

 <p style="text-align: center;"><b>DIVISION OF ADULT INSTITUTIONS</b></p> <p style="text-align: center;"><b>POLICY AND PROCEDURES</b></p>	<b>DAI Policy #:</b> 500.30.61	<b>Page</b> 1 of 3
	<b>Original Effective Date:</b> 02/10/14	<b>New Effective Date:</b> 04/01/24
	<b>Supersedes:</b> 500.30.61	<b>Dated:</b> 01/11/21
	<b>Administrator's Approval:</b> Sarah Cooper, Administrator – 3/5/24	
	<b>Required Posting or Restricted:</b>	
<input checked="" type="checkbox"/> <b>PIOC</b> <input checked="" type="checkbox"/> <b>All Staff</b> <input type="checkbox"/> <b>Restricted</b>		
<b>Chapter:</b> 500 Health Services		
<b>Subject:</b> Healthy Lifestyle Promotion		

**POLICY**

The Division of Adult Institutions shall develop health care policies, procedures, and practices emphasizing health promotion, wellness, and recovery.

**REFERENCES**

Standards for Health Services in Prisons – National Commission on Correctional Health Care 2018 P-B-01 – Healthy Lifestyle Promotion  
Wis. Statute s 302.38 – Medical care of prisoners

**DEFINITIONS, ACRONYMS AND FORMS**

Health Education – Information on preventing illness, self-care for an existing health condition, and maintaining a healthy lifestyle.

HCR – Healthcare Record

Nutritionally Adequate – A diet that incorporates current American Heart Association diet and lifestyle recommendations and U.S. Department of Agriculture dietary guidelines

PIOC – Persons in our Care

RDN – Registered dietician nutritionist

Self-care – Care for a condition that can be treated by the patient and may include over-the-counter medications.

**PROCEDURE****I. General Health Education**

- A. Health staff document in the HCR when PIOC receive individual health education and instruction in self-care for their health conditions.
- B. Health staff shall utilize up to date health education materials sourced through the HCR education tab whenever possible. When written education is obtained through an alternative source, a copy of the information shall be scanned into the HCR.

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- C. General health education (e.g., pamphlets, news articles, video, and classes) shall be accessible to all PIOC.
- D. Facilities shall provide a nutritionally adequate diet to the general population.
- E. An 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.
- F. Facilities shall have a procedure in place to notify the RDN whenever the regular diet menu is changed.
- G. Healthcare staff shall promote and provide education on exercise and physical activity options at their facility.
- H. Smoking is prohibited at all DOC facilities.
- I. Information on the health hazards of tobacco shall be available to PIOC.

**II. Individual Health Education**

- A. Documentation of health education and self-care instruction provided, along with the PIOC understanding of health education, shall be documented in the HCR.
- B. PIOC with chronic diseases shall be provided with information designed to increase their ability to understand, monitor and manage their health status.
- C. Health care staff are responsible for evaluating and reinforcing health education for PIOC to maintain a healthy lifestyle.

## DIVISION OF ADULT INSTITUTIONS FACILITY IMPLEMENTATION PROCEDURES

<b>Facility:</b> Name		
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<b>New Effective Date:</b> 00/00/00	<b>Supersedes Number:</b>	<b>Dated:</b>
<b>Chapter:</b> 500 Health Services		
<b>Subject:</b> Healthy Lifestyle Promotion		
<b>Will Implement</b> <input type="checkbox"/> As written <input type="checkbox"/> With below procedures for facility implementation		
<b>Warden's/Center Superintendent's Approval:</b>		

### REFERENCES

### DEFINITIONS, ACRONYMS AND FORMS

### FACILITY PROCEDURE

I.

A.

B.

1.

2.

a.

b.

c.

3.

C.

II.

III.

### RESPONSIBILITY

I. Staff

II. Inmate

III. Other