

ALAMEDA COUNTY SHERIFF'S OFFICE DETENTION AND CORRECTIONS POLICY AND PROCEDURE	NUMBER: 13.14	PAGES: 1 of 2
	RELATED ORDERS: 4-ALDF-1C-05	
	ISSUED DATE: July 1, 1989	
	REVIEW DATE: December 11, 2015	
	REVISION DATE: September 22, 2011	
CHAPTER: Medical and Health Care Services	SUBJECT: Fasting Inmates	

- I. **PURPOSE:** To set guidelines to be followed by Detention and Corrections facilities' personnel when an inmate is fasting.

- II. **POLICY:** Inmates in the custody of the Sheriff's Office may decide to fast. Fasting in of itself is not dangerous; however, prolonged fasting can lead to serious medical conditions, which may threaten the health and welfare of the inmate. Detention and Corrections personnel will work in concert with the medical staff to ensure that any fasting inmate is medically supervised during the fast.

- III. **PROCEDURE:** The following procedures will be followed to monitor an inmate who refuses nourishment for a prolonged period:
 - A. The medical staff will be notified of the fasting inmate and the notification shall be documented. The medical staff will then initiate their medical protocol for fasting inmates.
 - B. The facility Commanding Officer will be notified of the fasting inmate and the reason for the fast, if any.
 - C. The fasting inmate can remain in their classified housing unit until the medical staff deems it necessary for the inmate to be moved for medical reasons.
 - D. The fasting inmate will be required to attend each regular meal. Housing Unit Deputies shall initiate and maintain a log on the fasting inmate, recording the date, time, and inmate's consumption of liquid and solid foods. A copy of the report shall be forwarded to the shift supervisor the first day of each week.
 - E. A weekly report will be forwarded to the facility Commanding Officer, by the appropriate housing unit sergeant, which will report on the status of the fasting inmate.
 - F. If there is any change in the inmate's status, including termination of the fast, behavior

problems, transfer to a hospital, etc., the facility Commanding Officer is to be advised.

Attachment: [Fasting Inmate Log](#)