

1.5.C.2 Wellness Program

I Policy Index:



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Replaces Policy: N/A
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Office of Primary Responsibility: DOC Administration

II Policy:

The Department of Corrections (DOC) provides all inmates with nutritional meals that are approved by a registered dietician. All inmates will be afforded the opportunity for recreation/leisure activity on a daily basis and are encouraged to engage in some form of physical exercise each week, unless their involvement in such recreation would interfere with the safety and security of the institution.

III Definitions:

Inmate:

An offender in the custody of the DOC adult institutional system.

IV Procedure(s):

1. Nutrition:

- A. All inmates will be provided three nutritional meals a day, seven (7) days a week. Dietary allowances shall be reviewed (and documented) at least annually by a qualified nutritionist or dietician.
 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 and shall be appropriate for the age, sex and activity level of the inmates served.
- B. Special medical diets (therapeutic diets) may be ordered by a physician, physician assistant, nurse practitioner, or dentist (See DOH policy P-F-02 -[Medical Diets](#)) and should conform as closely as possible to the foods served to other inmates.
- C. An inmate may request a religious diet by completing a [Request For Religious Diet](#) form and submitting this to their respective cultural activities coordinator (See DOC policy 1.5.F.2 [Religious Diet](#)).
- D. Inmates who have access to commissary remain responsible for maintaining a healthy diet as prescribed by their medical provider or dentist.
- E. Meals/food shall not be withheld, nor will the standard menu be varied, as a disciplinary sanction for an individual inmate with the exception that commissary privileges may be withheld as provided for in state statute.

- F. Food service staff shall plan menus in advance and substantially follow the approved menus. The nutritionist or dietician must be notified of 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.
- G. Menus shall be evaluated by designated DOC staff who shall take into consideration the flavor, texture, temperature, appearance and palatability of the food items.

2. Inmate Recreation:

- A. All inmates will be provided daily access to recreation/leisure areas and equipment, with the following exceptions:
 - 1. The inmate's involvement in recreation would interfere with the safety and security of the institution;
 - 2. The inmate has been provided a medical or dental release; or
 - 3. The inmate has been excused from participation at the discretion of the Warden or his/her designee.
- B. Each facility may establish its own written rules, guidelines and/or operational memorandums relating to inmate recreation, indoor/outdoor activity (as permitted based on weather conditions and DOC policy 1.5.C.1 [Weather Index Alert](#)) and leisure-time activities for inmates.
 - 1. Designated DOC staff are responsible for the procurement, inventory, replacement and repair of recreational/leisure-time equipment and supplies.
 - 2. Each facility shall establish provisions and procedures for staff supervision of inmates participating in recreation, indoor/outdoor activities and leisure-time activities as necessary and appropriate.
 - 3. Inmates will participate in recreation/leisure activities at their own risk.

V Related Directives:

DOC policy 1.5.F.2 – [Religious Diet](#)

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

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.

Denny Kaemingk (original signature on file)

Denny Kaemingk, Secretary of Corrections

05/23/2013

Date