DEPARTMENT OF MENTAL HEALTH
POLICY/PROCEDURE

SUBJECT	POLICY NO.	EFFECTIVE DATE	PAGE
CHILD WELLNESS – NUTRITION AND PHYSICAL ACTIVITY	**202.48**	**02/02/2015**	**1 of 2**
APPROVED BY: Director	SUPERSEDES **N/A**	ORIGINAL ISSUE DATE **02/02/2015**	DISTRIBUTION LEVEL(S) **1, 2**

PURPOSE

1.1 To provide a mechanism for enhancing the provision of existing nutrition and physical activity information to parents, caregivers, and staff.

1.2 To ensure that nutritional and physical activity guidelines for children in out-of-home care and in child care settings are promoted and adhered to.

1.3 To provide opportunities for public education and training.

POLICY

2.1 The Los Angeles County Department of Mental Health (LACDMH/Department) recognizes the important nutritional contribution and physical activity made toward a child's ability to grow up healthy and thrive as an adult. LACDMH is committed to providing children, including those in out-of-home care, with knowledge, information, and an environment that foster appropriate food choices and physical activity participation.

PROCEDURE

3.1 LACDMH staff and contractors shall have access to current age-appropriate nutrition and physical activity information available for parents, caregivers, and staff on the Departmental internet website. The Department shall interact directly with parents and caregivers to ensure that age-appropriate nutrition and physical activity information are included in all training and program curriculum.

3.2 LACDMH child care, group home, foster family agency and other contracts, services, or programs provided to children shall include language to ensure that the Department, all contractors, caregivers, and community partners use the most current age-appropriate nutritional and physical activity guidelines recommended by the Centers for Disease Control and Prevention (noting special needs for pregnant and breastfeeding women) and American Academy of

Pediatrics and shall include contract monitoring processes to ensure compliance with these guidelines.

3.2.1 Information regarding the importance of breastfeeding and use of breast milk for infants shall be made available through LACDMH health clinics.

3.3 LACDMH staff and contractors that provide residential services for school-aged children and serve meals during the school day shall follow the California Education Code governing nutritional standards for foods and beverages available to students.

3.3.1 Education Codes 49430, 49431, and 49431.2, as added by SB12 (Chapter 235, Statutes of 2005), and 49565-49565.8, as added by SB281 (Chapter 236, Statutes of 2005).

AUTHORITY

1. December 1, 2009, Approved Board Letter via Board Order No. 15

REFERENCES

1. Department of Public Health
2. Los Angeles County Office of Education Wellness Policy and Regulations
3. First 5 LA Preventing Childhood Overweight Study (WIC)
4. Best Start LA Baby - Friendly Hospital Project
5. Best Start LA - Welcome, Baby! Program
6. Centers for Disease and Control and Prevention Nutritional Guidelines
7. American Academy of Pediatrics
8. Nutritional and Physical Activity Guidelines for licensed Child Care Providers
9. Minimum Standards for Juvenile Facilities, 15 Board of State and Community Correction Article 9 §1461

RESPONSIBLE PARTY

LACDMH Children's Systems of Care