

**Idaho Department of
Juvenile Corrections
Institutional
Policy/Procedure**

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SUBJECT: HEALTHY LIFESTYLE PROMOTION

CATEGORY: MEDICAL SERVICES

Policy

It is the policy of the Idaho Department of Juvenile Corrections (IDJC) that the licensed medical staff, or designee, educates juveniles in self-care strategies and promote healthy lifestyle choices.

Operating Procedures

- A. Health education is information on preventing illness and maintaining a healthy lifestyle. Juveniles at each IDJC facility are taught a variety of health education classes facilitated by licensed medical staff, or a designee, as needed. These classes may include, but are not limited to, health risks of tobacco use, teen pregnancy, reproductive health and hygiene, nutrition, dental and personal hygiene, and preventing sports injuries.
- B. Various classes are taught in the school setting by IDJC education and/or program staff addressing living skills, physical fitness, nutrition, drug and alcohol abuse, and skills necessary for release from custody.
- C. Licensed medical staff teaches various self-care skills during their interactions with the juveniles.
- D. All juveniles in IDJC custody are supplied with sufficient services and supplies to ensure that basic personal hygiene needs are met.
- E. All juveniles in IDJC custody participate in supervised daily physical activity involving large muscle exercise to promote health and well-being.

Reference: [Glossary of Terms and Acronyms](#)
[Nursing Treatment Guidelines](#)
[National Commission of Correctional Health Care: Standard for Health Services in Juvenile Detention and Confinement Facilities Y-B-01 Health Lifestyle Promotion](#)

Related Policies: None

Related Forms: None