



# **Huron Area Center for Independence**

## **Wellness Policy**

**Revised: 9/28/2015**



## **Wellness Council Members:**

### **FACILITATOR: Theresa Jensen, Service Coordinator**

- Kelly Johnson, Food Service Specialist
- Gayle Kludt, Projects Manager
- Heidi Jensen, Consumer
- Susan Burckhartzmeyer, Medical Services
- Lisa Hepper, Community Member
- Mona Olson, Parent

### **For information, Contact:**

Kelly Johnson, Food Service Specialist  
[kjohnson@cfindependence.com](mailto:kjohnson@cfindependence.com)  
Huron Area Center for Independence  
258 3<sup>rd</sup> ST SW  
Huron, South Dakota 57350  
Phone: 605-352-1075

## **INTRODUCTION**

Living a healthy lifestyle and maintaining a healthy weight requires a combination of reliable access to healthy food and physical activity options, knowledge of nutrition and appropriate amounts of physical activity. A coordinated effort by the entire community is needed and should include professionals, board members, families, consumers, administration, healthcare, and others in the community.

In the Child Nutrition and WIC Reauthorization Act of 2004, Congress established a new requirement for all local agencies with federally funded National School Lunch program. The local agencies were required to develop and implement wellness policies that address nutrition and physical activity. The Healthy Hunger Free Kids Act of 2010 strengthens the nutrition and physical activity requirements for wellness policies and includes goals for nutrition promotion, while still permitting local flexibility so agencies can tailor policies to their particular needs.

## **RATIONALE**

Supporting the 2011 USDA Nutrition Standards is important for persons served health and success. Studies show that people who eat breakfast have better nutrition, few sick days, fewer disruptive behaviors and better work performance.

A healthy environment goes beyond meals in the cafeteria. Nutrition education and physical activity should be incorporated into the day as often as possible. Studies have shown that physical activity can enhance cognitive functioning and achievement. Agencies have a responsibility to help prevent obesity and promote physical activity and healthy eating through policies, practices and supportive environments.

## **Nutrition Education and Promotion**

*The primary goal of nutrition education and nutrition promotion is to influence people's lifelong eating habits. Nutrition education will be offered as part of a sequential, comprehensive, standards-based program designed to provide people served with the knowledge and skills necessary to promote their health. Nutrition promotions are messages targeted to a specific audience to inspire/motivate them to take action. Nutrition education and nutrition promotions will be incorporated into the day as often as possible.*

### **ACTION PLANS:**

- 1. Following a Diabetic Diet in-service will be offered every 6 months.**
- 2. Nutrition Classes will be offered once/year for 3-week session by a community source.**
- 3. We will post nutrition and health posters in all environments throughout the year.**
- 4. We will offer a healthy taste-testing bridging activity with the school.**
- 5. We will partner with the local high school to have a community garden.**

## **Physical Activity, Education & Promotion Component**

*The primary goal for the physical activity component is to provide opportunities for every person to develop the knowledge and skills for specific physical activities, maintain physical fitness, regularly participate in physical activity, reduce sedentary time, and provide health education in order to instill an understanding of the short and long-term benefits of a physically active and healthy lifestyle.*

### **ACTION PLANS:**

- 1. We will insure every participant has the opportunity to participate in physical activities. Examples: sports, walking, swimming, exercises**
- 2. We will encourage participants to get memberships to the Nordby Center or Anytime Fitness. We will support people in going to these places as well.**
- 3. The Center for Independence Foundation purchased four flotation devices for people to use while swimming to help them stay safe. These also will help people in wheelchairs get physical activity by swimming. The devices are free to use.**
- 4. Day services will offer 30 minutes of exercise every day.**
- 5. We will offer dancing classes twice/year.**
- 6. We encourage active transportation whenever possible. This includes walking or riding bike.**
- 7. We will hold a healthy challenge for participants and staff once/year.**

### **Other Agency-Based Activities Component**

*Agencies will create an environment that provides and demonstrates consistent wellness messages, is conducive to healthy eating and physical activity; and contributes to forming healthy life long habits for participants, staff and community.*

#### **ACTION PLANS:**

- 1. We will offer nutrition classes once/year. These will be available for staff & participants to attend.**
- 2. Food Service Specialist will attend trainings to continue professional development of nutrition and physical activity standards.**
- 3. We have adequate space for participants to eat their meals in a clean, safe and pleasant environment.**
- 4. We offer convenient access to facilities for handwashing and oral hygiene.**
- 5. We offer access to free, safe drinking water in all locations.**
- 6. We will offer a Health Fair once/year.**
- 7. We will send out 'healthy tips' emails to all environments.**

## **Nutrition Standards Component**

*Participants' life-long eating habits are greatly influenced by the types of foods and beverages available to them. Foods of good nutritional content including fruits, vegetables, low-fat dairy foods, lean meat, whole grain products, and plain water will be available wherever and whenever food is sold or otherwise offered at school during the normal day. Examples may include snacks, vending machines, fundraising activities, parties, celebrations, and other agency sponsored events.*

### **ACTION PLANS:**

- 1. Menus and recipes are available to participants and their families upon request.**
- 2. Food pricing strategies follow the Healthy Hungry Free Kids Act 2010.**
- 3. The local wellness council measures the implementation of the local wellness policy and thoroughly assesses the policy annually.**
- 4. Snacks meet the Smart Snacks standards for food and beverages. Snack menus are available upon request.**
- 5. Healthy choices for food and beverage will be offered at any agency-sponsored event.**