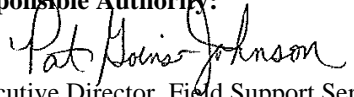


Executive Directive



Title: Inmate Wellness Policy	Executive Directive Number: OPS.200.0003 REVISED
Related MD Statute/Regulations: Correctional Services Article, §2-103, Annotated Code of Maryland	Supersedes: OPS.200.0003, Inmate Wellness Policy dated December 12, 2014
Related ACA Standards: 4-4316 – 4-4318; 4-4328; 4-4381; 4-4484 4-ALDF-4A-07 & 09; 4ALDF-4C-21 & 41	Responsible Authority:  Executive Director, Field Support Services
Related MCCS Standards: COMAR 12.14.03.04 & .06; 12.14.04.03 & .05; 12.14.05.03 & .05	Effective Date: August 14, 2015 Number of Pages: 3



Stephen T. Moyer
Secretary



Wendell M. France
Deputy Secretary
for Operations

.01 Purpose.

This directive continues the inmate wellness policy for the Department of Public Safety and Correctional Services (Department).

.02 Scope.

This directive applies to units of the Department responsible for the custody and security of an inmate.

.03 Policy.

- A. Using existing resources, the Department shall support a custodial environment that promotes inmate health and well-being by:
- (1) Encouraging inmates to take responsibility for personal health by adopting life-long healthy nutritional habits and physical activity into daily activities;
 - (2) Providing guidance and educational opportunities emphasizing that physical activity and good nutrition are the 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; and
 - (5) Ensuring that food and beverages available from vending machines or other approved sources provide healthy nutritional choices.
- B. Consistent with available resources, the Department encourages program development that coordinates

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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) “Inmate” has the meaning stated under Correctional Services Article, §1-101, Annotated Code of Maryland and includes individuals referred to as resident and detainee.
- (3) “Managing official” has the meaning stated under Correctional Services Article, §1-101, Annotated Code of Maryland.
- (4) “Therapeutic diet” means a medically approved diet:
 - (a) Listed in the Department Medical Diet Manual;
 - (b) Prescribed by a licensed health care provider for an inmate with a specific medical condition;
and
 - (c) Prepared under the guidance of a registered dietician.

.05 Responsibility.

A. A unit head shall:

- (1) Ensure that appropriate action is taken to comply with policy requirements of this directive; and
- (2) As necessary, prepare written procedures to comply with policy requirements of this directive.

B. A managing official, or a designee, shall:

- (1) Consistent with available resources, coordinate existing programs and services to encourage and provide opportunities for an inmate to adopt a healthy lifestyle, including, but not limited to, the following programs:
 - (a) Physical and mental health;
 - (b) Food services;
 - (c) Physical exercise and recreation;
 - (d) Substance abuse treatment and prevention;

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- (e) Social work; and
 - (f) Education.
- (2) In cooperation with appropriate staff, review actions taken to provide health-conscious programs and services and efforts to encourage inmate participation to identify support for continuance, modification, or discontinuance; and
- (3) As necessary, prepare written procedures to comply with policy requirements of this directive.
- C. The Director of Contract Administration shall ensure that contracted physical and mental health care services and education are available to meet an inmate's medical and mental health needs.
- D. The Department's Director of Dietary 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.
- E. 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 Diet Manual.
- G. 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.
- H. A case manager shall work with an inmate to identify obstacles to a healthy lifestyle and encourage participation in activities and programs that intend to overcome and correct unhealthy behaviors.
- I. This directive does not create any new substantive rights for an inmate or establish any new cause of action for failure to comply with this directive.

.06 Attachment(s)/Links.

There are no attachments or links to this directive.

.07 History.

This Directive replaces DPSCS.200.0003 dated December 12, 2014 and supersedes provisions of any other prior existing Department or unit communication with which it may be in conflict.

.08 Correctional Facility Distribution Code.

A
C
S – Managing Official