Department Directive

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Title: **Incarcerated Individual Wellness**	**Directive Number:** Revised - OPS.200.0003
Related MD Statute/Regulations: Correctional Services Article, §2-103, Annotated Code of MD COMAR 12.14.03.04,.06; 12.14.04.03 & .05; 12.14.05.03 & .05	**Supersedes:** OPS.200.0003 dated December 12, 2014
Related ACA and MCCS Standards: 4-4316 – 4-4318; 4-4328; 4-4381; 4-4484; 4-ALDF-4A-07 &09; 4-ALDF-4C-21 &41	**Authorized By:** **Sohail M. Qarni** Chief Medical Officer
Related Directives: DPSCS.160.0001 - DPSCS Operations: Food Services Manual Clinical Services & Inmate Health Operations Manuals Social Work Services Program Operations Manual	**Issued Date:** July 15, 2026 **Effective Date:** July 20, 2026
Variance: Each facility may issue a facility directive necessary to implement and comply with this directive.	**Number of Pages:** 5

.01 Purpose.

The purpose of this directive is to establish and maintain policy that ensures the Department of Public Safety and Correctional Services (Department) provides incarcerated individuals with wellness services and health education that support overall health and well-being.

.02 Scope.

This directive applies to all units of the Department responsible for the custody and care of incarcerated individuals.

.03 Policy.

A. The Department shall support a custodial environment that promotes incarcerated individual health and well-being by:

(1) Encouraging incarcerated individuals to take responsibility for personal health outcomes by adopting life-long healthy nutritional habits and incorporating physical activity into daily activities;

(2) Providing guidance and educational opportunities that emphasize physical activity and good nutrition as cornerstones of a healthy lifestyle;

(3) Ensuring, that at a minimum, all meals served comply with nutritional standards as defined by the Food and Nutrition Board, Nutritional Academies, Institute of Medicine, and National Research Council;

(4) Ensuring that food storage, preparation, and service comply with applicable federal, state, and local safety, health, and sanitation requirements;

(5) Ensuring that food and beverages available from vending machines or other approved sources provide healthy nutritional choices;

(6) Ensuring that appropriate safety and sanitation measures are used as an effective prevention measure in the Department's infection control program; and

(7) Developing and maintaining a health system that promotes wellness and manages acute and chronic diseases, and ensures access to care within a correctional facility.

B. The Department encourages program development that coordinates health education, health services, nutrition services, and mental health services in support of overall wellness.

.04 Definitions.

A. In this directive, the following terms have the meanings indicated.

B. Terms Defined.

(1) "Healthy lifestyle" means a reasonable level of physical and mental well-being conducive to affording an individual a reasonable opportunity to participate in basic everyday life activities.

(2) Incarcerated Individual.

(a) "Incarcerated individual" has the meaning stated in Correctional Services Article (CSA), §1-101, Annotated Code of Maryland (ACM) which states, "'Incarcerated individual' means an individual who is actually or constructively detained or confined in a correctional facility."

(b) "Incarcerated individual" includes the term "inmate" as stated prior to October 1, 2023 CSA, §1-101, ACM

(c) "Incarcerated individual" includes the term incarcerated person.

(3) "Managing official" has the meaning stated in CSA, § 1-101, ACM.

(4) "Therapeutic diet" means a medically approved diet:

(a) Listed in the Department's Medical Diet Manual;

(b) Prescribed by a licensed health care provider for an incarcerated individual with a specific medical condition; and

(c) Prepared under the guidance of a registered dietitian.

.05 Responsibility.

A. A managing official shall:

(1) Ensure that appropriate action is taken to comply with policy requirements of this directive;

(2) As necessary, prepare written procedures to comply with policy requirements of this directive;

(3) Coordinate existing programs and services to encourage and provide opportunities for an incarcerated individual to adopt a healthy lifestyle, including, but not limited to, the following programs:

(a) Physical, mental health, and dental health;

(b) Food services;

(c) Physical exercise and recreation;

(d) Substance abuse treatment and prevention;

(e) Social work;

(f) Education;

(g) Re-Entry Services;

(h) Continuity of care upon release; and

(i) Medication.

(4) Review existing programs and services offered at a correctional facility to ensure that the program or service provides meaningful opportunities to improve an incarcerated individual's health and well-being.

B. The Director of Contract Administration shall ensure that contracted medical and mental health care services and education are available to meet an incarcerated individual's medical and mental health needs.

C. The Department's Director of Food Services in collaboration with the Director of Clinical Services shall ensure that regular and therapeutic diets served at a correctional facility provide minimum daily nutritional allowances established under recognized federal, state, local standards necessary to support a reasonable level of nutritional health.

D. The Department's registered dietitians shall ensure food service complies with diets approved by the Department's Director of Dietary Services, in collaboration with the Director of Clinical Services according to the Department's Medical Diet Manual.

E. The Department Commissary Contract Manager, in accordance with the Director of Clinical Services and Department security initiatives, shall ensure that food and beverage items available from the Commissary include items that offer healthy alternatives to items that may not positively contribute to nutritional health.

F. Infection Control Program. To prevent and mitigate the spread of communicable diseases in a correctional facility and optimize incarcerated individual health, the Department shall maintain an infection control program that:

(1) Complies with the guidelines established by the Centers for Disease Control and Prevention (CDC) and the Maryland Department of Health (MDH);

(2) Provides incarcerated individuals with appropriate access to screening and clinical testing for infectious diseases;

(3) Implements appropriate medical treatment for the management of infectious diseases;

(4) Implements appropriate safety procedures for correctional staff and incarcerated individuals during a health emergency to include the distribution of personal protective equipment (PPE); and

(5) Provides age appropriate and disease specific immunizations to all incarcerated individuals under the authority of the Division of Pretrial Detention and Services and Division of Correction and Patuxent Institution consistent with community standards of care and the Clinical Services & Inmate Health Infection Control Manual.

.06 Appendix.

There are no attachments or links to this directive.

.07 History.

A. This directive supersedes OPS.200.0003 dated December 12, 2014 and the provisions of any other prior existing Department, Division, or communication with which it may be in conflict.

B. OPS.200.0003 dated December 12, 2014 rescinds and replaces DPSCS.200.0003, dated December 10, 2010

C. DPSCS.200.0003 – Inmate Wellness Policy, dated December 10, 2010 supersedes any provision of any other prior existing Department or unit communication with which it may be in conflict.

.08 Distribution.

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