

## 1.5.C.2 Inmate Wellness

### I Policy Index:



**Date Signed:** 05/30/2019  
**Distribution:** Public  
**Replaces Policy:** N/A  
**Supersedes Policy Dated:** 05/23/2018  
**Affected Units:** All Institutions  
**Effective Date:** 05/30/2019  
**Scheduled Revision Date:** April 2020  
**Revision Number:** 16  
**Office of Primary Responsibility:** DOC Administration

### II Policy:

The Department of Corrections (DOC) shall provide all inmates with nutritional meals. Inmates will be afforded the opportunity for recreation and leisure activity on a regular basis. Inmates are encouraged to engage in some form of regular physical exercise.

### III Definitions:

**Inmate:**

Any person sentenced or placed in a facility or program under the control of the Department of Corrections.

### IV Procedure(s):

**1. Nutrition:**

- A. All inmates will be afforded the opportunity to access three nutritional meals a day, seven (7) days a week (ACA 4-4328).
- B. Dietary allowances will be reviewed and documented at least annually by a qualified nutritionist or registered dietician (ACA 4-4316). In addition to the food services nutritionist, the DOC shall contract with an independent nutritional and foodservice consulting service to review and evaluate dietary allowances established for inmates.
  - 1. Inmates will be provided a balanced diet based on the United States Department of Agriculture and the Department of Human Services' Food Guide Pyramid. Meals will meet or exceed the recommended daily allowances, including the four (4) basic food groups, and will be appropriate for the age, gender and activity level of the inmates (ACA 4-4316).
- C. Special medical/therapeutic diets may be ordered by a physician, physician assistant, nurse practitioner, or dentist and shall conform as closely as possible to the foods served to other inmates (ACA 4-4318) (See DOH policy P-F-02 -*Medical Diets* and DOC policy 1.5.F.2 *Inmate Religious and Alternative Diets*).
- D. Inmates may request a religious or alternate diet by completing a *Request for Religious or Alternate Diet* form and submitting this to their respective cultural activities coordinator (See DOC policy 1.5.F.2 *Inmate Religious and Alternative Diets*).
- E. Inmates who access commissary to purchase food, remain responsible for maintaining a healthy diet and following any prescribed medical/therapeutic diet

- F. Regular meals will not be withheld, nor will the standard menu be varied as a disciplinary sanction for an inmate's behavior. Inmates will not be denied access to nutritionally adequate diets as a means of modifying behavior. Access to food items available through commissary may be withheld or limited as a disciplinary sanction.
- G. Food services staff will plan menus in advance (typically at least a month prior) and substantially follow the approved planned menus (ACA 4-4317). The nutritionist or dietician must be notified of any substantial changes in the menu by the food service supervisor, preferably in advance of the substitution. If this is not possible, notice shall be provided within the same week as the substitution/change occurred. Any substitutions in meals should be noted by the food service supervisor and shall be of equal or greater nutritional value (ACA 4-4317).
- H. Menus will be evaluated on a regular basis by designated institutional committee, who will take into consideration the flavor, texture, temperature, appearance and palatability of the food items. The committee will take into consideration inmate eating preferences and diversity of the inmate population.
- I. The independent nutritional and foodservice consulting service will review and evaluate menus and the food service program, including conducting nutritional analysis of meals and therapeutic/medical diets.
- J. The independent nutritional and foodservice consulting service will observe tray line/meal service, diet trays, portion sizes, general sanitation, food storage, inventory items and other items necessary to properly evaluate food services.
- K. Meal evaluations should be conducted at least quarterly by designated staff. Staff shall verify adherence to the set menu and established basic serving sizes (ACA 4-4316).
- L. Food service staff planning and preparing meals will take into consideration food flavor, texture, temperature, appearance and palatability (ACA 4-4317).

## **2. Recreation:**

- A. All inmates will be provided access to indoor and/or outdoor recreation or leisure areas at least one hour each day (ACA 4-4154), with the following exceptions:
  - 1. The inmate's involvement in recreation would pose an immediate threat to the safety and security of the facility.
  - 2. A medical order exists stating an inmate should not participate in recreation activities or should limit activity. The inmate may sign a medical refusal if they choose to participate in recreation activities or exercise in manner that conflicts with the medical order.
  - 3. Inmates placed in Restricted Housing or other restricted status should be offered recreation/exercise each day outside their cells, at least five days per week, unless security or safety reasons dictate otherwise (ACA 4-4270).
  - 4. When conditions make it unsafe for inmates to be offered recreation activities.
- B. In addition to the procedures set forth within this policy, each institution may establish written rules, guidelines and/or operational memorandums relating to inmate recreation, indoor/outdoor activity and leisure-time activities.
  - 1. Designated staff are responsible for the procurement, inventory, replacement and repair of recreational/leisure-time equipment and supplies.

2. Each facility will establish provisions and procedures for adequate staff supervision of inmates participating in recreation, exercise, leisure-time activities to preserve and ensure the safety and security of the institution, staff and inmates.
3. Inmates will participate in recreation/leisure activities at their own risk. Participation in such activity is strictly voluntary.

## V Related Directives:

DOC policy 1.5.C.1-- [Weather Index Alert](#)

DOC policy 1.5.F.2 – [Inmate Religious and Alternative Diets](#)

DOH policy P-F-02 -[Medical Diets](#)

## VI Revision Log:

**September 2004:** Combined facility OMs into this new policy.

**April 2005:** No changes made.

**July 2006:** No changes made.

**May 2007:** Minor style/format change made to the policy statement.

**April 2008:** Policy under review to be repealed.

**November 2009:** **Revised** entire policy. **Deleted** definition of Base Weight and the following sections: Inmate Participation, Wellness Program Criteria for Male Inmates and Wellness Program Criteria for Female Inmates. **Added** Inmate, Community Service, Work Release Program and US Marshal Holds to definition section. **Added** the following sections to policy: Nutrition, Inmate Recreation and Prohibited Substance Use. **Deleted** Attachments 1 and 2 regarding Ideal Body Weight for Males and Females.

**April 2010:** **Revised** formatting of Section 1.

**April 2011:** **Removed** "U.S. Marshall Holds" from definitions. **Added** 1. "The facility will provide inmates with a balanced diet based on the United States Department of Agriculture and the Department of Human Services' Food Guide Pyramid. Meals will meet the recommended daily allowances, including the four (4) basic food groups." to Section 1 a. **Deleted** "provided as prescribed by a medical provider" and **Replaced** with "made available to inmates when ordered by a physician, physician assistant, nurse practitioner, or dentist" in Section 1 B. **Deleted** "Inmate requests for diets based on cultural or religious beliefs will be requested through the institutions Cultural Activities Coordinator" and **Replaced** with "An inmate may request a religious diet by completing a Request for a Religious Diet form and submitting this to their respective cultural activities coordinator." in Section 1 C. **Added** "or dentist" to Section 1 D. **Added** "products (except for those tobacco products used for/during approved religious/cultural activities)" and "unapproved/ non-prescribed" in Section 3 A. **Deleted** "A urine sample or breath analyzer test may be taken" **Replaced** with "Inmates may be required to submit to an urinalysis, blood test or Preliminary Breath Test (PBT)" in Section 3 A. 1.

**May 2012:** **Deleted** definitions of "Community Service" and "Work Release Program". **Deleted** "Meals will be approved by a registered dietician" and **Replaced** with "Dietary allowances shall be reviewed (and documented) at least annually by a qualified nutritionist or dietician." in Section 1 A. **Added** "and shall be appropriate for the age, sex and activity level of the inmates served" in Section 1 A. 1. **Deleted** "will be made available to inmates as" and **Replaced** with "(therapeutic diets) will be" and **Added** "and should conform as closely as possible to the foods served to other inmates" in Section 1 B. **Added** E. F. &G. to Section 1. **Deleted** "an opportunity of at least one hour of recreation daily" and **Replaced** with "daily access to recreation/leisure areas and equipment" in Section 2 A. **Added** B. and B. 1-3. **Deleted** Section 3. Prohibited Substance Use:"

**May 2013:** **Added** "with the exception that commissary privileges may be withheld as provided for in state statute" to Section 1 E. **Added** "preferably in advance of the substitution. If this is not possible, notice shall be provided within the same week as the substitution/change occurred" in Section 1 F. **Deleted** 4. "Male inmates housed in a segregation unit" in Section 2 A.

**April 2014:** **Added** "Regular" and **Deleted** "food" and **Replaced** with "meals" in Section 1 E. **Deleted** 3. "The inmate has been excused from participation at the discretion of the Warden or his/her designee" in Section 2.

**April 2015:** **Deleted** "provided" and **Replaced** with "afforded the opportunity to access" in Section 1 A.

**April 2016:** **Added** "at least one hour each day (ACA 4-4154)" in Section 2 A. **Added** 3. and 4. in Section 2 A. **Added** "Any substitutions in meals should be noted and should be of equal nutritional value (ACA 4-4317)"

in Section 1 G. **Added** "Staff/committees shall take into consideration inmate eating preferences" in Section 1 H. **Added** I and J in Section 1.

**April 2017: Added** "In addition to the food services nutritionist, the DOC may contract with an independent nutritional and foodservice consulting service to review and evaluate dietary allowances" in Section 1 B.

**Added** I. and J. to Section 1.

**April 2018: Reviewed** with no changes.

**April 2019: Reviewed** with no changes.

*Mike Leidholt (original signature on file)*

Mike Leidholt, Secretary of Corrections

05/30/2019

Date