

Montgomery County Juvenile Wellness Policy Assessment

Goals & Objectives	Nutrition Guidelines	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe Process & Next Steps
Foods and Beverages Provided	The Department shall establish standards for all foods and beverages provided, but not sold, to all residents. These standards shall be addressed in the Department's wellness plan.	X			The Department provides meals and beverages which adhere to the nutritional guidelines of the NSLBP
Goals & Objectives	Wellness Goals	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe Process & Next Steps
Nutrition Education/Promotion	The Department shall encourage and promote healthy nutrition choices and implement nutrition education into the health curriculum.				
Objective 1	The Department shall promote healthy nutrition choices and positively influence the health of residents.		X		The Department will have posters/signage in each classroom that promotes healthy eating habits and choices
Objective 2	The Department and it's staff shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors and choices			X	The Department's Medical and/or Education Staff will provide nutrition education quarterly
Physical Activity					
Objective 1	The Department will implement a coordinated health program with physical education and physical activity components that offer at least the required amount of physical activity for all grades.	X			The Department provides 1 hour of physical activity in the AM and 1 hour of physical activity in the PM.
Objective 2	The Department shall provide an environment that fosters safe, enjoyable, and developmentally appropriate fitness activities for all residents.	X			The Department provides a safe, fun, and educational fitness activities
Goals & Objectives	Implementation	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe Process & Next Steps
Implementation of Wellness Policy	The Deputy Director, Assistant Deputy Director of Detention, Child Nutrition Director, and the Health Coordinator shall oversee the development and implementation of the wellness plan and appropriate administrative procedures.	X			The Policy will be reviewed annually and updated as needed.

Goals & Objectives	Evaluation	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe Process & Next Steps
Evaluation of Wellness Policy	The Department shall comply with federal requirements for evaluating the wellness plan.			X	The Wellness Committee, which consists of the Deputy Director, Assistant Deputy Director of Detention, Child Nutrition Director, and the Health Coordinator, will conduct an assessment of the policy at least every 3 years
Goals & Objectives	Public Notification	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe Process & Next Steps
Public Notification of Wellness Policy	The Department shall retain an updated copy of the wellness policy on the Montgomery County Juvenile website along with the evaluation/assessment of the wellness policy.		X		The Department will make sure the County website has an updated copy of the Wellness Policy and the Triennial Assessment.
Goals & Objectives	Records Retention	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe Process & Next Steps
Records Retention	The Department shall retain all the required records associated with the wellness policy, in accordance with law.	X			The Department will maintain records associated with the Wellness Policy for a minimum of three years

Deputy Director



Assistant Deputy Director of Detention



Health Coordinator



Child Nutrition Director

