

**Erie County Secure Youth Detention
810 East Ferry Street
Buffalo, NY 14211**

LOCAL WELLNESS POLICYⁱ

Whereas, children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive;

Whereas, good health fosters student attendance and education;

Whereas, obesity rates have doubled in children and tripled in adolescents over the last two decades, and physical inactivity and excessive calorie intake are the predominant causes of obesity;

Whereas, heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States, and major risk factors for the diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood;

Whereas, 33% of high school students do not participate in sufficient vigorous physical activity and 72% of high school students do not attend daily physical education classes;

Whereas, only 2% of children (2 to 19 years) eat a healthy diet consistent with the five main recommendations from the Food Guide Pyramid;

Whereas, nationally, the items most commonly sold from school vending machines, school stores, and snack bars include low-nutrition foods and beverages, such as soda, sports drinks, imitation fruit juices, chips, candy, cookies, and snack cakes;

Whereas, school districts around the country are facing significant fiscal and scheduling constraints; and

Whereas, community participation is essential to the development and implementation of successful school wellness policies;

Thus, the Erie County Secure Youth Detention Center is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting health eating and physical activity. Therefore, it is the policy of the Secure Detention center that:

- The Detention center will engage food service professionals, health professionals and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies.
- All youth will have opportunities, support and encouragement to be physically active on a regular basis.
- Foods and beverages served at Detention will meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans.

- Qualified child nutrition professionals will provide youth with access to variety of affordable, nutritious, and appealing foods that met the health and nutrition needs of youth; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.

ⁱ Model Local School Wellness Policies on Physical Activity and Nutrition; National Alliance for Nutrition and Activity