommodate hygiene regimens.
- Residents are not allowed to use vending machines inside areas.
- Offer a school breakfast and lunch program with menus that meet the meal pattern and nutritional standards established by the U.S. Department of Agriculture.
- Serve meals that incorporate a variety of fruits and vegetables; use only low-fat (1%) and fat-free milk and nutritionally equivalent non-dairy alternatives according to USDA guidelines, and all grains served will be whole grain.
- Youth Home will provide one activity goal and promotion and submit quarterly reports to the Director in September, December, March, and June.

### **Physical Education**

#### Durham County Youth Home Goals:

- Provide daily physical activity through recreation opportunities for all residents, incorporating muscle activity, individual and group activities, and providing an age-appropriate positive environment.
- Schedule, when possible, recreation activities around mealtime to promote a healthy appetite.
- Incorporate at minimum one (1) hour a day for physical activity.
- Our goal is to ensure that residents engage in physical activity at least two times a day. This can be achieved through a combination of indoor and outdoor activities, weather permitting.

### **Health Education**

#### Durham County Youth Home Goals:

- Increase educational opportunities through local universities, community stakeholders, and volunteers.
- Durham Park and Recreation annual field day
- Durham County Public Health provides comprehensive health education programming.
- Duke Med Mentors provide education on healthy eating and health.
- Provide counseling and psychological services to encourage and safeguard juveniles' physical, emotional, and social well-being, i.e., individual

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counseling, group counseling, substance abuse counseling, and mental health assessments.

- Commitment to other school-based strategies for wellness.

### Implementation

- Schedule annual meetings to review the plan and implementation according to the guidelines of the facility wellness policy.
- The Wellness Committee-designated team meets quarterly per year or as needed for new policy implementations, as scheduled.
- The committee members are the Youth Home Director, Child Nutrition staff, Teacher, Human Service Coordinator, and DCYH Management Team.
- Public Involvement will be available by placing the wellness policy on our Dynasign monitor in the administrative area for all visitors to review. (Due to the unique nature of the school and its limitations, public involvement is not available).

### Measuring, Evaluating, and Maintaining

- DCYH Director and CN Manager will ensure that the local Wellness Committee conducts a Tri- annual review of the progress towards program goals and submits a written report regarding progress and suggestions for revisions to the program.
- DCYH will ensure compliance with nutrition policies within the food service area.

### GOALS

- Promote healthy styles and exercise
- Regularly provide physical activity to juveniles
- Serve healthy food choices per USDA guidelines
- Provide nutritional education and tasting at least twice a year

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- (I) mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410,

- (II) fax: (202) 690-7442, or

- (III) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

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# Your District's Scorecard

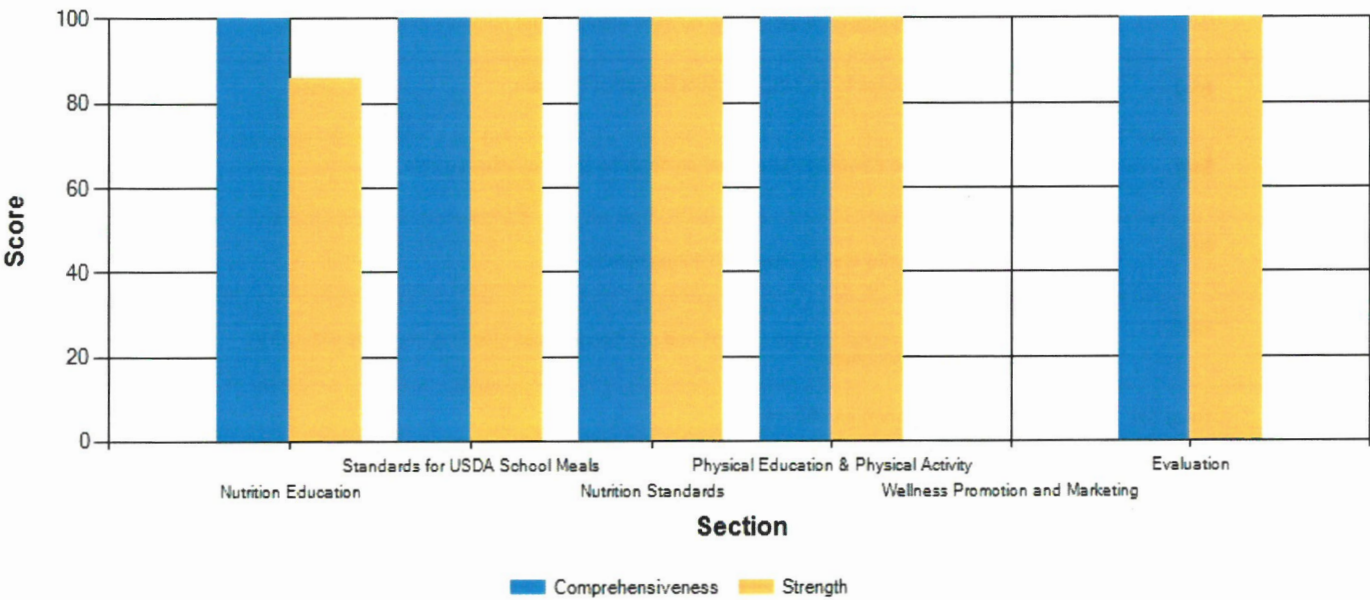
Close window

Congratulations! You have completed the WellSAT. Check out your scorecard below. It contains details of how you scored on each item and section of the assessment. It also provides resources that will help you improve your district's school wellness policy.

Items with a rating of "0" (item not addressed in the policy) or "1" (general or weak statement addressing the item) can be improved by referring to the resource links next to the items. Multiple resources addressing school wellness policy topics are available online. To avoid duplicative information, we have included a small selection, rather than a comprehensive listing.

Version: 3.0

Policy Name: Durham County Youth Home



## Section 1. Nutrition Education

Rating




NE1	Includes goals for nutrition education that are designed to promote student wellness.	2
NE2	Nutrition education teaches skills that are behavior focused, interactive, and/or participatory.	2
NE4	All middle school students receive sequential and comprehensive nutrition education.	2
NE5	All high school students receive sequential and comprehensive nutrition education.	2
NE6	Nutrition education is integrated into other subjects beyond health education	2
NE7	Links nutrition education with the school food environment.	2
NE8	Nutrition education addresses agriculture and the food system.	1
Subtotal for Section 1	<b>Comprehensiveness Score:</b> Count the number of items rated as "1" or "2" and divide this number by 7 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0."	100
	<b>Strength Score:</b> Count the number of items rated as "2" and divide this number by 7 (the number of items in this	86

section). Multiply by 100.

[Click here for Nutrition Education Resources](#)

## Section 2. Standards for USDA Child Nutrition Programs and School Meals

Rating

SM1	 Assures compliance with USDA nutrition standards for reimbursable school meals.	2
SM2	Addresses access to the USDA School Breakfast Program.	2
SM7	Addresses the amount of "seat time" students have to eat school meals.	2
SM8	 Free drinking water is available during meals.	2
SM9	 Ensures annual training for food and nutrition services staff in accordance with USDA Professional Standards.	2
Subtotal for Section 2	<b>Comprehensiveness Score:</b> Count the number of items rated as "1" or "2" and divide this number by 5 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0."	100
	<b>Strength Score:</b> Count the number of items rated as "2" and divide this number by 5 (the number of items in this section). Multiply by 100.	100

[Click here for School Food Resources](#)

## Section 3. Nutrition Standards for Competitive and Other Foods and Beverages

Rating


NS10	Addresses nutrition standards for all foods and beverages <b>served</b> to students <b>after</b> the school day, including, before/after care on school grounds, clubs, and after school programming.	2
NS13	Addresses availability of free drinking water throughout the school day.	2
Subtotal for Section 3	<b>Comprehensiveness Score:</b> Count the number of items rated as "1" or "2" and divide this number by 2 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0."	100
	<b>Strength Score:</b> Count the number of items rated as "2" and divide this number by 2 (the number of items in this section). Multiply by 100.	100

[Click here for Nutrition Standards Resources](#)



## Section 4. Physical Education and Physical Activity


Rating

PEPA3	Physical education promotes a physically active lifestyle.	2
PEPA5	Addresses time per week of physical education instruction for all middle school students.	2
PEPA6	Addresses time per week of physical education instruction for all high school students.	2
PEPA10	Addresses physical education substitution for all students.	2
PEPA14	 Addresses physical activity breaks during school.	2
Subtotal for Section 4	<b>Comprehensiveness Score:</b> Count the number of items rated as "1" or "2" and divide this number by 5 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0."	100
	<b>Strength Score:</b> Count the number of items rated as "2" and divide this number by 5 (the number of items in this section). Multiply by 100.	100

[Click here for Resources on Physical Activity in Schools](#)

## Section 5. Wellness Promotion and Marketing







Rating

WPM2	 Addresses strategies to support employee wellness.	0
WPM3	Addresses using physical activity as a reward.	0
WPM4	Addresses physical activity not being used as a punishment.	0
WPM5	Addresses physical activity not being withheld as a punishment.	0
Subtotal for Section 5	<b>Comprehensiveness Score:</b> Count the number of items rated as "1" or "2" and divide this number by 4 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0."	0
	<b>Strength Score:</b> Count the number of items rated as "2" and divide this number by 4 (the number of items in this section). Multiply by 100.	0

[Click here for Wellness Promotion and Marketing Resources](#)

## Section 6. Implementation, Evaluation & Communication

Rating

IEC1	Addresses the establishment of an ongoing district wellness committee.	2
IEC2	 Addresses how all relevant stakeholders (parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrator, and the general public) will participate in the development, implementation, and periodic review and update of the local wellness policy.	2
IEC3	 Identifies the officials responsible for the implementation and compliance of the local wellness policy.	2
IEC4	 Addresses making the wellness policy available to the public.	2
IEC5	 Addresses the assessment of district implementation of the local wellness policy at least once every three years.	2
IEC6	 Triennial assessment results will be made available to the public and will include:	2
IEC7	 Addresses a plan for updating policy based on results of the triennial assessment.	2
IEC8	Addresses the establishment of an ongoing school building level wellness committee.	2
Subtotal for Section 6	<b>Comprehensiveness Score:</b> Count the number of items rated as "1" or "2" and divide this number by 8 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0."	100
	<b>Strength Score:</b> Count the number of items rated as "2" and divide this number by 8 (the number of items in this section). Multiply by 100.	100

[Click here for Resources for Wellness Policy Development, Implementation and Evaluation](#)

## Overall District Policy Score

<b>Total Comprehensiveness</b> Add the comprehensiveness scores for each of the six sections above and divide this number by 6.	<b>District Score</b> 83
<b>Total Strength</b> Add the strength scores for each of the six sections above and divide this number by 6.	<b>District Score</b> 81



Federal Requirement



Farm to School



CSPAP