

Wellness Policy for 5-C Juvenile Detention & Youth Rehabilitation Center

Residents of 5-C Juvenile Detention Center will follow the guidelines of Policy and Procedure which provide education, physical exercise, healthy meals and lifestyle choices.

These guidelines include IDAPA (Idaho Administrative Rules), and ACA (American Corrections Association) Guidelines. Guidelines for the school lunch program will be followed and carried out through the kitchen supervisor and staff and overseen by the Program Director and Facility Director with budgetary help from the Administrative Assistant.

Residents are encouraged to make healthy choices in their diet and exercise programs. Classes will be taught in health, sex education, nutrition, family health, baby classes and others as deemed necessary and as they are available. A minimum of 1 hour large muscle exercise will be provided to each resident every day. Program residents are encouraged to participate in the 50 and 100 Mile Clubs and use the exercise and weight equipment, which provide residents the opportunity to develop healthy lifestyles for themselves and their families.