

## HEALTH & WELLNESS

### **Policy:**

The Children's Home is committed to promoting a culture of health and well-being by supporting healthy eating, physical activity and chronic disease management.

### **Procedures:**

The Health & Wellness Council will use a systematic approach to develop, implement and monitor healthy eating and physical activity for all on-campus programs.

#### **A. A coordinated approach will be developed to implement and evaluate healthy eating and physical activity policies and practices.**

1. The use of evidence-based strategies will be used in developing, implementing and evaluating healthy eating and physical activity for all children engaged in campus-based programming
2. Staff shall serve as role models by promoting healthy eating, physical activity and wellness
3. The Health & Wellness Policy will be reviewed with all campus-based staff at the start of each school year; and, the policy shall be made available to new staff, available on the website, and to parent/guardian upon request (USDA)
4. A triennial assessment will be conducted that determines compliance and progress made in attaining identified goals

#### **B. Program and school environments will be established that encourage all participants to make healthy eating choices and be physically active throughout the day.**

1. Students, clients and staff shall be provided with access to healthy foods and physical activity opportunities and to safe spaces, facilities, and equipment for healthy eating and physical activity
2. An environment will be created that encourages a healthy body image, shape, and size among all students, clients and staff members, is accepting of diverse abilities, and does not tolerate weight-based teasing
3. All students and clients will be encouraged to participate in nutrition education programming; e.g., Wellness Wednesdays, cooking classes
4. Any food or beverage used as an incentive or reward, will be in compliance with Children's Home protocol and Smart Snacks in School nutrition standards
5. Any food or beverage marketed or promoted to students and clients will meet the USDA Smart Snacks in School nutrition standards

#### **C. A quality meal program will be provided and will ensure that students and clients have appealing, healthy food and beverage choices offered outside of the meal program.**

1. All programs will adhere to the nutrition guidelines for all foods available on campus during the school/program day consistent with the USDA's meal pattern requirements, the standards for competitive foods, and Smart Snacks in School nutrition standards
2. The agency will promote access to and participation in meals in clean and pleasant surroundings
3. Program schedules will ensure there is sufficient time to wash hands prior to meals and snacks; and that students and clients are given at least 10 minutes for breakfast and 20 minutes for their lunch period
4. Upon request, nutrition information will be made available for breakfast and lunch items
5. Students, clients and staff will have access to water fountains or water filling stations throughout the day
6. Exemptions to the Smart Snacks in School nutrition standards may take place (e.g., holiday parties, monthly birthday celebrations), but should occur infrequently and only with the knowledge and approval of the program manager

**D. A comprehensive physical activity program will be implemented with quality physical education as the cornerstone.**

1. Instructional strategies in physical education will be used that enhance student and client's behavioral skills, confidence in their abilities, and desire to adopt and maintain a physically active lifestyle
2. All students and clients will have the opportunity to engage in physical activity outside of physical education class
3. Physical education and other physical activity programs shall meet the needs and interests of all children and youth students regardless of physical limitations or service program engagement

**E. A health education program will be implemented that provides students and clients with the knowledge, attitudes, skills, and experiences needed for lifelong healthy eating and physical activity.**

1. Health education programs from pre-kindergarten through grade 12 will be promoted; and, use instructional methods and strategies that are interactive, engage all students, and are relevant to their daily lives and experiences
2. Health education programs such as hand washing, dental screening, blood pressure screening, and body awareness will be offered to appropriate grades
3. The health of all students will be supported by providing vision, hearing and asthma screening at appropriate grade levels, with referral as appropriate

4. Health care plans will be developed and student health education will be offered on a one-to-one basis when needed; physical growth and development will be monitored through regular calculation of Body Mass Index (BMI). Children and youth who fall substantially outside of the normal range for height and weight will have their results shared with their parent/guardian and will be evaluated for participation in a medical nutrition therapy program
5. Physical surroundings will be monitored to ensure the no-smoking policy is adhered to by all program participants, employees and visitors

## **Health & Wellness Council Participants**

### Administration

Operations Director, Chair  
Chief Operating Officer  
Chief Strategy Officer  
Kitchen Manager  
Public Health Nurse  
Campus Based Supervisor  
- Represents campus based programs  
Human Resource Manager

\*Stakeholders who wish to join the committee should contact the Operations Director at [jsmith@tchcincy.org](mailto:jsmith@tchcincy.org)

The Children's Home of Cincinnati participates in the United States Department of Agriculture (USDA), National School Lunch Program and Seamless Summer Option as well as the Child and Adult Care Food Program (CACFP).

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- (1) mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW

Washington, D.C. 20250-9410;

(2) fax: (202) 690-7442; or

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

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