



# POLICIES

## Chapter 11 – General Programs and Services

### **Section 8. WELLNESS**

The Medina County Board of DD shall implement a comprehensive wellness program consistent with state and federal requirements for organizations sponsoring the National School Lunch Program.

These requirements include:

- ORC 3313
- ORC 3323
- ORC 3791
- ORC 3794
- Reauthorization Act (Sec. 204)

The wellness program shall:

- Provide students access to nutritious food and develop guidelines for school lunch meals;
- Provide opportunities for physical activity and developmentally appropriate exercise;
- Promote family and community involvement in the program;
- Assess the impact of the program and provide accurate information related to this topic to all stakeholders; and
- Involve parents, enrollees, staff, administrators, Board members, and other members of the community in the ongoing development and coordination of the wellness program through participation in a wellness advisory panel.

The Board's wellness program shall include a comprehensive plan involving nutrition, health, and fitness components consistent with accepted nutrition guidelines and coordinated with the Board's food service operation. The Board shall seek input from staff, enrollees, parents or guardians, and public health professionals in the ongoing development and monitoring of the program.

The wellness program shall make effective use of available Board and community resources to serve the needs and interests of all enrollees and staff, taking into consideration differences in cultural norms and special needs.

#### **A. Nutrition**

All enrollees shall be provided with information to help develop skills necessary to make nutritious and enjoyable food choices. In addition, all staff are encouraged to model healthy eating behavior as a valuable part of daily life. MCBDD shall prepare, adopt, and implement a comprehensive nutrition plan to encourage healthy eating that includes:

- a) A food service program that employs well-trained staff who serve appealing choices of nutritious foods;
- b) Pleasant eating areas for enrollees and staff with adequate time for unhurried eating;
- c) An overall environment that encourages enrollees to make healthy food choices;
- d) Opportunities and encouragement for staff to model healthy eating habits;
- e) Services to ensure that enrollees and staff with nutrition-related health problems are referred to appropriate services for counseling or medical treatment; and
- f) Strategies to involve family members in nutrition planning.

#### **B. Health**

MCBDD shall make health information available to all enrollees and families, and provide a healthy environment for individuals served. The Board shall:

- a) Adopt policies and implement effective strategies to help reduce unhealthy behaviors,
- b) Conduct regular reviews at all Board facilities in order to assess the impact of environmental factors on the health of enrollees,
- c) Ensure that individual enrollee plans address long term health issues and initiatives to reduce potential health risks, and
- d) Disseminate information that addresses chronic disease risk factors and the leading causes of death and disability, including alcohol and drug use, injury and violence (including suicide), tobacco use, poor nutrition, physical inactivity, and sexual behaviors.

#### **C. Fitness**

All enrollees and staff shall be encouraged to participate in fitness activities. The Board shall:

- a) Help promote physical fitness and involvement in regular physical activity;
- b) Provide information about the benefits of a physically active and healthful lifestyle;
- c) Provide opportunities for enrollees to develop awareness and skills for specific physical activities, exercises, and/or sports/athletic events;
- d) Encourage parents/guardians and providers to support enrollee participation in physical activity, to be physically active role models, and to include physical activity at home and in family events; and
- e) Provide opportunities and encouragement for staff to model good fitness habits and a physically active lifestyle.