

## Health Promotion Strategies in Correctional Institution to Achieve Sustainable Development Goals (SDGs')

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### ABSTRACT

**Background:** Overcapacity in Correctional Institution (Lapas) is a prevailing issue faced by the Directorate General of Corrections (Ditjenpas). The current number of prisoners in correctional institution is nearly twice their ideal capacity, significantly impacting the health conditions of prisoners. **Objective:** To provide recommendations for health promotion strategies aimed at realizing healthy correctional institution in Indonesia, based on research conducted at Class IIA Kendal correctional institution. **Method:** This research is descriptive with a qualitative approach. Data collection methods comprised observation, interviews and documentation. **Results:** Achieving a healthy correctional institution requires a holistic approach through health promotion strategies encompassing several key aspects. Firstly, policy advocacy stands as the backbone in advocating for structural changes to improve healthcare access, adequate human resources and inclusive policies for prisoners. Furthermore, training prisoners and staff forms the foundation for improving healthcare services by providing necessary training, knowledge and support. Health education for prisoners serves as a long-term program to enhance their understanding of personal health and minimize disease risks. Lastly, enhancing personal hygiene behaviour is crucial in creating a clean environment, minimizing disease spread and supporting the overall health of both individuals and the correctional institution community. **Conclusion:** Realizing a healthy correctional institution through health promotion strategies is not solely a local effort but also a significant contribution towards achieving SDGs.

**Keyword:** Correctional institution, Health promotion, Prisoners, SDGs.

### INTRODUCTION

Correctional institutions serve as a system aimed at rehabilitating offenders and embodying justice with the goal of achieving social reintegration or the restoration of unity in the life, livelihood, and existence of prisoners within society (Sejarah Pemasarakatan, 2022). Correctional institutions operate as an independent correctional execution body. As per its establishment history, correctional institutions have a structure under the command of Directorate General of Corrections (Ditjenpas) but administratively fall under the Regional Office (Kanwil) of Kemenkumham (Sejarah Pemasarakatan, 2017). Ditjenpas is an implementing element that is subordinate to and accountable to the Minister of Law and Human Rights of the Republic of Indonesia. Ditjenpas is led by a Director General (Dirjen) and is tasked with formulating and implementing policies in the field of Corrections in accordance with

legal regulations (Struktur Organisasi, 2023).

The problem of overcapacity, commonly referred to as exceeding the capacity, occurs in the majority of correctional institution in Indonesia. Thus, this demands serious attention and must be earnestly addressed as it often leads to increasingly complex issues if left unattended. Health issues, for instance, are among the concerns (Rumadan, 2013). According to data from Ditjenpas, it is known that the total number of prisoners in correctional institution, State Detention Houses (Rutan), Special Correctional Institutions for Children (LPKA), and Women's Correctional Institutions (LPP) is nearly double the ideal capacity. The occupancy rate is 1.97 times the available capacity (Ditjenpas, 2023). It's known that data from the Ditjenpas indicates that the total number of inmates in Prisons, Detention Centers, Narcotics Prisons, and Narcotics Detention Centers in Indonesia as

of September 2023 was 268,599, while the capacity was only for 136,604 individuals.

Based on data from the Directorate General of Corrections' Correctional Database System (SDP), over the past five years from 2018 to 2023, the number of prisoners in Correctional Institution, Detention Centers, Narcotics Prisons and Narcotics Detention Centers has shown consistent fluctuations. In 2019-2020, there was a decrease due to the assimilation policy during the COVID-19 pandemic. The prisoner count, which was around 260,000 in 2019, dropped to 251,000 in 2020 following the implementation of the assimilation program for a year. After this program, there was a visible trend of an increase in inmates across Correctional Institution, Detention Centers, Narcotics Prisons and Narcotics Detention Centers, which continued in 2021 and 2022, ultimately reaching 268,055 prisoners by 2023.

Research indicates that the issue of overcrowding among detainees and prisoners triggers various ongoing problems such as disruptions in security and order, violations of human rights and the health issues of prisoners (Sianturi, 2022). Acute Respiratory Tract Infections (ARI) are among the commonly contracted diseases among prisoners, attributed to several factors such as sanitation, overcapacity and personal hygiene (Hidayat & Karmila, 2020). It's known that ARI remains a global health issue, causing nearly four million deaths. ARI is caused by viruses and bacteria present in the air that are inhaled by new hosts and enter the respiratory system (Melinda & Samsualam, 2022).

One case of a correctional institution facing overcapacity and health issues is Class IIA Kendal correctional institution. Based on research findings obtained through interviews, observations, and field data analysis, it was discovered that Class IIA Kendal correctional institution is experiencing overcapacity. According to data from Class IIA Kendal correctional institution, the capacity is stated to be 126 prisoners. However, the number of occupants as of December 2023 is 341 individuals. This indicates that Class IIA Kendal correctional institution's capacity is exceeded by 2.7 times compared to its ideal capacity. The correctional institution is currently housing around 341 prisoners, with all occupants being male.

Based on data collected from the Prisoners Education Section, Sub-Section of Prisoners Education and Care at Class IIA Kendal Correctional Institution, it's indicated that skin diseases and respiratory ailments are the most prevalent among the prisoners in Class IIA Kendal correctional institution. Medical records from January 2023 to August 2023 highlight respiratory diseases, specifically Acute Respiratory Tract Infections (ARI), dominate among the prisoners. This is followed by cases of hypertension, hearing impairments and dental issues.

There's a need to establish a health promotion strategy tailored to the situation and conditions of Class IIA Kendal correctional institution. The hope is that the health promotion strategy devised in this research can serve as a recommendation in achieving a healthier prison environment.

The presence of primary healthcare services, such as the clinic in the correctional institution, is a necessity. Primary healthcare services offer basic health services, including health promotion, disease prevention, diagnosis, treatment and rehabilitation. The existence of primary healthcare services is pivotal in achieving The Sustainable Development Goals (SDGs). It can drive greater progress in SDGs by addressing broader health determinants and fostering equality and social justice throughout the community (Hone, et al, 2018).

Transforming correctional institutions is one of the visions of SDGs. Presently, approximately 11 million individuals are held in prisons and this number has been increasing since the turn of the 21st century. Correctional institution populations are more susceptible to physical and mental illnesses, thus creating a healthy correctional institution environment is a realization of the SDGs. Health in correctional institution must be at the forefront of SDGs (Ismail, et al, 2021). The aim of this descriptive study is to provide recommendations for a health promotion strategy to achieve healthy correctional institutions in Indonesia. Drawing on research conducted at Class IIA Kendal correctional institution, it's hoped that the resulting recommendations from this health promotion strategy will serve as a reference for policymakers.

## METHODS

This research is a descriptive study utilizing a qualitative approach. The informants for this study consist of healthcare personnel from the Class IIA Kendal Correctional Institution clinic, administrative staff, and the Sub-Section of Prisoners Education and Care. Informants were selected based on their roles and capacities in carrying out health development within Class IIA Kendal Correctional Institution. The clinic staff at Class IIA Kendal Correctional Institution handle patients visiting the clinic daily, documenting their ailments. Administrative staff are responsible for registering the number of inmates and analysing various needs required by prisoners within Class IIA Kendal Correctional Institution. Meanwhile, the Head of Sub-Section of Prisoners Education and Care is responsible for creating health and development programs for inmates in Class IIA Kendal Correctional Institution.

The inclusion criteria for this research encompassed informants responsible for and involved in health programs at Class IIA Kendal Correctional Institution. These informants possessed data concerning prisoner records, medical data, and health programs within the correctional institution. Data collection was conducted through observation methods, observing both medical and non-medical facilities related to health at Class IIA Kendal Correctional Institution.

Subsequently, interviews were conducted with healthcare personnel, administrative staff, and the Head of Sub-Section of Prisoners Education and Care to gain insight into the health development programs at Class IIA Kendal Correctional Institution. Further, secondary data regarding disease trends and inmate health programs at Class IIA Kendal Correctional Institution were obtained from these informants. Documentation in this research included recording interviews, photographing the research process, and copying relevant research-related documents. The researcher served as the primary instrument in conducting the research, aided by observation guides, interview guides, and documentation guides. Data analysis techniques employed included data displays, reduction, and drawing conclusions.

## RESULTS AND DISCUSSION

### Policy Advocacy

Field observations reveal that the Sub-Section Head of Prisoner Education and Care oversees and implements health programs in Class IIA Kendal correctional institution. This subsection comprises Civil Servants (ASN) responsible for general guidance and health guidance for the prisoners. It ensures the availability of medical services, health education and disease screening in collaboration with the local Community Health Center (Puskesmas). The health promotion strategy will likely be an initiative and program implemented by the Sub-Section of Prisoners Education and Care (Kemenkumham, 2022).

Analysis of the healthcare human resource needs at Class IIA Kendal correctional institution is notably inadequate. Data from August 2023 indicates that there are only two personnel handling healthcare issues. However, ideally, 13 healthcare personnel are needed to operate the Class IIA Kendal correctional institution clinic for a more optimal realization of a healthy prison. These 13 required healthcare personnel include general practitioners, dentists, nurses, dental nurses, midwives, psychology graduates, psychologists, psychiatrists, pharmacists, pharmacy assistants, laboratory analysts, nutritionists and sanitarians (Lembaga Pemasyarakatan Kelas IIA Kendal, 2023).

General practitioners are responsible for conducting examinations, diagnosing, and treating various common health complaints of patients. Additionally, they provide health advice and offer initial medical care, referring patients to specialist doctors when further treatment is necessary (Haleem, et al, 2021). Dentists are accountable for examining, diagnosing, and treating various dental and oral conditions of patients, such as fillings, tooth extraction, and dental treatments (Dentist, 2022).

Nurses provide medical care, respond to patient conditions, and support the healing process by offering holistic care (Jasemi, et al, 2017). Dental nurses assist dentists in dental care procedures, educate patients on proper dental care, and maintain a sterile clinic environment (Mahasneh, et al, 2020). Midwives provide holistic midwifery care, support the childbirth process, prenatal and postnatal

care, and offer reproductive health education (Guzewicz, P., & Sierakowska, 2022).

Psychology graduates are responsible for providing counseling services, psychological evaluations, and interventions to support the mental health of patients with various psychological conditions. Psychologists evaluate, diagnose, and provide counseling and psychological interventions to help patients overcome mental, emotional, and behavioural issues (Wiedermann, et al, 2023). Psychiatrists diagnose, treat, and manage mental disorders, providing medication therapy and counseling according to patients' needs (Stein, et al, 2020).

Pharmacists provide pharmacy services, including drug management, consultations regarding drug usage, and ensuring safe and proper drug distribution to patients. Pharmacy assistants aid pharmacists in drug management, provide patient information about drug usage, and maintain pharmacy operational efficiency (Rahayu, et al, 2021). Laboratory analysts perform testing and analysis of biological samples, presenting accurate data to assist in patient diagnosis and treatment (White, et al, 2021).

Nutritionists are responsible for designing appropriate nutrition programs and providing nutritional education to patients (Puri, et al, 2021). Finally, sanitarians ensure the cleanliness and safety of the clinic environment, conducting inspections and overseeing compliance with sanitation and hygiene standards to maintain a healthy environment for patients (Agustin, et al, 2020).

Given this on-site situation, a health promotion strategy can be executed through advocacy efforts. Advocacy directed towards the Ditjenpas is essential to understand and assess the far-from-ideal conditions in Indonesian correctional institutions. For instance, using the findings of this study as a reference in formulating correctional institution policies. Policies that ensure fairness in correctional institution aim to reduce disparities within the population. Eliminating disparities is one of the objectives of the Sustainable Development Goals (SDGs) (Munodawafa, et al, 2021).

According to the WHO, there are two crucial reasons for providing adequate

healthcare services in correctional institution. One of these is the importance of maintaining health within correctional institutions, affecting public health at large. It's known that the correctional institution population has a high prevalence of serious and often life-threatening conditions (Enggist, 2014). Prisoners have rights that must be fulfilled and protected as mandated by Law No. 12 of 1995 concerning Corrections. Article 14 of Law No. 12 of 1995 concerning Corrections states that the rights of prisoners include the right to worship, the right to receive adequate healthcare, the right to education, the right to remission and the right to conditional release.

#### **Training of Personnel**

To achieve a healthy correctional institution, training personnel is necessary to enhance service quality. Based on data from the Sub-Section of Prisoners Education and Care in August 2023, no healthcare personnel have received training for roles such as Therapeutic Community Counselor (TC), TC Program Instructor, TC Program Manager, Rehabilitation Assessment, Criminon, Methadone, Tuberculosis (TB DOTS), TB-HIV, TB Laboratory, HIV Counseling, HIV Laboratory, Palliative Care, and TOT Peer Educator (PE). Training to enhance health knowledge is a crucial element of health promotion and is indispensable for realizing the conditions of a healthy correctional institution.

Furthermore, based on the health program records conducted in collaboration with the local Community Health Center, Class IIA Kendal correctional institution has conducted several activities. In August 2023, there were records of promoting Clean and Healthy Living Behaviour (PHBS), Communicable Diseases (Sexually Transmitted Infections, TB, Scabies, Hepatitis, Dengue Fever, Malaria, Leprosy, and Diarrhea), and Non-Communicable Diseases (Respiratory Diseases, Digestive Diseases, Hearing Impairments, Mental Disorders, Cancer, Heart and Blood Vessel Diseases, and Hypertension). Health promotions related to neurological diseases, strokes, diabetes mellitus, kidney failure, hepatitis cirrhosis, physical disabilities, and dental diseases were also conducted.

The training conducted by Class IIA Kendal Correctional Institution and the



local Health Center is held regularly once a month. This training activity is accompanied by disease screening for prisoners at the correctional institution. The training session takes place monthly at Class IIA Kendal Correctional Institution, with the content delivered by the local Health Center. The Health Center is responsible for creating the training modules. Each training session lasts approximately two hours, with an attendance of around 50 prisoners.

The importance of training prisoners in health promotion programs cannot be overlooked. Through this approach, prisoners are provided with knowledge, skills and support to become agents of change in improving their health and that of the entire correctional institution population. By training prisoners to actively engage in health promotion activities, such as educating on healthy lifestyles, accessing healthcare services, and fostering a mindset that supports mental health, this will cultivate a healthier and sustainable correctional institution culture.

#### **Health Education**

Correctional institution has the potential to become epicentrum for various communicable diseases. The density of prisoners within correctional institution has led to the spread of Acute Respiratory Infections (ARIs). Some studies indicate that density is associated with increased occurrences of SARS-CoV-2 in correctional institutions. Moreover, density has also been linked to increased occurrences of other acute respiratory infections.

Experts suggest the need for evidence-based health education regarding the dangers of bacteria, viruses, and germs within correctional institutions. This is to enhance prisoners' personal hygiene practices and self-protection. Research indicates that health education and literacy in correctional institutions tend to be low, with tightly controlled information transfer, thus creating fertile ground for misinformation.

Therefore, health education becomes crucial in raising awareness among prisoners in correctional institutions. Access to education is a right for prisoners in correctional institutions. Health education to enhance self-protection awareness can be achieved through training, posters, videos, and

other means. Health education can also involve training guided by healthcare professionals, resulting in a significant impact from such health training.

Health professionals also need to educate on the correct usage of antibiotics to prevent the danger of antimicrobial resistance. Prisoners need to be educated about the empirical evidence regarding the dangers of antimicrobial resistance. To prevent ARIs, prisoners also have the right to receive quality food, access and infrastructure for healthcare services.

Research indicates that medical staff in correctional institutions face financial shortages, thus impeding their ability to provide adequate education. This requires attention from the government to realize the importance of education within correctional institutions. Conceptually, prisoners in correctional institution require health aspects, well-being, skill development, employability, work readiness, and community relations. Additionally, prisons should provide consultation services, both physical and psychological, as part of education.

Correctional institutions also need to implement smoke-free policies to reduce the risk of ARIs. This smoke-free policy is also part of health education. It's known that the most at-risk group for ARI complications is smokers, who are at risk of cardiovascular and respiratory problems. A smoke-free prison policy can enhance the respiratory health of prisoners. Research results show that smoke-free prison policies have a positive effect on reducing ARIs in correctional institutions.

Moreover, waste management within correctional institutions also needs attention to prevent the spread of ARIs. Studies indicate that poor wastewater management affects the spread of ARIs within correctional institutions. Therefore, communities need to pay attention to proper wastewater treatment systems in their areas.

#### **Improving Personal Hygiene Behaviour**

Overcapacity of prisoners poses a challenge for correctional institutions. The impacts of overcapacity are related to security, cleanliness and the threat to individual rights. Personal hygiene behaviour is part of the cleanliness aspect that needs improvement in correctional institutions. One way is to enhance water availability within the correctional

institution, which is the best alternative way to improve prisoner's personal hygiene practices.

Personal hygiene behaviour is also influenced by the environmental conditions and infrastructure within the prison. Good environmental conditions and infrastructure affect handwashing and toilet cleaning practices among prisoners. The significant practice of handwashing before meals and after using the toilet significantly reduces the risk of infection in correctional institution. Personal hygiene practices like wearing shoes, washing hands before meals and after using the toilet affect the reduction of infection spread in correctional institution.

The perception of prisoners regarding disease prevention in correctional institution needs improvement. Enhancing knowledge related to personal hygiene will reduce disease risks in correctional institution. Understanding the health impacts on prisoners in correctional institution must be improved. Healthcare practitioners and policymakers need to understand that correctional institutions are vulnerable places for prisoners.

## CONCLUSION

Achieving healthy correctional institutions in Indonesia requires serious attention. Health promotion strategies involving policy advocacy, training staff, health education and improving personal hygiene behaviour need to be implemented. First, through policy advocacy, we can fight for the necessary structural changes to improve access to healthcare services with adequate healthcare personnel. This is a crucial foundation to address disparities and ensure adequate health rights for prisoners.

Furthermore, training staff is key to improving the quality of healthcare services in correctional institutions. By providing adequate training, knowledge, and skill support to staff, correctional institutions can significantly enhance healthcare services. Additionally, health education for prisoners are a long-term investment to improve their understanding of personal health, minimize disease risks and cultivate a mindset that supports healthy lifestyles.

Lastly, improving personal hygiene behaviour is a crucial aspect of realizing

healthy correctional institution. By raising awareness and promoting cleanliness practices among prisoners, correctional institutions can reduce disease transmission and create a cleaner environment.

Realizing healthy correctional institutions through health promotion strategies is not merely a local effort but also a significant contribution to achieving the Sustainable Development Goals (SDGs). By focusing on policy advocacy, training prisoners and staff, health education and improving personal hygiene behaviour, healthy correctional institutions become a critical foundation in the efforts to achieve the SDGs, especially in reducing disparities, ensuring well-being for the entire population, and fulfilling the health rights of prisoners. Creating a correctional institution environment that supports health not only impacts more effective incarceration but also broader social and community welfare.

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