UTAH DIVISION OF JUVENILE JUSTICE AND YOUTH SERVICES POLICY AND PROCEDURES	
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WELLNESS OF MINORS	
RATIONALE: The purpose of this policy is to promote the general wellness of minors in the Division of Juvenile Justice and Youth Services (JJYS) programs through a balanced program of nutrition education, physical activity, and adequate sleep. All Division facilities and programs develop and implement programming to enhance the learning, growing, thriving, and success of minors in their care. *Related Policies, Applicable Standards, Statutes:* JJYS policy 01-12 Food Service	

Original Effective: **January 22, 2014**	**Revision:** **July 11, 2026**	**Next Review Due:** **July 11, 2029**

I. DESCRIPTION

This policy establishes requirements for Division facilities and programs to promote the overall well-being of minors through nutrition education, physical activity, and adequate sleep. Facilities and programs shall implement balanced wellness initiatives to support the growth, learning, and success of youth in their care.

II. DEFINITIONS

The following terms are defined for this policy as:

A. **Aerobic Exercise:** Cardiovascular endurance exercise that involves an equal supply and demand of oxygen in the working muscles. Aerobic exercise involves moderate intensity for a prolonged duration (i.e., at least 20 minutes). Examples of aerobic activity include but are not limited to jogging, cycling, rowing, stair-climbing, hiking, or rhythmic dance.

B. **Child Nutrition Programs (CNP):** Programs of the United States Department of Agriculture (USDA) and the Utah State Board of Education (USBE) that seek to improve the nutritional well-being of all Utah children. The USBE monitors compliance with federal regulations. The CNP includes the National School Lunch Program (NSLP), School Breakfast Program (SBP), and the After School Snack Program (ASSP).

C. **Resistance Training:** A strength training exercise designed to improve muscular fitness.
D. **School day:** A period of the day when school or summer school is in session, with teachers present, and is normally only Monday through Friday, and not in the evenings, or on weekends, holidays, or school breaks (e.g. winter break, spring break, summer).
E. **Sleep hygiene:** A set of behavioral and environmental practices designed to promote consistent, uninterrupted, and restorative sleep.
F. **Target Heart Rate:** A specific age-based pulse rate to be maintained during aerobic exercise to reflect how fast the heart should beat during exercise. It is an exercise intensity that maintains the heart rate at 60% to 85% of the maximum safe heart rate.
G. **Wellness:** An active process through which people become aware of, and make choices toward, a healthier and more fulfilling life.

III. POLICY

A. Division facilities and programs shall develop and implement programming that promotes the overall well-being of minors in their care.
B. The Division is committed to the fundamentals of a balanced wellness program for minors to enhance learning, growing, thriving, and success through nutrition education and physical activity.
C. Minors in Division facilities and programs shall receive health and nutrition education that positively influences eating behaviors and promotes lifelong healthy habits.
D. Nutritional Guidelines
    1. Facilities serving meals or snacks to minors shall provide meals or snacks in accordance with USDA requirements and Division policy 01-12 Food Service.
    2. Meals or snacks that are in addition to those covered by USDA requirements and Division Policy 01-12 Food Service shall follow meal planning recommendations from the CNP.
    3. Food and beverages shall not be used as a reward for minors during the school day. Food items available to minors during the school days for events or celebrations will support healthy food choices and the goal of improving student health and well-being.
    4. Food and beverages shall not be withheld as a punishment for minors at any time.
E. Minors shall have the opportunity to sleep for a minimum of eight hours each night.
F. The Division will ensure the engagement of the general public and other stakeholders in the wellness of minors (such as parents, minors, Division representatives, physical and nutrition education teachers, Division health professionals, the Juvenile Justice and Youth Services Food Service Coordinator, and

Division staff). These parties shall participate in the development, implementation, review, and updating of the Division's Wellness Policy.

IV. PROCEDURE

A. Nutrition Education and Promotion: Nutrition education shall be offered as part of a planned and comprehensive school health education program. Educational strategies and goals may include the following:
    1. A focus on changing specific behaviors rather than on learning general facts about nutrition;
    2. Lessons about how to read labels, plan meals, and calculate daily nutrients;
    3. Teaching strategies that employ active learning or experiential strategies;
    4. Lessons about how to assess and manage personal eating habits;
    5. Allow adequate time and intensity to focus on behaviors and skill building;
    6. Using the cafeteria or eating areas as a learning laboratory to support nutrition education through healthy menu offerings, wall posters, and discussions with staff and minors about the importance of eating healthy meals;
    7. Promotion of fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing practices.

B. Physical Education and Activity
    1. Staff shall provide physical education with classes or a variety of activities such as basic aerobic activity, resistance training, targeted heart rate, movement skills, physical fitness, games, and team and individual sports to minors in care. These activities may include scheduled events during the evening, weekend, non-school days, and holidays.
    2. Exercise logs shall be made available for minors to monitor progress, if they choose.
    3. Program staff provide support and encouragement for minors to facilitate ongoing interest.
    4. Exercise that is overly intense, beyond the abilities and needs of the minor, is prohibited in Division facilities and programs.
    5. Exercise used as a form of punishment is prohibited.

C. Youth shall receive education regarding the fundamentals of sleep hygiene from clinical staff or health care professionals.

D. Wellness Policy Committee
    1. The JJYS Director shall establish a Wellness Committee involving those who are stakeholders in the wellness of minors.
    2. Duties of the Committee:
        a) The committee shall meet at least every three years to assess the policy and report to Division management:

1) The extent to which facilities are in compliance with this Wellness Policy;
2) The extent to which the Wellness Policy compares to model local school wellness policies; and
3) The progress made in attaining the goals of the Wellness Policy.

b) The committee shall establish recommendations for wellness promotion to minors in Division facilities.

c) The committee shall identify areas of the Wellness Policy that need improvement and make recommendations for any revisions or updates to the policy.

d) The APD in each facility shall be responsible to facilitate this policy and provide input to the committee regarding progress or needed improvements. The APD, or other designee, shall complete an Annual Progress Report (form 03-05A Juvenile Wellness Annual Report) prior to the end of each fiscal year. The Annual Progress Report for each facility shall include:
1) The Website address for the wellness policy or information on how the public can access a copy;
2) A description of each facility's progress in meeting the wellness policy goals;
3) A summary of each facility's local wellness events or activities;
4) Contact information for the leader of the wellness policy committee or the Juvenile Justice and Youth Services Food Service Coordinator; and
5) Information on how individuals and the public can get involved, within current visitation and volunteer policies of the division.

e) The Food Service Coordinator or other designee shall oversee the monitoring and review of the Wellness Policy for compliance.

E. Notification and Involvement

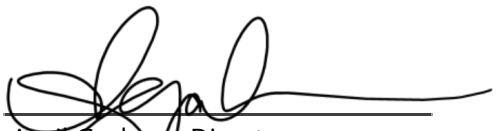
1. APDs shall communicate the results of the annual and triennial progress reports to facility staff.
a) This shall be documented in the staff meeting agendas and share the agenda document with the Food Service Coordinator.
b) The results of the annual and triennial progress report shall be documented in 03-05A Juvenile Wellness Annual Report.
2. The Division shall make available to JJYS staff:
a) This wellness policy;
b) Information and updates to and about the Wellness Policy;
c) Annual progress reports for each facility;

d) Triennial assessment of the wellness policy.

V. Continuous Renewal

This policy shall be reviewed every three years to determine its effectiveness and appropriateness. This policy may be reviewed before that time to reflect substantive change.

This policy has been reviewed by the Division of Juvenile Justice and Youth Services Executive Management Team and is approved upon the signature of the director.



07/11/2026

April Graham, Director
Division of Juvenile Justice & Youth Services

Signature Date