



A Culture of Health in Corrections & Rehabilitation

Charmaine Wright MD MSHP
Center for Special Health Care Needs
Christiana Care Health System

Correctional Facility Wellness

- Doctoring in multidisciplinary settings
 - Primary care med-peds doctor
 - CBO research partnership 10 years
 - Community living maternal initiative: postpartum weight management study
 - Dissemination to Riverside
 - Director of Center for Special Health Care Needs
 - Care of post-incarceration populations



on common



- 2 Healthy feeding a



Fit Beginnings Outcomes

- Health & Well-Being of Mom and Baby
- Birth Outcomes
- Post Release
 - Employment
 - Education
 - Housing
 - Access to Identification/Documentation
 - Access to Health Insurance/Medical Provider

“Going Home”



Re-entry:

Beyond employment, education, housing

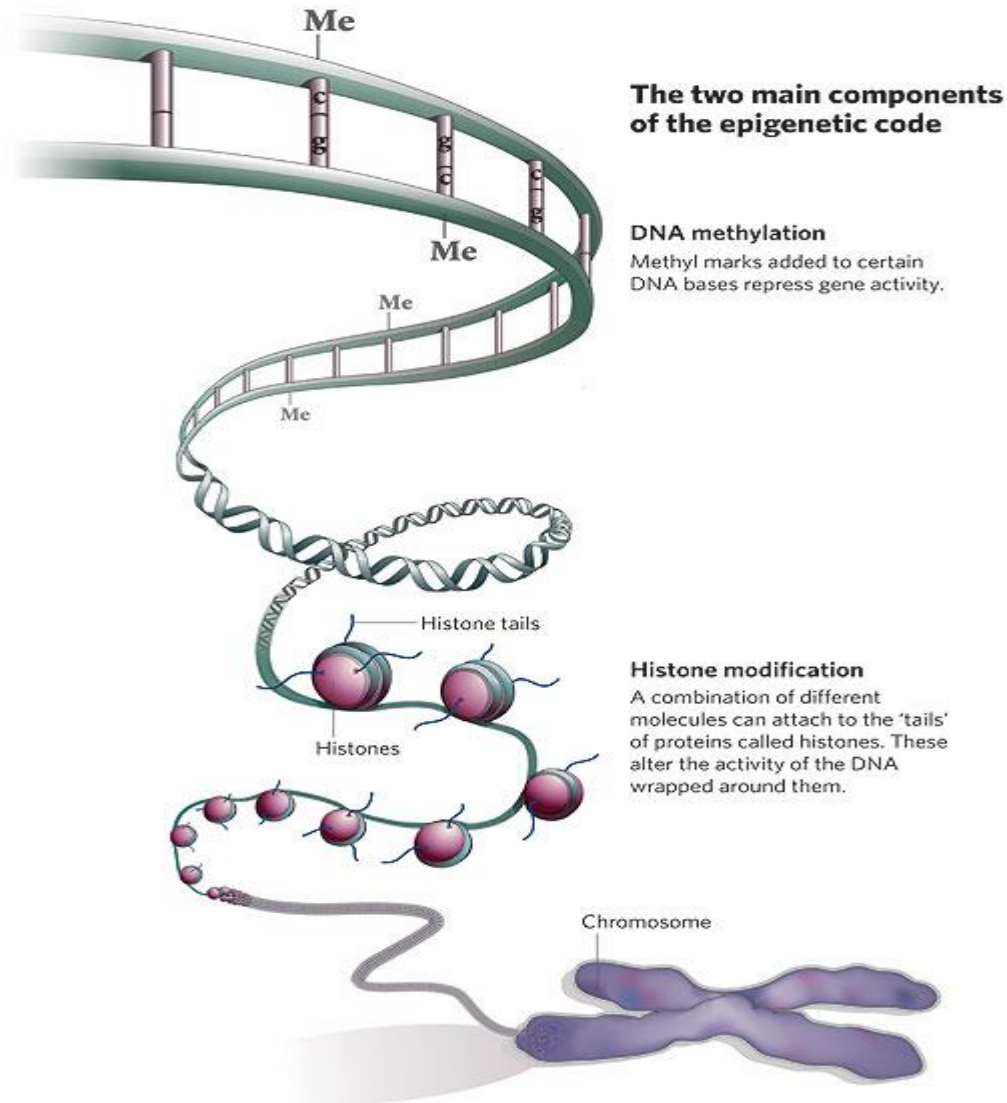
- Incarcerated females have some of the poorest health indicators in Pennsylvania
 - poor, mostly African American neighborhoods
 - disproportionately single, unemployed, and undereducated
 - 37.3% of women are obese
 - 73% of incarcerated females have mental health diagnoses
 - 84% had a minor child living with them prior to incarceration.
- No standardized way of addressing the immediate and intergenerational social determinants of health

Intergenerational effects

- Parental incarceration is considered an adverse childhood experience(ACE) associated with shame, trauma, and stigma, with lifelong consequences
- Maternal morbidity and mortality→child

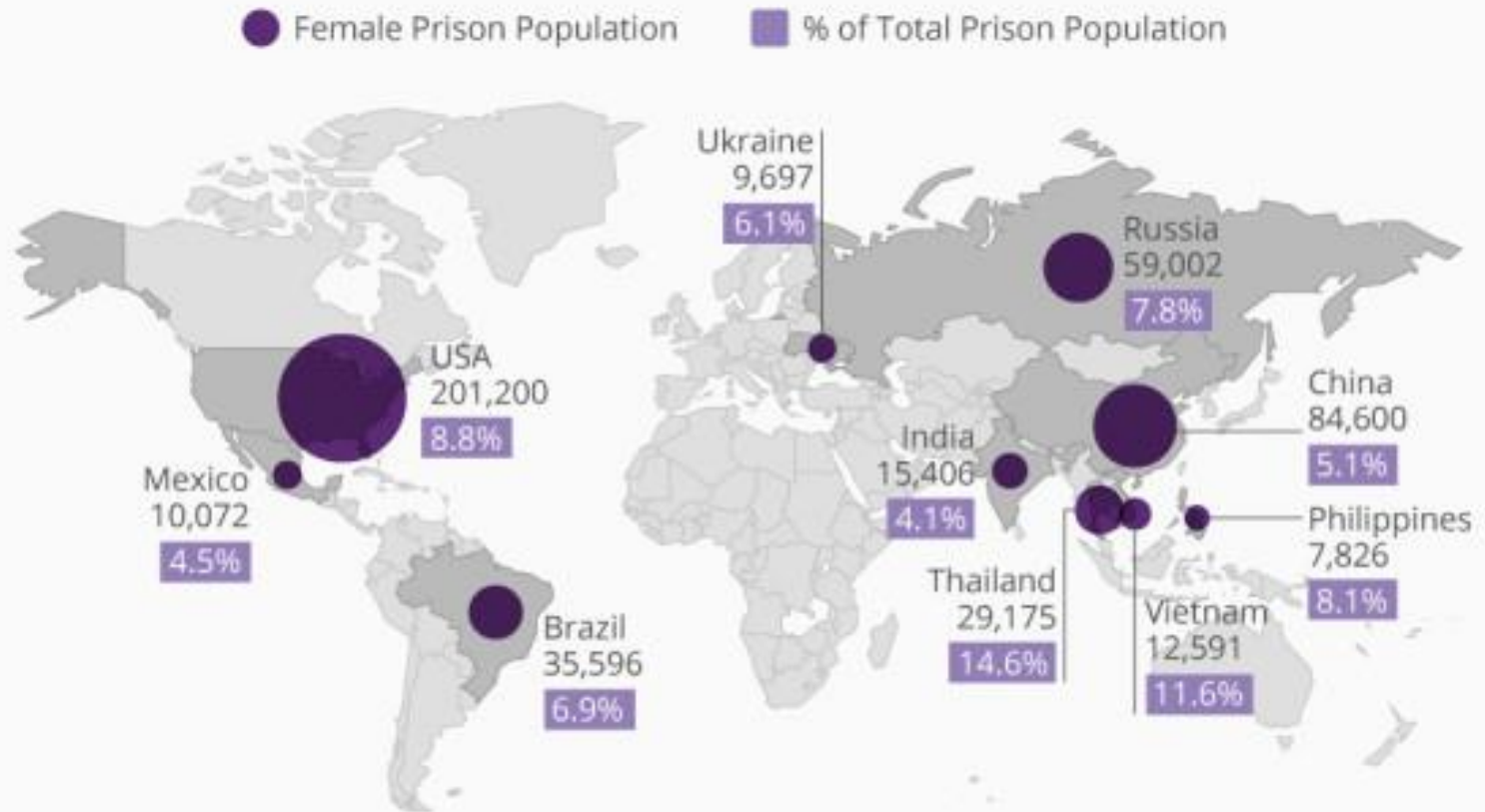


Molecular pathways linking maternal and child health



No Country Incarcerates More Women Than The U.S.

Top 10 countries with the largest number of female prisoners in 2013



Source: International Centre for Prison Studies

Before “going home”

- Incarcerated women gain 17 pounds in their first year of incarceration
 - diets high in processed foods, carbohydrates, fat and sodium
 - limited opportunities for physical movement and exercise
 - psychotropic medication

* Item Contains Pork

PPS Keefe Commissary Menu

LIMIT	ITEM#	DESCRIPTION	PRICE	LIMIT	ITEM#
SOUPS					
Max Per Category 15	6046	CHICKEN RAMEN	\$0.60	Max 5	3115
	6048	BEEF RAMEN	\$0.60	Max 5	6079
	6018	TEXAS BEEF RAMEN SOUP	\$0.60	Max 5	
	6059	SHRIMP RAMEN	\$0.60	Max 5	
CANDY BARS & BAGGED SNACKS				Max 5	
Max per Category 15	4014	DIETETIC CHOCOLATE	\$1.25	MAX PER CATEGORY 15	
	4019	CHICK O STICK	\$0.31		
	4120	ROOTBEER BARRELS 4.25OZ	\$0.90		
	4121	JELLY BEANS 4.25OZ	\$1.26		
	4131	WRIGLEYS LIFESAVERS PEPPERMINT .72 OZ	\$0.50		
	4135	JOLLY RANCHERS ASST. 3.7O	\$1.15		
	4145	STARLITE MINTS 3.75OZ	\$0.83		
	4150	SOUR FRUIT BALLS 4.25OZ	\$1.13		
	4154	ORANGE SLICES (/5.75 OZ)	\$1.15		
	4155	SUGAR FREE WILD FRUIT 1.75OZ	\$0.64		
	4156	VANILLA CARAMELS	\$1.10		
	4163	STARBURST 7.2OZ	\$3.25		
	4001	M&M PEANUT	\$0.90		
	4005	BUTTERFINGER	\$0.85		
	4031	TWIX BAR	\$0.90		
	4032	THREE MUSKETEER BAR	\$0.90		
	4035	REESES P/BUTTER CUP	\$0.90		
	4037	HERSHEY'S W/ALMONDS	\$0.90		
	4080	SNICKERS MINIATURES 4.4 OZ	\$1.90		
CHIPS, PRETZELS AND NUTS					
	3115	CHEEZ ITS CRACKERS 1.5OZ	\$0.75		
	6079	WHOLE SHABANG 1.5 OZ	\$0.57		



Food systems

- Institutionally-run catering services
- Self-cook facilities
- Prison shops or canteens
- Informal food preparation among inmates which may take place in spite of institutional rules that prohibit such activity
- Food related to visits
- Prison gardens and farms

Why does healthy food matter?

- Cardiovascular outcomes
- Behavioral outcomes: fewer behavioral outbursts and necessary disciplinary incidents
- Health care cost

Møgelkær Prison Denmark



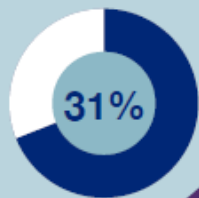
Taken by Amy Smoyer PhD

Physical Activity in Prison?

- Health-promoting prisons gaining political backing from international organizations (WHO)
- Humanitarian: Individuals detained in prison must have the benefit of care equivalent to that available to the general public (Niveau, 2007)
- Health equity: well-coordinated health-promoting interventions have the potential to reduce health inequalities and address the health needs of those who are the most marginalized in society (Baybutt *et al.*, 2010; Woodall and South, 2012)
- Public health: as those in prison often serve multiple and relatively short-term sentences, prisoners' health and the public's health are inextricably 'intertwined' (Williams, 2007)

French Inmates (Lagarrigue 2017)

- Most women are inactive or minimally active while most men are either minimally active or very active
- Women spend less time walking and do less intense physical activities. The opportunity for prisoners to exercise takes place either during the time they are allowed to go for a walk in the prison yard, twice a day for 1 hour, or during organized sport programs occurring once or twice a week for 2 hours and on a voluntary basis



Almost one-third of female offenders have spent time in care as a child

Domestic violence



Over half the women in prison say they have suffered domestic violence



53% of women in prison have experienced child abuse

High rates of post traumatic stress have been reported

Drug use



8/10 have ever taken an illegal drug



6/10 have used class A drugs in the four weeks before custody



5/10 reported committing offences to support someone else's drug use



49% of women had a drug problem on arrival in prison

Impact on families



6/10 have dependent children



2/10 are lone parents before imprisonment



84% are serving a sentence for non-violent crime



Only 5% of children remain in their own homes while their mother is in prison

Suicide among recently released female prisoners is

40x

higher than general population

Just under half of female prisoners (46%) have attempted suicide at some point

Sexual health

Women have higher rates than men HIV, Hepatitis C and STIs such as chlamydia infection, gonorrhoea and syphilis



Mental health

5x

Women in prison are **5x more likely** to have mental health concerns than the general female population



65% of women in prison suffer from depression, compared to 37% of men in prison

Prison population

Self harm incidents



Women in prison accounted for **23%** of all prison self harm incidents despite representing just **5%** of the prison population



Overlap of mental health and exercise

- Promotion of physical activity improves quality of life and decreases stress
- 29 studies: incorporate muscle relaxation, Transcendental Meditation, and certain Eastern meditative practices in the care of their clients (practical and positive)
(Kristofferson 2013)

4/18/15

To Whom it May Concern,

I am writing this letter as a representative of the women at RCF who are concerned about their health.

My name is Latifa Bradley (ppt#1144693) I am an inmate at RCF and a block representative for A unit. I am also one

of the members of the fit beginnings program and I am concerned about the lack of healthy options available to us on commissary fresh flavors and our daily meals. My request is

that your program would assist me with implementing an ~~alternate~~ diet plan for women participating in the "Fit Beginnings"

So that we can fully get the benefits. The problems we are trying to alleviate the following issues that deter successful dieting

- 1) The excessive amount of ~~unhealthy~~ carbohydrates being served in the daily meals, all enriched (white rice, white bread cookies/cakes - - we need an advocate to enforce the distribution of whole grains - diabetes is rampant in RCF because of the lack of healthy grain
- 2) The lack of healthy options on commissary such as whole grain wraps and bagels, fruit and vegetables. Currently the only options we have is brown rice but there is a plethora of salt loaded unhealthy carbohydrates and packaged meats
- 3) Fresh flavors offers pizza, buffalo wings, cheeseburgers, cheesteaks, calzones and hoagies. A healthy salad with cucumbers, onions, peppers and tomatoes can also be offered as well.

There is a way to work this into the budget offering special trays with more vegetables and healthy carbs for the participants of Fit Beginnings

Sincerely Latifa Bradley

Conclusion

- Two-generations affected by health and wellbeing during incarceration and re-entry
- New initiatives to infuse a culture of health into correction institutions from the top down
 - Nutrition
 - Exercise
 - Mental health