



**STATE OF MONTANA  
DEPARTMENT OF CORRECTIONS  
POLICY DIRECTIVE**

Policy No. DOC 4.5.24	Subject: <b>OFFENDER HEALTH EDUCATION AND PROMOTION</b>
Chapter 4: FACILITY/PROGRAM SERVICES	Page 1 of 2
Section 5: Health Care	Effective Date: Jan. 1, 1998
Signature: /s/ Mike Ferriter, Director	Revised: 04/18/06; 10/27/09

## **I. POLICY**

The Department of Corrections facility health care unit will provide education and information to promote offender health, teach offender self-care, and address disease prevention, early detection, and treatment.

## **II. APPLICABILITY**

The secure care facilities that include Riverside and Pine Hills Youth Correctional Facilities, Montana State Prison, Montana Women's Prison, and the private and regional facilities contracted to the Department of Corrections.

## **III. DEFINITIONS**

Health Care Staff – Includes licensed health care providers and non-licensed health care staff (e.g., medical records staff, health care aides) responsible for offender health care administration and treatment.

Health Education – Information provided to promote a healthy lifestyle and prevent disease.

Heart-healthy Diet – A low-fat, low-sodium, high-fiber diet recommended by the American Heart Association.

Medical Diets – Special diets ordered for temporary or permanent health conditions that may restrict the type, preparation, and amount of food.

Self-Care – Accepting responsibility for one's own care and treatment that may include over-the-counter medication use.

## **IV. DEPARTMENT DIRECTIVES**

### **A. Health Education**

1. Facility health care staff will provide offender education and counseling throughout incarceration to promote self-care and general health maintenance.
2. Health education may be delivered through:
  - a wellness program
  - chronic care system
  - educational program
  - pamphlets
  - audio- and videotapes

**B. Health Programs**

Health care staff will offer individual and group programs to improve offender health status.

**C. Chronic Disease Education**

Health care staff will offer chronic disease education and information that is designed to increase offender's ability to monitor and manage their health status.

**D. Preventive Health Care**

At the completion of the initial health assessment, health care staff will inform offenders of the recommended schedule for preventive health care exams in accordance with *DOC 4.5.14, Offender Health Assessments*.

**E. Recommended Diets**

1. Facilities are encouraged to adopt a general heart-healthy diet to reduce the need for individual medical diets (e.g., diabetic, hypertensive)
2. Health care staff will counsel offenders who refuse prescribed diets.

**V. CLOSING**

Questions concerning this policy should be directed to the Department medical director.

**VI. REFERENCES**

- A. *National Commission on Correctional Health Care Standards, 2008*
- B. *ACA Standards for Juvenile Correctional Facilities, 2003*
- C. *DOC Policy 4.5.14, Offender Health Assessments*

**VII. ATTACHMENTS**

None.