
WELLNESS FOR YOUTH PROGRAM

OHB will provide an environment that promotes client's health, well-being, and ability to learn by supporting healthy eating and physical activity. Clients will be provided sufficient wellness opportunities and practices to promote the health of students and address the growing problem of childhood obesity.

Wellness Team

The OHB Wellness Team includes the Directors/Managers/Coordinators of the Dining Hall, School, Residential Living and Crisis Stabilization Programs; 1 Teacher; 3 Youth Advocates; 1 member of the Quality Improvement Department. The Wellness Team will have at least 2 client representatives (who attend the OHB School) at each meeting.

The Wellness Team will meet on a quarterly basis. Each meeting will review:

1. Suggestions for menu changes.
2. Suggestions for new recreation opportunities.
3. Goals and priorities for nutrition.

Nutrition Goals and Priorities

1. Each client carries a water bottle with them. Water bottle provided for free to students.
2. Have more variety on the fruit and vegetable bar.
3. Each client eats breakfast daily.
4. The Dining Hall has a bulletin board, rotated monthly, that promotes healthy eating, nutrition facts, overall wellness (including mental health) and exercise. Youth and staff will manage the bulletin board.
5. A cooking class is held during the school day one time per month.
6. Ensure all clients have 30 full minutes for each meal, including snacks.
7. Move to non-food and non-beverage items as rewards and incentives during school.
8. PE class is held each school day for at least 45 minutes.
9. Clients go to the Rec Center at least 5 of 7 days.
10. Clients go swimming at least 1 time per week.
11. Clients and staff go walking around campus at least 2 times per week.
12. Parents will be provided with the Nutrition Goals and Priorities at each intake and within 7 days of each Wellness Team Meeting. Nutrition Goals and Priorities will be posted on Yammer within 7 days of each Wellness Team Meeting.

Wellness Contact

OHB's wellness contact will be the COO and QI Manager and both will be responsible to ensure compliance with our policy. OHB's Board of Directors and Executive Team will be provided an annual summary report summarizing compliance with nutrition and physical activity policies. The summary report will be provided within 7 days of the 4th quarter Wellness Team meeting.

Involvement, Announcements & Implementations

OHB reviews policy and procedures on an annual basis. Our Wellness Procedure and Policy is available at any time in our Youth & Family Services Reception, as well as online at www.ohb.org. We invite the following to review and make recommendations to our plan, as well help us implement new ideas: parents/guardians, funders, school food authorities, Education Staff, Board of Directors, Nebraska Medicine, and the public. Feedback can be provided on our website at www.ohb.org or to the Chief Operating Officer at bgustoff@ohb.org.

The Triennial Assessment results will be provided at www.ohb.org. Our posting will include the results of our assessment, our measurements of compliance, how well we follow our policy and the progress we are making on our goals. We will share the results via email with our Board of Directors and community partners, as well as mail our results to parents and guardians. A full copy will be kept on our website, as well as posted in the reception area of our Youth and Family Services Building on our main campus at 4343 N 52nd Street, Omaha, NE 68104.

USDA Standards

On our campus lunch and supper, during the week, are provided in our Dining Hall. All menus are USDA compliant and approved by a nutritionist or dietician from Nebraska Medicine. All breakfasts, snacks and weekend meals are served in the cottages and are USDA compliant and approved by a nutritionist or dietician from Nebraska Medicine.

OHB does not sell food or drink to any clients.

OHB does not market or advertise any foods or drinks to any clients or their families.