



ChangeLab Solutions
Law & policy innovation for the common good.



Leveraging Juvenile Justice Food Environments to **Advance Health Equity**

March 19, 2020

For technical support, submit a question via the Q&A box



Who we are

ChangeLab Solutions is a national organization that advances equitable laws and policies to ensure healthy lives for all. We prioritize communities whose residents are at highest risk for poor health.

Our multidisciplinary team of lawyers, planners, policy analysts, and other professionals works with state and local governments, advocacy organizations, and anchor institutions to create thriving communities.



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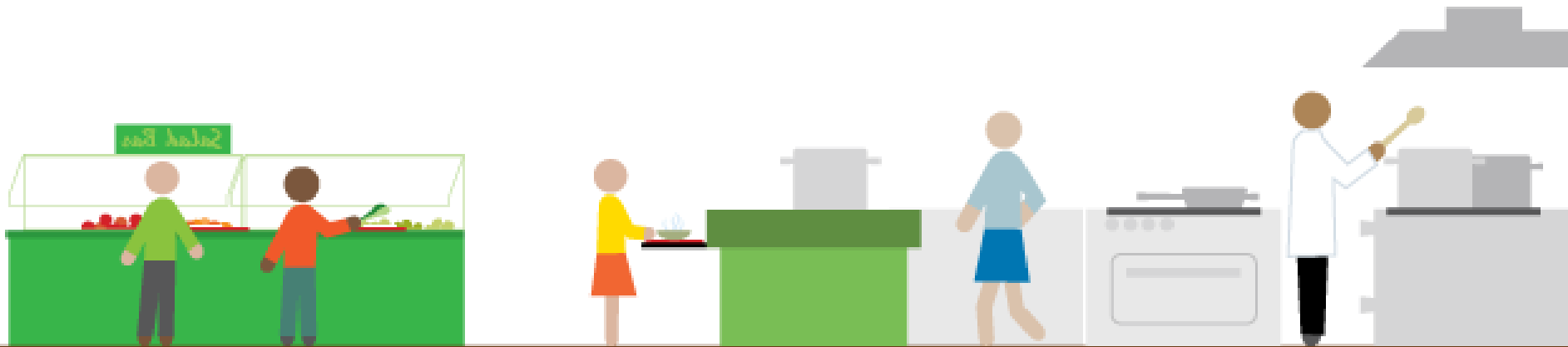
Lauren Dawson

Healthy Eating Research

AGENDA



- Why are juvenile justice food environments important for health?
- What's happening at the national level?
- What's happening in North Carolina?
- What's next?



Why are **juvenile justice food environments** important for **health equity**?



Health Equity & Youth Incarceration





What's happening at the national level?

Research methods

&

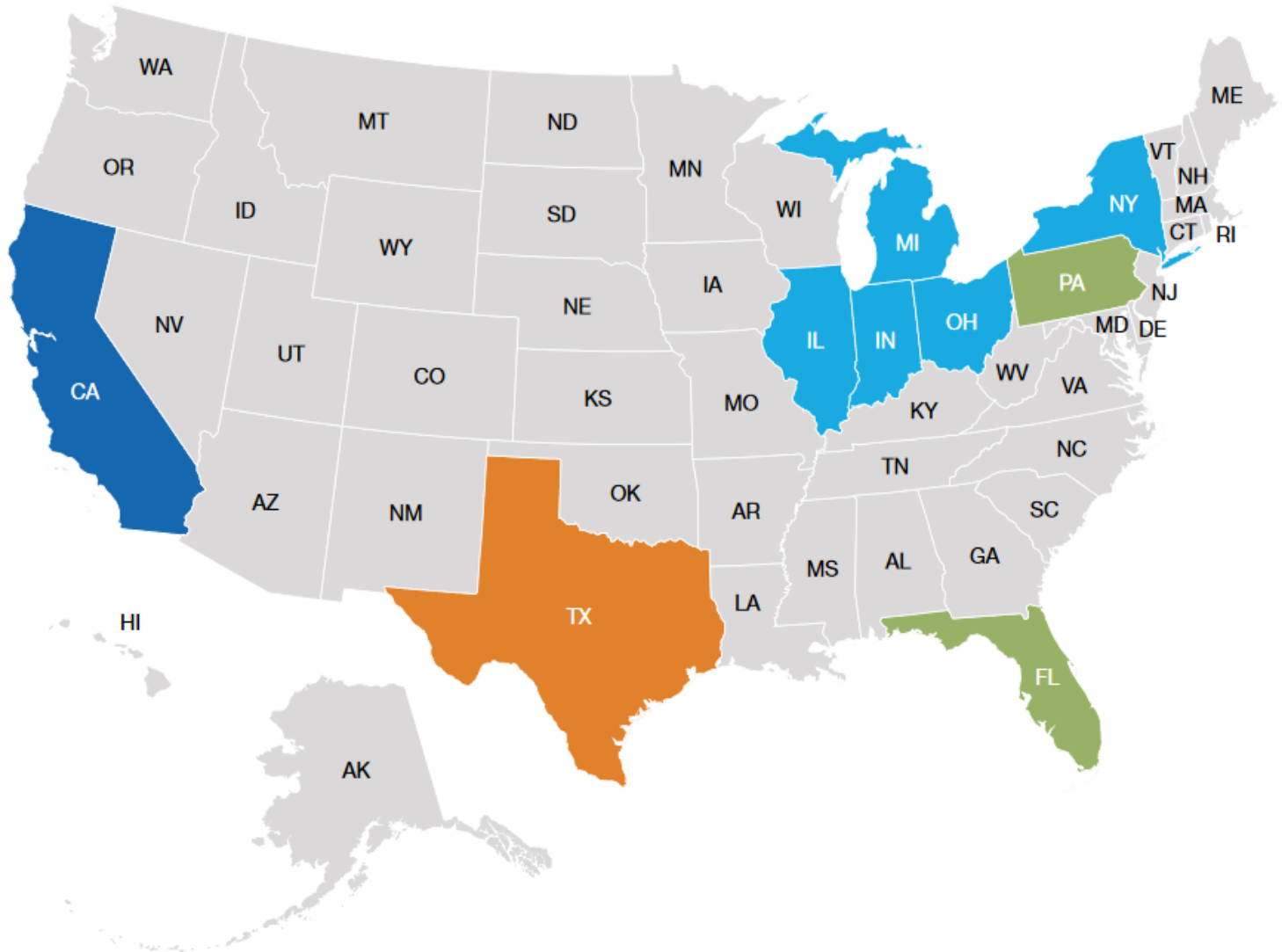
Key findings

Population Impact

Number of Incarcerated Youth by State

Number of Incarcerated Youth

- 27–1,367
- 1,368–2,707
- 2,708–4,046
- 4,047–5,386
- 5,387 or more



Food environment components

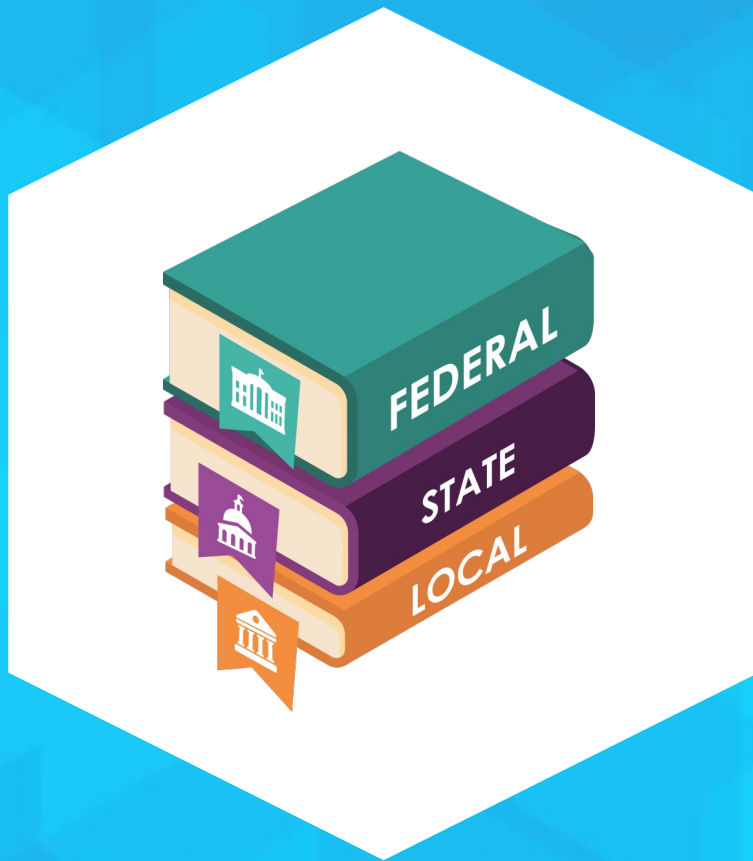
Food service & catering

Commissaries & canteens

Food in visiting areas

Food gardens





Governance Landscape

Regulatory
levels that
govern juvenile
justice facilities

Key takeaways



State governments are in a critical position to implement policy



Focus on current gaps in meal service regulations



Commissaries and other food sale points have potential for policy change



What's happening in North Carolina?

Key findings



NC Juvenile Justice Facility Landscape

- 12 residential facilities
 - ✓ 4 state-operated youth development centers (YDCs)
 - ✓ 6 state-operated juvenile detention centers (JDCs)
 - ✓ 2 county-operated JDCs
- Average daily population: 334 youth
- Average length of stay:
 - ✓ 358 days (YDCs)
 - ✓ 17 days (JDCs)

Research Methods



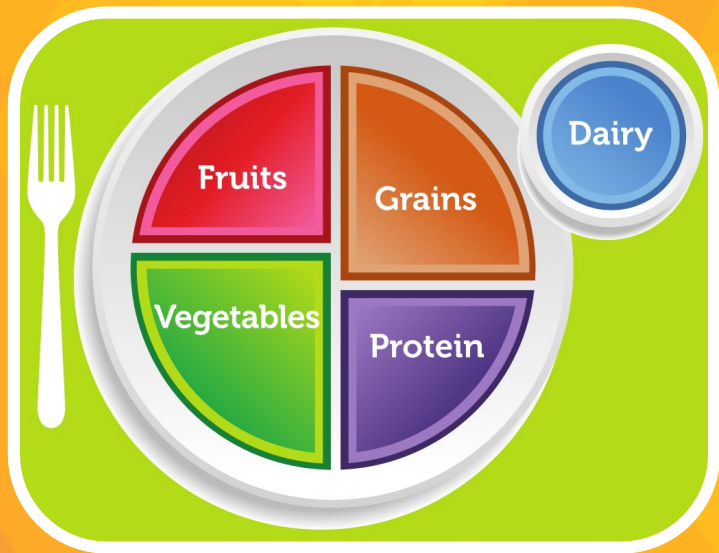
- Purposeful sample for in-depth interviews:
 - ✓ 5 of 12 juvenile justice residential facilities in NC
 - ✓ Child Nutrition Program Administrator at NC DPS
- Semi-structured interview guides
- Short survey used to focus interviews



Innovative Programming

- Monthly taste tests
- Culinary classes
- Sensory garden
- Greenhouse
- Nutritionists
- Informational events/fairs
- Initiatives involving parents
- Bulletin boards/posters

Required Participation in SBP & NSLP



- NC DPS wellness policy requires all facilities to participate in SBP and NSLP
- Do not participate in “offer versus serve”
- 2 facilities participate in the Team Nutrition Program
- No access to canteens, commissaries, or vending machines

No Specific Nutrition Requirements for Dinner

- CNP Administrator at NC DPS determines the menus for facilities
- Some flexibility allowed at dinner
- Items served at dinner are similar to lunch but larger portions
- Infrequently offer food from outside establishments
- Serve garden produce as part of dinner meals



Including Healthy Eating in Youth Reentry Plans

- Send home nutrition education and materials as part of youth's reentry plans
 - Includes information on local food pantries, farmers markets, and social services
 - Sample menus and recipes
- Importance of connecting with families



Nutrition Services at the North Carolina Department of Public Safety

Operations on the ground

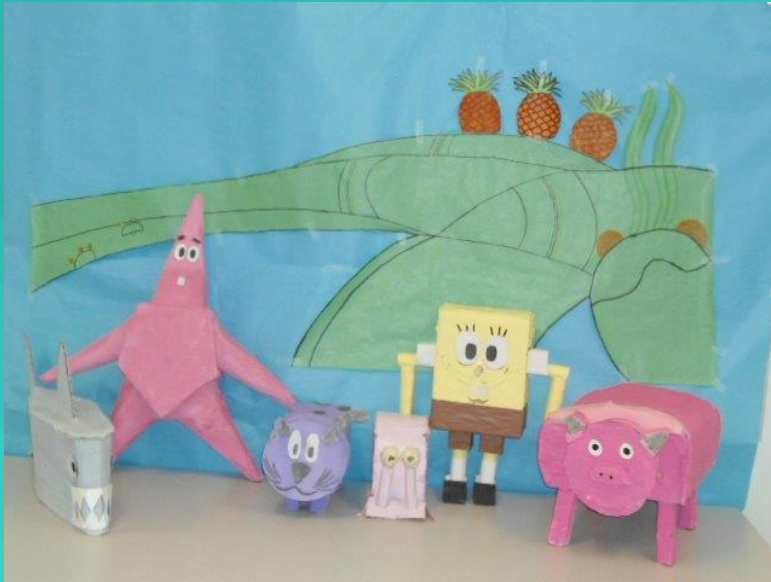


Successes

- ✓ Establishing local wellness policies & committees
- ✓ Awards: Recognized at local, state & national levels



Successes: Awards



- ✓ HealthierUS School Challenge Award – sponsored by USDA Food and Nutrition Service
- ✓ USDA Best Practice Award
- ✓ Golden Key Achievement Award – sponsored by School Nutrition Association of North Carolina
- ✓ Partner in Education Award – sponsored by School Nutrition Association of North Carolina
- ✓ Made by Milk Carton Contest – sponsored by Evergreen Packaging



Successes

Culinary and Creative Arts Competition – sponsored by School Nutrition Association of North Carolina



Challenges



- Complexity of Child Nutrition Program requirements
- Procurement processes & guidelines
- Menu planning/whole grain-rich criteria
- Recruitment & retention of highly skilled foodservice professionals



Moving Forward: The Future

- Streamline overly complex Child Nutrition Programs
- Flexibility with meal pattern & dietary standards – breakfast
- Advocacy group





What's next?



Thank you! Questions?

Keep the conversation going

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