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**Wellness Policy**

Subject: Wellness Policy	Effective: March 2017
	Reviewed: Annually
Approved by: MFH CEO, MCH OP Administrator, MCH Administrator, MBH Administrator, Medical Director, Director of Nutritional Services, Director of Recreational Therapy	Revised:

**Purpose:** Methodist Family Health is committed to promoting a culture of health and well-being by supporting healthy eating, physical activity and chronic disease management.

**Policy:** Methodist Family Health (MFH) will promote health and wellness through education, promoting healthy eating habits and encouraging physical activity to establish healthy life long habits for its clients and staff.

**Procedure:**

MFH Administrative staff along with the “Wellness Task Force” will use a systematic approach to develop, implement and monitor healthy eating and physical activity for all 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 educational programming. Goals to include but are not limited to:
    - Increase access and consumption of healthier foods;
    - Decrease consumption of unhealthy foods and beverages;
    - Increase consumption of water;
    - Increase physical activity opportunities throughout the day.
  2. Staff shall serve as role models by promoting healthy eating, physical activity and wellness.
  3. The Wellness Policy will be reviewed annually by the MFH Board of Directors, Medical Executive Committee, individual District LEAs and the coordinated “Wellness Task Force” at each facility. The policy will also be reviewed with all staff at the start of each school year; will; and, the policy shall be made available to new staff and to parent/guardian upon request.
  4. A triennial assessment will be conducted that determines compliance and progress made in attaining identified goals. Assessment will include:
    - Compliance with the wellness policy;
    - How the wellness policy compares to model wellness policies;
    - Progress made in attaining goals of the wellness policy.
  5. The State agency will examine records of individual programs within MFH during the Administrative Review, including:
    - Copy of the current wellness policy,
    - Documentation on how the policy and assessments are made available to the public,
    - The most recent assessment of implementation of the policy, and
    - Documentation of efforts to review and update the policy, including who was
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involved in the process and how stakeholders were made aware of their ability to participate.

**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., Nutrition Education Groups, Cooking Groups, etc.
4. Any food or beverage used as an incentive or motivator during the school day, will be in compliance with Methodist Family Health policy, Smart Snacks in School nutrition standards and will be approved by the “Outside Food Approval” system if in the in-patient setting.
5. No food or beverage will be marketed or sold to clients or staff during the school day through the cafeteria program.

**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 day consistent with the National School Lunch Program’s meal pattern requirements, the standards for competitive foods, and Smart Snacks in School nutrition standards.
2. MFH 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 those students and clients are given at least 20 minutes for breakfast and 30 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 Consultant and/or by using the “Outside Food Approval” system within the in-patient setting.

**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.
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2. All students and clients will have the opportunity to engage in physical activity outside of physical education class.
3. Physical education/Recreational Therapy 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. 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.
4. Physical surroundings will be monitored to ensure the no-smoking policy is adhered to by all program participants, employees and visitors.

**D. Quarterly evaluations will be presented to the Medical Executive Board through the “Wellness Task Force” data collection on BMI and further statistics; and through the Quality Assurance/Performance Improvement reporting measures such as meal prep time and quality of food offered.**