



**MONTANA STATE PRISON
HEALTH SERVICES OPERATIONAL PROCEDURE**

Procedure No.: MSP HS B-01	Subject: HEALTHY LIFESTYLE PROMOTION
Reference: NCCHC Standard P-B-01, 2018; P-D-05, 2018 Medical Diets	Page 1 of 2 and no attachments
Effective Date: November 1, 2010	Revised: October 1, 2020
Signature / Title: /s/ Cindy Hiner / Medical Bureau Chief	
Signature / Title: /s/ Paul Rees M.D./ Medical Director	

I. PURPOSE

To offer health education and training to all inmates through classes, audio and video tapes, one-on-one instructions, brochures, and pamphlets on a wide variety of health-related topics including information and services that promote health status, prevent disease, provide early detection and treatment of disease, and teach self-care.

II. DEFINITIONS

Health Education – information on preventing disease and maintaining a healthy lifestyle.

Self-Care – care for a condition that can be treated by the inmate and may include over-the-counter medication.

Administrator – The official, regardless of local title (division or facility administrator, bureau chief, warden, superintendent), ultimately responsible for the division, facility or program operation and management.

DGAs - Dietary Guidelines for Americans, as established by the U.S. Departments of Agriculture and Health & Human Services.

DRIs - Dietary Reference Intakes, as established by the Food and Nutrition Board, Institute of Medicine, National Academies of Sciences.

Food Service Director (FSD) – The employee, regardless of local title, (food service manager, food service supervisor), responsible to manage the facility food service or food product operations.

Qualified Nutritionist - A registered dietitian (RDN) or a person eligible for registration by the American Dietetic Association, authorized by state scope of practice.

III. PROCEDURES

A. General requirements

1. Health care staff, program staff, custody staff, and volunteers provide education and counseling to inmates concerning general health maintenance and self-care throughout their term of incarceration.
2. Information on the health hazards of tobacco or e-cigarettes is available to inmates.
3. As necessary, health care staff may offer individual and group programs designed to improve the

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health status of inmates on a case-by-case basis.

4. Health care staff will provide inmates with chronic diseases information that is designed to increase their ability to monitor and manage their health status.
5. Health care staff will consult with the MSP Dietician, recreation staff, substance abuse program staff, and others to provide opportunities for inmates to enhance their knowledge of health and healthy lifestyles.
6. At the end of an inmate's admission health assessment the health care staff member conducting the assessment will inform the inmate of the recommended schedule for preventive health care exams.
7. Health care staff will keep and update bulletin boards with general health related information and relevant topics in both the high and low side waiting areas of the infirmary clinic. Bulletin boards will also be kept and maintained in the common areas of the high and low side units.
8. Health care staff will document health education and instruction in self-care for appropriate health conditions in the patient's health record.

IV. CLOSING

Questions concerning this operational procedure will be directed to the Clinical Services Manager.

V. Attachments None