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|  | DEPARTMENT OF CORRECTIONS AND REHABILITATION CORRECTIONS ADMINISTRATION POLICY AND PROCEDURES | EFFECTIVE DATE: January 01, 2024 | POLICY NO.: COR.10.B.01 |
| | | SUPERSEDES (Policy No. & Date): COR.10.1F.01 (11/06/18); COR.10.1F.03 (11/06/18) | |
| SUBJECT: HEALTHY LIFESTYLE PROMOTION | | Page 1 of 5 | |

1.0 PURPOSE

The purpose of this policy is to ensure that health care policies, procedures, and practices emphasize health promotion, wellness, and recovery.

2.0 SCOPE

This policy and procedure shall apply to all correctional facilities, their assigned personnel, and contract staff.

3.0 REFERENCES, DEFINITIONS & FORMS

.1 References

- a. American Heart Association. Diet and Lifestyle Recommendations. Accessible online at: <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/aha-diet-and-lifestyle-recommendations>.
- b. Department of Corrections and Rehabilitation, Policy and Procedures, COR.01.22, Smoking in the Workplace.
- c. Department of Corrections and Rehabilitation, Policy and Procedures, COR.09.01, Food Service Management.
- d. Department of Corrections and Rehabilitation, Policy and Procedures, COR.09.02, Meal Service and Special Diets.
- e. Department of Corrections and Rehabilitation, Policy and Procedures, COR.14.14, Recreation and Leisure Time.
- f. Department of Corrections and Rehabilitation, Policy and Procedures, COR.10.1F.02, Medical Diets.
- g. Department of Corrections and Rehabilitation, Policy and Procedures, COR.10.1F.03, Use of Tobacco.
- h. Hawaii Dietetic Association. Hawaii Diet Manual, 9th edition. (2018)
- i. Hawaii Revised Statutes (HRS) §328J, Smoking.

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- j. *Helling v. McKinney*, 509 U.S. 25, (1993).
- k. Standards for Health Services in Prisons. National Commission on Correctional Health Care, (2018).
- l. Standards for Health Services in Jails. National Commission on Correctional Health Care, (2018).
- m. Standards for Mental Health Services in Correctional Facilities. National Commission on Correctional Health Care, (2015).
- n. U.S. Department of Agriculture. Dietary Guidelines for Americans, 9th edition. (2020).
- o. Performance-based Standards and Expected Practices for Adult Correctional Institutions. The American Correctional Association. Standards: 5-ACI-6A-20. (2021).

.2 Definitions

- a. Health Education: Information on preventing illness, self-care for an existing health condition, and maintaining a healthy lifestyle.
- b. Healthy Lifestyle Choices: Behavioral strategies and personal choices that encourage health and minimize the development of chronic disease.
- c. Nutritionally Adequate Diet: Incorporates current American Heart Association diet and lifestyle recommendations and U.S. Department of Agriculture dietary guidelines, consistent with the current Dietary Reference Intakes for age, gender, and activity levels of the population.
- d. Registered Dietitian Nutritionist: A term adopted by the Commission on Dietetic Registration for optional use by registered dietitians and is equivalent to the “registered dietitian” designation still in use.
- e. Responsible Health Authority: The Clinical Services Administrator is the designated individual tasked with ensuring the organization and delivery of all medical and clinical services care in the facility.

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- f. Responsible Mental Health Authority: The Mental Health Administrator is the designated individual tasked with ensuring the organization and delivery of all mental health services in the facility.
- g. Self-Care: Care for a condition that can be treated and/or managed by the patient, and may include the use of over-the-counter medications.

4.0 POLICY

- .1 The Department shall seek to educate incarcerated individuals in self-care strategies and promote healthy lifestyle choices among incarcerated individuals.
- .2 An ongoing program of health education and wellness information shall be provided to all incarcerated individuals.
- .3 Health education may be provided by health care staff, program staff, re-entry staff, offender management staff, residency staff, security staff, contracted staff, community providers, community-based organizations, volunteers, and other authorized individuals and organizations.

5.0 PROCEDURES

- .1 When incarcerated individuals are provided individual health education and instruction in self-care for their health conditions, qualified health care professionals and qualified mental health professionals shall document the provision of the education and instruction in the health record.
- .2 The Responsible Health Authority and the Responsible Mental Health Authority, or their designee, shall ensure that general health education (e.g., pamphlets, posters, news articles, video, classes), is accessible (e.g., in the library, housing, health care unit), to all incarcerated individuals. Health education topics may include but are not limited to:
 - a. Alcohol and other drug problems.
 - b. Chronic disease and disabilities.
 - c. Comprehensive family planning, including services and referrals.
 - d. Counseling in preparation for release.
 - e. Effects of smoking, use of tobacco products, and smoking cessation.

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- f. Hepatitis (A, B, and C).
 - g. HIV infection and AIDS.
 - h. Immunizations.
 - i. Keep-on-person (KOP) medications.
 - j. Nutrition.
 - k. Parenting skills.
 - l. Perinatal care.
 - m. Personal hygiene.
 - n. Physical fitness.
 - o. Prevention of sexual or other physical violence.
 - p. Preventive oral health care.
 - q. Sexually transmitted infection.
 - r. Stress management.
 - s. Tuberculosis.
- .3 Diet, Nutrition, and Exercise.
- a. The facility Institutional Food Service Manager and the Food Service Officer shall provide a nutritionally adequate diet to the general population in accordance with COR.09.02 (Meal Service and Special Diets).
 - b. A registered dietitian nutritionist (RDN), or other licensed qualified nutrition professional, as authorized by state scope of practice laws, shall document a review of the regular diet for nutritional adequacy at least annually and in accordance with COR.09.02 (Meal Service and Special Diets).
 - c. The facility notifies the RDN whenever the regular diet menus are changed in accordance with COR.09.02 (Meal Service and Special Diets).

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d. Health care staff shall promote and provide education on exercise and physical activity options in the facility through general facility education campaigns and/or individual teaching and counseling during health encounters in accordance with COR.14.14 (Recreation and Leisure Time).

.4 Smoking and Tobacco.


- a. Smoking is prohibited indoors and outdoors within the secure confines of all correctional facilities. If a facility allows smoking outside the secure confines of the correctional facility, specific areas restricted from access by incarcerated individuals shall be designated smoking areas in accordance with COR.01.22 (Smoking in the Workplace).
- b. The Responsible Health Authority, or their designee, shall ensure that information on the health hazards of tobacco is available to incarcerated individuals.

APPROVAL RECOMMENDED:


Deputy Director for Corrections

JAN 01 2024
 Date

APPROVED:


DIRECTOR

JAN 01 2024
 Date

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