





November 06, 2018

TO: ALL CONCERNED  
FROM:  Nolan P. Espinda, Director  
SUBJECT: **AMMENDMENTS TO COR.10.1F.01: HEALTH LIFESTYLE PROMOTION**

The following are the significant changes to COR.10.1F.01, effective November 06, 2018:

- 1) Section 2.0, Scope, reordered to reflect the current standardized policy format.
- 2) Section 3.0, References and Definitions, updated references and definitions.
- 3) Other minor grammar and formatting changes.

If you require any clarification, please contact Wesley Mun at 808-587-2536 or [wesley.k.mun@hawaii.gov](mailto:wesley.k.mun@hawaii.gov).

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|---|---|---|------------------------------------|
|  | <b>DEPARTMENT OF PUBLIC SAFETY</b>                          | <b>EFFECTIVE DATE:</b><br>11/06/18                                    | <b>POLICY NO.:</b><br>COR.10.1F.01 |
|   | <b>CORRECTIONS ADMINISTRATION<br/>POLICY AND PROCEDURES</b> | <b>SUPERSEDES (Policy No. &amp; Date):</b><br>COR.10.1F.01 (10/09/07) |                                    |
|   | <b>SUBJECT:</b><br><b>HEALTHY LIFESTYLE PROMOTION</b>       | Page 1 of 3   |                                    |

## **1.0 PURPOSE**

The purpose of this policy is to that inmates are provided information and education regarding self-care so that they may take an active role in making healthier lifestyle changes.

## **2.0 SCOPE**

This policy and procedure applies to all correctional facilities and their assigned personnel.

## **3.0 REFERENCES AND DEFINITIONS**

### **.1 References**

- a. Hawaii Revised Statutes (HRS), § 26-14.6, Department of Public Safety.
- b. HRS, § 353C-2, Director of Public Safety, Powers and Duties.
- c. National Commission on Correctional Health Care, Standards for Health Services in Prison and Jails, (2018).

### **.2 Definitions**

- a. Health Education: Information on preventing illness, self-care for an existing health condition, and maintaining a healthy lifestyle.
- b. Self-Care: A preventative health philosophy that promotes physical well-being and includes self-care for a condition that can be managed by the patient and may include over-the-counter medications and remedies.

## **4.0 POLICY**

- .1 Patient self-care shall begin at Intake with the flier called, "Health Care Services."
- .2 At a minimum, compliance requires the availability of various brochures and pamphlets on a variety of health topics in facility areas accessible to all inmates (e.g. medical unit, library, housing areas).

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| <b>COR<br/>P &amp; P M</b> | <b>SUBJECT:</b><br><br><b>HEALTHY LIFESTYLE PROMOTION</b> | <b>POLICY NO.:</b><br><b>COR.10.1F.01</b> |
|                            |   | <b>EFFECTIVE DATE:</b><br><b>11/06/18</b> |
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- .3 One-on-one health education and counseling shall occur during health encounters when required. Documentation in the medical record shall reflect that the individual received health education and self-care for the condition or injury.

**5.0 PROCEDURES**

- .1 Facilities and Health Care Sections should take every opportunity to educate the inmate population in self-care. Opportunities will be provided to all inmates to enhance their knowledge of health and healthy life choices.
- .2 General health education methods may include pamphlets, brochures, audio and videotapes, classes and health fairs.
- .3 Health program and custody staff, other State or City Departments, non-profits and volunteers may provide health education.

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APPROVAL RECOMMENDED:

*Law Lambert* November 06, 2018  
 Medical Director Date

APPROVAL RECOMMENDED:

*[Signature]* November 06, 2018  
 Health Care Division Administrator Date

APPROVAL RECOMMENDED:

*Adam P. Eppala* November 06, 2018  
 Deputy Director for Corrections Date

APPROVED:

*Adam P. Eppala* November 06, 2018  
 DIRECTOR Date

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